

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: K-6 Lunch Menu 21-22 (2wk. cycle)

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 7621

	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	7620	338	5.04	157	*0	13.68	*0.00	76	26.73	2.89	26.98
001570 Green Beans Cooked	1/2 Cup	3585	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
990041 Baby Carrots 3 oz. IW	bag	2575	35	0.00	65	5	0.00	0.00	0	8.00	2.00	1.00
002048 Dinner Roll HM (2EG)	1 each	6580	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
000068 Banana	EACH	5015	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	5515	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	521	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1044	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	12	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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	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
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	235	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			670	5.64	488	*31	*17.54	*0.01	82	89.34	7.15	40.76
% of Calories				7.58%		*18.5%	*23.6%	*0.0%		53.3%		24.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 11/02/2021

Reimbursable Meal Total 7626

	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	7625	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	6925	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
000360 Garbanzo Bean, w/ Ranch	.5 cup	1275	77	0.00	347	0	1.15	0.00	0	13.08	3.85	4.62
001841 cookie, jack o lantern	each	6130	85	0.64	58	5	3.30	0.00	0	12.39	1.18	1.42
001903 Applesauce, Mango peach	Each	4200	60	0.00	0	12	0.00	0.00	0	15.00	1.00	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	5655	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	486	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	934	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	13	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
002071 *****Salad Bar Menu*****	1	250	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	366	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001751 Salad Bar, Carrot sticks	1/2 Cup	532	30	0.03	50	3	0.17	0.00	0	6.95	2.03	0.68
000980 Salad Bar, Celery Sticks	1/2 Cup	448	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	760	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
001217 Salad Bar, Green Peas	1/2 cup	355	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
001585 Salad Bar, Corn (1/2 Cup)	1/2 CUP	585	67	0.00	1	3	1.00	0.00	0	15.96	2.00	2.00
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	575	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
000358 Ranch Dressing - Salad Mix	1 OZ	450	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	353	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
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

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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)
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
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	165	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			546	*2.10	1355	32	*12.26	*0.00	*36	83.06	8.65	*29.07
% of Calories				*3.46%		23.4%	*20.2%	*0.0%		60.8%		*21.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 11/03/2021

Reimbursable Meal Total 7651

	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	4935	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	2595	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000260 CARROTS: frz, cooked	1/2 CUP	3065	27	0.41	235	2	1.00	0.00	0	3.65	1.22	0.61

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990090 Juice, Cherry Limeade, 4oz, Cool Tropics, 13007	pouch	6070	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
000667 Cracker Goldfish (1WG)	each	6470	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
000763 Milk, Nonfat Chocolate Carton	Carton	5755	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	521	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1219	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	9	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	3650	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	2270	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	2280	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
002071 *****Salad Bar Menu*****	1	200	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	411	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001751 Salad Bar, Carrot sticks	1/2 Cup	667	30	0.03	50	3	0.17	0.00	0	6.95	2.03	0.68
000980 Salad Bar, Celery Sticks	1/2 Cup	498	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	580	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	740	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
001217 Salad Bar, Green Peas	1/2 cup	390	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	715	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73

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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
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	165	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			530	4.48	1232	33	13.73	0.00	44	75.80	7.76	32.70
% of Calories				7.61%		24.9%	23.3%	0.0%		57.2%		24.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 11/04/2021

Reimbursable Meal Total 7596

	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	6540	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00

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001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1195	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000667 Cracker Goldfish (1WG)	each	3335	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
002048 Dinner Roll HM (2EG)	1 each	6415	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	6570	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
000257 Broccoli: Frozen, boiled	1/2 cup	1320	32	0.36	31	1	0.89	0.00	0	4.63	2.77	2.77
002009 Gravy Turkey	1/4 Cup	2830	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
001885 DOD, Orange 113ct (1/2c.F)	Orange	5010	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000763 Milk, Nonfat Chocolate Carton	Carton	5655	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	521	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	919	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	13	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

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000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	270	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			548	3.26	1246	*21	*12.57	*0.01	51	67.74	6.08	34.56
% of Calories				5.35%		*15.3%	*20.6%	*0.0%		49.4%		25.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 11/05/2021

Reimbursable Meal Total 7666

	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	6890	291	3.62	479	0	8.29	0.01	15	40.95	7.96	15.60
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	775	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000571 Doritos Nachos (1.5WG)	Bag	3225	130	1.00	200	0	5.00	0.00	0	20.00	2.00	2.00
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	3560	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	4750	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	5655	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	521	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00

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000377 Milk, Non-Fat Carton	Carton	919	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	20	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
002071 *****Salad Bar Menu*****	1	280	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	357	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000981 Salad Bar, Carrot Sticks	1/2 Cup	518	29	0.03	49	3	0.17	0.00	0	6.79	1.98	0.66
000980 Salad Bar, Celery Sticks	1/2 Cup	489	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	631	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	616	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001217 Salad Bar, Green Peas	1/2 cup	346	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
000358 Ranch Dressing - Salad Mix	1 OZ	540	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	761	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	473	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
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

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)
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
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	165	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			571	*4.21	1071	25	*11.50	*0.01	*23	92.08	14.22	*30.60
% of Calories				*6.64%		17.5%	*18.1%	*0.0%		64.5%		*21.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 11/08/2021

Reimbursable Meal Total 7596

	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	7170	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	2280	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	5860	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
001810 DOD, Orange, Sections	1/2 Cup	2740	38	0.01	0	*N/A*	0.09	0.00	0	11.38	2.01	0.78
000763 Milk, Nonfat Chocolate Carton	Carton	5620	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	520	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)
000865 Milk, Pacific Ultra Soy Select	cup	51	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000377 Milk, Non-Fat Carton	Carton	817	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
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
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
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	140	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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
Weighted Daily Average			478	1.56	1349	*28	6.97	*0.00	79	69.96	5.38	32.66
% of Calories				2.94%		*23.4%	13.1%	*0.0%		58.5%		27.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 11/09/2021

Reimbursable Meal Total 7581

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)
001613 NACHOS w Cheese (e) (1M, 2WG)	SERVINGS	7170	410	12.00	580	0	24.01	0.00	30	39.00	2.00	11.00
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	4600	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	2640	25	0.00	195	3	0.00	0.00	0	5.00	1.00	1.00
001891 DOD, Apple	Each	5303	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	5620	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	520	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1204	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	9	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
002071 *****Salad Bar Menu*****	1	250	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	397	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000981 Salad Bar, Carrot Sticks	1/2 Cup	562	29	0.03	49	3	0.17	0.00	0	6.79	1.98	0.66
000980 Salad Bar, Celery Sticks	1/2 Cup	478	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	695	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	580	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001217 Salad Bar, Green Peas	1/2 cup	320	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	855	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47

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)
000358 Ranch Dressing - Salad Mix	1 OZ	520	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	478	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
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
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	130	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			662	*11.73	1197	27	*24.33	*0.00	*34	88.12	10.85	*25.86
% of Calories				*15.95%		16.3%	*33.1%	*0.0%		53.2%		*15.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 11/10/2021

Reimbursable Meal Total 7641

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	7190	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001618 Sandwich, LS Ham & Cheese	Sandwich	490	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000571 Doritos Nachos (1.5WG)	Bag	2930	130	1.00	200	0	5.00	0.00	0	20.00	2.00	2.00
990068 Condiment Bag-21-22	each	3556	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)	7250	159	0.00	270	0	4.76	0.00	0	23.81	0.00	1.59
000090 Pear, Fresh	EACH	4735	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	5610	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	521	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	904	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	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
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)
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	210	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000864 Oatmeal w/ Brown Sugar	cup	0	218	0.50	12	18	3.00	*0.00	0	44.66	4.00	5.02
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			762	8.92	1379	28	27.92	*0.94	80	91.45	6.52	36.73
% of Calories				10.54%		14.7%	33.0%	*1.1%		48.0%		19.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 11/12/2021

Reimbursable Meal Total 7616

	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	7140	370	1.50	890	4	10.00	0.00	50	48.00	5.00	25.00
001618 Sandwich, LS Ham & Cheese	Sandwich	515	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000667 Cracker Goldfish (1WG)	each	2955	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
990068 Condiment Bag-21-22	each	3050	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)	7280	194	8.96	179	1	8.96	0.00	0	25.39	1.49	1.49
001854 DOD, Pear, 90-150ct	Pear	4500	79	0.01	1	21	0.16	0.00	0	21.03	4.20	0.52
000222 Ketchup: individual	packet	9860	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	2425	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	4420	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	5555	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	556	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	994	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	7	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
002071 *****Salad Bar Menu*****	1	350	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	277	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000981 Salad Bar, Carrot Sticks	1/2 Cup	507	29	0.03	49	3	0.17	0.00	0	6.79	1.98	0.66
000980 Salad Bar, Celery Sticks	1/2 Cup	358	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	555	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	530	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001217 Salad Bar, Green Peas	1/2 cup	320	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	740	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
000358 Ranch Dressing - Salad Mix	1 OZ	430	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51

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)
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	253	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
Weighted Daily Average			798	*11.22	1546	38	*23.77	*0.00	*57	112.50	10.01	*35.70
% of Calories				*12.65%		19.0%	*26.8%	*0.0%		56.4%		*17.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 11/15/2021

Reimbursable Meal Total 7621

	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	7620	338	5.04	157	*0	13.68	*0.00	76	26.73	2.89	26.98
001570 Green Beans Cooked	1/2 Cup	3660	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
990041 Baby Carrots 3 oz. IW	bag	2035	35	0.00	65	5	0.00	0.00	0	8.00	2.00	1.00
002048 Dinner Roll HM (2EG)	1 each	6410	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
000068 Banana	EACH	5145	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	5510	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	521	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1004	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	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*

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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	235	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			665	5.64	479	*31	*17.46	*0.01	82	88.48	7.04	40.55
% of Calories				7.63%		*18.6%	*23.6%	*0.0%		53.2%		24.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 11/16/2021

Reimbursable Meal Total 7626

	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	7215	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	6945	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02

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)
000360 Garbanzo Bean, w/ Ranch	.5 cup	1360	77	0.00	347	0	1.15	0.00	0	13.08	3.85	4.62
001903 Applesauce, Mango peach	Each	4105	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	5725	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	416	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	954	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	9	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
002071 *****Salad Bar Menu*****	1	270	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	407	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001751 Salad Bar, Carrot sticks	1/2 Cup	602	30	0.03	50	3	0.17	0.00	0	6.95	2.03	0.68
000980 Salad Bar, Celery Sticks	1/2 Cup	488	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	840	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
001217 Salad Bar, Green Peas	1/2 cup	390	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
001585 Salad Bar, Corn (1/2 Cup)	1/2 CUP	600	67	0.00	1	3	1.00	0.00	0	15.96	2.00	2.00
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	615	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
000358 Ranch Dressing - Salad Mix	1 OZ	530	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	323	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
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*

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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	130	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			483	*1.97	1097	27	*12.00	*0.00	*39	67.70	6.53	*28.85
% of Calories				*3.67%		22.4%	*22.4%	*0.0%		56.1%		*23.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 11/17/2021

Reimbursable Meal Total 7611

	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	4620	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88

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	2070	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000260 CARROTS: frz, cooked	1/2 CUP	1860	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	5930	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
000667 Cracker Goldfish (1WG)	each	6160	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
000763 Milk, Nonfat Chocolate Carton	Carton	5600	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	521	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	914	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	9	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	4250	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	1670	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	3380	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
002071 *****Salad Bar Menu*****	1	280	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	406	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001751 Salad Bar, Carrot sticks	1/2 Cup	722	30	0.03	50	3	0.17	0.00	0	6.95	2.03	0.68
000980 Salad Bar, Celery Sticks	1/2 Cup	488	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	580	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	890	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47

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)
001217 Salad Bar, Green Peas	1/2 cup	415	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	735	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
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
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	130	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			497	4.18	1115	32	13.22	0.00	40	71.18	6.93	29.53
% of Calories				7.57%		25.8%	23.9%	0.0%		57.3%		23.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 11/18/2021

Reimbursable Meal Total 7601

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	7035	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1105	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000667 Cracker Goldfish (1WG)	each	1405	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
002048 Dinner Roll HM (2EG)	1 each	6555	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	6670	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
000257 Broccoli: Frozen, boiled	1/2 cup	1825	32	0.36	31	1	0.89	0.00	0	4.63	2.77	2.77
002009 Gravy Turkey	1/4 Cup	2995	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
001885 DOD, Orange 113ct (1/2c.F)	Orange	4960	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000763 Milk, Nonfat Chocolate Carton	Carton	5620	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	521	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	904	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	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
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

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)
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
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	200	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			531	3.14	1233	*21	*12.13	*0.01	53	64.67	5.95	34.66
% of Calories				5.32%		*15.8%	*20.6%	*0.0%		48.7%		26.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 11/19/2021

Reimbursable Meal Total 7596

	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	6950	291	3.62	479	0	8.29	0.01	15	40.95	7.96	15.60
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	685	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000571 Doritos Nachos (1.5WG)	Bag	2685	130	1.00	200	0	5.00	0.00	0	20.00	2.00	2.00
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	3485	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	4225	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	5620	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	521	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	904	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	20	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	7	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
002071 *****Salad Bar Menu*****	1	250	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	257	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000981 Salad Bar, Carrot Sticks	1/2 Cup	408	29	0.03	49	3	0.17	0.00	0	6.79	1.98	0.66
000980 Salad Bar, Celery Sticks	1/2 Cup	389	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	516	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	506	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001217 Salad Bar, Green Peas	1/2 cup	246	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
000358 Ranch Dressing - Salad Mix	1 OZ	401	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	586	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	218	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
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

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)
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
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	130	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			557	*4.15	1045	24	*11.12	*0.01	*23	89.37	13.97	*30.27
% of Calories				*6.71%		17.2%	*18.0%	*0.0%		64.2%		*21.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 11/29/2021

Reimbursable Meal Total 7585

	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	6610	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	1850	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	5730	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
001810 DOD, Orange, Sections	1/2 Cup	2800	38	0.01	0	*N/A*	0.09	0.00	0	11.38	2.01	0.78
000763 Milk, Nonfat Chocolate Carton	Carton	5690	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	555	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000865 Milk, Pacific Ultra Soy Select	cup	54	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000377 Milk, Non-Fat Carton	Carton	876	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
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
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
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	140	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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
Weighted Daily Average			454	1.44	1254	*28	6.45	*0.00	74	67.16	4.91	30.96
% of Calories				2.85%		*24.7%	12.8%	*0.0%		59.2%		27.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Tuesday - 11/30/2021

Reimbursable Meal Total 7571

	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)
001613 NACHOS w Cheese (e) (1M, 2WG)	SERVINGS	6610	410	12.00	580	0	24.01	0.00	30	39.00	2.00	11.00
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	4750	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	2640	25	0.00	195	3	0.00	0.00	0	5.00	1.00	1.00
001891 DOD, Apple	Each	5303	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	5690	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	555	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	1204	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	9	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
002071 *****Salad Bar Menu*****	1	250	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	546	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000981 Salad Bar, Carrot Sticks	1/2 Cup	612	29	0.03	49	3	0.17	0.00	0	6.79	1.98	0.66
000980 Salad Bar, Celery Sticks	1/2 Cup	478	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	605	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	575	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001217 Salad Bar, Green Peas	1/2 cup	320	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51

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)
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	755	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
000358 Ranch Dressing - Salad Mix	1 OZ	695	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	353	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
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
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	95	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
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			638	*10.88	1174	27	*22.71	*0.00	*32	86.16	10.94	*25.37
% of Calories				*15.35%		16.9%	*32.0%	*0.0%		54.0%		*15.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

			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			587	*5.28	1141	*28	*15.36	*0.06	*52	81.55	8.31	*32.43
% of Calories				*8.10%		*19.1%	*23.6%	*0.1%		55.6%		*22.1%

**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.