

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

Menu Name: K-12 Breakfast Cold **Include Cost:** No
Site: 1 - Archdiocese of Chicago **Report Style:** Detailed

Wednesday - 02/01/2023 Reimbursable Meal Total 3800

	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)
829621 BRD: ROLL AP, CinnMini WG IW	Pouch	801	240	1.50	270	14	8.00	0.00	0	40.00	3.00	4.00	*N/A*	30.0	*N/A*	1.70
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	800	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	800	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			183	1.73	172	21	4.08	0.00	14	28.47	1.72	8.56	*732	285.4	*1.28	0.49
% of Calories				8.51%		45.9%	20.1%	0.0%		62.2%		18.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 02/02/2023 Reimbursable Meal Total 3600

	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)
832985 BRD: BAGEL, Mini CinnCrCh WGIW	Each	800	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00	*N/A*	30.0	*N/A*	1.60
000124 FRUIT: PEARS 150 ct.	Each (150ct)	800	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
000131 FRUIT: CUP SS, Peaches Dcd1/2c	Each (1/2c)	800	60	0.00	5	16	0.00	0.00	0	17.00	2.00	1.00	400	0.0	2.40	0.36

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	3560	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	73	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			180	1.93	165	20	3.84	0.00	17	28.21	1.70	9.72	*852	301.9	*1.66	0.58
% of Calories				9.65%		44.4%	19.2%	0.0%		62.7%		21.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 02/03/2023

Reimbursable Meal Total 3700

	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)
825661 CEREAL BWL, Cheerios HnyNut WG	Bowl	800	110	0.00	160	9	1.50	0.00	0	22.00	2.00	2.00	500	100.0	6.00	4.50
833274 CHEESE, CH STICK 1EA 1.0	Stick	800	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	800	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			164	2.42	198	18	4.27	0.00	19	21.12	0.95	10.00	1001	359.3	*13.55	1.09
% of Calories				13.28%		43.9%	23.4%	0.0%		51.5%		24.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

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Portion Values

Feb 1, 2023 thru Feb 28, 2023

Monday - 02/06/2023

Reimbursable Meal Total 3800

	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)
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	800	190	2.00	130	17	6.00	0.00	40	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
833274 CHEESE, CH STICK 1EA 1.0	Stick	800	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	800	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
826343 JUICE SS, Grape100% 4oz Cart	Each	800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			184	2.78	188	21	5.12	0.00	27	24.10	1.03	10.03	*836	328.2	*1.16	0.32
% of Calories				13.60%		45.7%	25.0%	0.0%		52.4%		21.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 02/07/2023

Reimbursable Meal Total 3700

	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)
831315 BRD: BAGEL, White WG IW	Each	800	140	0.00	160	5	1.00	0.00	0	28.00	4.00	6.00	*N/A*	30.0	*N/A*	1.60
825875 COND PC Cream Cheese 1oz	Each	800	70	4.00	115	1	7.00	0.00	20	1.00	0.00	1.00	309	33.3	0.00	0.11
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	800	60	0.00	0	13	0.00	0.00	0	15.00	1.00	0.00	100	20.0	6.00	0.36

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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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			166	2.31	177	17	4.16	0.00	19	22.85	1.60	9.57	*873	311.6	*12.78	0.57
% of Calories				12.52%		41.0%	22.6%	0.0%		55.1%		23.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 02/08/2023

Reimbursable Meal Total 3600

	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)
990520 CEREAL BWL, CHEX RICE WG GF (1BG)	Bowl	800	100	0.00	250	2	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	800	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	800	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			162	1.93	221	17	3.40	0.00	17	23.76	1.26	10.17	*963	362.6	*2.46	2.15
% of Calories				10.72%		42.0%	18.9%	0.0%		58.7%		25.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

Thursday - 02/09/2023

Reimbursable Meal Total 3900

	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)
990734 BRD: BRKFST BANANA SUPER WG, 1SL (2BG)	Each	800	260	1.50	240	24	8.00	0.00	0	45.00	2.00	5.00	*N/A*	161.0	*N/A*	1.00
000131 FRUIT: CUP SS, Peaches Dcd1/2c	Each (1/2c)	800	60	0.00	5	16	0.00	0.00	0	17.00	2.00	1.00	400	0.0	2.40	0.36
826337 JUICE SS, Apple 100% 4oz Cart	Each	800	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	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	69	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			166	1.61	160	21	3.81	0.00	13	25.33	0.82	8.32	*746	290.1	*0.49	0.37
% of Calories				8.73%		50.6%	20.7%	0.0%		61.0%		20.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 02/10/2023

Reimbursable Meal Total 3700

	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)
825665 CEREAL BWL, CinnTstCrnch RS WG	Bowl	800	120	0.00	160	6	2.50	0.00	0	22.00	3.00	1.00	300	60.0	3.60	1.80
990372 Danimals, Vanilla Yogurt	ea	800	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00

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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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			160	1.45	168	19	2.97	0.00	16	23.71	1.38	9.14	*850	329.3	*12.26	0.51
% of Calories				8.16%		47.5%	16.7%	0.0%		59.3%		22.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 02/13/2023

Reimbursable Meal Total 2300

	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)
831303 BRD: MUF AP, ApCin 2ozWG (1BG)	Muffin	800	180	2.00	125	16	6.00	0.00	35	31.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
829498 YOGURT SS, Danimals Vanilla4oz	Each	800	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826343 JUICE SS, Grape100% 4oz Cart	Each	800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			288	3.02	263	36	6.00	0.00	37	42.67	1.53	15.75	*1263	517.5	*18.47	0.51
% of Calories				9.44%		50.0%	18.8%	0.0%		59.3%		21.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

Tuesday - 02/14/2023

Reimbursable Meal Total 2300

	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)
829521 BRD: Bkfst Rnd Cinn 2.2oz WG IW	Each	801	280	3.00	190	19	8.00	0.00	5	44.00	6.29	5.00	8	29.8	0.01	0.68
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826343 JUICE SS, Grape100% 4oz Cart	Each	800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			299	3.37	261	33	6.70	0.00	25	43.04	3.02	15.05	1266	482.7	*18.47	0.43
% of Calories				10.14%		44.1%	20.2%	0.0%		57.6%		20.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 02/15/2023

Reimbursable Meal Total 3600

	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)
825636 CEREAL BWL, GOLDEN GRAHAMS WG (1BG)	Bowl	0	110	0.00	210	8	0.50	0.00	0	24.00	1.00	1.00	300	90.0	3.60	2.50
829498 YOGURT SS, Danimals Vanilla4oz	Each	0	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	800	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	800	60	0.00	0	13	0.00	0.00	0	15.00	1.00	0.00	100	20.0	6.00	0.36
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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

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	73	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			129	1.49	121	17	2.52	0.00	15	18.49	0.93	8.15	*795	299.1	*2.68	0.22
% of Calories				10.40%		52.7%	17.6%	0.0%		57.3%		25.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 02/16/2023

Reimbursable Meal Total 3800

	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)
990753 BRD: WAFFLE, IW, STRWBRY ENVY (2 BG) (72/CS)	PACK	800	240	2.50	200	12	9.00	0.00	15	33.00	2.00	5.00	*N/A*	*N/A*	*N/A*	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	800	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
826343 JUICE SS, Grape100% 4oz Cart	Each	800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			177	1.94	160	19	4.27	0.00	17	25.04	1.19	9.00	*723	*279.7	*1.07	0.14
% of Calories				9.86%		42.9%	21.7%	0.0%		56.6%		20.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 02/17/2023

Reimbursable Meal Total 3700

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)
825687 CEREAL BWL, Lucky Charms WG	Bowl	800	110	0.00	180	9	1.00	0.00	0	23.00	2.00	2.00	300	110.0	3.60	3.60
833274 CHEESE, CH STICK 1EA 1.0	Stick	800	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	800	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			167	2.42	200	18	4.18	0.00	19	22.74	1.33	9.88	*925	355.6	*2.09	0.91
% of Calories				13.04%		43.1%	22.5%	0.0%		54.5%		23.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 02/20/2023

Reimbursable Meal Total 3800

	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)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	800	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
833274 CHEESE, CH STICK 1EA 1.0	Stick	800	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	800	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			178	2.78	184	19	5.12	0.00	25	23.26	1.24	9.82	*836	329.3	*1.16	0.32
% of Calories				14.06%		42.7%	25.9%	0.0%		52.3%		22.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 02/21/2023

Reimbursable Meal Total 3600

	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)
990706 BRD: BRKFST PUMPKIN SUPER WG, 1SL (2BG)	Each	801	260	1.50	240	24	8.00	0.00	0	44.00	2.00	5.00	*N/A*	114.0	*N/A*	1.00
000130 FRUIT: CUP SS, Pears Dcd 1/2c	Each (1/2c)	800	60	0.00	5	13	0.00	0.00	0	15.00	1.00	0.00	75	6.0	1.20	0.10
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			182	1.82	176	21	4.28	0.00	15	26.83	1.20	9.39	*823	328.4	*12.06	0.37
% of Calories				9.00%		46.2%	21.2%	0.0%		59.0%		20.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 02/22/2023

Reimbursable Meal Total 2300

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)
829621 BRD: ROLL AP, CinnMini WG IW	Pouch	800	240	1.50	270	14	8.00	0.00	0	40.00	3.00	4.00	*N/A*	30.0	*N/A*	1.70
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	800	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
826343 JUICE SS, Grape100% 4oz Cart	Each	800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			293	2.86	289	33	6.73	0.00	23	43.89	2.15	14.49	*1209	471.6	*2.11	0.80
% of Calories				8.78%		45.1%	20.7%	0.0%		59.9%		19.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 02/23/2023

Reimbursable Meal Total 3300

	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)
831315 BRD: BAGEL. White WG IW	Each	800	140	0.00	160	5	1.00	0.00	0	28.00	4.00	6.00	*N/A*	30.0	*N/A*	1.60
825853 COND PC Jelly, Grape Smucker	Each	800	35	0.00	5	8	0.00	0.00	0	9.00	0.00	0.00	40	0.0	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	800	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3567	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	73	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			181	1.63	173	21	2.98	0.00	16	28.85	2.10	10.38	*844	331.2	*1.23	0.55
% of Calories				8.10%		46.4%	14.8%	0.0%		63.8%		22.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 02/24/2023

Reimbursable Meal Total 3600

	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)
825681 CEREAL BWL, Frosted Flks RS WG	Bowl	800	100	0.00	170	8	1.00	0.00	0	24.00	1.00	1.00	500	150.0	6.00	6.30
829498 YOGURT SS, Danimals Vanilla4oz	Each	800	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	800	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			162	1.49	177	20	2.72	0.00	16	24.82	0.75	9.39	*918	357.3	*13.93	1.52
% of Calories				8.28%		49.4%	15.1%	0.0%		61.3%		23.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 02/27/2023

Reimbursable Meal Total 1925

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)
831306 BRD: MUF AP, Choc 2oz WG (1BG)	Muffin	800	190	2.00	130	17	6.00	0.00	35	33.00	2.00	3.00	*N/A*	40.0	*N/A*	1.50
829498 YOGURT SS, Danimals Vanilla4oz	Each	800	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			336	3.61	310	40	7.17	0.00	45	50.15	2.24	18.40	*1509	624.5	*22.06	0.85
% of Calories				9.67%		47.6%	19.2%	0.0%		59.7%		21.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 02/28/2023

Reimbursable Meal Total 3300

	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)
831948 BRD: Bkfst Rnd ChocChip 2.2oz IW	Each	800	270	2.50	180	19	8.00	0.00	5	44.00	6.25	5.00	9	23.6	0.00	0.92
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	800	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
826343 JUICE SS, Grape100% 4oz Cart	Each	800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	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			211	2.23	180	24	4.69	0.00	18	31.56	2.28	10.34	845	327.1	*1.47	0.37
% of Calories				9.51%		45.5%	20.0%	0.0%		59.8%		19.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			198	2	197	23	4.45	0.00	21	28.94	1.52	10.78	*940	*363.6	*7.12	0.65
% of Calories				10.18%		46.5%	20.2%	0.0%		58.5%		21.8%				

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

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.