

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: NSLP K-6 Breakfast Menu 21-22
Site: All Sites

Include Cost: No
Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 3690

	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)
990080 T. Ham, Egg, Cheese on Biscuit-21/22	sandwich	1339	328	8.14	835	3	16.11	0.00	122	29.91	3.30	14.76
002110 Bread, WG Blueberry Muffin Bat	each	2370	333	1.20	213	29	11.00	0.00	29	56.20	3.30	4.50
001696 Mandarin Oranges, Cup 4.5 oz (1/2c.F)	Each (4.5 oz)	1125	70	0.00	0	14	0.00	0.00	0	17.00	1.00	0.00
000518 Apple Juice	4 OZ	2860	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	860	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	410	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1653	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	17	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	4	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			476	3.73	546	46	12.93	0.00	67	75.43	3.63	14.97
% of Calories				7.05%		38.7%	24.4%	0.0%		63.4%		12.6%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Tuesday - 11/02/2021

Reimbursable Meal Total 3870

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	2296	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001796 Cereal, Chex Cinnamon	Each	183	110	0.00	170	7	2.00	0.00	0	23.00	0.50	1.00
001436 Cereal, Rice Krispies	Each	228	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	138	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001942 Cereal, Frosted Flakes	Each	283	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	285	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	208	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
001438 Cereal, Lucky Charms	Each	323	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	1883	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000068 Banana	EACH	1155	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000875 Orange Juice 4 oz (1/2c.F)	Each	2455	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	860	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	410	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1645	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	21	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	3	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			343	2.65	318	30	7.02	0.00	14	58.24	2.87	14.57
% of Calories				6.95%		35.0%	18.4%	0.0%		67.9%		17.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Wednesday - 11/03/2021

Reimbursable Meal Total 3620

	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)
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	1095	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	2495	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001366 Orange, Wedges	1/2 Cup	1105	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)	2900	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	910	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	340	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1555	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	18	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	3	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			354	3.24	515	26	7.41	0.00	18	55.77	5.46	17.73
% of Calories				8.24%		29.4%	18.8%	0.0%		63.0%		20.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Thursday - 11/04/2021

Reimbursable Meal Total 3695

	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)
990082 Breakfast Plate-21/22	serving	1220	253	5.21	401	2	15.23	*0.00	268	15.13	3.00	16.80
001548 Muffin, Banana, Purchased (2WG)	Muffin	2374	230	1.00	200	16	7.00	0.00	20	39.00	2.00	4.00
000090 Pear, Fresh	EACH	995	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000518 Apple Juice	4 OZ	2950	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	910	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	305	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1605	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	18	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			370	2.37	365	35	9.59	*0.00	105	58.13	3.29	14.74
% of Calories				5.76%		37.8%	23.3%	*0.0%		62.8%		15.9%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Friday - 11/05/2021

Reimbursable Meal Total 3820

	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)
001453 Pillsbury Mini Maple Pancakes (bag) (2WG)	Each	2090	212	0.50	273	11	6.06	0.00	0	38.37	2.02	4.04
001436 Cereal, Rice Krispies	Each	222	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001438 Cereal, Lucky Charms	Each	379	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001796 Cereal, Chex Cinnamon	Each	278	110	0.00	170	7	2.00	0.00	0	23.00	0.50	1.00
001440 Cereal, Cheerios	Each	113	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001942 Cereal, Frosted Flakes	Each	213	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	364	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	235	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	2060	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000796 Fruit, Peaches diced CND	.5 cup	1005	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	2950	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00

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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)
000763 Milk, Nonfat Chocolate Carton	Carton	810	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	340	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1700	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	17	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	4	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			344	2.18	438	34	7.08	0.00	12	59.03	2.30	13.52
% of Calories				5.70%		39.5%	18.5%	0.0%		68.6%		15.7%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Monday - 11/08/2021

Reimbursable Meal Total 3775

	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)
000495 Muffin Double Chocolate Chip	each	2554	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
001450 Waffle Stix (3 stix) (1.5WG)	3 each	1220	170	1.00	250	6	5.00	0.00	20	28.00	4.00	4.00
001043 Syrup, 1.5 oz	Each	1320	120	0.00	30	22	0.00	0.00	0	30.00	0.00	0.00
000875 Orange Juice 4 oz (1/2c.F)	Each	2965	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000090 Pear, Fresh	EACH	1090	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	911	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	350	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00

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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)
000377 Milk, Non-Fat Carton	Carton	1738	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	18	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	5	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			432	1.69	366	47	8.45	0.00	27	77.99	3.74	12.36
% of Calories				3.52%		43.5%	17.6%	0.0%		72.2%		11.4%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Tuesday - 11/09/2021

Reimbursable Meal Total 3795

	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	3064	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001378 Chilaquiles Homemade (1WG, 1.25M)	Each	705	297	10.59	355	2	18.39	0.00	38	20.49	2.02	11.66
000064 Fruit, Apple, Fresh	EACH	1210	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)	2865	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	896	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	341	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1703	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	17	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	4	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			355	3.18	246	32	8.28	0.00	15	58.62	2.64	12.81
% of Calories				8.06%		36.1%	21.0%	0.0%		66.1%		14.4%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Wednesday - 11/10/2021

Reimbursable Meal Total 3745

	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)
001452 Mini French Toast (2WG)	Each	2874	220	1.00	200	11	6.99	0.00	0	36.92	2.00	3.99
000969 Oatmeal with Toast	each	890	289	2.01	174	11	7.69	0.00	0	48.99	7.00	9.00
000068 Banana	EACH	1380	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000827 Juice, apple 4 oz	container (4oz)	2855	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	896	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	341	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1753	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	17	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	4	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			391	1.29	303	37	7.33	0.00	4	71.54	4.17	12.42
% of Calories				2.97%		37.9%	16.9%	0.0%		73.2%		12.7%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Friday - 11/12/2021

Reimbursable Meal Total 3750

	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)
990045 Donut holes, 72/2.75z,Bake Crafter, 1717, 2WG	package	2194	250	4.50	190	13	10.00	0.00	0	37.00	3.00	5.00
001796 Cereal, Chex Cinnamon	Each	318	110	0.00	170	7	2.00	0.00	0	23.00	0.50	1.00
001436 Cereal, Rice Krispies	Each	127	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	93	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001438 Cereal, Lucky Charms	Each	254	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001942 Cereal, Frosted Flakes	Each	124	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	368	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	276	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	1746	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001366 Orange, Wedges	1/2 Cup	961	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)	2935	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00

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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)
000763 Milk, Nonfat Chocolate Carton	Carton	796	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	341	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1803	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	17	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	4	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			360	4.28	378	34	9.18	0.00	11	57.18	3.12	13.88
% of Calories				10.70%		37.8%	23.0%	0.0%		63.5%		15.4%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Monday - 11/15/2021

Reimbursable Meal Total 3740

	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)
990065 Sandwich, PBJ,grape,40/2.8oz,ClassicDelight,832-40	each	2062	310	3.00	320	12	17.00	0.00	0	33.00	4.00	10.00
990066 Sandwich, PBJ,straw,40/2.8oz,Classic Delight,832-40	each	1448	310	3.00	320	12	17.00	0.00	0	33.00	4.00	10.00
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	230	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001993 Tangerines	Each	1425	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000518 Apple Juice	4 OZ	2925	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	845	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	580	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1753	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	17	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	5	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			476	3.20	438	*35	17.90	0.00	4	64.76	5.09	*17.65
% of Calories				6.05%		*29.4%	33.8%	0.0%		54.4%		*14.8%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Tuesday - 11/16/2021

Reimbursable Meal Total 3815

	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)
990077 Omelet, Sge Chs, Tortilla, 3.2oz, SunnyFresh,40254	Omelet	1149	180	4.00	480	1	10.00	0.00	175	13.00	1.00	10.00
990030 Salsa, Low-sodium, Canned, USDA (1/4c.)	1/4 cup	430	20	0.00	70	2	0.00	0.00	0	4.00	2.00	0.00
001741 Donut, Mini, Pwdr 6ct-pk	Pack	2615	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000795 Fruit, Pineapple CND	1/2 Cup	1030	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
000875 Orange Juice 4 oz (1/2c.F)	Each	3050	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	790	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	580	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1718	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)
000865 Milk, Pacific Ultra Soy Select	cup	16	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	5	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			388	3.27	416	41	10.61	0.00	57	61.02	2.18	13.50
% of Calories				7.59%		42.3%	24.6%	0.0%		62.9%		13.9%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Wednesday - 11/17/2021

Reimbursable Meal Total 3965

	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	1940	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	535	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	500	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	339	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001796 Cereal, Chex Cinnamon	Each	140	110	0.00	170	7	2.00	0.00	0	23.00	0.50	1.00
001436 Cereal, Rice Krispies	Each	111	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001942 Cereal, Frosted Flakes	Each	221	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001440 Cereal, Cheerios	Each	156	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	2225	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000068 Banana	EACH	1275	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)
000518 Apple Juice	4 OZ	2875	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	860	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	440	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1538	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	17	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	5	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			328	2.51	376	35	5.22	0.00	12	60.06	3.48	12.33
% of Calories				6.89%		42.7%	14.3%	0.0%		73.2%		15.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Thursday - 11/18/2021

Reimbursable Meal Total 3715

	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)
990046 Cinn roll,72/3.5z,Bake Crafter,1263,2.25WG	roll	1834	300	1.50	230	23	7.00	0.00	10	54.00	4.00	6.00
000731 Los Cabos Bean/Cheese Burrito	1 each	1880	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000090 Pear, Fresh	EACH	975	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	3025	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	860	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	440	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	1553	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	18	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
Weighted Daily Average			400	2.12	402	37	6.70	0.00	15	70.58	6.04	15.57
% of Calories				4.77%		37.0%	15.1%	0.0%		70.6%		15.6%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Friday - 11/19/2021

Reimbursable Meal Total 3715

	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)
990049 Boli, Strawberry, 3.24oz, Tasty, 53205 (2WG)	each (3.24oz)	1925	240	2.50	270	14	4.99	0.00	0	40.93	0.00	4.99
001542 French Toast Sticks (2.25WG)	Serving	1789	260	1.00	290	14	8.00	0.00	10	42.00	2.00	6.00
000796 Fruit, Peaches diced CND	.5 cup	1015	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
000518 Apple Juice	4 OZ	2950	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	860	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	440	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1638	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	16	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	5	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			391	1.78	389	39	6.46	0.00	9	69.68	1.24	12.45
% of Calories				4.10%		39.9%	14.9%	0.0%		71.3%		12.7%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Monday - 11/29/2021

Reimbursable Meal Total 3765

	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)
990080 T. Ham, Egg, Cheese on Biscuit-21/22	sandwich	1339	328	8.14	835	3	16.11	0.00	122	29.91	3.30	14.76
002110 Bread, WG Blueberry Muffin Bat	each	2445	333	1.20	213	29	11.00	0.00	29	56.20	3.30	4.50
001696 Mandarin Oranges, Cup 4.5 oz (1/2c.F)	Each (4.5 oz)	1135	70	0.00	0	14	0.00	0.00	0	17.00	1.00	0.00
000518 Apple Juice	4 OZ	2950	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	860	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	440	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1638	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	17	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	5	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			475	3.68	540	46	12.89	0.00	66	75.55	3.63	14.78
% of Calories				6.97%		38.7%	24.4%	0.0%		63.6%		12.4%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Tuesday - 11/30/2021

Reimbursable Meal Total 3920

	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	2271	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001796 Cereal, Chex Cinnamon	Each	208	110	0.00	170	7	2.00	0.00	0	23.00	0.50	1.00
001436 Cereal, Rice Krispies	Each	233	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	143	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001942 Cereal, Frosted Flakes	Each	268	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	300	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	288	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
001438 Cereal, Lucky Charms	Each	283	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	1883	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000068 Banana	EACH	1150	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000875 Orange Juice 4 oz (1/2c.F)	Each	2505	60	0.00	10	12	0.00	0.00	0	14.00	0.00	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)
000763 Milk, Nonfat Chocolate Carton	Carton	810	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	530	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1590	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	17	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	4	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			340	2.60	316	30	6.91	0.00	14	58.10	2.86	14.38
% of Calories				6.88%		35.3%	18.3%	0.0%		68.4%		16.9%
Weekly Nutrient Guideline			350 - 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			389	3	397	*36	9.00	*0.00	28	64.48	3.48	*14.23
% of Calories				6.34%		*37.0%	20.8%	*0.0%		66.3%		*14.6%

- *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.