

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

Menu Name: IV Lunch K-5 Include Cost: No
 Site: 5 - Indian Valley Elementary School Report Style: Detailed

Monday - 04/03/2023 Reimbursable Meal Total 358

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000987 Corn Dog WG	4 OZ	358	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80
001410 Beans, Baked: 1/2cup	1/2 CUP	322	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
000267 Celery Sticks 1/4 cup	1/4 CUP	50	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	350	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	200	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	27	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	0	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001187 Ranch Dressing, RC, Single Ser	12gm	50	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
990083 Ketchup: Individual Packet (1)	EACH	200	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	0	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12
Weighted Daily Average			511	2.64	690	*34	8.33	0.00	44	88.10	13.81	21.13	518	167.2	13.61	4.56
% of Calories				4.65%		*26.6%	14.7%	0.0%		69.0%		16.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/04/2023 Reimbursable Meal Total 360

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000984 Pizza, Cheese 4X6	servings	360	300	4.00	470	10	11.00	0.00	15	34.00	4.00	16.00	500	300.0	0.00	2.70
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	300	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	50	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	350	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	200	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	10	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001187 Ranch Dressing, RC, Single Ser	12gm	50	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
000340 Graham Cracker Snacks:Sortd WG	1 POUCH	400	109	0.17	107	8	3.19	0.00	0	19.62	3.26	1.69	93	4.6	1.00	2.45
Weighted Daily Average			656	*4.25	857	*45	15.83	*0.00	*18	106.23	*12.06	26.42	1562	*316.9	*14.58	*6.09
% of Calories				*5.83%		*27.4%	21.7%	*0.0%		64.8%		16.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 04/06/2023

Reimbursable Meal Total 393

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001723 Quesadilla, Chicken WG 2016	each	393	150	2.25	280	1	5.50	0.00	20	15.50	1.50	9.50	100	125.0	0.00	1.35
001217 Black Bean & Corn Salad, 1/2 C	1/2 CUP	251	184	1.33	468	*6	3.85	*0.00	*8	29.32	*4.92	8.29	307	148.7	3.67	2.17

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	50	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000267 Celery Sticks 1/4 cup	1/4 CUP	50	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06
900065 Juice Assortment	SERVING	420	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
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
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	10	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
001043 Animal Crackers WG	1 OZ BAG	400	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
Weighted Daily Average			507	3.14	732	*26	12.10	*0.00	*27	78.36	*6.13	*17.30	1047	525.4	16.69	3.54
% of Calories				5.57%		*20.5%	21.5%	*0.0%		61.8%		*13.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 04/07/2023

Reimbursable Meal Total 380

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001659 Chicken Sandwich WG Bun - CASE	EACH	380	362	1.52	886	4	10.09	0.00	35	44.07	3.00	23.20	0	39.8	0.00	2.53
001410 Beans, Baked: 1/2cup	1/2 CUP	297	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	420	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
990311 FRESH VEGGIE DELIGHT	1/2 CUP	117	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65

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Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	200	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	10	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
000522 Mayonnaise, FF	pk	100	40	0.50	90	0	4.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
001187 Ranch Dressing, RC, Single Ser	12gm	60	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
Weighted Daily Average			632	1.72	1181	*32	11.41	0.00	40	100.59	11.75	34.30	2916	124.3	19.30	5.17
% of Calories				2.45%		*20.3%	16.2%	0.0%		63.7%		21.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 04/10/2023

Reimbursable Meal Total 385

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000661 Chicken Nuggets: 5 nuggets	5 Nuggets	385	231	2.41	415	0	11.57	0.00	53	15.43	1.93	16.39	89	20.2	0.00	0.96
000122 Potato Wedges: FZN 3 oz	3oz servings	388	128	0.53	150	0	4.27	0.00	0	21.37	2.14	2.14	107	0.0	3.85	0.38
990311 FRESH VEGGIE DELIGHT	1/2 CUP	50	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
900065 Juice Assortment	SERVING	373	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	200	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	10	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00

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Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900019 Honey Mustard Packet	PACKET	200	140	2.00	200	6	13.00	0.00	10	7.00	0.00	0.00	0	0.0	0.00	0.00
000564 Sweet and Sour Sauce: Single	oz.	0	13	0.00	34	1	0.00	0.00	0	3.40	0.00	0.00	0	0.0	0.00	0.00
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
Weighted Daily Average			567	4.03	765	29	22.72	0.00	61	69.58	4.91	23.23	1359	159.2	18.39	1.46
% of Calories				6.40%		20.5%	36.1%	0.0%		49.1%		16.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 04/12/2023

Reimbursable Meal Total 365

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001380 Chicken Fajita Wrap	EACH	365	307	6.69	674	*1	16.55	0.00	76	17.88	1.49	23.12	304	214.9	0.00	1.03
001482 Peas, Green:Canned 1/2 C	1/2 CUP	288	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90
990311 FRESH VEGGIE DELIGHT	1/2 CUP	100	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
001458 Cucumbers, RAW: 1/8 cup	1/8 CUP	100	2	0.00	0	0	0.03	0.00	0	0.41	0.13	0.11	14	2.6	0.60	0.04
001021 Fruit Cup - 4oz	4 OZ.	350	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	0	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001187 Ranch Dressing, RC, Single Ser	12gm	60	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
Weighted Daily Average			490	7.12	883	*8	17.95	0.00	78	55.35	9.27	29.76	2961	246.6	7.27	3.06
% of Calories				13.08%		*6.5%	33.0%	0.0%		45.2%		24.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 04/13/2023

Reimbursable Meal Total 350

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900102 Steak Nuggets	4 pc serving	350	304	4.57	497	2	18.27	0.00	36	16.24	2.03	15.22	0	20.3	0.00	1.83
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	301	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
900516 BROCCOLI SALAD	1/2 CUP	50	167	0.65	168	24	6.31	*0.03	6	29.11	1.78	1.88	200	31.6	28.79	0.66
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	50	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000339 Fruit, Canned, Assorted	1/2 CUP	373	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
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	360	104	0.00	162	3	2.31	0.00	0	17.36	1.16	3.47	0	0.0	4.63	1.04
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	436	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	27	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00

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Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990367 MILK, SHELF STABLE, FF WHITE	EACH	27	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			795	4.78	1112	55	21.78	*0.00	44	111.28	13.64	37.89	814	129.4	*14.43	4.57
% of Calories				5.41%		27.7%	24.7%	*0.0%		56.0%		19.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 04/14/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990264 BREAD, CHEESY PULL APART FIESTA	EACH	400	300	6.00	580	5	13.00	0.00	30	33.00	2.00	14.00	0	330.0	0.03	1.90
001673 Beans, Green:1/2 cup- w/onions	1/2 CUP	297	22	0.00	230	*N/A*	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
000339 Fruit, Canned, Assorted	1/2 CUP	415	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
990364 Spinach Salad	1/2 cup	117	17	0.04	27	2	0.23	0.00	0	3.29	1.34	1.36	3285	35.4	16.20	0.97
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	10	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001024 Crackers, Animal SS	SERVING	200	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
Weighted Daily Average			499	6.05	860	*27	15.43	*0.00	32	73.53	5.99	*16.90	*1056	*419.0	*8.64	*2.73
% of Calories				10.91%		*21.6%	27.8%	*0.0%		58.9%		*13.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

Monday - 04/17/2023

Reimbursable Meal Total 360

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001723 Quesadilla, Chicken WG 2016	each	360	150	2.25	280	1	5.50	0.00	20	15.50	1.50	9.50	100	125.0	0.00	1.35
001197 Beans, Black: Canned: 1/4c	1/4 CUP	312	58	0.00	90	1	0.00	0.00	0	10.23	3.19	3.83	3	95.8	0.00	1.72
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	50	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000267 Celery Sticks 1/4 cup	1/4 CUP	50	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06
900065 Juice Assortment	SERVING	114	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
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
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	10	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
001043 Animal Crackers WG	1 OZ BAG	200	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
Weighted Daily Average			394	2.30	476	*25	7.83	0.00	22	63.47	6.28	*15.63	900	341.7	7.40	3.44
% of Calories				5.25%		*25.4%	17.9%	0.0%		64.4%		*15.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/18/2023

Reimbursable Meal Total 385

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000661 Chicken Nuggets: 5 nuggets	5 Nuggets	385	231	2.41	415	0	11.57	0.00	53	15.43	1.93	16.39	89	20.2	0.00	0.96
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	388	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
990364 Spinach Salad	1/2 cup	50	17	0.04	27	2	0.23	0.00	0	3.29	1.34	1.36	3285	35.4	16.20	0.97
001399 Peaches: 1/2 cup	1/2 CUP	373	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	200	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	10	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
900019 Honey Mustard Packet	PACKET	200	140	2.00	200	6	13.00	0.00	10	7.00	0.00	0.00	0	0.0	0.00	0.00
000564 Sweet and Sour Sauce: Single	oz.	0	13	0.00	34	1	0.00	0.00	0	3.40	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			593	3.49	851	*16	18.42	0.00	61	79.83	12.95	30.63	794	145.6	*7.70	3.23
% of Calories				5.30%		*10.8%	28.0%	0.0%		53.8%		20.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 04/19/2023

Reimbursable Meal Total 375

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001269 Egg Scrambled Squares	EACH	375	50	1.00	50	1	3.00	0.00	115	1.00	0.00	4.00	100	27.0	0.00	0.36
001470 Sausage Link; 1 link	1 link	375	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
000996 Hash Browns	SERVING	375	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
001477 Biscuit, So.Style WG 2.51oz	each	375	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
900065 Juice Assortment	SERVING	375	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	275	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	175	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
900329 Ketchup, Individual Packet (2)	2 PC	2001	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	0.0	0.00	0.00
Weighted Daily Average			791	10.23	1160	*62	28.29	*0.00	143	115.23	5.32	23.95	3861	253.0	18.54	2.35
% of Calories				11.64%		*31.4%	32.2%	*0.0%		58.3%		12.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 04/20/2023

Reimbursable Meal Total 375

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001517 Barbecue Chicken Sandwich	2 oz servings	375	258	1.00	816	9	5.30	0.00	37	34.88	2.82	17.77	169	39.4	1.02	1.66
001410 Beans, Baked: 1/2cup	1/2 CUP	315	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
001458 Cucumbers, RAW: 1/8 cup	1/8 CUP	50	2	0.00	0	0	0.03	0.00	0	0.41	0.13	0.11	14	2.6	0.60	0.04
000267 Celery Sticks 1/4 cup	1/4 CUP	0	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06
990309 BROCCOLI (1/2 CUP)	1/2 CUP	50	15	0.01	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	370	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	10	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990361 CRACKERS, DICK & JANE	EACH	200	117	0.00	64	6	3.91	0.00	0	21.51	31.28	1.96	0	3.9	0.00	0.98
Weighted Daily Average			542	1.06	1060	*33	7.62	0.00	38	94.12	27.72	28.15	613	122.2	19.92	4.81
% of Calories				1.76%		*24.4%	12.7%	0.0%		69.5%		20.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 04/21/2023

Reimbursable Meal Total 280

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990110 Hot Pocket, Pepperoni	4.46 oz	280	300	5.00	680	4	11.00	0.00	40	32.00	3.00	18.00	400	250.0	0.00	2.70
900129 Beans, Pinto:1/2 cup	1/2 cup	0	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	300	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
990311 FRESH VEGGIE DELIGHT	1/2 CUP	25	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
001085 Bananas	1/2 cup	265	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
001187 Ranch Dressing, RC, Single Ser	12gm	25	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	200	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990368 MILK, SHELF STABLE 1% WHITE	EACH	100	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	0	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			520	5.63	913	37	12.25	0.00	47	77.51	8.11	27.94	12340	283.5	9.47	3.66
% of Calories				9.74%		28.5%	21.2%	0.0%		59.6%		21.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 04/24/2023

Reimbursable Meal Total 360

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000404 Crisпитos (1 EACH)	Each	360	220	2.50	320	0	10.00	*N/A*	35	22.00	2.00	9.00	0	0.0	0.00	0.00
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	167	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
001420 Salsa: 1/4 cup	1/4 CUP	200	19	0.00	227	*N/A*	0.00	0.00	0	3.84	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	350	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	0	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	0	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	0	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001043 Animal Crackers WG	1 OZ BAG	200	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
Weighted Daily Average			425	2.52	614	*8	12.36	*0.00	35	61.88	8.12	*13.43	*215	*143.9	*14.12	*1.33
% of Calories				5.34%		*7.5%	26.2%	*0.0%		58.2%		*12.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/25/2023

Reimbursable Meal Total 375

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990273 PIZZA, CHEESE CRUNCHER WG	SVGS (4 PIECES)	375	420	9.00	670	3	20.00	0.00	30	41.00	6.00	20.00	10	45.0	4.00	10.00
001228 Broccoli w/ Cheese(Can): 1/2c	1/2 cup	200	72	0.95	244	*1	2.86	0.00	*0	8.20	2.67	*2.67	534	36.2	56.03	0.48
000267 Celery Sticks 1/4 cup	1/4 CUP	200	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	375	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	275	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	175	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001187 Ranch Dressing, RC, Single Ser	12gm	200	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			672	10.24	1061	*35	22.86	0.00	*38	88.12	10.04	*31.76	596	89.1	48.12	10.51
% of Calories				13.71%		*20.8%	30.6%	0.0%		52.5%		*18.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 04/26/2023

Reimbursable Meal Total 336

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990258 Turkey Ham & Cheese Croissant	1 each	336	331	6.02	873	5	14.04	0.00	40	30.09	3.01	20.06	0	268.8	0.00	2.01
990311 FRESH VEGGIE DELIGHT	1/2 CUP	300	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
001085 Bananas	1/2 cup	337	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	300	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	300	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	0	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001260 Chips, Baked, Regular	BAG	0	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	0	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
Weighted Daily Average			628	7.46	1167	48	16.67	0.00	54	85.99	7.84	35.94	7289	295.1	18.40	2.78
% of Calories				10.69%		30.6%	23.9%	0.0%		54.8%		22.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			576	*4.79	899	*32	15.74	*0.00	*49	84.32	*10.25	*25.90	*2428	*235.1	*16.04	*3.96
% of Calories				*7.48%		*22.2%	24.6%	*0.0%		58.6%		*18.0%				

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

¹ - denotes required nutrient values

² - 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.