

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: WSMS/HS 7-12 Breakfast 21-22

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 210

	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)
000539 Honey Wheat Donut (2WG)	EACH	70	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001281 Pan Dulce Concha (2WG)	EACH	85	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	10	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	40	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	20	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	15	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000518 Apple Juice	4 OZ	210	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	50	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			380	2.96	338	38	8.97	0.00	11	64.97	3.25	13.94
% of Calories				7.01%		40.0%	21.2%	0.0%		68.4%		14.7%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 11/02/2021

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	75	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001281 Pan Dulce Concha (2WG)	EACH	75	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	5	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	10	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	40	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	20	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	15	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	210	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	50	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000419 FRUIT MIX:canned,Drained	1/2 Cup	25	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			406	3.17	327	42	10.20	0.00	11	68.99	3.34	13.08
% of Calories				7.03%		41.4%	22.6%	0.0%		68.0%		12.9%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Wednesday - 11/03/2021

Reimbursable Meal Total 210

	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)
001448 Croissant Sandwich w/ Ham (1.75M, 2WG)	Each	15	326	6.69	663	6	16.37	0.00	120	31.85	2.00	14.63
000539 Honey Wheat Donut (2WG)	EACH	80	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001281 Pan Dulce Concha (2WG)	EACH	80	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	5	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	5	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	25	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	15	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	10	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000875 Orange Juice 4 oz (1/2c.F)	Each	210	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
001903 Applesauce, Mango peach	Each	50	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	30	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			386	3.08	373	38	9.25	0.00	18	63.89	2.67	14.82
% of Calories				7.18%		39.4%	21.6%	0.0%		66.2%		15.4%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Thursday - 11/04/2021

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	72	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001281 Pan Dulce Concha (2WG)	EACH	84	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	15	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	15	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00

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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)
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	30	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	14	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	10	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	210	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
001993 Tangerines	Each	60	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			375	2.79	302	*36	9.16	0.00	10	64.27	3.09	*11.89
% of Calories				6.70%		*38.4%	22.0%	0.0%		68.6%		*12.7%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Friday - 11/05/2021

Reimbursable Meal Total 210

	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)
000539 Honey Wheat Donut (2WG)	EACH	80	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001281 Pan Dulce Concha (2WG)	EACH	84	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01

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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)
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	10	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	35	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	16	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	10	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000518 Apple Juice	4 OZ	210	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000419 FRUIT MIX:canned,Drained	1/2 Cup	30	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			364	2.82	336	37	8.61	0.00	10	62.19	2.47	13.35
% of Calories				6.97%		40.7%	21.3%	0.0%		68.3%		14.7%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Monday - 11/08/2021

Reimbursable Meal Total 210

	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	30	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84

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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)
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	40	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	80	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	15	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	15	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	60	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	30	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000875 Orange Juice 4 oz (1/2c.F)	Each	210	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000068 Banana	EACH	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			469	4.93	453	46	10.94	0.00	13	82.85	5.55	15.60
% of Calories				9.46%		39.2%	21.0%	0.0%		70.7%		13.3%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 11/09/2021

Reimbursable Meal Total 210

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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	15	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	28	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	60	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	10	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	20	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	15	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001741 Donut, Mini, Pwdr 6ct-pk	Pack	72	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000518 Apple Juice	4 OZ	210	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			450	4.13	397	48	10.49	0.00	9	81.92	4.67	12.27
% of Calories				8.26%		42.7%	21.0%	0.0%		72.8%		10.9%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Wednesday - 11/10/2021

Reimbursable Meal Total 210

	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	30	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	40	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	80	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	15	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	15	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	60	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	30	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	210	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	50	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000090 Pear, Fresh	EACH	50	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	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)
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			459	4.91	458	46	10.90	0.00	13	81.24	5.81	14.44
% of Calories				9.63%		40.1%	21.4%	0.0%		70.8%		12.6%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Thursday - 11/11/2021

Reimbursable Meal Total 210

	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	15	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	18	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	58	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	15	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	15	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	45	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	15	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001741 Donut, Mini, Pwdr 6ct-pk	Pack	72	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000518 Apple Juice	4 OZ	210	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000796 Fruit, Peaches diced CND	.5 cup	60	70	0.00	10	13	0.00	0.00	0	16.98	1.00	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	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			422	4.34	411	45	10.71	0.00	10	72.94	3.53	12.73
% of Calories				9.26%		42.7%	22.8%	0.0%		69.1%		12.1%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Friday - 11/12/2021

Reimbursable Meal Total 210

	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	30	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	40	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	80	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	15	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	15	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	60	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	30	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00

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)
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	210	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
001903 Applesauce, Mango peach	Each	60	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			439	4.88	458	44	10.78	0.00	13	75.65	4.58	14.07
% of Calories				10.00%		40.1%	22.1%	0.0%		68.9%		12.8%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Monday - 11/15/2021

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990032 Turkey Sausage Biscuit Sandwich	Each	0	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
000495 Muffin Double Chocolate Chip	each	100	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	60	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	10	110	0.00	140	7	1.50	0.00	0	24.00	1.00	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)
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	40	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	15	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	15	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000518 Apple Juice	4 OZ	210	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	50	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			413	2.95	403	41	10.49	0.00	26	66.71	3.42	13.11
% of Calories				6.43%		39.7%	22.9%	0.0%		64.6%		12.7%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 11/16/2021

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990032 Turkey Sausage Biscuit Sandwich	Each	0	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
000495 Muffin Double Chocolate Chip	each	70	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	30	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00

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)
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	5	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	5	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	20	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	10	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	15	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001741 Donut, Mini, Pwdr 6ct-pk	Pack	75	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	210	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	50	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000419 FRUIT MIX:canned,Drained	1/2 Cup	15	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			420	3.02	378	44	10.81	0.00	18	69.81	3.20	12.13
% of Calories				6.47%		41.9%	23.2%	0.0%		66.5%		11.6%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Wednesday - 11/17/2021

Reimbursable Meal Total 210

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)
990032 Turkey Sausage Biscuit Sandwich	Each	0	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
000495 Muffin Double Chocolate Chip	each	90	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	60	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	5	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	10	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	40	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	20	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	15	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000875 Orange Juice 4 oz (1/2c.F)	Each	210	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
001903 Applesauce, Mango peach	Each	50	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			417	2.97	400	41	10.62	0.00	25	65.57	3.19	14.13
% of Calories				6.41%		39.3%	22.9%	0.0%		62.9%		13.6%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Thursday - 11/18/2021

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990032 Turkey Sausage Biscuit Sandwich	Each	0	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
000495 Muffin Double Chocolate Chip	each	65	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	40	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	5	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	5	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	20	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	10	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	15	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001741 Donut, Mini, Pwdr 6ct-pk	Pack	70	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	210	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000437 Peaches sliced	.5 CUP	45	69	0.00	10	13	0.00	0.00	0	16.73	0.98	0.98
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	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)
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			407	2.97	382	43	10.62	0.00	19	65.99	2.83	12.10
% of Calories				6.57%		42.3%	23.5%	0.0%		64.9%		11.9%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Friday - 11/19/2021

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990032 Turkey Sausage Biscuit Sandwich	Each	0	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
000495 Muffin Double Chocolate Chip	each	90	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	60	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	5	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	10	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	40	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	20	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	15	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000518 Apple Juice	4 OZ	210	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000419 FRUIT MIX:canned,Drained	1/2 Cup	45	60	0.00	10	13	0.00	0.00	0	17.00	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)
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			411	2.97	405	41	10.62	0.00	25	65.64	2.95	13.13
% of Calories				6.50%		39.9%	23.3%	0.0%		63.9%		12.8%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Monday - 11/29/2021

Reimbursable Meal Total 210

	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)
000539 Honey Wheat Donut (2WG)	EACH	70	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001281 Pan Dulce Concha (2WG)	EACH	85	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	10	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	40	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	20	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	15	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84

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	210	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	50	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			380	2.96	338	38	8.97	0.00	11	64.97	3.25	13.94
% of Calories				7.01%		40.0%	21.2%	0.0%		68.4%		14.7%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 11/30/2021

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	75	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001281 Pan Dulce Concha (2WG)	EACH	75	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	5	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	10	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	40	80	3.50	200	0	6.00	0.00	15	1.00	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)
000399 Peanut Butter & Jelly Bar Conv	Each	20	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	15	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	210	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	50	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000419 FRUIT MIX:canned,Drained	1/2 Cup	25	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	35	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			406	3.17	327	42	10.20	0.00	11	68.99	3.34	13.08
% of Calories				7.03%		41.4%	22.6%	0.0%		68.0%		12.9%
Weekly Nutrient Guideline			400 - 550	<10	600		<=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	412	3	382	*42	10.14	0.00	15	69.80	3.60	*13.40
% of Calories		7.58%		*40.8%	22.2%	0.0%		67.8%		*13.0%

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.