

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

Menu Name: K-8 Lunch 1 Entree (A)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Wednesday - 02/01/2023 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)
990684 SOUP, BfGd Chili SS 2.0	6oz spdl (2MMA)	8000	139	2.31	209	3	5.55	*0.00	23	11.02	3.14	10.96	*263	58.2	*17.27	2.39
990683 BRD: CORN POPPERS, WG 3EA (1 BG)	3 Each	8000	155	3.50	205	4	7.50	0.00	8	19.50	1.50	2.50	*N/A*	5.0	*N/A*	0.90
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	10000	29	0.05	1	2	0.18	0.00	0	6.76	3.15	1.56	439	44.0	4.30	0.69
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	10000	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			332	3.85	421	28	8.61	*0.00	25	47.80	7.00	17.19	*1332	361.3	*53.84	2.68
% of Calories				10.44%		33.7%	23.3%	*0.0%		57.6%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 02/02/2023 Reimbursable Meal Total 13770

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 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
825862 COND PC Mustard 6g	Each	8000	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	10000	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	10000	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)	10000	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
831289 BRD: CRACK SS, Chz-It WG	Package	10000	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			497	3.47	903	27	14.63	0.00	24	71.83	4.95	19.55	*706	328.5	*4.00	2.26
% of Calories				6.28%		21.7%	26.5%	0.0%		57.8%		15.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 02/03/2023

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)
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

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Portion Values

Feb 1, 2023 thru Feb 28, 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)
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	10500	333	0.00	772	21	1.51	0.00	0	65.05	12.10	16.64	*N/A*	131.6	*N/A*	4.54
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
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	10500	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
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			743	2.07	1212	50	14.67	*0.00	20	122.24	14.53	34.18	*1085	520.1	*25.83	6.05
% of Calories				2.51%		26.9%	17.8%	*0.0%		65.8%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 02/06/2023

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990580 PACK: FR TST STK AP (3), CHIX SSG PTY (2) WG 2(1.5	Pack	8000	395	4.12	725	7	19.50	0.00	80	30.50	2.25	26.50	*18	50.0	*0.07	3.36
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	0	49	0.16	78	5	0.90	0.00	0	10.21	4.36	0.77	22368	46.2	3.04	0.70
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
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
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	10500	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72

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Feb 1, 2023 thru Feb 28, 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	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			434	2.64	796	29	12.68	0.00	52	57.55	2.77	23.83	*695	297.0	*0.04	2.54
% of Calories				5.47%		26.7%	26.3%	0.0%		53.0%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 02/07/2023

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)
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	8000	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	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
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	10500	102	0.13	1	4	0.85	0.00	0	24.38	3.03	3.22	251	3.8	4.42	0.59
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	10500	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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Feb 1, 2023 thru Feb 28, 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			403	2.07	754	30	10.09	0.00	37	60.60	3.71	19.72	*860	296.2	*5.89	2.23
% of Calories				4.62%		29.8%	22.5%	0.0%		60.1%		19.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 02/08/2023

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)
833061 TACO ChixDcd Soft WG 2.0 2ea	2 Each	0	320	4.03	592	0	11.66	*0.00	49	34.16	2.25	18.25	*93	243.6	*0.76	2.86
825869 COND PC Sauce, Taco 9g	Each	0	4	0.00	57	0	0.02	0.00	0	0.76	0.12	0.10	*N/A*	1.2	*N/A*	0.05
830656 VEG: BEANS, Pinto Campfire3/4c	3/4 Cup	0	243	0.27	465	13	1.35	*0.17	2	49.32	7.68	9.24	*415	99.5	*2.38	2.74
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			132	0.31	172	22	0.59	*0.00	7	24.27	1.77	7.96	*848	293.1	*39.32	0.16
% of Calories				2.11%		66.7%	4.0%	*0.0%		73.5%		24.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

Thursday - 02/09/2023

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 (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
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
000130 FRUIT: CUP SS, Pears Dcd 1/2c	Each (1/2c)	10500	60	0.00	5	13	0.00	0.00	0	15.00	1.00	0.00	75	6.0	1.20	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			319	3.61	407	30	7.19	0.00	23	45.31	5.19	18.23	1833	445.7	*38.56	1.72
% of Calories				10.18%		37.6%	20.3%	0.0%		56.8%		22.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 02/10/2023

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 (mg)	Vit-C (mg)	Iron (mg)
990579 PACK: BEEF SALIS STK, NDLS, BF GRVY SS NON-WG2(1BG)	Pack	0	337	6.59	493	4	16.40	0.14	75	28.48	2.28	18.59	*1	56.1	*1.23	2.87
830248 VEG: POTATO, MASHED LS SS 3/4C	3/4 Cup	0	102	0.00	151	0	0.64	0.00	0	21.68	2.55	2.55	*0	17.4	15.31	0.38
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

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Feb 1, 2023 thru Feb 28, 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)
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			158	0.35	191	25	0.68	0.00	7	30.58	2.71	8.36	*776	299.5	*3.76	0.26
% of Calories				1.99%		63.3%	3.9%	0.0%		77.4%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 02/13/2023

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN)	Serving	0	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	0	150	0.00	270	3	2.50	0.00	0	28.00	2.50	6.00	*N/A*	84.0	*N/A*	1.00
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	0	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	0	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)	0	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	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

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			91	0.28	161	14	0.47	0.00	6	14.59	0.00	6.80	*638	246.6	*0.00	0.09
% of Calories				2.77%		61.5%	4.6%	0.0%		64.1%		29.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 02/14/2023

Reimbursable Meal Total 10500

	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)
833187 STICKS, BOSCO CheeseAP 2.0 2ea	2 Each	8000	300	5.00	440	2	10.00	0.00	30	34.00	4.00	20.00	400	400.0	0.00	2.16
832253 SAUCE P, Marin AP 1/4c	1/4 Cup	8000	28	0.07	19	2	0.52	0.00	0	5.11	1.02	0.79	*N/A*	15.9	*N/A*	0.29
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	0	29	0.05	1	2	0.18	0.00	0	6.76	3.15	1.56	439	44.0	4.30	0.69
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
990746 DARLINGTON 0.95 oz WG Holiday Sugar Cookies	PACK	10500	120	1.00	65	8	4.00	0.00	0	18.00	1.00	2.00	*N/A*	*N/A*	*N/A*	1.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9000	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	1000	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 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	500	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	5.02	612	37	12.38	0.00	29	77.38	7.22	26.78	*1279	*647.3	*53.09	3.07
% of Calories				8.62%		28.2%	21.3%	0.0%		59.1%		20.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 02/15/2023

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	0	280	6.00	410	8	12.00	0.00	30	26.00	3.00	15.00	300	280.0	0.00	1.80
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	0	49	0.16	78	5	0.90	0.00	0	10.21	4.36	0.77	22368	46.2	3.04	0.70
000088 FRUIT: PEARS 135 ct.	Each (135ct)	10500	75	0.03	1	13	0.18	0.00	0	19.95	4.06	0.47	33	11.8	5.63	0.24
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9000	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	1000	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	500	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			128	0.12	140	21	0.30	0.00	4	26.64	2.86	5.97	552	213.0	*3.97	0.24
% of Calories				0.84%		65.6%	2.1%	0.0%		83.2%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 02/16/2023

Reimbursable Meal Total 14950

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 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)
831638 FISH, Sticks AP WG 1.5 (3ea)	3 Each	0	128	0.75	195	1	4.50	0.00	26	13.50	0.75	8.25	*N/A*	0.0	*N/A*	0.75
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	0	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
825871 COND PC Sauce, Tartar 12g	Each	0	45	0.66	121	1	4.30	0.08	3	1.32	0.05	0.07	*N/A*	4.7	*N/A*	0.02
830656 VEG: BEANS, Pinto Campfire3/4c	3/4 Cup	0	243	0.27	465	13	1.35	*0.17	2	49.32	7.68	9.24	*415	99.5	*2.38	2.74
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	10500	90	0.00	0	16	0.00	0.00	0	20.00	2.00	0.00	100	20.0	6.00	0.36
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9000	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	1000	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	500	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			139	0.10	138	23	0.17	*0.00	4	26.59	1.40	5.62	*597	218.1	*4.21	0.32
% of Calories				0.65%		66.2%	1.1%	*0.0%		76.5%		16.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 02/17/2023

Reimbursable Meal Total 10500

	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)
990667 ENT: BOWL, CHIXPOP CH WG 2.5 (1BG)	Bowl	0	396	5.80	585	2	19.53	0.00	37	34.59	5.54	20.81	*153	156.2	*10.94	2.36
829546 VEG: SALAD, Side Rom SC 1c	CUP	10500	6	0.01	3	0	0.11	0.00	0	1.24	0.79	0.46	3292	12.5	1.51	0.37

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 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)
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	10500	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	10500	8	0.01	2	1	0.09	0.00	0	1.68	0.52	0.38	359	4.3	5.91	0.12
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			241	1.21	339	32	5.92	0.10	13	36.60	3.73	11.70	*4796	414.5	*60.51	0.73
% of Calories				4.52%		53.1%	22.1%	0.4%		60.7%		19.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 02/20/2023

Reimbursable Meal Total 10500

	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)
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
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	0	49	0.16	78	5	0.90	0.00	0	10.21	4.36	0.77	22368	46.2	3.04	0.70
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	10000	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 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)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2000	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	500	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			383	2.19	541	34	6.57	0.00	27	56.33	1.52	23.48	*893	416.6	*42.00	1.98
% of Calories				5.15%		35.5%	15.4%	0.0%		58.8%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 02/21/2023

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)
990751 SDW FB, ChixPop Parm 2.0	PACK	0	420	6.11	882	6	18.86	0.00	29	39.64	4.98	21.07	*56	276.4	*0.07	2.32
830656 VEG: BEANS, Pinto Campfire3/4c	3/4 Cup	0	243	0.27	465	13	1.35	*0.17	2	49.32	7.68	9.24	*415	99.5	*2.38	2.74
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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10000	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	2000	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	500	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			130	0.22	157	22	0.46	*0.00	5	25.47	1.96	6.73	*655	241.4	*3.76	0.18
% of Calories				1.52%		67.7%	3.2%	*0.0%		78.4%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

Wednesday - 02/22/2023

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)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	8000	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	0	263.0	0.00	2.30
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	0	29	0.05	1	2	0.18	0.00	0	6.76	3.15	1.56	439	44.0	4.30	0.69
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	10000	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	2000	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	500	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			283	2.89	396	25	6.30	0.00	19	40.98	3.82	15.91	785	411.6	*37.29	1.38
% of Calories				9.19%		35.3%	20.0%	0.0%		57.9%		22.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 02/23/2023

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)
990689 PACK: MTBL CHIX KOREAN, RICE WG 2.0 (2BG)	Pack	8000	439	3.44	576	11	13.43	0.01	58	61.65	2.14	19.63	*29	31.6	*0.00	1.21
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, APPLSC 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

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 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	10000	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	2000	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	500	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			386	2.07	481	30	7.66	0.01	37	62.48	4.61	20.10	*1573	294.4	*36.84	1.29
% of Calories				4.83%		31.1%	17.9%	0.0%		64.7%		20.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 02/24/2023

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)
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	10000	420	9.00	670	3	20.00	0.00	30	41.00	6.00	20.00	482	427.0	1.86	2.21
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
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	0	90	0.00	0	16	0.00	0.00	0	20.00	2.00	0.00	100	20.0	6.00	0.36
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10000	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	2000	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 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	500	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			515	7.38	1038	18	20.93	0.00	26	60.97	5.11	21.66	*979	544.8	*1.28	1.61
% of Calories				12.90%		14.0%	36.6%	0.0%		47.4%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 02/27/2023

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)
990684 SOUP, BfGd Chili SS 2.0	6oz spdl (2MMA)	8000	139	2.31	209	3	5.55	*0.00	23	11.02	3.14	10.96	*263	58.2	*17.27	2.39
990683 BRD: CORN POPPERS, WG 3EA (1 BG)	3 Each	8000	155	3.50	205	4	7.50	0.00	8	19.50	1.50	2.50	*N/A*	5.0	*N/A*	0.90
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	10000	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	2000	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	500	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			300	3.24	382	27	7.24	*0.00	21	44.43	5.78	16.29	*1649	302.3	*44.76	2.34
% of Calories				9.72%		36.0%	21.7%	*0.0%		59.2%		21.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

Tuesday - 02/28/2023

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)
990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA)	Sandwich	0	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	0	15	0.00	158	3	0.03	0.00	0	3.34	0.16	0.14	*N/A*	1.5	*N/A*	0.05
990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C	3/4c	0	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	0	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
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			122	0.29	159	20	0.54	0.00	6	22.42	1.64	7.35	*783	270.6	*36.31	0.15
% of Calories				2.14%		65.6%	4.0%	0.0%		73.5%		24.1%				
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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	313	2	470	27	6.90	*0.01	20	47.75	4.11	15.87	*1166	*353.1	*24.76	1.56
% of Calories		6.24%		34.5%	19.8%	*0.0%		61.0%		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*

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.*