

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

Menu Name: DINNER K-12 18-19

Include Cost: Yes

Site: All Sites

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 1

	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)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001767 CHICKEN STRIPS	2 PIECES	0	190	2.50	410	0	9.00	*N/A*	35	13.00	0.00	13.00	0	20.0	0.00	1.08	\$0.132
001744 MASHED POTATOES,IDAHO, 1/3 CUP	.33 cup	0	28	0.00	112	*N/A*	0.36	*0.00	0	6.05	0.36	0.71	37	8.0	1.28	0.13	\$0.052
001177 GRAVY MIX, COUNTRY,.25 CUP	.25 CUP	0	43	0.94	276	*N/A*	1.89	*0.00	0	5.67	0.00	0.00	0	1.1	0.00	0.35	\$0.055
001732 BROCCOLI: Seasoned 1/3 CUP	1/3 CUP	0	17	0.01	7	1	0.07	0.00	0	3.28	1.84	1.90	619	20.2	24.57	0.37	\$0.000
001357 ROLL, HONEY WHEAT, 2 OZ./57g/S	ROLL	0	139	0.00	239	*N/A*	1.99	0.00	0	26.86	2.98	4.97	0	19.9	0.00	1.43	\$0.206
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 12/04/2018

Reimbursable Meal Total 1

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

	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)	Cost
000783 ENCHILADA, CHEESE ROLLED	SERVING-2	0	330	10.00	290	*N/A*	17.00	*N/A*	50	29.00	2.00	15.00	500	450.0	0.00	1.08	\$0.000
900060 REFRIED BEANS	1/3 CUP	0	160	0.86	482	*2	3.62	*0.00	2	23.49	7.07	9.09	16	105.2	1.08	2.30	\$0.355
001739 SPANISH RICE-BrownRice,1/3cup	1/3 Cup	0	83	0.20	69	*0	1.27	*0.00	0	15.64	1.07	1.79	195	*14.3	7.26	0.58	\$0.085
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	0.00	0.00	0	*0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 12/05/2018

Reimbursable Meal Total 1

	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)	Cost
001777 CALZONE	SERVING	0	331	6.85	389	*1	15.81	*0.00	64	31.93	*1.49	14.15	1813	253.7	0.00	4.70	\$0.245
001079 CHIPS, BAKED, ORIGINAL, LAY'S,	BAG, 1-1/8 oz	0	130	0.00	200	*N/A*	2.00	0.00	0	26.00	2.00	2.00	0	20.0	2.40	0.36	\$0.441
000671 PICKLE SPEARS, KOSHER DILL	SPEAR	0	0	0.00	220	*N/A*	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

	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)	Cost
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	*0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 12/06/2018

Reimbursable Meal Total 1

	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)	Cost
000327 CHICKEN FRIED STEAK	1 - 4oz. STEAK	0	357	7.17	637	*1	22.21	*0.05	98	11.45	0.40	25.99	73	34.6	0.04	3.00	\$0.029
001744 MASHED POTATOES, IDAHO, 1/3 CUP	.33 cup	0	28	0.00	112	*N/A*	0.36	*0.00	0	6.05	0.36	0.71	37	8.0	1.28	0.13	\$0.052
001177 GRAVY MIX, COUNTRY, .25 CUP	.25 CUP	0	43	0.94	276	*N/A*	1.89	*0.00	0	5.67	0.00	0.00	0	1.1	0.00	0.35	\$0.055
001736 CARROTS, STEAMED 1/3 CUP	.33 CUP	0	77	0.37	121	*7	2.00	0.34	0	14.52	*4.23	1.41	25342	50.1	*8.92	0.46	\$0.273
000330 BUTTERED TEXAS TOAST	1 SLICE	0	128	0.78	253	*2	4.50	*0.00	0	18.20	0.77	3.80	163	19.6	0.01	1.37	\$0.000
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	*0.00	0.00	0	0.0	*0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

Friday - 12/07/2018

Reimbursable Meal Total 1

	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)	Cost
001756 BLANK	EACH	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*	\$0.000
Weighted Daily Average			0	0	0	0	0	0	0	0	0	0	0	0	0	0	\$0.000
% of Calories				0%		0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Monday - 12/10/2018

Reimbursable Meal Total 1

	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)	Cost
000895 BEEF TACO-2 EA,90/10,2-m/ma/1g	2 EACH	0	263	4.52	263	*1	12.91	*0.04	40	20.04	2.92	18.29	2388	102.7	7.31	2.21	\$0.555
900028 CHICKEN TACO	2 EACH	0	249	3.56	434	*2	7.84	*0.04	46	19.87	2.70	24.40	499	100.0	4.28	1.84	\$0.066
001406 PINTO BEANS, 1/3 cup	.33	0	89	0.06	10	*1	0.32	*0.00	0	16.10	3.99	5.51	0	33.6	1.62	1.33	\$0.059
000967 SOUR CREAM, GRADE A, 18%,PAST/	PACKET-1 OZ	0	60	3.00	50	*N/A*	5.00	0.00	20	2.00	0.00	1.00	200	40.0	0.00	0.00	\$0.135
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000

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Portion Values

Dec 3, 2018 thru Dec 21, 2018

	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)	Cost
001378 MILK, FF SKIM,CHOCOLATE	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 12/11/2018

Reimbursable Meal Total 1

	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)	Cost
001638 FISH SANDWICH ON BUN	EACH	0	408	2.39	662	*N/A*	13.57	*N/A*	20	51.93	*1.00	20.27	0	0.0	2.40	3.56	\$0.299
001549 TATER TOTS, ROUNDS: 1/2 CUP/8ea	1/2 CUP	0	122	1.52	251	*N/A*	6.10	0.00	0	15.24	1.52	1.52	8	0.0	2.74	0.55	\$0.064
000116 VEG BLND, MIXED VEGETABLES	SERVING-1/3 CUP	0	35	0.00	45	*N/A*	0.00	*N/A*	0	6.56	1.51	1.51	505	0.0	2.42	0.18	\$0.000
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATE	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	*0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 12/12/2018

Reimbursable Meal Total 1

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

	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)	Cost
001802 PIZZA, VARIETY	1 SLICE	0	435	*6.30	1082	*0	*13.11	*0.00	*38	57.43	*2.80	22.01	*562	*15.7	*25.46	*0.80	\$1.244
001425 CORN, YELLOW, .25 CUP	.25 CUP	0	50	0.00	6	*N/A*	0.63	*0.00	0	11.97	0.63	1.89	0	0.1	1.51	0.00	\$0.145
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	*0.00	0	*0	*0.00	*0.00	*0	0.00	*0.00	0.00	*0	*0.0	*0.00	*0.00	\$0.000
% of Calories				*0%		*0%	*0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 12/13/2018

Reimbursable Meal Total 1

	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)	Cost
000392 SALISBURY STEAK	2.7oz.	0	179	4.97	268	1	12.92	0.00	94	3.98	0.99	12.92	99	19.9	1.19	1.43	\$0.000
001744 MASHED POTATOES, IDAHO, 1/3 CUP	.33 cup	0	28	0.00	112	*N/A*	0.36	*0.00	0	6.05	0.36	0.71	37	8.0	1.28	0.13	\$0.052
990034 CAULIFLOWER: frozen, steamed	1/3 CUP	0	11	0.02	11	1	0.13	0.00	0	2.25	1.62	0.96	6	10.2	18.76	0.25	\$0.000
001357 ROLL, HONEY WHEAT, 2 OZ./57g/S	ROLL	0	139	0.00	239	*N/A*	1.99	0.00	0	26.86	2.98	4.97	0	19.9	0.00	1.43	\$0.206
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000

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Dec 3, 2018 thru Dec 21, 2018

	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)	Cost
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Monday - 12/17/2018

Reimbursable Meal Total 1

	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)	Cost
001578 STEAKFINGERS	4 Pieces	0	359	9.80	801	*N/A*	26.28	*N/A*	56	16.27	0.64	17.31	65	10.2	0.03	2.23	\$0.000
001771 FRIES, STEAK .25 CUP (5 FRIES)	.25 CUP	0	67	0.00	240	1	2.00	0.00	0	12.01	1.33	1.33	0	0.0	4.00	0.24	\$0.000
001742 PEAS, SEASONED 1/3 CUP	1/3 CUP	0	116	0.07	109	*N/A*	0.42	0.00	0	21.35	8.23	7.71	3143	35.6	14.79	2.36	\$0.000
001357 ROLL, HONEY WHEAT, 2 OZ./57g/S	ROLL	0	139	0.00	239	*N/A*	1.99	0.00	0	26.86	2.98	4.97	0	19.9	0.00	1.43	\$0.206
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 12/18/2018

Reimbursable Meal Total 1

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

	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)	Cost
990046 BEEF FAJITAS	serving (2ea)	0	136	1.73	466	*6	4.26	*0.00	30	12.41	*2.73	12.20	*1341	25.1	*85.18	7.12	\$0.558
000204 CHICKEN FAJITAS	serving (2ea)	0	123	1.06	413	*6	2.92	0.00	30	12.41	2.73	12.20	1341	23.7	85.18	0.69	\$0.558
001406 PINTO BEANS, 1/3 cup	.33	0	89	0.06	10	*1	0.32	*0.00	0	16.10	3.99	5.51	0	33.6	1.62	1.33	\$0.059
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	*0.00	0.00	*0	0.0	*0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 12/19/2018

Reimbursable Meal Total 1

	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)	Cost
001767 CHICKEN STRIPS	2 PIECES	0	190	2.50	410	0	9.00	*N/A*	35	13.00	0.00	13.00	0	20.0	0.00	1.08	\$0.132
001744 MASHED POTATOES, IDAHO, 1/3 CUP	.33 cup	0	28	0.00	112	*N/A*	0.36	*0.00	0	6.05	0.36	0.71	37	8.0	1.28	0.13	\$0.052
001177 GRAVY MIX, COUNTRY, .25 CUP	.25 CUP	0	43	0.94	276	*N/A*	1.89	*0.00	0	5.67	0.00	0.00	0	1.1	0.00	0.35	\$0.055
000116 VEG BLND, MIXED VEGETABLES	SERVING-1/3 CUP	0	35	0.00	45	*N/A*	0.00	*N/A*	0	6.56	1.51	1.51	505	0.0	2.42	0.18	\$0.000
000330 BUTTERED TEXAS TOAST	1 SLICE	0	128	0.78	253	*2	4.50	*0.00	0	18.20	0.77	3.80	163	19.6	0.01	1.37	\$0.000

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

	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)	Cost
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATEvit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

- *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- * - denotes combined nutrient totals with either missing or incomplete nutrient data
- ¹ - denotes required nutrient values
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.