

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 30, 2022

Menu Name: SHS Lunch 9-12 **Include Cost:** No
Site: 8 - Sylacauga High School **Report Style:** Detailed

Monday - 04/04/2022

Reimbursable Meal Total 432

	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)
000987 Corn Dog WG	4 OZ	432	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	392	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
001432 Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	392	20	0.08	23	*1	0.80	*0.00	2	3.19	0.84	0.52	77	17.1	11.69	0.22
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	100	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000339 Fruit, Canned, Assorted	1/2 CUP	188	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	40	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
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	500	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	200	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			491	2.57	717	*22	8.75	*0.00	44	81.03	13.20	19.93	1697	261.5	14.04	4.80
% of Calories				4.71%		*17.9%	16.0%	*0.0%		66.0%		16.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 04/05/2022

Reimbursable Meal Total 476

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 30, 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)
900137 Beef, Patty Char-Broiled	patty	504	136	3.60	119	0	9.10	0.00	43	0.80	0.40	13.10	700	110.0	0.00	2.70
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
001656 Buns, Hamburger, WG, CASE	each	504	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
900111 Corn, Frozen 1/2 cup	1/2 Cup	0	68	0.10	104	3	0.95	0.00	0	13.27	1.49	2.21	25	0.5	0.00	0.28
900065 Juice Assortment	SERVING	280	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001439 Romaine Lettuce: 1 cup	1 CUP	0	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
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
001043 Animal Crackers WG	1 OZ BAG	400	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
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
000339 Fruit, Canned, Assorted	1/2 CUP	250	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
900329 Ketchup, Individual Packet (2)	2 PC	500	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	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
000650 Mustard: Individual Packet	PC packet	100	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			561	4.24	711	*26	18.49	0.00	51	77.04	3.98	*21.30	1109	408.6	9.89	5.14
% of Calories				6.80%		*18.5%	29.7%	0.0%		54.9%		*15.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 04/07/2022

Reimbursable Meal Total 258

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 30, 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)
900102 Steak Nuggets: 8 CASE	8 pc serving	258	340	9.00	630	0	24.00	1.00	55	16.00	2.00	14.00	0	20.0	0.00	1.80
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	245	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
001439 Romaine Lettuce: 1 cup	1 CUP	0	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
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
900065 Juice Assortment	SERVING	210	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	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
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001475 Tomatoes (fresh) Diced 1/8 c	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
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
Weighted Daily Average			547	9.01	898	*14	24.02	1.00	56	55.45	10.23	24.62	133	294.9	*12.56	3.35
% of Calories				14.82%		*10.2%	39.5%	1.6%		40.5%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 04/08/2022

Reimbursable Meal Total 480

	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)
900377 Pizza, French Bread PEPPERONI	pizza	480	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	263	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001439 Romaine Lettuce: 1 cup	1 CUP	100	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04

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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
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	200	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
900064 Dressing, Ranch, 1oz pouch	1 oz.	200	76	1.42	217	1	7.56	0.00	5	1.89	0.00	0.94	5	18.9	0.00	0.00
900065 Juice Assortment	SERVING	320	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	288	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			509	*5.10	966	*27	12.93	*0.00	*40	74.20	*5.88	25.31	4909	*582.7	*22.22	*1.90
% of Calories				*9.02%		*21.2%	22.9%	*0.0%		58.3%		19.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 04/11/2022

Reimbursable Meal Total 466

	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)
900245 Taquito, Chicken: 2	2 taquitos	466	440	2.00	270	0	10.00	0.00	20	26.00	2.00	8.00	200	40.0	0.00	1.44
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	432	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001123 Lettuce, Chopped	1/4 CUP	52	2	0.00	4	0	0.02	0.00	0	0.42	0.20	0.21	1120	5.4	2.72	0.13
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	52	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
001371 Olives, Black, Sliced, Ripe	1/8 cup	52	41	1.01	223	0	3.04	0.00	0	2.03	0.00	0.00	0	0.0	0.00	0.00

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001342 Cheese, Shredded	1oz servings	0	110	5.00	180	*N/A*	9.00	0.00	30	0.00	0.00	7.00	300	200.0	0.00	0.00
900065 Juice Assortment	SERVING	446	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	50	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	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
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			640	*2.12	490	*21	11.56	*0.00	*21	67.31	*4.60	12.96	575	*204.1	*13.89	*2.00
% of Calories				*2.98%		*13.1%	16.3%	*0.0%		42.1%		8.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 04/12/2022

Reimbursable Meal Total 72

	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	72	362	1.52	886	4	10.09	0.00	35	44.07	3.00	23.20	0	39.8	0.00	2.53
900236 Corn Nuggets, FZN	1/2 cup	72	117	0.61	258	1	3.69	0.00	0	19.05	1.23	1.84	0	12.3	0.00	0.44
001504 BROCCOLI SALAD 1/4 c no cheese	1/4 CUP	0	75	0.30	82	10	3.13	*0.01	3	12.22	0.79	0.78	122	13.0	14.38	0.28
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	72	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
000339 Fruit, Canned, Assorted	1/2 CUP	72	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	72	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	36	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)
001428 MILK, FF SKIM	HALF PINT	36	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
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
Weighted Daily Average			745	2.21	1347	*51	14.00	*0.00	40	119.31	7.59	33.75	10746	426.6	19.31	4.00
% of Calories				2.67%		*27.4%	16.9%	*0.0%		64.1%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 04/13/2022

Reimbursable Meal Total 445

	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)
001705 Chicken Nachos w/ Chips	SERVINGS	445	282	3.45	716	*0	14.97	0.00	*54	20.36	1.94	*17.19	1	9.6	0.00	0.27
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	447	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	347	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	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
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	108	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
990309 BROCCOLI (1/2 CUP)	1/2 CUP	200	15	0.01	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32
900065 Juice Assortment	SERVING	350	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02

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000340 Graham Cracker Snacks:Sortd WG	1 POUCH	0	109	0.17	107	8	3.19	0.00	0	19.62	3.26	1.69	93	4.6	1.00	2.45
Weighted Daily Average			545	3.48	1004	*18	15.17	0.00	*55	74.06	12.93	*28.26	2962	285.4	*41.02	2.36
% of Calories				5.75%		*13.2%	25.1%	0.0%		54.4%		*20.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 04/15/2022

Reimbursable Meal Total 528

	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)
990294 BREADSTICK, CHEESE FILLED WG (OSBORN)	SERVINGS	528	279	3.98	537	2	11.94	0.00	30	29.84	1.99	13.93	12	29.8	0.00	7.96
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	200	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001439 Romaine Lettuce: 1 cup	1 CUP	285	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	285	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	285	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
000339 Fruit, Canned, Assorted	1/2 CUP	200	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	350	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	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
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07

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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)
990248 Marinara Dipping Sauce	1/4 CUP	500	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
Weighted Daily Average			439	*4.01	989	*23	12.74	*0.00	*31	64.05	*5.52	*18.65	*5166	*177.0	*29.21	*8.90
% of Calories				*8.22%		*21.0%	26.1%	*0.0%		58.4%		*17.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 04/18/2022

Reimbursable Meal Total 26

	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)
990265 CROISSANT, TURKEY HAM CHEESE (LUNCH)	EACH	26	330	6.00	870	5	14.00	0.00	40	30.00	3.00	20.00	0	268.0	0.00	2.00
900399 Potato Wedges: FZN 1/2c	serving	26	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
990310 VEGGIE SALAD	1/2 CUP	26	33	0.02	170	4	0.12	0.00	0	8.31	1.85	0.54	7845	42.3	2.43	0.57
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	26	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
900065 Juice Assortment	SERVING	26	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900068 Fruit, Frozen	1/2 cup	26	87	0.00	8	*N/A*	0.04	0.00	0	23.30	1.43	0.42	86	3.5	21.34	0.38
001427 MILK, FF CHOCOLATE	HALF PINT	20	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	6	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			819	6.76	1452	*33	19.86	0.00	45	129.01	11.25	32.28	18768	635.4	44.62	4.35
% of Calories				7.43%		*16.1%	21.8%	0.0%		63.0%		15.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 30, 2022

Tuesday - 04/19/2022

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 ^m (mg)	Vit-C (mg)	Iron (mg)
900081 Hot Dog w Chili Sauce	CHILI DOG	420	348	7.46	992	4	19.16	0.50	32	30.79	2.93	13.39	701	49.3	0.00	2.66
001199 Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	98	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11
001410 Beans, Baked: 1/2cup	1/2 CUP	327	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	50	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000339 Fruit, Canned, Assorted	1/2 CUP	270	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	280	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990083 Ketchup: Individual Packet (1)	EACH	300	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	200	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	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
001426 MILK, 1% FAT	HALF PINT	25	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			584	7.53	1237	*30	19.81	*0.50	35	81.51	9.64	20.70	1722	244.1	12.82	5.08
% of Calories				11.60%		*20.5%	30.5%	*0.8%		55.8%		14.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 04/21/2022

Reimbursable Meal Total 450

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 30, 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)
001456 BBQ pork 2 oz	2oz	450	307	5.31	769	*8	14.43	0.00	96	12.20	1.36	30.53	282	10.7	1.98	1.07
001656 Buns, Hamburger, WG, CASE	each	0	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
001410 Beans, Baked: 1/2cup	1/2 CUP	455	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
000069 Pickles, Dill (slices)	servings	424	0	0.00	243	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900516 BROCCOLI SALAD	1/2 CUP	450	167	0.65	168	24	6.31	*0.03	6	29.11	1.78	1.88	200	31.6	28.79	0.66
900065 Juice Assortment	SERVING	280	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
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	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
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			675	5.97	1378	*49	20.74	*0.03	103	82.35	10.59	41.22	802	243.7	39.18	4.63
% of Calories				7.96%		*29.0%	27.7%	*0.0%		48.8%		24.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 04/22/2022

Reimbursable Meal Total 470

	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	470	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	222	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	0	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 30, 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)
000541 Salsa: 1/8 cup	1/8 CUP	410	10	0.00	112	*N/A*	0.00	0.00	0	1.90	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
000339 Fruit, Canned, Assorted	1/2 CUP	288	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	350	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
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
990310 VEGGIE SALAD	1/2 CUP	72	33	0.02	170	4	0.12	0.00	0	8.31	1.85	0.54	7845	42.3	2.43	0.57
Weighted Daily Average			541	8.02	891	*24	12.06	0.00	54	71.93	6.83	26.41	*1659	*547.1	*19.32	*2.81
% of Calories				13.34%		*17.7%	20.1%	0.0%		53.2%		19.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 04/25/2022

Reimbursable Meal Total 470

	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)
000987 Corn Dog WG	4 OZ	470	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80
900399 Potato Wedges: FZN 1/2c	serving	488	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	250	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	200	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
000339 Fruit, Canned, Assorted	1/2 CUP	288	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 30, 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)
900415 Rice Krispie Treats, mini	each	0	50	0.00	45	3	0.99	0.00	0	8.93	0.00	0.00	15	0.0	0.00	0.36
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
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
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
Weighted Daily Average			504	3.25	658	*19	13.88	0.00	42	78.31	9.43	14.86	3031	146.7	11.43	2.72
% of Calories				5.80%		*15.1%	24.8%	0.0%		62.2%		11.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 04/26/2022

Reimbursable Meal Total 498

	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)
001723 Quesadilla, Chicken WG 2016	each	498	150	2.25	280	1	5.50	0.00	20	15.50	1.50	9.50	100	125.0	0.00	1.35
900129 Beans, Pinto:1/2 cup	1/2 cup	232	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	200	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
990310 VEGGIE SALAD	1/2 CUP	100	33	0.02	170	4	0.12	0.00	0	8.31	1.85	0.54	7845	42.3	2.43	0.57
000339 Fruit, Canned, Assorted	1/2 CUP	144	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	350	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	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 30, 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)
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			304	2.27	446	*18	5.58	0.00	21	47.84	5.89	14.65	6009	317.9	12.36	2.36
% of Calories				6.72%		*23.7%	16.5%	0.0%		62.9%		19.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 04/28/2022

Reimbursable Meal Total 476

	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)
900137 Beef, Patty Char-Broiled	patty	504	136	3.60	119	0	9.10	0.00	43	0.80	0.40	13.10	700	110.0	0.00	2.70
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
001656 Buns, Hamburger, WG, CASE	each	504	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
900111 Corn, Frozen 1/2 cup	1/2 Cup	0	68	0.10	104	3	0.95	0.00	0	13.27	1.49	2.21	25	0.5	0.00	0.28
900065 Juice Assortment	SERVING	280	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001439 Romaine Lettuce: 1 cup	1 CUP	0	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
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
001043 Animal Crackers WG	1 OZ BAG	400	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
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
000339 Fruit, Canned, Assorted	1/2 CUP	250	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 30, 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)
900329 Ketchup, Individual Packet (2)	2 PC	500	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	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
000650 Mustard: Individual Packet	PC packet	100	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			561	4.24	711	*26	18.49	0.00	51	77.04	3.98	*21.30	1109	408.6	9.89	5.14
% of Calories				6.80%		*18.5%	29.7%	0.0%		54.9%		*15.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 04/29/2022

Reimbursable Meal Total 419

	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	419	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	200	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001439 Romaine Lettuce: 1 cup	1 CUP	125	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	125	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	125	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
000339 Fruit, Canned, Assorted	1/2 CUP	128	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	350	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
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07

Planned Menu Spreadsheet

Portion Values

Apr 1, 2022 thru Apr 30, 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)	
001089	Cookie, Chocolate Chip, 1 OZ	1 OZ	320	110	1.00	70	9	4.00	0.00	0	18.00	1.00	1.00	45	0.0	0.00	0.36
990248	Marinara Dipping Sauce	1/4 CUP	450	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
Weighted Daily Average				594	*4.79	1349	*38	15.94	*0.00	*12	90.76	*8.07	*22.18	*3044	*240.5	*25.56	*13.04
% of Calories					*7.26%		*25.6%	24.2%	*0.0%		61.1%		*14.9%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=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				566	*4.72	953	*27	15.25	*0.10	*44	79.45	*8.10	*23.65	*3965	*339.0	*21.08	*4.54
% of Calories					*7.51%		*19.1%	24.2%	*0.2%		56.1%		*16.7%				

- *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.