

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

Menu Name: 9-12 Lunch
Site: All Sites

Include Cost: No
Report Style: Detailed

Tuesday - 01/05/2021

Reimbursable Meal Total 180

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825142 Cheesy Chicken Over/Rice MS516	1 serving	180	358	7.89	484	*1	13.49	0.00	77	29.37	1.14	31.33	726	*226.5	3.06	1.76
825450 Toast, Garlic WW MS1351	1 slice	110	100	0.50	170	0	2.50	0.00	0	15.00	2.00	4.00	400	0.0	0.00	1.08
825340 Mixed Vegetables MS1060	1/2 cup	40	77	0.73	215	0	1.79	0.00	0	12.18	3.06	3.04	1634	0.6	3.66	0.40
900027 Baked Beans LCS	1/2 cup	40	149	0.10	273	10	0.57	0.00	0	34.39	5.48	6.28	180	49.3	4.85	1.74
825674 Chilled Mandarin Orange MS12??	1/2 cup	50	73	0.01	7	19	0.12	0.00	0	19.46	0.84	0.54	1010	8.4	23.80	0.44
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	0	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
000518 Snack Pack Puddings Choc/Vanil	1 4oz. cup	0	110	0.50	122	18	1.50	0.00	0	23.00	0.00	3.00	0	40.0	0.00	0.18
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	0	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	0	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			490	8.38	699	*8	15.57	0.00	77	54.29	4.49	36.00	1654	*240.0	11.56	3.01
% of Calories				15.39%		*6.5%	28.6%	0.0%		44.3%		29.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Wednesday - 01/06/2021

Reimbursable Meal Total 180

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825590 BBQ Pork Sandwich US MS718.1	1 each	30	425	4.00	1263	*16	12.00	2.00	100	41.28	3.00	27.00	*360	*100.0	*3.40	*1.78
000115 Chicken Nachos Com.StripsMS530	1 serving	0	312	7.91	935	2	15.21	0.00	61	23.09	2.67	20.08	*440	*224.7	*7.58	*0.52
825629 Rice, Brown, Spanish UMS1343.1	1/2 cup	0	111	0.18	43	*0	0.86	0.00	1	23.19	1.07	2.83	*186	*7.7	*8.25	*0.54
000512 Broccoli w/Cheese Sauce MS1012	1/2 cup	0	53	0.03	246	3	0.62	0.00	0	9.61	4.00	4.40	1335	93.1	52.76	0.80
825272 Glazed Carrots MS1018	1/2 cup	0	56	0.74	93	6	1.87	0.00	0	9.28	3.03	1.04	15391	26.4	2.45	0.45
000329 Chilled Peach Diced,1/2 Cup	1/2 cup	50	68	0.00	6	16	0.04	0.00	0	18.22	1.63	0.56	443	3.8	3.00	0.45
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	0	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	0	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			115	0.67	212	*12	2.01	0.33	17	17.97	0.95	4.67	*213	*19.0	*14.12	*0.54
% of Calories				5.24%		*41.7%	15.7%	2.6%		62.5%		16.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Thursday - 01/07/2021

Reimbursable Meal Total 280

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000556 Soup, Turkey Tortilla, DryMilk	1 cup	0	562	5.75	1044	*25	17.79	*0.00	57	57.80	3.13	41.96	*1916	*989.2	*12.53	*1.37
825596 Hamburger 2 oz. USDA F MS775.1	1 each	0	285	3.01	596	7	10.04	0.00	45	33.15	4.29	16.22	*174	*103.2	*2.36	*1.52

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Jan 5, 2021 thru Jan 29, 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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
825418 Season Green Beans CND MS1044	1/2 cup	0	47	0.26	141	1	2.32	0.00	0	4.83	1.92	1.36	411	27.0	1.99	1.30
000105 Sweet Potato Fries,Bkd MS1099	3/4 Cup	0	207	1.60	223	13	12.76	0.00	0	33.50	6.38	1.60	1724	49.1	0.73	1.04
825018 Applesauce, MS1204	1/2 cup	50	59	0.01	2	12	0.07	0.00	0	15.62	1.70	0.24	40	4.5	1.70	0.17
825251 Fresh Fruit Bowl VarietyMS1244	1 each	0	84	0.05	1	13	0.24	0.00	0	21.72	3.65	0.87	120	20.1	23.13	0.22
900042 Cookie, Chocolate Chip	1 cookie	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	0	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	0	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			11	0.00	0	*2	0.01	*0.00	0	2.79	0.30	0.04	*7	*0.8	*0.30	*0.03
% of Calories				0.00%		*72.7%	0.8%	*0.0%		101.5%		1.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Friday - 01/08/2021

Reimbursable Meal Total 180

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000675 Pizza Variety/ 2 Choices 9-12	1slice	180	366	5.20	955	*6	13.08	0.14	31	40.94	4.05	22.19	*378	*165.3	*2.87	*3.27
825489 Whole Ker Corn Frz MS1031	1/2 cup	50	89	0.83	20	2	2.42	0.00	0	17.22	1.99	2.50	229	3.3	5.30	0.35
825362 Peas and Carrots MS1062	1/2 cup	25	69	0.76	85	5	1.96	0.00	0	10.40	4.16	2.90	8855	24.2	5.82	0.94
000110 Fruit, Chilled, Canned 1/2	1/2 Cup	50	62	0.01	5	13	0.06	0.00	0	16.54	1.64	0.38	206	6.1	2.30	0.33

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825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	0	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	0	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			443	5.54	974	*17	14.04	0.14	31	57.79	5.63	23.40	*1759	*172.5	*18.50	*3.71
% of Calories				11.26%		*15.3%	28.5%	0.3%		52.2%		21.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Monday - 01/11/2021

Reimbursable Meal Total 180

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825363 Philly Chicken Sandwich MS707	1 each	0	291	2.77	619	6	8.09	0.00	34	32.76	3.62	21.54	534	221.8	20.85	2.79
000617 Catfish, Brd. Filet Stripes	2 ounce	120	186	2.00	350	0	10.00	0.00	20	12.00	0.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*
000636 Hushuppies-Purchase 4Each=2WG	4 each	120	213	1.45	399	3	9.96	-0.04	7	28.97	1.81	3.24	15	71.9	5.55	1.79
990035 Oven Roasted Potato Wedges-3/4 Cup	3/4 cup	0	275	2.69	318	0	8.01	0.00	*0	43.40	5.52	5.52	*178	*3.5	*0.38	*0.14
000512 Broccoli w/Cheese Sauce MS1012	1/2 cup	0	53	0.03	246	3	0.62	0.00	0	9.61	4.00	4.40	1335	93.1	52.76	0.80
825370 Pineapple Tidbits MS1286	1/2 cup	50	72	0.01	1	15	0.10	0.00	0	18.87	0.96	0.50	46	16.8	11.42	0.34
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	0	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	0	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			311	2.30	500	11	13.33	-0.03	*18	38.58	1.48	12.98	*53	*53.9	*19.59	*1.40
% of Calories				6.66%		14.1%	38.6%	-0.1%		49.6%		16.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

			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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			274	3	477	*10	8.99	*0.09	*29	34.28	2.57	15.42	*737	*97.2	*12.81	*1.74
% of Calories				11.10%		*14.6%	29.5%	*0.3%		50.0%		22.5%				

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.