

# Planned Menu Spreadsheet

## Portion Values

<b>Menu Name:</b>	Elementary School Lunch K-5	<b>Include Cost:</b>	No
<b>Site:</b>	3 - Driggs Elementary	<b>Report Style:</b>	Detailed
<b>Use Alternate Menu Name:</b>	No		

### Monday - 09/30/2024

**Reimbursable Meal Total 210**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000567 *CHICKEN PATTY/BUN ELEM	each	210	400	2.50	640	46.00
000802 *POTATO,PUFFS,FRZ,OVEN-HEATED	1/2 CUP	210	122	1.16	307	17.76
000443 *VEG,CALIFORNIA BLEND	1/2 CUP	210	25	0.00	25	5.05
000438 *FRUIT,PEARS,CND,LT SYRUP	1/2 CUP	100	73	0.00	6	19.37
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	110	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			743	3.90	1145	108.52
% of Calories				4.72%		58.4%
Weekly Nutrient Guideline			550 - 650	<10	1110	

### Tuesday - 10/01/2024

**Reimbursable Meal Total 210**

# Planned Menu Spreadsheet

## Portion Values

Sep 30, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001486 *NACHOS W/Beef Taco Meat:Elem	SERV	210	331	3.75	549	34.75
990051 *VEG,CORN,FRZ,CKD	3/4 Cup	210	109	0.15	4	25.65
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	210	61	0.05	1	15.66
001597 *DESSERT,JONNY POPS	EACH	210	50	0.25	25	10.49
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			680	4.41	747	108.83
% of Calories				5.84%		64.0%
Weekly Nutrient Guideline			550 - 650	<10	1110	

Wednesday - 10/02/2024

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000935 *CHICKEN CHUNKS:TYSON70362	SERV (5 EACH)	210	160	1.50	270	10.00
990070 *VEG,CARROT/CELERY STICKS,FRSH	3/4 CUP	210	21	0.04	77	4.58
001371 *VEG,BAKED BEANS	.5 cup	185	157	0.20	318	35.34
000799 *ROLLS,WH WHEAT	EACH	210	121	0.33	181	20.82
001105 *FRUIT,MANDARINS	1/2 cup	100	25	0.00	10	4.98

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	110	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			613	2.28	983	99.40
% of Calories				3.35%		64.9%
Weekly Nutrient Guideline			550 - 650	<10	1110	

Thursday - 10/03/2024

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001627 *PIZZA RIPPERS,CHEESE	EACH	210	270	4.50	470	28.00
000139 *SALAD,TOSSED,NO DRESSING:ELEM	1.25 CUP	210	20	0.03	5	4.01
000092 *FRUIT,PINEAPPLE,CND, LT SYRUP	1/2 Cup	100	66	0.01	1	17.18
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	110	61	0.05	1	15.66
000534 *COOKIE,CHOC CHIP	#40 SCOOP	210	167	3.41	99	20.74
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			650	8.18	744	91.43
% of Calories				11.33 %		56.3%
Weekly Nutrient Guideline			550 - 650	<10	1110	

### Monday - 10/07/2024

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000464 *HAMBURGER W/BUN	serving	210	333	6.11	286	30.00
990051 *VEG,CORN,FRZ,CKD	3/4 Cup	210	109	0.15	4	25.65
001371 *VEG,BAKED BEANS	.5 cup	210	157	0.20	318	35.34
000092 *FRUIT,PINEAPPLE,CND, LT SYRUP	1/2 Cup	100	66	0.01	1	17.18
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	110	61	0.05	1	15.66
001541 *DESSERT,RICE KRISPY TRT:ELEM/TMS	EACH	210	80	0.84	30	15.00
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			872	7.53	809	144.66
% of Calories				7.77%		66.4%
Weekly Nutrient Guideline			550 - 650	<10	1110	

# Planned Menu Spreadsheet

## Portion Values

Sep 30, 2024 thru Nov 1, 2024

### Tuesday - 10/08/2024

### Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990156 *PIGS IN A BLANKET:ELEM	EACH	210	256	7.09	472	14.77
000500 *POTATO,WEDGE	1/2 cup	210	91	0.05	29	20.51
990146 *VEG,CARROT STICKS,FRESH	3/4 Cup	210	38	0.03	63	8.77
000437 *FRUIT,PEACHES,CANNED,LT SYRUP	1/2 Cup	100	65	0.00	6	17.49
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	110	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			577	7.41	737	82.87
% of Calories				11.56 %		57.4%
Weekly Nutrient Guideline			550 - 650	<10	1110	

### Wednesday - 10/09/2024

### Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000718 *CHILI	1 CUP	210	175	2.37	328	17.59
000232 *CRACKERS,SALTINE	1 PKG	210	25	0.00	90	5.00
000932 *CHEESE-MOZZ.-STRING CHEESE	Each	210	81	3.04	192	1.01

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000543 *FRUIT,APPLESAUCE,CN D,UNSWTND	1/2 Cup	210	58	0.00	10	14.52
000154 *CINNAMON ROLLS	1.5 oz	210	190	1.15	172	30.48
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			659	6.77	961	90.89
% of Calories				9.25%		55.2%
Weekly Nutrient Guideline			550 - 650	<10	1110	

**Thursday - 10/10/2024**

**Reimbursable Meal Total 210**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001622 *MOZZ FILLED BREADSTICK:TFS	SERV (2 EACH)	210	279	3.98	537	29.84
001623 *MARINARA SAUCE	SERV (2 OZ)	210	36	0.23	259	5.44
001585 *SALAD:SUPERMAN:ELE M/TMS	1 CUP	210	70	0.64	78	5.98
001105 *FRUIT,MANDARINS	1/2 cup	100	25	0.00	10	4.98
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	110	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			558	5.08	1048	74.13
% of Calories				8.19%		53.1%
Weekly Nutrient Guideline			550 - 650	<10	1110	

### Monday - 10/14/2024

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001512 *LETTUCE ROMAINE	SERV	210	16	0.04	8	3.09
990199 Ham, 97% Fat Free,Cooked,Diced	1.22oz	210	38	1.02	236	2.03
990197 Cheese,Cheddar,Shred	.25 cup	210	114	5.33	184	0.95
990195 Veg,Carrot,Raw,Shred	.25	200	11	0.01	19	2.63
990193 Cucumber,peeled,raw	.25	200	1	0.01	0	0.32
990196 Tomato:Grape	3 each	100	30	0.00	0	6.00
990192 *VEG,BLACK BEANS,SEASONED	.25 cup	35	66	0.04	102	11.91
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	210	61	0.05	1	15.66
001526 *CRACKERS,GRAHAMS,SCOOBY	EACH	210	120	1.00	115	21.00
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			516	7.67	748	72.68
% of Calories				13.38 %		56.3%
Weekly Nutrient Guideline			550 - 650	<10	1110	

### Tuesday - 10/15/2024

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001279 *LASAGNA W/GRND BEEF	SERVINGS	210	229	3.83	336	18.59
001436 *BREAD,GARLIC:TFS	EACH	210	100	1.00	135	13.00
990050 *VEG.GREEN BEANS,CND,CKD	1/2 Cup	210	10	0.00	92	1.96
000248 *FRUIT,APRICOTS,CND,L T SYRUP	1/2 Cup	100	79	0.00	5	20.65
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	110	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			539	5.07	735	73.88
% of Calories				8.47%		54.8%
Weekly Nutrient Guideline			550 - 650	<10	1110	

### Wednesday - 10/16/2024

Reimbursable Meal Total 210



# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990165 *ORANGE CHICKEN:TYSON POPCORN	serving (12pcs)	210	298	2.50	383	28.16
000198 *RICE,BROWN,CKD	1/2 CUP	210	93	0.00	95	19.14
990075 *VEG,BROCCOLI,STEAMED	3/4 CUP	210	15	0.03	14	2.69
000106 *CHEESE SAUCE,CHEDDAR:PIONEER	2 oz	105	3	0.10	22	0.34
000092 *FRUIT,PINEAPPLE,CND,LT SYRUP	1/2 Cup	100	66	0.01	1	17.18
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	110	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			602	2.83	673	88.84
% of Calories				4.23%		59.0%
Weekly Nutrient Guideline			550 - 650	<10	1110	

**Thursday - 10/17/2024**

**Reimbursable Meal Total 210**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001627 *PIZZA RIPPERS,CHEESE	EACH	210	270	4.50	470	28.00
000139 *SALAD,TOSSED,NO DRESSING:ELEM	1.25 CUP	210	20	0.03	5	4.01

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001105 *FRUIT,MANDARINS	1/2 cup	100	25	0.00	10	4.98
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	110	61	0.05	1	15.66
000534 *COOKIE,CHOC CHIP	#40 SCOOP	210	167	3.41	99	20.74
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			631	8.17	748	85.62
% of Calories				11.65 %		54.3%
Weekly Nutrient Guideline			550 - 650	<10	1110	

### Monday - 10/21/2024

**Reimbursable Meal Total 210**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990117 *ENTREE:MACARONI & CHEESE:JTM:ELEM/TMS	6 OZ	210	317	8.90	781	28.00
000799 *ROLLS,WH WHEAT	EACH	210	121	0.33	181	20.82
990075 *VEG,BROCCOLI,STEAM ED	3/4 CUP	210	15	0.03	14	2.69
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	100	61	0.05	1	15.66
001484 *FRUIT,SIDEKICKS	EACH (1/2 CUP)	110	90	0.00	30	22.00
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			659	9.49	1162	92.79
% of Calories				12.96 %		56.3%
Weekly Nutrient Guideline			550 - 650	<10	1110	

### Tuesday - 10/22/2024

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001581 *SANDWICH,HAM	EACH	210	181	1.00	772	22.52
001389 *CHIP ASST.	each	210	118	0.62	171	15.38
990146 *VEG,CARROT STICKS,FRESH	3/4 Cup	210	38	0.03	63	8.77
001105 *FRUIT,MANDARINS	1/2 cup	100	25	0.00	10	4.98
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	110	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			510	1.90	1181	79.52
% of Calories				3.35%		62.4%
Weekly Nutrient Guideline			550 - 650	<10	1110	

### Wednesday - 10/23/2024

Reimbursable Meal Total 210

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001403 *TACO,SOFT,W/SEAS MIX:ELEM	1 EACH	210	262	6.88	459	15.19
001404 *VEG,REFRIED BEANS	1/2 CUP	210	140	0.00	143	24.01
000240 *VEG,CORN,FRZ,CKD	1/2 CUP	210	60	0.08	2	14.08
000543 *FRUIT,APPLESAUCE,CN D,UNSWTND	1/2 Cup	100	58	0.00	10	14.52
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	110	61	0.05	1	15.66
001291 *DESSERT,JELLO	1/2 CUP	210	72	0.00	90	17.39
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			723	7.20	868	108.08
% of Calories				8.96%		59.8%
Weekly Nutrient Guideline			550 - 650	<10	1110	

Thursday - 10/24/2024

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000599 *WAFFLES	1.4 oz	210	110	0.50	220	19.00
990078 *FRUIT,STRAWBERRIES, FRZ,TOPP	1/4 Cup	210	19	0.00	1	5.04
000622 *SAUSAGE PATTY	each	210	85	2.00	232	0.40

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## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000624 *POTATO,HASHBROWN PATTY	3/4 CUP	210	195	3.00	195	21.00
990147 *KETCHUP PCS	EACH	210	10	0.00	85	2.00
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	210	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			610	5.76	903	85.39
% of Calories				8.50%		56.0%
Weekly Nutrient Guideline			550 - 650	<10	1110	

### Monday - 10/28/2024

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000567 *CHICKEN PATTY/BUN ELEM	each	210	400	2.50	640	46.00
000802 *POTATO,PUFFS,FRZ,OV EN-HEATED	1/2 CUP	210	122	1.16	307	17.76
000443 *VEG,CALIFORNIA BLEND	1/2 CUP	210	25	0.00	25	5.05
000438 *FRUIT,PEARS,CND,LT SYRUP	1/2 CUP	100	73	0.00	6	19.37
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	110	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			743	3.90	1145	108.52
% of Calories				4.72%		58.4%
Weekly Nutrient Guideline			550 - 650	<10	1110	

### Tuesday - 10/29/2024

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001486 *NACHOS W/Beef Taco Meat:Elem	SERV	210	331	3.75	549	34.75
990051 *VEG,CORN,FRZ,CKD	3/4 Cup	210	109	0.15	4	25.65
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	210	61	0.05	1	15.66
001597 *DESSERT,JONNY POPS	EACH	210	50	0.25	25	10.49
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			680	4.41	747	108.83
% of Calories				5.84%		64.0%
Weekly Nutrient Guideline			550 - 650	<10	1110	

### Wednesday - 10/30/2024

Reimbursable Meal Total 210

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000935 *CHICKEN CHUNKS:TYSON70362	SERV (5 EACH)	210	160	1.50	270	10.00
990070 *VEG,CARROT/CELERY STICKS,FRSH	3/4 CUP	210	21	0.04	77	4.58
001371 *VEG,BAKED BEANS	.5 cup	185	157	0.20	318	35.34
000799 *ROLLS,WH WHEAT	EACH	210	121	0.33	181	20.82
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	210	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			630	2.30	978	104.49
% of Calories				3.29%		66.3%
Weekly Nutrient Guideline			550 - 650	<10	1110	

Thursday - 10/31/2024

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001627 *PIZZA RIPPERS,CHEESE	EACH	210	270	4.50	470	28.00
000139 *SALAD,TOSSED,NO DRESSING:ELEM	1.25 CUP	210	20	0.03	5	4.01
000438 *FRUIT,PEARS,CND,LT SYRUP	1/2 CUP	100	73	0.00	6	19.37
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	110	61	0.05	1	15.66

# Planned Menu Spreadsheet

## Portion Values

Sep 30, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000534 *COOKIE,CHOC CHIP	#40 SCOOP	210	167	3.41	99	20.74
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	180	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			653	8.18	747	92.47
% of Calories				11.27 %		56.6%
Weekly Nutrient Guideline			550 - 650	<10	1110	

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
Weighted Averages	642	6	890	95.09
% of Calories		7.88%		59.2%

- \*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
- <sup>1</sup>** - denotes required nutrient values
- <sup>2</sup>** - 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.