

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: PPSD Elementary BIC Menu
Site: 1 - Alfred Lima Elementary

Include Cost: No
Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990191 Confetti Muffin, SHRI	1 each	450	270	4.49	260	16	4.99	38.95	2.00
990158 CEREAL FROSTED MINI WHEAT	1 each	100	101	0.00	0	6	0.00	24.30	3.04
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	550	131	1.09	153	8	4.36	20.72	1.09
990169 CRANBERRY DRIED CRAISIN IW 200/1.6oz	1 each	550	110	0.00	0	24	0.00	26.99	2.00
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	550	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	0	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	540	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			642	*6.29	477	71	*10.77	110.17	*5.28
% of Calories				*8.82%		44.2%	*15.1%	68.6%	
Weekly Nutrient Guideline			350 - 500	<10	540		<=0		

Tuesday - 11/02/2021

Reimbursable Meal Total 550

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990171 Strawberry Mini Bagel	1 each	450	240	2.50	180	13	5.99	40.93	2.00
990149 Cereal, Cheerios Bwl	each	100	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	550	81	3.54	192	0	6.07	0.00	0.00
000064 APPLES,Fresh	EACH	550	72	0.04	1	14	0.23	19.06	3.31
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	550	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	0	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	540	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			529	*7.24	479	51	*13.91	82.41	*5.50
% of Calories				*12.32%		38.6%	*23.7%	62.3%	
Weekly Nutrient Guideline			350 - 500	<10	540		<=0		

Wednesday - 11/03/2021

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990189 Pumpkin Bread, slice	1 each	450	261	1.51	241	24	8.03	44.18	2.01
990160 CEREAL RICE KRISPIES	1 each	100	101	0.00	172	1	0.51	23.29	*N/A*
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	550	131	1.09	153	8	4.36	20.72	1.09
990170 PINEAPPLE TIDBIT CUP	1/2 cup	550	69	0.00	0	17	0.00	18.37	1.15

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	550	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	0	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	540	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			594	*3.84	493	70	*13.35	105.64	*3.88
% of Calories				*5.82%		47.1%	*20.2%	71.1%	
Weekly Nutrient Guideline			350 - 500	<10	540		<=0		

Thursday - 11/04/2021

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990137 Pineapple Mango Breakfast Bar	1 each	450	268	1.42	134	16	7.87	39.37	3.15
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	100	89	0.00	101	8	0.40	21.87	3.24
990154 CHEESE MOZZ STRING	1 each	550	81	3.54	192	0	6.07	0.00	0.00
990117 Applesauce, 1/2 cup	1/2 cup	550	56	0.00	14	17	0.00	13.94	0.93
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	550	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	0	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	540	102	1.54	107	13	2.37	12.18	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			534	*6.22	447	57	*14.92	76.31	*4.10
% of Calories				*10.48%		42.7%	*25.1%	57.2%	
Weekly Nutrient Guideline			350 - 500	<10	540		<=0		

Friday - 11/05/2021

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990164 YOGURT VANILLA DANIMALS CUP	1 each	450	80	0.00	60	13	0.00	16.06	0.00
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	100	99	0.06	172	*N/A*	0.43	24.83	2.84
990166 SNACK GRANOLA JEFF'S IW	1 each	550	121	0.00	35	7	4.05	19.24	2.02
990167 STRAWBERRY FRZ CUP	1 each	550	80	0.00	1	16	0.00	20.93	1.99
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	550	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	0	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	540	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			447	*1.53	229	*59	*6.45	83.99	*4.53
% of Calories				*3.08%		*52.8%	*13.0%	75.2%	
Weekly Nutrient Guideline			350 - 500	<10	540		<=0		

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

Monday - 11/08/2021

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990121 MUFFIN APPLE CINN WG RF IW	1 each	450	179	1.99	124	15	5.97	30.84	1.99
990158 CEREAL FROSTED MINI WHEAT	1 each	100	101	0.00	0	6	0.00	24.30	3.04
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	550	131	1.09	153	8	4.36	20.72	1.09
990159 RAISIN, Box	1 each	550	126	0.00	4	25	0.00	33.57	1.12
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	550	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	0	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	540	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			584	*4.24	371	71	*11.57	110.11	*4.39
% of Calories				*6.53%		48.6%	*17.8%	75.4%	
Weekly Nutrient Guideline			350 - 500	<10	540		<=0		

Tuesday - 11/09/2021

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990131 Guava Flip Bar	1 each	450	263	0.92	263	19	7.09	45.56	3.04
990149 Cereal, Cheerios Bwl	each	100	101	0.51	142	1	2.02	20.25	3.04

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990154 CHEESE MOZZ STRING	1 each	550	81	3.54	192	0	6.07	0.00	0.00
000085 ORANGES HALVES	1 EACH	550	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	550	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	0	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	540	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			508	*5.92	546	48	*14.65	74.83	*4.61
% of Calories				*10.49%		37.8%	*26.0%	58.9%	
Weekly Nutrient Guideline			350 - 500	<10	540		<=0		

Wednesday - 11/10/2021

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990188 Banana Bread, slice	1 each	450	261	1.51	241	24	8.03	45.18	2.01
990160 CEREAL RICE KRISPIES	1 each	100	101	0.00	172	1	0.51	23.29	*N/A*
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	550	131	1.09	153	8	4.36	20.72	1.09
990161 MELONS,HONEYDEW,RAW	1/2 cup	550	31	0.03	15	7	0.12	7.73	0.68
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	500	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	0	60	*N/A*	5	14	*N/A*	15.00	*N/A*

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	540	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			550	*3.87	508	59	*13.47	94.55	*3.41
% of Calories				*6.33%		42.9%	*22.0%	68.8%	
Weekly Nutrient Guideline			350 - 500	<10	540		<=0		

Thursday - 11/11/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990163 Pancake, Mini Blueberry	1 each	0	210	1.00	310	11	5.99	34.96	4.00
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	0	89	0.00	101	8	0.40	21.87	3.24
990154 CHEESE MOZZ STRING	1 each	0	81	3.54	192	0	6.07	0.00	0.00
990117 Applesauce, 1/2 cup	1/2 cup	0	56	0.00	14	17	0.00	13.94	0.93
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	0	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	0	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	0	102	1.54	107	13	2.37	12.18	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	0	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			0	*0.00	0	0	*0.00	0.00	*0.00
% of Calories				*0%		0%	*0%	0%	
Weekly Nutrient Guideline			350 - 500	<10	540		<=0		

Friday - 11/12/2021

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990164 YOGURT VANILLA DANIMALS CUP	1 each	450	80	0.00	60	13	0.00	16.06	0.00
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	100	99	0.06	172	*N/A*	0.43	24.83	2.84
990166 SNACK GRANOLA JEFF'S IW	1 each	550	121	0.00	35	7	4.05	19.24	2.02
990167 STRAWBERRY FRZ CUP	1 each	550	80	0.00	1	16	0.00	20.93	1.99
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	550	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	0	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	540	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			447	*1.53	229	*59	*6.45	83.99	*4.53
% of Calories				*3.08%		*52.8%	*13.0%	75.2%	
Weekly Nutrient Guideline			350 - 500	<10	540		<=0		

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
Weighted Averages			484	*4.07	378	*54	*10.55	82.20	*4.02
% of Calories				*7.57%		*44.6%	*19.6%	67.9%	

**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.