

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 30, 2022

**Menu Name:** PC Lunch K-5 **Include Cost:** No  
**Site:** 7 - Pinecrest Elementary School **Report Style:** Detailed

### Monday - 04/04/2022 Reimbursable Meal Total 400

	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)
001017 Cheese Stix (2)	Serving	400	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
990248 Marinara Dipping Sauce	1/4 CUP	400	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	400	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38
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
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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
000267 Celery Sticks 1/4 cup	1/4 CUP	0	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06
Weighted Daily Average			653	4.68	1718	*17	13.60	0.00	17	99.08	*14.51	*32.58	*498	*247.3	*19.09	*14.80
% of Calories				6.45%		*10.4%	18.7%	0.0%		60.7%		*20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

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

	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)
001658 Hamburger w/ WG Bun CASE	each	400	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12

# Planned Menu Spreadsheet

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Apr 1, 2022 thru Apr 30, 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)
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
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
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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001011 CONDIMENT 4	EACH	400	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	0	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
000069 Pickles, Dill (slices)	servings	0	0	0.00	243	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			568	4.38	778	*15	16.80	0.00	54	78.34	5.00	27.35	1275	313.6	16.42	4.69
% of Calories				6.94%		*10.6%	26.6%	0.0%		55.2%		19.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 04/06/2022

Reimbursable Meal Total 375

	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)
001781 Chicken Alfredo with a Twist	1 CUP	375	412	7.35	894	6	14.85	0.00	78	36.23	2.19	30.84	*392	*384.2	*0.01	*1.57
001673 Beans, Green:1/2 cup- w/onions	1/2 CUP	375	22	0.00	230	*N/A*	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	375	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	275	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 30, 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)
001348 MINI CHEF SALAD	EACH	0	196	5.64	567	*3	9.71	*0.00	26	18.33	7.62	12.75	39268	348.7	96.33	4.47
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			611	7.37	1274	*15	15.35	*0.00	84	74.63	5.94	39.15	*875	*551.5	*14.42	*1.98
% of Calories				10.86%		*9.8%	22.6%	*0.0%		48.9%		25.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 04/07/2022

Reimbursable Meal Total 410

	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)
000987 Corn Dog WG	4 OZ	410	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	410	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	210	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	410	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	310	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
990099 CONDIMENT 2	EACH	410	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00
Weighted Daily Average			605	2.66	902	*26	9.50	*0.00	49	103.63	14.18	24.83	1069	331.7	17.46	5.09
% of Calories				3.96%		*17.2%	14.1%	*0.0%		68.5%		16.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 30, 2022

### Friday - 04/08/2022

Reimbursable Meal Total 350

	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)
001309 Tacos: Beef, w/ chips	1/3 CUP	350	272	3.98	119	*1	14.64	0.50	43	20.47	2.60	14.44	92	9.2	4.43	1.07
900129 Beans, Pinto:1/2 cup	1/2 cup	350	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
001420 Salsa: 1/4 cup	1/4 CUP	350	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*
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	350	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
900450 Sour Cream, Fat Free, Single	1 oz pouch	0	25	0.00	30	2	0.00	0.00	5	4.00	0.00	2.00	200	60.0	0.00	0.00
Weighted Daily Average			557	4.00	635	*10	14.78	0.50	50	74.16	10.19	28.74	*580	*259.6	*19.98	*2.56
% of Calories				6.46%		*7.2%	23.9%	0.8%		53.3%		20.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 04/11/2022

Reimbursable Meal Total 400

	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)
900377 Pizza, French Bread PEPPERONI	pizza	400	270	4.50	690	5	9.00	0.00	35	30.00	3.00	19.00	750	400.0	6.00	1.08
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
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

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## Portion Values

Apr 1, 2022 thru Apr 30, 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)
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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
990311 FRESH VEGGIE DELIGHT	1/2 CUP	200	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
Weighted Daily Average			577	*4.53	1046	*20	10.51	*0.00	*42	90.59	*8.30	31.62	5373	*577.4	*27.04	*2.31
% of Calories				*7.07%		*13.9%	16.4%	*0.0%		62.8%		21.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Tuesday - 04/12/2022

Reimbursable Meal Total 425

	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)
001146 Hot Dog WG	servings	425	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82
005077 Chili Sauce: 1/4 C	1/4 cup	0	60	1.00	371	1	2.51	0.00	5	6.02	2.01	3.01	1255	20.1	0.00	1.08
001410 Beans, Baked: 1/2cup	1/2 CUP	425	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	425	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	325	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
990099 CONDIMENT 2	EACH	425	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 30, 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)
990311 FRESH VEGGIE DELIGHT	1/2 CUP	125	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
Weighted Daily Average			589	3.57	1062	*26	10.31	0.25	22	102.37	11.64	24.55	3455	293.7	18.38	5.25
% of Calories				5.46%		*17.7%	15.8%	0.4%		69.5%		16.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 04/13/2022

Reimbursable Meal Total 375

	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)
001269 Egg Scrambled Squares	EACH	375	50	1.00	50	1	3.00	0.00	115	1.00	0.00	4.00	100	27.0	0.00	0.36
001470 Sausage Link; 1 link	1 link	375	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
000996 Hash Browns	SERVING	375	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	375	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
900065 Juice Assortment	SERVING	375	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	270	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65

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## Portion Values

Apr 1, 2022 thru Apr 30, 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)
000277 Jelly, Assorted	Each	0	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
Weighted Daily Average			648	9.53	926	*17	27.12	*0.00	142	75.85	3.02	21.82	472	425.6	18.71	2.74
% of Calories				13.24%		*10.5%	37.7%	*0.0%		46.8%		13.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 04/14/2022

Reimbursable Meal Total 420

	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)
900189 Chicken, Bites whole muscle	6 nuggets	420	360	3.00	870	0	18.00	0.00	65	21.00	1.00	27.00	0	20.0	0.00	1.08
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	420	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13
900072 Potatoes, Creamed: 1/2 cup	1/2 CUP	0	71	0.00	326	0	1.18	0.00	0	13.39	0.79	1.58	0	1.9	7.09	0.29
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	420	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	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
001351 CONDIMENT 5	1 EACH	420	54	0.67	86	3	4.33	0.00	3	4.47	0.00	0.00	33	0.0	0.00	0.00
Weighted Daily Average			629	4.57	1325	*12	24.72	0.00	75	63.69	*4.47	35.39	*599	*184.7	*14.46	*1.63
% of Calories				6.54%		*7.6%	35.4%	0.0%		40.5%		22.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 04/15/2022

Reimbursable Meal Total 370

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 30, 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)
900094 Spaghetti Bake	1 CUP	370	442	8.21	481	*5	18.66	0.68	87	36.96	3.43	*24.83	*781	*241.0	*5.69	*2.69
001451 Carrots, Glazed, 1/2 cup	1/2 CUP	370	62	0.13	412	*0	0.44	*0.00	0	14.29	3.08	1.00	20498	56.1	3.40	0.92
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	370	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	370	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001348 MINI CHEF SALAD	EACH	170	196	5.64	567	*3	9.71	*0.00	26	18.33	7.62	12.75	39268	348.7	96.33	4.47
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
000046 Banana Pudding	1/2 CUP	0	164	1.40	185	*22	1.84	0.00	0	35.07	1.04	2.42	104	22.0	6.45	0.12
Weighted Daily Average			803	10.95	1346	*15	23.70	*0.68	107	99.06	11.60	*42.14	*39857	*656.2	*67.95	*6.14
% of Calories				12.27%		*7.5%	26.6%	*0.8%		49.3%		*21.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 04/18/2022

Reimbursable Meal Total 400

	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)
990110 Hot Pocket, Pepperoni	4.46 oz	400	300	5.00	680	4	11.00	0.00	40	32.00	3.00	18.00	400	250.0	0.00	2.70
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
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



# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 30, 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)
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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
Weighted Daily Average			593	*5.02	1011	*18	12.43	*0.00	*47	89.41	*7.19	30.19	968	*414.8	*14.40	*3.61
% of Calories				*7.62%		*12.1%	18.9%	*0.0%		60.3%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/19/2022

Reimbursable Meal Total 400

	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)
990339 TAQUITOS, CHICKEN & CHEESE (OSBORN)	each	400	140	1.50	15	2	6.00	8.00	0	400.00	15.00	1.00	8	0.0	0.00	0.00
000747 Lima Beans FZN 1/2 cup	1/2 cup	400	109	0.00	44	0	0.01	0.00	0	20.63	4.95	6.60	165	33.0	6.93	1.78
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*
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
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	300	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 30, 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)
900450 Sour Cream, Fat Free, Single	1 oz pouch	0	25	0.00	30	2	0.00	0.00	5	4.00	0.00	2.00	200	60.0	0.00	0.00
Weighted Daily Average			426	1.52	210	*10	6.14	8.00	7	454.79	21.53	15.91	*652	*197.3	*21.30	*2.20
% of Calories				3.21%		*9.4%	13.0%	16.9%		427.0%		14.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 04/20/2022

Reimbursable Meal Total 365

	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)
001693 Cracked Out Chicken Casserole	1 cup	365	416	6.61	971	4	16.35	0.00	94	42.40	2.14	23.38	*431	*108.3	*0.00	*1.63
001482 Peas, Green:Canned 1/2 C	1/2 CUP	365	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	365	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	265	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001348 MINI CHEF SALAD	EACH	0	196	5.64	567	*3	9.71	*0.00	26	18.33	7.62	12.75	39268	348.7	96.33	4.47
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			715	6.91	1307	*18	17.76	*0.00	100	97.11	11.52	36.87	*1461	*303.1	*14.38	*3.93
% of Calories				8.70%		*10.1%	22.4%	*0.0%		54.3%		20.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 04/21/2022

Reimbursable Meal Total 420

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 30, 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)
990266 Bread, Cheesy Pull Apart ITALIAN	EACH	420	303	6.05	585	5	13.12	0.00	30	33.30	2.02	14.13	0	333.0	0.00	1.92
990248 Marinara Dipping Sauce	1/4 CUP	420	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	420	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	420	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	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
001348 MINI CHEF SALAD	EACH	120	196	5.64	567	*3	9.71	*0.00	26	18.33	7.62	12.75	39268	348.7	96.33	4.47
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			712	8.35	1726	*17	17.50	*0.00	44	103.73	*14.71	*36.35	*11710	*648.0	*46.62	*5.99
% of Calories				10.55%		*9.6%	22.1%	*0.0%		58.3%		*20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 04/22/2022

Reimbursable Meal Total 380

	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)
001153 Sloppy Joe on WG Bun: Mix	SANDWICH	380	354	*4.75	759	*7	14.08	*0.81	*69	32.88	*2.13	24.38	312	*49.5	*1.07	*3.11
900399 Potato Wedges: FZN 1/2c	serving	380	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	380	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 30, 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)
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	280	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
900329 Ketchup, Individual Packet (2)	2 PC	380	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	0.0	0.00	0.00
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
Weighted Daily Average			718	*5.47	1154	*20	19.77	*0.81	*76	100.70	*6.49	35.46	1133	*216.1	*20.44	*4.02
% of Calories				*6.86%		*11.1%	24.8%	*1.0%		56.1%		19.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 04/25/2022

Reimbursable Meal Total 425

	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)
000400 Crisptos (2 EACH)	2 Crisptos	425	440	5.00	640	0	20.00	*N/A*	70	44.00	4.00	18.00	0	0.0	0.00	0.00
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	425	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
001420 Salsa: 1/4 cup	1/4 CUP	425	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*
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	425	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 30, 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	325	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			767	5.02	1254	*9	20.14	*0.00	76	105.32	14.25	35.03	*475	*277.4	*16.12	*1.98
% of Calories				5.89%		*4.7%	23.6%	*0.0%		54.9%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Tuesday - 04/26/2022

Reimbursable Meal Total 400

	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)
001658 Hamburger w/ WG Bun CASE	each	400	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
000910 Potatoes, Roasted (Diced)	1/2cup	400	171	0.61	196	0	4.28	0.00	0	30.57	2.45	2.45	0	0.0	5.87	0.88
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
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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001011 CONDIMENT 4	EACH	400	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	0	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
000069 Pickles, Dill (slices)	servings	0	0	0.00	243	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			673	4.72	948	*15	19.46	0.00	54	97.38	6.42	28.77	1275	313.6	20.25	5.41
% of Calories				6.31%		*8.9%	26.0%	0.0%		57.9%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 30, 2022

### Wednesday - 04/27/2022

Reimbursable Meal Total 420

	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)
001607 Lasagna Rolls	PIECES	420	263	4.61	614	*7	8.25	0.00	27	29.47	2.43	15.55	*554	*242.7	*4.18	*1.78
001443 Beans, Lima, Canned: 1/2 cup	1/2 CUP	420	89	*0.00	138	0	0.00	*0.00	*0	15.82	*4.94	5.93	4	*39.5	*0.00	*1.78
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	420	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	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
001348 MINI CHEF SALAD	EACH	120	196	5.64	567	*3	9.71	*0.00	26	18.33	7.62	12.75	39268	348.7	96.33	4.47
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
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
Weighted Daily Average			586	*6.24	1066	*16	11.16	*0.00	*41	84.79	*11.13	33.44	*12254	*544.2	*46.09	*5.25
% of Calories				*9.58%		*10.9%	17.1%	*0.0%		57.9%		22.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 04/28/2022

Reimbursable Meal Total 400

	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)
900378 Pizza, Mexican Fiestada	Servings/pizzas	400	340	6.01	851	10	14.02	0.00	25	39.06	4.01	17.02	501	250.4	0.00	3.60
900236 Corn Nuggets, FZN	1/2 cup	400	117	0.61	258	1	3.69	0.00	0	19.05	1.23	1.84	0	12.3	0.00	0.44

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 30, 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)
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
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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001348 MINI CHEF SALAD	EACH	0	196	5.64	567	*3	9.71	*0.00	26	18.33	7.62	12.75	39268	348.7	96.33	4.47
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			634	6.64	1260	*20	17.85	*0.00	32	92.27	6.82	27.18	980	427.0	*14.38	4.46
% of Calories				9.43%		*12.6%	25.3%	*0.0%		58.2%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 04/29/2022

Reimbursable Meal Total 420

	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)
001517 Barbecue Chicken Sandwich	2 oz servings	420	258	1.00	816	9	5.30	0.00	37	34.88	2.82	17.77	169	39.4	1.02	1.66
001410 Beans, Baked: 1/2cup	1/2 CUP	420	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	220	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	420	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2022 thru Apr 30, 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	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			594	1.16	1184	*24	6.84	*0.00	46	98.58	12.00	33.60	912	290.2	18.55	4.95
% of Calories				1.76%		*16.2%	10.4%	*0.0%		66.4%		22.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	633	*5.36	1107	*17	15.77	*0.51	*58	109.27	*10.05	*31.05	*4294	*373.6	*23.32	*4.45
% of Calories		*7.62%		*10.7%	22.4%	*0.7%		69.0%		*19.6%				

\*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.**