

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

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

Monday - 05/02/2022

Reimbursable Meal Total 531

	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)
001587 Cereal Bar: Cocoa Puffs	EACH	531	150	0.50	110	9	3.00	0.00	0	30.00	3.00	3.00	100	200.0	1.20	0.00
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	300	*21	4.86	0.00	12	61.14	3.00	12.73	509	440.9	1.77	0.21
% of Calories				4.14%		*24.3%	12.6%	0.0%		70.7%		14.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 05/03/2022

Reimbursable Meal Total 527

	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)
900181 Cereal Bowl, Golden Grahams	each	527	110	0.00	220	9	1.00	0.00	0	24.00	1.00	1.00	400	80.0	4.80	3.60
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

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Portion Values

May 2, 2022 thru May 26, 2022

	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)
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			323	0.00	361	*30	1.00	0.00	7	65.05	1.69	9.21	1033	958.9	35.39	3.90
% of Calories				0.00%		*37.2%	2.8%	0.0%		80.6%		11.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 05/04/2022

Reimbursable Meal Total 539

	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)
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
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
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									

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Portion Values

May 2, 2022 thru May 26, 2022

Thursday - 05/05/2022

Reimbursable Meal Total 521

	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)
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 - 05/06/2022

Reimbursable Meal Total 521

	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)
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

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Portion Values

May 2, 2022 thru May 26, 2022

	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)
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 - 05/09/2022

Reimbursable Meal Total 530

	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)
001684 Muffin, Banana	loaf	0	160	0.50	135	14	4.50	0.00	20	28.00	1.00	2.00	70	20.0	1.20	0.72
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			190	0.01	143	*16	0.09	0.00	7	35.62	0.99	8.17	440	194.6	19.13	0.21
% of Calories				0.05%		*33.7%	0.4%	0.0%		75.0%		17.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 05/10/2022

Reimbursable Meal Total 320

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

	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)	
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 - 05/11/2022

Reimbursable Meal Total 531

	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)	
001201	Muffin, Apple: WG	EACH	531	142	0.47	113	12	4.25	0.00	14	25.51	0.94	1.89	30	4.9	49.14	0.71
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
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
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

May 2, 2022 thru May 26, 2022

	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)
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			313	0.47	251	*24	4.25	0.00	21	56.34	0.94	9.76	670	881.5	79.71	1.01
% of Calories				1.35%		*30.7%	12.2%	0.0%		72.0%		12.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 05/12/2022

Reimbursable Meal Total 531

	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)
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
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
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
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	268	*29	5.07	0.00	27	62.39	1.97	9.97	434	199.0	2.42	0.95
% of Calories				1.30%		*33.0%	13.0%	0.0%		70.9%		11.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 05/13/2022

Reimbursable Meal Total 531

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

	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)
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 - 05/16/2022

Reimbursable Meal Total 531

	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)
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

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Portion Values

May 2, 2022 thru May 26, 2022

	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)
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 - 05/17/2022

Reimbursable Meal Total 527

	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)
900181 Cereal Bowl, Golden Grahams	each	527	110	0.00	220	9	1.00	0.00	0	24.00	1.00	1.00	400	80.0	4.80	3.60
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			323	0.00	361	*30	1.00	0.00	7	65.05	1.69	9.21	1033	958.9	35.39	3.90
% of Calories				0.00%		*37.2%	2.8%	0.0%		80.6%		11.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 05/18/2022

Reimbursable Meal Total 539

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

	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)
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
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
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 - 05/19/2022

Reimbursable Meal Total 521

	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)
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

May 2, 2022 thru May 26, 2022

	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)
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 - 05/20/2022

Reimbursable Meal Total 521

	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)
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 - 05/23/2022

Reimbursable Meal Total 530

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

	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)
000269 Muffin, Assorted	Each	0	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
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			190	0.01	143	*16	0.09	0.00	7	35.62	0.99	8.17	440	194.6	19.13	0.21
% of Calories				0.05%		*33.7%	0.4%	0.0%		75.0%		17.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 05/24/2022

Reimbursable Meal Total 320

	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)
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

May 2, 2022 thru May 26, 2022

	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)
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 - 05/25/2022

Reimbursable Meal Total 531

	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)
000269 Muffin, Assorted	Each	531	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
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			325	0.49	267	*25	4.58	0.00	25	57.33	0.98	9.83	402	191.5	17.35	0.89
% of Calories				1.36%		*30.8%	12.7%	0.0%		70.6%		12.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 05/26/2022

Reimbursable Meal Total 531

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

	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)
000269 Muffin, Assorted	Each	531	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	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
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	0.50	263	*29	4.65	0.00	25	62.90	1.95	9.94	717	893.9	49.20	1.06
% of Calories				1.30%		*33.5%	12.1%	0.0%		72.7%		11.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=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	354	1	308	*27	5.16	0.00	18	62.31	2.81	10.75	644	545	25.37	2.07
% of Calories		3.46%		*30.5%	13.1%	0.0%		70.4%		12.1%				

- *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.