

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

Menu Name: PC Lunch K-5 **Include Cost:** No
Site: 7 - Pinecrest Elementary School **Report Style:** Detailed

Monday - 04/03/2023 Reimbursable Meal Total 300

	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)
001017 Cheese Stix (2)	Serving	300	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	300	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	300	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
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
Weighted Daily Average			659	5.19	1734	*36	14.47	0.00	17	102.23	*15.53	*32.82	*336	*98.8	*19.08	*14.65
% of Calories				7.09%		*21.9%	19.8%	0.0%		62.1%		*19.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/04/2023 Reimbursable Meal Total 300

	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

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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)
001410 Beans, Baked: 1/2cup	1/2 CUP	300	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	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
990099 CONDIMENT 2	EACH	300	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00
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
Weighted Daily Average			592	4.07	1063	*45	11.13	0.25	22	104.79	12.33	24.53	4022	139.1	14.39	5.07
% of Calories				6.19%		*30.4%	16.9%	0.4%		70.8%		16.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 04/05/2023

Reimbursable Meal Total 300

	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)
001781 Chicken Alfredo with a Twist	1 CUP	300	412	7.35	894	6	14.85	0.00	78	36.23	2.19	30.84	*392	*384.2	*0.01	*1.57
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	300	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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

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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	200	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
Weighted Daily Average			765	9.74	1414	*39	23.86	*0.00	88	96.26	*10.91	42.00	*5115	*438.3	*34.43	*2.90
% of Calories				11.46%		*20.4%	28.1%	*0.0%		50.3%		22.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 04/06/2023

Reimbursable Meal Total 300

	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	300	304	4.57	497	2	18.27	0.00	36	16.24	2.03	15.22	0	20.3	0.00	1.83
900072 Potatoes, Creamed: 1/2 cup	1/2 CUP	300	71	0.00	326	0	1.18	0.00	0	13.39	0.79	1.58	0	1.9	7.09	0.29
001482 Peas, Green:Canned 1/2 C	1/2 CUP	300	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
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
000564 Sweet and Sour Sauce: Single	oz.	300	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			700	5.37	1219	*37	21.69	0.00	42	93.45	12.86	30.39	867	55.8	20.81	4.24
% of Calories				6.90%		*21.1%	27.9%	0.0%		53.4%		17.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

Friday - 04/07/2023

Reimbursable Meal Total 300

	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	300	442	8.21	481	*5	18.66	0.68	87	36.96	3.43	*24.83	*781	*241.0	*5.69	*2.69
000565 Souffle, Sweet Potato	1/2c	300	131	1.44	41	*8	3.22	*0.00	6	24.18	0.95	0.66	3134	19.9	2.05	0.73
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
990254 SALAD BAR	SERVING	200	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
000046 Banana Pudding	1/2 CUP	300	164	1.40	185	*22	1.84	0.00	0	35.07	1.04	2.42	104	22.0	6.45	0.12
Weighted Daily Average			1052	12.56	1010	*68	30.48	*0.68	104	152.27	12.24	*39.00	*8652	*334.6	*48.54	*4.75
% of Calories				10.75%		*25.9%	26.1%	*0.6%		57.9%		*14.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 04/10/2023

Reimbursable Meal Total 300

	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)
900377 Pizza, French Bread PEPPERONI	pizza	300	270	4.50	690	5	9.00	0.00	35	30.00	3.00	19.00	750	400.0	6.00	1.08
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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22

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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	100	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	200	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990311 FRESH VEGGIE DELIGHT	1/2 CUP	200	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
Weighted Daily Average			585	*5.04	1052	*40	11.37	*0.00	*42	94.16	*9.33	31.86	6467	*424.4	*28.58	*2.22
% of Calories				*7.75%		*27.4%	17.5%	*0.0%		64.4%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/11/2023

Reimbursable Meal Total 300

	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	300	362	1.52	886	4	10.09	0.00	35	44.07	3.00	23.20	0	39.8	0.00	2.53
900399 Potato Wedges: FZN 1/2c	serving	300	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
001011 CONDIMENT 4	EACH	300	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
990311 FRESH VEGGIE DELIGHT	1/2 CUP	200	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65

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)
000069 Pickles, Dill (slices)	servings	200	0	0.00	243	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			777	3.25	1609	*36	20.72	0.00	47	117.75	9.51	34.95	5866	63.7	27.55	3.67
% of Calories				3.76%		*18.5%	24.0%	0.0%		60.6%		18.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 04/12/2023

Reimbursable Meal Total 300

	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	300	416	6.61	971	4	16.35	0.00	94	42.40	2.14	23.38	*431	*108.3	*0.00	*1.63
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	300	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
990254 SALAD BAR	SERVING	200	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
Weighted Daily Average			768	9.00	1490	*37	25.36	*0.00	104	102.42	*10.87	34.54	*5153	*162.4	*34.42	*2.96
% of Calories				10.55%		*19.3%	29.7%	*0.0%		53.3%		18.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
001269 Egg Scrambled Squares	EACH	300	50	1.00	50	1	3.00	0.00	115	1.00	0.00	4.00	100	27.0	0.00	0.36
990071 Sausage Patty	1.5 OZ	300	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72
000996 Hash Browns	SERVING	300	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36
001477 Biscuit, So.Style WG 2.51oz	each	300	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
900329 Ketchup, Individual Packet (2)	2 PC	300	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	0.0	0.00	0.00
990254 SALAD BAR	SERVING	200	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
000277 Jelly, Assorted	Each	300	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
Weighted Daily Average			951	15.03	1196	*46	44.85	*0.00	155	113.23	10.86	28.11	4976	158.7	39.21	3.73
% of Calories				14.22%		*19.3%	42.4%	*0.0%		47.6%		11.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 04/14/2023

Reimbursable Meal Total 300

	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)
001288 Tatertot Casserole (Red. Cal)	SVG (3/4 cup)	300	398	9.67	612	*0	26.26	*0.67	84	16.16	171.61	23.66	273	191.9	1.42	1.75
001482 Peas, Green:Canned 1/2 C	1/2 CUP	300	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90

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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	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
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
990254 SALAD BAR	SERVING	200	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
Weighted Daily Average			939	11.46	1265	*41	36.59	*0.67	94	110.34	187.40	43.42	5452	270.0	40.42	5.90
% of Calories				10.98%		*17.5%	35.1%	*0.6%		47.0%		18.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 04/17/2023

Reimbursable Meal Total 300

	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	300	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	300	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	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
990099 CONDIMENT 2	EACH	300	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			594	3.03	885	*45	9.01	0.00	47	105.67	14.97	24.93	866	179.8	14.46	4.88
% of Calories				4.59%		*30.3%	13.7%	0.0%		71.2%		16.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/18/2023

Reimbursable Meal Total 300

	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	300	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	300	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
001011 CONDIMENT 4	EACH	300	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
990311 FRESH VEGGIE DELIGHT	1/2 CUP	200	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
000069 Pickles, Dill (slices)	servings	200	0	0.00	243	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			589	4.89	970	*36	17.75	0.00	54	85.08	7.14	28.01	6424	173.2	24.60	4.92
% of Calories				7.47%		*24.4%	27.1%	0.0%		57.8%		19.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

Wednesday - 04/19/2023

Reimbursable Meal Total 300

	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)
001787 Chicken Fajita Supreme	EACH	300	339	6.74	678	*2	16.69	*0.00	76	25.31	3.24	24.14	475	232.5	41.18	1.31
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	300	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	200	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
900450 Sour Cream, Fat Free, Single	1 oz pouch	200	25	0.00	30	2	0.00	0.00	5	4.00	0.00	2.00	200	60.0	0.00	0.00
Weighted Daily Average			685	7.27	1115	*33	17.77	*0.00	86	92.08	15.63	43.16	6236	412.1	*65.46	3.52
% of Calories				9.55%		*19.3%	23.3%	*0.0%		53.8%		25.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 04/20/2023

Reimbursable Meal Total 300

	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	300	300	5.00	680	4	11.00	0.00	40	32.00	3.00	18.00	400	250.0	0.00	2.70
001228 Broccoli w/ Cheese(Can): 1/2c	1/2 cup	300	72	0.95	244	*1	2.86	0.00	*0	8.20	2.67	*2.67	534	36.2	56.03	0.48
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22

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
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
990254 SALAD BAR	SERVING	200	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
Weighted Daily Average			686	7.46	1227	*38	20.61	*0.00	*50	96.26	12.50	*31.76	5567	337.9	90.38	4.38
% of Calories				9.79%		*22.2%	27.0%	*0.0%		56.1%		*18.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 04/21/2023

Reimbursable Meal Total 300

	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)
001283 Beefy Mac	3/4C	300	319	5.43	646	*6	13.01	*0.67	66	25.93	3.56	23.00	919	88.8	20.29	2.51
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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
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
Weighted Daily Average			618	*5.96	993	*39	15.31	*0.67	*73	86.48	*8.77	35.43	1326	*105.1	*34.69	*3.27
% of Calories				*8.68%		*25.2%	22.3%	*1.0%		56.0%		22.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

Monday - 04/24/2023

Reimbursable Meal Total 300

	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)
990225 Taco Stick	each	300	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	300	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
900031 Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	300	79	1.99	467	*N/A*	5.96	0.00	*N/A*	5.96	0.00	*N/A*	0	19.9	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	200	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
900450 Sour Cream, Fat Free, Single	1 oz pouch	200	25	0.00	30	2	0.00	0.00	5	4.00	0.00	2.00	200	60.0	0.00	0.00
Weighted Daily Average			770	10.52	1534	*32	19.04	0.00	*62	103.73	15.39	*39.02	6012	527.4	*30.28	4.21
% of Calories				12.30%		*16.6%	22.3%	0.0%		53.9%		*20.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/25/2023

Reimbursable Meal Total 300

	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
001410 Beans, Baked: 1/2cup	1/2 CUP	300	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82

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	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
990099 CONDIMENT 2	EACH	300	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00
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
Weighted Daily Average			592	4.07	1063	*45	11.13	0.25	22	104.79	12.33	24.53	4022	139.1	14.39	5.07
% of Calories				6.19%		*30.4%	16.9%	0.4%		70.8%		16.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 04/26/2023

Reimbursable Meal Total 300

	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	300	360	3.00	870	0	18.00	0.00	65	21.00	1.00	27.00	0	20.0	0.00	1.08
001482 Peas, Green:Canned 1/2 C	1/2 CUP	300	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90
900072 Potatoes, Creamed: 1/2 cup	1/2 CUP	300	71	0.00	326	0	1.18	0.00	0	13.39	0.79	1.58	0	1.9	7.09	0.29
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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)
001351 CONDIMENT 5	1 EACH	300	54	0.67	86	3	4.33	0.00	3	4.47	0.00	0.00	33	0.0	0.00	0.00
Weighted Daily Average			787	4.47	1619	*35	25.75	0.00	75	96.27	11.83	42.17	800	55.5	20.81	3.49
% of Calories				5.11%		*17.8%	29.4%	0.0%		48.9%		21.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 04/27/2023

Reimbursable Meal Total 300

	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)
001491 Ham & Cheese Deli Sandwich 2oz	EACH	300	252	2.96	1092	*4	7.75	*0.00	33	31.19	2.00	15.59	*172	80.9	8.68	2.58
001263 Chips, Baked: Nacho Cheese WG	BAG	300	128	0.49	198	0	4.94	0.00	0	19.75	1.98	1.98	99	0.0	0.00	0.36
990311 FRESH VEGGIE DELIGHT	1/2 CUP	200	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
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	300	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
990099 CONDIMENT 2	EACH	300	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00
Weighted Daily Average			612	4.00	1633	*40	13.80	*0.00	40	102.48	8.05	26.69	*6295	113.5	31.90	3.63
% of Calories				5.88%		*26.1%	20.3%	*0.0%		67.0%		17.4%				
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			722	*6.97	1268	*40	20.56	*0.13	*64	103.14	*20.97	*33.54	*4445	*220.5	*33.39	*4.60
% of Calories				*8.69%		*22.2%	25.6%	*0.2%		57.1%		*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

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.