

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

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

Include Cost: No
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)
990211 Chicken Bites, Dill	4 pieces	400	160	1.00	380	1	5.00	0.00	50	9.00	0.00	18.00	0	18.0	0.00	1.00
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	400	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38
990310 VEGGIE SALAD	1/2 CUP	0	20	0.01	29	2	0.10	0.00	0	4.39	1.46	0.83	4114	16.3	13.28	0.46
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
001089 Cookie, Chocolate Chip, 1 OZ	1 OZ	250	110	1.00	70	9	4.00	0.00	0	18.00	1.00	1.00	45	0.0	0.00	0.36
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
000339 Fruit, Canned, Assorted	1/2 CUP	250	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
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
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	50	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			519	2.48	939	*32	9.15	0.00	52	77.69	9.43	29.97	184	195.6	*13.86	3.74
% of Calories				4.30%		*24.7%	15.9%	0.0%		59.9%		23.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 04/04/2023

Reimbursable Meal Total 270

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)
990290 CRISPITO, CHIC CHILI WG (OSBORN)	SERVINGS	270	544	6.04	745	4	28.19	0.00	50	46.31	4.03	24.16	0	0.0	0.00	4.03
900129 Beans, Pinto:1/2 cup	1/2 cup	271	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
001772 CHEESE SAUCE, QUESO 1/4 cup	1/4 cup svgs	0	130	5.85	478	0	9.94	0.00	33	2.21	0.00	7.73	442	223.0	0.00	0.00
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	280	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
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
900428 Sauce, Taco PC	PC	0	5	0.00	55	0	0.00	0.00	*N/A*	1.00	0.00	0.00	0	0.0	0.00	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	20	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	50	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			715	6.19	926	*18	28.61	0.00	*52	80.74	12.17	32.84	352	91.3	18.19	5.30
% of Calories				7.79%		*10.1%	36.0%	0.0%		45.2%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 04/05/2023

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)
900137 Beef, Patty Char-Broiled	patty	400	136	3.60	119	0	9.10	0.00	43	0.80	0.40	13.10	700	110.0	0.00	2.70
001656 Buns, Hamburger, WG, CASE	each	400	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
001240 Tater Tots: 1/2 cup	1/2 Cup	400	120	1.00	180	0	7.00	0.00	0	14.00	179.98	1.00	0	0.0	1.20	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)
900065 Juice Assortment	SERVING	500	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	250	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	8	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
000069 Pickles, Dill (slices)	servings	150	0	0.00	243	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001453 Graham Cracker Snack, Choc	EACH	200	107	0.00	76	6	3.57	0.00	0	17.86	1.79	1.79	0	8.9	0.00	5.36
900329 Ketchup, Individual Packet (2)	2 PC	500	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	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
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	108	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
Weighted Daily Average			680	5.20	940	45	24.06	0.00	50	97.24	184.31	22.74	1357	331.8	20.05	6.96
% of Calories				6.88%		26.5%	31.8%	0.0%		57.2%		13.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
900071 Salisbury Steak & Gravy	Serving	350	295	8.39	673	2	20.12	0.68	60	8.84	1.39	18.94	7	56.9	1.62	2.44
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	200	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13
001469 Potatoes, Sweet; 1/2 cup	1/2c servings	0	133	0.44	52	*7	1.15	0.00	0	29.72	3.40	1.45	10433	20.1	12.25	1.08

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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)
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
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
001556 Dressings, Assorted: Singles	SERVINGS	200	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
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
000339 Fruit, Canned, Assorted	1/2 CUP	400	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
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
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
Weighted Daily Average			771	13.64	1388	*48	33.94	0.68	66	88.03	*7.25	27.09	*6253	*284.5	*20.21	*4.04
% of Calories				15.92%		*24.9%	39.6%	0.8%		45.7%		14.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 04/07/2023

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)
990273 PIZZA, CHEESE CRUNCHER WG	SVGS (4 PIECES)	350	420	9.00	670	3	20.00	0.00	30	41.00	6.00	20.00	10	45.0	4.00	10.00
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	200	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001439 Romaine Lettuce: 1 cup	1 CUP	100	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001476 Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	50	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08

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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)
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
900062 Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	50	7	0.01	1	*N/A*	0.02	*N/A*	0	1.69	0.31	0.20	0	4.2	1.34	0.04
001556 Dressings, Assorted: Singles	SERVINGS	200	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
900065 Juice Assortment	SERVING	300	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	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	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001089 Cookie, Chocolate Chip, 1 OZ	1 OZ	0	110	1.00	70	9	4.00	0.00	0	18.00	1.00	1.00	45	0.0	0.00	0.36
Weighted Daily Average			711	*10.12	1060	*36	25.98	*0.00	*37	93.59	*9.43	27.57	2886	*183.2	*30.21	*10.75
% of Calories				*12.81%		*20.3%	32.9%	*0.0%		52.7%		15.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 04/10/2023

Reimbursable Meal Total 1

	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	200	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
001240 Tater Tots: 1/2 cup	1/2 Cup	250	120	1.00	180	0	7.00	0.00	0	14.00	179.98	1.00	0	0.0	1.20	0.00
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

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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	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	50	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00	
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	
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	
Weighted Daily Average			183826	1004.66	225224	*12605	4179.52	0.00	12750	30502.51	48487.10	5716.95	376290	91790.2	7722.95	1171.75	
% of Calories				4.92%		*27.4%	20.5%	0.0%		66.4%		12.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 04/11/2023

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)
990240 Chicken Quesadilla	1 each	350	232	3.36	582	3	5.78	0.00	45	23.80	3.60	21.71	*334	132.8	10.93	1.76
990253 Beans, Black: Canned: 1/4c	1/2 CUP	200	115	0.00	180	1	0.01	0.00	0	20.47	6.39	7.66	6	191.6	0.00	3.45
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	100	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
900428 Sauce, Taco PC	PC	0	5	0.00	55	0	0.00	0.00	*N/A*	1.00	0.00	0.00	0	0.0	0.00	0.00
900065 Juice Assortment	SERVING	300	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	150	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001454 Graham Cracker Snack, Honey	EACH	250	110	0.00	140	11	3.00	0.00	0	20.00	7.00	1.29	280	5.0	3.00	2.00
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

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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	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			471	3.36	809	30	7.97	0.00	*45	72.60	13.38	27.19	*3652	374.2	26.54	5.44
% of Calories				6.42%		25.5%	15.2%	0.0%		61.7%		23.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 04/12/2023

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)
900195 Chicken, Fajita Seasoned Strip	serving	350	116	1.64	450	*N/A*	5.71	0.00	58	0.00	0.00	16.43	0	0.0	0.00	0.29
900129 Beans, Pinto:1/2 cup	1/2 cup	200	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
001455 Tortilla, Soft 8" WG	Each	0	104	0.37	134	1	2.98	0.00	0	17.88	1.49	2.98	4	14.9	0.00	0.80
990152 Cheese Shredded: RF, 1oz *RESIZED*	.5 OZ	0	55	2.50	90	*N/A*	4.50	0.00	15	0.00	0.00	3.50	150	100.0	0.00	0.00
001439 Romaine Lettuce: 1 cup	1 CUP	100	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	50	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	100	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
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
900065 Juice Assortment	SERVING	250	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	250	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001043 Animal Crackers WG	1 OZ BAG	0	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72

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	50	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	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			308	1.65	723	*25	5.80	0.00	61	41.20	5.17	*22.75	4309	198.3	21.86	1.44
% of Calories				4.82%		*32.5%	16.9%	0.0%		53.5%		*29.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 04/13/2023

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)
001269 Egg Scrambled Squares	EACH	400	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	450	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	450	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36
001706 CHEESE TOAST, OPENFACE	EACH	450	181	5.06	616	2	10.11	0.00	25	16.01	1.00	8.06	314	151.9	0.00	1.08
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*
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	100	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
001556 Dressings, Assorted: Singles	SERVINGS	100	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
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
000339 Fruit, Canned, Assorted	1/2 CUP	250	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
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

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)
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	108	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001043 Animal Crackers WG	1 OZ BAG	0	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
Weighted Daily Average			809	16.12	1520	*35	45.87	*0.00	181	74.82	5.03	*24.97	*3233	*346.0	*21.47	*3.10
% of Calories				17.93%		*17.3%	51.0%	*0.0%		37.0%		*12.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 04/14/2023

Reimbursable Meal Total 414

	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)
990302 Pizza, pepperoni, Calzone 2021 (swp)	EACH	414	270	2.50	560	3	7.00	0.00	20	33.00	4.00	19.00	0	310.0	0.00	2.70
900111 Corn, Frozen 1/2 cup	1/2 Cup	300	68	0.10	104	3	0.95	0.00	0	13.27	1.49	2.21	25	0.5	0.00	0.28
001439 Romaine Lettuce: 1 cup	1 CUP	46	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001476 Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	72	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
001458 Cucumbers, RAW: 1/8 cup	1/8 CUP	176	2	0.00	0	0	0.03	0.00	0	0.41	0.13	0.11	14	2.6	0.60	0.04
900062 Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	96	7	0.01	1	*N/A*	0.02	*N/A*	0	1.69	0.31	0.20	0	4.2	1.34	0.04
001355 Cheese Shredded: RF, 1oz	1 OZ	278	110	5.00	180	*N/A*	9.00	0.00	30	0.00	0.00	7.00	300	200.0	0.00	0.00
001556 Dressings, Assorted: Singles	SERVINGS	120	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
900065 Juice Assortment	SERVING	515	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	240	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	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
Weighted Daily Average			592	6.39	923	*37	16.25	*0.00	44	83.31	6.78	28.99	1533	630.4	*28.03	3.21
% of Calories				9.71%		*25.0%	24.7%	*0.0%		56.3%		19.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 04/17/2023

Reimbursable Meal Total 461

	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)
000029 Chicken Patty, WG, Breaded	EACH	461	193	1.31	508	0	7.00	0.00	31	14.88	0.88	15.75	0	0.0	0.00	0.94
001656 Buns, Hamburger, WG, CASE	each	480	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
000487 French Fries:Oven Straight Cut	3 oz	192	176	0.00	384	0	5.60	0.00	0	27.18	3.20	3.20	0	8.6	5.36	0.75
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
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	117	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
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
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
000339 Fruit, Canned, Assorted	1/2 CUP	321	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	514	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	27	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	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001556 Dressings, Assorted: Singles	SERVINGS	0	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
Weighted Daily Average			573	1.41	1044	36	11.59	0.00	32	91.67	5.87	24.66	2835	209.6	*20.02	3.07
% of Calories				2.21%		25.1%	18.2%	0.0%		64.0%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 04/18/2023

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)
990266 Bread, Cheesy Pull Apart ITALIAN	EACH	350	303	6.05	585	5	13.12	0.00	30	33.30	2.02	14.13	0	333.0	0.00	1.92
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	200	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13
001439 Romaine Lettuce: 1 cup	1 CUP	100	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001476 Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	50	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
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
900062 Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	50	7	0.01	1	*N/A*	0.02	*N/A*	0	1.69	0.31	0.20	0	4.2	1.34	0.04
001355 Cheese Shredded: RF, 1oz	1 OZ	100	110	5.00	180	*N/A*	9.00	0.00	30	0.00	0.00	7.00	300	200.0	0.00	0.00
001556 Dressings, Assorted: Singles	SERVINGS	200	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
900065 Juice Assortment	SERVING	300	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	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	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			515	8.68	968	*25	21.50	*0.00	42	64.30	*4.75	16.95	*2962	*529.4	*26.24	*2.45
% of Calories				15.17%		*19.4%	37.6%	*0.0%		49.9%		13.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990136 Burrito	5.75 OZ	400	279	2.23	403	1	8.06	0.00	16	38.80	7.50	15.71	300	60.0	1.20	3.60
900111 Corn, Frozen 1/2 cup	1/2 Cup	300	68	0.10	104	3	0.95	0.00	0	13.27	1.49	2.21	25	0.5	0.00	0.28
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	249	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	527	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990310 VEGGIE SALAD	1/2 CUP	84	20	0.01	29	2	0.10	0.00	0	4.39	1.46	0.83	4114	16.3	13.28	0.46
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	100	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	129	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	24	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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			640	2.42	662	*36	13.06	0.00	18	109.94	11.78	*20.97	4074	408.8	30.40	4.96
% of Calories				3.40%		*22.5%	18.4%	0.0%		68.7%		*13.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 04/20/2023

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001680 Beef Nachos	SERVINGS	0	285	6.85	614	*0	18.31	0.84	*72	7.55	0.00	*20.48	146	27.6	0.44	1.75
001455 Tortilla, Soft 8" WG	Each	0	104	0.37	134	1	2.98	0.00	0	17.88	1.49	2.98	4	14.9	0.00	0.80
990253 Beans, Black: Canned: 1/4c	1/2 CUP	200	115	0.00	180	1	0.01	0.00	0	20.47	6.39	7.66	6	191.6	0.00	3.45
000339 Fruit, Canned, Assorted	1/2 CUP	200	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
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
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	0	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
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
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
900428 Sauce, Taco PC	PC	200	5	0.00	55	0	0.00	0.00	*N/A*	1.00	0.00	0.00	0	0.0	0.00	0.00
001355 Cheese Shredded: RF, 1oz	1 OZ	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
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	81	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990367 MILK, SHELF STABLE, FF WHITE	EACH	50	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001043 Animal Crackers WG	1 OZ BAG	0	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
Weighted Daily Average			192	0.00	175	*27	0.02	0.00	*2	41.23	4.11	*6.50	148	220.0	13.40	1.83
% of Calories				0.00%		*56.2%	0.1%	0.0%		85.9%		*13.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 04/21/2023

Reimbursable Meal Total 1

	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)
900378 Pizza, Mexican Fiestada	Servings/pizzas	300	340	6.01	851	10	14.02	0.00	25	39.06	4.01	17.02	501	250.4	0.00	3.60
990310 VEGGIE SALAD	1/2 CUP	200	20	0.01	29	2	0.10	0.00	0	4.39	1.46	0.83	4114	16.3	13.28	0.46
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	250	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
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	50	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	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)
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
Weighted Daily Average			188979	*1809.80	332645	*14508	4579.26	*0.00	*8261	30737.24	*2663.40	7534.35	1319413	*129491.4	*10066.55	*1364.10
% of Calories				*8.62%		*30.7%	21.8%	*0.0%		65.1%		15.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 04/24/2023

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)
900081 Hot Dog w Chili Sauce	CHILI DOG	350	348	7.46	992	4	19.16	0.50	32	30.79	2.93	13.39	701	49.3	0.00	2.66
000504 Hotdog Bun: WG	each	432	140	0.00	300	4	2.00	0.00	0	27.00	2.00	5.00	20	40.0	0.00	1.44
001240 Tater Tots: 1/2 cup	1/2 Cup	400	120	1.00	180	0	7.00	0.00	0	14.00	179.98	1.00	0	0.0	1.20	0.00
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	270	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
990368 MILK, SHELF STABLE 1% WHITE	EACH	26	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	78	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001432 Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	65	20	0.08	23	*1	0.80	*0.00	2	3.19	0.84	0.52	77	17.1	11.69	0.22
900329 Ketchup, Individual Packet (2)	2 PC	1300	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	480	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
900065 Juice Assortment	SERVING	516	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02

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)
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	15	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
Weighted Daily Average			904	8.76	1908	*56	30.15	*0.50	34	143.00	213.00	23.63	2358	317.5	35.72	4.68
% of Calories				8.72%		*24.8%	30.0%	*0.5%		63.3%		10.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
001456 BBQ pork 2 oz	2oz	400	307	5.31	769	*8	14.43	0.00	96	12.20	1.36	30.53	282	10.7	1.98	1.07
001656 Buns, Hamburger, WG, CASE	each	400	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
900236 Corn Nuggets, FZN	1/2 cup	0	117	0.61	258	1	3.69	0.00	0	19.05	1.23	1.84	0	12.3	0.00	0.44
000069 Pickles, Dill (slices)	servings	300	0	0.00	243	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
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
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	159	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
000340 Graham Cracker Snacks:Sortd WG	1 POUCH	332	109	0.17	107	8	3.19	0.00	0	19.62	3.26	1.69	93	4.6	1.00	2.45
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
990367 MILK, SHELF STABLE, FF WHITE	EACH	37	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990310 VEGGIE SALAD	1/2 CUP	172	20	0.01	29	2	0.10	0.00	0	4.39	1.46	0.83	4114	16.3	13.28	0.46

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			681	5.47	1421	*46	19.20	0.00	98	87.72	7.85	40.92	2376	205.6	28.23	4.83
% of Calories				7.23%		*27.0%	25.4%	0.0%		51.5%		24.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 04/26/2023

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001017 Cheese Stix (2)	Serving	400	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	200	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	100	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	108	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
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
900065 Juice Assortment	SERVING	450	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	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)
990248 Marinara Dipping Sauce	1/4 CUP	400	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
Weighted Daily Average			463	4.55	1260	*33	13.47	0.00	12	67.61	*6.59	*17.82	*245	*190.5	*23.02	*12.15
% of Calories				8.84%		*28.5%	26.2%	0.0%		58.4%		*15.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 04/27/2023

Reimbursable Meal Total 30

	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)
990265 CROISSANT, TURKEY HAM CHEESE (LUNCH)	EACH	30	330	6.00	870	5	14.00	0.00	40	30.00	3.00	20.00	0	268.0	0.00	2.00
001263 Chips, Baked: Nacho Cheese WG	BAG	17	128	0.49	198	0	4.94	0.00	0	19.75	1.98	1.98	99	0.0	0.00	0.36
990310 VEGGIE SALAD	1/2 CUP	0	20	0.01	29	2	0.10	0.00	0	4.39	1.46	0.83	4114	16.3	13.28	0.46
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	30	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	30	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900068 Fruit, Frozen	1/2 cup	30	87	0.00	8	*N/A*	0.04	0.00	0	23.30	1.43	0.42	86	3.5	21.34	0.38
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	15	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			640	6.30	1128	*33	16.94	0.00	42	97.92	8.24	26.02	10680	435.7	36.50	3.28
% of Calories				8.86%		*20.6%	23.8%	0.0%		61.2%		16.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			20157	*153.54	30298	*1458	478.02	*0.06	*1152	3297.49	*2719.24	*719.63	*91849	*11917.6	*958.08	*137.74
% of Calories				*6.86%		*28.9%	21.3%	*0.0%		65.4%		*14.3%				

**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.