

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

**Menu Name:** NSLP 9-12 Lunch Menu-21-22

**Include Cost:** No

**Site:** All Sites

**Report Style:** Detailed

### Monday - 11/01/2021

**Reimbursable Meal Total 3040**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001598 Tuna Salad Sandwich	Sandwich	90	219	0.23	585	4	4.37	0.00	30	29.01	6.03	20.21
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1660	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001987 Spaghetti,1/2c & Cheesestick	1/2Cup + Bread	535	319	5.02	299	*1	11.84	*0.00	53	30.37	3.44	23.49
001941 Vegetables Mixed (1/2c V-O)	1/2 Cup	535	66	0.00	43	3	0.00	0.00	0	13.21	3.30	2.20
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	635	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	695	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	175	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001434 Wrap, Bacon Chicken	Each	70	392	2.21	1390	1	14.20	*0.00	100	34.41	3.41	30.47
001766 Salad, Honey Sriracha	Entree	95	725	5.03	1555	8	32.14	0.00	110	61.34	9.92	47.12
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
001601 NACHOS w Cheese	SERVINGS	250	540	18.01	1131	0	34.01	0.00	60	44.01	2.00	18.01
000978 Cucumber w/Chili & Lemon	1/2 Cup	185	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001354 Carrot, Baby 3 oz bag	bag (3 oz)	440	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
002036 Italian Ice, Cry Baby Cherry	each	1795	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001670 Applesauce, blueraspberry	Each	905	90	0.00	15	19	0.00	0.00	0	22.00	2.00	0.00
001416 Sub Roll	Each	90	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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
000905 Sub, Turkey & Cheese HM	Each	42	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	25	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000906 Sub, Ham & Cheese HM	each	42	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
000932 Sub, Vegetarian HM	each	1	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	45	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	35	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	145	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	145	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	40	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	85	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	25	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000899 Deli Bar, Tomato slices	1/8 Cup	50	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1330	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	770	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	60	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1350	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
009006 Mayo packet	1 pc	800	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	300	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	220	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
002043 Corn Dog, Chicken IW (WSHS)	Each	40	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
002044 Chicken Sandwich (WSHS)	Each	30	370	1.50	890	4	10.00	0.00	50	48.00	5.00	25.00
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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			636	6.68	1009	*42	21.35	*0.23	57	84.67	5.89	29.13
% of Calories				9.45%		*26.4%	30.2%	*0.3%		53.3%		18.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

## Tuesday - 11/02/2021

Reimbursable Meal Total 3036

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001595 Chicken Bat Nuggets w/Roll	4 Nuggets	720	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	720	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
001570 Green Beans Cooked	1/2 Cup	70	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
001761 Seasoned Corn	1/2 CUP	670	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
001841 cookie, jack o lantern	each	450	85	0.64	58	5	3.30	0.00	0	12.39	1.18	1.42
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	560	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	735	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	140	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001434 Wrap, Bacon Chicken	Each	70	392	2.21	1390	1	14.20	*0.00	100	34.41	3.41	30.47

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001766 Salad, Honey Sriracha	Entree	75	725	5.03	1555	8	32.14	0.00	110	61.34	9.92	47.12
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	225	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001985 Pizza, 16" Pepperoni PIE	slice	406	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
000256 Broccoli,raw: fresh	.5 cup	85	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000978 Cucumber w/Chili & Lemon	1/2 Cup	175	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001414 Strawberries, Diced FZ	Each	1970	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000795 Fruit, Pineapple CND	1/2 Cup	703	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
001416 Sub Roll	Each	95	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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
000905 Sub, Turkey & Cheese HM	Each	17	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	55	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000906 Sub, Ham & Cheese HM	each	42	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
000932 Sub, Vegetarian HM	each	1	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	45	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000900 Deli Bar, Green Bell Peppers	1/8 Cup	35	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	145	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	165	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	60	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	85	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	25	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	50	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1260	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	770	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	60	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1350	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	300	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	800	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	205	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			594	5.44	1019	37	18.63	*0.25	55	80.55	6.99	30.01
% of Calories				8.24%		24.9%	28.2%	*0.4%		54.2%		20.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Wednesday - 11/03/2021

Reimbursable Meal Total 3061

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001816 Taco, Chicken, flour	Entree	400	297	1.56	968	1	6.81	0.00	72	33.06	3.58	23.93
001761 Seasoned Corn	1/2 CUP	400	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
001646 Salsa, molcajete Verde	1/4 Cup	200	30	0.00	480	4	0.00	0.00	0	6.00	2.00	0.00
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	525	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	690	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	
001261	Lettuce & Pickle	Each	140	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001766	Salad, Honey Sriracha	Entree	85	725	5.03	1555	8	32.14	0.00	110	61.34	9.92	47.12
000335	Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	245	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001985	Pizza, 16" Pepperoni PIE	slice	466	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001712	Jicama Sticks w/chili	1/2 Cup	185	23	0.00	103	1	0.00	0.00	0	7.55	2.77	0.00
001354	Carrot, Baby 3 oz bag	bag (3 oz)	430	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001993	Tangerines	Each	2040	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	703	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
001416	Sub Roll	Each	95	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415	Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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
000905	Sub, Turkey & Cheese HM	Each	42	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964	Sub, Turkey & Cheese Mozz HM	Each	30	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000906	Sub, Ham & Cheese HM	each	42	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
000932	Sub, Vegetarian HM	each	1	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000898 Deli Bar, Cucumber Sliced	1/8 Cup	45	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	35	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	145	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	165	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	60	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	85	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	25	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	50	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1260	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	770	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	60	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1350	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	275	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	800	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	202	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001635 Pizza, Pepperoni Wedge IW	Each	410	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			557	5.85	941	*25	18.19	*0.23	58	72.76	6.30	*28.92
% of Calories				9.45%		*18.0%	29.4%	*0.4%		52.3%		*20.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Thursday - 11/04/2021

Reimbursable Meal Total 3076

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001376 Snowbowl	Each	665	324	2.00	917	3	11.52	*0.00	35	38.05	4.00	18.05
002048 Dinner Roll HM (2EG)	1 each	365	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	465	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	590	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	140	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001369 Breadsticks (2), W/Marinara	Each	430	340	5.00	640	6	11.00	0.00	30	41.00	5.00	21.00
001434 Wrap, Bacon Chicken	Each	70	392	2.21	1390	1	14.20	*0.00	100	34.41	3.41	30.47
001766 Salad, Honey Sriracha	Entree	75	725	5.03	1555	8	32.14	0.00	110	61.34	9.92	47.12
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	245	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001985 Pizza, 16" Pepperoni PIE	slice	346	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
000256 Broccoli,raw: fresh	.5 cup	95	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000978 Cucumber w/Chili & Lemon	1/2 Cup	185	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	1070	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
000064 Fruit, Apple, Fresh	EACH	1740	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
001416 Sub Roll	Each	95	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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
000905 Sub, Turkey & Cheese HM	Each	42	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	30	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000906 Sub, Ham & Cheese HM	each	42	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000932 Sub, Vegetarian HM	each	1	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	45	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	35	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	145	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	165	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	60	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	85	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	25	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	50	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1260	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	770	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	60	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1350	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	300	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	800	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	220	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			577	5.24	949	37	*17.77	*0.20	52	78.01	5.84	28.45
% of Calories				8.17%		25.6%	*27.7%	*0.3%		54.1%		19.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Friday - 11/05/2021

Reimbursable Meal Total 2950

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000359 Nachos W/beef (R1385)	SERVINGS	615	526	14.43	670	*1	30.24	*0.00	69	41.85	2.87	22.80

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	640	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00
001502 Jalapeno, Nacho Sliced	1/4 Cup	440	7	0.00	573	0	0.00	0.00	0	1.33	1.33	0.00
001647 Salsa, Molcajete Roja	1/4 Cup	290	20	0.00	460	2	0.00	0.00	0	4.00	2.00	0.00
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	525	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	695	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	130	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001734 Corn Dog, Chicken IW	Each	330	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
001434 Wrap, Bacon Chicken	Each	70	392	2.21	1390	1	14.20	*0.00	100	34.41	3.41	30.47
001766 Salad, Honey Sriracha	Entree	80	725	5.03	1555	8	32.14	0.00	110	61.34	9.92	47.12
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	240	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
000162 Hot Dog on a Bun	SERVING	115	250	2.50	610	6	11.00	0.00	45	31.00	3.00	12.00
001354 Carrot, Baby 3 oz bag	bag (3 oz)	430	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
000090 Pear, Fresh	EACH	1840	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
001670 Applesauce, blueraspberry	Each	920	90	0.00	15	19	0.00	0.00	0	22.00	2.00	0.00
001416 Sub Roll	Each	95	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000905 Sub, Turkey & Cheese HM	Each	27	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	30	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000906 Sub, Ham & Cheese HM	each	57	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
000932 Sub, Vegetarian HM	each	1	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	45	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	35	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	145	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	115	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	60	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	35	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	25	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	75	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1260	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	770	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	60	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1350	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000223 Mustard: individual	PC packet	300	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	800	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	210	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	750	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001797 Pizza, Dominos Pep (WSHS only)	slice	50	270	4.00	570	3	9.00	0.00	20	29.00	3.00	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



# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			649	7.60	1206	*35	22.63	*0.24	61	84.33	10.27	30.54
% of Calories				10.54%		*21.6%	31.4%	*0.3%		52.0%		18.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Monday - 11/08/2021

### Reimbursable Meal Total 2995

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000833 Pizza Dominos Pepperoni Smart (2M, 2WG, 1/8c. R/O)	slice	5	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	750	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001785 Sandwich, Southwest Chicken	Sandwich	565	526	10.16	1172	*3	30.44	*0.00	116	37.45	6.33	31.05
001937 Potatoes Crinkle Cut Fries (3/4 c.S)	3/4 cup (3.15oz)	565	159	0.00	270	0	4.76	0.00	0	23.81	0.00	1.59
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	720	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	760	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	140	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001601 NACHOS w Cheese	SERVINGS	340	540	18.01	1131	0	34.01	0.00	60	44.01	2.00	18.01
000336 Wrap, ham & Cheese	each	70	509	16.17	1030	4	29.01	0.00	100	34.97	5.03	26.45
000939 Salad, Fajita	Entree	80	430	2.07	1575	*1	19.28	*0.00	88	35.89	8.73	31.71
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	265	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001762 Cucumber & Jicama w Chili 1/2c	1/2 Cup	165	19	0.02	52	1	0.04	0.00	0	5.58	1.77	0.26
001354 Carrot, Baby 3 oz bag	bag (3 oz)	360	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001632 Raisels, fiesta	Each	1320	150	0.00	190	29	0.00	0.00	0	36.00	2.00	2.00
001958 Fruit, Mango Caliente, Frzn (1/2c.F)	Each	1460	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
001416 Sub Roll	Each	90	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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
000905 Sub, Turkey & Cheese HM	Each	60	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
000906 Sub, Ham & Cheese HM	each	50	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
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	40	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	40	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	125	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	95	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001337 Deli bar, Oil & Vinegar	Tbsp	40	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	95	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	40	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	55	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1330	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	785	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	65	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1450	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
009006 Mayo packet	1 pc	750	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	400	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	200	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
002043 Corn Dog, Chicken IW (WSHS)	Each	40	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
002044 Chicken Sandwich (WSHS)	Each	40	370	1.50	890	4	10.00	0.00	50	48.00	5.00	25.00
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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			728	8.53	1258	*46	25.99	*0.25	73	94.70	6.09	32.37
% of Calories				10.55%		*25.3%	32.1%	*0.3%		52.0%		17.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Tuesday - 11/09/2021

Reimbursable Meal Total 3100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001935 Taco, Beef, Ground	Serving	515	1	0.02	0	*0	0.05	*0.00	0	0.04	0.00	0.07
008042 Spanish Rice with brown rice	4 oz.	515	238	0.32	32	*2	3.77	*0.01	0	46.46	2.88	5.47
001761 Seasoned Corn	1/2 CUP	465	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	635	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
002092 Chicken, WG Bread Drumstick-(2M, 1.5WG)	Drumstick	450	220	3.00	420	0	13.00	0.00	75	8.00	1.00	16.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1690	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	690	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	140	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
000336 Wrap, ham & Cheese	each	70	509	16.17	1030	4	29.01	0.00	100	34.97	5.03	26.45
000939 Salad, Fajita	Entree	80	430	2.07	1575	*1	19.28	*0.00	88	35.89	8.73	31.71
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	210	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001667 Pizza, Meatlovers	slice	340	370	7.00	650	9	17.00	0.00	40	36.00	3.00	20.00
000256 Broccoli,raw: fresh	.5 cup	70	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000978 Cucumber w/Chili & Lemon	1/2 Cup	155	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001414 Strawberries, Diced FZ	Each	1346	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000064 Fruit, Apple, Fresh	EACH	1350	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
001416 Sub Roll	Each	90	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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	15	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	60	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
000906 Sub, Ham & Cheese HM	each	35	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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	40	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	40	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	125	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	95	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	40	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	95	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	40	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	55	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1280	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	855	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	65	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1450	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	250	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	900	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	205	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001935 Taco, Beef, Ground	Serving	250	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
008042 Spanish Rice with brown rice	4 oz.	250	238	0.32	32	*2	3.77	*0.01	0	46.46	2.88	5.47
001761 Seasoned Corn	1/2 CUP	200	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	310	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
002092 Chicken, WG Bread Drumstick-(2M, 1.5WG)	Drumstick	190	220	3.00	420	0	13.00	0.00	75	8.00	1.00	16.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	940	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
001261 Lettuce & Pickle	Each	50	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
000336 Wrap, ham & Cheese	each	15	509	16.17	1030	4	29.01	0.00	100	34.97	5.03	26.45
000939 Salad, Fajita	Entree	25	430	2.07	1575	*1	19.28	*0.00	88	35.89	8.73	31.71
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	85	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001667 Pizza, Meatlovers	slice	200	370	7.00	650	9	17.00	0.00	40	36.00	3.00	20.00
000256 Broccoli,raw: fresh	.5 cup	35	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000978 Cucumber w/Chili & Lemon	1/2 Cup	65	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001414 Strawberries, Diced FZ	Each	496	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000064 Fruit, Apple, Fresh	EACH	700	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
001416 Sub Roll	Each	35	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
000931 Sub, Super HM	each	0	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000965 Sub, Super Mozz HM	each	15	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	35	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
000906 Sub, Ham & Cheese HM	each	5	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
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	40	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	40	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	65	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	40	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	40	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	40	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	40	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	55	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	540	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	5	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000222 Ketchup: individual	packet	850	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	100	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	600	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	100	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
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			894	8.91	1417	*49	31.57	*0.35	83	117.04	9.33	40.53
% of Calories				8.97%		*21.9%	31.8%	*0.4%		52.4%		18.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

**Wednesday - 11/10/2021**

**Reimbursable Meal Total 3100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	
001645	Chicken & Waffles	Entree	640	454	4.67	758	19	20.35	0.00	73	48.76	3.68	18.68
001495	potatoes, Deli Roasted	1/2 Cup	615	120	1.00	251	1	6.02	0.00	0	18.06	2.01	1.00
001417	Chicken Sandwich Spicy (2M, 1WG)	Each	560	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
002092	Chicken, WG Bread Drumstick-(2M, 1.5WG)	Drumstick	335	220	3.00	420	0	13.00	0.00	75	8.00	1.00	16.00
001599	Cheeseburger Cheddar (3.5M, 2WG)	burger	630	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001800	Potatoes Tator Tots (1/2c.S)	1/2 cup	800	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001261	Lettuce & Pickle	Each	140	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
000939	Salad, Fajita	Entree	80	430	2.07	1575	*1	19.28	*0.00	88	35.89	8.73	31.71
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
001985	Pizza, 16" Pepperoni PIE	slice	210	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001762	Cucumber & Jicama w Chili 1/2c	1/2 Cup	155	19	0.02	52	1	0.04	0.00	0	5.58	1.77	0.26
001354	Carrot, Baby 3 oz bag	bag (3 oz)	350	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
000086	Orange	each	2070	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
000795	Fruit, Pineapple CND	1/2 Cup	620	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
001416	Sub Roll	Each	90	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415	Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000931 Sub, Super HM	each	15	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	20	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	40	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
000906 Sub, Ham & Cheese HM	each	30	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
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	40	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	40	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	125	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	95	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	40	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	45	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	40	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	55	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1275	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	855	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	60	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1450	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	250	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	900	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	205	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001635 Pizza, Pepperoni Wedge IW	Each	340	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			597	6.24	1000	*33	22.42	*0.21	65	73.32	6.52	28.90
% of Calories				9.41%		*22.1%	33.8%	*0.3%		49.1%		19.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Friday - 11/12/2021

Reimbursable Meal Total 1840

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001734 Corn Dog, Chicken IW	Each	285	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	310	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
009006 Mayo packet	1 pc	260	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
002092 Chicken, WG Bread Drumstick-(2M, 1.5WG)	Drumstick	195	220	3.00	420	0	13.00	0.00	75	8.00	1.00	16.00
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	465	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	210	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	485	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	115	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
000336 Wrap, ham & Cheese	each	55	509	16.17	1030	4	29.01	0.00	100	34.97	5.03	26.45
000939 Salad, Fajita	Entree	65	430	2.07	1575	*1	19.28	*0.00	88	35.89	8.73	31.71
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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001647 Salsa, Molcajete Roja	1/4 Cup	50	20	0.00	460	2	0.00	0.00	0	4.00	2.00	0.00
001354 Carrot, Baby 3 oz bag	bag (3 oz)	310	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001993 Tangerines	Each	1110	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
001958 Fruit, Mango Caliente, Frzn (1/2c.F)	Each	770	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
001416 Sub Roll	Each	55	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	0	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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
000905 Sub, Turkey & Cheese HM	Each	40	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
000906 Sub, Ham & Cheese HM	each	30	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
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	0	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	85	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	55	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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	55	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	0	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	15	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	875	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	505	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	60	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	850	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	200	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	400	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	155	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	700	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001797 Pizza, Dominos Pep (WSHS only)	slice	50	270	4.00	570	3	9.00	0.00	20	29.00	3.00	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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			637	6.12	1068	*34	22.12	*0.26	62	83.80	6.56	*28.41
% of Calories				8.65%		*21.4%	31.3%	*0.4%		52.6%		*17.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Monday - 11/15/2021

Reimbursable Meal Total 2925

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001418 Burger, Bacon Cheese	Sandwich	560	440	8.77	902	4	23.54	1.00	83	31.01	3.00	28.54
000833 Pizza Dominos Pepperoni Smart (2M, 2WG, 1/8c. R/O)	slice	20	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	1870	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001937 Potatoes Crinkle Cut Fries (3/4 c.S)	3/4 cup (3.15oz)	335	159	0.00	270	0	4.76	0.00	0	23.81	0.00	1.59
001118 Burrito Bean & Cheese 5.20 oz	each	375	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	535	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	555	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	165	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001433 Wrap, Fajita	Each	70	465	8.28	1358	2	20.34	*0.00	120	34.69	3.48	33.62
000942 Salad, Ham & Cheese	Entree	80	400	4.30	972	2	21.93	0.00	61	30.73	9.11	23.67
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
001601 NACHOS w Cheese	SERVINGS	325	540	18.01	1131	0	34.01	0.00	60	44.01	2.00	18.01
001354 Carrot, Baby 3 oz bag	bag (3 oz)	345	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
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
001937 Potatoes Crinkle Cut Fries (3/4 c.S)	3/4 cup (3.15oz)	0	159	0.00	270	0	4.76	0.00	0	23.81	0.00	1.59
002036 Italian Ice, Cry Baby Cherry	each	1410	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	1105	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
001416 Sub Roll	Each	90	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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
000905 Sub, Turkey & Cheese HM	Each	50	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	15	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000906 Sub, Ham & Cheese HM	each	30	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
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	40	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	30	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	105	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	95	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	40	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	45	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	20	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	20	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1295	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	905	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	50	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1440	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
009006 Mayo packet	1 pc	890	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	220	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	200	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002043 Corn Dog, Chicken IW (WSHS)	Each	30	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
002044 Chicken Sandwich (WSHS)	Each	30	370	1.50	890	4	10.00	0.00	50	48.00	5.00	25.00
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	15	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			691	8.41	1207	40	25.81	*0.38	62	88.19	5.88	30.75
% of Calories				10.95%		23.2%	33.6%	*0.5%		51.1%		17.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 11/16/2021

Reimbursable Meal Total 2965

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001964 Chicken, Tenders Spicy	Serving 3ct	655	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)	655	159	0.00	270	0	4.76	0.00	0	23.81	0.00	1.59
002048 Dinner Roll HM (2EG)	1 each	655	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	515	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	535	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	135	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001723 Chicken Nugget (2M, 1WG)	Serving (5)	415	200	2.00	411	1	10.02	0.00	35	12.03	2.00	15.03
001433 Wrap, Fajita	Each	70	465	8.28	1358	2	20.34	*0.00	120	34.69	3.48	33.62
000942 Salad, Ham & Cheese	Entree	80	400	4.30	972	2	21.93	0.00	61	30.73	9.11	23.67
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	190	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001985 Pizza, 16" Pepperoni PIE	slice	380	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
000256 Broccoli,raw: fresh	.5 cup	65	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
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
001414 Strawberries, Diced FZ	Each	1150	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000086 Orange	each	1615	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
001416 Sub Roll	Each	90	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
000931 Sub, Super HM	each	0	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000905 Sub, Turkey & Cheese HM	Each	30	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000897 Deli Bar, Lettuce Shred	1/4 Cup	90	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
000906 Sub, Ham & Cheese HM	each	50	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	15	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
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	40	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	40	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	120	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
001337 Deli bar, Oil & Vinegar	Tbsp	40	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	95	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	40	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	55	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1295	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	770	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	50	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000222 Ketchup: individual	packet	1350	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	250	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	800	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	200	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
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	15	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			580	4.85	891	32	*18.55	*0.18	57	74.89	6.30	30.49
% of Calories				7.53%		22.1%	*28.8%	*0.3%		51.6%		21.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

# Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

**Wednesday - 11/17/2021**

**Reimbursable Meal Total 2990**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002054 Beef Macaroni 2M 1G .5V	1 Cup	435	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	415	66	0.00	43	3	0.00	0.00	0	13.21	3.30	2.20
002048 Dinner Roll HM (2EG)	1 each	435	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	555	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	575	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	130	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001773 NACHO, Beans, salsa	SERVINGS	325	684	9.53	2234	13	29.18	0.00	34	80.63	14.20	24.64
000942 Salad, Ham & Cheese	Entree	80	400	4.30	972	2	21.93	0.00	61	30.73	9.11	23.67
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	210	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001985 Pizza, 16" Pepperoni PIE	slice	360	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001712 Jicama Sticks w/chili	1/2 Cup	160	23	0.00	103	1	0.00	0.00	0	7.55	2.77	0.00
001354 Carrot, Baby 3 oz bag	bag (3 oz)	365	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
000090 Pear, Fresh	EACH	1615	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000419 FRUIT MIX:canned,Drained	1/2 Cup	490	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
001416 Sub Roll	Each	90	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000931 Sub, Super HM	each	15	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	30	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
000906 Sub, Ham & Cheese HM	each	50	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
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	40	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	40	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	120	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	95	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	40	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	95	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	40	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	55	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1290	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	770	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	50	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1400	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	250	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	900	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	200	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001635 Pizza, Pepperoni Wedge IW	Each	330	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	15	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			616	6.88	1021	*32	*21.01	*0.19	58	79.09	8.59	31.27
% of Calories				10.05%		*20.8%	*30.7%	*0.3%		51.4%		20.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Thursday - 11/18/2021

Reimbursable Meal Total 2965

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000757 Turkey, Roast, Frozen	2 oz	330	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	330	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002048 Dinner Roll HM (2EG)	1 each	330	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
002009 Gravy Turkey	1/4 Cup	330	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	360	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	380	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	115	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001369 Breadsticks (2), W/Marinara	Each	320	340	5.00	640	6	11.00	0.00	30	41.00	5.00	21.00
000336 Wrap, ham & Cheese	each	55	509	16.17	1030	4	29.01	0.00	100	34.97	5.03	26.45
000939 Salad, Fajita	Entree	65	430	2.07	1575	*1	19.28	*0.00	88	35.89	8.73	31.71
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	130	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001667 Pizza, Meatlovers	slice	135	370	7.00	650	9	17.00	0.00	40	36.00	3.00	20.00
000256 Broccoli,raw: fresh	.5 cup	50	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000978 Cucumber w/Chili & Lemon	1/2 Cup	110	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001675 Applesauce, Cinnamon, 4.5 oz	Each	726	50	0.00	15	12	0.00	0.00	0	14.00	1.00	0.00
001414 Strawberries, Diced FZ	Each	1062	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
001416 Sub Roll	Each	55	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	0	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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
000905 Sub, Turkey & Cheese HM	Each	40	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
000906 Sub, Ham & Cheese HM	each	30	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
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	0	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	85	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000897 Deli Bar, Lettuce Shred	1/4 Cup	55	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	55	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	0	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	15	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	875	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	505	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	60	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	850	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	200	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	400	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	155	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			357	3.56	634	*23	*10.72	*0.13	35	48.28	3.66	19.13
% of Calories				8.97%		*25.8%	*27.0%	*0.3%		54.1%		21.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Friday - 11/19/2021

Reimbursable Meal Total 2855

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001592 Crunchy Taco (1), w/ Spanish Rice	Each	405	598	7.20	254	*4	23.52	*0.01	85	64.16	4.62	31.83
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	385	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	820	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	135	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001773 NACHO, Beans, salsa	SERVINGS	310	684	9.53	2234	13	29.18	0.00	34	80.63	14.20	24.64
001734 Corn Dog, Chicken IW	Each	390	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
001433 Wrap, Fajita	Each	70	465	8.28	1358	2	20.34	*0.00	120	34.69	3.48	33.62

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000942 Salad, Ham & Cheese	Entree	80	400	4.30	972	2	21.93	0.00	61	30.73	9.11	23.67
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
000162 Hot Dog on a Bun	SERVING	150	250	2.50	610	6	11.00	0.00	45	31.00	3.00	12.00
001647 Salsa, Molcajete Roja	1/4 Cup	125	20	0.00	460	2	0.00	0.00	0	4.00	2.00	0.00
001354 Carrot, Baby 3 oz bag	bag (3 oz)	350	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001462 APPLESAUCE, Wild Watermelon	Each	1095	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
001993 Tangerines	Each	1515	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
001416 Sub Roll	Each	90	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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	40	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
000906 Sub, Ham & Cheese HM	each	50	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
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	40	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000900 Deli Bar, Green Bell Peppers	1/8 Cup	40	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	120	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	95	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	40	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	95	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	40	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	55	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1295	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	840	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	65	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	250	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	900	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	200	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	780	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001797 Pizza, Dominos Pep (WSHS only)	slice	50	270	4.00	570	3	9.00	0.00	20	29.00	3.00	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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			639	7.06	1145	*29	22.44	*0.29	62	82.60	8.65	*29.73
% of Calories				9.94%		*18.2%	31.6%	*0.4%		51.7%		*18.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Monday - 11/29/2021

Reimbursable Meal Total 2895

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001598 Tuna Salad Sandwich	Sandwich	100	219	0.23	585	4	4.37	0.00	30	29.01	6.03	20.21
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1660	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001987 Spaghetti, 1/2c & Cheesestick	1/2Cup + Bread	535	319	5.02	299	*1	11.84	*0.00	53	30.37	3.44	23.49



# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001941 Vegetables Mixed (1/2c V-O)	1/2 Cup	535	66	0.00	43	3	0.00	0.00	0	13.21	3.30	2.20
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	635	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	795	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	175	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001434 Wrap, Bacon Chicken	Each	80	392	2.21	1390	1	14.20	*0.00	100	34.41	3.41	30.47
001766 Salad, Honey Sriracha	Entree	85	725	5.03	1555	8	32.14	0.00	110	61.34	9.92	47.12
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
001601 NACHOS w Cheese	SERVINGS	250	540	18.01	1131	0	34.01	0.00	60	44.01	2.00	18.01
000978 Cucumber w/Chili & Lemon	1/2 Cup	185	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001354 Carrot, Baby 3 oz bag	bag (3 oz)	440	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
002036 Italian Ice, Cry Baby Cherry	each	1795	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
001670 Applesauce, blueraspberry	Each	905	90	0.00	15	19	0.00	0.00	0	22.00	2.00	0.00
001416 Sub Roll	Each	90	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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
000905 Sub, Turkey & Cheese HM	Each	42	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	25	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000906 Sub, Ham & Cheese HM	each	42	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
000932 Sub, Vegetarian HM	each	1	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	45	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	35	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	145	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	145	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	40	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	85	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	25	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	50	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
000763 Milk, Nonfat Chocolate Carton	Carton	1330	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	770	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	60	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1350	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
009006 Mayo packet	1 pc	800	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	300	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000358 Ranch Dressing - Salad Mix	1 OZ	220	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
002043 Corn Dog, Chicken IW (WSHS)	Each	40	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
002044 Chicken Sandwich (WSHS)	Each	30	370	1.50	890	4	10.00	0.00	50	48.00	5.00	25.00
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			682	7.31	1088	*44	23.13	*0.28	63	89.99	6.28	31.52
% of Calories				9.65%		*25.8%	30.5%	*0.4%		52.8%		18.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 11/30/2021

Reimbursable Meal Total 2965

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001872 Chicken, WG Baked	Entree	725	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	725	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
001570 Green Beans Cooked	1/2 Cup	75	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
001761 Seasoned Corn	1/2 CUP	675	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
002048 Dinner Roll HM (2EG)	1 each	725	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001417 Chicken Sandwich Spicy (2M, 1WG)	Each	510	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	590	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	160	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
002050 Chicken Nuggets (5 piece)	Serving	315	200	2.00	411	1	10.02	0.00	35	12.03	2.00	15.03
002048 Dinner Roll HM (2EG)	1 each	315	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001434 Wrap, Bacon Chicken	Each	70	392	2.21	1390	1	14.20	*0.00	100	34.41	3.41	30.47
001766 Salad, Honey Sriracha	Entree	80	725	5.03	1555	8	32.14	0.00	110	61.34	9.92	47.12
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	210	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001985 Pizza, 16" Pepperoni PIE	slice	350	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
000256 Broccoli,raw: fresh	.5 cup	85	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000978 Cucumber w/Chili & Lemon	1/2 Cup	175	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001414 Strawberries, Diced FZ	Each	1970	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000795 Fruit, Pineapple CND	1/2 Cup	703	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001416 Sub Roll	Each	90	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
001415 Kaiser Roll (3.5G)	Each	5	240	1.50	460	5	4.00	0.00	0	47.00	8.00	11.00
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
000905 Sub, Turkey & Cheese HM	Each	17	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	50	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000906 Sub, Ham & Cheese HM	each	42	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
000932 Sub, Vegetarian HM	each	1	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	45	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	35	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	145	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	145	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	40	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	85	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000902 Deli Bar, Sliced Red Onion	1/8 cup	25	7	0.01	1	1	0.02	0.00	0	1.67	0.30	0.20
000899 Deli Bar, Tomato slices	1/8 Cup	50	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000763 Milk, Nonfat Chocolate Carton	Carton	1330	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	770	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	60	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	1350	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	300	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	800	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000358 Ranch Dressing - Salad Mix	1 OZ	205	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			633	5.62	998	38	*20.53	*0.21	58	84.66	6.31	30.80
% of Calories				7.99%		24.0%	*29.2%	*0.3%		53.5%		19.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			629	7	1053	*36	*21.43	*0.24	60	82.30	6.84	*30.06
% of Calories				9.33%		*22.9%	*30.7%	*0.3%		52.3%		*19.1%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.