

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 29, 2022

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

Tuesday - 04/05/2022

Reimbursable Meal Total 500

	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	0	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00
001410 Beans, Baked: 1/2cup	1/2 CUP	155	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
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
001420 Salsa: 1/4 cup	1/4 CUP	155	19	0.00	227	*N/A*	0.00	0.00	0	3.84	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001085 Bananas	1/2 cup	500	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	170	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	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001187 Ranch Dressing, RC, Single Ser	12gm	95	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
Weighted Daily Average			226	0.08	286	*11	0.25	0.00	7	44.13	4.24	10.74	*393	*202.4	*7.12	*1.24
% of Calories				0.32%		*19.5%	1.0%	0.0%		78.1%		19.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 04/07/2022

Reimbursable Meal Total 485

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 29, 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)
990349 Chicken Ziti Casserole *	3/4 cup	485	315	3.15	324	4	10.32	0.00	49	33.99	*1.00	20.40	448	66.7	0.74	0.43
001753 Beans, Green, 1/2 c, Ranch	1/2 CUP	485	22	0.00	498	*0	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
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
000814 Apples, Fresh (HUSSC)	1/2 CUP	485	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	165	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	320	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			521	3.20	962	*18	10.91	*0.00	56	74.48	*6.48	28.65	*803	*247.4	*7.73	*0.78
% of Calories				5.53%		*13.8%	18.8%	*0.0%		57.2%		22.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 04/11/2022

Reimbursable Meal Total 500

	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	500	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
000122 Potato Wedges: FZN 3 oz	3oz servings	165	128	0.53	150	0	4.27	0.00	0	21.37	2.14	2.14	107	0.0	3.85	0.38
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	165	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12
000814 Apples, Fresh (HUSSC)	1/2 CUP	500	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	170	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	330	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

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Portion Values

Apr 1, 2022 thru Apr 29, 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)
001187 Ranch Dressing, RC, Single Ser	12gm	155	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
001011 CONDIMENT 4	EACH	0	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
Weighted Daily Average			505	3.80	648	*19	12.71	0.00	50	72.10	6.54	27.10	1122	338.5	12.98	4.63
% of Calories				6.77%		*15.0%	22.7%	0.0%		57.1%		21.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/12/2022

Reimbursable Meal Total 500

	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)
990136 Burrito	5.75 OZ	500	279	2.23	403	1	8.06	0.00	16	38.80	7.50	15.71	300	60.0	1.20	3.60
001410 Beans, Baked: 1/2cup	1/2 CUP	155	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
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
001420 Salsa: 1/4 cup	1/4 CUP	155	19	0.00	227	*N/A*	0.00	0.00	0	3.84	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001085 Bananas	1/2 cup	500	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	170	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	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

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Portion Values

Apr 1, 2022 thru Apr 29, 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)
001187 Ranch Dressing, RC, Single Ser	12gm	95	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
Weighted Daily Average			505	2.31	689	*13	8.31	0.00	23	82.93	11.74	26.45	*693	*262.4	*8.32	*4.84
% of Calories				4.12%		*10.3%	14.8%	0.0%		65.7%		21.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 04/13/2022

Reimbursable Meal Total 475

	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)
001113 Cheeseburger: WW bun	servings	475	333	6.20	666	4	15.85	0.00	56	29.38	2.48	20.85	854	229.6	0.00	4.18
000122 Potato Wedges: FZN 3 oz	3oz servings	0	128	0.53	150	0	4.27	0.00	0	21.37	2.14	2.14	107	0.0	3.85	0.38
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	95	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13
001399 Peaches: 1/2 cup	1/2 CUP	475	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59
001426 MILK, 1% FAT	HALF PINT	160	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	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
000945 CONDIMENT 3	EACH	0	40	0.50	160	0	4.00	0.00	5	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			542	6.38	856	*4	16.30	0.00	63	71.54	*4.47	29.48	*1438	*406.2	*4.59	*4.98
% of Calories				10.59%		*3.0%	27.1%	0.0%		52.8%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 04/15/2022

Reimbursable Meal Total 500

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Portion Values

Apr 1, 2022 thru Apr 29, 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)
001778 Sandwich, IW, WG, Soy Butter &	each	500	290	3.00	220	11	16.00	0.00	0	28.00	4.00	9.00	55	80.0	*N/A*	2.70
001043 Animal Crackers WG	1 OZ BAG	500	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
000998 Raisins, Individual Box	Box	500	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	250	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	75	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12
001426 MILK, 1% FAT	HALF PINT	170	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	330	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001187 Ranch Dressing, RC, Single Ser	12gm	330	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
Weighted Daily Average			689	3.01	573	*44	20.06	0.00	7	103.38	8.44	*18.33	5566	451.5	*3.74	3.96
% of Calories				3.93%		*25.5%	26.2%	0.0%		60.0%		*10.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/19/2022

Reimbursable Meal Total 500

	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)
001658 Hamburger w/ WG Bun CASE	each	500	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
000122 Potato Wedges: FZN 3 oz	3oz servings	0	128	0.53	150	0	4.27	0.00	0	21.37	2.14	2.14	107	0.0	3.85	0.38
001410 Beans, Baked: 1/2cup	1/2 CUP	155	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82

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Apr 1, 2022 thru Apr 29, 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)
000086 Oranges	1/2 CUP	500	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	170	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	330	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
000945 CONDIMENT 3	EACH	0	40	0.50	160	0	4.00	0.00	5	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			495	3.62	613	*19	11.34	0.00	50	69.77	8.06	29.16	1363	408.2	64.07	5.30
% of Calories				6.58%		*15.4%	20.6%	0.0%		56.4%		23.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 04/20/2022

Reimbursable Meal Total 485

	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)
900534 MACARONI AND CHEESE	2/3 CUP	485	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
001753 Beans, Green, 1/2 c, Ranch	1/2 CUP	485	22	0.00	498	*0	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*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
000814 Apples, Fresh (HUSSC)	1/2 CUP	485	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	165	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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Apr 1, 2022 thru Apr 29, 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	320	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			526	6.93	1599	*23	12.79	*0.00	40	71.01	6.29	31.19	*2020	*796.1	*7.92	*1.21
% of Calories				11.86%		*17.5%	21.9%	*0.0%		54.0%		23.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 04/22/2022

Reimbursable Meal Total 500

	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)
990340 Turkey Coin	each	0	50	0.00	240	0	1.00	0.00	25	0.00	0.00	10.00	0	0.0	0.00	0.00
001012 Cheese Slice	EACH	0	51	2.53	228	0	4.56	0.00	13	0.51	0.00	2.53	152	75.9	0.00	0.00
001767 Flatbread	Each	500	102	0.34	198	*1	2.39	0.00	0	17.08	1.37	3.42	0	54.6	0.00	0.74
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
000814 Apples, Fresh (HUSSC)	1/2 CUP	500	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	250	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	75	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12
001426 MILK, 1% FAT	HALF PINT	170	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	330	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

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	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)
001187 Ranch Dressing, RC, Single Ser	12gm	330	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
Weighted Daily Average			306	0.39	452	*18	2.68	0.00	7	58.44	5.84	11.96	5586	261.6	10.09	1.44
% of Calories				1.15%		*23.5%	7.9%	0.0%		76.4%		15.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/26/2022

Reimbursable Meal Total 500

	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	0	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00
900129 Beans, Pinto:1/2 cup	1/2 cup	155	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
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
001420 Salsa: 1/4 cup	1/4 CUP	155	19	0.00	227	*N/A*	0.00	0.00	0	3.84	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001085 Bananas	1/2 cup	500	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	170	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	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001187 Ranch Dressing, RC, Single Ser	12gm	95	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
Weighted Daily Average			210	0.08	273	*9	0.25	0.00	7	40.30	3.81	10.32	*324	*201.2	*7.46	*0.70
% of Calories				0.34%		*17.1%	1.1%	0.0%		76.8%		19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 29, 2022

Wednesday - 04/27/2022

Reimbursable Meal Total 485

	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)
000923 Spaghetti w/Meat	3/4 CUP	485	292	4.10	525	*4	10.79	0.68	58	26.87	2.54	*17.23	*597	*37.7	*8.80	*1.73
001753 Beans, Green, 1/2 c, Ranch	1/2 CUP	485	22	0.00	498	*0	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
001605 Spinach 1/2 cup	1/2 Cup	0	104	0.29	358	*N/A*	1.77	*N/A*	0	16.47	9.98	12.97	42533	449.1	127.46	12.29
001476 Tomatoes (fresh) 1/8 C, Sliced	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
000814 Apples, Fresh (HUSSC)	1/2 CUP	485	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	165	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	320	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
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			497	4.14	1164	*19	11.38	*0.68	66	67.36	8.02	*25.47	*952	*218.4	*15.79	*2.08
% of Calories				7.50%		*15.3%	20.6%	*1.2%		54.2%		*20.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 04/28/2022

Reimbursable Meal Total 500

	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)
001778 Sandwich, IW, WG, Soy Butter &	each	500	290	3.00	220	11	16.00	0.00	0	28.00	4.00	9.00	55	80.0	*N/A*	2.70
001043 Animal Crackers WG	1 OZ BAG	500	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 1, 2022 thru Apr 29, 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)
000998 Raisins, Individual Box	Box	500	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	250	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	75	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12
001426 MILK, 1% FAT	HALF PINT	170	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	330	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001187 Ranch Dressing, RC, Single Ser	12gm	330	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
Weighted Daily Average			689	3.01	573	*44	20.06	0.00	7	103.38	8.44	*18.33	5566	451.5	*3.74	3.96
% of Calories				3.93%		*25.5%	26.2%	0.0%		60.0%		*10.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	476	3	724	*20	10.59	*0.06	32	71.57	*6.86	*22.26	*2152	*353.8	*12.80	*2.93
% of Calories		5.82%		*16.8%	20.0%	*0.1%		60.1%		*18.7%				

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.