

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 2023

**Menu Name:** K-8 A/SSL  
**Site:** 1 - Archdiocese of Chicago

**Include Cost:** No  
**Report Style:** Detailed

### Wednesday - 02/01/2023 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)
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
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
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			349	4.17	446	28	9.40	*0.00	28	49.74	7.23	17.79	*1470	371.2	*54.08	2.78
% of Calories				10.75%		32.1%	24.2%	*0.0%		57.0%		20.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

# Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

Thursday - 02/02/2023

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)
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
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
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			508	3.67	936	27	15.12	0.00	27	72.54	5.03	20.36	*754	338.0	*4.28	2.41
% of Calories				6.50%		21.3%	26.8%	0.0%		57.1%		16.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

# Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

## Friday - 02/03/2023

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 (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
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	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
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			795	2.89	1315	51	19.28	*0.08	25	124.17	14.76	35.10	*1137	529.2	*26.12	6.20
% of Calories				3.27%		25.7%	21.8%	*0.1%		62.5%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Monday - 02/06/2023

Reimbursable Meal Total 14100

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 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)
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
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	0	49	0.16	78	5	0.90	0.00	0	10.21	4.36	0.77	22368	46.2	3.04	0.70
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
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			370	2.96	605	28	12.12	0.00	53	44.22	2.09	22.91	*696	312.2	*0.78	2.03
% of Calories				7.20%		30.3%	29.5%	0.0%		47.8%		24.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 02/07/2023

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)
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
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

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 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)
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
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
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	2.10	767	31	10.44	0.00	37	63.39	3.82	20.16	*860	311.3	*5.89	2.30
% of Calories				4.51%		29.6%	22.4%	0.0%		60.5%		19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 02/08/2023

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)
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
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

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 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)
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			148	0.54	198	22	1.47	*0.00	8	25.46	1.98	8.76	*897	300.2	*39.60	0.28
% of Calories				3.28%		59.5%	8.9%	*0.0%		68.8%		23.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 02/09/2023

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)
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
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
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

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 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)
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			329	3.81	433	30	7.72	2.92	25	46.05	5.26	18.90	*1877	454.0	*38.83	1.81
% of Calories				10.42%		36.5%	21.1%	8.0%		56.0%		23.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 02/10/2023

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)	Calcm (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
990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 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
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
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

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 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			175	0.63	224	25	1.89	0.00	9	31.31	2.79	9.18	*826	308.3	*4.09	0.33
% of Calories				3.24%		57.1%	9.7%	0.0%		71.6%		21.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Monday - 02/13/2023

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)
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
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	0	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	0	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	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



# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 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			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 <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)
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
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
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 <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	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			539	5.45	640	38	13.11	0.00	31	78.47	7.32	27.54	*1281	*667.6	*54.09	3.10
% of Calories				9.10%		28.2%	21.9%	0.0%		58.2%		20.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Wednesday - 02/15/2023

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	0	280	6.00	410	8	12.00	0.00	30	26.00	3.00	15.00	300	280.0	0.00	1.80
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
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
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
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

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 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	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			138	0.31	171	21	0.75	0.00	6	27.30	2.94	6.71	*597	221.7	*4.23	0.37
% of Calories				2.02%		60.9%	4.9%	0.0%		79.1%		19.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 02/16/2023

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)
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
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
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	0	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*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
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	150	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	40	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 <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	10	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			74	0.24	18	12	0.50	*0.00	1	15.05	1.58	0.51	*199	26.0	*4.43	0.31
% of Calories				2.92%		64.9%	6.1%	*0.0%		81.4%		2.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 02/17/2023

Reimbursable Meal Total 10500

	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)
990752 CHIX MtblNAE Gravy Veg 2.0 w/ MASH POTATO	Pack	8000	460	4.84	1507	10	15.53	0.77	60	58.72	4.63	20.98	*2705	88.4	*2.48	2.12
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	8000	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
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
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
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

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 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			675	4.98	1627	42	19.35	0.68	59	95.79	8.16	30.57	*6856	511.0	*62.40	3.19
% of Calories				6.64%		24.9%	25.8%	0.9%		56.8%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 02/20/2023

Reimbursable Meal Total 10500

	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
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	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
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 <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	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			398	2.62	568	34	7.31	0.00	29	57.43	1.62	24.24	*894	437.0	*43.00	2.01
% of Calories				5.92%		34.2%	16.5%	0.0%		57.7%		24.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 02/21/2023

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)
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
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
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

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 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	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			144	0.43	181	22	1.28	*0.00	7	26.56	2.15	7.46	*701	247.9	*4.02	0.29
% of Calories				2.69%		61.1%	8.0%	*0.0%		73.8%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Wednesday - 02/22/2023

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)	Calcm (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
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
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

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 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	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			298	2.94	408	26	6.63	0.00	19	43.63	3.92	16.33	*785	421.4	*37.29	1.44
% of Calories				8.88%		34.9%	20.0%	0.0%		58.6%		21.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Thursday - 02/23/2023

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)
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
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
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
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 <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	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			397	2.26	507	30	8.17	2.86	39	63.20	4.68	20.76	*1617	302.5	*37.10	1.38
% of Calories				5.12%		30.2%	18.5%	6.5%		63.7%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 02/24/2023

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)
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
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
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
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)	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	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 <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	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			595	7.41	1054	31	21.19	0.00	27	78.06	6.66	22.10	*1051	569.4	*5.63	1.93
% of Calories				11.21%		20.8%	32.1%	0.0%		52.5%		14.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 02/27/2023

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)
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
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, 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
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 <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	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			315	3.29	394	28	7.55	*0.00	21	47.01	5.88	16.71	*1649	311.8	*44.76	2.39
% of Calories				9.40%		35.6%	21.6%	*0.0%		59.7%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 02/28/2023

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)
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
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
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

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 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			132	0.58	178	20	1.05	0.00	7	23.16	1.70	7.87	*784	284.6	*37.00	0.18
% of Calories				3.95%		60.6%	7.2%	0.0%		70.2%		23.8%				
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			344	3	542	28	8.24	*0.33	23	51.36	4.48	17.04	*1278	*358.6	*25.38	1.74
% of Calories				6.75%		32.6%	21.6%	*0.9%		59.7%		19.8%				

\*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.**