

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

**Menu Name:** SHS Lunch 9-12 **Include Cost:** Yes  
**Site:** 8 - Sylacauga High School **Report Style:** Detailed

### Monday - 10/04/2021

**Reimbursable Meal Total 163**

	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)	Cost
001654 Slider, Beef (2)	2 pieces	0	237	6.60	416	1	16.16	0.00	54	8.77	0.56	13.67	0	151.0	0.00	1.20	\$0.628
001263 Chips, Baked: Nacho Cheese WG	BAG	0	128	0.49	198	0	4.94	0.00	0	19.75	1.98	1.98	99	0.0	0.00	0.36	\$0.201
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	0	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31	\$0.088
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	0	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08	\$0.071
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	\$0.265
900065 Juice Assortment	SERVING	163	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
001428 MILK, FF SKIM	HALF PINT	81	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	81	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001542 Cookie, Colored Candy	EACH	163	111	0.96	72	9	3.86	0.00	5	17.36	0.96	0.96	0	0.0	0.00	0.35	\$0.070
001526 Broccoli, Seasoned: 1/2c	1/2 cup	0	11	*0.00	15	1	0.00	*0.00	*0	2.94	*1.47	0.00	109	*14.7	*22.08	*0.00	\$0.279
Weighted Daily Average			276	*1.03	207	*37	3.95	*0.00	*10	48.53	*0.96	9.04	228	*345.7	*13.65	*0.53	\$0.173
% of Calories				*3.36%		*53.6%	12.9%	*0.0%		70.3%		13.1%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Tuesday - 10/05/2021

**Reimbursable Meal Total 222**

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
900081 Hot Dog w Chili Sauce	CHILI DOG	222	348	7.46	992	4	19.16	0.50	32	30.79	2.93	13.39	701	49.3	0.00	2.66	\$0.546
001199 Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	0	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11	\$0.015
001410 Beans, Baked: 1/2cup	1/2 CUP	0	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82	\$0.158
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	0	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31	\$0.088
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	\$0.233
900065 Juice Assortment	SERVING	222	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
990083 Ketchup: Individual Packet (1)	EACH	222	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00	\$0.018
000650 Mustard: Individual Packet	PC packet	222	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00	\$0.036
001427 MILK, FF CHOCOLATE	HALF PINT	111	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001426 MILK, 1% FAT	HALF PINT	111	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
Weighted Daily Average			530	7.46	1221	*20	19.16	*0.50	40	65.65	2.93	21.22	1234	388.5	13.65	2.84	\$0.703
% of Calories				12.67%		*15.1%	32.5%	*0.8%		49.5%		16.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Wednesday - 10/06/2021

Reimbursable Meal Total 475

	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)	Cost
000029 Chicken Patty, WG, Breaded	EACH	474	193	1.31	508	0	7.00	0.00	31	14.88	0.88	15.75	0	0.0	0.00	0.94	\$0.638
001656 Buns, Hamburger, WG, CASE	each	474	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43	\$0.159

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
001439 Romaine Lettuce: 1 cup	1 CUP	180	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04	\$0.253
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	180	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08	\$0.047
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	180	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08	\$0.071
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	200	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67	\$0.192
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	\$0.098
000339 Fruit, Canned, Assorted	1/2 CUP	135	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18	\$0.233
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	\$0.005
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	\$0.005
Weighted Daily Average			410	1.33	869	*14	9.13	0.00	32	58.76	4.94	22.96	7987	138.7	16.04	3.20	\$1.112
% of Calories				2.92%		*13.7%	20.0%	0.0%		57.3%		22.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 10/07/2021

Reimbursable Meal Total 445

	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)	Cost
900377 Pizza, French Bread PEPPERONI	pizza	445	270	4.50	690	5	9.00	0.00	35	30.00	3.00	19.00	750	400.0	6.00	1.08	\$0.669
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	445	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50	\$0.215
001439 Romaine Lettuce: 1 cup	1 CUP	0	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04	\$0.253
001476 Tomatoes (fresh) 1/8 C, Sliced	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	\$0.047

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	200	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31	\$0.088
900064 Dressing, Ranch, 1oz pouch	1 oz.	0	76	1.42	217	1	7.56	0.00	5	1.89	0.00	0.94	5	18.9	0.00	0.00	\$0.060
900065 Juice Assortment	SERVING	210	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
000339 Fruit, Canned, Assorted	1/2 CUP	113	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18	\$0.233
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	\$0.005
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	\$0.005
Weighted Daily Average			460	*4.51	911	*21	10.32	*0.00	*36	69.35	*6.36	24.33	3125	*501.3	*13.70	*1.80	\$1.030
% of Calories				*8.82%		*18.3%	20.2%	*0.0%		60.3%		21.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Friday - 10/08/2021

Reimbursable Meal Total 432

	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)	Cost
990136 Burrito	5.75 OZ	480	279	2.23	403	1	8.06	0.00	16	38.80	7.50	15.71	300	60.0	1.20	3.60	\$0.499
900399 Potato Wedges: FZN 1/2c	serving	432	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50	\$0.250
001123 Lettuce, Chopped	1/4 CUP	0	2	0.00	4	0	0.02	0.00	0	0.42	0.20	0.21	1120	5.4	2.72	0.13	\$0.035
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	\$0.047
001371 Olives, Black, Sliced, Ripe	1/8 cup	0	41	1.01	223	0	3.04	0.00	0	2.03	0.00	0.00	0	0.0	0.00	0.00	\$0.064
001342 Cheese, Shredded	1oz servings	0	110	5.00	180	*N/A*	9.00	0.00	30	0.00	0.00	7.00	300	200.0	0.00	0.00	\$0.180

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
900065 Juice Assortment	SERVING	446	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
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	\$0.233
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	\$0.005
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	\$0.005
Weighted Daily Average			561	3.18	671	*17	14.52	0.00	18	89.60	11.11	21.64	613	241.8	20.07	4.56	\$0.906
% of Calories				5.10%		*12.1%	23.3%	0.0%		63.9%		15.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Monday - 10/11/2021

Reimbursable Meal Total 326

	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)	Cost
900208 Chicken, Spicy Fillet	patty	326	279	3.03	509	0	15.76	0.00	67	15.76	2.42	19.39	364	48.5	1.46	3.27	\$1.998
900222 Chips, Doritos: Cool Ranch WG	bag	328	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36	\$0.201
900065 Juice Assortment	SERVING	326	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
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	\$0.005
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	\$0.005
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	\$0.233
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	0	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67	\$0.192

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
001526 Broccoli, Seasoned: 1/2c	1/2 cup	0	11	*0.00	15	1	0.00	*0.00	*0	2.94	*1.47	0.00	109	*14.7	*22.08	*0.00	\$0.279
Weighted Daily Average			498	*4.05	707	*17	20.80	*0.00	*68	54.07	*4.44	23.27	514	*269.3	*14.79	*3.70	\$2.299
% of Calories				*7.32%		*13.7%	37.6%	*0.0%		43.4%		18.7%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

## Tuesday - 10/12/2021

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)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.430
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	\$0.019
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	0	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50	\$0.215
001439 Romaine Lettuce: 1 cup	1 CUP	165	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04	\$0.253
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	\$0.035
000409 Tomatoes (fresh) 1/2 C, Sliced	1/2 c	0	20	0.03	6	3	0.23	0.00	0	4.41	1.36	1.00	945	11.3	15.54	0.31	\$0.190
900108 Peppers, Red Strips	2 OZ	0	9	0.00	52	*N/A*	0.00	0.00	0	1.89	0.94	0.47	95	7.6	14.66	0.14	\$0.436
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	\$0.041
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	\$0.098
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	\$0.233
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	\$0.005

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.005
Weighted Daily Average			489	*4.02	907	*19	12.18	*0.00	*18	68.14	*5.57	23.42	9392	*411.6	*35.42	*13.22	\$0.785
% of Calories				*7.40%		*15.5%	22.4%	*0.0%		55.7%		19.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Wednesday - 10/13/2021

Reimbursable Meal Total 302

	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)	Cost
900137 Beef, Patty Char-Broiled	patty	302	136	3.60	119	0	9.10	0.00	43	0.80	0.40	13.10	700	110.0	0.00	2.70	\$0.389
001656 Buns, Hamburger, WG, CASE	each	302	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43	\$0.159
990310 VEGGIE SALAD	1/2 CUP	310	33	0.02	170	4	0.12	0.00	0	8.31	1.85	0.54	7845	42.3	2.43	0.57	\$0.240
000319 French Fries: Oven Crinkle Cut	1/2 CUP	0	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15	\$0.078
001043 Animal Crackers WG	1 OZ BAG	300	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72	\$0.118
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	\$0.005
001428 MILK, FF SKIM	HALF PINT	10	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
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	\$0.233
900065 Juice Assortment	SERVING	5	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900329 Ketchup, Individual Packet (2)	2 PC	250	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	0.0	0.00	0.00	\$0.035
900025 Mayonaise: Individual Packet	PACKET	100	40	0.50	90	0	4.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00	\$0.041

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
000650 Mustard: Individual Packet	PC packet	100	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00	\$0.036
Weighted Daily Average			553	3.79	806	*27	16.54	0.00	45	81.81	6.40	*19.65	9025	367.2	6.31	5.62	\$1.190
% of Calories				6.17%		*19.5%	26.9%	0.0%		59.2%		*14.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 10/14/2021

Reimbursable Meal Total 472

	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)	Cost
990211 Chicken Bites, Dill	4 pieces	472	160	1.00	380	1	5.00	0.00	50	9.00	0.00	18.00	0	18.0	0.00	1.00	\$0.765
900236 Corn Nuggets, FZN	1/2 cup	468	117	0.61	258	1	3.69	0.00	0	19.05	1.23	1.84	0	12.3	0.00	0.44	\$0.185
001217 Black Bean & Corn Salad, 1/2 C	1/2 CUP	100	184	1.33	468	*6	3.85	*0.00	*8	29.32	*4.92	8.29	307	148.7	3.67	2.17	\$0.346
000339 Fruit, Canned, Assorted	1/2 CUP	135	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18	\$0.233
900065 Juice Assortment	SERVING	350	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	480	104	0.00	162	3	2.31	0.00	0	17.36	1.16	3.47	0	0.0	4.63	1.04	\$0.085
001453 Graham Cracker Snack, Choc	EACH	250	107	0.00	76	6	3.57	0.00	0	17.86	1.79	1.79	0	8.9	0.00	5.36	\$0.155
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	\$0.005
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	\$0.005
900329 Ketchup, Individual Packet (2)	2 PC	400	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	0.0	0.00	0.00	\$0.035



# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	125	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67	\$0.192
Weighted Daily Average			587	1.90	1026	*30	13.76	*0.00	*52	87.33	*5.30	27.50	3128	205.6	16.95	6.07	\$1.410
% of Calories				2.91%		*20.4%	21.1%	*0.0%		59.5%		18.7%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

**Tuesday - 10/19/2021**

**Reimbursable Meal Total 220**

	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)	Cost
990110 Hot Pocket, Pepperoni	4.46 oz	220	300	5.00	680	4	11.00	0.00	40	32.00	3.00	18.00	400	250.0	0.00	2.70	\$0.657
900399 Potato Wedges: FZN 1/2c	serving	0	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50	\$0.250
001439 Romaine Lettuce: 1 cup	1 CUP	0	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04	\$0.253
001476 Tomatoes (fresh) 1/8 C, Sliced	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	\$0.047
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	\$0.233
900065 Juice Assortment	SERVING	220	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
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	\$0.005
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	\$0.005

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.041
Weighted Daily Average			388	5.00	714	*17	11.00	0.00	42	50.76	3.00	19.78	585	435.3	13.30	2.76	\$0.756
% of Calories				11.60%		*17.5%	25.5%	0.0%		52.3%		20.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Wednesday - 10/20/2021

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)	Cost
990211 Chicken Bites, Dill	4 pieces	137	160	1.00	380	1	5.00	0.00	50	9.00	0.00	18.00	0	18.0	0.00	1.00	\$0.765
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	\$0.200
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	\$0.266
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	\$0.005
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	\$0.005
001439 Romaine Lettuce: 1 cup	1 CUP	0	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04	\$0.253
990309 BROCCOLI (1/2 CUP)	1/2 CUP	0	15	0.01	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32	\$0.178
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	\$0.098
000340 Graham Cracker Snacks:Sortd WG	1 POUCH	0	109	0.17	107	8	3.19	0.00	0	19.62	3.26	1.69	93	4.6	1.00	2.45	\$0.138

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	0	104	0.00	162	3	2.31	0.00	0	17.36	1.16	3.47	0	0.0	4.63	1.04	\$0.085
Weighted Daily Average			369	1.02	609	*11	5.16	0.00	53	50.82	8.28	27.80	372	185.0	*17.26	2.47	\$1.223
% of Calories				2.49%		*11.9%	12.6%	0.0%		55.1%		30.1%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 10/21/2021

Reimbursable Meal Total 163

	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)	Cost
001654 Slider, Beef (2)	2 pieces	0	237	6.60	416	1	16.16	0.00	54	8.77	0.56	13.67	0	151.0	0.00	1.20	\$0.628
001263 Chips, Baked: Nacho Cheese WG	BAG	0	128	0.49	198	0	4.94	0.00	0	19.75	1.98	1.98	99	0.0	0.00	0.36	\$0.201
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	0	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31	\$0.088
900108 Peppers, Red Strips	2 OZ	0	9	0.00	52	*N/A*	0.00	0.00	0	1.89	0.94	0.47	95	7.6	14.66	0.14	\$0.436
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	\$0.265
900065 Juice Assortment	SERVING	163	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
001428 MILK, FF SKIM	HALF PINT	81	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	81	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001542 Cookie, Colored Candy	EACH	163	111	0.96	72	9	3.86	0.00	5	17.36	0.96	0.96	0	0.0	0.00	0.35	\$0.070

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
001526 Broccoli, Seasoned: 1/2c	1/2 cup	0	11	*0.00	15	1	0.00	*0.00	*0	2.94	*1.47	0.00	109	*14.7	*22.08	*0.00	\$0.279
Weighted Daily Average			276	*1.03	207	*37	3.95	*0.00	*10	48.53	*0.96	9.04	228	*345.7	*13.65	*0.53	\$0.173
% of Calories				*3.36%		*53.6%	12.9%	*0.0%		70.3%		13.1%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Friday - 10/22/2021

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)	Cost
990265 CROISSANT, TURKEY HAM CHEESE (LUNCH)	EACH	206	330	6.00	870	5	14.00	0.00	40	30.00	3.00	20.00	0	268.0	0.00	2.00	\$1.416
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	\$0.137
001439 Romaine Lettuce: 1 cup	1 CUP	0	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04	\$0.253
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	0	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15	\$0.095
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	0	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08	\$0.071
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	\$0.233
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	\$0.098
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	\$0.005

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.005
Weighted Daily Average			509	6.01	1046	*22	14.02	0.00	41	65.10	9.00	27.97	141	538.2	14.51	3.14	\$1.652
% of Calories				10.63%		*17.3%	24.8%	0.0%		51.2%		22.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Monday - 10/25/2021

Reimbursable Meal Total 445

	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)	Cost
900377 Pizza, French Bread PEPPERONI	pizza	445	270	4.50	690	5	9.00	0.00	35	30.00	3.00	19.00	750	400.0	6.00	1.08	\$0.669
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	445	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50	\$0.215
001439 Romaine Lettuce: 1 cup	1 CUP	0	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04	\$0.253
001476 Tomatoes (fresh) 1/8 C, Sliced	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	\$0.047
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	200	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31	\$0.088
900064 Dressing, Ranch, 1oz pouch	1 oz.	0	76	1.42	217	1	7.56	0.00	5	1.89	0.00	0.94	5	18.9	0.00	0.00	\$0.060
900065 Juice Assortment	SERVING	210	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
000339 Fruit, Canned, Assorted	1/2 CUP	113	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18	\$0.233
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	\$0.005

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.005
Weighted Daily Average			460	*4.51	911	*21	10.32	*0.00	*36	69.35	*6.36	24.33	3125	*501.3	*13.70	*1.80	\$1.030
% of Calories				*8.82%		*18.3%	20.2%	*0.0%		60.3%		21.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

**Tuesday - 10/26/2021**

**Reimbursable Meal Total 222**

	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)	Cost
900081 Hot Dog w Chili Sauce	CHILI DOG	222	348	7.46	992	4	19.16	0.50	32	30.79	2.93	13.39	701	49.3	0.00	2.66	\$0.546
001199 Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	0	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11	\$0.015
001410 Beans, Baked: 1/2cup	1/2 CUP	0	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82	\$0.158
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	0	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31	\$0.088
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	\$0.233
900065 Juice Assortment	SERVING	222	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
990083 Ketchup: Individual Packet (1)	EACH	222	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00	\$0.018
000650 Mustard: Individual Packet	PC packet	222	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00	\$0.036
001427 MILK, FF CHOCOLATE	HALF PINT	111	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
001426 MILK, 1% FAT	HALF PINT	111	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
Weighted Daily Average			530	7.46	1221	*20	19.16	*0.50	40	65.65	2.93	21.22	1234	388.5	13.65	2.84	\$0.703
% of Calories				12.67%		*15.1%	32.5%	*0.8%		49.5%		16.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Wednesday - 10/27/2021

Reimbursable Meal Total 258

	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)	Cost
001449 Beef Patty Breaded	SERVINGS	258	329	9.10	384	0	23.40	0.00	53	14.80	1.60	14.50	750	260.0	0.00	3.78	\$0.443
001753 Beans, Green, 1/2 c, Ranch	1/2 CUP	245	22	0.00	498	*0	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00	\$0.127
001439 Romaine Lettuce: 1 cup	1 CUP	0	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04	\$0.253
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	\$0.233
900065 Juice Assortment	SERVING	210	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
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	\$0.005
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	\$0.005
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	\$0.047

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
001454 Graham Cracker Snack, Honey	EACH	0	110	0.00	140	11	3.00	0.00	0	20.00	7.00	1.29	280	5.0	3.00	2.00	\$0.137
Weighted Daily Average			433	9.11	901	*14	23.76	*0.00	54	36.39	3.66	16.86	*883	*425.4	*10.97	*3.86	\$0.645
% of Calories				18.94%		*12.9%	49.4%	*0.0%		33.6%		15.6%					
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)	Cost
Weighted Averages			458	*4.09	808	*22	12.98	*0.06	*37	63.12	*5.14	*21.25	*2613	*355.6	*15.48	*3.68	\$0.987
% of Calories				*8.04%		*19.2%	25.5%	*0.1%		55.1%		*18.6%					

- \*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.**