

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

Menu Name: EOC Breakfast **Include Cost:** No
Site: All Sites **Report Style:** Detailed

Thursday - 01/05/2023 Reimbursable Meal Total 40

	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)
001111 Pizza Stick	each 3.95oz	15	262	4.72	534	3	9.43	0.00	26	31.44	3.14	11.53
990765 Chocolate Chip Muffin Top	3.2oz	25	260	2.00	300	19	8.00	0.00	20	43.00	2.00	4.00
001156 Granny Smith Apple	each	40	80	0.00	0	16	0.00	0.00	0	22.00	5.00	0.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			527	3.21	564	64	8.85	0.00	28	98.04	7.43	14.82
% of Calories				5.48%		48.6%	15.1%	0.0%		74.4%		11.2%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Friday - 01/06/2023 Reimbursable Meal Total 40

	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)
990314 Mini Cinni Roll	ea	25	240	1.50	270	15	7.00	0.00	0	39.00	2.00	5.00

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Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
001087 Banana Chocolate Chunk Benefit Bar	bar 2.5 oz	15	280	3.00	220	23	8.00	0.00	15	48.00	3.00	5.00
001133 Orange	each	40	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			521	2.25	427	66	7.69	0.00	11	100.75	9.38	14.00
% of Calories				3.89%		50.7%	13.3%	0.0%		77.4%		10.7%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Monday - 01/09/2023

Reimbursable Meal Total 40

	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)
990439 French Toast Sticks	3 sticks	15	160	1.00	270	8	3.50	0.00	105	23.00	2.00	8.00
990429 Syrup Cup	serving	15	110	0.00	20	22	0.00	0.00	0	29.00	0.00	0.00
990638 Blueberry Crumb Cake	3oz Package	25	270	1.50	170	21	8.00	0.00	35	45.00	2.00	5.00
001157 Red Delicious Apple	each	40	90	0.00	0	16	0.00	0.00	0	22.00	4.00	0.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00

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Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			546	1.50	391	75	6.62	0.00	67	107.00	6.00	14.12
% of Calories				2.47%		54.9%	10.9%	0.0%		78.4%		10.3%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Tuesday - 01/10/2023

Reimbursable Meal Total 40

	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)
001111 Pizza Stick	each 3.95oz	25	262	4.72	534	3	9.43	0.00	26	31.44	3.14	11.53
001227 Oatmeal Chocolate Chip Benefit Bar	bar	15	289	2.99	240	22	8.98	0.00	20	46.92	3.00	4.99
001133 Orange	each	40	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			539	4.26	599	59	9.58	0.00	29	95.62	10.09	18.08
% of Calories				7.11%		43.8%	16.0%	0.0%		71.0%		13.4%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

Wednesday - 01/11/2023

Reimbursable Meal Total 40

	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)
990639 Mini Donut Bites	each	25	260	4.00	290	21	8.00	0.00	5	43.00	1.00	4.00
990803 Ham & Cheese Croissant	1 Sandwich	15	350	9.00	800	6	19.00	0.00	35	30.00	3.00	20.00
001130 Cherry Craisins	each	40	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			590	6.06	657	74	12.44	0.00	22	102.50	3.75	18.00
% of Calories				9.24%		50.2%	19.0%	0.0%		69.5%		12.2%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Thursday - 01/12/2023

Reimbursable Meal Total 40

	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)
990573 Mini Maple Waffles	serving	15	190	1.50	220	11	5.00	0.00	0	36.00	4.00	4.00
990431 Strawberry Sliced (2oz)	2 oz	15	30	0.00	0	7	0.00	0.00	0	7.69	0.40	0.00
001112 Strawberry Pop-Tarts 2ct	package	25	360	2.00	360	29	5.00	0.00	0	75.06	6.00	4.00

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Jan 5, 2023 thru Feb 3, 2023

	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)
001129 Banana	each	40	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			599	2.13	484	74	5.70	0.00	6	127.62	8.47	13.29
% of Calories				3.20%		49.4%	8.6%	0.0%		85.2%		8.9%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Friday - 01/13/2023

Reimbursable Meal Total 40

	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)
001205 Mini Chocolate Donuts	each	25	320	7.00	270	19	15.00	0.00	0	41.00	2.00	5.00
990184 Cinnamon Crumble Cake	Serving	15	340	1.50	350	25	13.00	0.00	45	44.00	2.00	6.00
001131 Strawberry Craisins	each	40	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00

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Jan 5, 2023 thru Feb 3, 2023

	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)
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			624	5.12	476	80	14.56	0.00	22	106.50	4.00	13.38
% of Calories				7.38%		51.3%	21.0%	0.0%		68.3%		8.6%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Tuesday - 01/17/2023

Reimbursable Meal Total 40

	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)
990539 Mini Bagel w/Strawberry Cream Cheese	2.43oz	15	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00
001087 Banana Chocolate Chunk Benefit Bar	bar 2.5 oz	25	280	3.00	220	23	8.00	0.00	15	48.00	3.00	5.00
001133 Orange	each	40	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			528	2.81	384	68	7.56	0.00	19	104.12	9.62	14.38
% of Calories				4.79%		51.5%	12.9%	0.0%		78.9%		10.9%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Wednesday - 01/18/2023

Reimbursable Meal Total 40

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990184 Cinnamon Crumble Cake	Serving	25	340	1.50	350	25	13.00	0.00	45	44.00	2.00	6.00
001112 Strawberry Pop-Tarts 2ct	package	15	360	2.00	360	29	5.00	0.00	0	75.06	6.00	4.00
990617 Watermelon Craisins	each	40	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			644	1.88	529	85	10.31	0.00	34	121.02	6.50	13.25
% of Calories				2.63%		52.8%	14.4%	0.0%		75.2%		8.2%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Thursday - 01/19/2023

Reimbursable Meal Total 40

	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)
001227 Oatmeal Chocolate Chip Benefit Bar	bar	15	289	2.99	240	22	8.98	0.00	20	46.92	3.00	4.99
001108 Blueberry Muffin 4oz	each 4 oz	25	381	4.01	271	32	12.04	0.00	90	61.21	4.01	6.02
001129 Banana	each	40	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00

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Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			638	3.95	436	77	11.60	0.00	70	120.18	6.70	14.92
% of Calories				5.57%		48.3%	16.4%	0.0%		75.3%		9.4%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Friday - 01/20/2023

Reimbursable Meal Total 40

	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)
990154 Chorizo, Egg & Cheese Burrito	1 serving	15	209	2.99	339	3	8.97	0.00	65	21.93	0.00	9.97
990103 Salsa	2 oz servings	15	5	0.00	62	1	0.00	0.00	0	5.37	0.25	0.22
001090 Banana Bread	Each 3.4 oz	25	261	1.51	241	24	8.03	0.00	0	45.18	2.01	5.02
001156 Granny Smith Apple	each	40	80	0.00	0	16	0.00	0.00	0	22.00	5.00	0.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00

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Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			510	2.25	476	67	8.70	0.00	30	97.85	6.35	14.96
% of Calories				3.97%		52.5%	15.4%	0.0%		76.7%		11.7%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Monday - 01/23/2023

Reimbursable Meal Total 40

	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)
990469 Bagel w/Nutella	1 Serving	15	220	2.00	165	13	6.00	0.00	0	37.00	5.00	7.00
001227 Oatmeal Chocolate Chip Benefit Bar	bar	25	289	2.99	240	22	8.98	0.00	20	46.92	3.00	4.99
001131 Strawberry Craisins	each	40	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			560	2.81	387	77	8.18	0.00	18	107.57	5.75	13.74
% of Calories				4.52%		55.0%	13.1%	0.0%		76.8%		9.8%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Tuesday - 01/24/2023

Reimbursable Meal Total 40

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990803 Ham & Cheese Croissant	1 Sandwich	15	350	9.00	800	6	19.00	0.00	35	30.00	3.00	20.00
001112 Strawberry Pop-Tarts 2ct	package	25	360	2.00	360	29	5.00	0.00	0	75.06	6.00	4.00
001157 Red Delicious Apple	each	40	90	0.00	0	16	0.00	0.00	0	22.00	4.00	0.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			633	4.81	701	71	10.56	0.00	19	117.53	8.88	18.00
% of Calories				6.84%		44.9%	15.0%	0.0%		74.3%		11.4%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Wednesday - 01/25/2023

Reimbursable Meal Total 40

	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)
001105 Honey Bun	each 2.6 oz	25	226	1.97	334	10	6.88	0.00	0	38.33	2.95	5.90
990430 Mini Cinnamon Waffles	serving	15	200	1.50	260	10	5.00	0.00	0	35.00	4.00	4.00
990431 Strawberry Sliced (2oz)	2 oz	15	30	0.00	0	7	0.00	0.00	0	7.69	0.40	0.00
990618 Raspberry Lemonade Craisins	each	40	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			524	1.98	482	71	6.49	0.00	6	105.34	6.49	13.19
% of Calories				3.40%		54.2%	11.1%	0.0%		80.4%		10.1%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Thursday - 01/26/2023

Reimbursable Meal Total 40

	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)
001111 Pizza Stick	each 3.95oz	15	262	4.72	534	3	9.43	0.00	26	31.44	3.14	11.53
001205 Mini Chocolate Donuts	each	25	320	7.00	270	19	15.00	0.00	0	41.00	2.00	5.00
001133 Orange	each	40	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			564	6.33	545	62	13.22	0.00	15	95.79	9.43	16.45
% of Calories				10.10%		44.0%	21.1%	0.0%		67.9%		11.7%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Friday - 01/27/2023

Reimbursable Meal Total 40

	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)
990765 Chocolate Chip Muffin Top	3.2oz	15	260	2.00	300	19	8.00	0.00	20	43.00	2.00	4.00
001087 Banana Chocolate Chunk Benefit Bar	bar 2.5 oz	25	280	3.00	220	23	8.00	0.00	15	48.00	3.00	5.00
001130 Cherry Craisins	each	40	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			569	2.81	426	80	8.31	0.00	22	110.50	4.62	12.62
% of Calories				4.44%		56.2%	13.1%	0.0%		77.7%		8.9%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Monday - 01/30/2023

Reimbursable Meal Total 40

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990637 Cinnamon Bun	2.9oz	25	240	3.00	280	16	7.00	0.00	5	40.00	3.00	5.00
001107 Double Chocolate Chip Muffin 4oz	each 4oz	15	391	4.01	261	35	12.04	0.00	80	63.22	4.01	7.02
001129 Banana	each	40	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			588	3.70	450	72	9.59	0.00	39	113.03	6.45	15.05
% of Calories				5.66%		49.0%	14.7%	0.0%		76.9%		10.2%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Tuesday - 01/31/2023

Reimbursable Meal Total 40

	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)
001110 Breakfast Sausage Pizza	each 3.31oz	15	210	2.00	349	5	6.99	0.00	15	26.95	3.00	8.98
990278 Cookies N Cream Granola Bars (2 Bars)	1.37 oz	25	299	1.99	269	18	7.97	0.00	0	57.76	7.97	3.98
001131 Strawberry Craisins	each	40	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			562	2.18	475	72	7.91	0.00	11	110.58	8.10	13.86
% of Calories				3.49%		51.2%	12.7%	0.0%		78.7%		9.9%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Wednesday - 02/01/2023

Reimbursable Meal Total 40

	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)
001123 Buttery Maple Snack N' Waffle	Serving	15	250	4.00	290	15	9.00	0.00	44	37.00	2.00	6.00
001205 Mini Chocolate Donuts	each	25	320	7.00	270	19	15.00	0.00	0	41.00	2.00	5.00
001157 Red Delicious Apple	each	40	90	0.00	0	16	0.00	0.00	0	22.00	4.00	0.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			570	6.06	453	68	13.06	0.00	22	98.88	6.00	13.38
% of Calories				9.57%		47.7%	20.6%	0.0%		69.4%		9.4%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Thursday - 02/02/2023

Reimbursable Meal Total 40

	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)
990539 Mini Bagel w/Strawberry Cream Cheese	2.43oz	25	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00
001106 Banana Muffin 4oz	each 4oz	15	381	3.51	261	34	12.04	0.00	80	62.22	3.01	7.02
001133 Orange	each	40	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			553	2.75	392	69	8.58	0.00	42	107.96	9.38	15.38
% of Calories				4.48%		49.9%	14.0%	0.0%		78.1%		11.1%
Weekly Nutrient Guideline			450 - 600	<10	570		<=0					

Friday - 02/03/2023

Reimbursable Meal Total 40

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
001111 Pizza Stick	each 3.95oz	15	262	4.72	534	3	9.43	0.00	26	31.44	3.14	11.53
990314 Mini Cinni Roll	ea	25	240	1.50	270	15	7.00	0.00	0	39.00	2.00	5.00
001130 Cherry Craisins	each	40	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990730 Apple Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990731 Orange Juice 4oz (Suncup)	Each	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	35	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	5	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			544	2.89	545	69	8.22	0.00	15	100.54	4.43	15.45
% of Calories				4.78%		50.7%	13.6%	0.0%		73.9%		11.4%
Weekly Nutrient Guideline			450 - 600	<10	570		<=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	568	3	489	71	9.42	0.00	26	107.09	7.04	14.78
% of Calories		5.42%		50.0%	14.9%	0.0%		75.4%		10.4%

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.

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

Menu Name: EOC Lunch
Site: All Sites

Include Cost: No
Report Style: Detailed

Thursday - 01/05/2023

Reimbursable Meal Total 60

	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)
990575 Spicy Chicken Sandwich (Sub)	each	35	380	2.50	590	5	14.50	0.00	20	45.00	4.00	20.00
001228 Popcorn Chicken	serving	25	261	2.18	621	0	11.98	0.00	87	17.43	3.27	19.61
990800 Onion Rings Breaded Whole Grain	5 Piece Serving	25	200	1.50	200	5	8.00	0.00	0	28.00	3.00	3.00
001158 Corn	1/2 cup	25	100	0.00	10	8	1.00	0.00	0	21.00	1.00	3.00
990728 Potato Wedges LS	3 oz serving	35	100	0.00	20	0	3.00	0.00	0	18.00	1.00	1.00
990275 Baby Carrots Package	3 oz Package	60	35	0.00	58	4	0.00	0.00	0	7.97	2.66	0.66
001157 Red Delicious Apple	each	30	90	0.00	0	16	0.00	0.00	0	22.00	4.00	0.00
001222 Peach Cup	each	30	70	0.00	10	16	0.00	0.00	0	18.00	1.00	1.00
990348 Romaine Lettuce	1/4 Cup	35	3	0.00	0	0	0.00	0.00	0	0.52	0.26	0.00
001169 Tomato	serving	35	12	0.00	2	1	0.00	0.00	0	2.33	0.33	0.33
990339 BBQ Sauce Cup	1oz	25	35	0.00	370	7	0.00	0.00	0	8.00	0.00	0.00
001139 Ketchup Packet (2)	2 packets	35	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
001140 Mayonnaise Packet	each	35	80	1.50	80	0	8.00	0.00	5	1.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			835	4.12	1246	56	24.03	0.00	57	124.31	11.45	32.28
% of Calories				4.44%		26.8%	25.9%	0.0%		59.5%		15.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 01/06/2023

Reimbursable Meal Total 60

	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)
990600 Cheeseburger (LS & RS Cheese)	each	25	349	5.65	488	5	14.30	0.00	64	31.20	2.00	27.40
990649 Spicy Chicken Tenders (Tyson)	3 Pieces	35	260	2.50	390	1	15.00	0.00	25	17.00	3.00	15.00
990559 Garlic Breadstick (1)	Breadstick	35	100	0.50	95	1	3.50	0.00	0	15.00	1.00	1.00
990296 Capri Blend Vegetables	1/2 Cup Serving	35	30	0.00	20	3	0.00	0.00	0	5.00	1.00	1.00
990458 Curly Fries	3oz Serving	25	130	0.50	290	0	5.00	0.00	0	21.00	1.00	1.00
990275 Baby Carrots Package	3 oz Package	60	35	0.00	58	4	0.00	0.00	0	7.97	2.66	0.66
001133 Orange	each	30	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
001224 Mixed Fruit Cup	each	30	80	0.00	0	16	0.00	0.00	0	19.00	1.00	1.00
990348 Romaine Lettuce	1/4 Cup	25	3	0.00	0	0	0.00	0.00	0	0.52	0.26	0.00
001169 Tomato	serving	25	12	0.00	2	1	0.00	0.00	0	2.33	0.33	0.33
001139 Ketchup Packet (2)	2 packets	25	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990741 Ranch Dressing Cup 2oz	2 oz	35	260	4.50	360	2	27.00	0.00	20	3.00	0.00	1.00
001140 Mayonnaise Packet	each	25	80	1.50	80	0	8.00	0.00	5	1.00	0.00	0.00
001141 Mustard Packet	each	25	0	0.00	65	0	0.00	0.00	0	0.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			866	7.81	1195	49	38.33	0.00	61	99.99	11.07	32.14
% of Calories				8.12%		22.6%	39.8%	0.0%		46.2%		14.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 01/09/2023

Reimbursable Meal Total 60

	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)
990575 Spicy Chicken Sandwich (Sub)	each	25	380	2.50	590	5	14.50	0.00	20	45.00	4.00	20.00
001215 General Tso Chicken	3.6 oz serving	35	170	0.50	361	13	3.00	0.00	40	23.00	0.00	11.00
990258 Oriental Brown Rice (1 cup)	1 cup	35	103	0.25	412	1	4.29	0.00	1	14.54	1.83	2.34
990425 Fortune Cookie	1	35	22	0.00	27	2	0.00	0.00	0	5.00	0.00	0.00
001161 California Blend Vegetables	serving	35	30	0.00	30	2	0.00	0.00	0	5.00	2.00	1.00
001160 Potato Wedges	3 oz serving	25	130	0.50	150	0	4.00	0.00	0	21.01	2.00	2.00
990275 Baby Carrots Package	3 oz Package	60	35	0.00	58	4	0.00	0.00	0	7.97	2.66	0.66

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990304 Pear	Each	30	90	0.00	0	14	0.00	0.00	0	21.00	4.00	0.00
990618 Raspberry Lemonade Craisins	each	30	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00
990348 Romaine Lettuce	1/4 Cup	35	3	0.00	0	0	0.00	0.00	0	0.52	0.26	0.00
001169 Tomato	serving	35	12	0.00	2	1	0.00	0.00	0	2.33	0.33	0.33
001139 Ketchup Packet (2)	2 packets	35	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
001140 Mayonnaise Packet	each	35	80	1.50	80	0	8.00	0.00	5	1.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			728	2.81	1177	61	17.05	0.00	41	116.29	11.24	26.39
% of Calories				3.47%		33.5%	21.1%	0.0%		63.9%		14.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 01/10/2023

Reimbursable Meal Total 60

	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)
990634 Chicken Alfredo WG (Sub Fajita)	Servings	35	640	5.92	679	6	15.45	0.00	97	89.57	6.80	38.07
990801 Garlic Knot Whole Grain	1 Knot 2oz	35	170	1.50	270	2	7.00	0.00	0	23.00	2.00	4.00
990306 Stuffed Crust Pepperoni Pizza	Slice	25	310	5.00	460	7	11.00	0.00	35	31.00	4.00	22.00
990296 Capri Blend Vegetables	1/2 Cup Serving	35	30	0.00	20	3	0.00	0.00	0	5.00	1.00	1.00

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
001158 Corn	1/2 cup	10	100	0.00	10	8	1.00	0.00	0	21.00	1.00	3.00
990728 Potato Wedges LS	3 oz serving	25	100	0.00	20	0	3.00	0.00	0	18.00	1.00	1.00
001157 Red Delicious Apple	each	30	90	0.00	0	16	0.00	0.00	0	22.00	4.00	0.00
001224 Mixed Fruit Cup	each	30	80	0.00	0	16	0.00	0.00	0	19.00	1.00	1.00
001139 Ketchup Packet (2)	2 packets	25	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			896	6.66	1014	50	19.51	0.00	77	138.33	10.47	43.71
% of Calories				6.69%		22.3%	19.6%	0.0%		61.8%		19.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 01/11/2023

Reimbursable Meal Total 60

	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)
990600 Cheeseburger (LS & RS Cheese)	each	25	349	5.65	488	5	14.30	0.00	64	31.20	2.00	27.40
990147 Red Chile Chicken Tamale	each	35	290	1.50	680	1	16.00	0.00	35	26.00	2.00	11.00
990162 Mozzarella Shredded Cheese	1 oz	35	81	3.04	192	1	6.07	0.00	20	2.02	0.00	7.09
990523 Spanish Brown Rice	1/2 cup	35	173	0.30	219	1	5.58	0.00	1	28.20	1.97	3.72
990663 Refried Beans Low Sodium	1/2 cup serving	35	161	0.00	164	0	0.57	0.00	0	27.58	10.34	10.34

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990458 Curly Fries	3oz Serving	25	130	0.50	290	0	5.00	0.00	0	21.00	1.00	1.00
001133 Orange	each	30	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
001130 Cherry Craisins	each	30	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990103 Salsa	2 oz servings	35	5	0.00	62	1	0.00	0.00	0	5.37	0.25	0.22
990348 Romaine Lettuce	1/4 Cup	25	3	0.00	0	0	0.00	0.00	0	0.52	0.26	0.00
001169 Tomato	serving	25	12	0.00	2	1	0.00	0.00	0	2.33	0.33	0.33
001139 Ketchup Packet (2)	2 packets	25	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
001140 Mayonnaise Packet	each	25	80	1.50	80	0	8.00	0.00	5	1.00	0.00	0.00
001141 Mustard Packet	each	25	0	0.00	65	0	0.00	0.00	0	0.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			881	6.26	1401	47	28.26	0.00	67	124.71	14.49	39.36
% of Calories				6.40%		21.3%	28.9%	0.0%		56.6%		17.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 01/12/2023

Reimbursable Meal Total 60

	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)
990715 Boneless Buffalo Wings LS (JTM Sauce)	5 pieces	35	223	1.95	600	1	9.06	0.00	50	17.57	2.14	18.12

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
001240 Dinner Roll Thaw N' Bake	roll	35	160	0.50	260	5	3.50	0.00	0	27.00	2.00	5.00
990581 Pepperoni Pizza 5"	Serving	25	366	11.00	739	2	17.00	0.00	45	32.00	2.00	20.00
001158 Corn	1/2 cup	25	100	0.00	10	8	1.00	0.00	0	21.00	1.00	3.00
990728 Potato Wedges LS	3 oz serving	35	100	0.00	20	0	3.00	0.00	0	18.00	1.00	1.00
990275 Baby Carrots Package	3 oz Package	60	35	0.00	58	4	0.00	0.00	0	7.97	2.66	0.66
001156 Granny Smith Apple	each	30	80	0.00	0	16	0.00	0.00	0	22.00	5.00	0.00
990617 Watermelon Craisins	each	30	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00
001139 Ketchup Packet (2)	2 packets	35	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
990741 Ranch Dressing Cup 2oz	2 oz	35	260	4.50	360	2	27.00	0.00	20	3.00	0.00	1.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			894	8.89	1372	57	32.75	0.00	66	119.63	10.90	32.90
% of Calories				8.95%		25.5%	33.0%	0.0%		53.5%		14.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 01/13/2023

Reimbursable Meal Total 60

	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)
990734 Chicken Drumsticks	2 Piece Serving	35	440	6.00	1060	0	26.00	0.00	120	12.00	2.00	38.00

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
001240 Dinner Roll Thaw N' Bake	roll	60	160	0.50	260	5	3.50	0.00	0	27.00	2.00	5.00
990736 Macaroni & Cheese LS	3/4 cup serving	25	170	9.90	577	8	17.00	0.00	49	28.00	2.00	16.00
001158 Corn	1/2 cup	25	100	0.00	10	8	1.00	0.00	0	21.00	1.00	3.00
990612 Mashed Potatoes LS	3.67oz	35	70	0.00	13	0	1.00	0.00	0	15.00	1.00	2.00
990662 Chicken Gravy Low Sodium	1/4 cup serving	0	20	0.00	142	1	0.50	0.00	0	3.00	0.00	0.00
990275 Baby Carrots Package	3 oz Package	60	35	0.00	58	4	0.00	0.00	0	7.97	2.66	0.66
001157 Red Delicious Apple	each	30	90	0.00	0	16	0.00	0.00	0	22.00	4.00	0.00
990246 Strawberry Pomegranate Frozen Fruit Cup	4.4 oz	30	70	0.00	5	16	0.00	0.00	0	19.00	3.00	0.00
001139 Ketchup Packet (2)	2 packets	35	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			821	8.38	1470	56	27.17	0.00	96	117.97	11.16	44.91
% of Calories				9.19%		27.3%	29.8%	0.0%		57.5%		21.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 01/17/2023

Reimbursable Meal Total 60

	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)
990574 Chicken Sandwich (Sub)	each	25	340	2.00	620	5	10.50	0.00	35	43.00	4.00	22.00

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990593 Bean & Cheese Burrito (Sub)	each	35	380	6.00	560	3	15.00	0.00	20	47.00	7.00	16.00
990663 Refried Beans Low Sodium	1/2 cup serving	35	161	0.00	164	0	0.57	0.00	0	27.58	10.34	10.34
990523 Spanish Brown Rice	1/2 cup	35	173	0.30	219	1	5.58	0.00	1	28.20	1.97	3.72
001160 Potato Wedges	3 oz serving	25	130	0.50	150	0	4.00	0.00	0	21.01	2.00	2.00
990103 Salsa	2 oz servings	35	5	0.00	62	1	0.00	0.00	0	5.37	0.25	0.22
001133 Orange	each	30	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
001131 Strawberry Craisins	each	30	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990348 Romaine Lettuce	1/4 Cup	25	3	0.00	0	0	0.00	0.00	0	0.52	0.26	0.00
001169 Tomato	serving	25	12	0.00	2	1	0.00	0.00	0	2.33	0.33	0.33
001139 Ketchup Packet (2)	2 packets	25	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
001140 Mayonnaise Packet	each	25	80	1.50	80	0	8.00	0.00	5	1.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			883	5.59	1188	48	22.13	0.00	35	140.70	18.66	36.31
% of Calories				5.70%		21.7%	22.6%	0.0%		63.7%		16.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 01/18/2023

Reimbursable Meal Total 60

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990667 Chili Cheese Fries (LS)	servings	35	368	8.23	529	1	18.98	0.00	77	24.95	2.03	19.49
001240 Dinner Roll Thaw N' Bake	roll	35	160	0.50	260	5	3.50	0.00	0	27.00	2.00	5.00
001170 Mini Corn Dogs	6 mini dogs	25	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990458 Curly Fries	3oz Serving	25	130	0.50	290	0	5.00	0.00	0	21.00	1.00	1.00
001158 Corn	1/2 cup	35	100	0.00	10	8	1.00	0.00	0	21.00	1.00	3.00
990275 Baby Carrots Package	3 oz Package	60	35	0.00	58	4	0.00	0.00	0	7.97	2.66	0.66
001157 Red Delicious Apple	each	30	90	0.00	0	16	0.00	0.00	0	22.00	4.00	0.00
990246 Strawberry Pomegranate Frozen Fruit Cup	4.4 oz	30	70	0.00	5	16	0.00	0.00	0	19.00	3.00	0.00
001139 Ketchup Packet (2)	2 packets	25	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
001211 Jello w/Whipped Cream	serving	60	97	2.00	56	19	2.00	0.00	0	19.39	0.00	1.02
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			878	9.01	1121	73	23.20	0.00	67	137.00	11.59	30.31
% of Calories				9.24%		33.3%	23.8%	0.0%		62.4%		13.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 01/19/2023

Reimbursable Meal Total 60

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990526 Chicken Parmesan WG	Serving	25	772	5.18	1001	7	21.13	0.00	107	104.48	10.90	42.86
001210 Garlic Texas Toast WG RF	slice	25	100	0.50	125	1	3.50	0.00	0	14.00	1.00	3.00
990118 Pepperoni Pizza	each	35	310	5.00	540	7	11.01	0.00	35	31.02	3.00	23.01
990290 Green Beans	.5 Cup	35	40	0.00	0	3	0.00	0.00	0	8.00	2.67	1.33
001161 California Blend Vegetables	serving	25	30	0.00	30	2	0.00	0.00	0	5.00	2.00	1.00
001133 Orange	each	30	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
001130 Cherry Craisins	each	30	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			800	5.53	964	51	17.10	0.00	71	121.05	13.60	42.23
% of Calories				6.22%		25.5%	19.2%	0.0%		60.5%		21.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 01/20/2023

Reimbursable Meal Total 60

	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)
001228 Popcorn Chicken	serving	35	261	2.18	621	0	11.98	0.00	87	17.43	3.27	19.61
990559 Garlic Breadstick (1)	Breadstick	35	100	0.50	95	1	3.50	0.00	0	15.00	1.00	1.00
990600 Cheeseburger (LS & RS Cheese)	each	25	349	5.65	488	5	14.30	0.00	64	31.20	2.00	27.40

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
001158 Corn	1/2 cup	35	100	0.00	10	8	1.00	0.00	0	21.00	1.00	3.00
990728 Potato Wedges LS	3 oz serving	25	100	0.00	20	0	3.00	0.00	0	18.00	1.00	1.00
001157 Red Delicious Apple	each	25	90	0.00	0	16	0.00	0.00	0	22.00	4.00	0.00
990617 Watermelon Craisins	each	30	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00
990339 BBQ Sauce Cup	1oz	35	35	0.00	370	7	0.00	0.00	0	8.00	0.00	0.00
001139 Ketchup Packet (2)	2 packets	25	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
001140 Mayonnaise Packet	each	25	80	1.50	80	0	8.00	0.00	5	1.00	0.00	0.00
990348 Romaine Lettuce	1/4 Cup	25	3	0.00	0	0	0.00	0.00	0	0.52	0.26	0.00
001169 Tomato	serving	25	12	0.00	2	1	0.00	0.00	0	2.33	0.33	0.33
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			742	4.79	1132	54	20.57	0.00	85	106.44	7.74	33.74
% of Calories				5.81%		29.1%	25.0%	0.0%		57.4%		18.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 01/23/2023

Reimbursable Meal Total 60

	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)
990522 Spaghetti w/Meatballs WG	Servings	35	521	2.76	633	8	14.77	0.00	56	71.70	7.82	28.05

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
001210 Garlic Texas Toast WG RF	slice	35	100	0.50	125	1	3.50	0.00	0	14.00	1.00	3.00
990649 Spicy Chicken Tenders (Tyson)	3 Pieces	25	260	2.50	390	1	15.00	0.00	25	17.00	3.00	15.00
990800 Onion Rings Breaded Whole Grain	5 Piece Serving	20	200	1.50	200	5	8.00	0.00	0	28.00	3.00	3.00
990728 Potato Wedges LS	3 oz serving	20	100	0.00	20	0	3.00	0.00	0	18.00	1.00	1.00
001158 Corn	1/2 cup	35	100	0.00	10	8	1.00	0.00	0	21.00	1.00	3.00
001133 Orange	each	30	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
990617 Watermelon Craisins	each	30	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00
001139 Ketchup Packet (2)	2 packets	25	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
990741 Ranch Dressing Cup 2oz	2 oz	25	260	4.50	360	2	27.00	0.00	20	3.00	0.00	1.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			966	5.57	1080	55	32.83	0.00	57	135.74	13.31	36.36
% of Calories				5.19%		22.8%	30.6%	0.0%		56.2%		15.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 01/24/2023

Reimbursable Meal Total 60

	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)
990453 Boneless BBQ Wings	5 pieces	20	219	1.50	614	3	8.02	0.00	50	19.16	2.01	18.05

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
001240 Dinner Roll Thaw N' Bake	roll	20	160	0.50	260	5	3.50	0.00	0	27.00	2.00	5.00
990306 Stuffed Crust Pepperoni Pizza	Slice	40	310	5.00	460	7	11.00	0.00	35	31.00	4.00	22.00
001158 Corn	1/2 cup	40	100	0.00	10	8	1.00	0.00	0	21.00	1.00	3.00
990458 Curly Fries	3oz Serving	20	130	0.50	290	0	5.00	0.00	0	21.00	1.00	1.00
990275 Baby Carrots Package	3 oz Package	60	35	0.00	58	4	0.00	0.00	0	7.97	2.66	0.66
001157 Red Delicious Apple	each	30	90	0.00	0	16	0.00	0.00	0	22.00	4.00	0.00
990618 Raspberry Lemonade Craisins	each	30	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00
001139 Ketchup Packet (2)	2 packets	20	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
990741 Ranch Dressing Cup 2oz	2 oz	35	260	4.50	360	2	27.00	0.00	20	3.00	0.00	1.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			861	7.04	1201	61	29.67	0.00	58	116.61	11.16	33.93
% of Calories				7.36%		28.3%	31.0%	0.0%		54.2%		15.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 01/25/2023

Reimbursable Meal Total 60

	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)
990600 Cheeseburger (LS & RS Cheese)	each	35	349	5.65	488	5	14.30	0.00	64	31.20	2.00	27.40

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990661 Nachos (Sub Sauce)	serving	25	271	3.31	834	0	13.85	0.00	34	27.23	2.00	10.85
990663 Refried Beans Low Sodium	1/2 cup serving	25	161	0.00	164	0	0.57	0.00	0	27.58	10.34	10.34
990756 Spanish Brown Rice (Sub)	1/2 cup	25	173	0.30	219	1	5.58	0.00	1	28.20	1.97	3.72
990458 Curly Fries	3oz Serving	35	130	0.50	290	0	5.00	0.00	0	21.00	1.00	1.00
990103 Salsa	2 oz servings	25	5	0.00	62	1	0.00	0.00	0	5.37	0.25	0.22
001133 Orange	each	30	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
001130 Cherry Craisins	each	30	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990348 Romaine Lettuce	1/4 Cup	35	3	0.00	0	0	0.00	0.00	0	0.52	0.26	0.00
001169 Tomato	serving	35	12	0.00	2	1	0.00	0.00	0	2.33	0.33	0.33
001139 Ketchup Packet (2)	2 packets	35	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
001140 Mayonnaise Packet	each	35	80	1.50	80	0	8.00	0.00	5	1.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			820	6.21	1313	48	24.68	0.00	60	119.85	12.66	35.73
% of Calories				6.82%		23.4%	27.1%	0.0%		58.5%		17.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 01/26/2023

Reimbursable Meal Total 60

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990634 Chicken Alfredo WG (Sub Fajita)	Servings	25	640	5.92	679	6	15.45	0.00	97	89.57	6.80	38.07
990801 Garlic Knot Whole Grain	1 Knot 2oz	25	170	1.50	270	2	7.00	0.00	0	23.00	2.00	4.00
990581 Pepperoni Pizza 5"	Serving	35	366	11.00	739	2	17.00	0.00	45	32.00	2.00	20.00
990296 Capri Blend Vegetables	1/2 Cup Serving	25	30	0.00	20	3	0.00	0.00	0	5.00	1.00	1.00
001158 Corn	1/2 cup	35	100	0.00	10	8	1.00	0.00	0	21.00	1.00	3.00
001156 Granny Smith Apple	each	30	80	0.00	0	16	0.00	0.00	0	22.00	5.00	0.00
990247 Orange Pineapple Frozen Fruit Cup	4.4 oz	30	70	0.00	5	16	0.00	0.00	0	20.00	3.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			822	9.76	1011	48	20.27	0.00	73	123.74	9.84	39.36
% of Calories				10.69%		23.4%	22.2%	0.0%		60.2%		19.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 01/27/2023

Reimbursable Meal Total 60

	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)
990575 Spicy Chicken Sandwich (Sub)	each	25	380	2.50	590	5	14.50	0.00	20	45.00	4.00	20.00
001182 Sweet & Sour Chicken	3.6 oz serving	35	140	0.50	200	9	3.00	0.00	40	18.00	0.00	11.00
990525 Chow Mein WG	1 serving	35	275	0.49	117	6	5.96	0.00	0	47.99	5.00	8.68

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990425 Fortune Cookie	1	35	22	0.00	27	2	0.00	0.00	0	5.00	0.00	0.00
001161 California Blend Vegetables	serving	35	30	0.00	30	2	0.00	0.00	0	5.00	2.00	1.00
001160 Potato Wedges	3 oz serving	25	130	0.50	150	0	4.00	0.00	0	21.01	2.00	2.00
990275 Baby Carrots Package	3 oz Package	60	35	0.00	58	4	0.00	0.00	0	7.97	2.66	0.66
990304 Pear	Each	30	90	0.00	0	14	0.00	0.00	0	21.00	4.00	0.00
001131 Strawberry Craisins	each	30	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990348 Romaine Lettuce	1/4 Cup	25	3	0.00	0	0	0.00	0.00	0	0.52	0.26	0.00
001169 Tomato	serving	25	12	0.00	2	1	0.00	0.00	0	2.33	0.33	0.33
001139 Ketchup Packet (2)	2 packets	25	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
001140 Mayonnaise Packet	each	25	80	1.50	80	0	8.00	0.00	5	1.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			792	2.71	865	60	16.68	0.00	40	130.74	12.49	30.04
% of Calories				3.08%		30.3%	19.0%	0.0%		66.0%		15.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 01/30/2023

Reimbursable Meal Total 60

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990600 Cheeseburger (LS & RS Cheese)	each	35	349	5.65	488	5	14.30	0.00	64	31.20	2.00	27.40
990593 Bean & Cheese Burrito (Sub)	each	25	380	6.00	560	3	15.00	0.00	20	47.00	7.00	16.00
990663 Refried Beans Low Sodium	1/2 cup serving	25	161	0.00	164	0	0.57	0.00	0	27.58	10.34	10.34
001160 Potato Wedges	3 oz serving	35	130	0.50	150	0	4.00	0.00	0	21.01	2.00	2.00
990103 Salsa	2 oz servings	25	5	0.00	62	1	0.00	0.00	0	5.37	0.25	0.22
001133 Orange	each	30	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
001131 Strawberry Craisins	each	30	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990348 Romaine Lettuce	1/4 Cup	35	3	0.00	0	0	0.00	0.00	0	0.52	0.26	0.00
001169 Tomato	serving	35	12	0.00	2	1	0.00	0.00	0	2.33	0.33	0.33
001139 Ketchup Packet (2)	2 packets	35	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
001140 Mayonnaise Packet	each	35	80	1.50	80	0	8.00	0.00	5	1.00	0.00	0.00
001141 Mustard Packet	each	35	0	0.00	65	0	0.00	0.00	0	0.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			794	7.21	1064	48	22.25	0.00	54	116.35	14.51	36.91
% of Calories				8.17%		24.2%	25.2%	0.0%		58.6%		18.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 01/31/2023

Reimbursable Meal Total 60

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
001228 Popcorn Chicken	serving	35	261	2.18	621	0	11.98	0.00	87	17.43	3.27	19.61
990559 Garlic Breadstick (1)	Breadstick	35	100	0.50	95	1	3.50	0.00	0	15.00	1.00	1.00
001170 Mini Corn Dogs	6 mini dogs	25	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
001158 Corn	1/2 cup	35	100	0.00	10	8	1.00	0.00	0	21.00	1.00	3.00
990728 Potato Wedges LS	3 oz serving	25	100	0.00	20	0	3.00	0.00	0	18.00	1.00	1.00
990275 Baby Carrots Package	3 oz Package	60	35	0.00	58	4	0.00	0.00	0	7.97	2.66	0.66
001157 Red Delicious Apple	each	30	90	0.00	0	16	0.00	0.00	0	22.00	4.00	0.00
990246 Strawberry Pomegranate Frozen Fruit Cup	4.4 oz	30	70	0.00	5	16	0.00	0.00	0	19.00	3.00	0.00
001139 Ketchup Packet (2)	2 packets	25	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
990741 Ranch Dressing Cup 2oz	2 oz	35	260	4.50	360	2	27.00	0.00	20	3.00	0.00	1.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			823	5.90	1120	52	32.03	0.00	85	106.72	11.73	27.60
% of Calories				6.45%		25.3%	35.0%	0.0%		51.9%		13.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 02/01/2023

Reimbursable Meal Total 60

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990575 Spicy Chicken Sandwich (Sub)	each	35	380	2.50	590	5	14.50	0.00	20	45.00	4.00	20.00
990306 Stuffed Crust Pepperoni Pizza	Slice	25	310	5.00	460	7	11.00	0.00	35	31.00	4.00	22.00
001158 Corn	1/2 cup	25	100	0.00	10	8	1.00	0.00	0	21.00	1.00	3.00
990458 Curly Fries	3oz Serving	35	130	0.50	290	0	5.00	0.00	0	21.00	1.00	1.00
001156 Granny Smith Apple	each	30	80	0.00	0	16	0.00	0.00	0	22.00	5.00	0.00
990617 Watermelon Craisins	each	30	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00
001266 Fudge Brownie	pieces	60	168	1.20	144	20	4.80	0.00	0	30.00	2.40	1.20
990348 Romaine Lettuce	1/4 Cup	35	3	0.00	0	0	0.00	0.00	0	0.52	0.26	0.00
001169 Tomato	serving	35	12	0.00	2	1	0.00	0.00	0	2.33	0.33	0.33
001139 Ketchup Packet (2)	2 packets	35	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
001140 Mayonnaise Packet	each	35	80	1.50	80	0	8.00	0.00	5	1.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			923	6.16	1179	75	26.26	0.00	35	143.75	11.75	32.06
% of Calories				6.01%		32.5%	25.6%	0.0%		62.3%		13.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 02/02/2023

Reimbursable Meal Total 60

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
990634 Chicken Alfredo WG (Sub Fajita)	Servings	25	640	5.92	679	6	15.45	0.00	97	89.57	6.80	38.07
990613 Chicken Strips	3 Pieces	35	190	2.00	380	1	9.00	0.00	35	14.00	2.00	16.00
990801 Garlic Knot Whole Grain	1 Knot 2oz	60	170	1.50	270	2	7.00	0.00	0	23.00	2.00	4.00
990290 Green Beans	.5 Cup	25	40	0.00	0	3	0.00	0.00	0	8.00	2.67	1.33
990728 Potato Wedges LS	3 oz serving	35	100	0.00	20	0	3.00	0.00	0	18.00	1.00	1.00
001133 Orange	each	30	80	0.00	0	14	0.00	0.00	0	21.00	7.00	1.00
990618 Raspberry Lemonade Craisins	each	30	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00
990339 BBQ Sauce Cup	1oz	35	35	0.00	370	7	0.00	0.00	0	8.00	0.00	0.00
001139 Ketchup Packet (2)	2 packets	35	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			875	5.39	1281	54	20.85	0.00	67	137.82	12.70	38.83
% of Calories				5.54%		24.7%	21.4%	0.0%		63.0%		17.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 02/03/2023

Reimbursable Meal Total 60

	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)
990667 Chili Cheese Fries (LS)	servings	25	368	8.23	529	1	18.98	0.00	77	24.95	2.03	19.49

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

	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)
001240 Dinner Roll Thaw N' Bake	roll	25	160	0.50	260	5	3.50	0.00	0	27.00	2.00	5.00
990599 Bacon Cheeseburger (LS & RS Cheese)	each	35	370	6.01	599	5	15.73	0.00	70	31.38	2.00	29.19
990458 Curly Fries	3oz Serving	35	130	0.50	290	0	5.00	0.00	0	21.00	1.00	1.00
990275 Baby Carrots Package	3 oz Package	25	35	0.00	58	4	0.00	0.00	0	7.97	2.66	0.66
001157 Red Delicious Apple	each	30	90	0.00	0	16	0.00	0.00	0	22.00	4.00	0.00
001130 Cherry Craisins	each	30	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
990348 Romaine Lettuce	1/4 Cup	35	3	0.00	0	0	0.00	0.00	0	0.52	0.26	0.00
001169 Tomato	serving	35	12	0.00	2	1	0.00	0.00	0	2.33	0.33	0.33
001139 Ketchup Packet (2)	2 packets	35	20	0.00	190	4	0.00	0.00	0	6.00	0.00	0.00
001140 Mayonnaise Packet	each	35	80	1.50	80	0	8.00	0.00	5	1.00	0.00	0.00
001141 Mustard Packet	each	35	0	0.00	65	0	0.00	0.00	0	0.00	0.00	0.00
990551 Chocolate FF Milk - Shamrock	Carton	50	130	0.00	180	24	0.00	0.00	5	25.00	0.00	8.00
990552 White 1% Milk - Shamrock	Carton	10	100	1.50	105	12	2.50	0.00	10	12.00	0.00	8.00
Weighted Daily Average			818	8.56	1235	52	26.55	0.00	82	108.60	7.88	36.29
% of Calories				9.42%		25.4%	29.2%	0.0%		53.1%		17.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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			844	6	1173	55	24.87	0.00	64	123.16	11.92	35.30

Planned Menu Spreadsheet

Portion Values

Jan 5, 2023 thru Feb 3, 2023

% of Calories				6.82%		26.1%	26.5%	0.0%		58.4%		16.7%
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**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.