

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

Menu Name: K-8 A/SSL

Include Cost: No

Site:

Report Style: Detailed

### Monday - 01/02/2023

Reimbursable Meal Total 6000

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	200	336	0.68	255	37	6.09	0.00	7	59.72	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	200	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*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			490	2.64	595	48	10.84	0.00	44	76.15	5.17	24.11	*1097	365.2	*3.28	2.23
% of Calories				4.85%		39.2%	19.9%	0.0%		62.2%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 01/04/2023

Reimbursable Meal Total 13225

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990665 SALAD, ChixDcd Ceas AP W/CAES DRSNG 2.0	Package	500	361	7.22	674	3	29.67	0.00	55	4.71	0.86	18.17	*1289	206.2	*8.48	0.86

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	500	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
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	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			395	5.36	566	24	12.45	0.00	24	51.19	7.78	22.12	*2083	553.7	*76.99	1.97
% of Calories				12.21%		24.3%	28.4%	0.0%		51.8%		22.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 01/05/2023

Reimbursable Meal Total 13770

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	320	325	5.78	493	3	18.96	0.00	37	18.65	4.20	19.44	*1400	161.2	*7.73	2.31
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	320	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	320	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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

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## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000116 FRUIT: CUP SS, APPLSC 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
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			557	4.26	971	39	10.15	*0.00	34	90.00	11.20	26.21	*1199	472.3	*2.65	4.32
% of Calories				6.88%		28.0%	16.4%	*0.0%		64.6%		18.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 01/06/2023

Reimbursable Meal Total 13375

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	800	184	6.97	391	3	11.64	0.00	48	6.22	1.74	13.90	*1613	240.0	*10.37	1.19
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	800	110	0.00	125	0	2.50	0.00	0	19.00	1.00	2.00	*N/A*	30.0	*N/A*	0.30
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	800	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
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

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			534	6.53	749	32	17.00	0.10	45	72.45	10.12	23.84	*18820	387.1	*8.59	3.79
% of Calories				11.01%		24.0%	28.7%	0.2%		54.3%		17.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 01/09/2023

Reimbursable Meal Total 14100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	700	336	0.68	255	35	6.09	0.00	7	58.38	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	700	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
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

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			493	3.32	715	28	7.46	*0.00	32	77.62	10.17	26.47	*815	449.1	*0.84	3.80
% of Calories				6.06%		22.7%	13.6%	*0.0%		63.0%		21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 01/10/2023

Reimbursable Meal Total 14300

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	600	210	9.00	380	6	14.00	0.00	40	7.00	1.00	14.00	*30	428.0	*21.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	600	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
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, Frt 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			419	3.62	696	28	11.16	0.00	29	59.07	1.92	19.50	*677	370.9	*3.30	1.49
% of Calories				7.78%		26.7%	24.0%	0.0%		56.4%		18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Wednesday - 01/11/2023

Reimbursable Meal Total 14175

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	525	325	5.78	493	3	18.96	0.00	37	18.65	4.20	19.44	*1400	161.2	*7.73	2.31
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	525	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	525	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			381	2.92	541	26	8.94	0.00	31	57.70	5.62	21.16	*1318	428.8	*41.09	2.21
% of Calories				6.90%		27.3%	21.1%	0.0%		60.6%		22.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Thursday - 01/12/2023

Reimbursable Meal Total 14560

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990722 SALAD, VEG BAJA AP ROMAINE 2.25	Each	500	221	6.15	374	4	9.85	0.00	30	22.36	5.16	11.88	*3553	239.5	*6.36	1.57
000218 BRD: MUF AP, CORN 2OZ IW WG (1BG)	Muffin	500	180	1.50	180	12	6.00	0.00	40	28.00	1.00	4.00	100	20.0	0.00	1.08
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	500	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			348	1.98	611	28	4.76	0.00	40	55.36	4.81	22.21	*1855	423.7	*37.92	4.61
% of Calories				5.12%		32.2%	12.3%	0.0%		63.6%		25.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 01/13/2023

Reimbursable Meal Total 12810

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	500	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53	*1289	219.2	*7.73	1.64
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	500	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	500	52	0.66	128	3	4.33	85.08	2	3.17	0.09	0.09	*N/A*	1.1	*N/A*	0.04
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

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			490	3.78	834	39	12.10	3.32	39	75.80	9.10	23.25	*12423	455.7	*6.25	3.10
% of Calories				6.94%		31.8%	22.2%	6.1%		61.9%		19.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 01/17/2023

Reimbursable Meal Total 15375

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (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
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	925	336	0.68	255	37	6.09	0.00	7	59.72	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	925	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			762	5.03	1514	35	27.75	0.00	72	98.31	6.95	32.64	*703	316.7	*5.20	3.77
% of Calories				5.94%		18.4%	32.8%	0.0%		51.6%		17.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Wednesday - 01/18/2023

Reimbursable Meal Total 14900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	600	210	9.00	380	6	14.00	0.00	40	7.00	1.00	14.00	*30	428.0	*21.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	600	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			323	3.99	463	29	8.27	0.00	24	45.32	6.50	16.82	*16883	479.6	*40.77	1.65
% of Calories				11.12%		35.9%	23.0%	0.0%		56.1%		20.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Thursday - 01/19/2023

Reimbursable Meal Total 14950

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	500	325	5.78	493	3	18.96	0.00	37	18.65	4.20	19.44	*1400	161.2	*7.73	2.31
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	500	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	500	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			501	3.95	912	30	11.87	*0.11	32	71.95	9.64	24.11	*818	325.0	*8.33	3.36
% of Calories				7.10%		24.0%	21.3%	*0.2%		57.4%		19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 01/20/2023

Reimbursable Meal Total 13600

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	500	215	5.72	656	3	12.60	0.00	60	4.52	0.86	19.10	*1343	222.2	*7.73	3.07
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	500	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	500	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			340	2.48	437	25	7.76	0.11	39	49.14	5.89	21.31	*3185	367.3	*75.06	1.61
% of Calories				6.56%		29.4%	20.5%	0.3%		57.8%		25.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 01/23/2023

Reimbursable Meal Total 15350

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	500	210	9.00	380	6	14.00	0.00	40	7.00	1.00	14.00	*30	428.0	*21.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	500	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			347	1.58	555	25	6.61	0.00	30	51.76	5.58	20.36	*4840	298.6	*32.51	2.48
% of Calories				4.10%		28.8%	17.1%	0.0%		59.7%		23.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 01/24/2023

Reimbursable Meal Total 15125

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	500	336	0.68	255	37	6.09	0.00	7	59.72	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	500	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			557	3.72	1021	34	10.15	*0.03	29	90.08	11.35	25.09	*1054	492.9	*5.95	3.93
% of Calories				6.01%		24.4%	16.4%	*0.0%		64.7%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Wednesday - 01/25/2023

Reimbursable Meal Total 14950

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	750	184	6.97	391	3	11.64	0.00	48	6.22	1.74	13.90	*1613	240.0	*10.37	1.19
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	750	110	0.00	125	0	2.50	0.00	0	19.00	1.00	2.00	*N/A*	30.0	*N/A*	0.30
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	750	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			406	2.39	559	29	10.90	*0.00	21	58.78	8.14	20.03	*17336	361.7	*63.99	2.22
% of Calories				5.30%		28.6%	24.2%	*0.0%		57.9%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 01/26/2023

Reimbursable Meal Total 14900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990573 PACK: CHIX DRUMSTK OVRST, 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
990665 SALAD, ChixDcd Ceas AP W/CAES DRSNG 2.0	Package	500	361	7.22	674	3	29.67	0.00	55	4.71	0.86	18.17	*1289	206.2	*8.48	0.86
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	500	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			308	4.03	486	25	9.69	0.00	56	38.83	4.06	20.14	*1620	324.3	*37.12	1.29
% of Calories				11.78%		32.5%	28.3%	0.0%		50.4%		26.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 01/27/2023

Reimbursable Meal Total 14500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	500	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53	*1289	219.2	*7.73	1.64
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	500	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	500	52	0.66	128	3	4.33	85.08	2	3.17	0.09	0.09	*N/A*	1.1	*N/A*	0.04
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

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			588	4.15	1042	28	19.33	*2.93	42	81.31	6.08	24.88	*735	438.8	*3.94	3.79
% of Calories				6.35%		19.0%	29.6%	*4.5%		55.3%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 01/30/2023

Reimbursable Meal Total 15350

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	500	336	0.68	255	35	6.09	0.00	7	58.38	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	500	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
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

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			305	1.65	384	27	5.05	0.00	19	47.48	4.50	18.75	*1531	334.2	*35.76	1.96
% of Calories				4.87%		35.4%	14.9%	0.0%		62.3%		24.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 01/31/2023

Reimbursable Meal Total 15350

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	500	210	9.00	380	6	14.00	0.00	40	7.00	1.00	14.00	*30	428.0	*21.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	500	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
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

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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			366	1.57	428	29	6.20	*0.01	31	57.78	7.70	20.27	*17641	327.8	*41.57	2.08
% of Calories				3.86%		31.7%	15.2%	*0.0%		63.1%		22.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			446	4	703	31	10.94	*0.31	36	65.21	7.03	22.69	*5139	406	*25.54	2.73
% of Calories				7.16%		27.8%	22.1%	*0.6%		58.5%		20.3%				

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.**