

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

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

### Friday - 04/01/2022

**Reimbursable Meal Total 531**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001576 Cereal Bar, Apple Fruit Filled	EACH	531	140	1.50	85	10	4.50	0.00	0	23.00	1.00	2.00	0	8.0	0.00	1.00
990001 Juice, Apple	CARTON	531	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001085 Bananas	1/2 cup	165	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
001426 MILK, 1% FAT	HALF PINT	194	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	334	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			331	1.53	227	*25	4.58	0.00	7	59.04	1.61	10.08	361	185.1	2.59	1.24
% of Calories				4.16%		*30.2%	12.5%	0.0%		71.3%		12.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 04/04/2022

**Reimbursable Meal Total 531**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001589 Cereal Bar, Cinnamon Toast Cru	EACH	531	150	0.50	115	8	3.00	0.00	0	30.00	3.00	3.00	40	200.0	0.00	1.80
001515 Cheese, Mozz, String: 1oz	1 OZ	165	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
990001 Juice, Apple	CARTON	531	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
001426 MILK, 1% FAT	HALF PINT	194	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	337	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			346	1.59	305	*20	4.86	0.00	12	61.14	3.00	12.73	449	440.9	0.57	2.01
% of Calories				4.14%		*23.1%	12.6%	0.0%		70.7%		14.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Tuesday - 04/05/2022

Reimbursable Meal Total 527

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001574 Poptart, Strawberry WG	EACH	527	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001515 Cheese, Mozz, String: 1oz	1 OZ	0	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000998 Raisins, Individual Box	Box	160	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
900319 Juice, Orange 4 oz.	4 oz.	527	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
001426 MILK, 1% FAT	HALF PINT	179	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	347	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			393	1.00	321	*36	2.50	0.00	7	79.05	3.69	10.21	1133	978.9	30.59	2.10
% of Calories				2.29%		*36.6%	5.7%	0.0%		80.5%		10.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

### Wednesday - 04/06/2022

Reimbursable Meal Total 539

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001454 Graham Cracker Snack, Honey	EACH	539	110	0.00	140	11	3.00	0.00	0	20.00	7.00	1.29	280	5.0	3.00	2.00
900506 Yogurt, Go-Gurt, Strawberry	each	200	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
000086 Oranges	1/2 CUP	200	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
990001 Juice, Apple	CARTON	539	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	198	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	333	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			329	0.01	292	*31	3.30	0.00	8	61.37	8.26	10.15	891	239.8	27.10	2.22
% of Calories				0.03%		*37.7%	9.0%	0.0%		74.6%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 04/07/2022

Reimbursable Meal Total 521

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900343 Muffin, Blueberry WG	each	521	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
000814 Apples, Fresh (HUSSC)	1/2 CUP	155	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
900319 Juice, Orange 4 oz.	4 oz.	521	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
001426 MILK, 1% FAT	HALF PINT	178	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	343	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			353	0.51	265	*29	5.07	0.00	27	62.70	1.99	9.98	721	895.0	32.48	1.07
% of Calories				1.30%		*32.9%	12.9%	0.0%		71.0%		11.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 04/08/2022

Reimbursable Meal Total 521

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990236 Cinnamon Toast Crunch Soft Bar	each	521	260	2.50	290	15	8.00	0.00	5	41.00	3.00	0.00	0	0.0	0.00	0.00
000086 Oranges	1/2 CUP	155	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
990001 Juice, Apple	CARTON	521	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	178	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	343	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			451	2.51	434	*31	8.09	0.00	12	76.87	4.01	8.17	435	190.6	19.47	0.22
% of Calories				5.01%		*27.5%	16.1%	0.0%		68.2%		7.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 04/11/2022

Reimbursable Meal Total 530

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001574 Poptart, Strawberry WG	EACH	0	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001515 Cheese, Mozz, String: 1oz	1 OZ	165	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
990001 Juice, Apple	CARTON	530	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
000086 Oranges	1/2 CUP	155	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
001426 MILK, 1% FAT	HALF PINT	194	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	337	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			215	1.10	190	*16	1.95	0.00	12	35.93	0.99	10.04	502	259.1	19.13	0.25
% of Calories				4.60%		*29.8%	8.2%	0.0%		66.8%		18.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 04/12/2022

Reimbursable Meal Total 320

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990231 BeneFIT Bar Apple Blueberry Chip	Each	320	290	3.00	200	23	9.00	0.00	20	48.00	3.00	5.00	0	2.0	0.00	8.00
001499 Cheese, String, Mozz	1 OZ	320	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
900319 Juice, Orange 4 oz.	4 oz.	320	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
000814 Apples, Fresh (HUSSC)	1/2 CUP	0	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001426 MILK, 1% FAT	HALF PINT	105	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	215	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			542	6.50	490	*35	15.00	0.00	42	80.15	3.00	18.88	830	1079.3	30.60	8.40
% of Calories				10.79%		*25.8%	24.9%	0.0%		59.2%		13.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 04/13/2022

Reimbursable Meal Total 531

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990215 Donut Holes	3 pieces	531	140	3.50	150	3	8.00	0.00	0	15.00	1.00	2.00	6	6.9	0.00	0.40
001515 Cheese, Mozz, String: 1oz	1 OZ	165	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
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
990001 Juice, Apple	CARTON	531	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	194	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	337	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			336	4.59	340	*15	9.86	0.00	12	46.14	1.00	11.73	414	247.8	0.57	0.61
% of Calories				12.29%		*17.9%	26.4%	0.0%		54.9%		14.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 04/14/2022

Reimbursable Meal Total 531

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900343 Muffin, Blueberry WG	each	531	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
900319 Juice, Orange 4 oz.	4 oz.	531	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
000814 Apples, Fresh (HUSC)	1/2 CUP	155	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001426 MILK, 1% FAT	HALF PINT	194	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	337	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			352	0.51	263	*29	5.07	0.00	27	62.39	1.97	9.97	727	899.0	32.42	1.07
% of Calories				1.30%		*33.0%	13.0%	0.0%		70.9%		11.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 04/15/2022

Reimbursable Meal Total 531

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001576 Cereal Bar, Apple Fruit Filled	EACH	531	140	1.50	85	10	4.50	0.00	0	23.00	1.00	2.00	0	8.0	0.00	1.00
990001 Juice, Apple	CARTON	531	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001085 Bananas	1/2 cup	165	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
001426 MILK, 1% FAT	HALF PINT	194	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	334	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			331	1.53	227	*25	4.58	0.00	7	59.04	1.61	10.08	361	185.1	2.59	1.24
% of Calories				4.16%		*30.2%	12.5%	0.0%		71.3%		12.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 04/18/2022

Reimbursable Meal Total 531

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001589 Cereal Bar, Cinnamon Toast Cru	EACH	531	150	0.50	115	8	3.00	0.00	0	30.00	3.00	3.00	40	200.0	0.00	1.80
001515 Cheese, Mozz, String: 1oz	1 OZ	165	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
990001 Juice, Apple	CARTON	531	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
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
001426 MILK, 1% FAT	HALF PINT	194	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	337	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			346	1.59	305	*20	4.86	0.00	12	61.14	3.00	12.73	449	440.9	0.57	2.01
% of Calories				4.14%		*23.1%	12.6%	0.0%		70.7%		14.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 04/19/2022

Reimbursable Meal Total 527



# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001574 Poptart, Strawberry WG	EACH	527	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001515 Cheese, Mozz, String: 1oz	1 OZ	0	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000998 Raisins, Individual Box	Box	160	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
900319 Juice, Orange 4 oz.	4 oz.	527	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
001426 MILK, 1% FAT	HALF PINT	179	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	347	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			393	1.00	321	*36	2.50	0.00	7	79.05	3.69	10.21	1133	978.9	30.59	2.10
% of Calories				2.29%		*36.6%	5.7%	0.0%		80.5%		10.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 04/20/2022

Reimbursable Meal Total 539

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001454 Graham Cracker Snack, Honey	EACH	539	110	0.00	140	11	3.00	0.00	0	20.00	7.00	1.29	280	5.0	3.00	2.00
900506 Yogurt, Go-Gurt, Strawberry	each	200	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
000086 Oranges	1/2 CUP	200	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
990001 Juice, Apple	CARTON	539	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	198	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	333	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			329	0.01	292	*31	3.30	0.00	8	61.37	8.26	10.15	891	239.8	27.10	2.22
% of Calories				0.03%		*37.7%	9.0%	0.0%		74.6%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 04/21/2022

Reimbursable Meal Total 521

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900343 Muffin, Blueberry WG	each	521	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
000814 Apples, Fresh (HUSSC)	1/2 CUP	155	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
900319 Juice, Orange 4 oz.	4 oz.	521	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
001426 MILK, 1% FAT	HALF PINT	178	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	343	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			353	0.51	265	*29	5.07	0.00	27	62.70	1.99	9.98	721	895.0	32.48	1.07
% of Calories				1.30%		*32.9%	12.9%	0.0%		71.0%		11.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 04/22/2022

Reimbursable Meal Total 521

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990236 Cinnamon Toast Crunch Soft Bar	each	521	260	2.50	290	15	8.00	0.00	5	41.00	3.00	0.00	0	0.0	0.00	0.00
000086 Oranges	1/2 CUP	155	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
990001 Juice, Apple	CARTON	521	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	178	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	343	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			451	2.51	434	*31	8.09	0.00	12	76.87	4.01	8.17	435	190.6	19.47	0.22
% of Calories				5.01%		*27.5%	16.1%	0.0%		68.2%		7.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 04/25/2022

Reimbursable Meal Total 530

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001574 Poptart, Strawberry WG	EACH	0	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001515 Cheese, Mozz, String: 1oz	1 OZ	165	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
990001 Juice, Apple	CARTON	530	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
000086 Oranges	1/2 CUP	155	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
001426 MILK, 1% FAT	HALF PINT	194	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	337	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			215	1.10	190	*16	1.95	0.00	12	35.93	0.99	10.04	502	259.1	19.13	0.25
% of Calories				4.60%		*29.8%	8.2%	0.0%		66.8%		18.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Tuesday - 04/26/2022

Reimbursable Meal Total 320

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990231 BeneFIT Bar Apple Blueberry Chip	Each	320	290	3.00	200	23	9.00	0.00	20	48.00	3.00	5.00	0	2.0	0.00	8.00
001499 Cheese, String, Mozz	1 OZ	320	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
900319 Juice, Orange 4 oz.	4 oz.	320	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
000814 Apples, Fresh (HUSSC)	1/2 CUP	0	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001426 MILK, 1% FAT	HALF PINT	105	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	215	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			542	6.50	490	*35	15.00	0.00	42	80.15	3.00	18.88	830	1079.3	30.60	8.40
% of Calories				10.79%		*25.8%	24.9%	0.0%		59.2%		13.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Wednesday - 04/27/2022

Reimbursable Meal Total 531

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990215 Donut Holes	3 pieces	531	140	3.50	150	3	8.00	0.00	0	15.00	1.00	2.00	6	6.9	0.00	0.40
001515 Cheese, Mozz, String: 1oz	1 OZ	165	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
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
990001 Juice, Apple	CARTON	531	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	194	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	337	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			336	4.59	340	*15	9.86	0.00	12	46.14	1.00	11.73	414	247.8	0.57	0.61
% of Calories				12.29%		*17.9%	26.4%	0.0%		54.9%		14.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 04/28/2022

Reimbursable Meal Total 531

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900343 Muffin, Blueberry WG	each	531	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
900319 Juice, Orange 4 oz.	4 oz.	531	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
000814 Apples, Fresh (HUSSC)	1/2 CUP	155	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001426 MILK, 1% FAT	HALF PINT	194	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 29, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	337	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			352	0.51	263	*29	5.07	0.00	27	62.39	1.97	9.97	727	899.0	32.42	1.07
% of Calories				1.30%		*33.0%	13.0%	0.0%		70.9%		11.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Friday - 04/29/2022

Reimbursable Meal Total 531

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001576 Cereal Bar, Apple Fruit Filled	EACH	531	140	1.50	85	10	4.50	0.00	0	23.00	1.00	2.00	0	8.0	0.00	1.00
990001 Juice, Apple	CARTON	531	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001085 Bananas	1/2 cup	165	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
001426 MILK, 1% FAT	HALF PINT	194	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	334	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			331	1.53	227	*25	4.58	0.00	7	59.04	1.61	10.08	361	185.1	2.59	1.24
% of Calories				4.16%		*30.2%	12.5%	0.0%		71.3%		12.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	363	2	309	*27	5.96	0.00	16	62.31	2.89	11.14	633	525	18.74	1.89
% of Calories		4.86%		*29.8%	14.8%	0.0%		68.7%		12.3%				

# Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Apr 1, 2022 thru Apr 29, 2022

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*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**NOTICE:** *The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*