

Planned Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

Menu Name: LUNCH K-12 18-19
Site: 1 - New Mexico School f/t Blind and Visually Impaired

Include Cost: No
Report Style: Detailed

Monday - 04/01/2019

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)
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
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
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
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
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
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
% of Calories				*0%		*0%	*0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 04/02/2019

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)
001691 SALMON, GRILLED	Portion	0	120	0.50	280	0	3.50	0.00	65	1.00	0.00	21.00	100	20.0	0.00	0.72
001625 FISH NUGGETS	4 Pcs.	0	260	2.00	910	*N/A*	13.00	*N/A*	40	21.00	1.00	16.00	*N/A*	20.0	2.40	1.80
001431 POTATO SALAD-.25 CUP	.25 CUP	0	80	0.62	150	*1	3.73	*0.00	3	11.14	1.23	1.14	44	9.4	10.43	0.46

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Apr 1, 2019 thru Apr 30, 2019

	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)
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
000831 CHEESE SAUCE	SERV/ 2 OZ	0	50	1.51	323	*N/A*	2.55	*0.00	5	5.03	0.00	2.01	101	61.3	*0.00	0.00
001072 BREADSTICKS, PARBAKED	1 STICK	0	120	0.00	220	1	0.50	0.00	0	25.00	1.00	5.00	0	20.0	0.00	*N/A*
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 04/03/2019

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001356 MEAT LOAF-3/4 in slice-1oz M	3/4" SLICE	0	178	0.91	123	*1	8.23	*0.00	30	7.96	1.36	17.24	126	33.3	1.68	1.07
990039 GRILLED CHICKEN BREAST, COOKED	SERVING	0	140	0.50	790	*N/A*	3.00	*N/A*	70	2.00	*N/A*	24.00	*N/A*	15.0	*N/A*	0.70
001308 MASHED SWEET POTATOES	.5 CUP	0	31	0.50	45	*0	2.75	*0.00	0	1.40	0.10	0.10	374	2.9	0.45	0.03
000051 SPINACH: frozen,boiled	CUP	0	65	0.30	184	1	1.65	0.00	0	9.12	7.03	7.62	22916	290.7	4.18	3.72
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
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

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Apr 1, 2019 thru Apr 30, 2019

	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)
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 04/04/2019

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000219 GREEN CHILE CHICK ENCHILADA	SERVING	0	355	9.66	700	*0	21.45	*0.00	97	12.19	1.33	27.14	746	*328.1	7.06	0.83
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
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
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
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
001383 Guacamole, Southwestern,.25cup	.25 cup	0	24	0.24	57	*N/A*	2.13	0.00	0	1.42	0.47	0.47	0	0.0	1.13	0.00
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
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
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

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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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000177 SALSA-TERI'S	OZ	0	5	0.00	174	*0	0.02	*0.00	0	1.24	0.31	0.14	126	10.0	8.58	0.35
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 04/05/2019

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)
900065 STROMBOLI	SERVINGS	0	232	3.78	533	*1	7.55	*0.00	46	20.94	0.82	17.06	227	208.4	0.02	1.81
001729 GREEN BEANS:Seasoned 1/3 CUP	1/3 CUP	0	11	0.00	5	*0	0.00	0.00	0	1.78	0.89	0.44	89	9.0	0.53	0.16
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 04/08/2019

Reimbursable Meal Total 1

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Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
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
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
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
000908 GRAVY, BROWN, PIONEER .25cup	.25 CUP	0	14	0.00	284	*0	0.00	*0.00	0	2.83	0.00	0.94	0	1.3	0.00	0.00
001803 BRUSSEL SPROUTS PARM. .33 CUP	.33 CUP	0	62	0.70	139	*2	1.46	*0.04	4	7.41	1.92	4.45	294	98.6	28.90	0.35
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
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 04/09/2019

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990040 CHICKEN SALAD NUTS & GRAPES,LL	EACH	0	219	2.47	224	*4	13.43	*0.00	57	7.62	0.85	17.33	196	20.1	1.36	0.94
001023 CLUB SAND,WHEAT, 3oz M/MA	SANDWICH	0	320	3.20	1096	*1	11.04	0.00	33	33.26	*4.36	25.07	666	155.2	3.49	*1.92
001807 FRIES, WAFFLE FRIES, SWEET POT	3 OZ.	0	140	1.00	80	0	5.00	0.00	0	22.00	3.00	2.00	0	0.0	3.60	0.72

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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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001745 COLESLAW - BASIC, 1/3 CUP	CUP	0	50	0.62	74	*2	3.69	0.00	3	4.46	1.29	0.62	1431	19.7	15.98	0.22
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 04/10/2019

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)
900039 LASAGNA WITH GROUND BEEF	SERVINGS	0	380	8.69	348	*3	18.48	*0.75	64	27.87	2.60	24.06	853	308.4	9.43	3.58
900063 SPAGHETTI AND MEAT SAUCE	1 CUP	0	348	4.56	501	*4	12.37	*0.66	52	37.37	2.58	20.93	264	55.4	5.46	4.22
990037 CAPRI BLEND VEGETABLE	1/3 CUP	0	7	0.00	6	1	0.00	0.00	0	1.10	0.28	*N/A*	*N/A*	*N/A*	*N/A*	6.61
001072 BREADSTICKS, PARBAKED	1 STICK	0	120	0.00	220	1	0.50	0.00	0	25.00	1.00	5.00	0	20.0	0.00	*N/A*
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
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

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Apr 1, 2019 thru Apr 30, 2019

	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)
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
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
% of Calories				0%		*0%	0%	*0%		0%		*0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 04/11/2019

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)
001806 PANINI, HAM AND CHEESE	HALF SANDWICH	0	221	2.15	466	*0	7.96	*0.00	*13	29.17	*0.27	8.82	*287	*77.2	*5.26	*10.90
001805 PANINI, TURKEY AND CHEESE	HALF SANDWICH	0	283	3.44	732	*0	10.54	*0.00	*29	30.76	*0.27	15.28	*387	*152.2	*5.26	*11.04
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
000957 CARROTS, GLAZED 1/4 CUP	.25 CUP	0	44	0.41	163	*4	2.27	*0.00	0	5.95	1.19	0.30	6743	14.4	1.68	0.16
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 04/12/2019

Reimbursable Meal Total 1

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Apr 1, 2019 thru Apr 30, 2019

	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)
900067 TACO SALAD	SERVINGS	0	173	4.00	326	*2	10.27	*0.50	42	4.65	1.23	15.35	594	86.4	5.00	*1.91
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
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
001383 Guacamole, Southwestern,.25cup	.25 cup	0	24	0.24	57	*N/A*	2.13	0.00	0	1.42	0.47	0.47	0	0.0	1.13	0.00
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
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
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
000177 SALSA-TERI'S	OZ	0	5	0.00	174	*0	0.02	*0.00	0	1.24	0.31	0.14	126	10.0	8.58	0.35
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 04/15/2019

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)
000891 CORN DOG ON STICK	EACH	0	280	4.50	570	*N/A*	14.00	0.00	50	32.00	1.00	10.00	0	80.0	1.20	1.80
000162 HOT DOG ON A BUN:turkey hot	SERVING	0	258	3.34	979	*N/A*	12.04	*N/A*	61	25.84	*0.00	13.10	0	80.1	0.00	2.48
001556 CHILI CON CARNE W/ BEANS-1/4 C	1/4 CUP	0	98	1.87	114	*1	5.09	*0.27	22	6.20	1.73	7.54	503	28.5	6.26	1.73

Planned Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
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
001729 GREEN BEANS:Seasoned 1/3 CUP	1/3 CUP	0	11	0.00	5	*0	0.00	0.00	0	1.78	0.89	0.44	89	9.0	0.53	0.16
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 04/16/2019

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)
000669 ASIAN BARBECUE TURKEY-2OZ	2-OZ	0	107	*0.01	1164	*0	*0.85	*0.00	*16	9.84	*0.26	*14.80	*104	*5.3	*1.61	*0.84
001592 ORANGE CHICKEN	3 oz.	0	283	2.00	720	*8	13.00	*0.00	25	24.41	2.03	16.03	*4	20.8	*2.06	1.09
001748 FRIED RICE-1/3 Cup	1/3 CUP	0	303	0.79	186	*1	2.92	*0.01	64	59.21	1.54	8.08	1201	35.6	1.62	3.58
000976 EGG ROLL, PORK & VEGETABLE	ROLL	0	180	2.00	450	*N/A*	9.00	0.00	15	19.00	2.00	7.00	500	20.0	1.20	1.08
001719 FORTUNE COOKIE	EACH	0	30	0.05	2	4	0.22	*N/A*	0	6.72	0.13	0.34	0	1.0	0.00	0.12
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
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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
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
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
% of Calories				*0%		*0%	*0%	*0%		0%		*0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 04/17/2019

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)
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
001607 TUNA SALAD SANDWICH	SERVINGS	0	349	1.28	819	*3	14.15	*0.04	32	35.40	4.56	24.36	152	21.4	1.28	2.19
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
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
000980 Tartar Sauce, Ss, Shelf Stable	PACKET	0	35	0.50	110	*N/A*	3.50	*N/A*	5	2.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
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
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
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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 04/18/2019

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)
001709 NACHOS, SUPER	SERVINGS	0	452	5.03	1444	*2	23.99	*0.03	35	41.55	3.67	15.97	658	176.7	*7.46	*2.36
001810 JICAMA, SLICES, .33 CUP	.33 CUP	0	15	0.00	2	*N/A*	0.00	0.00	0	3.63	1.32	0.33	0	0.0	7.92	0.24
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
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
001383 Guacamole, Southwestern,.25cup	.25 cup	0	24	0.24	57	*N/A*	2.13	0.00	0	1.42	0.47	0.47	0	0.0	1.13	0.00
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

Tuesday - 04/23/2019

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)
990029 FRIED CHICKEN	SERVING	0	280	4.50	720	*N/A*	20.00	0.00	60	7.00	0.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*
001757 CHICKEN, BBQ (RAW, BONELESS)	PORTIONS	0	185	2.21	337	*9	7.98	0.00	50	11.56	0.26	14.23	194	17.4	0.17	0.98
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
001385 GRAVY MIX, COUNTRY, .125 CUP	.125 CUP	0	21	0.47	138	*N/A*	0.94	*0.00	0	2.84	0.00	0.00	0	0.5	0.00	0.17
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
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
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 04/24/2019

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)
001429 BEAR BURGER, 80/10, 2 OZ	EACH	0	306	4.36	226	*N/A*	13.10	*N/A*	64	25.00	*0.00	22.75	0	27.6	0.00	2.98

Planned Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
000162 HOT DOG ON A BUN:turkey hot	SERVING	0	258	3.34	979	*N/A*	12.04	*N/A*	61	25.84	*0.00	13.10	0	80.1	0.00	2.48
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
001531 MACARONI SALAD, .25 CUP	.25 CUP	0	70	0.26	283	*1	2.56	*0.01	2	10.31	0.53	1.74	202	9.2	0.23	0.46
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 04/25/2019

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000960 CHICKEN ALFREDO	SERVING	0	394	4.40	564	*2	10.54	*0.00	105	46.48	2.11	27.02	313	362.8	13.02	2.53
001579 CHICKEN MANICOTTI	2 EA	0	382	7.90	972	*N/A*	16.58	*N/A*	*105	36.65	1.60	22.37	1068	228.4	13.90	1.94
001687 ASPARAGUS SPEARS, ROASTED	4 spears	0	83	1.00	16	*1	6.91	*0.00	0	4.11	1.68	2.32	573	29.0	4.40	1.74
001072 BREADSTICKS, PARBAKED	1 STICK	0	120	0.00	220	1	0.50	0.00	0	25.00	1.00	5.00	0	20.0	0.00	*N/A*
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
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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 04/26/2019

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)
990027 CHIMICHANGA	EACH	0	340	4.50	560	*N/A*	14.00	0.00	25	40.00	2.00	12.00	200	100.0	4.80	2.70
000831 CHEESE SAUCE	SERV/ 2 OZ	0	50	1.51	323	*N/A*	2.55	*0.00	5	5.03	0.00	2.01	101	61.3	*0.00	0.00
001434 REFRIED BEANS, .25 CUP	.25 CUP	0	65	0.25	180	*N/A*	1.00	0.00	0	12.00	3.00	3.00	0	20.0	0.00	0.90
001733 CAL VEGETABLE BLEND, 1/3 Cup	1/3 CUP	0	53	*N/A*	44	*N/A*	*N/A*	*N/A*	*N/A*	8.79	3.52	3.52	5276	35.2	52.76	0.63
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
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
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
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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
000177 SALSA-TERI'S	OZ	0	5	0.00	174	*0	0.02	*0.00	0	1.24	0.31	0.14	126	10.0	8.58	0.35
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
% of Calories				*0%		*0%	*0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 04/29/2019

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001254 CHICKEN CHUNKS, WG, 5 PIECE	SERVING-5	0	200	2.00	520	0	10.00	0.00	35	14.00	*N/A*	14.00	100	20.0	1.20	0.72
001625 FISH NUGGETS	4 Pcs.	0	260	2.00	910	*N/A*	13.00	*N/A*	40	21.00	1.00	16.00	*N/A*	20.0	2.40	1.80
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
001734 BEANS, BAKED 1/3 CUP	1/3 CUP	0	93	0.00	366	*N/A*	0.67	0.00	0	19.31	3.33	4.00	67	26.6	0.00	1.20
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
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
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
000126 TARTAR SAUCE: scratch	2 TBSP	0	125	1.32	170	*3	12.21	*0.00	9	4.34	0.19	0.30	170	6.0	0.58	0.21
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

Tuesday - 04/30/2019

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)
900044 MEAT LOAF	3/4" SLICE	0	206	4.36	121	*1	11.83	*0.62	67	7.96	1.35	16.28	136	44.0	1.68	2.23
001680 MEATBALLS	3 OZ.	0	240	8.00	520	0	19.00	1.00	50	5.00	1.00	14.00	0	40.0	1.20	1.80
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
000908 GRAVY, BROWN, PIONEER .25cup	.25 CUP	0	14	0.00	284	*0	0.00	*0.00	0	2.83	0.00	0.94	0	1.3	0.00	0.00
990031 OKRA, BREADED	1/3 CUP	0	4	0.00	19	*N/A*	0.02	0.00	0	0.88	0.10	0.13	13	2.6	0.00	2.34
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
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
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
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
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
% 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.