

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

Menu Name:	2023-2024 Breakfast 9-12	Include Cost:	Yes
Site:	1 - Seed School DC	Report Style:	Detailed
Use Alternate Menu Name:	No		

Monday - 02/12/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990443 Whole Grain Croissant	1 each	125	95	1.50	95	2	2	3.50	0.00	0	14.50	1.50	2.50	0	13.0	0.00	72.00	\$0.000
990291 Blueberry Muffin (2 each)	2 Each	75	114	1.20	78	10	8	3.60	0.00	18	18.00	1.20	1.80	0	0.0	0.00	0.54	\$0.000
990572 Whole Grain Cereal, General Mills	1 oz	50	22	0.00	30	2	2	0.30	0.00	0	4.40	0.40	0.40	18	26.0	0.90	0.80	\$0.000
990322 String cheese	1 each	50	16	0.60	40	0	0	1.20	0.00	4	0.20	0.00	1.20	0	0.0	0.00	0.00	\$0.000
990138 Citrus Fruit Salad	1/2 cup	250	47	0.00	3	9	3	0.10	0.00	0	11.82	1.26	0.57	515	30.2	63.57	0.27	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990440 SEED 1% Low Fat Milk, PC	1 Each	240	106	1.44	130	12	0	2.40	0.00	14	12.48	0.00	8.64	10	28.8	1.92	0.00	\$0.000
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32	0	1.2	0.08	0.00	\$0.000
Weighted Daily Average			489	4.79	382	50	15	11.37	0.00	36	83.10	7.32	15.98	597	110.0	74.86	73.88	\$0.000
% of Calories				8.82%		40.9%	12.3%	20.9%	0.0%		68.0%		13.1%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Tuesday - 02/13/2024

Reimbursable Meal Total 250

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added 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
990446 Bagel, Whole Wheat, Ray's	1 each	200	197	2.43	333	12	8	4.85	0.00	16	32.82	3.20	8.02	296	29.1	0.00	1.15	\$0.000
990474 SEED Light Cream Cheese	1 oz.	200	49	2.43	89	2	0	4.05	0.00	16	1.62	0.00	1.62	296	25.1	0.00	0.00	\$0.000
990663 Apple Butter Cup	1 each	200	16	0.00	0	4	2	0.00	0.00	0	4.80	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990124 SEED Whole Grain Cereal	23 grams	50	17	0.00	13	0	0	0.33	0.00	0	3.45	0.49	0.66	41	8.2	0.49	1.17	\$0.000
990662 Go-Gurt, Strawberry	2 each	50	18	0.00	12	2	1	0.20	0.00	2	3.20	0.00	0.80	0	48.0	0.00	0.00	\$0.000
990142 Apple Slices	1/2 cup	250	107	0.05	2	19	0	0.31	0.00	0	25.59	4.19	0.47	98	11.0	8.41	0.22	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990440 SEED 1% Low Fat Milk, PC	1 Each	240	106	1.44	130	12	0	2.40	0.00	14	12.48	0.00	8.64	10	28.8	1.92	0.00	\$0.000
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32	0	1.2	0.08	0.00	\$0.000
Weighted Daily Average			599	6.40	586	66	11	12.41	0.00	48	105.66	10.83	21.09	*795	*162.2	*19.29	*2.81	\$0.000
% of Calories				9.62%		44.1%	7.3%	18.6%	0.0%		70.6%		14.1%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Wednesday - 02/14/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added 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
990666 Warm Maple French Toast	1 piece	125	125	1.31	85	5	2	3.57	0.00	115	16.12	0.51	5.90	*1	*2.3	*0.12	*0.01	\$0.000
990665 Apple Cinnamon Muffin	2 each	100	144	1.60	100	13	12	4.80	0.00	28	24.80	1.60	2.40	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990572 Whole Grain Cereal, General Mills	1 oz	25	11	0.00	15	1	1	0.15	0.00	0	2.20	0.20	0.20	9	13.0	0.45	0.40	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990738 Yogurt, Greek, Chobani, Assortment	1 each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990664 Orange Juice Cup	4 fl oz	250	50	0.00	15	10	0	0.00	0.00	0	12.00	1.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990440 SEED 1% Low Fat Milk, PC	1 Each	240	106	1.44	130	12	0	2.40	0.00	14	12.48	0.00	8.64	10	28.8	1.92	0.00	\$0.000
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32	0	1.2	0.08	0.00	\$0.000
Weighted Daily Average			536	4.39	357	57	16	11.19	0.00	158	90.80	6.36	20.11	*148	*66.1	*10.96	*0.68	\$0.000
% of Calories				7.37%		42.5%	11.9%	18.8%	0.0%		67.8%		15.0%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Thursday - 02/15/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990669 MYO Yogurt Parfait	1.25 cups	200	339	0.92	207	29	19	8.14	0.00	4	55.46	4.25	12.87	2523	144.0	25.68	7.57	\$0.000
990636 Pop Tart	1 each	25	17	0.10	12	1	1	0.25	0.00	0	3.60	0.30	0.20	50	13.0	0.00	0.18	\$0.000
990322 String cheese	1 each	25	8	0.30	20	0	0	0.60	0.00	2	0.10	0.00	0.60	0	0.0	0.00	0.00	\$0.000
990572 Whole Grain Cereal, General Mills	1 oz	25	11	0.00	15	1	1	0.15	0.00	0	2.20	0.20	0.20	9	13.0	0.45	0.40	\$0.000
990738 Yogurt, Greek, Chobani, Assortment	1 each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990620 Fresh Berries	1/2 cup	100	13	0.01	0	2	0	0.13	0.00	0	2.85	0.89	0.25	16	5.7	14.39	0.14	\$0.000
990632 Fresh Fruit	1/2 cup	200	69	0.03	1	12	0	0.22	0.00	0	16.94	2.36	0.44	43	8.6	6.71	0.22	\$0.000

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Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990440 SEED 1% Low Fat Milk, PC	1 Each	240	106	1.44	130	12	0	2.40	0.00	14	12.48	0.00	8.64	10	28.8	1.92	0.00	\$0.000
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32	0	1.2	0.08	0.00	\$0.000
Weighted Daily Average			577	2.80	395	59	23	11.88	0.00	21	95.66	8.11	24.62	2726	224.3	49.24	8.50	\$0.000
% of Calories				4.37%		40.9%	15.9%	18.5%	0.0%		66.3%		17.1%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Wednesday - 02/21/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990140 Scrambled Eggs	1/4 cup	75	31	0.66	34	0	0	2.16	0.00	71	0.02	0.01	2.45	*0	*0.1	*0.00	*0.00	\$0.000
990484 Whole Grain Toast	1 slice	75	40	0.08	30	3	2	0.31	0.00	0	8.09	0.08	0.92	0	0.3	0.00	0.14	\$0.000
990446 Bagel, Whole Wheat, Ray's	1 each	150	147	1.82	250	9	6	3.64	0.00	12	24.62	2.40	6.02	222	21.8	0.00	0.86	\$0.000
990572 Whole Grain Cereal, General Mills	1 oz	25	11	0.00	15	1	1	0.15	0.00	0	2.20	0.20	0.20	9	13.0	0.45	0.40	\$0.000
990738 Yogurt, Greek, Chobani, Assortment	1 each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990064 Kiwi	1/2 cup	250	112	0.28	6	20	0	1.04	0.00	0	26.47	3.72	2.29	134	37.2	196.04	0.54	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

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Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added 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
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			540	4.35	448	62	10	9.85	0.00	96	95.99	9.46	21.73	*973	*398.1	*204.98	*2.28	\$0.000
% of Calories				7.25%		45.9%	7.4%	16.4%	0.0%		71.1%		16.1%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Thursday - 02/22/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added 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
990683 Apple Cinnamon Overnight Oats	1/2 cup	125	59	0.21	10	7	0	0.69	0.00	1	11.63	1.00	1.96	46	26.3	0.66	0.31	\$0.000
990636 Pop Tart	1 each	100	68	0.40	46	6	6	1.00	0.00	0	14.40	1.20	0.80	200	52.0	0.00	0.72	\$0.000
990322 String cheese	1 each	100	32	1.20	80	0	0	2.40	0.00	8	0.40	0.00	2.40	0	0.0	0.00	0.00	\$0.000
990572 Whole Grain Cereal, General Mills	1 oz	25	11	0.00	15	1	1	0.15	0.00	0	2.20	0.20	0.20	9	13.0	0.45	0.40	\$0.000
990738 Yogurt, Greek, Chobani, Assortment	1 each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990487 Banana, fresh	1 each	250	90	0.11	1	12	0	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			458	3.44	266	55	8	7.14	0.00	22	86.30	8.08	16.33	927	422.0	18.38	2.03	\$0.000
% of Calories				6.76%		48.0%	7.0%	14.0%	0.0%		75.4%		14.3%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Friday - 02/23/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990688 Bacon, egg, cheese croissant	1 each	200	248	5.12	297	3	2	12.22	0.00	165	24.42	2.40	11.43	*216	*43.2	*0.00	*116.19	\$0.000
990124 SEED Whole Grain Cereal	23 grams	50	17	0.00	13	0	0	0.33	0.00	0	3.45	0.49	0.66	41	8.2	0.49	1.17	\$0.000
990635 Yogurt, Greek, Chobani, Assortment	1 Each	0	0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000090 Pear, Fresh	1 EACH	250	110	0.00	2	16	0	0.17	0.00	0	26.21	5.15	0.73	2	18.3	7.30	0.40	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			563	6.64	421	47	3	15.28	0.00	177	87.18	10.99	21.58	*791	*385.3	*16.28	*118.10	\$0.000
% of Calories				10.61%		33.4%	2.1%	24.4%	0.0%		61.9%		15.3%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Monday - 02/26/2024

Reimbursable Meal Total 250

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	
990737	Blueberry Waffles	1 Each	50	59	0.18	35	5	5	1.06	0.00	0	12.16	0.35	0.71	0	17.7	0.00	0.19	\$0.000
990299	Croissant	1 each	175	189	3.50	210	4	3	8.40	0.00	0	23.10	0.70	4.20	0	14.0	0.00	1.26	\$0.000
990473	Jelly Cup, Grape, PC	1 each	100	14	0.00	2	3	2	0.00	0.00	0	3.64	0.00	0.00	0	0.4	0.00	0.00	\$0.000
990668	Jelly Cup, Strawberry, PC, Smuckers	1 each	75	10	0.00	2	2	2	0.00	0.00	0	2.70	0.00	0.00	0	0.3	0.00	0.00	\$0.000
990667	Butter, Whipped, PC	1 each	175	28	1.75	21	0	0	2.80	0.00	7	0.00	0.00	0.00	0	0.7	0.00	0.00	\$0.000
990572	Whole Grain Cereal, General Mills	1 oz	25	11	0.00	15	1	1	0.15	0.00	0	2.20	0.20	0.20	9	13.0	0.45	0.40	\$0.000
990738	Yogurt, Greek, Chobani, Assortment	1 each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990138	Citrus Fruit Salad	1/2 cup	250	47	0.00	3	9	3	0.10	0.00	0	11.82	1.26	0.57	515	30.2	63.57	0.27	\$0.000
990632	Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120	Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154	Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average				558	6.95	401	53	18	15.07	0.00	19	90.22	5.57	15.54	1132	401.9	72.51	2.46	\$0.000
% of Calories					11.21 %	38.0%	12.9%	24.3%	0.0%		64.7%		11.1%						
Weekly Nutrient Guideline				450 - 600	<10	640			<=0										

Tuesday - 02/27/2024

Reimbursable Meal Total 250

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990446 Bagel, Whole Wheat, Ray's	1 each	225	221	2.73	375	14	9	5.46	0.00	18	36.92	3.60	9.02	334	32.7	0.00	1.30	\$0.000
990124 SEED Whole Grain Cereal	23 grams	25	9	0.00	7	0	0	0.16	0.00	0	1.72	0.25	0.33	21	4.1	0.25	0.59	\$0.000
990635 Yogurt, Greek, Chobani, Assortment	1 Each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990142 Apple Slices	1/2 cup	250	107	0.05	2	19	0	0.31	0.00	0	25.59	4.19	0.47	98	11.0	8.41	0.22	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			536	4.31	497	62	10	8.49	0.00	31	98.83	11.09	19.68	1059	373.4	17.14	2.44	\$0.000
% of Calories				7.24%		46.3%	7.5%	14.3%	0.0%		73.8%		14.7%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Thursday - 02/29/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990669 MYO Yogurt Parfait	1.25 cups	200	339	0.92	207	29	19	8.14	0.00	4	55.46	4.25	12.87	2523	144.0	25.68	7.57	\$0.000
990636 Pop Tart	1 each	25	17	0.10	12	1	1	0.25	0.00	0	3.60	0.30	0.20	50	13.0	0.00	0.18	\$0.000
990322 String cheese	1 each	25	8	0.30	20	0	0	0.60	0.00	2	0.10	0.00	0.60	0	0.0	0.00	0.00	\$0.000
990738 Yogurt, Greek, Chobani, Assortment	1 each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990572 Whole Grain Cereal, General Mills	1 oz	25	11	0.00	15	1	1	0.15	0.00	0	2.20	0.20	0.20	9	13.0	0.45	0.40	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	
990201 Grapefruit Sections	1/2 cup		125	26	0.00	0	4	0	0.09	0.00	0	6.58	0.99	0.48	216	24.7	64.08	0.22	\$0.000
990632 Fresh Fruit	1/2 cup		125	43	0.02	1	7	0	0.14	0.00	0	10.59	1.48	0.28	27	5.4	4.20	0.14	\$0.000
990120 Milk, Lowfat 1%	1 cup		240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup		10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average				557	2.81	367	58	23	11.65	0.00	18	91.95	7.32	23.92	3379	514.9	94.50	8.58	\$0.000
% of Calories				4.54%		41.7%	16.5%	18.8%	0.0%		66.0%		17.2%						
Weekly Nutrient Guideline			450 - 600	<10	640			<=0											

Friday - 03/01/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	
990449 Pancake Sausage on a Stick	1 Each		200	240	2.00	268	15	15	8.00	0.00	20	36.00	2.40	5.60	0	31.2	0.00	0.82	\$0.000
990124 SEED Whole Grain Cereal	23 grams		50	17	0.00	13	0	0	0.33	0.00	0	3.45	0.49	0.66	41	8.2	0.49	1.17	\$0.000
990635 Yogurt, Greek, Chobani, Assortment	1 Each		50	22	0.00	10	3	2	0.00	0.00	1	3.00	0.20	2.20	150	20.0	0.00	0.00	\$0.000
990487 Banana, fresh	1 each		250	90	0.11	1	12	0	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
990632 Fresh Fruit	1/2 cup		250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120 Milk, Lowfat 1%	1 cup		240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			557	3.63	401	58	17	11.22	0.00	33	98.62	8.67	18.32	788	380.1	17.77	2.60	\$0.000
% of Calories				5.87%		41.7%	12.2%	18.1%	0.0%		70.8%		13.2%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Monday - 03/04/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990739 Ham & Cheese Breakfast Croissant	1 each	200	206	4.60	480	4	2	9.74	0.00	16	24.27	2.40	7.89	60	81.6	0.00	115.30	\$0.000
990708 Breakfast Bars WG	1 Each	25	6	0.04	4	0	0	0.16	0.00	0	1.17	0.08	0.08	0	0.0	0.00	0.00	\$0.000
990322 String cheese	1 each	25	8	0.30	20	0	0	0.60	0.00	2	0.10	0.00	0.60	0	0.0	0.00	0.00	\$0.000
990572 Whole Grain Cereal, General Mills	1 oz	25	11	0.00	15	1	1	0.15	0.00	0	2.20	0.20	0.20	9	13.0	0.45	0.40	\$0.000
990738 Yogurt, Greek, Chobani, Assortment	1 each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990062 Red Delicious Apple	1/2 cup	250	107	0.05	2	19	0	0.31	0.00	0	25.59	4.19	0.47	98	11.0	8.41	0.22	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			537	6.51	636	53	5	13.52	0.00	30	87.92	9.92	19.10	774	431.2	17.35	116.26	\$0.000
% of Calories				10.91 %		39.5%	3.7%	22.7%	0.0%		65.5%		14.2%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Tuesday - 03/05/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990740 Peach Smoothie	16 oz	225	271	0.03	49	54	32	0.29	0.00	6	58.15	4.05	12.22	643	6.8	211.95	0.83	\$0.000
990635 Yogurt, Greek, Chobani, Assortment	1 Each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990572 Whole Grain Cereal, General Mills	1 oz	25	11	0.00	15	1	1	0.15	0.00	0	2.20	0.20	0.20	9	13.0	0.45	0.40	\$0.000
990664 Orange Juice Cup	4 fl oz	25	5	0.00	2	1	0	0.00	0.00	0	1.20	0.10	0.10	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990632 Fresh Fruit	1/2 cup	25	9	0.00	0	1	0	0.03	0.00	0	2.12	0.30	0.06	5	1.1	0.84	0.03	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			409	1.51	179	71	33	2.76	0.00	18	77.09	4.75	21.88	*1211	*335.6	*213.34	*1.33	\$0.000
% of Calories				3.32%		69.4%	32.3%	6.1%	0.0%		75.4%		21.4%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Wednesday - 03/06/2024

Reimbursable Meal Total 250

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	
990277	Hard Boiled Egg	1 each	150	46	0.98	37	0	0	3.18	0.00	112	0.34	0.00	3.77	156	15.0	0.00	0.36	\$0.000
990714	SEED Banana Bread	1 Slice	150	119	1.13	98	13	0	2.68	0.00	5	23.41	1.78	1.86	29	21.0	2.27	0.48	\$0.000
990451	WG Honey Biscuit, Bake Crafter's	2 oz	75	78	1.79	96	5	5	2.69	0.00	0	12.60	1.19	1.19	0	48.4	0.00	0.42	\$0.000
990738	Yogurt, Greek, Chobani, Assortment	1 each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990572	Whole Grain Cereal, General Mills	1 oz	25	11	0.00	15	1	1	0.15	0.00	0	2.20	0.20	0.20	9	13.0	0.45	0.40	\$0.000
990487	Banana, fresh	1 each	250	90	0.11	1	12	0	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
990632	Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120	Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154	Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average				543	5.53	361	61	6	11.59	0.00	129	96.21	8.85	17.99	866	428.0	20.00	2.26	\$0.000
% of Calories					9.17%		44.9%	4.4%	19.2%	0.0%		70.9%		13.3%					
Weekly Nutrient Guideline				450 - 600	<10	640			<=0										

Thursday - 03/07/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	
990291	Blueberry Muffin (2 each)	2 Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	0.00	\$0.000
990636	Pop Tart	1 each	25	17	0.10	12	1	0.25	0.00	0	3.60	0.30	0.20	50	13.0	0.00	0.18	\$0.000	

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990322 String cheese	1 each	25	8	0.30	20	0	0	0.60	0.00	2	0.10	0.00	0.60	0	0.0	0.00	0.00	\$0.000
990738 Yogurt, Greek, Chobani, Assortment	1 each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990572 Whole Grain Cereal, General Mills	1 oz	25	11	0.00	15	1	1	0.15	0.00	0	2.20	0.20	0.20	9	13.0	0.45	0.40	\$0.000
990487 Banana, fresh	1 each	250	90	0.11	1	12	0	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			325	2.03	162	44	3	3.89	0.00	14	63.57	6.18	11.96	731	356.6	17.73	1.18	\$0.000
% of Calories				5.62%		54.2%	3.7%	10.8%	0.0%		78.2%		14.7%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Friday - 03/08/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990711 Turkey Bacon, Egg & Cheese English Muffin	1 each	150	196	3.95	317	1	0	9.72	0.00	164	15.01	1.80	12.13	*0	*144.5	*0.00	*1.18	\$0.000
990572 Whole Grain Cereal, General Mills	1 oz	100	44	0.00	60	4	4	0.60	0.00	0	8.80	0.80	0.80	36	52.0	1.80	1.60	\$0.000
990635 Yogurt, Greek, Chobani, Assortment	1 Each	100	44	0.00	20	6	4	0.00	0.00	2	6.00	0.40	4.40	300	40.0	0.00	0.00	\$0.000
990619 Fresh Fruit Salad	1/2 cup	250	34	0.03	8	7	0	0.13	0.00	0	8.50	0.60	0.54	814	6.4	13.40	0.19	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			505	5.49	514	45	8	13.01	0.00	178	71.40	6.55	26.63	*1682	*558.5	*23.69	*3.31	\$0.000
% of Calories				9.78%		35.6%	6.3%	23.2%	0.0%		56.6%		21.1%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
Weighted Averages	518	4	398	56	13	10.64	0.00	64	88.78	8.13	19.78	*1161	*346.8	*55.50	*21.79	\$0.000
% of Calories		7.77%		43.2%	10.0%	18.5%	0.0%		68.6%		15.3%					

- *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- ¹ - 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

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

Menu Name:	2023-2024 Lunch 9-12	Include Cost:	Yes
Site:	1 - Seed School DC	Report Style:	Detailed
Use Alternate Menu Name:	No		

Monday - 02/12/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990386 Flatbread Cheese Pizza	1 each	125	194	3.23	589	3	0	8.98	0.00	12	19.65	2.66	9.73	775	628.2	4.00	1.23	\$0.000
990280 Pepperoni Flatbread Pizza	1 each	75	112	2.06	331	2	0	5.25	0.00	9	11.74	1.59	5.19	361	346.6	2.40	0.79	\$0.000
990410 Veggie Flatbread Pizza	1 each	50	81	1.53	230	1	0	3.69	0.00	6	8.61	1.18	3.97	337	307.3	2.47	0.60	\$0.000
990691 Peaches, Diced	1/2 cup	200	43	0.00	0	11	0	0.00	0.00	0	11.46	0.00	0.72	420	5.0	2.58	0.19	\$0.000
990632 Fresh Fruit	1/2 cup	300	103	0.05	1	18	0	0.33	0.00	0	25.41	3.54	0.67	64	13.0	10.07	0.33	\$0.000
990102 Chopped Salad (DG)	1 cup	250	37	0.14	49	3	0	1.07	0.00	0	5.19	1.67	2.50	4388	47.1	6.35	0.92	\$0.000
990259 Roasted Green Beans	1/2 cup	250	42	0.34	4	2	0	2.32	0.00	0	5.20	2.02	1.36	507	27.8	8.95	0.77	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
Weighted Daily Average			714	8.83	1314	53	1	23.91	0.00	38	99.19	12.66	32.33	7331	1679.6	36.91	4.90	\$0.000
% of Calories				11.13 %		29.7%	0.6%	30.1%	0.0%		55.6%		18.1%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Tuesday - 02/13/2024

Reimbursable Meal Total 250

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990453	Brown Rice	1 cup	150	100	0.09	0	0	0.65	0.00	0	20.56	1.12	2.23	32	0.5	0.50	0.02	\$0.000
990694	Tabouli	1 cup	100	103	0.14	78	1	2.23	0.00	0	16.71	1.95	3.30	273	28.9	*11.83	2.40	\$0.000
990622	Lemon Greek Chicken	2 oz.	150	104	1.33	17	0	6.80	0.00	26	0.81	0.09	10.21	11	8.4	2.66	0.46	\$0.000
990744	MG Hummus M/MA	.5 cup	100	153	0.75	186	3	6.94	0.00	0	17.91	3.71	5.93	18	43.2	5.94	2.22	\$0.000
990645	Greek Bowl Toppings	1 cup	250	119	1.94	554	7	5.02	0.00	8	16.39	2.41	2.97	*6790	*42.2	*8.53	*1.07	\$0.000
990619	Fresh Fruit Salad	1/2 cup	200	27	0.02	6	6	0.10	0.00	0	6.80	0.48	0.43	651	5.1	10.72	0.16	\$0.000
990632	Fresh Fruit	1/2 cup	300	103	0.05	1	18	0.33	0.00	0	25.41	3.54	0.67	64	13.0	10.07	0.33	\$0.000
990154	Milk, Fat Free	1 cup	10	4	0.00	5	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
990120	Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
Weighted Daily Average				811	5.80	950	48	24.37	0.00	47	116.50	13.30	33.94	*8318	*446.0	*50.35	*6.72	\$0.000
% of Calories				6.44%		23.7%	0%	27.0%	0.0%		57.5%		16.7%					
Weekly Nutrient Guideline				750 - 850	<10	1280		<=0										

Wednesday - 02/14/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990695	Buffalo Chicken Bites	2 oz	225	154	1.36	636	1	5.10	0.00	60	9.76	0.38	17.11	43	86.4	0.00	2.69	\$0.000
990696	Buffalo Tofu Bites	2 oz	25	14	0.08	36	0	0.60	0.00	2	1.28	0.11	0.81	3	10.7	0.00	0.30	\$0.000
990219	Brown Rice Pilaf 9-12	1 cup	250	204	0.61	192	1	4.33	0.00	0	36.39	2.20	3.90	163	6.1	1.19	0.05	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990692 Asian Pear, Fresh	1 EACH	250	51	0.00	0	9	0	0.28	0.00	0	12.88	4.39	0.61	1	13.4	5.37	0.29	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990315 Tomato Basil Salad	1/2 cup	300	85	1.48	98	3	0	7.10	0.00	3	5.27	1.48	1.72	946	46.4	15.09	0.96	\$0.000
990175 Parmesan Zucchini Sticks	1/2 cup	200	38	0.71	53	2	0	2.68	0.02	2	2.52	0.70	1.58	162	33.8	12.14	0.27	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
990120 Milk, Lowfat 1%	1 cup	250	102	1.54	107	13	0	2.37	0.00	12	11.96	0.00	8.22	478	305.0	0.00	0.07	\$0.000
Weighted Daily Average			737	5.82	1129	43	0	22.74	0.03	81	101.69	12.21	34.82	1870	524.5	42.27	4.90	\$0.000
% of Calories				7.11%		23.3%	0%	27.8%	0.0%		55.2%		18.9%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Thursday - 02/15/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990077 Chicken & Roasted Pepper Quesadilla	1 each	200	275	5.32	571	3	0	12.05	0.00	40	27.20	1.16	14.44	*98	*60.5	*8.56	*0.29	\$0.000
990403 Cheese Quesadilla	1 each	50	87	2.35	177	0	0	5.21	0.00	13	6.60	0.20	3.51	*15	*13.4	*0.00	*0.00	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990060 Fresh Grapes	1/2 cup	250	52	0.04	2	12	0	0.12	0.00	0	13.67	0.68	0.54	50	7.6	2.42	0.27	\$0.000
990584 Black Bean and Corn Salad (Legume)	3/4 cup	250	144	0.15	187	4	0	0.89	0.00	0	27.22	5.86	7.75	32	45.1	20.32	2.05	\$0.000
990534 Herb Roasted Carrots	1/2 cup	250	78	0.36	98	0	0	2.50	0.00	0	13.79	4.06	1.37	23873	50.7	9.10	0.54	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990120 Milk, Lowfat 1%	1 cup	10	4	0.06	4	1	0	0.09	0.00	0	0.48	0.00	0.33	19	12.2	0.00	0.00	\$0.000
990154 Milk, Fat Free	1 cup	240	86	0.00	115	11	0	0.38	0.00	5	10.56	0.00	7.42	480	288.0	2.30	0.00	\$0.000
Weighted Daily Average			812	8.32	1155	45	0	21.51	0.00	57	120.70	14.90	35.92	*24620	*488.3	*51.09	*3.43	\$0.000
% of Calories				9.22%		22.2%	0%	23.8%	0.0%		59.5%		17.7%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Tuesday - 02/20/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990195 Lo Mein Noodles	1 cup	250	320	0.00	256	1	0	2.40	0.00	0	61.60	1.60	11.20	0	8.0	0.00	0.00	\$0.000
990703 Diced Chicken	2 oz	100	38	0.41	11	0	0	1.08	0.00	18	0.00	0.00	6.75	6	4.1	0.00	0.28	\$0.000
990705 Sliced Pork Loin	2oz	100	50	0.56	72	0	0	2.67	0.00	15	0.21	0.01	6.16	1	3.6	0.05	0.32	\$0.000
990704 Diced Tofu	2 oz	50	13	0.08	1	0	0	0.71	0.00	0	0.40	0.13	1.20	0	4.3	0.00	0.14	\$0.000
990745 Prepared vegetable Broth	1 cup	0	0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990709 Ramen Noodle Bowl Toppings	1/4 cup	250	15	0.02	69	1	0	0.11	0.00	0	2.96	0.92	0.83	1336	19.3	12.08	0.46	\$0.000
990142 Apple Slices	1/2 cup	250	107	0.05	2	19	0	0.31	0.00	0	25.59	4.19	0.47	98	11.0	8.41	0.22	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990701 Marinated Edamame	1/2 cup	250	120	0.64	238	10	0	4.99	0.00	0	9.08	3.73	8.74	275	61.1	5.68	1.71	\$0.000
990702 Chili & Garlic Bok Choy	1/2 cup	250	56	0.62	87	1	0	4.61	0.00	0	3.24	1.28	1.85	258	121.7	51.48	0.93	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			906	3.90	845	61	0	19.44	0.00	44	136.16	14.81	45.95	2506	548.5	86.19	4.41	\$0.000
% of Calories				3.87%		26.9%	0%	19.3%	0.0%		60.1%		20.3%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Wednesday - 02/21/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990290 Hot Dog on WG Bun	1 each	100	128	2.40	376	2	2	6.60	0.00	10	12.40	0.40	4.40	0	17.3	0.00	0.89	\$0.000
990136 Grilled Cheese Sandwich	1 each	150	224	4.86	387	2	0	12.13	0.00	30	18.32	0.60	11.80	46	260.0	0.00	1.08	\$0.000
990672 Watermelon, fresh	1/2 cup	250	24	0.00	1	5	0	0.12	0.00	0	6.08	0.32	0.49	458	5.6	6.52	0.19	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990161 Tomato Soup	1 cup	250	66	0.38	21	5	0	2.28	0.00	1	8.50	2.52	1.66	37	57.2	1.17	0.86	\$0.000
990537 Marinated Cucumbers	1/2 cup	250	47	0.65	50	1	0	4.40	0.00	0	2.21	0.50	0.40	52	11.8	2.33	0.16	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			677	9.80	944	44	2	28.10	0.00	53	80.61	7.30	27.52	1125	667.6	18.50	3.53	\$0.000
% of Calories				13.03 %		26.0%	1.2%	37.4%	0.0%		47.6%		16.3%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Thursday - 02/22/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990355 Chicken Salad Sandwich on Croissant	1 sandwich	200	287	3.94	346	5	2	13.25	0.00	31	27.43	3.41	16.45	609	41.8	6.26	115.97	\$0.000
990713 Black Bean Hummus	1/2 cup	50	41	0.19	49	0	0	1.44	0.00	0	5.02	1.31	1.79	0	14.6	0.78	0.70	\$0.000
990616 Pita Bread Triangles	1/2 each	50	24	0.00	52	0	0	0.10	0.00	0	5.20	0.40	0.90	0	15.5	0.00	0.31	\$0.000
990530 Strawberries, Fresh	1/2 cup	250	26	0.01	1	4	0	0.23	0.00	0	5.84	1.52	0.51	9	12.2	44.69	0.31	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990594 Black Eyed Pea Salad (Other Veg)	1/2 cup	250	155	1.22	90	3	0	8.67	0.00	0	14.55	5.08	4.93	1160	33.1	13.70	2.07	\$0.000
990617 Fresh Vegetable Crudit�	1/2 cup	250	43	0.19	168	2	0	1.26	0.00	2	6.35	1.55	1.88	5342	40.3	3.74	0.29	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			764	7.06	815	41	3	27.50	0.00	45	97.48	16.23	35.21	7652	473.0	77.66	120.00	\$0.000
% of Calories				8.32%		21.5%	1.6%	32.4%	0.0%		51.0%		18.4%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Friday - 02/23/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990453 Brown Rice	1 cup	250	167	0.15	0	0	0	1.08	0.00	0	34.26	1.87	3.72	53	0.9	0.83	0.04	\$0.000
990720 Spiced Black Beans entree	1 cup	0	0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990717 Brazilian Beef	2 oz	200	104	2.15	33	0	0	5.45	0.00	41	0.16	0.04	12.86	1	17.2	0.04	0.96	\$0.000
990258 Pico de Gallo	2 T	250	14	0.16	3	1	0	1.12	0.00	0	1.02	0.32	0.21	166	5.3	2.67	0.07	\$0.000
990719 Shredded Cheddar Cheese	2 T	250	55	2.50	90	0	0	4.50	0.00	12	0.50	0.00	3.00	0	96.5	0.00	0.00	\$0.000
990718 Shredded Lettuce	2T	250	1	0.00	0	0	0	0.02	0.00	0	0.19	0.12	0.07	512	1.9	0.24	0.06	\$0.000
990063 Orange Sections	1/2 cup	0	0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990159 Baked Plantains (S)	1/2 cup	250	90	0.00	3	13	0	0.26	0.00	0	23.50	1.10	1.00	454	1.5	8.20	0.14	\$0.000
990715 Chili Roasted Carrots	1/2 cup	250	83	0.64	98	7	0	4.50	0.00	0	11.01	3.43	0.78	15737	37.8	2.96	1.08	\$0.000
990716 Cilantro Lime Jicama Slaw	1/2 cup	250	64	0.64	46	2	0	4.51	0.00	0	6.05	2.27	0.84	1802	54.0	38.16	0.70	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost	
990120 Milk, Lowfat 1%	1 cup		240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup		10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average				766	7.75	383	51	0	23.99	0.00	66	109.80	12.11	31.25	19257	530.7	61.58	3.39	\$0.000
% of Calories				9.11%		26.6%	0%	28.2%	0.0%		57.3%		16.3%						
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0											

Monday - 02/26/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost	
990624 BBQ Puled Pork Sandwich	1 each		225	295	4.16	609	7	4	12.08	0.00	46	31.00	3.45	18.42	235	33.5	3.60	7.50	\$0.000
990721 BBQ Chik'n Sandwich	1 each		25	28	0.12	57	1	0	0.80	0.00	0	3.38	0.38	2.15	26	3.8	0.40	0.44	\$0.000
990127 Hot Spiced Apples	1/2 cup		250	171	0.08	4	33	0	0.48	0.00	0	40.94	6.58	0.74	151	21.3	12.89	0.37	\$0.000
990632 Fresh Fruit	1/2 cup		250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990675 Vegetarian Baked Beans (Other Veg)	1/2 cup		250	147	0.00	361	12	11	0.00	0.00	0	29.31	4.88	6.84	105	48.8	0.00	1.86	\$0.000
990722 Classic Potato Salad	1/2 cup		250	85	0.37	99	2	0	2.54	0.00	4	13.14	1.42	2.62	36	22.0	7.10	0.95	\$0.000
990120 Milk, Lowfat 1%	1 cup		245	100	1.51	105	12	0	2.32	0.00	12	11.72	0.00	8.06	469	298.9	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990154 Milk, Fat Free	1 cup	5	2	0.00	2	0	0	0.01	0.00	0	0.22	0.00	0.15	10	6.0	0.05	0.00	\$0.000
Weighted Daily Average			914	6.28	1240	83	15	18.50	0.00	61	150.88	19.67	39.53	1085	445.2	32.43	11.46	\$0.000
% of Calories				6.18%		36.3%	6.6%	18.2%	0.0%		66.0%		17.3%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Tuesday - 02/27/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990283 Beef Chili	1 cup	100	121	1.83	172	2	0	4.50	0.00	16	11.59	4.26	7.40	66	10.2	4.14	4.10	\$0.000
990500 White Chicken Chili	1 cup	125	95	0.55	131	1	0	1.67	0.00	22	8.14	2.54	10.91	76	9.7	0.62	0.50	\$0.000
990581 Black Bean & Sweet Potato Chili	1 cup	25	17	0.01	24	0	0	0.07	0.00	0	3.09	0.75	0.89	340	6.9	0.22	0.25	\$0.000
990725 Baked Potato Bar Toppings	.25 cup	250	34	1.26	76	1	0	2.31	0.00	8	1.66	0.35	1.78	*137	*7.2	*2.08	*0.16	\$0.000
990261 Tortilla Chips	1 oz.	150	85	0.61	46	0	0	4.25	0.00	0	10.93	1.22	1.22	0	0.0	0.00	0.00	\$0.000
990034 Corn Bread	1 slice	100	70	0.30	133	2	0	1.79	0.00	1	11.94	0.38	1.68	*21	*65.5	*0.00	*0.41	\$0.000
990723 Honeydew Melon	1/2 cup	250	31	0.03	15	7	0	0.12	0.00	0	7.73	0.68	0.46	42	5.1	15.30	0.14	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
000044 BAKED POTATO	1/2 EACH	250	80	0.03	9	1	0	0.11	0.00	0	18.29	1.90	2.16	9	13.0	8.30	0.93	\$0.000
990724 Buttered Corn	1/2 CUP	250	81	0.57	10	7	0	1.64	0.00	0	17.07	2.39	2.49	303	5.8	5.20	0.34	\$0.000
990120 Milk, Lowfat 1%	1 cup	245	100	1.51	105	12	0	2.32	0.00	12	11.72	0.00	8.06	469	298.9	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990154 Milk, Fat Free	1 cup	5	2	0.00	2	0	0	0.01	0.00	0	0.22	0.00	0.15	10	6.0	0.05	0.00	\$0.000
Weighted Daily Average			802	6.75	724	49	0	19.06	0.00	58	123.57	17.43	37.75	*1526	*439.0	*44.31	*7.19	\$0.000
% of Calories				7.57%		24.4%	0%	21.4%	0.0%		61.6%		18.8%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Wednesday - 02/28/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990727 Chicken Curry	1/2 cup	200	87	0.94	34	0	0	3.10	0.00	35	0.80	0.34	13.68	34	12.2	0.11	0.67	\$0.000
990728 Chickpea Masala	1/2 cup	50	55	0.13	69	2	0	1.31	0.00	0	8.66	2.98	2.89	337	21.9	5.76	0.79	\$0.000
990616 Pita Bread Triangles	1/2 each	125	60	0.00	130	0	0	0.25	0.00	0	13.00	1.00	2.25	0	38.8	0.00	0.76	\$0.000
990453 Brown Rice	1 cup	125	83	0.08	0	0	0	0.54	0.00	0	17.13	0.94	1.86	26	0.4	0.42	0.02	\$0.000
990619 Fresh Fruit Salad	1/2 cup	250	34	0.03	8	7	0	0.13	0.00	0	8.50	0.60	0.54	814	6.4	13.40	0.19	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990128 Sautéed Spinach	.5 cup	250	31	0.21	75	0	0	1.45	0.00	0	3.52	2.11	2.72	8862	94.1	26.55	2.57	\$0.000
990251 MG Hummus Veg	.25 cup	250	192	0.94	232	4	0	8.68	0.00	0	22.39	4.64	7.42	23	54.0	7.42	2.77	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			730	3.84	657	42	0	18.01	0.00	47	107.10	15.56	40.11	10628	543.4	62.14	8.13	\$0.000
% of Calories				4.73%		23.0%	0%	22.2%	0.0%		58.7%		22.0%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Thursday - 02/29/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990217 Chicken Tenders	3 oz.	200	136	2.21	216	1	0	4.72	0.06	45	6.64	0.90	16.81	145	31.6	0.00	0.95	\$0.000
990502 Vegan Chik'n Nuggets	5 each	50	53	0.12	180	1	0	1.96	0.00	0	5.07	0.00	3.67	0	7.3	0.00	0.42	\$0.000
990451 WG Honey Biscuit, Bake Crafter's	2 oz	125	130	2.98	159	9	8	4.48	0.00	0	20.99	1.99	1.99	0	80.6	0.00	0.70	\$0.000
990211 WG Pasta Salad	1 cup	125	46	0.01	24	1	0	0.26	0.00	0	9.93	0.89	2.03	62	13.5	4.47	0.91	\$0.000
990651 Applesauce, unsweetened	1/2 cup	250	51	0.00	2	11	0	0.01	0.00	0	13.75	1.34	0.21	1	4.9	25.86	0.28	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990308 Sweet Potato Fries	1/2 cup	250	70	0.50	172	4	1	3.02	0.00	0	11.05	0.67	0.34	1113	13.1	1.41	0.15	\$0.000
990615 Cucumber Sticks with Ranch Dressing	1/2 cup	250	24	0.16	61	2	0	0.74	0.00	1	3.43	0.81	1.31	102	22.8	3.85	0.30	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			698	7.51	924	57	9	17.74	0.06	59	103.96	9.56	35.10	1955	489.4	44.08	4.05	\$0.000
% of Calories				9.68%		32.7%	5.2%	22.9%	0.1%		59.6%		20.1%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Friday - 03/01/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990386 Flatbread Cheese Pizza	1 each	100	38780	646.57	117864	589	100	1795.32	0.00	2335	3930.99	531.20	1945.80	155088	125633.0	800.00	246.80	\$0.000
990280 Pepperoni Flatbread Pizza	1 each	125	46750	857.02	138062	737	125	2185.92	0.00	3598	4891.41	664.00	2164.00	150255	144404.6	1000.00	330.75	\$0.000
000090 Pear, Fresh	1 EACH	125	13695	0.00	208	2019	0	20.75	0.00	0	3276.42	643.25	91.25	208	2282.5	913.00	49.75	\$0.000
990632 Fresh Fruit	1/2 cup	125	10721	5.21	154	1859	0	33.88	0.00	0	2647.38	369.12	69.50	6641	1349.9	1049.00	33.88	\$0.000
000438 Chilled Pears	1/2 cup	250	15000	0.00	1250	2500	0	0.00	0.00	0	3500.00	500.00	0.00	0	1250.0	175.00	70.00	\$0.000
990534 Herb Roasted Carrots	1/2 cup	250	19414	90.15	24529	4	0	625.50	0.00	0	3448.22	1014.50	343.25	596832.8	12675.5	2274.25	135.50	\$0.000
990256 Marinated Tomatoes	1/2 cup	250	25114	311.30	1794	1352	0	2214.92	0.00	0	1458.92	406.75	297.25	256816	4347.5	4067.50	122.00	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	24595	368.93	25766	3045	0	568.03	0.00	2928	2869.44	0.00	1973.52	114778	73200.0	0.00	17.52	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990154 Milk, Fat Free	1 cup	10	900	0.00	1200	115	0	4.00	0.00	50	110.00	0.00	77.30	5000	3000.0	24.00	0.00	\$0.000
Weighted Daily Average			194969	2279.19	310827	12220	225	7448.33	0.00	8910	26132.79	4128.82	6961.87	6657114	3681430	10302.75	1006.20	\$0.000
% of Calories				10.52%		25.1%	0.5%	34.4%	0.0%		53.6%		14.3%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Monday - 03/04/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990179 Mac and Cheese	1.5 cup	125	123	2.75	105	2	0	5.42	0.00	17	13.51	0.89	6.12	249	153.2	0.22	1.11	\$0.000
990224 Swedish Meatballs 9-12	3 oz.	125	158	3.37	147	3	1	8.85	0.00	29	10.66	0.46	9.27	*87	*62.7	*0.65	*1.31	\$0.000
990219 Brown Rice Pilaf 9-12	1 cup	125	102	0.31	96	1	0	2.16	0.00	0	18.20	1.10	1.95	81	3.0	0.59	0.03	\$0.000
990060 Fresh Grapes	1/2 cup	250	52	0.04	2	12	0	0.12	0.00	0	13.67	0.68	0.54	50	7.6	2.42	0.27	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990729 Jicama & Celery Sticks with Ranch Dressing	1/2 cup	250	61	0.21	180	4	0	1.31	0.00	2	10.27	4.48	2.32	395	52.9	16.22	0.66	\$0.000
990131 Spiced Black Beans	1/2 cup	250	130	0.10	119	3	0	0.60	0.00	0	22.77	5.77	7.15	61	50.8	14.70	1.84	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			814	8.29	757	51	1	21.03	0.00	60	122.17	16.33	36.11	*1455	*645.8	*43.28	*5.56	\$0.000
% of Calories				9.17%		25.1%	0.5%	23.3%	0.0%		60.0%		17.7%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Tuesday - 03/05/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990281 Teriyaki Chicken	2 oz	200	126	1.06	441	13	0	3.92	0.00	35	8.14	0.04	14.30	11	12.7	0.26	0.62	\$0.000
990629 Teriyaki Tofu	2 oz	50	21	0.12	71	2	0	0.96	0.00	0	1.76	0.14	1.33	0	5.0	0.04	0.15	\$0.000
990638 "Fried" Brown Rice	1 cup	125	90	0.12	63	0	0	0.85	0.00	0	17.79	1.12	2.06	483	3.4	0.68	0.05	\$0.000
990195 Lo Mein Noodles	1 cup	125	160	0.00	128	0	0	1.20	0.00	0	30.80	0.80	5.60	0	4.0	0.00	0.00	\$0.000
990486 Chilled Mandarin Oranges	1/2 cup	250	49	0.00	7	12	10	0.00	0.00	0	11.96	0.00	0.00	911	5.6	13.79	0.26	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990080 Fresh Steamed Broccoli	1/2 cup	250	15	0.05	15	1	0	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32	\$0.000
990040 Stir Fried Vegetables	1/2 cup	250	52	0.45	100	5	0	3.15	0.00	0	5.47	1.15	1.14	1218	24.0	41.90	0.54	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			701	3.31	933	61	10	12.80	0.00	47	111.93	7.34	34.42	3429	390.9	104.41	2.28	\$0.000
% of Calories				4.25%		34.8%	5.7%	16.4%	0.0%		63.9%		19.6%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Wednesday - 03/06/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990731 Ham & Cheese Sub	1 each	200	366	6.47	706	2	0	14.31	0.00	36	42.56	3.44	17.23	227	284.8	0.00	2.51	\$0.000
990732 Alice Water's Lentil Salad	1/2 CUPS	50	51	0.12	5	0	0	1.08	0.00	0	10.04	3.06	3.49	50	1.4	0.82	0.05	\$0.000
990733 Quinoa, Cooked	1 cup	50	45	0.03	50	0	0	0.85	0.00	0	7.48	0.76	1.52	41	12.0	*0.36	1.16	\$0.000
990142 Apple Slices	1/2 cup	250	107	0.05	2	19	0	0.31	0.00	0	25.59	4.19	0.47	98	11.0	8.41	0.22	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990730 Cool Asparagus & Pea Salad	1/2 cup	250	41	0.25	7	2	0	1.72	0.00	0	5.07	2.22	2.06	*471	18.1	*4.10	0.72	\$0.000
990084 Italian Baked Tomato Halves	2 each	250	89	0.44	67	5	1	3.63	0.00	0	12.71	2.02	2.60	1034	77.7	17.94	1.99	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added 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
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			888	8.88	946	55	1	24.46	0.00	48	136.55	18.65	36.12	*2454	720.6	*40.12	6.99	\$0.000
% of Calories				9.00%		24.8%	0.5%	24.8%	0.0%		61.5%		16.3%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Thursday - 03/07/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added 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
990734 Lemon Baked Tilapia	3 oz	125	40	0.27	55	0	0	1.11	0.00	17	0.27	0.04	7.18	49	7.1	1.02	0.17	\$0.000
990219 Brown Rice Pilaf 9-12	1 cup	125	102	0.31	96	1	0	2.16	0.00	0	18.20	1.10	1.95	81	3.0	0.59	0.03	\$0.000
990182 Cheese Ravioli in Marinara Sauce 9-12	1.5 cup	125	144	1.80	411	2	1	3.46	0.00	26	21.71	2.37	5.84	*0	80.4	*0.00	1.22	\$0.000
990620 Fresh Berries	1/2 cup	250	31	0.02	1	4	0	0.32	0.00	0	7.14	2.22	0.63	39	14.2	35.98	0.34	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990575 Fresh Baby Carrots with Ranch Dressing	1/2 cup	250	32	0.09	102	3	0	0.63	0.00	1	5.70	1.65	1.02	7608	25.3	1.83	0.55	\$0.000
990259 Roasted Green Beans	1/2 cup	250	42	0.34	4	2	0	2.32	0.00	0	5.20	2.02	1.36	507	27.8	8.95	0.77	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			579	4.33	778	40	1	12.56	0.00	56	91.30	12.35	26.74	*8817	473.4	*56.86	3.42	\$0.000
% of Calories				6.73%		27.6%	0.7%	19.5%	0.0%		63.1%		18.5%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Friday - 03/08/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990357 Chicken Caesar Wrap	1 each	200	384	3.96	704	0	0	14.63	0.02	45	41.25	0.59	22.56	2493	40.0	1.13	0.85	\$0.000
990736 Hummus & Roasted Vegetable Wrap	1 each	50	98	0.59	183	1	0	3.14	0.00	0	14.72	1.07	3.37	72	14.3	1.89	0.60	\$0.000
990138 Citrus Fruit Salad	1/2 cup	250	47	0.00	3	9	3	0.10	0.00	0	11.82	1.26	0.57	515	30.2	63.57	0.27	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990735 Cucumber & Bell Pepper Crudit�	1/2 cup	250	21	0.12	60	2	0	0.68	0.00	1	3.12	0.72	1.06	763	13.1	30.63	0.22	\$0.000
990220 Roasted Potato Wedges	1/2 cup	250	96	0.34	13	0	0	2.29	0.00	0	16.55	3.34	3.42	1	40.3	15.08	4.30	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			834	6.52	1072	40	3	23.39	0.02	58	120.56	9.94	39.73	4378	453.5	120.79	6.58	\$0.000
% of Calories				7.04%		19.2%	1.4%	25.2%	0.0%		57.8%		19.1%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
Weighted Averages	11562	133	18133	727	15	433.75	0.01	546	1559.05	242.18	420.25	*375862	*21005.7	*626.43	*67.40	\$0.000
% of Calories		10.35%		25.2%	0.5%	33.8%	0.0%		53.9%		14.5%					

¹WA* - denotes a nutrient that is either missing or incomplete for an individual ingredient

¹ - 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

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

Menu Name:	Snack Menu	Include Cost:	Yes
Site:	1 - Seed School DC	Report Style:	Detailed
Use Alternate Menu Name:	No		

Monday - 02/12/2024 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	
990749 Apple Juice 6.75oz	6.75 fl.oz.	50	100	0.00	10	23	0	0.00	0.00	0	24.00	0.00	0.00	0	0.0	0.00	0.00	0.00	\$0.000
990313 Goldfish Crackers .75oz	1.5 oz	50	202	1.01	344	0	0	7.09	0.00	0	28.35	2.02	4.05	0	40.5	0.00	1.42	\$0.000	
Weighted Daily Average			302	1.01	354	23	0	7.09	0.00	0	52.35	2.02	4.05	0	40.5	0.00	1.42	\$0.000	
% of Calories				3.01%		30.5%	0%	21.1%	0.0%		69.3%		5.4%						
Weekly Nutrient Guideline				0 - 0	<0				<=0										

Tuesday - 02/13/2024 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	
990751 Fresh Fruit Cup SNACK	1 cup	50	172	0.08	2	30	0	0.54	0.00	0	42.36	5.91	1.11	106	21.6	16.78	0.54	\$0.000	
990752 Goldfish Pretzel Cracker Snack	2 each	50	180	0.00	400	0	0	3.00	0.00	0	32.00	2.00	4.00	0	0.0	0.00	0.00	\$0.000	
Weighted Daily Average			352	0.08	402	30	0	3.54	0.00	0	74.36	7.91	5.11	106	21.6	16.78	0.54	\$0.000	
% of Calories				0.20%		34.1%	0%	9.1%	0.0%		84.5%		5.8%						
Weekly Nutrient Guideline				0 - 0	<0				<=0										

Wednesday - 02/14/2024 Reimbursable Meal Total 50

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990747 Popcorn, White Cheddar	1	50	160	2.00	240	2	0	10.00	0.00	5	13.00	2.00	4.00	0	58.0	0.00	0.00	\$0.000
990750 Apple Slices SNACK	1 cup	50	215	0.11	4	38	0	0.62	0.00	0	51.18	8.37	0.95	196	22.0	16.82	0.44	\$0.000
Weighted Daily Average			375	2.11	244	40	0	10.62	0.00	5	64.18	10.37	4.95	196	80.0	16.82	0.44	\$0.000
% of Calories				5.06%		42.7%	0%	25.5%	0.0%		68.5%		5.3%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

Thursday - 02/15/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990635 Yogurt, Greek, Chobani, Assortment	1 Each	50	110	0.00	50	14	9	0.00	0.00	5	15.00	1.00	11.00	750	100.0	0.00	0.00	\$0.000
990324 Cracker, Cinnamon Grahams Giant Goldfish	2 pack	50	118	0.98	137	1	1	3.93	0.00	0	18.65	0.98	0.98	0	98.1	0.00	1.96	\$0.000
Weighted Daily Average			228	0.98	187	15	10	3.93	0.00	5	33.65	1.98	11.98	750	198.1	0.00	1.96	\$0.000
% of Calories				3.87%		26.3%	17.5%	15.5%	0.0%		59.0%		21.0%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

Monday - 02/19/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990327 Nutrigrain Bar, variety	1 bar	50	129	0.50	125	12	12	3.49	0.00	0	24.90	1.00	1.99	747	199.2	0.00	1.79	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990753 Fresh Mandarin Oranges SNACK	1 cup	50	124	0.00	3	24	0	0.39	0.00	0	31.72	4.49	2.24	2430	132.0	95.25	0.54	\$0.000
Weighted Daily Average			254	0.50	127	37	12	3.88	0.00	0	56.62	5.48	4.24	3177	331.2	95.25	2.33	\$0.000
% of Calories				1.77%		58.3%	18.9%	13.7%	0.0%		89.2%		6.7%					
Weekly Nutrient Guideline			0 - 0	<0					<=0									

Tuesday - 02/20/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990751 Fresh Fruit Cup SNACK	1 cup	50	172	0.08	2	30	0	0.54	0.00	0	42.36	5.91	1.11	106	21.6	16.78	0.54	\$0.000
990324 Cracker, Cinnamon Grahams Giant Goldfish	2 pack	50	118	0.98	137	1	1	3.93	0.00	0	18.65	0.98	0.98	0	98.1	0.00	1.96	\$0.000
Weighted Daily Average			289	1.06	140	31	1	4.47	0.00	0	61.00	6.89	2.09	106	119.7	16.78	2.51	\$0.000
% of Calories				3.30%		42.9%	1.4%	13.9%	0.0%		84.4%		2.9%					
Weekly Nutrient Guideline			0 - 0	<0					<=0									

Wednesday - 02/21/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990749 Apple Juice 6.75oz	6.75 fl.oz.	50	100	0.00	10	23	0	0.00	0.00	0	24.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990754 Cracker, Pretzel Tiny Twist Snack	1 each	50	110	0.00	450	0	0	1.00	0.00	0	23.00	1.00	2.00	0	0.0	0.00	0.00	\$0.000
Weighted Daily Average			210	0.00	460	23	0	1.00	0.00	0	47.00	1.00	2.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0.00%		43.8%	0%	4.3%	0.0%		89.5%		3.8%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

Thursday - 02/22/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990580 Multigrain Sun Chips	1 Each	50	208	0.99	168	3	3	8.90	0.00	0	27.69	3.96	2.97	0	0.0	0.00	0.00	\$0.000
990750 Apple Slices SNACK	1 cup	50	215	0.11	4	38	0	0.62	0.00	0	51.18	8.37	0.95	196	22.0	16.82	0.44	\$0.000
Weighted Daily Average			422	1.10	172	41	3	9.52	0.00	0	78.87	12.33	3.91	196	22.0	16.82	0.44	\$0.000
% of Calories				2.35%		38.9%	2.8%	20.3%	0.0%		74.8%		3.7%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

Monday - 02/26/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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
990635 Yogurt, Greek, Chobani, Assortment	1 Each	50	110	0.00	50	14	9	0.00	0.00	5	15.00	1.00	11.00	750	100.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990754 Cracker, Pretzel Tiny Twist Snack	1 each	50	110	0.00	450	0	0	1.00	0.00	0	23.00	1.00	2.00	0	0.0	0.00	0.00	\$0.000
Weighted Daily Average			220	0.00	500	14	9	1.00	0.00	5	38.00	2.00	13.00	750	100.0	0.00	0.00	\$0.000
% of Calories				0.00%		25.5%	16.4%	4.1%	0.0%		69.1%		23.6%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

Tuesday - 02/27/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990327 Nutrigrain Bar, variety	1 bar	50	129	0.50	125	12	12	3.49	0.00	0	24.90	1.00	1.99	747	199.2	0.00	1.79	\$0.000
990322 String cheese	1 each	50	80	3.00	200	0	0	6.00	0.00	20	1.00	0.00	6.00	0	0.0	0.00	0.00	\$0.000
Weighted Daily Average			209	3.50	325	12	12	9.49	0.00	20	25.90	1.00	7.99	747	199.2	0.00	1.79	\$0.000
% of Calories				15.07 %		23.0%	23.0%	40.9%	0.0%		49.6%		15.3%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

Wednesday - 02/28/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990324 Cracker, Cinnamon Grahams Giant Goldfish	2 pack	50	118	0.98	137	1	1	3.93	0.00	0	18.65	0.98	0.98	0	98.1	0.00	1.96	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990748 Peaches, Diced SNACK	1 cup	50	107	0.00	0	27	0	0.00	0.00	0	28.65	0.00	1.79	1051	12.5	6.44	0.48	\$0.000
Weighted Daily Average			225	0.98	137	28	1	3.93	0.00	0	47.29	0.98	2.77	1051	110.7	6.44	2.45	\$0.000
% of Calories				3.92%		49.8%	1.8%	15.7%	0.0%		84.1%		4.9%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

Thursday - 02/29/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990749 Apple Juice 6.75oz	6.75 fl.oz.	50	100	0.00	10	23	0	0.00	0.00	0	24.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990755 Cracker, Cheez-It	2 each	50	202	2.02	304	0	0	7.09	0.55	0	28.35	2.02	4.05	0	58.7	0.00	1.62	\$0.000
Weighted Daily Average			302	2.02	314	23	0	7.09	0.55	0	52.35	2.02	4.05	0	58.7	0.00	1.62	\$0.000
% of Calories				6.02%		30.5%	0%	21.1%	1.6%		69.3%		5.4%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

Monday - 03/04/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990747 Popcorn, White Cheddar	1	50	160	2.00	240	2	0	10.00	0.00	5	13.00	2.00	4.00	0	58.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Feb 12, 2024 thru Mar 8, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990748 Peaches, Diced SNACK	1 cup	50	107	0.00	0	27	0	0.00	0.00	0	28.65	0.00	1.79	1051	12.5	6.44	0.48	\$0.000
Weighted Daily Average			267	2.00	240	29	0	10.00	0.00	5	41.65	2.00	5.79	1051	70.5	6.44	0.48	\$0.000
% of Calories				6.74%		43.4%	0%	33.7%	0.0%		62.4%		8.7%					
Weekly Nutrient Guideline			0 - 0	<0					<=0									

Tuesday - 03/05/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990635 Yogurt, Greek, Chobani, Assortment	1 Each	50	110	0.00	50	14	9	0.00	0.00	5	15.00	1.00	11.00	750	100.0	0.00	0.00	\$0.000
000233 Graham Cracker Snack	2 EACH	50	120	0.00	120	6	6	3.00	0.00	0	22.00	2.00	2.00	4	154.0	0.00	7.56	\$0.000
Weighted Daily Average			230	0.00	170	20	15	3.00	0.00	5	37.00	3.00	13.00	754	254.0	0.00	7.56	\$0.000
% of Calories				0.00%		34.8%	26.1%	11.7%	0.0%		64.3%		22.6%					
Weekly Nutrient Guideline			0 - 0	<0					<=0									

Wednesday - 03/06/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990580 Multigrain Sun Chips	1 Each	50	208	0.99	168	3	3	8.90	0.00	0	27.69	3.96	2.97	0	0.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Feb 12, 2024 thru Mar 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990749 Apple Juice 6.75oz	6.75 fl.oz.	50	100	0.00	10	23	0	0.00	0.00	0	24.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
Weighted Daily Average			308	0.99	178	26	3	8.90	0.00	0	51.69	3.96	2.97	0	0.0	0.00	0.00	\$0.000
% of Calories				2.89%		33.8%	3.9%	26.0%	0.0%		67.1%		3.9%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

Thursday - 03/07/2024

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990313 Goldfish Crackers .75oz	1.5 oz	50	202	1.01	344	0	0	7.09	0.00	0	28.35	2.02	4.05	0	40.5	0.00	1.42	\$0.000
990750 Apple Slices SNACK	1 cup	50	215	0.11	4	38	0	0.62	0.00	0	51.18	8.37	0.95	196	22.0	16.82	0.44	\$0.000
Weighted Daily Average			417	1.12	348	38	0	7.71	0.00	0	79.53	10.40	5.00	196	62.5	16.82	1.85	\$0.000
% of Calories				2.42%		36.5%	0%	16.6%	0.0%		76.3%		4.8%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
Weighted Averages	288	1	269	27	4	5.95	0.03	3	52.59	4.58	5.81	568	104	12.01	1.59	\$0.000
% of Calories		3.41%		37.5%	5.6%	18.6%	0.1%		73.0%		8.1%					

- *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- ¹ - denotes combined nutrient totals with either missing or incomplete nutrient data
- ² - denotes required nutrient values
- ³ - 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.