

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: NSLP 7-8 Lunch Menu 21-22

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 1761

	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)
000359 Nachos W/beef (R1385)	SERVINGS	320	526	14.43	670	*1	30.24	*0.00	69	41.85	2.87	22.80
002011 Chicken, spicy patty middle sc	Each	255	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	335	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	110	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	220	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001734 Corn Dog, Chicken IW	Each	215	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
001618 Sandwich, LS Ham & Cheese	Sandwich	70	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
001673 Jalapeno, Nacho Sliced 1/4 CuP	1/4 Cup	160	7	0.00	718	0	0.00	0.00	0	1.41	1.41	0.00
002042 Chip, Tortilla Rounds	each	101	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	160	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001933 Salad, All Sub Groups	Salad	27	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	51	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354 Carrot, Baby 3 oz bag	bag (3 oz)	270	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001670 Applesauce, blueraspberry	Each	385	90	0.00	15	19	0.00	0.00	0	22.00	2.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
002036 Italian Ice, Cry Baby Cherry	each	1250	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1050	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	525	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	130	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000222 Ketchup: individual	packet	810	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	255	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	6	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000898 Deli Bar, Cucumber Sliced	1/8 Cup	16	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	35	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	41	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	31	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	31	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	20	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	160	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			610	7.01	895	*47	18.39	*0.19	54	84.95	5.42	28.17
% of Calories				10.34%		*30.8%	27.1%	*0.3%		55.7%		18.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 11/02/2021

Reimbursable Meal Total 1761

	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)
001595 Chicken Bat Nuggets w/Roll	4 Nuggets	195	252	1.52	787	4	8.09	0.00	30	29.20	5.04	17.16
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	345	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
001118 Burrito Bean & Cheese 5.20 oz	each	255	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	350	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	255	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	110	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001618 Sandwich, LS Ham & Cheese	Sandwich	69	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	150	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	151	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001933 Salad, All Sub Groups	Salad	27	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	51	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000256 Broccoli,raw: fresh	.5 cup	80	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001414 Strawberries, Diced FZ	Each	1250	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000795 Fruit, Pineapple CND	1/2 Cup	410	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
001841 cookie, jack o lantern	each	175	85	0.64	58	5	3.30	0.00	0	12.39	1.18	1.42
000763 Milk, Nonfat Chocolate Carton	Carton	1085	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	490	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	130	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	65	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	900	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	6	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	16	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	35	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	41	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	31	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	31	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	20	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	300	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			560	4.95	872	41	15.04	*0.20	44	81.54	6.53	28.01
% of Calories				7.96%		29.3%	24.2%	*0.3%		58.2%		20.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 11/03/2021

Reimbursable Meal Total 1761

	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)
001816 Taco, Chicken, flour	Entree	160	297	1.56	968	1	6.81	0.00	72	33.06	3.58	23.93
001761 Seasoned Corn	1/2 CUP	160	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	360	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	290	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001261 Lettuce & Pickle	Each	120	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	270	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001635 Pizza, Pepperoni Wedge IW	Each	385	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001618 Sandwich, LS Ham & Cheese	Sandwich	69	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	170	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	151	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	27	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	51	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001712 Jicama Sticks w/chili	1/2 Cup	135	23	0.00	103	1	0.00	0.00	0	7.55	2.77	0.00
001993 Tangerines	Each	1450	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000419 FRUIT MIX:canned,Drained	1/2 Cup	320	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1085	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	525	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	130	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	75	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000222 Ketchup: individual	packet	900	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	6	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	16	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	35	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	41	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	31	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	31	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001985 Pizza, 16" Pepperoni PIE	slice	40	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			573	5.56	892	*28	16.31	*0.20	51	80.96	6.93	*29.49
% of Calories				8.73%		*19.5%	25.6%	*0.3%		56.5%		*20.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 11/04/2021

Reimbursable Meal Total 1761

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001376 Snowbowl	Each	270	324	2.00	917	3	11.52	*0.00	35	38.05	4.00	18.05
002048 Dinner Roll HM (2EG)	1 each	270	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	330	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	220	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	100	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	230	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001369 Breadsticks (2), W/Marinara	Each	270	340	5.00	640	6	11.00	0.00	30	41.00	5.00	21.00
001618 Sandwich, LS Ham & Cheese	Sandwich	69	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	160	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	151	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	27	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	51	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000978 Cucumber w/Chili & Lemon	1/2 Cup	115	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001958 Fruit, Mango Caliente, Frzn (1/2c.F)	Each	740	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
000064 Fruit, Apple, Fresh	EACH	1000	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1085	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	490	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	130	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	65	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	900	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	6	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	16	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	35	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	41	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	31	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	31	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	20	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	175	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			600	5.26	922	43	*16.14	*0.19	46	87.28	6.26	29.31
% of Calories				7.89%		28.7%	*24.2%	*0.3%		58.2%		19.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 11/05/2021

Reimbursable Meal Total 1761

	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)
000833 Pizza Dominos Pepperoni Smart (2M, 2WG, 1/8c. R/O)	slice	0	270	4.00	570	3	9.00	0.00	20	29.00	3.00	20.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1150	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	370	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	285	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	75	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	280	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001618 Sandwich, LS Ham & Cheese	Sandwich	90	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	180	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	150	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	26	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	50	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001354 Carrot, Baby 3 oz bag	bag (3 oz)	265	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
000090 Pear, Fresh	EACH	1150	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
001670 Applesauce, blueraspberry	Each	375	90	0.00	15	19	0.00	0.00	0	22.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1085	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	490	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	110	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	55	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	800	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	6	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	6	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	35	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	16	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	31	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	25	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	31	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	150	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	390	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			641	6.46	1028	38	20.43	*0.21	47	89.31	8.46	29.57
% of Calories				9.07%		23.7%	28.7%	*0.3%		55.7%		18.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Monday - 11/08/2021

Reimbursable Meal Total 1761

	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)
000162 Hot Dog on a Bun	SERVING	220	250	2.50	610	6	11.00	0.00	45	31.00	3.00	12.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	220	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
002011 Chicken, spicy patty middle sc	Each	270	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001673 Jalapeno, Nacho Sliced 1/4 CuP	1/4 Cup	130	7	0.00	718	0	0.00	0.00	0	1.41	1.41	0.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	360	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	75	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	235	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001734 Corn Dog, Chicken IW	Each	220	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	63	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	155	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	102	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	28	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000978 Cucumber w/Chili & Lemon	1/2 Cup	140	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001958 Fruit, Mango Caliente, Frzn (1/2c.F)	Each	800	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
001632 Raisels, fiesta	Each	900	150	0.00	190	29	0.00	0.00	0	36.00	2.00	2.00
000358 Ranch Dressing - Salad Mix	1 OZ	52	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000763 Milk, Nonfat Chocolate Carton	Carton	1050	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	490	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	130	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	40	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	700	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000906 Sub, Ham & Cheese HM	each	6	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	6	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	35	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	41	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	10	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	31	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	31	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	50	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	170	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			605	5.08	977	51	15.80	*0.20	49	91.15	6.05	27.58
% of Calories				7.56%		33.7%	23.5%	*0.3%		60.3%		18.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 11/09/2021

Reimbursable Meal Total 1761

	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)
001935 Taco, Beef, Ground	Serving	195	1	0.02	0	*0	0.05	*0.00	0	0.04	0.00	0.07

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
008042 Spanish Rice with brown rice	4 oz.	195	238	0.32	32	*2	3.77	*0.01	0	46.46	2.88	5.47
001761 Seasoned Corn	1/2 CUP	165	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
002011 Chicken, spicy patty middle sc	Each	250	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001118 Burrito Bean & Cheese 5.20 oz	each	230	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	350	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	105	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
002050 Chicken Nuggets (5 piece)	Serving	225	200	2.00	411	1	10.02	0.00	35	12.03	2.00	15.03
002048 Dinner Roll HM (2EG)	1 each	225	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	64	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	165	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	101	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	31	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	51	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000256 Broccoli, raw: fresh	.5 cup	80	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001414 Strawberries, Diced FZ	Each	675	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000064 Fruit, Apple, Fresh	EACH	925	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1050	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	525	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	120	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	55	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	650	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	6	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	16	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	10	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000897 Deli Bar, Lettuce Shred	1/4 Cup	16	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	6	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	16	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	70	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	195	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			565	4.90	755	*38	*15.32	*0.20	44	81.55	6.57	28.15
% of Calories				7.81%		*26.9%	*24.4%	*0.3%		57.7%		19.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 11/10/2021

Reimbursable Meal Total 1761

	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)
001645 Chicken & Waffles	Entree	390	454	4.67	758	19	20.35	0.00	73	48.76	3.68	18.68
001495 potatoes, Deli Roasted	1/2 Cup	390	120	1.00	251	1	6.02	0.00	0	18.06	2.01	1.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	360	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	240	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	95	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	240	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001635 Pizza, Pepperoni Wedge IW	Each	285	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	64	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	155	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	151	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	31	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000358 Ranch Dressing - Salad Mix	1 OZ	51	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354 Carrot, Baby 3 oz bag	bag (3 oz)	245	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
000795 Fruit, Pineapple CND	1/2 Cup	320	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
000086 Orange	each	1400	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
000763 Milk, Nonfat Chocolate Carton	Carton	1050	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	525	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	140	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	65	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	850	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	6	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	31	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	10	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	16	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	6	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	16	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			598	5.84	909	38	19.15	*0.20	56	80.49	7.19	29.71
% of Calories				8.79%		25.4%	28.8%	*0.3%		53.8%		19.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 11/12/2021

Reimbursable Meal Total 1761

	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)
000833 Pizza Dominos Pepperoni Smart (2M, 2WG, 1/8c. R/O)	slice	0	270	4.00	570	3	9.00	0.00	20	29.00	3.00	20.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1150	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	370	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	300	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	95	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	290	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	80	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	195	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip,Tortilla Rounds	each	100	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	26	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	50	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354 Carrot, Baby 3 oz bag	bag (3 oz)	195	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001958 Fruit, Mango Caliente, Frzn (1/2c.F)	Each	690	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
001993 Tangerines	Each	975	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000763 Milk, Nonfat Chocolate Carton	Carton	1000	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	525	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	130	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	65	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	850	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	6	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	16	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	25	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	16	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	6	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	16	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	150	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	360	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			644	6.33	1012	*36	20.11	*0.21	47	90.37	6.82	*29.23
% of Calories				8.85%		*22.4%	28.1%	*0.3%		56.1%		*18.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Monday - 11/15/2021

Reimbursable Meal Total 1761

	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)
001881 Taco, Beef & Cheese Stick IW	Each	120	345	8.35	631	1	12.82	0.00	52	31.87	3.85	20.07
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	85	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
002011 Chicken, spicy patty middle sc	Each	300	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	350	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	95	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	250	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001734 Corn Dog, Chicken IW	Each	250	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
001618 Sandwich, LS Ham & Cheese	Sandwich	69	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	165	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip,Tortilla Rounds	each	101	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	26	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	46	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001712 Jicama Sticks w/chili	1/2 Cup	155	23	0.00	103	1	0.00	0.00	0	7.55	2.77	0.00
002036 Italian Ice, Cry Baby Cherry	each	1070	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	460	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1000	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	420	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
009006 Mayo packet	1 pc	180	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	65	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	670	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	6	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	10	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	16	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	10	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	16	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	10	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	16	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000903 Deli Bar, Sliced Olives	Tbsp	10	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	16	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	50	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	190	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			558	5.39	813	42	15.32	*0.20	48	80.62	5.98	26.79
% of Calories				8.69%		30.1%	24.7%	*0.3%		57.8%		19.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Tuesday - 11/16/2021

Reimbursable Meal Total 1781

	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)
001964 Chicken, Tenders Spicy	Serving 3ct	380	230	1.00	450	0	8.00	0.00	55	18.00	3.00	22.00
001937 Potatoes Crinkle Cut Fries (3/4 c.S)	3/4 cup (3.15oz)	380	159	0.00	270	0	4.76	0.00	0	23.81	0.00	1.59
002048 Dinner Roll HM (2EG)	1 each	380	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001118 Burrito Bean & Cheese 5.20 oz	each	240	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	370	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	250	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	85	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001618 Sandwich, LS Ham & Cheese	Sandwich	69	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	145	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	101	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	31	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	51	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000256 Broccoli, raw: fresh	.5 cup	100	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001414 Strawberries, Diced FZ	Each	575	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000086 Orange	each	925	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
000763 Milk, Nonfat Chocolate Carton	Carton	1000	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000376 Milk, 1% Low Fat Carton	carton	455	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	140	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	65	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	670	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	6	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	41	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000907 Deli Bar, Jalapenos	2 TBSP	25	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	16	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	10	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	16	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	10	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	16	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	90	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	240	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
Weighted Daily Average			589	5.06	874	33	*17.16	*0.21	52	80.25	6.70	30.98
% of Calories				7.73%		22.4%	*26.2%	*0.3%		54.5%		21.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 11/17/2021

Reimbursable Meal Total 1771

	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)
001868 Beef Macaroni	1 Cup	165	361	6.43	353	*5	15.41	*0.00	84	28.12	5.24	29.91
001941 Vegetables Mixed (1/2c V-O)	1/2 Cup	125	66	0.00	43	3	0.00	0.00	0	13.21	3.30	2.20
002048 Dinner Roll HM (2EG)	1 each	165	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	350	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	275	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	95	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	280	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001635 Pizza, Pepperoni Wedge IW	Each	360	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001618 Sandwich, LS Ham & Cheese	Sandwich	69	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	175	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	101	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001933 Salad, All Sub Groups	Salad	27	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	51	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354 Carrot, Baby 3 oz bag	bag (3 oz)	245	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
000419 FRUIT MIX:canned,Drained	1/2 Cup	550	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000090 Pear, Fresh	EACH	1000	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	1050	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	490	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	130	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	65	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	670	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	16	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	31	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	10	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	16	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	10	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	16	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	10	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	16	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	70	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	60	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			575	5.81	800	*37	*16.50	*0.20	51	80.79	7.47	30.24
% of Calories				9.09%		*25.7%	*25.8%	*0.3%		56.2%		21.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 11/18/2021

Reimbursable Meal Total 1761

	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)
000757 Turkey, Roast, Frozen	2 oz	245	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	245	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002048 Dinner Roll HM (2EG)	1 each	245	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
002009 Gravy Turkey	1/4 Cup	175	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	345	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	240	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001261 Lettuce & Pickle	Each	105	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	240	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001369 Breadsticks (2), W/Marinara	Each	255	340	5.00	640	6	11.00	0.00	30	41.00	5.00	21.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	64	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	165	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	101	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	31	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	51	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000978 Cucumber w/Chili & Lemon	1/2 Cup	165	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001675 Applesauce, Cinnamon, 4.5 oz	Each	480	50	0.00	15	12	0.00	0.00	0	14.00	1.00	0.00
001414 Strawberries, Diced FZ	Each	996	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	1050	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	525	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	130	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	65	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000222 Ketchup: individual	packet	850	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	6	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	16	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	10	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	16	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	6	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	10	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	16	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001985 Pizza, 16" Pepperoni PIE	slice	40	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	190	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			571	5.41	915	*39	*15.57	*0.20	49	80.83	6.20	30.51
% of Calories				8.53%		*27.3%	*24.5%	*0.3%		56.6%		21.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 11/19/2021

Reimbursable Meal Total 1691

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000833 Pizza Dominos Pepperoni Smart (2M, 2WG, 1/8c. R/O)	slice	0	270	4.00	570	3	9.00	0.00	20	29.00	3.00	20.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1150	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	410	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	285	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	95	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	330	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001618 Sandwich, LS Ham & Cheese	Sandwich	90	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	230	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	100	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	26	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	50	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354 Carrot, Baby 3 oz bag	bag (3 oz)	225	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001993 Tangerines	Each	1075	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
001462 APPLESAUCE, Wild Watermelon	Each	475	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1050	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	490	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	75	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	140	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	75	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	900	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	26	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	6	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	20	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	6	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	26	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	20	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	35	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	26	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	20	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000904 Deli Bar, Pickle Slices	.5 oz	26	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	20	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	41	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			578	5.15	924	*32	17.80	*0.24	40	82.98	6.97	*26.09
% of Calories				8.02%		*22.1%	27.7%	*0.4%		57.4%		*18.1%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Monday - 11/29/2021

Reimbursable Meal Total 1751

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000359 Nachos W/beef (R1385)	SERVINGS	330	526	14.43	670	*1	30.24	*0.00	69	41.85	2.87	22.80
002011 Chicken, spicy patty middle sc	Each	275	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	335	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	120	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	215	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001734 Corn Dog, Chicken IW	Each	210	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
001618 Sandwich, LS Ham & Cheese	Sandwich	70	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
001673 Jalapeno, Nacho Sliced 1/4 CuP	1/4 Cup	240	7	0.00	718	0	0.00	0.00	0	1.41	1.41	0.00
002042 Chip, Tortilla Rounds	each	101	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	160	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001933 Salad, All Sub Groups	Salad	27	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	51	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354 Carrot, Baby 3 oz bag	bag (3 oz)	270	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001670 Applesauce, blueraspberry	Each	410	90	0.00	15	19	0.00	0.00	0	22.00	2.00	0.00
002036 Italian Ice, Cry Baby Cherry	each	1150	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1050	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	490	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	130	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000222 Ketchup: individual	packet	810	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	255	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	6	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	16	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	35	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	41	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	31	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	31	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	20	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	190	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			618	7.21	948	*45	18.94	*0.19	55	85.21	5.63	28.75
% of Calories				10.50%		*29.1%	27.6%	*0.3%		55.2%		18.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 11/30/2021

Reimbursable Meal Total 1751

	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)
001872 Chicken, WG Baked	Entree	350	215	3.00	382	0	13.00	0.00	41	11.00	1.00	12.00
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	350	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002048 Dinner Roll HM (2EG)	1 each	350	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001118 Burrito Bean & Cheese 5.20 oz	each	240	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	350	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	275	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	120	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001618 Sandwich, LS Ham & Cheese	Sandwich	69	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	150	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	151	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	27	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000358 Ranch Dressing - Salad Mix	1 OZ	51	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000256 Broccoli,raw: fresh	.5 cup	80	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001414 Strawberries, Diced FZ	Each	1250	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000795 Fruit, Pineapple CND	1/2 Cup	410	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
000763 Milk, Nonfat Chocolate Carton	Carton	1050	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	490	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	40	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	2	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	130	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	65	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	900	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	16	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	6	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	10	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	16	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	10	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	35	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	41	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	31	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	31	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	20	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	280	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001827 *****Field Trip Menu*****	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			600	5.37	895	41	*17.21	*0.20	48	84.91	6.29	29.30
% of Calories				8.06%		27.3%	*25.8%	*0.3%		56.6%		19.5%
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)
Weighted Averages	593	6	902	*39	*17.20	*0.20	49	83.95	6.59	*28.87
% of Calories		8.61%		*26.3%	*26.1%	*0.3%		56.6%		*19.5%

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.