

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

Menu Name: NL Lunch 6-8 **Include Cost:** No
Site: 6 - Nichols-Lawson Middle School **Report Style:** Detailed

Monday - 04/03/2023 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)
000400 Crisptos (2 EACH)	2 Crisptos	0	440	5.00	640	0	20.00	*N/A*	70	44.00	4.00	18.00	0	0.0	0.00	0.00
001772 CHEESE SAUCE, QUESO 1/4 cup	1/4 cup svgs	0	130	5.85	478	0	9.94	0.00	33	2.21	0.00	7.73	442	223.0	0.00	0.00
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	400	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
990254 SALAD BAR	SERVING	400	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	150	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
Weighted Daily Average			377	*1.66	484	*23	10.28	*0.00	*8	62.98	*9.86	11.92	6708	*67.3	*31.00	*1.98
% of Calories				*3.96%		*24.4%	24.5%	*0.0%		66.8%		12.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/04/2023 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)
001483 Red Beans & Rice w/ Sausage	servings	400	448	6.34	1569	*9	20.18	*0.00	*35	53.38	*6.53	16.28	*130	*101.3	*18.38	*3.21
990212 Dinner Roll Dough, WG Sis Shubert	each	400	180	1.50	320	6	5.00	0.00	15	30.00	1.00	4.00	0	0.0	2.00	10.00

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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)
990254 SALAD BAR	SERVING	400	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
001708 Greens: Collard, 1/4 C	1/3 C	0	29	0.51	70	*0	1.45	*0.00	2	3.00	*1.50	1.82	2498	58.2	13.91	0.22
001664 Apple Crisp	SERVINGS	0	187	3.33	98	*10	7.60	*0.00	0	29.53	2.05	*1.88	348	13.0	1.95	0.63
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
Weighted Daily Average			831	9.32	2120	*23	33.85	*0.00	*55	112.48	*14.41	*24.32	*6748	*168.1	*51.35	*14.69
% of Calories				10.09%		*11.1%	36.7%	*0.0%		54.1%		*11.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/05/2023

Reimbursable Meal Total 415

	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)
001449 Beef Patty Breaded	SERVINGS	400	329	9.10	384	0	23.40	0.00	53	14.80	1.60	14.50	750	260.0	0.00	3.78
001513 Gravy Mix, Country	1/2 cup	400	16	0.46	65	*0	0.91	*0.00	0	2.28	0.00	0.00	2	0.5	0.00	0.00
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	400	104	0.00	162	3	2.31	0.00	0	17.36	1.16	3.47	0	0.0	4.63	1.04
900072 Potatoes, Creamed: 1/2 cup	1/2 CUP	400	71	0.00	326	0	1.18	0.00	0	13.39	0.79	1.58	0	1.9	7.09	0.29
001358 Peas, Blackeyed: 1/4 cup	1/4CUP	400	77	0.32	229	*0	0.64	0.00	0	13.55	3.87	4.52	0	25.8	*0.00	1.16
001085 Bananas	1/2 cup	200	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	100	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)
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
Weighted Daily Average			650	9.74	1175	*15	27.84	*0.00	53	74.76	8.32	26.48	748	279.7	*14.44	6.15
% of Calories				13.49%		*9.2%	38.5%	*0.0%		46.0%		16.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/06/2023

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)
001485 Turkey & Noodles (WG)	1 CUP	0	281	3.99	1013	*2	12.70	*0.00	52	28.47	2.32	*8.54	*244	*121.1	*1.98	*1.23
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	300	104	0.00	162	3	2.31	0.00	0	17.36	1.16	3.47	0	0.0	4.63	1.04
000565 Souffle, Sweet Potato	1/2c	150	131	1.44	41	*8	3.22	*0.00	6	24.18	0.95	0.66	3134	19.9	2.05	0.73
001673 Beans, Green:1/2 cup- w/onions	1/2 CUP	350	22	0.00	230	*N/A*	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
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
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
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
Weighted Daily Average			167	0.62	387	*6	3.72	*0.00	3	29.63	3.57	*3.27	*1343	*8.7	*4.90	*1.21
% of Calories				3.34%		*14.4%	20.0%	*0.0%		71.0%		*7.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/07/2023

Reimbursable Meal Total 420

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)
000987 Corn Dog WG	4 OZ	420	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80
000319 French Fries: Oven Crinkle Cut	1/2 CUP	420	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15
001432 Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	420	20	0.08	23	*1	0.80	*0.00	2	3.19	0.84	0.52	77	17.1	11.69	0.22
990254 SALAD BAR	SERVING	420	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
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
900329 Ketchup, Individual Packet (2)	2 PC	420	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	0	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	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
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
Weighted Daily Average			632	4.68	821	*31	19.69	*0.00	51	94.34	14.21	20.30	6921	163.9	44.71	3.65
% of Calories				6.66%		*19.6%	28.0%	*0.0%		59.7%		12.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 04/10/2023

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)
900189 Chicken, Bites whole muscle	6 nuggets	350	360	3.00	870	0	18.00	0.00	65	21.00	1.00	27.00	0	20.0	0.00	1.08
000996 Hash Browns	SERVING	0	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36

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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)
990254 SALAD BAR	SERVING	0	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
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
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
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
900019 Honey Mustard Packet	PACKET	0	140	2.00	200	6	13.00	0.00	10	7.00	0.00	0.00	0	0.0	0.00	0.00
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
Weighted Daily Average			360	3.00	870	*0	18.00	*0.00	65	21.00	1.00	27.00	0	20.0	0.00	1.08
% of Calories				7.50%		*0%	45.0%	*0.0%		23.3%		30.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/11/2023

Reimbursable Meal Total 415

	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)
001009 Teriyaki Chicken: 2.8oz	2.8 OZ	420	138	2.00	504	3	6.00	0.00	45	4.55	0.00	14.00	15	0.0	1.20	0.36
001721 Egg Roll, Vegetable, WG	each	0	140	1.00	150	4	3.50	*N/A*	*N/A*	22.00	4.00	4.00	200	40.0	1.20	1.08
990243 Fried Rice	1 cup	420	353	1.74	642	*11	9.80	*0.00	101	59.00	4.75	10.18	6220	62.7	5.25	2.33
001675 Peas, Green: Canned 1/4 C	1/4 CUP	420	61	0.14	94	3	0.63	0.00	0	10.38	3.90	2.60	273	13.2	0.01	0.95
001344 Carrots, Glazed: 1/4 Cup	1/4 CUP	420	30	0.15	202	*0	0.42	*0.00	0	6.46	1.50	0.48	9981	26.9	1.66	0.44
990254 SALAD BAR	SERVING	0	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48

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)
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
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
Weighted Daily Average			589	4.09	1459	*16	17.05	*0.00	*147	81.35	10.27	27.59	16687	104.0	8.21	4.13
% of Calories				6.25%		*10.9%	26.1%	*0.0%		55.2%		18.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/12/2023

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001663 Chili Con Carne w/ Beans 1/2c	1/2 CUP	400	191	3.27	178	*3	8.52	*0.55	*47	11.03	*3.84	16.64	728	59.6	11.60	2.14
000887 Grill Cheese Sandwich-1slice	EACH	400	312	7.59	1003	*4	15.67	0.00	38	31.52	2.00	13.59	476	227.8	0.00	2.16
990254 SALAD BAR	SERVING	400	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
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
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
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
Weighted Daily Average			706	12.34	1412	*15	32.86	*0.55	*90	71.65	*12.72	34.27	7822	354.2	42.57	5.78
% of Calories				15.73%		*8.5%	41.9%	*0.7%		40.6%		19.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/13/2023

Reimbursable Meal Total 300

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)
001146 Hot Dog WG	servings	300	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82
900398 Potato, Rounds: 1/2 cup	serving	300	120	1.00	180	0	7.00	0.00	0	14.00	180.00	1.00	0	0.0	1.20	0.00
001186 Beans, Baked: 1/4 cup	1/4C	300	69	0.00	95	*3	0.00	0.00	0	13.97	3.62	3.62	111	41.1	0.05	1.38
001432 Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	300	20	0.08	23	*1	0.80	*0.00	2	3.19	0.84	0.52	77	17.1	11.69	0.22
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	300	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	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
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	135	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
000945 CONDIMENT 3	EACH	0	40	0.50	160	0	4.00	0.00	5	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			557	4.76	946	*30	18.15	*0.25	20	84.96	187.92	18.07	259	98.7	72.94	3.42
% of Calories				7.69%		*21.5%	29.3%	*0.4%		61.0%		13.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/14/2023

Reimbursable Meal Total 4

	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)
000958 Pizza, Sausage: 4X6	PIECE	4	280	3.50	760	3	9.00	0.00	10	34.00	7.00	16.00	200	200.0	0.00	2.70
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	4	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001228 Broccoli w/ Cheese(Can): 1/2c	1/2 cup	0	72	0.95	244	*1	2.86	0.00	*0	8.20	2.67	*2.67	534	36.2	56.03	0.48

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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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	4	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000998 Raisins, Individual Box	Box	0	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	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
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
Weighted Daily Average			409	*3.51	968	*10	10.34	*0.00	*10	60.13	*10.62	*20.10	5101	*211.7	*0.93	*3.51
% of Calories				*7.72%		*9.8%	22.8%	*0.0%		58.8%		*19.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 04/17/2023

Reimbursable Meal Total 420

	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)
001017 Cheese Stix (2)	Serving	0	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
990248 Marinara Dipping Sauce	1/4 CUP	0	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
990254 SALAD BAR	SERVING	420	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
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
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

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	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			244	1.65	282	*15	8.97	*0.00	7	36.36	*7.11	*6.90	*6619	*66.8	*30.98	*1.48
% of Calories				6.09%		*24.6%	33.1%	*0.0%		59.6%		*11.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/18/2023

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)
001658 Hamburger w/ WG Bun CASE	each	400	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
000319 French Fries: Oven Crinkle Cut	1/2 CUP	400	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15
990254 SALAD BAR	SERVING	400	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
900065 Juice Assortment	SERVING	400	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	1200	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	400	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
900025 Mayonaise: Individual Packet	PACKET	400	40	0.50	90	0	4.00	0.00	5	1.00	0.00	0.00	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

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)
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
Weighted Daily Average			677	5.83	911	*32	25.34	*0.00	53	94.48	10.29	23.07	7728	356.0	46.23	5.78
% of Calories				7.75%		*18.9%	33.7%	*0.0%		55.8%		13.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/19/2023

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)
900556 TACO SALAD	SERVINGS	400	288	4.68	410	*2	15.18	*0.70	42	21.54	2.57	17.08	595	113.0	5.00	2.30
001217 Black Bean & Corn Salad, 1/2 C	1/2 CUP	0	184	1.33	468	*6	3.85	*0.00	*8	29.32	*4.92	8.29	307	148.7	3.67	2.17
000541 Salsa: 1/8 cup	1/8 CUP	400	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*
000488 Peppers, Green: RAW	1/4 CUP	400	5	0.01	1	1	0.04	0.00	0	1.07	0.39	0.20	85	2.3	18.49	0.08
000086 Oranges	1/2 CUP	0	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
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
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
Weighted Daily Average			302	4.70	523	*3	15.21	*0.70	*42	24.51	*2.96	17.28	*680	*115.3	*23.49	*2.38
% of Calories				14.01%		*4.0%	45.3%	*2.1%		32.5%		22.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/20/2023

Reimbursable Meal Total 350

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)
001693 Cracked Out Chicken Casserole	1 cup	350	416	6.61	971	4	16.35	0.00	94	42.40	2.14	23.38	*431	*108.3	*0.00	*1.63
990212 Dinner Roll Dough, WG Sis Shubert	each	350	180	1.50	320	6	5.00	0.00	15	30.00	1.00	4.00	0	0.0	2.00	10.00
001460 Broccoli w/Cheese Seasoned1/2c	1/2 CUP	0	65	*1.32	446	*3	3.52	*0.00	*4	8.60	*1.68	*1.79	152	*87.5	*24.06	*0.08
000565 Souffle, Sweet Potato	1/2c	0	131	1.44	41	*8	3.22	*0.00	6	24.18	0.95	0.66	3134	19.9	2.05	0.73
000998 Raisins, Individual Box	Box	0	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
001664 Apple Crisp	SERVINGS	350	187	3.33	98	*10	7.60	*0.00	0	29.53	2.05	*1.88	348	13.0	1.95	0.63
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
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
Weighted Daily Average			783	*11.44	1388	*21	28.95	*0.00	*109	101.93	*5.19	*29.26	*779	*121.3	*3.95	*12.25
% of Calories				*13.15%		*10.7%	33.3%	*0.0%		52.1%		*14.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/21/2023

Reimbursable Meal Total 415

	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)
990106 Sausage Link: 2 links	2 links	400	160	4.00	356	0	14.00	0.00	40	0.00	0.00	8.00	0	0.0	0.00	0.72
001706 CHEESE TOAST, OPENFACE	EACH	400	181	5.06	616	2	10.11	0.00	25	16.01	1.00	8.06	314	151.9	0.00	1.08
001230 Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	0	105	0.27	4	6	1.33	*0.00	0	21.44	2.30	3.20	1	6.9	0.01	0.99

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)
000996 Hash Browns	SERVING	400	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36
001420 Salsa: 1/4 cup	1/4 CUP	400	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*
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	400	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	400	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	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
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
Weighted Daily Average			528	10.68	1713	*13	31.05	*0.00	63	47.26	3.87	16.46	*302	*146.4	*71.30	*2.09
% of Calories				18.20%		*9.8%	52.9%	*0.0%		35.8%		12.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 04/24/2023

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)
001782 Pizza, Pepperoni 16"	Servings	0	248	5.07	581	3	10.10	0.00	21	23.22	1.70	15.51	680	345.1	7.67	2.38
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	400	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
990254 SALAD BAR	SERVING	400	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
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

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)
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
Weighted Daily Average			383	*1.48	415	*27	9.97	*0.00	*5	67.56	*9.48	7.92	6821	*207.3	*44.20	*2.00
% of Calories				*3.48%		*28.2%	23.4%	*0.0%		70.6%		8.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/25/2023

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)
001380 Chicken Fajita Wrap	EACH	400	307	6.69	674	*1	16.55	0.00	76	17.88	1.49	23.12	304	214.9	0.00	1.03
001302 Spanish Rice: 1/3 c	1/3 CUP	0	140	0.00	210	*0	0.98	0.00	0	28.61	1.31	2.65	*0	*14.9	*0.00	*0.47
001217 Black Bean & Corn Salad, 1/2 C	1/2 CUP	0	184	1.33	468	*6	3.85	*0.00	*8	29.32	*4.92	8.29	307	148.7	3.67	2.17
000541 Salsa: 1/8 cup	1/8 CUP	400	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*
990254 SALAD BAR	SERVING	400	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
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	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			593	8.35	1108	*21	25.54	*0.00	*85	62.51	*8.87	32.16	*6922	*281.7	*30.98	*2.51
% of Calories				12.67%		*14.2%	38.8%	*0.0%		42.2%		21.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/26/2023

Reimbursable Meal Total 400

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)
900094 Spaghetti Bake	1 CUP	400	442	8.21	481	*5	18.66	0.68	87	36.96	3.43	*24.83	*781	*241.0	*5.69	*2.69
990212 Dinner Roll Dough, WG Sis Shubert	each	0	180	1.50	320	6	5.00	0.00	15	30.00	1.00	4.00	0	0.0	2.00	10.00
001673 Beans, Green:1/2 cup- w/onions	1/2 CUP	400	22	0.00	230	*N/A*	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
990254 SALAD BAR	SERVING	0	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
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
Weighted Daily Average			464	8.21	711	*5	19.02	*0.68	87	41.34	5.60	*24.83	*781	*241.2	*5.74	*2.70
% of Calories				15.92%		*4.3%	36.9%	*1.3%		35.6%		*21.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/27/2023

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)
001659 Chicken Sandwich WG Bun - CASE	EACH	350	362	1.52	886	4	10.09	0.00	35	44.07	3.00	23.20	0	39.8	0.00	2.53
900398 Potato, Rounds: 1/2 cup	serving	0	120	1.00	180	0	7.00	0.00	0	14.00	180.00	1.00	0	0.0	1.20	0.00
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	75	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
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
990099 CONDIMENT 2	EACH	200	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900025 Mayonaise: Individual Packet	PACKET	400	40	0.50	90	0	4.00	0.00	5	1.00	0.00	0.00	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
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
Weighted Daily Average			431	2.09	1084	8	14.68	0.00	41	52.26	3.47	23.30	2405	45.0	0.42	2.67
% of Calories				4.36%		7.4%	30.7%	0.0%		48.5%		21.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

	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	510	*5.69	988	*17	19.50	*0.11	*52	64.29	*17.35	*20.76	*4493	*160.9	*27.81	*4.18
% of Calories		*10.04%		*13.3%	34.4%	*0.2%		50.4%		*16.3%				

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.