

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

**Menu Name:** SHS Lunch 9-12  
**Site:** 8 - Sylacauga High School

**Include Cost:** No  
**Report Style:** Detailed

### Monday - 05/03/2021

**Reimbursable Meal Total 146**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001789 Pizza, Round, 5" Pepperoni	each	146	357	4.64	756	5	14.43	0.00	10	40.29	5.00	16.43	357	255.7	0.00	2.80
001439 Romaine Lettuce: 1 cup	1 CUP	146	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001458 Cucumbers, RAW: 1/8 cup	1/8 CUP	0	2	0.00	0	0	0.03	0.00	0	0.41	0.13	0.11	14	2.6	0.60	0.04
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	0	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
001187 Ranch Dressing, RC, Single Ser	12gm	0	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
900065 Juice Assortment	SERVING	146	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	73	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	73	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			541	4.73	925	*33	14.71	0.00	15	74.94	6.57	26.20	9543	646.2	35.42	4.02
% of Calories				7.87%		*24.4%	24.5%	0.0%		55.4%		19.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Tuesday - 05/04/2021

**Reimbursable Meal Total 246**

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000794 Spicy Chicken Sandwich	Patties	246	290	1.26	585	5	9.05	0.00	28	40.14	3.50	14.30	152	69.9	0.61	3.15
900399 Potato Wedges: FZN 1/2c	serving	250	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	0	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
900065 Juice Assortment	SERVING	280	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990083 Ketchup: Individual Packet (1)	EACH	0	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
900025 Mayonaise: Individual Packet	PACKET	0	40	0.50	90	0	4.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
001453 Graham Cracker Snack, Choc	EACH	300	100	1.00	70	20	3.00	0.00	0	19.00	3.00	2.00	500	100.0	0.00	0.72
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			688	3.19	915	*45	18.36	0.00	30	114.05	9.98	21.96	1116	403.4	20.89	4.62
% of Calories				4.17%		*26.2%	24.0%	0.0%		66.3%		12.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Wednesday - 05/05/2021

Reimbursable Meal Total 137

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900396 Pork, Pattie Rib shaped	patties (case)	137	210	4.50	730	7	13.00	0.00	35	11.00	1.00	11.00	200	40.0	2.40	1.44
001699 Bun, Hoagie WG 2016	each	137	200	0.00	330	3	3.00	0.00	0	36.00	4.00	8.00	15	60.0	6.00	2.70
900399 Potato Wedges: FZN 1/2c	serving	137	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	90	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
900065 Juice Assortment	SERVING	138	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	158	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	25	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	102	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
Weighted Daily Average			854	5.22	1781	*33	21.71	0.00	38	132.57	16.06	31.58	839	408.1	*49.94	6.13
% of Calories				5.50%		*15.5%	22.9%	0.0%		62.1%		14.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 05/06/2021

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900081 Hot Dog w Chili Sauce	CHILI DOG	300	348	7.46	992	4	19.16	0.50	32	30.79	2.93	13.39	701	49.3	0.00	2.66
001410 Beans, Baked: 1/2cup	1/2 CUP	310	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
900065 Juice Assortment	SERVING	140	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990083 Ketchup: Individual Packet (1)	EACH	300	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	300	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	52	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			562	7.46	1315	*20	19.16	0.50	34	75.61	10.55	23.04	1155	245.0	6.41	5.64
% of Calories				11.95%		*14.2%	30.7%	0.8%		53.8%		16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Friday - 05/07/2021

Reimbursable Meal Total 323

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000029 Chicken Patty, WG, Breaded	EACH	323	193	1.31	508	0	7.00	0.00	31	14.88	0.88	15.75	0	0.0	0.00	0.94
001656 Buns, Hamburger, WG, CASE	each	323	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
001260 Chips, Baked, Regular	BAG	323	130	0.00	150	2	2.00	0.00	0	26.00	2.00	2.00	0	0.0	2.40	0.36
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	323	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
900065 Juice Assortment	SERVING	0	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			499	1.33	1016	*10	11.05	0.00	32	74.64	5.88	24.83	4845	91.9	3.45	3.09
% of Calories				2.40%		*8.0%	19.9%	0.0%		59.8%		19.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Monday - 05/10/2021

Reimbursable Meal Total 161

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000400 Crisptos (2 EACH)	2 Crisptos	161	440	5.00	640	0	20.00	*N/A*	70	44.00	4.00	18.00	0	0.0	0.00	0.00
001197 Beans, Black: Canned: 1/4c	1/4 CUP	161	58	0.00	90	1	0.00	0.00	0	10.23	3.19	3.83	3	95.8	0.00	1.72
001772 CHEESE SAUCE, QUESO 1/4 cup	1/4 cup svgs	0	88	4.42	574	1	6.62	0.00	17	4.42	0.00	2.21	0	0.0	0.00	0.00
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	161	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001687 Crackers, Cheez-It 2016 WG	each	0	100	1.00	150	*N/A*	3.50	0.00	5	14.00	1.00	*N/A*	500	100.0	0.00	0.72
001426 MILK, 1% FAT	HALF PINT	80	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	0	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			609	5.00	784	*14	20.00	*0.00	76	75.06	7.19	*25.63	337	376.7	13.20	1.78
% of Calories				7.39%		*9.2%	29.6%	*0.0%		49.3%		*16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Wednesday - 05/12/2021

Reimbursable Meal Total 165

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001017 Cheese Stix (2)	Serving	165	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
001562 Spaghetti Sauce 1/8 cup	1/8 CUP	0	17	0.00	134	2	0.14	0.00	0	3.51	0.55	0.57	199	6.4	2.92	0.62
900399 Potato Wedges: FZN 1/2c	serving	165	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	165	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990083 Ketchup: Individual Packet (1)	EACH	0	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	82	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	82	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			638	4.69	1068	*19	17.56	0.00	18	92.54	6.78	24.55	574	368.0	18.65	12.68
% of Calories				6.62%		*11.9%	24.8%	0.0%		58.0%		15.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Monday - 05/17/2021

Reimbursable Meal Total 263

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001789 Pizza, Round, 5" Pepperoni	each	263	357	4.64	756	5	14.43	0.00	10	40.29	5.00	16.43	357	255.7	0.00	2.80
001439 Romaine Lettuce: 1 cup	1 CUP	120	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	120	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	120	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	120	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	23	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
900064 Dressing, Ranch, 1oz pouch	1 oz.	263	76	1.42	217	1	7.56	0.00	5	1.89	0.00	0.94	5	18.9	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000339 Fruit, Canned, Assorted	1/2 CUP	288	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	0	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001089 Cookie, Chocolate Chip, 1 OZ	1 OZ	248	110	1.00	70	9	4.00	0.00	0	18.00	1.00	1.00	45	0.0	0.00	0.36
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			664	7.04	1110	*34	25.98	0.00	16	87.72	8.50	21.92	5219	356.6	23.15	4.02
% of Calories				9.54%		*20.5%	35.2%	0.0%		52.8%		13.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 05/18/2021

Reimbursable Meal Total 206

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990225 Taco Stick	each	206	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00
900129 Beans, Pinto:1/2 cup	1/2 cup	206	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
001772 CHEESE SAUCE, QUESO 1/4 cup	1/4 cup svgs	206	88	4.42	574	1	6.62	0.00	17	4.42	0.00	2.21	0	0.0	0.00	0.00
000541 Salsa: 1/8 cup	1/8 CUP	206	10	0.00	112	*N/A*	0.00	0.00	0	1.90	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
900065 Juice Assortment	SERVING	206	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	25	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			622	12.43	1492	*19	18.65	0.00	70	72.42	9.00	30.18	*392	*598.2	*20.51	*3.14
% of Calories				17.99%		*12.2%	27.0%	0.0%		46.6%		19.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 05/21/2021

Reimbursable Meal Total 246

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000794 Spicy Chicken Sandwich	Patties	246	290	1.26	585	5	9.05	0.00	28	40.14	3.50	14.30	152	69.9	0.61	3.15
900399 Potato Wedges: FZN 1/2c	serving	250	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	0	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
900065 Juice Assortment	SERVING	280	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990083 Ketchup: Individual Packet (1)	EACH	0	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
900025 Mayonaise: Individual Packet	PACKET	0	40	0.50	90	0	4.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
001453 Graham Cracker Snack, Choc	EACH	300	100	1.00	70	20	3.00	0.00	0	19.00	3.00	2.00	500	100.0	0.00	0.72
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07



# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			688	3.19	915	*45	18.36	0.00	30	114.05	9.98	21.96	1116	403.4	20.89	4.62
% of Calories				4.17%		*26.2%	24.0%	0.0%		66.3%		12.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Monday - 05/24/2021

Reimbursable Meal Total 323

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000029 Chicken Patty, WG, Breaded	EACH	323	193	1.31	508	0	7.00	0.00	31	14.88	0.88	15.75	0	0.0	0.00	0.94
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	323	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13
000339 Fruit, Canned, Assorted	1/2 CUP	323	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	0	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			329	2.21	766	*17	9.29	0.00	32	41.56	*3.94	17.80	*215	*46.7	*3.91	*1.29
% of Calories				6.05%		*20.7%	25.4%	0.0%		50.5%		21.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Tuesday - 05/25/2021

Reimbursable Meal Total 150

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990250 Anytimer Kit, Turkey Ham Cheese	each	150	360	5.00	720	8	17.00	0.00	45	33.00	1.00	18.00	4	20.0	2.00	10.00
001259 Chips, Baked, BBQ	BAG	0	140	0.50	220	4	3.50	0.00	0	24.00	2.00	2.00	100	0.0	1.20	0.36
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	150	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001043 Animal Crackers WG	1 OZ BAG	0	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
001427 MILK, FF CHOCOLATE	HALF PINT	75	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	75	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			526	5.06	855	*36	17.10	0.00	50	64.28	1.00	*26.13	233	367.0	15.65	10.18
% of Calories				8.66%		*27.4%	29.3%	0.0%		48.9%		*19.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	602	5	1078	*27	17.66	*0.04	37	84.95	*7.95	*24.65	*2132	*359.3	*19.34	*5.10
% of Calories		7.67%		*17.9%	26.4%	*0.1%		56.4%		*16.4%				

- \*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- \* - denotes combined nutrient totals with either missing or incomplete nutrient data
- <sup>1</sup> - denotes required nutrient values
- <sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**