

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: NSLP 9-12 Breakfast Menu 21-22

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 1340

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001344 Pancakes with Sausage Patty (1M, 3WG)	Each	90	272	0.99	502	6	9.04	0.00	45	43.39	3.03	12.03
001043 Syrup, 1.5 oz	Each	90	120	0.00	30	22	0.00	0.00	0	30.00	0.00	0.00
001499 Potato, Hashbrown	Each	90	98	0.67	200	0	4.88	0.00	0	12.86	1.33	0.89
990032 Turkey Sausage Biscuit Sandwich	Each	85	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	70	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000495 Muffin Double Chocolate Chip	each	375	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	265	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	23	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	312	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000518 Apple Juice	4 OZ	920	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	360	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000437 Peaches sliced	.5 CUP	134	69	0.00	10	13	0.00	0.00	0	16.73	0.98	0.98
000763 Milk, Nonfat Chocolate Carton	Carton	430	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	615	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			450	3.67	477	42	12.09	0.00	30	73.20	4.34	16.48
% of Calories				7.34%		37.3%	24.2%	0.0%		65.1%		14.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Tuesday - 11/02/2021

Reimbursable Meal Total 1370

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001655 Tortilla, 10" Flour WG Packed	Each	90	168	1.00	156	0	4.00	0.00	0	28.00	3.00	5.00
001657 Scrambled Eggs (precooked)	1/4 Cup	90	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
000917 Mozzarella Shredded (1M)	oz	90	86	3.25	193	1	5.59	0.20	18	2.28	0.00	6.70
002076 Beans, Refried seasoned 1/4c	1/4 Cups	90	90	0.00	332	0	1.00	0.00	0	15.00	5.00	5.00
002075 Potato, Hashbrown Rounds	2 Potato Rounds	90	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	80	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001741 Donut, Mini, Pwdr 6ct-pk	Pack	335	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000495 Muffin Double Chocolate Chip	each	195	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	235	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	33	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	242	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	920	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	360	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000419 FRUIT MIX:canned,Drained	1/2 Cup	134	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	430	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	615	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			435	3.63	445	42	11.67	0.01	28	70.57	4.24	15.59
% of Calories				7.51%		38.6%	24.1%	0.0%		64.9%		14.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Wednesday - 11/03/2021

Reimbursable Meal Total 1390

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001496 Croissant (2WG)	Each	70	220	3.50	300	5	9.00	0.00	5	30.00	2.00	6.00
000115 Biscuit Buttermilk (2WG)	each	70	204	4.85	475	2	7.76	0.00	0	28.12	3.30	4.85
000735 Egg Patty USDA (1M)	Each	130	50	1.00	125	0	3.50	0.00	100	0.00	0.00	3.00
001549 Sausage Patty Turkey (1M)	Patty	130	60	0.99	169	0	2.98	0.00	30	0.99	0.00	5.97
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	130	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	80	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	110	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
000495 Muffin Double Chocolate Chip	each	420	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	325	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	23	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	302	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000875 Orange Juice 4 oz (1/2c.F)	Each	930	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
001903 Applesauce, Mango peach	Each	160	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	330	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	615	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			473	4.82	567	39	13.90	0.00	35	73.30	4.37	17.85
% of Calories				9.17%		33.0%	26.4%	0.0%		62.0%		15.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Thursday - 11/04/2021

Reimbursable Meal Total 1395

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000926 Toast Bread (1WG)	Each	90	104	1.51	167	1	4.69	0.00	0	13.00	3.00	4.00

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	
001662	Potato, Breakfast	1/2 Cup	90	145	1.80	276	2	8.06	0.00	0	19.52	2.42	1.21
001657	Scrambled Eggs (precooked)	1/4 Cup	90	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
002143	Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	90	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
001661	Turkey Ham diced O 6409 (.5ozM)	OZ	90	37	0.50	159	0	1.66	0.00	18	0.00	0.00	4.65
001038	Breakfast Burrito (1.5M, 1.5WG)	1 each	80	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001741	Donut, Mini, Pwdr 6ct-pk	Pack	365	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000495	Muffin Double Chocolate Chip	each	245	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
001738	Poptart 2-pk, Strawberry (2.25WG)	Each	215	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
000335	Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	23	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942	Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439	Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438	Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739	Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404	Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399	Peanut Butter & Jelly Bar Conv	Each	242	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830	Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1095	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
001993	Tangerines	Each	620	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000763	Milk, Nonfat Chocolate Carton	Carton	530	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00

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000376 Milk, 1% Low Fat Carton	carton	350	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	135	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			459	3.96	487	*40	12.73	0.00	28	75.01	4.72	*14.79
% of Calories				7.76%		*34.9%	25.0%	0.0%		65.4%		*12.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Friday - 11/05/2021

Reimbursable Meal Total 1390

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001379 Waffle Sandwich (2.5M, 2WG)	Each	100	371	5.54	838	7	18.56	0.00	145	33.02	2.00	20.06
001043 Syrup, 1.5 oz	Each	100	120	0.00	30	22	0.00	0.00	0	30.00	0.00	0.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	90	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	90	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
000495 Muffin Double Chocolate Chip	each	440	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	270	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	18	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	222	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000518 Apple Juice	4 OZ	1100	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000419 FRUIT MIX:canned,Drained	1/2 Cup	265	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	430	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	615	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			446	3.62	495	43	11.42	0.00	31	74.47	3.63	15.74
% of Calories				7.30%		38.6%	23.0%	0.0%		66.8%		14.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Monday - 11/08/2021

Reimbursable Meal Total 1390

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000922 Dutch Waffle w/ Strawberries	each	100	340	3.00	352	17	13.00	0.00	20	53.30	5.00	4.00
002075 Potato, Hashbrown Rounds	2 Potato Rounds	100	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001043 Syrup, 1.5 oz	Each	100	120	0.00	30	22	0.00	0.00	0	30.00	0.00	0.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	80	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
990032 Turkey Sausage Biscuit Sandwich	Each	90	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001281 Pan Dulce Concha (2WG)	EACH	435	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	255	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	18	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	252	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000518 Apple Juice	4 OZ	1085	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	410	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000437 Peaches sliced	.5 CUP	160	69	0.00	10	13	0.00	0.00	0	16.73	0.98	0.98
000763 Milk, Nonfat Chocolate Carton	Carton	430	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	615	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			427	3.44	405	40	10.40	0.00	23	72.10	4.33	15.34
% of Calories				7.25%		37.5%	21.9%	0.0%		67.5%		14.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Tuesday - 11/09/2021

Reimbursable Meal Total 1390

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001655 Tortilla, 10" Flour WG Packed	Each	90	168	1.00	156	0	4.00	0.00	0	28.00	3.00	5.00
001657 Scrambled Eggs (precooked)	1/4 Cup	90	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
000917 Mozzarella Shredded (1M)	oz	90	86	3.25	193	1	5.59	0.20	18	2.28	0.00	6.70
002076 Beans, Refried seasoned 1/4c	1/4 Cups	90	90	0.00	332	0	1.00	0.00	0	15.00	5.00	5.00
002075 Potato, Hashbrown Rounds	2 Potato Rounds	90	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	80	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001741 Donut, Mini, Pwdr 6ct-pk	Pack	275	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000539 Honey Wheat Donut (2WG)	EACH	325	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	185	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	18	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	262	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000518 Apple Juice	4 OZ	1095	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	460	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000437 Peaches sliced	.5 CUP	182	69	0.00	10	13	0.00	0.00	0	16.73	0.98	0.98
000763 Milk, Nonfat Chocolate Carton	Carton	430	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	615	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			465	3.89	483	46	11.90	0.01	24	77.97	4.90	16.54
% of Calories				7.53%		39.6%	23.0%	0.0%		67.1%		14.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Wednesday - 11/10/2021

Reimbursable Meal Total 1390

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001496 Croissant (2WG)	Each	70	220	3.50	300	5	9.00	0.00	5	30.00	2.00	6.00
000115 Biscuit Buttermilk (2WG)	each	70	204	4.85	475	2	7.76	0.00	0	28.12	3.30	4.85
000735 Egg Patty USDA (1M)	Each	130	50	1.00	125	0	3.50	0.00	100	0.00	0.00	3.00
001549 Sausage Patty Turkey (1M)	Patty	130	60	0.99	169	0	2.98	0.00	30	0.99	0.00	5.97
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	130	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	80	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	110	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
000539 Honey Wheat Donut (2WG)	EACH	455	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	235	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	18	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	262	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1095	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000090 Pear, Fresh	EACH	430	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000437 Peaches sliced	.5 CUP	158	69	0.00	10	13	0.00	0.00	0	16.73	0.98	0.98
000763 Milk, Nonfat Chocolate Carton	Carton	430	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	615	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			467	4.79	574	45	12.67	0.00	28	74.88	5.02	18.19
% of Calories				9.23%		38.5%	24.4%	0.0%		64.1%		15.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Friday - 11/12/2021

Reimbursable Meal Total 1390

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001591 Breakfast Casserole & Toast	Each	85	288	4.08	607	1	14.00	0.00	131	30.74	4.70	11.24
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	80	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	90	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
000539 Honey Wheat Donut (2WG)	EACH	465	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	235	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	18	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	257	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1095	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000090 Pear, Fresh	EACH	460	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
001903 Applesauce, Mango peach	Each	160	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	430	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	615	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			436	3.71	485	44	10.79	0.00	20	73.37	5.09	15.95
% of Calories				7.66%		40.4%	22.3%	0.0%		67.3%		14.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Monday - 11/15/2021

Reimbursable Meal Total 1145

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000922 Dutch Waffle w/ Strawberries	each	90	340	3.00	352	17	13.00	0.00	20	53.30	5.00	4.00
002075 Potato, Hashbrown Rounds	2 Potato Rounds	90	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00
001043 Syrup, 1.5 oz	Each	90	120	0.00	30	22	0.00	0.00	0	30.00	0.00	0.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	70	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	80	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
001281 Pan Dulce Concha (2WG)	EACH	290	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	235	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	18	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	202	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000518 Apple Juice	4 OZ	885	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	310	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000437 Peaches sliced	.5 CUP	110	69	0.00	10	13	0.00	0.00	0	16.73	0.98	0.98
000763 Milk, Nonfat Chocolate Carton	Carton	430	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000376 Milk, 1% Low Fat Carton	carton	615	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			471	3.57	461	46	10.65	0.00	17	82.05	4.85	16.90
% of Calories				6.82%		39.1%	20.4%	0.0%		69.7%		14.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Tuesday - 11/16/2021

Reimbursable Meal Total 1215

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001655 Tortilla, 10" Flour WG Packed	Each	90	168	1.00	156	0	4.00	0.00	0	28.00	3.00	5.00
001657 Scrambled Eggs (precooked)	1/4 Cup	90	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
000917 Mozzarella Shredded (1M)	oz	90	86	3.25	193	1	5.59	0.20	18	2.28	0.00	6.70
002076 Beans, Refried seasoned 1/4c	1/4 Cups	90	90	0.00	332	0	1.00	0.00	0	15.00	5.00	5.00
002075 Potato, Hashbrown Rounds	2 Potato Rounds	90	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	70	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001741 Donut, Mini, Pwdr 6ct-pk	Pack	225	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001281 Pan Dulce Concha (2WG)	EACH	275	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	185	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	18	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	192	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	885	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	310	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000419 FRUIT MIX:canned,Drained	1/2 Cup	110	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	430	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	615	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			457	3.73	467	43	11.25	0.01	29	76.40	4.63	17.06
% of Calories				7.35%		37.6%	22.2%	0.0%		66.9%		14.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Wednesday - 11/17/2021

Reimbursable Meal Total 1146

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001496 Croissant (2WG)	Each	70	220	3.50	300	5	9.00	0.00	5	30.00	2.00	6.00
000115 Biscuit Buttermilk (2WG)	each	70	204	4.85	475	2	7.76	0.00	0	28.12	3.30	4.85
000735 Egg Patty USDA (1M)	Each	130	50	1.00	125	0	3.50	0.00	100	0.00	0.00	3.00
001549 Sausage Patty Turkey (1M)	Patty	130	60	0.99	169	0	2.98	0.00	30	0.99	0.00	5.97
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	130	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	70	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	80	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
001281 Pan Dulce Concha (2WG)	EACH	270	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	185	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	19	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	262	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000875 Orange Juice 4 oz (1/2c.F)	Each	885	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000068 Banana	EACH	310	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001903 Applesauce, Mango peach	Each	160	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	430	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	685	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			494	5.06	568	44	13.26	0.00	35	77.57	4.71	21.40
% of Calories				9.22%		35.6%	24.2%	0.0%		62.8%		17.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Thursday - 11/18/2021

Reimbursable Meal Total 1190

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000926 Toast Bread (1WG)	Each	90	104	1.51	167	1	4.69	0.00	0	13.00	3.00	4.00
001662 Potato, Breakfast	1/2 Cup	90	145	1.80	276	2	8.06	0.00	0	19.52	2.42	1.21
001661 Turkey Ham diced O 6409 (.5ozM)	OZ	90	37	0.50	159	0	1.66	0.00	18	0.00	0.00	4.65
001657 Scrambled Eggs (precooked)	1/4 Cup	90	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	90	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	70	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001741 Donut, Mini, Pwdr 6ct-pk	Pack	225	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001281 Pan Dulce Concha (2WG)	EACH	285	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	185	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	19	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	10068 2	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	895	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000437 Peaches sliced	.5 CUP	233	69	0.00	10	13	0.00	0.00	0	16.73	0.98	0.98
000763 Milk, Nonfat Chocolate Carton	Carton	500	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	685	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			26646	342.17	18259	1142	1532.57	0.00	33	2692.23	426.21	863.43
% of Calories				11.56%		17.1%	51.8%	0.0%		40.4%		13.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Friday - 11/19/2021

Reimbursable Meal Total 1136

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001344 Pancakes with Sausage Patty (1M, 3WG)	Each	90	272	0.99	502	6	9.04	0.00	45	43.39	3.03	12.03
001657 Scrambled Eggs (precooked)	1/4 Cup	90	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
002075 Potato, Hashbrown Rounds	2 Potato Rounds	90	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	70	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	80	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
001281 Pan Dulce Concha (2WG)	EACH	340	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	175	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	19	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	232	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000518 Apple Juice	4 OZ	895	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000419 FRUIT MIX:canned,Drained	1/2 Cup	233	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000763 Milk, Nonfat Chocolate Carton	Carton	500	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	685	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			462	3.73	504	43	11.44	0.00	36	75.99	3.83	19.20
% of Calories				7.27%		37.2%	22.3%	0.0%		65.8%		16.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Monday - 11/29/2021

Reimbursable Meal Total 1490

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001344 Pancakes with Sausage Patty (1M, 3WG)	Each	100	272	0.99	502	6	9.04	0.00	45	43.39	3.03	12.03
001043 Syrup, 1.5 oz	Each	100	120	0.00	30	22	0.00	0.00	0	30.00	0.00	0.00
001499 Potato, Hashbrown	Each	100	98	0.67	200	0	4.88	0.00	0	12.86	1.33	0.89
990032 Turkey Sausage Biscuit Sandwich	Each	95	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	90	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000495 Muffin Double Chocolate Chip	each	480	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	265	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	28	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	262	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000518 Apple Juice	4 OZ	1095	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	460	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000437 Peaches sliced	.5 CUP	182	69	0.00	10	13	0.00	0.00	0	16.73	0.98	0.98
000763 Milk, Nonfat Chocolate Carton	Carton	430	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	615	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			439	3.43	459	42	11.32	0.00	30	73.13	4.24	15.35
% of Calories				7.03%		38.3%	23.2%	0.0%		66.6%		14.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Tuesday - 11/30/2021

Reimbursable Meal Total 1390

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001655 Tortilla, 10" Flour WG Packed	Each	90	168	1.00	156	0	4.00	0.00	0	28.00	3.00	5.00
001657 Scrambled Eggs (precooked)	1/4 Cup	90	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
000917 Mozzarella Shredded (1M)	oz	90	86	3.25	193	1	5.59	0.20	18	2.28	0.00	6.70
002076 Beans, Refried seasoned 1/4c	1/4 Cups	90	90	0.00	332	0	1.00	0.00	0	15.00	5.00	5.00
002075 Potato, Hashbrown Rounds	2 Potato Rounds	90	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	90	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001741 Donut, Mini, Pwdr 6ct-pk	Pack	395	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000495 Muffin Double Chocolate Chip	each	245	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	185	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	18	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	40	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	40	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	40	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	40	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	160	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	212	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1095	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	460	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000419 FRUIT MIX:canned,Drained	1/2 Cup	160	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	430	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	615	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	70	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	240	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			448	3.66	448	44	11.81	0.01	29	73.80	4.29	15.46
% of Calories				7.35%		39.3%	23.7%	0.0%		65.9%		13.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	2092	25	1599	*112	106.87	0.00	28	238.50	30.84	*69.70
% of Calories		10.78%		*21.4%	46.0%	0.0%		45.6%		*13.3%

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

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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