

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: Saul Martinez BIC 21-22

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 148

	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	148	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000090 Pear, Fresh	EACH	148	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000875 Orange Juice 4 oz (1/2c.F)	Each	0	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	148	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			379	1.53	226	38	6.17	0.00	10	72.39	5.74	13.44
% of Calories				3.63%		40.1%	14.7%	0.0%		76.4%		14.2%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 11/02/2021

Reimbursable Meal Total 148

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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)
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	148	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000064 Fruit, Apple, Fresh	EACH	148	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	0	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	148	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			354	1.00	317	45	2.50	0.00	5	74.00	5.00	10.00
% of Calories				2.54%		50.8%	6.4%	0.0%		83.6%		11.3%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Wednesday - 11/03/2021

Reimbursable Meal Total 148

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	148	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000068 Banana	EACH	148	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000827 Juice, apple 4 oz	container (4oz)	0	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	148	110	0.00	135	18	0.00	0.00	5	20.00	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)
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			422	2.82	495	31	6.61	0.00	16	74.46	8.70	20.94
% of Calories				6.01%		29.4%	14.1%	0.0%		70.6%		19.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 11/04/2021

Reimbursable Meal Total 148

	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	148	220	1.00	200	11	6.99	0.00	0	36.92	2.00	3.99
001852 DOD, Apple, Slices 2oz	Bag	149	29	0.00	0	8	0.00	0.00	0	8.00	1.82	0.00
001284 Orange juice	4 oz	0	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	148	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			359	1.00	335	37	6.99	0.00	5	64.98	3.83	11.99
% of Calories				2.51%		41.2%	17.5%	0.0%		72.4%		13.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 11/05/2021

Reimbursable Meal Total 148

	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)
002134 Waffle, WG Belgium (2.4 oz)	waffle	148	190	1.00	280	7	6.00	0.00	20	32.00	4.00	4.00
001366 Orange, Wedges	1/2 Cup	148	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	0	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	148	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			342	1.01	415	33	6.11	0.00	25	62.58	6.16	12.85
% of Calories				2.66%		38.6%	16.1%	0.0%		73.2%		15.0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

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			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			371	1	358	37	5.68	0.00	12	69.68	5.89	13.84
% of Calories				3.57%		39.9%	13.8%	0.0%		75.1%		14.9%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	371		400-500	93%	29.00			Correction Required - Calories are Low
Saturated Fat	1.47 g	3.57%	<10.000%					
Sodium	358 mg		540.000	66%				
Sugars	37 g	39.9%						
Total Fat	5.68 g	13.8%						
Trans Fat	0.00 g	0.0%						
Cholesterol	12 mg							
Carbohydrate	69.68 g	75.1%						
Fiber	5.89 g							
Protein	13.84 g	14.9%						

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.