

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Menu Name:	Elementary Breakfast	Include Cost:	No
Site:	1 - Ashley Elementary	Report Style:	Detailed
Use Alternate Menu Name:	No		

Monday - 04/08/2024

Reimbursable Meal Total 165

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990160 yogurt yoplait trix 4oz	each	165	100	0.50	50	13	*N/A*	0.50	0.00	5	20.00	*N/A*	3.00	500	100.0	0.00	0.00
001398 Wheat Toast	slice	150	158	1.11	205	*3	*N/A*	6.12	*0.03	*0	22.76	2.69	4.31	*2	31.1	0.14	0.50
990374 Juice,cran/raspberry	each	100	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
000701 Raisins in a box	box	90	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
000416 Jelly	Packet	60	37	0.00	4	7	*N/A*	0.00	*N/A*	0	9.79	0.14	0.02	1	1.0	0.13	0.03
990199 cereal #2 Cinn Toast,Frosted Flakes23	serving	0	110	0.00	165	8	8	1.50	0.00	0	23.00	1.50	1.50	15	45.0	15.00	1.80
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
990374 Juice,cran/raspberry	each	0	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
000701 Raisins in a box	box	0	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
001763 Milk 1% Meadow Gold	carton	20	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	90	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	55	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			496	2.51	421	*60	*0	7.73	*0.02	*14	92.28	*3.59	15.47	*1227	440.6	0.87	1.67
% of Calories				4.55%		*48.4%	*0%	14.0%	*0.0%		74.4%		12.5%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Tuesday - 04/09/2024

Reimbursable Meal Total 180

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990192 French Toast Sticks BakeCrafters	3 sticks	180	269	1.00	289	11	*N/A*	7.96	0.00	10	42.80	1.99	6.97	0	59.7	0.00	1.08
990523 Syrup,Smuckers 1.4 oz 23	serving	165	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990240 mandarin oranges sysco	.5 CUP	120	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72
000092 Pineapple Chunks:canned,lt syr	1/2 cup	120	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
990200 Cereal #3 honey nut scooter,trix	bowls	0	110	0.00	155	6	0	1.25	0.00	0	23.00	0.50	2.00	200	40.0	2.40	2.25
990462 Mixed berry Animal cracker	serving	0	110	0.50	60	6	*N/A*	3.50	0.00	0	18.00	2.00	2.00	0	0.0	0.00	0.00
990240 mandarin oranges sysco	.5 CUP	0	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72
000092 Pineapple Chunks:canned,lt syr	1/2 cup	0	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
001763 Milk 1% Meadow Gold	carton	20	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	100	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	60	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			592	2.00	493	73	20	9.73	0.00	18	113.12	3.33	15.94	*954	384.8	22.97	2.10
% of Calories				3.04%		49.3%	13.5%	14.8%	0.0%		76.4%		10.8%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Wednesday - 04/10/2024

Reimbursable Meal Total 180

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990512 breakfast pizza max 12708 elementary	serving	180	150	1.50	350	2	*N/A*	4.00	0.00	10	17.00	2.00	8.00	*N/A*	80.0	0.00	0.00
000086 Oranges Fresh Whole	EACH	115	43	0.00	0	*N/A*	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17
990447 Mixed fruit USDA 21	.5 cup serving	80	60	0.00	10	14	*N/A*	0.00	0.00	0	17.00	0.00	0.00	0	0.0	0.00	0.00
990198 Cereal #1 Mateys,Scooters 23	servings	0	110	0.00	220	6	0	1.50	0.00	0	22.00	1.00	3.00	0	65.0	0.00	2.25
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
000086 Oranges Fresh Whole	EACH	0	43	0.00	0	*N/A*	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17
990447 Mixed fruit USDA 21	.5 cup serving	0	60	0.00	10	14	*N/A*	0.00	0.00	0	17.00	0.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	100	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	55	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			336	2.54	533	*28	*0	5.74	0.00	18	52.25	3.23	16.61	*810	404.5	31.98	0.33
% of Calories				6.80%		*33.3%	*0%	15.4%	0.0%		62.2%		19.8%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Thursday - 04/11/2024

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990429 Triple Berry Crunch Bar	serving	115	240	2.50	110	17	*N/A*	6.00	0.00	10	43.00	2.00	4.00	0	18.0	0.00	1.00
990286 Apple crisps strawberry-tree top	package	120	40	0.00	0	7	*N/A*	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	85	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
990199 cereal #2 Cinn Toast,Frosted Flakes23	serving	0	110	0.00	165	8	8	1.50	0.00	0	23.00	1.50	1.50	15	45.0	15.00	1.80
990462 Mixed berry Animal cracker	serving	0	110	0.50	60	6	*N/A*	3.50	0.00	0	18.00	2.00	2.00	0	0.0	0.00	0.00
990286 Apple crisps strawberry-tree top	package	0	40	0.00	0	7	*N/A*	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	0	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	20	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	100	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	55	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			362	2.67	252	45	0	5.66	0.00	15	66.49	3.66	11.11	693	311.8	0.65	0.89
% of Calories				6.64%		49.7%	0%	14.1%	0.0%		73.5%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Friday - 04/12/2024

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990305 waffles, WG 2 pack bake crafters	package	175	190	1.00	260	5	*N/A*	6.00	0.00	5	30.00	3.00	4.00	0	20.0	0.00	1.44
990523 Syrup,Smuckers 1.4 oz 23	serving	160	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001123 Margarine	tsp	70	19	0.52	33	*N/A*	*N/A*	2.07	0.03	*N/A*	0.00	0.00	0.01	*N/A*	0.1	0.00	0.00
990224 applesauce,unsweetened,canned	.5 CUP	120	51	0.00	2	11	*N/A*	0.00	0.00	0	13.99	0.99	0.00	0	0.0	0.00	0.00
990375 Juice,strawberry kiwi	serving	75	50	0.00	5	12	*N/A*	0.00	0.00	0	13.00	0.00	0.00	0	0.0	42.00	0.00
000327 Sausage Patty	each	150	90	2.50	148	0	*N/A*	7.00	0.00	23	0.00	0.00	6.00	20	12.0	0.00	0.00
990235 Ketchup cups 1 oz	each	50	40	0.00	330	8	8	0.00	0.00	0	10.00	0.00	0.00	200	0.0	2.40	0.00
990200 Cereal #3 honey nut scooter,trix	bowls	0	110	0.00	155	6	0	1.25	0.00	0	23.00	0.50	2.00	200	40.0	2.40	2.25
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
990224 applesauce,unsweetened,canned	.5 CUP	0	51	0.00	2	11	*N/A*	0.00	0.00	0	13.99	0.99	0.00	0	0.0	0.00	0.00
990375 Juice,strawberry kiwi	serving	0	50	0.00	5	12	*N/A*	0.00	0.00	0	13.00	0.00	0.00	0	0.0	42.00	0.00

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001763 Milk 1% Meadow Gold	carton	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	100	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	50	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			576	4.42	696	*60	*22	14.62	0.01	*33	95.54	3.68	17.15	*731	330.3	19.37	1.67
% of Calories				6.91%		*41.7%	*15.3%	22.8%	0.0%		66.3%		11.9%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Monday - 04/15/2024

Reimbursable Meal Total 180

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001450 Cookie Chocchip oat WG 2.5 oz	Cookie	180	250	2.50	270	*N/A*	*N/A*	7.00	0.00	20	43.00	9.00	5.00	0	40.0	0.00	1.80
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	125	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990198 Cereal #1 Mateys,Scooters 23	servings	0	110	0.00	220	6	0	1.50	0.00	0	22.00	1.00	3.00	0	65.0	0.00	2.25
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	0	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
000064 APPLES,Fresh	EACH	0	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001763 Milk 1% Meadow Gold	carton	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	100	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	50	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			482	3.56	446	*40	*0	8.87	0.00	28	88.59	12.23	13.67	680	336.3	4.19	2.11
% of Calories				6.65%		*33.2%	*0%	16.6%	0.0%		73.5%		11.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Tuesday - 04/16/2024

Reimbursable Meal Total 180

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990427 Lemon Chip Crunch	serving	180	240	3.00	160	14	*N/A*	7.00	0.00	10	42.00	2.00	4.00	0	22.0	0.00	1.00
990369 Strawberries,Diced,Cups, Frozen	each	200	90	0.00	0	18	*N/A*	0.00	0.00	0	22.00	2.00	1.00	0	0.0	0.00	0.00
990447 Mixed fruit USDA 21	.5 cup serving	130	60	0.00	10	14	*N/A*	0.00	0.00	0	17.00	0.00	0.00	0	0.0	0.00	0.00
990199 cereal #2 Cinn Toast,Frosted Flakes23	serving	0	110	0.00	165	8	8	1.50	0.00	0	23.00	1.50	1.50	15	45.0	15.00	1.80
990462 Mixed berry Animal cracker	serving	0	110	0.50	60	6	*N/A*	3.50	0.00	0	18.00	2.00	2.00	0	0.0	0.00	0.00
990369 Strawberries,Diced,Cups, Frozen	each	0	90	0.00	0	18	*N/A*	0.00	0.00	0	22.00	2.00	1.00	0	0.0	0.00	0.00
990447 Mixed fruit USDA 21	.5 cup serving	0	60	0.00	10	14	*N/A*	0.00	0.00	0	17.00	0.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	20	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	100	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	60	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			516	4.00	346	64	0	8.67	0.00	18	99.83	4.22	13.11	722	322.0	0.67	1.22
% of Calories				6.98%		49.6%	0%	15.1%	0.0%		77.4%		10.2%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Wednesday - 04/17/2024

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990385 muffins,blueberry,DB Choc, #1	serving	175	370	2.50	240	29	*N/A*	13.00	0.00	20	57.00	3.00	5.00	0	0.0	0.00	2.16
000701 Raisins in a box	box	125	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
990376 Juice,Apple	serving	125	60	0.00	5	0	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	70.00	0.00
990200 Cereal #3 honey nut scooter,trix	bowls	0	110	0.00	155	6	0	1.25	0.00	0	23.00	0.50	2.00	200	40.0	2.40	2.25
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
000701 Raisins in a box	box	0	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
990376 Juice,Apple	serving	0	60	0.00	5	0	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	70.00	0.00
001763 Milk 1% Meadow Gold	carton	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	100	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	60	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			645	3.57	434	67	0	14.79	0.00	29	113.37	4.43	14.17	757	332.9	50.75	3.68
% of Calories				4.98%		41.6%	0%	20.6%	0.0%		70.3%		8.8%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Thursday - 04/18/2024

Reimbursable Meal Total 170

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990226 pancake wrap foster farm	each	170	240	4.50	360	4	*N/A*	15.00	0.00	25	18.00	2.00	7.00	0	20.0	0.00	1.44
990523 Syrup,Smuckers 1.4 oz 23	serving	155	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990369 Strawberries,Diced,Cups, Frozen	each	90	90	0.00	0	18	*N/A*	0.00	0.00	0	22.00	2.00	1.00	0	0.0	0.00	0.00
000086 Oranges Fresh Whole	EACH	115	43	0.00	0	*N/A*	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17
990198 Cereal #1 Mateys,Scooters 23	servings	0	110	0.00	220	6	0	1.50	0.00	0	22.00	1.00	3.00	0	65.0	0.00	2.25
990462 Mixed berry Animal cracker	serving	0	110	0.50	60	6	*N/A*	3.50	0.00	0	18.00	2.00	2.00	0	0.0	0.00	0.00
990369 Strawberries,Diced,Cups, Frozen	each	0	90	0.00	0	18	*N/A*	0.00	0.00	0	22.00	2.00	1.00	0	0.0	0.00	0.00
000086 Oranges Fresh Whole	EACH	0	43	0.00	0	*N/A*	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17
001763 Milk 1% Meadow Gold	carton	20	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	95	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	55	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			550	5.51	557	*53	*20	16.69	0.00	33	84.32	4.36	16.18	*839	346.0	33.79	1.78
% of Calories				9.02%		*38.5%	*14.5%	27.3%	0.0%		61.3%		11.8%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Friday - 04/19/2024

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990512 breakfast pizza max 12708 elementary	serving	175	150	1.50	350	2	*N/A*	4.00	0.00	10	17.00	2.00	8.00	*N/A*	80.0	0.00	0.00
000898 Applesauce Cups	1/2 cup	125	74	0.00	12	*N/A*	*N/A*	0.00	0.00	0	18.90	0.82	0.00	0	0.0	1.97	1.48
990374 Juice,cran/raspberry	each	90	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
990199 cereal #2 Cinn Toast,Frosted Flakes23	serving	0	110	0.00	165	8	8	1.50	0.00	0	23.00	1.50	1.50	15	45.0	15.00	1.80
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
000898 Applesauce Cups	1/2 cup	0	74	0.00	12	*N/A*	*N/A*	0.00	0.00	0	18.90	0.82	0.00	0	0.0	1.97	1.48
990374 Juice,cran/raspberry	each	0	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	20	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	100	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	55	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			367	2.53	541	*28	*0	5.71	0.00	18	58.87	2.59	16.00	*693	380.0	2.06	1.28
% of Calories				6.20%		*30.5%	*0%	14.0%	0.0%		64.2%		17.4%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Monday - 04/22/2024

Reimbursable Meal Total 170

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990521 Waffles, WG bulk 23	2 each	170	160	0.00	230	4	2	6.00	0.00	10	24.00	2.00	4.00	0	127.0	0.00	1.48
990523 Syrup,Smuckers 1.4 oz 23	serving	0	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000086 Oranges Fresh Whole	EACH	115	43	0.00	0	*N/A*	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17
000898 Applesauce Cups	1/2 cup	90	74	0.00	12	*N/A*	*N/A*	0.00	0.00	0	18.90	0.82	0.00	0	0.0	1.97	1.48
990200 Cereal #3 honey nut scooter, trix	bowls	0	110	0.00	155	6	0	1.25	0.00	0	23.00	0.50	2.00	200	40.0	2.40	2.25
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
000086 Oranges Fresh Whole	EACH	0	43	0.00	0	*N/A*	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17
000898 Applesauce Cups	1/2 cup	0	74	0.00	12	*N/A*	*N/A*	0.00	0.00	0	18.90	0.82	0.00	0	0.0	1.97	1.48
001763 Milk 1% Meadow Gold	carton	20	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	95	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Utah School District

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	55	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			361	1.01	415	*24	*2	7.69	0.00	18	62.24	3.73	12.65	*839	453.0	34.83	2.60
% of Calories				2.52%		*26.6%	*2.2%	19.2%	0.0%		69.0%		14.0%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Tuesday - 04/23/2024

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990497 Biscuits & Gravy breakfast	serving	175	284	9.90	760	2	*N/A*	17.00	0.00	25	23.00	2.00	10.00	0	46.0	0.00	0.80
990375 Juice,strawberry kiwi	serving	140	50	0.00	5	12	*N/A*	0.00	0.00	0	13.00	0.00	0.00	0	0.0	42.00	0.00
000701 Raisins in a box	box	120	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
990198 Cereal #1 Mateys,Scooters 23	servings	0	110	0.00	220	6	0	1.50	0.00	0	22.00	1.00	3.00	0	65.0	0.00	2.25
990462 Mixed berry Animal cracker	serving	0	110	0.50	60	6	*N/A*	3.50	0.00	0	18.00	2.00	2.00	0	0.0	0.00	0.00
990375 Juice,strawberry kiwi	serving	0	50	0.00	5	12	*N/A*	0.00	0.00	0	13.00	0.00	0.00	0	0.0	42.00	0.00
000701 Raisins in a box	box	0	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
001763 Milk 1% Meadow Gold	carton	35	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	95	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	45	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			545	11.01	945	48	0	18.86	0.00	34	77.23	3.37	18.69	631	361.1	34.39	2.26
% of Calories				18.18 %		35.2%	0%	31.1%	0.0%		56.7%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Wednesday - 04/24/2024

Reimbursable Meal Total 180

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990244 UBR cinnamon cookie (rich's)	each	180	240	2.00	210	17	*N/A*	6.00	0.00	5	43.00	6.00	5.00	9	29.6	0.00	0.62
990286 Apple crisps strawberry-tree top	package	110	40	0.00	0	7	*N/A*	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	125	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
990199 cereal #2 Cinn Toast,Frosted Flakes23	serving	0	110	0.00	165	8	8	1.50	0.00	0	23.00	1.50	1.50	15	45.0	15.00	1.80
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	0	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
990286 Apple crisps strawberry-tree top	package	0	40	0.00	0	7	*N/A*	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	35	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	90	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	55	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			457	3.04	383	53	0	7.74	0.00	13	84.03	8.61	13.69	715	329.6	0.83	0.82
% of Calories				5.99%		46.4%	0%	15.2%	0.0%		73.5%		12.0%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 170

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990297 Pancakes, WG usda	Each	170	140	0.00	270	6	*N/A*	4.00	0.00	6	26.00	2.00	4.00	0	0.0	0.00	0.00
990523 Syrup, Smuckers 1.4 oz 23	serving	155	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990328 pork sausage patty JTM	each	160	120	3.80	197	0	*N/A*	10.00	0.00	26	1.00	0.00	6.00	0	13.0	0.00	0.00
990447 Mixed fruit USDA 21	.5 cup serving	130	60	0.00	10	14	*N/A*	0.00	0.00	0	17.00	0.00	0.00	0	0.0	0.00	0.00
001769 raisins strawberry	each	75	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00
990200 Cereal #3 honey nut scooter, trix	bowls	0	110	0.00	155	6	0	1.25	0.00	0	23.00	0.50	2.00	200	40.0	2.40	2.25
990462 Mixed berry Animal cracker	serving	0	110	0.50	60	6	*N/A*	3.50	0.00	0	18.00	2.00	2.00	0	0.0	0.00	0.00
990447 Mixed fruit USDA 21	.5 cup serving	0	60	0.00	10	14	*N/A*	0.00	0.00	0	17.00	0.00	0.00	0	0.0	0.00	0.00
001769 raisins strawberry	each	0	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	30	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	95	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	45	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			580	4.68	660	67	20	15.25	0.00	*39	99.47	3.32	17.65	*635	312.2	0.74	0.22
% of Calories				7.26%		46.2%	13.8%	23.7%	0.0%		68.6%		12.2%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Friday - 04/26/2024

Reimbursable Meal Total 180

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990428 Cherry Apple Crunch Bar	serving	180	240	2.50	85	17	*N/A*	6.00	0.00	10	43.00	2.00	4.00	0	18.0	0.00	1.00
990240 mandarin oranges sysco	.5 CUP	125	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72
000092 Pineapple Chunks:canned,lt syr	1/2 cup	80	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
990198 Cereal #1 Mateys,Scooters 23	servings	0	110	0.00	220	6	0	1.50	0.00	0	22.00	1.00	3.00	0	65.0	0.00	2.25
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
990240 mandarin oranges sysco	.5 CUP	0	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72
000092 Pineapple Chunks:canned,lt syr	1/2 cup	0	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
001763 Milk 1% Meadow Gold	carton	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	95	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	60	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			449	3.51	268	55	0	7.73	0.00	18	83.14	3.14	12.90	962	339.7	21.60	1.93
% of Calories				7.04%		49.0%	0%	15.5%	0.0%		74.1%		11.5%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Monday - 04/29/2024

Reimbursable Meal Total 165

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990512 breakfast pizza max 12708 elementary	serving	165	150	1.50	350	2	*N/A*	4.00	0.00	10	17.00	2.00	8.00	*N/A*	80.0	0.00	0.00
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	125	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
000064 APPLES,Fresh	EACH	110	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990198 Cereal #1 Mateys,Scooters 23	servings	0	110	0.00	220	6	0	1.50	0.00	0	22.00	1.00	3.00	0	65.0	0.00	2.25
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	0	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
000064 APPLES,Fresh	EACH	0	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001763 Milk 1% Meadow Gold	carton	10	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	100	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	55	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			400	2.53	534	46	0	5.82	0.00	18	67.28	5.72	17.00	*754	385.5	4.78	0.35
% of Calories				5.69%		46.0%	0%	13.1%	0.0%		67.3%		17.0%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Tuesday - 04/30/2024

Reimbursable Meal Total 165

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990305 waffles, WG 2 pack bake crafters	package	165	190	1.00	260	5	*N/A*	6.00	0.00	5	30.00	3.00	4.00	0	20.0	0.00	1.44
990523 Syrup,Smuckers 1.4 oz 23	serving	155	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001123 Margarine	tsp	50	19	0.52	33	*N/A*	*N/A*	2.07	0.03	*N/A*	0.00	0.00	0.01	*N/A*	0.1	0.00	0.00
000701 Raisins in a box	box	110	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
990185 Juice, Fruitable Brilliant Burst*	each	100	60	0.00	25	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	4500	0.0	36.00	0.00
990199 cereal #2 Cinn Toast,Frosted Flakes23	serving	0	110	0.00	165	8	8	1.50	0.00	0	23.00	1.50	1.50	15	45.0	15.00	1.80
990462 Mixed berry Animal cracker	serving	0	110	0.50	60	6	*N/A*	3.50	0.00	0	18.00	2.00	2.00	0	0.0	0.00	0.00
000701 Raisins in a box	box	0	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
990185 Juice, Fruitable Brilliant Burst*	each	0	60	0.00	25	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	4500	0.0	36.00	0.00
001763 Milk 1% Meadow Gold	carton	15	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	95	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	45	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			548	2.16	480	*68	*21	8.30	0.01	*13	108.58	4.33	12.19	*3336	316.5	22.36	2.88
% of Calories				3.55%		*49.6%	*15.3%	13.6%	0.0%		79.3%		8.9%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	486	4	494	*52	*6	9.98	*0.00	*22	85.10	*4.56	14.95	*940	358	16.87	1.63
% of Calories		6.67%		*42.8%	*4.9%	18.5%	*0.0%		70.0%		12.3%				

- *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.