

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 29, 2022

Menu Name: NL Lunch 6-8 **Include Cost:** No
Site: 6 - Nichols-Lawson Middle School **Report Style:** Detailed

Monday - 04/04/2022 **Reimbursable Meal Total 398**

	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)
001789 Pizza, Round, 5" Pepperoni	each	398	357	4.64	756	5	14.43	0.00	10	40.29	5.00	16.43	357	255.7	0.00	2.80
900377 Pizza, French Bread PEPPERONI	pizza	0	270	4.50	690	5	9.00	0.00	35	30.00	3.00	19.00	750	400.0	6.00	1.08
990254 SALAD BAR	SERVING	0	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
001482 Peas, Green:Canned 1/2 C	1/2 CUP	0	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90
001284 Carrots, Steamed (Seasoned)1/4c	1/4C	398	15	*0.01	33	2	0.06	*0.00	*0	3.53	*1.23	0.28	5814	*14.1	*1.10	*0.38
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	398	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001427 MILK, FF CHOCOLATE	HALF PINT	88	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	43	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			472	*4.68	841	*15	14.63	*0.00	*12	65.79	*7.81	19.70	6483	*333.0	*15.00	*3.47
% of Calories				*8.92%		*12.7%	27.9%	*0.0%		55.8%		16.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/05/2022 **Reimbursable Meal Total 400**

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)
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
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
000319 French Fries: Oven Crinkle Cut	1/2 CUP	400	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15
900274 Fruit Cocktail - Canned 1/2c	1/2 Cup	400	101	0.00	13	25	0.00	0.00	0	26.50	1.26	0.00	379	0.0	3.03	0.45
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	0	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
990083 Ketchup: Individual Packet (1)	EACH	1200	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	400	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	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
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			554	4.37	742	*36	16.71	0.00	51	83.10	4.68	22.05	1483	214.0	5.30	4.81
% of Calories				7.10%		*26.0%	27.1%	0.0%		60.0%		15.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/06/2022

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)
000977 Barbecue Pork Sandwich	2oz servings	400	513	4.00	1409	16	13.51	0.00	53	68.45	5.52	31.12	268	83.6	1.61	3.73
001348 MINI CHEF SALAD	EACH	400	196	5.64	567	*3	9.71	*0.00	26	18.33	7.62	12.75	39268	348.7	96.33	4.47

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)
000267 Celery Sticks 1/4 cup	1/4 CUP	400	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06
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
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			844	9.65	2084	*34	23.30	*0.00	83	115.34	14.83	48.14	39902	527.2	102.97	8.53
% of Calories				10.29%		*16.1%	24.8%	*0.0%		54.7%		22.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/07/2022

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)
900094 Spaghetti Bake	1 CUP	400	442	8.21	481	*5	18.66	0.68	87	36.96	3.43	*24.83	*781	*241.0	*5.69	*2.69
001127 Bread, Garlic & Cheese	EACH	0	275	6.95	495	*2	13.56	*0.00	40	19.17	2.00	18.85	420	440.3	3.04	1.61
001673 Beans, Green:1/2 cup- w/onions	1/2 CUP	0	22	0.00	230	*N/A*	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
001403 Romaine Salad w/extras: 1 cup	1 CUP	400	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
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
001664 Apple Crisp	SERVINGS	400	187	3.33	98	*10	7.60	*0.00	0	29.53	2.05	*1.88	348	13.0	1.95	0.63
001427 MILK, FF CHOCOLATE	HALF PINT	400	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	100	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			782	11.55	778	*16	26.36	*0.68	95	91.13	6.28	*37.44	*5380	*460.9	*18.63	*4.10
% of Calories				13.29%		*8.2%	30.3%	*0.8%		46.6%		*19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/08/2022

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)
001146 Hot Dog WG	servings	400	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82
001410 Beans, Baked: 1/2cup	1/2 CUP	0	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
900399 Potato Wedges: FZN 1/2c	serving	400	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
001399 Peaches: 1/2 cup	1/2 CUP	400	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59
900329 Ketchup, Individual Packet (2)	2 PC	800	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	400	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			586	4.24	1011	*12	15.68	0.25	18	101.83	6.42	16.08	1026	123.5	9.31	3.01
% of Calories				6.51%		*8.2%	24.1%	0.4%		69.5%		11.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 29, 2022

Tuesday - 04/12/2022

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 (mg)	Vit-C (mg)	Iron (mg)
000987 Corn Dog WG	4 OZ	400	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	0	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
001199 Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	0	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11
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
900329 Ketchup, Individual Packet (2)	2 PC	0	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	0	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	400	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	100	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			384	2.50	575	*5	8.00	*0.00	48	52.83	5.00	18.91	332	265.9	0.90	2.06
% of Calories				5.86%		*5.2%	18.8%	*0.0%		55.0%		19.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/13/2022

Reimbursable Meal Total 420

	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 (mg)	Vit-C (mg)	Iron (mg)
001740 Taco - Walking Taco	SERVINGS	420	337	6.07	544	*2	17.25	0.50	59	26.20	3.08	19.08	810	123.4	6.99	1.78
001403 Romaine Salad w/extras: 1 cup	1 CUP	0	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52

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)
001420 Salsa: 1/4 cup	1/4 CUP	0	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	0	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			391	6.07	613	*2	17.25	0.50	62	34.69	3.08	22.85	*933	*198.2	*7.31	*1.87
% of Calories				13.97%		*2.0%	39.7%	1.2%		35.5%		23.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/14/2022

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)
001659 Chicken Sandwich WG Bun - CASE	EACH	400	362	1.52	886	4	10.09	0.00	35	44.07	3.00	23.20	0	39.8	0.00	2.53
900399 Potato Wedges: FZN 1/2c	serving	400	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
900274 Fruit Cocktail - Canned 1/2c	1/2 Cup	400	101	0.00	13	25	0.00	0.00	0	26.50	1.26	0.00	379	0.0	3.03	0.45
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	0	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
990083 Ketchup: Individual Packet (1)	EACH	1200	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	400	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	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
001427 MILK, FF CHOCOLATE	HALF PINT	100	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			742	2.71	1380	*35	19.64	0.00	43	115.76	7.04	28.93	922	104.0	8.25	3.55
% of Calories				3.29%		*18.9%	23.8%	0.0%		62.4%		15.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/15/2022

Reimbursable Meal Total 397

	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)
001727 Spicy Asian Chicken	servings	0	145	1.31	742	*10	4.57	0.00	46	11.77	0.00	13.88	0	0.0	0.00	0.23
990241 Brown Rice	1/2 cup	0	207	2.54	215	2	7.30	0.00	0	28.66	1.03	2.53	*12	*10.1	*1.00	*0.14
001482 Peas, Green:Canned 1/2 C	1/2 CUP	0	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90
001344 Carrots, Glazed: 1/4 Cup	1/4 CUP	0	30	0.15	202	*0	0.42	*0.00	0	6.46	1.50	0.48	9981	26.9	1.66	0.44
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			42	0.00	53	*0	0.00	*0.00	3	6.46	0.00	2.98	*105	*64.7	*0.23	*0.07
% of Calories				0.00%		*0%	0.0%	*0.0%		61.5%		28.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 04/18/2022

Reimbursable Meal Total 400

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)
990313 CALZONE, CHICKEN ENCHILADA (OSBORN)	each	400	6	0.10	14	0	0.23	0.00	1	0.67	0.06	0.40	0	5.6	0.00	0.04
990254 SALAD BAR	SERVING	0	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	0	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			126	0.13	92	*9	0.37	*0.00	4	25.91	1.64	4.75	350	91.4	*14.04	0.36
% of Calories				0.93%		*28.6%	2.6%	*0.0%		82.3%		15.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/19/2022

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)
001627 Sloppy Joe on WG Bun: Homemade	SERVINGS	400	343	4.02	408	*10	12.21	*0.68	58	36.23	3.25	22.11	225	53.8	8.04	2.98
000996 Hash Browns	SERVING	400	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36
001021 Fruit Cup - 4oz	4 OZ.	400	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	0	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

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)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
990083 Ketchup: Individual Packet (1)	EACH	400	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
Weighted Daily Average			601	6.04	642	*12	20.31	*0.68	62	79.32	6.27	28.08	454	132.4	16.84	3.80
% of Calories				9.04%		*8.0%	30.4%	*1.0%		52.8%		18.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/20/2022

Reimbursable Meal Total 398

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001017 Cheese Stix (2)	Serving	398	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
990248 Marinara Dipping Sauce	1/4 CUP	0	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
990254 SALAD BAR	SERVING	0	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
900398 Potato, Rounds: 1/2 cup	serving	398	120	1.00	180	0	7.00	0.00	0	14.00	180.00	1.00	0	0.0	1.20	0.00
001085 Bananas	1/2 cup	398	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
001427 MILK, FF CHOCOLATE	HALF PINT	88	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	43	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			524	5.08	967	*15	19.25	*0.00	12	70.77	*185.95	*18.41	*143	*89.8	*7.92	*12.26
% of Calories				8.73%		*11.5%	33.1%	*0.0%		54.0%		*14.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 29, 2022

Thursday - 04/21/2022

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)
900071 Salisbury Steak & Gravy	Serving	400	295	8.39	673	2	20.12	0.68	60	8.84	1.39	18.94	7	56.9	1.62	2.44
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	400	104	0.00	162	3	2.31	0.00	0	17.36	1.16	3.47	0	0.0	4.63	1.04
900072 Potatoes, Creamed: 1/2 cup	1/2 CUP	400	71	0.00	326	0	1.18	0.00	0	13.39	0.79	1.58	0	1.9	7.09	0.29
001673 Beans, Green:1/2 cup- w/onions	1/2 CUP	400	22	0.00	230	*N/A*	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
000086 Oranges	1/2 CUP	400	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			614	8.42	1464	*18	24.27	*0.68	64	69.16	8.89	28.94	*453	*198.2	*77.18	*4.00
% of Calories				12.34%		*11.7%	35.6%	*1.0%		45.1%		18.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/22/2022

Reimbursable Meal Total 150

	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)
001380 Chicken Fajita Wrap	EACH	150	307	6.69	674	*1	16.55	0.00	76	17.88	1.49	23.12	304	214.9	0.00	1.03
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	150	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001420 Salsa: 1/4 cup	1/4 CUP	150	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*

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)
990152 Cheese Shredded: RF, 1oz *RESIZED*	.5 OZ	150	55	2.50	90	*N/A*	4.50	0.00	15	0.00	0.00	3.50	150	100.0	0.00	0.00
900065 Juice Assortment	SERVING	150	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	100	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	50	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			665	*9.19	1295	*19	22.34	*0.00	*101	74.39	*4.10	38.26	*1017	*682.7	*13.52	*1.68
% of Calories				*12.44%		*11.4%	30.2%	*0.0%		44.7%		23.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 04/25/2022

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)
990351 PIZZA, CHEESE PRECUT WG OSBORN	EACH	400	360	8.00	510	4	16.99	0.00	30	33.98	3.00	19.99	10	50.0	10.00	10.00
990254 SALAD BAR	SERVING	0	202	1.47	231	*8	8.67	*0.00	5	29.10	6.88	4.04	6619	66.8	30.98	1.48
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	400	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
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
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

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)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			597	*8.00	767	*23	18.28	*0.00	*33	81.35	*5.61	27.83	341	*269.0	*23.56	*10.61
% of Calories				*12.06%		*15.4%	27.6%	*0.0%		54.5%		18.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/26/2022

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)
900214 Chicken, Tenders 3 pieces	3 tenders	400	230	2.50	430	0	12.00	0.00	55	16.00	2.00	16.00	100	20.0	1.20	1.80
990212 Dinner Roll Dough, WG Sis Shubert	each	0	180	1.50	320	6	5.00	0.00	15	30.00	1.00	4.00	0	0.0	2.00	10.00
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	400	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13
000814 Apples, Fresh (HUSSC)	1/2 CUP	400	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990248 Marinara Dipping Sauce	1/4 CUP	0	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			396	3.42	721	*14	14.49	0.00	58	47.94	*7.20	*20.39	*393	*109.2	*7.96	*2.19
% of Calories				7.77%		*14.1%	32.9%	0.0%		48.4%		*20.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/27/2022

Reimbursable Meal Total 400

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)
001693 Cracked Out Chicken Casserole	1 cup	400	416	6.61	971	4	16.35	0.00	94	42.40	2.14	23.38	*431	*108.3	*0.00	*1.63
001460 Broccoli w/Cheese Seasoned1/2c	1/2 CUP	0	65	*1.32	446	*3	3.52	*0.00	*4	8.60	*1.68	*1.79	152	*87.5	*24.06	*0.08
001403 Romaine Salad w/extras: 1 cup	1 CUP	400	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
900274 Fruit Cocktail - Canned 1/2c	1/2 Cup	400	101	0.00	13	25	0.00	0.00	0	26.50	1.26	0.00	379	0.0	3.03	0.45
001427 MILK, FF CHOCOLATE	HALF PINT	400	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	100	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			670	*6.62	1183	*30	16.46	*0.00	*101	93.54	*4.21	*34.11	*5060	*315.2	*14.02	*2.86
% of Calories				*8.89%		*17.9%	22.1%	*0.0%		55.8%		*20.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/28/2022

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)
001491 Ham & Cheese Deli Sandwich 2oz	EACH	400	252	2.96	1092	*4	7.75	*0.00	33	31.19	2.00	15.59	*172	80.9	8.68	2.58
990309 BROCCOLI (1/2 CUP)	1/2 CUP	0	15	0.01	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32
900060 Tomatoes, Fresh 1lb	1/4 CUP	400	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	0	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000998 Raisins, Individual Box	Box	400	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00

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)
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
000650 Mustard: Individual Packet	PC packet	400	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
990327 RANCH DIPPING CUP (OSBORN)	each	0	109	1.48	346	1	9.89	0.00	10	1.98	0.00	0.99	0	29.7	0.00	0.00
Weighted Daily Average			496	3.47	1333	*36	11.86	*0.00	41	77.38	4.96	21.18	*773	187.9	16.78	2.84
% of Calories				6.30%		*29.0%	21.5%	*0.0%		62.4%		17.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/29/2022

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)
001146 Hot Dog WG	servings	400	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82
001410 Beans, Baked: 1/2cup	1/2 CUP	0	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
000319 French Fries: Oven Crinkle Cut	1/2 CUP	400	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15
001399 Peaches: 1/2 cup	1/2 CUP	400	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59
900329 Ketchup, Individual Packet (2)	2 PC	800	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	400	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

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)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			486	3.82	842	*12	11.75	0.25	18	85.58	4.67	14.32	887	123.5	6.36	2.66
% of Calories				7.07%		*9.9%	21.8%	0.5%		70.4%		11.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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	525	*5.26	915	*18	15.84	*0.16	*48	72.22	*15.19	*23.86	*3497	*236.4	*19.27	*3.93
% of Calories		*9.02%		*13.7%	27.2%	*0.3%		55.0%		*18.2%				

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.