

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

Menu Name: K-8 Lunch 2 Entree (AB)

Include Cost: No

Site:

Report Style: Detailed

Monday - 01/02/2023

Reimbursable Meal Total 6000

	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)
900188 PIZZA AP TONY GALAXY CHZ 4IN ROUND WG 2.0 (2BG)	Pizza	5000	280	6.00	410	8	12.00	0.00	30	26.00	3.00	15.00	300	200.0	0.00	1.80
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	200	174	1.34	482	0	9.38	0.00	0	21.44	1.34	1.34	*N/A*	0.0	*N/A*	0.00
825856 COND PC Ketchup 9g Heinz	Each	5769	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	5800	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	5949	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1700	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	77	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			447	5.50	684	42	11.22	0.00	34	63.33	5.32	23.15	*1278	547.2	*5.32	1.77
% of Calories				11.07%		37.6%	22.6%	0.0%		56.7%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 01/03/2023

Reimbursable Meal Total 8870

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	8000	200	1.00	170	13	5.00	0.00	0	37.00	3.00	4.00	0	20.0	0.00	0.72
831136 CHIX Sausage Patty 1ea 1.0	Patty	8000	100	1.50	250	0	6.00	0.00	40	1.00	0.00	11.00	*N/A*	10.0	*N/A*	1.00
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	6763	29	0.05	1	2	0.18	0.00	0	6.76	3.15	1.56	439	44.0	4.30	0.69
826343 JUICE SS, Grape100% 4oz Cart	Each	8617	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	6940	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1983	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	90	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			480	2.63	587	47	10.62	0.00	43	74.35	5.10	23.82	*1097	355.4	*3.28	2.18
% of Calories				4.93%		39.2%	19.9%	0.0%		62.0%		19.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 01/04/2023

Reimbursable Meal Total 13225

	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)
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	7000	420	9.00	670	3	20.00	0.00	30	41.00	6.00	20.00	482	427.0	1.86	2.21
990535 SDW AP, CHEESY PULL APART SW QUESO WG IW 2 (2BG)	Each	2000	300	6.00	580	5	13.00	0.00	30	33.00	2.00	14.00	*N/A*	330.0	*N/A*	1.90
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	9500	37	0.02	14	2	0.16	0.00	0	6.97	3.91	4.04	1318	43.0	52.28	0.80
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	9500	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9111	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2603	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	118	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			424	5.99	622	25	13.24	0.00	27	55.48	8.01	23.44	*2034	595.0	*76.67	2.19
% of Calories				12.71%		23.6%	28.1%	0.0%		52.3%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 01/05/2023

Reimbursable Meal Total 13770

	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)
833128 ENCHILADA, BfGd AP WG 2.0	2 Each	7000	272	6.31	588	5	11.64	*0.00	45	25.81	4.40	16.20	*527	245.2	*3.86	2.17
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	2000	280	3.00	970	3	13.50	0.00	45	29.00	2.50	13.00	*N/A*	164.0	*N/A*	2.10
825856 COND PC Ketchup 9g Heinz	Each	2000	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	10798	234	0.03	435	14	0.29	*0.00	1	45.81	8.55	11.04	*305	76.4	*0.64	3.08
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	13123	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
832684 BRD: CRACK BK, GFishCh (1BG)	Serving	10798	105	0.75	188	0	3.75	0.00	4	15.00	1.50	2.25	0	30.0	0.00	0.81
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9312	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2660	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	121	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			588	4.55	1107	40	11.53	*0.00	40	93.87	11.43	27.57	*1166	491.4	*2.47	4.55
% of Calories				6.96%		27.2%	17.6%	*0.0%		63.9%		18.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 01/06/2023

Reimbursable Meal Total 13375

	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)
990627 PACK: BEEF SALIS STK, NDLS PRSL, BFGRVY SS WG2(1BG	Pack	9250	345	6.95	515	4	17.04	0.14	45	29.35	3.84	18.76	*88	67.9	*2.10	3.05
000123 ENT: PASTA, CHZ PENNE IN/OUT SS WG 2.0 - No EGG	1/24 Cut	2000	405	4.96	444	11	10.35	*0.00	22	55.11	7.55	23.01	*19	333.3	*0.01	2.72
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	10740	49	0.16	78	5	0.90	0.00	0	10.21	4.36	0.77	22368	46.2	3.04	0.70
000124 FRUIT: PEARS 150 ct.	Each (150ct)	10740	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
831289 BRD: CRACK SS, Chz-It WG	Package	10740	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9312	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2660	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

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Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	121	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			570	6.80	778	32	17.49	*0.10	45	77.93	11.03	26.21	*18727	420.8	*7.97	4.06
% of Calories				10.74%		22.5%	27.6%	*0.2%		54.7%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 01/09/2023

Reimbursable Meal Total 14100

	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)
833063 ENCHILADA, ChixDcd WG 2.0	2 Each	7000	265	5.92	469	4	10.98	*0.00	48	24.21	3.68	16.19	*261	224.0	*1.69	1.72
990739 ENT: PASTA, MAC&CHZ SS NONWG 2.0 (2BG)	2-6oz scoops	1500	492	12.51	845	2	20.43	*0.00	58	51.17	2.34	21.16	*13	536.5	*0.03	2.05
830646 VEG: BEANS, Black 3/4c	3/4 Cup	9300	226	0.00	244	2	0.09	0.00	2	40.05	10.45	13.93	*N/A*	83.6	*N/A*	3.48
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	9200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	9200	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			523	4.57	787	26	9.16	*0.00	38	79.12	10.27	28.09	*816	491.6	*0.84	3.93
% of Calories				7.86%		19.9%	15.8%	*0.0%		60.5%		21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 01/10/2023

Reimbursable Meal Total 14300

	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)
990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA)	Each	8000	305	4.62	505	4	11.50	0.00	38	28.50	2.00	19.50	*0	164.0	*0.00	2.44
825856 COND PC Ketchup 9g Heinz	Each	8000	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
990642 MELT BD, T.HAM (JENNIE-O) AM WG 2.0 (2BG) (ALPHA)	Sandwich	2000	357	9.00	1280	4	17.67	0.00	68	28.33	2.00	20.67	*N/A*	324.0	*N/A*	3.33
990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C	3/4c	9600	128	0.53	160	0	5.34	0.00	0	20.29	1.07	1.07	*N/A*	0.0	*N/A*	0.00
825856 COND PC Ketchup 9g Heinz	Each	9600	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	9600	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

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Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			456	4.50	851	28	12.98	0.00	37	62.07	2.12	21.72	*675	398.3	*2.42	1.92
% of Calories				8.88%		24.6%	25.6%	0.0%		54.4%		19.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 01/11/2023

Reimbursable Meal Total 14175

	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)
000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA	2 Each	7000	334	4.61	633	3	13.88	0.00	46	32.88	3.46	20.68	*537	258.9	*4.38	3.06
825869 COND PC Sauce, Taco 9g	Each	7000	4	0.00	57	0	0.02	0.00	0	0.76	0.12	0.10	*N/A*	1.2	*N/A*	0.05
990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA)	Sandwich	2000	390	2.50	700	4	16.00	0.00	25	42.00	5.00	20.00	*N/A*	83.0	*N/A*	2.90
825867 COND PC Sauce, BBQ 12g	Each	2000	15	0.00	158	3	0.03	0.00	0	3.34	0.16	0.14	*N/A*	1.5	*N/A*	0.05
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	9525	102	0.13	1	4	0.85	0.00	0	24.38	3.03	3.22	251	3.8	4.42	0.59
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	9525	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

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Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			422	3.03	635	27	10.28	0.00	33	62.86	6.14	23.17	*1266	433.3	*40.81	2.51
% of Calories				6.46%		25.6%	21.9%	0.0%		59.6%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 01/12/2023

Reimbursable Meal Total 14560

	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)
990564 PACK: RAVIOLI JMB CHZ, SPAG SAUCE AP WG 2(1BG)	Pack	8000	207	1.52	488	4	3.71	0.00	50	28.52	2.19	15.94	*200	159.6	*0.00	1.36
829239 BRD: BREAD WG, Tst Garlic 1sl	Slice	8000	106	1.00	242	2	2.55	0.00	7	15.64	1.05	5.31	*10	71.8	*0.01	5.66
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	2000	260	2.50	305	3	8.00	0.00	25	28.00	2.00	17.00	*0	93.0	*0.00	2.44
825856 COND PC Ketchup 9g Heinz	Each	2000	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	10500	37	0.02	14	2	0.16	0.00	0	6.97	3.91	4.04	1318	43.0	52.28	0.80
826337 JUICE SS, Apple 100% 4oz Cart	Each	9500	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			370	2.04	642	28	5.14	0.00	41	57.86	4.88	24.00	*1729	427.5	*37.70	4.85
% of Calories				4.96%		30.3%	12.5%	0.0%		62.6%		25.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 01/13/2023

Reimbursable Meal Total 12810

	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)
990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN)	Serving	7000	218	4.47	574	5	12.37	0.00	54	10.68	1.87	16.16	*N/A*	135.5	*N/A*	1.55
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	7000	150	0.00	270	3	2.50	0.00	0	28.00	2.50	6.00	*N/A*	84.0	*N/A*	1.00
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	2000	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	0	263.0	0.00	2.30
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	9500	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
000124 FRUIT: PEARS 150 ct.	Each (150ct)	9500	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
831285 BRD: CRACK SS, Animal WG	Package	9500	120	1.00	115	8	3.50	0.00	0	22.00	2.00	2.00	*N/A*	0.0	*N/A*	0.80
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			524	4.33	872	40	13.23	0.00	41	80.27	9.65	24.98	*12373	487.4	*5.95	3.35
% of Calories				7.44%		30.5%	22.7%	0.0%		61.3%		19.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 01/17/2023

Reimbursable Meal Total 15375

	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)
990580 PACK: FR TST STK AP (3), CHIX SSG PTY (2) WG 2(1.5)	Pack	12600	395	4.12	725	7	19.50	0.00	80	30.50	2.25	26.50	*18	50.0	*0.07	3.36
990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG IW 2 (2BG)	Each	2000	300	6.00	520	5	13.00	0.00	30	32.00	2.00	14.00	*N/A*	340.0	*N/A*	1.80
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	14941	174	1.34	482	0	9.38	0.00	0	21.44	1.34	1.34	*N/A*	0.0	*N/A*	0.00
825856 COND PC Ketchup 9g Heinz	Each	14941	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14375	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	14375	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			774	5.77	1560	33	28.84	0.00	75	97.68	7.03	33.70	*703	334.9	*5.20	3.88
% of Calories				6.71%		17.1%	33.5%	0.0%		50.5%		17.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 01/18/2023

Reimbursable Meal Total 14900

	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)
990549 PIZZA AP TONY GALAXY CHZ 4IN ROUND IW WG 2.0 (2BG)	Each	8000	280	6.00	410	8	12.00	0.00	30	26.00	3.00	15.00	300	280.0	0.00	1.80
990373 CORN DOG, MINI TURKEY WG 2.0 (2BG)	6 Each	2000	255	2.25	690	6	12.00	0.00	30	24.00	3.00	12.00	*N/A*	45.0	*N/A*	1.50
825862 COND PC Mustard 6g	Each	2000	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	10600	49	0.16	78	5	0.90	0.00	0	10.21	4.36	0.77	22368	46.2	3.04	0.70
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	10600	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			346	3.93	541	30	9.25	0.00	26	47.75	6.82	17.79	*16882	468.4	*39.93	1.82
% of Calories				10.22%		34.7%	24.1%	0.0%		55.2%		20.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 01/19/2023

Reimbursable Meal Total 14950

	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)
825759 SOUP, BfGd Chili SC 2.0	6oz spdl (2MMA)	7000	157	2.50	103	3	6.76	*0.24	38	9.53	3.14	14.42	*267	52.5	*17.25	2.27
990683 BRD: CORN POPPERS, WG 3EA (1 BG)	3 Each	7000	155	3.50	205	4	7.50	0.00	8	19.50	1.50	2.50	*N/A*	5.0	*N/A*	0.90
990642 MELT BD, T.HAM (JENNIE-O) AM WG 2.0 (2BG) (ALPHA)	Sandwich	2000	357	9.00	1280	4	17.67	0.00	68	28.33	2.00	20.67	*N/A*	324.0	*N/A*	3.33
830651 VEG: BEANS, REFRIED AP 3/4C	3/4 Cup	9500	209	0.00	749	2	2.61	0.00	0	34.82	10.44	10.44	*N/A*	45.3	*N/A*	1.74
826343 JUICE SS, Grape100% 4oz Cart	Each	9500	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
831289 BRD: CRACK SS, Chz-It WG	Package	9500	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			534	4.94	1059	31	13.40	*0.11	40	74.62	9.72	26.12	*771	361.6	*8.08	3.69
% of Calories				8.33%		23.2%	22.6%	*0.2%		55.9%		19.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 01/20/2023

Reimbursable Meal Total 13600

	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)
990715 PACK: CHIX MTBLS, PEAS/CARROTS, BF GRVY SS 2.0	5 Each	7000	227	3.74	414	4	11.77	0.20	58	15.72	2.10	15.82	*2618	46.5	*2.28	1.25
827186 RICE, Plain WG 1BG	1/2 Cup	7000	101	0.00	2	0	0.94	0.00	0	21.42	0.63	2.52	*0	2.4	*0.00	0.19
990667 ENT: BOWL, CHIXPOP CH WG 2.5 (1BG)	Bowl	2000	396	5.80	585	2	19.53	0.00	37	34.59	5.54	20.81	*153	156.2	*10.94	2.36
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	9500	37	0.02	14	2	0.16	0.00	0	6.97	3.91	4.04	1318	43.0	52.28	0.80
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	9500	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			387	3.12	490	25	10.13	0.11	42	53.51	6.62	23.55	*3158	380.7	*76.38	1.81
% of Calories				7.26%		25.8%	23.6%	0.3%		55.3%		24.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 01/23/2023

Reimbursable Meal Total 15350

	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)
990585 PACK: CHIX NUGGET SAVORY, PRETZEL SOFT ROD WG2(2BG)	Pack	8000	270	1.88	478	0	10.50	0.00	44	26.50	2.25	18.25	125	25.0	0.00	2.97
825867 COND PC Sauce, BBQ 12g	Each	8000	15	0.00	158	3	0.03	0.00	0	3.34	0.16	0.14	*N/A*	1.5	*N/A*	0.05
990553 MELT SUB AP, CHIXMTBL BBQ SS 2.0 (Alpha)	Sandwich	2000	418	3.33	856	26	13.33	0.00	58	57.79	3.33	20.17	*N/A*	110.7	*N/A*	1.83
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	10500	92	0.04	49	4	0.21	0.00	0	18.51	6.22	4.04	6047	35.3	4.52	1.16
826346 JUICE SS, Orange 100% 4oz Cart	Each	10500	50	0.00	15	10	0.00	0.00	0	12.00	0.00	1.00	0	0.0	42.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10049	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2871	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	130	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			391	1.72	648	29	7.84	0.00	37	58.54	5.95	22.46	*4839	299.1	*31.82	2.69
% of Calories				3.96%		29.7%	18.0%	0.0%		59.9%		23.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 01/24/2023

Reimbursable Meal Total 15125

	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)
990541 NACHOS BFGD AP Bn CHZ 2.25 - w/o Chips	Serving	8000	214	5.39	658	1	9.60	0.06	36	17.20	3.31	13.92	*301	258.8	*3.19	1.55
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	8000	110	0.00	125	0	2.50	0.00	0	19.00	1.00	2.00	*N/A*	30.0	*N/A*	0.30
000123 ENT: PASTA, CHZ PENNE IN/OUT SS WG 2.0 - No EGG	1/24 Cut	2000	405	4.96	444	11	10.35	*0.00	22	55.11	7.55	23.01	*19	333.3	*0.01	2.72
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	10500	234	0.03	435	14	0.29	*0.00	1	45.81	8.55	11.04	*305	76.4	*0.64	3.08
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	10500	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
832684 BRD: CRACK BK, GFishCh (1BG)	Serving	10500	105	0.75	188	0	3.75	0.00	4	15.00	1.50	2.25	0	30.0	0.00	0.81
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			595	4.36	1067	34	11.18	*0.03	32	94.73	12.25	27.72	*1057	522.7	*5.95	4.23
% of Calories				6.59%		22.9%	16.9%	*0.0%		63.7%		18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 01/25/2023

Reimbursable Meal Total 14950

	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)
831731 ORI ChixPop Teriyaki BrocWG2.0	8oz spdl(2 MMA)	8000	318	2.96	574	7	15.51	*0.01	23	27.00	5.15	18.06	680	65.6	43.18	2.51
827186 RICE, Plain WG 1BG	1/2 Cup	8000	101	0.00	2	0	0.94	0.00	0	21.42	0.63	2.52	*0	2.4	*0.00	0.19
990374 Corn Dog, Tyson	serv	2000	300	3.50	400	8	16.00	0.00	50	25.00	3.00	14.00	0	0.0	0.00	0.00
825862 COND PC Mustard 6g	Each	2000	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	10750	49	0.16	78	5	0.90	0.00	0	10.21	4.36	0.77	22368	46.2	3.04	0.70
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	10750	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			426	2.46	590	29	12.15	*0.00	25	59.94	8.35	21.00	*17255	348.2	*63.47	2.11
% of Calories				5.20%		27.2%	25.7%	*0.0%		56.3%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 01/26/2023

Reimbursable Meal Total 14900

	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)
990573 PACK: CHIX DRUMSTK OVRSTD, BISC MINI APWG 2.5(1BG)	Pack	8000	260	6.50	530	1	15.00	0.00	90	16.00	1.00	18.00	0	60.0	0.00	1.08
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	2000	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	0	263.0	0.00	2.30
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	10500	37	0.02	14	2	0.16	0.00	0	6.97	3.91	4.04	1318	43.0	52.28	0.80
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	10500	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			334	4.46	517	26	10.12	0.00	58	42.76	4.53	21.57	*1577	352.0	*36.84	1.54
% of Calories				12.02%		31.1%	27.3%	0.0%		51.2%		25.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

Friday - 01/27/2023

Reimbursable Meal Total 14500

	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)
990748 PACK: CHIX, EGGOJI WAFFLE, AP WG (2BG)	PACK	8000	412	3.52	593	6	16.07	*0.00	55	44.37	3.02	26.05	5	273.1	0.00	5.08
990689 PACK: MTBL CHIX KOREAN, RICE WG 2.0 (2BG)	Pack	2000	439	3.44	576	11	13.43	0.01	58	61.65	2.14	19.63	*29	31.6	*0.00	1.21
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	10500	174	1.34	482	0	9.38	0.00	0	21.44	1.34	1.34	*N/A*	0.0	*N/A*	0.00
825856 COND PC Ketchup 9g Heinz	Each	10500	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	10500	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
831289 BRD: CRACK SS, Chz-It WG	Package	10500	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			638	4.42	1095	29	20.66	*0.00	48	89.07	6.31	26.91	*694	434.8	*3.67	3.87
% of Calories				6.24%		18.2%	29.1%	*0.0%		55.8%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 01/30/2023

Reimbursable Meal Total 15350

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	8000	260	2.50	305	3	8.00	0.00	25	28.00	2.00	17.00	*0	93.0	*0.00	2.44
825856 COND PC Ketchup 9g Heinz	Each	8000	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	2000	320	3.00	870	2	16.00	0.00	55	27.00	2.50	18.00	*N/A*	56.0	*N/A*	3.00
825867 COND PC Sauce, BBQ 12g	Each	2000	15	0.00	158	3	0.03	0.00	0	3.34	0.16	0.14	*N/A*	1.5	*N/A*	0.05
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	10500	37	0.02	14	2	0.16	0.00	0	6.97	3.91	4.04	1318	43.0	52.28	0.80
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	10500	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			334	1.99	506	26	6.83	0.00	26	48.85	4.75	20.70	*1531	332.2	*35.76	2.30
% of Calories				5.36%		31.1%	18.4%	0.0%		58.5%		24.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 01/31/2023

Reimbursable Meal Total 15350

	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)
990704 PACK: PASTA, LOMEIN CHIXDCD SS WG 2.0 (2BG)	Pack	8000	384	1.69	378	9	8.70	*0.01	46	53.01	5.78	22.78	*2987	22.2	*4.78	2.73

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	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)
990535 SDW AP, CHEESY PULL APART SW QUESO WG IW 2 (2BG)	Each	2000	300	6.00	580	5	13.00	0.00	30	33.00	2.00	14.00	*N/A*	330.0	*N/A*	1.90
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	10500	49	0.16	78	5	0.90	0.00	0	10.21	4.36	0.77	22368	46.2	3.04	0.70
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	10500	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			395	2.06	485	29	7.39	*0.01	34	61.33	7.90	21.57	*17640	356.9	*40.88	2.30
% of Calories				4.69%		29.4%	16.8%	*0.0%		62.1%		21.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

	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)
Weighted Averages	474	4	768	31	12.03	*0.02	39	68.38	7.34	24.25	*5108	421	*25.31	2.93
% of Calories		7.52%		26.2%	22.8%	*0.0%		57.7%		20.5%				

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.