

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: Childcare Lunch (2wk. cycle) 21-22

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 2555

	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)
001988 Spaghetti, 1/2c with meat sauce	1/2 Cup	2475	338	5.04	157	*0	13.68	*0.00	76	26.73	2.89	26.98
001570 Green Beans Cooked	1/2 Cup	1275	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
002048 Dinner Roll HM (2EG)	1 each	2005	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
000068 Banana	EACH	2155	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000377 Milk, Non-Fat Carton	Carton	490	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
001737 Lactaid	Cup	10	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
000376 Milk, 1% Low Fat Carton	carton	82	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

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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)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			570	5.47	349	*18	*16.88	*0.01	76	72.72	6.82	33.67
% of Calories				8.64%		*12.6%	*26.7%	*0.0%		51.0%		23.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 11/02/2021

Reimbursable Meal Total 1675

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001595 Chicken Bat Nuggets w/Roll	4 Nuggets	1575	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	1325	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
001841 cookie, jack o lantern	each	1480	85	0.64	58	5	3.30	0.00	0	12.39	1.18	1.42
001903 Applesauce, Mango peach	Each	785	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000377 Milk, Non-Fat Carton	Carton	453	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	9	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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

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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)
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
000376 Milk, 1% Low Fat Carton	carton	82	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
Weighted Daily Average			427	2.06	1105	18	11.46	*0.00	31	60.70	7.05	22.04
% of Calories				4.34%		16.9%	24.2%	*0.0%		56.9%		20.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 11/03/2021

Reimbursable Meal Total 2945

	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)
001618 Sandwich, LS Ham & Cheese	Sandwich	1945	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000260 CARROTS: frz, cooked	1/2 CUP	685	27	0.41	235	2	1.00	0.00	0	3.65	1.22	0.61
990090 Juice, Cherry Limeade, 4oz, Cool Tropics, 13007	pouch	2435	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
000667 Cracker Goldfish (1WG)	each	785	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
000377 Milk, Non-Fat Carton	Carton	488	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	10	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00

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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)
009006 Mayo packet	1 pc	1087	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	663	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	614	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
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
000376 Milk, 1% Low Fat Carton	carton	137	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
Weighted Daily Average			289	3.07	717	17	9.04	0.00	28	40.63	4.52	16.13
% of Calories				9.56%		23.5%	28.2%	0.0%		56.2%		22.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 11/04/2021

Reimbursable Meal Total 2940

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)
000757 Turkey, Roast, Frozen	2 oz	2860	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
002048 Dinner Roll HM (2EG)	1 each	2235	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	2385	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002009 Gravy Turkey	1/4 Cup	810	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
001885 DOD, Orange 113ct (1/2c.F)	Orange	2415	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000377 Milk, Non-Fat Carton	Carton	488	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	10	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
000376 Milk, 1% Low Fat Carton	carton	172	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

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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)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			382	2.60	928	*6	*10.33	*0.01	47	37.57	4.63	24.52
% of Calories				6.13%		*6.3%	*24.3%	*0.0%		39.3%		25.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 11/05/2021

Reimbursable Meal Total 2915

	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)
000205 Xtreme Bean & Cheese Burrito	each	2815	291	3.62	479	0	8.29	0.01	15	40.95	7.96	15.60
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	1355	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00
002073 Fruit mix:can,Drain -no grapes	1/2 Cup	2123	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	488	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	10	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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

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Nov 1, 2021 thru Nov 30, 2021

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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	32	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
000376 Milk, 1% Low Fat Carton	carton	74	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
Weighted Daily Average			423	3.77	817	12	9.01	0.01	16	68.10	12.82	22.02
% of Calories				8.02%		11.3%	19.2%	0.0%		64.4%		20.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 11/08/2021

Reimbursable Meal Total 2950

	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)
000806 CHICKEN FAJITAS	1 FAJITA	685	322	1.62	1242	*1	7.27	*0.00	79	35.97	3.65	26.22
990038 Salsa, Low-sodium, Canned, USDA	1/2 cup	701	40	0.00	140	4	0.00	0.00	0	8.00	3.99	0.00
990074 Juice, Tropical Trio, 4oz, Cool Tropics, 16001	pouch	2125	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
001810 DOD, Orange, Sections	1/2 Cup	1002	38	0.01	0	*N/A*	0.09	0.00	0	11.38	2.01	0.78
000865 Milk, Pacific Ultra Soy Select	cup	192	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000377 Milk, Non-Fat Carton	Carton	296	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
001737 Lactaid	Cup	10	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00

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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)
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
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
000376 Milk, 1% Low Fat Carton	carton	112	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
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
Weighted Daily Average			162	0.46	358	*12	2.09	*0.00	19	27.63	2.61	8.27
% of Calories				2.56%		*29.6%	11.6%	*0.0%		68.2%		20.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 11/09/2021

Reimbursable Meal Total 2936

	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)
002142 Turkey Taco Nada, 5 OZ (2M, 2.75WG)	Taco	256	260	2.50	390	1	8.00	0.00	354	31.00	4.00	17.00
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	1986	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00

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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)
990084 Salsa, Dipping Cups, 3oz, Red Gold, REDSC2ZC168	cup	902	25	0.00	195	3	0.00	0.00	0	5.00	1.00	1.00
001891 DOD, Apple	Each	2426	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000377 Milk, Non-Fat Carton	Carton	438	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	14	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	11	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
000376 Milk, 1% Low Fat Carton	carton	103	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
Weighted Daily Average			217	0.61	589	13	2.16	0.00	32	39.54	9.76	11.03
% of Calories				2.53%		24.0%	9.0%	0.0%		72.9%		20.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 11/10/2021

Reimbursable Meal Total 2961

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)
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	2861	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
990068 Condiment Bag-21-22	each	1654	10	0.00	268	1	0.06	0.00	0	1.38	0.47	0.40
001937 Potatoes Crinkle Cut Fries (3/4 c.S)	3/4 cup (3.15oz)	2861	159	0.00	270	0	4.76	0.00	0	23.81	0.00	1.59
000090 Pear, Fresh	EACH	2236	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000377 Milk, Non-Fat Carton	Carton	488	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	10	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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

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	193	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
Weighted Daily Average			641	8.59	1207	16	26.23	0.97	77	70.74	6.00	29.99
% of Calories				12.06%		10.0%	36.8%	1.4%		44.1%		18.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 11/11/2021

Reimbursable Meal Total 2865

	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)
002014 Chicken Orange/w Rice (2M, 2WG)	14ea 1/2c ric	1865	404	3.00	733	13	12.85	0.00	35	53.29	2.75	16.25
000257 Broccoli: Frozen, boiled	1/2 cup	505	32	0.36	31	1	0.89	0.00	0	4.63	2.77	2.77
000419 FRUIT MIX:canned,Drained	1/2 Cup	1355	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
001720 Juice Tropical 1/2c (veg)	Each	1480	60	0.00	5	13	0.00	0.00	0	13.00	0.00	0.00
000222 Ketchup: individual	packet	1551	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	701	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	409	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	8	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	103	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
Weighted Daily Average			352	2.07	576	25	8.62	0.00	24	53.71	2.29	12.80
% of Calories				5.29%		28.4%	22.0%	0.0%		61.0%		14.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 11/12/2021

Reimbursable Meal Total 2056

	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)
000595 Chicken Sandwich (2M, 3WG)	sandwich	2036	370	1.50	890	4	10.00	0.00	50	48.00	5.00	25.00
000410 Fruit, Pears Lite CND	1/2 Cup	281	71	0.00	6	15	0.04	0.00	0	18.79	1.98	0.24
990068 Condiment Bag-21-22	each	1349	10	0.00	268	1	0.06	0.00	0	1.38	0.47	0.40
002096 Potatoes, Smiles , 6 pc (3/4c.V-S)	pieces (6 each)	2056	194	8.96	179	1	8.96	0.00	0	25.39	1.49	1.49
000222 Ketchup: individual	packet	2581	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	904	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
009006 Mayo packet	1 pc	1479	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	518	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	8	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	8	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			658	11.17	1449	14	23.24	0.00	54	82.76	7.03	28.88
% of Calories				15.28%		8.5%	31.8%	0.0%		50.3%		17.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 11/15/2021

Reimbursable Meal Total 3456

	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)
001988 Spaghetti, 1/2c with meat sauce	1/2 Cup	3376	338	5.04	157	*0	13.68	*0.00	76	26.73	2.89	26.98
001570 Green Beans Cooked	1/2 Cup	1791	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
002048 Dinner Roll HM (2EG)	1 each	2816	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
000068 Banana	EACH	2726	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000377 Milk, Non-Fat Carton	Carton	538	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	11	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	10	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
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
000376 Milk, 1% Low Fat Carton	carton	173	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
Weighted Daily Average			572	5.55	355	*17	*17.14	*0.01	76	72.45	6.77	33.87
% of Calories				8.73%		*11.9%	*27.0%	*0.0%		50.7%		23.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 11/16/2021

Reimbursable Meal Total 2576

	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)
001588 Chicken Nuggets & Roll	Serving	266	270	2.00	601	3	11.02	0.00	35	25.03	4.00	19.03
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	2216	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
001903 Applesauce, Mango peach	Each	766	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000377 Milk, Non-Fat Carton	Carton	503	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

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	8	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*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
000376 Milk, 1% Low Fat Carton	carton	103	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
Weighted Daily Average			129	0.27	388	7	2.11	*0.00	5	22.20	1.58	5.96
% of Calories				1.88%		21.7%	14.7%	*0.0%		68.8%		18.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 11/17/2021

Reimbursable Meal Total 3476

	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)
001618 Sandwich, LS Ham & Cheese	Sandwich	1926	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000260 CARROTS: frz, cooked	1/2 CUP	666	27	0.41	235	2	1.00	0.00	0	3.65	1.22	0.61

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990090 Juice, Cherry Limeade, 4oz, Cool Tropics, 13007	pouch	2791	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
000667 Cracker Goldfish (1WG)	each	766	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
000377 Milk, Non-Fat Carton	Carton	543	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	11	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	10	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	1001	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	608	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	1003	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
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
000376 Milk, 1% Low Fat Carton	carton	103	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			249	2.54	610	16	7.42	0.00	23	35.94	3.78	13.57
% of Calories				9.18%		25.7%	26.8%	0.0%		57.7%		21.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 11/18/2021

Reimbursable Meal Total 3471

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000757 Turkey, Roast, Frozen	2 oz	3391	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
002048 Dinner Roll HM (2EG)	1 each	2766	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	2916	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002009 Gravy Turkey	1/4 Cup	891	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
001885 DOD, Orange 113ct (1/2c.F)	Orange	2746	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000377 Milk, Non-Fat Carton	Carton	538	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	11	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	10	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	173	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
Weighted Daily Average			386	2.60	939	*6	*10.48	*0.01	47	38.68	4.60	24.59
% of Calories				6.06%		*6.2%	*24.4%	*0.0%		40.1%		25.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 11/19/2021

Reimbursable Meal Total 3476

	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)
000205 Xtreme Bean & Cheese Burrito	each	3376	291	3.62	479	0	8.29	0.01	15	40.95	7.96	15.60
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	1741	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00
002073 Fruit mix:can,Drain -no grapes	1/2 Cup	2516	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	538	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	19	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	10	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
000376 Milk, 1% Low Fat Carton	carton	103	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
Weighted Daily Average			430	3.81	844	12	9.15	0.01	16	69.04	13.25	22.45
% of Calories				7.97%		11.2%	19.2%	0.0%		64.2%		20.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 11/29/2021

Reimbursable Meal Total 3481

	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)
000806 CHICKEN FAJITAS	1 FAJITA	666	322	1.62	1242	*1	7.27	*0.00	79	35.97	3.65	26.22
990038 Salsa, Low-sodium, Canned, USDA	1/2 cup	791	40	0.00	140	4	0.00	0.00	0	8.00	3.99	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)
990074 Juice, Tropical Trio, 4oz, Cool Tropics, 16001	pouch	2456	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
001810 DOD, Orange, Sections	1/2 Cup	1401	38	0.01	0	*N/A*	0.09	0.00	0	11.38	2.01	0.78
000865 Milk, Pacific Ultra Soy Select	cup	194	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000377 Milk, Non-Fat Carton	Carton	351	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
001737 Lactaid	Cup	10	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
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
000376 Milk, 1% Low Fat Carton	carton	183	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
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
Weighted Daily Average			151	0.42	307	*12	1.80	*0.00	16	26.68	2.53	7.33
% of Calories				2.50%		*31.8%	10.7%	*0.0%		70.7%		19.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 11/30/2021

Reimbursable Meal Total 3976

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)
002142 Turkey Taco Nada, 5 OZ (2M, 2.75WG)	Taco	186	260	2.50	390	1	8.00	0.00	354	31.00	4.00	17.00
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	2341	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00
990084 Salsa, Dipping Cups, 3oz, Red Gold, REDSC2ZC168	cup	1066	25	0.00	195	3	0.00	0.00	0	5.00	1.00	1.00
001891 DOD, Apple	Each	2781	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000377 Milk, Non-Fat Carton	Carton	493	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	15	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	6	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
000376 Milk, 1% Low Fat Carton	carton	103	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			179	0.45	500	11	1.63	0.00	18	33.03	8.34	8.99
% of Calories				2.26%		24.6%	8.2%	0.0%		73.8%		20.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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			366	3	708	*14	*9.93	*0.06	36	50.12	6.14	19.18
% of Calories				8.04%		*15.3%	*24.4%	*0.1%		54.8%		21.0%

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.