

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: Cesar Chavez BIC 21-22

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 1

	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)
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	0	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000875 Orange Juice 4 oz (1/2c.F)	Each	0	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000090 Pear, Fresh	EACH	0	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 11/02/2021

Reimbursable Meal Total 1

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	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000064 Fruit, Apple, Fresh	EACH	0	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	0	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Wednesday - 11/03/2021

Reimbursable Meal Total 1

	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)
001436 Cereal, Rice Krispies	Each	0	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	0	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001942 Cereal, Frosted Flakes	Each	0	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	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001366 Orange, Wedges	1/2 Cup	0	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	0	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 11/04/2021

Reimbursable Meal Total 1

	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)
000738 Pillsbury Mini Waffles (Bag) (2WG)	Each	0	210	1.00	170	13	6.00	0.00	5	38.00	3.00	4.00
001852 DOD, Apple, Slices 2oz	Bag	0	29	0.00	0	8	0.00	0.00	0	8.00	1.82	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)
001284 Orange juice	4 oz	0	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 11/05/2021

Reimbursable Meal Total 1

	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)
001436 Cereal, Rice Krispies	Each	0	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	0	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	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)
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001366 Orange, Wedges	1/2 Cup	0	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	0	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Monday - 11/08/2021

Reimbursable Meal Total 1

	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)
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	0	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000875 Orange Juice 4 oz (1/2c.F)	Each	0	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000090 Pear, Fresh	EACH	0	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 11/09/2021

Reimbursable Meal Total 1

	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	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000064 Fruit, Apple, Fresh	EACH	0	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	0	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Wednesday - 11/10/2021

Reimbursable Meal Total 1

	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)
001436 Cereal, Rice Krispies	Each	0	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	0	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001366 Orange, Wedges	1/2 Cup	0	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	0	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 11/12/2021

Reimbursable Meal Total 1

	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)
001436 Cereal, Rice Krispies	Each	0	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	0	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001366 Orange, Wedges	1/2 Cup	0	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	0	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00

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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)
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Monday - 11/15/2021

Reimbursable Meal Total 1

	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)
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	0	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000875 Orange Juice 4 oz (1/2c.F)	Each	0	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000090 Pear, Fresh	EACH	0	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

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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)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 11/16/2021

Reimbursable Meal Total 1

	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	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000064 Fruit, Apple, Fresh	EACH	0	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	0	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Wednesday - 11/17/2021

Reimbursable Meal Total 1

	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)
001436 Cereal, Rice Krispies	Each	0	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	0	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001366 Orange, Wedges	1/2 Cup	0	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	0	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Thursday - 11/18/2021

Reimbursable Meal Total 1

	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)
000738 Pillsbury Mini Waffles (Bag) (2WG)	Each	0	210	1.00	170	13	6.00	0.00	5	38.00	3.00	4.00
001852 DOD, Apple, Slices 2oz	Bag	0	29	0.00	0	8	0.00	0.00	0	8.00	1.82	0.00
001284 Orange juice	4 oz	0	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 11/19/2021

Reimbursable Meal Total 1

	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)
001436 Cereal, Rice Krispies	Each	0	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	0	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00

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)
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001366 Orange, Wedges	1/2 Cup	0	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	0	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Monday - 11/29/2021

Reimbursable Meal Total 1

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)
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	0	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000875 Orange Juice 4 oz (1/2c.F)	Each	0	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000090 Pear, Fresh	EACH	0	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 11/30/2021

Reimbursable Meal Total 1

	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	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000064 Fruit, Apple, Fresh	EACH	0	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	0	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=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	0	0	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories		0%		0%	0%	0%		0%		0%

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.