

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: Childcare Breakfast 21-22 **Include Cost:** No
Site: All Sites **Report Style:** Detailed

Monday - 11/01/2021

Reimbursable Meal Total 864

	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)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	824	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001891 DOD, Apple	Each	864	64	0.00	2	12	0.00	0.00	0	16.00	2.00	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
000376 Milk, 1% Low Fat Carton	carton	808	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	104	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	5	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	2	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			445	4.27	386	48	12.85	0.00	15	71.62	3.92	15.25
% of Calories				8.64%		43.1%	26.0%	0.0%		64.4%		13.7%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 11/02/2021

Reimbursable Meal Total 837

	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	837	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00

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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)
002080 Cheese, String Cheese 1 oz-Bon	each	835	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001611 Strawberry/blueberry Frzn	1/2 Cup	837	42	0.00	0	8	0.50	0.00	0	10.78	2.33	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
000376 Milk, 1% Low Fat Carton	carton	776	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
000865 Milk, Pacific Ultra Soy Select	cup	5	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	2	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			351	4.88	478	30	10.33	0.00	29	52.58	4.35	20.34
% of Calories				12.51%		34.2%	26.5%	0.0%		59.9%		23.2%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Wednesday - 11/03/2021

Reimbursable Meal Total 864

	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	864	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001885 DOD, Orange 113ct (1/2c.F)	Orange	802	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	932	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
000376 Milk, 1% Low Fat Carton	carton	808	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

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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)
000377 Milk, Non-Fat Carton	Carton	104	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	5	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	2	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			447	2.95	271	*38	8.75	0.00	20	65.08	5.26	17.80
% of Calories				5.94%		*34.0%	17.6%	0.0%		58.2%		15.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 11/04/2021

Reimbursable Meal Total 864

	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	864	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	862	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000518 Apple Juice	4 OZ	832	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
001696 Mandarin Oranges, Cup 4.5 oz (1/2c.F)	Each (4.5 oz)	802	70	0.00	0	14	0.00	0.00	0	17.00	1.00	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
000376 Milk, 1% Low Fat Carton	carton	808	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	104	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	9	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	2	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			422	4.90	547	48	8.37	0.00	30	70.83	3.95	20.46
% of Calories				10.45%		45.5%	17.9%	0.0%		67.1%		19.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 11/05/2021

Reimbursable Meal Total 834

	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)
990032 Turkey Sausage Biscuit Sandwich	Each	834	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001829 DOD, Grapes Bunch (14ct)	Bunch(aprox 14)	681	52	0.04	2	12	0.54	0.00	0	13.65	0.70	0.54
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	834	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
000376 Milk, 1% Low Fat Carton	carton	774	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	109	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	10	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	1	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			582	10.20	1108	41	20.33	0.00	157	72.25	4.00	29.45
% of Calories				15.77%		28.2%	31.4%	0.0%		49.7%		20.2%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Monday - 11/08/2021

Reimbursable Meal Total 864

	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)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	864	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001891 DOD, Apple	Each	864	64	0.00	2	12	0.00	0.00	0	16.00	2.00	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
000376 Milk, 1% Low Fat Carton	carton	808	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	104	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	6	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	2	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			458	4.41	397	49	13.37	0.00	15	73.53	4.01	15.45
% of Calories				8.67%		42.8%	26.3%	0.0%		64.2%		13.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 11/09/2021

Reimbursable Meal Total 838

	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	838	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	836	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001611 Strawberry/blueberry Frzn	1/2 Cup	838	42	0.00	0	8	0.50	0.00	0	10.78	2.33	0.44

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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
000376 Milk, 1% Low Fat Carton	carton	777	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
000865 Milk, Pacific Ultra Soy Select	cup	7	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	2	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			351	4.89	478	30	10.34	0.00	29	52.61	4.35	20.36
% of Calories				12.54%		34.2%	26.5%	0.0%		60.0%		23.2%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Wednesday - 11/10/2021

Reimbursable Meal Total 865

	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	865	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001885 DOD, Orange 113ct (1/2c.F)	Orange	803	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	933	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
000376 Milk, 1% Low Fat Carton	carton	809	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	104	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	6	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	3	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			448	2.95	271	*38	8.76	0.00	20	65.10	5.27	17.82
% of Calories				5.93%		*33.9%	17.6%	0.0%		58.1%		15.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 11/12/2021

Reimbursable Meal Total 860

	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)
990032 Turkey Sausage Biscuit Sandwich	Each	860	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001829 DOD, Grapes Bunch (14ct)	Bunch(aprox 14)	681	52	0.04	2	12	0.54	0.00	0	13.65	0.70	0.54
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	860	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
000376 Milk, 1% Low Fat Carton	carton	804	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	104	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	10	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	2	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			581	10.21	1108	40	20.34	0.00	157	71.91	3.99	29.43
% of Calories				15.82%		27.5%	31.5%	0.0%		49.5%		20.3%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Monday - 11/15/2021

Reimbursable Meal Total 865

	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)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	865	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001891 DOD, Apple	Each	865	64	0.00	2	12	0.00	0.00	0	16.00	2.00	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
000376 Milk, 1% Low Fat Carton	carton	811	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	104	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	6	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	2	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			458	4.41	397	49	13.37	0.00	15	73.56	4.01	15.47
% of Calories				8.67%		42.8%	26.3%	0.0%		64.2%		13.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 11/16/2021

Reimbursable Meal Total 838

	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	838	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	836	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001611 Strawberry/blueberry Frzn	1/2 Cup	838	42	0.00	0	8	0.50	0.00	0	10.78	2.33	0.44

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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)
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	777	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
000865 Milk, Pacific Ultra Soy Select	cup	6	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	3	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			351	4.89	478	30	10.33	0.00	29	52.61	4.35	20.36
% of Calories				12.54%		34.2%	26.5%	0.0%		60.0%		23.2%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Wednesday - 11/17/2021

Reimbursable Meal Total 865

	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	865	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001885 DOD, Orange 113ct (1/2c.F)	Orange	803	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	933	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
000376 Milk, 1% Low Fat Carton	carton	809	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	104	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	6	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

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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)
001737 Lactaid	Cup	3	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			448	2.95	271	*38	8.76	0.00	20	65.10	5.27	17.82
% of Calories				5.93%		*33.9%	17.6%	0.0%		58.1%		15.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 11/18/2021

Reimbursable Meal Total 865

	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	865	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	863	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000518 Apple Juice	4 OZ	833	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
001696 Mandarin Oranges, Cup 4.5 oz (1/2c.F)	Each (4.5 oz)	803	70	0.00	0	14	0.00	0.00	0	17.00	1.00	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
000376 Milk, 1% Low Fat Carton	carton	809	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	104	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	10	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	2	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			422	4.90	547	48	8.37	0.00	30	70.85	3.95	20.47
% of Calories				10.45%		45.5%	17.9%	0.0%		67.2%		19.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 11/19/2021

Reimbursable Meal Total 865

	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)
990032 Turkey Sausage Biscuit Sandwich	Each	865	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001829 DOD, Grapes Bunch (14ct)	Bunch(aprox 14)	681	52	0.04	2	12	0.54	0.00	0	13.65	0.70	0.54
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	865	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
000376 Milk, 1% Low Fat Carton	carton	804	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	109	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	10	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	2	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			581	10.20	1108	40	20.32	0.00	157	71.82	3.98	29.42
% of Calories				15.80%		27.5%	31.5%	0.0%		49.4%		20.3%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Monday - 11/29/2021

Reimbursable Meal Total 865

	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)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	865	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001891 DOD, Apple	Each	865	64	0.00	2	12	0.00	0.00	0	16.00	2.00	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
000376 Milk, 1% Low Fat Carton	carton	811	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	104	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	7	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	1	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			458	4.41	397	49	13.38	0.00	15	73.56	4.02	15.48
% of Calories				8.67%		42.8%	26.3%	0.0%		64.2%		13.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 11/30/2021

Reimbursable Meal Total 838

	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	838	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	836	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001611 Strawberry/blueberry Frzn	1/2 Cup	838	42	0.00	0	8	0.50	0.00	0	10.78	2.33	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)
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	777	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
000865 Milk, Pacific Ultra Soy Select	cup	7	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	2	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			351	4.89	478	30	10.34	0.00	29	52.61	4.35	20.36
% of Calories				12.54%		34.2%	26.5%	0.0%		60.0%		23.2%
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	447	5	545	*40	12.39	0.00	48	65.98	4.31	20.36
% of Calories		10.85%		*35.8%	24.9%	0.0%		59.0%		18.2%

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.