

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 2023

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

### Wednesday - 02/01/2023 Reimbursable Meal Total 3800

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990708 PACK: CHIXPTY BRD, AM BISC MINI AP WG 1.25(1.25BG) | Pack         | 800       | 240                      | 7.12                   | 625                    | 2          | 13.00     | 0.00                    | 25          | 20.50    | 2.50      | 11.50     | *0         | 151.0                  | *0.00      | 1.26      |
| 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                      | 2.91                   | 247                    | 19         | 5.13      | 0.00                    | 19          | 24.36    | 1.61      | 10.14     | *732       | 310.9                  | *1.28      | 0.39      |
| % of Calories   |              |           |                          | 14.31%                 |                        | 41.5%      | 25.2%     | 0.0%                    |             | 53.2%    |           | 22.2%     |            |                        |            |           |
| Weekly Nutrient Guideline                                 |              |           | 450 - 500                | <10                    | 540                    |            | <=30      |                         |             |          |           |           |            |                        |            |           |

### Thursday - 02/02/2023 Reimbursable Meal Total 3600

|                                    | 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) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 831322 BRD: FR TST AP, Berry WG IW | Pouch        | 800       | 210                      | 1.00                   | 190                    | 11         | 7.00      | 0.00                    | 0           | 36.00    | 2.00      | 4.00      | *N/A*      | 70.0                   | *N/A*      | 1.50      |
| 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      |

# 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 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                            |              |           | 175                      | 1.71                   | 165                    | 20         | 4.06      | 0.00                    | 15          | 26.87    | 1.70      | 9.28      | *852       | 310.8                  | *1.66      | 0.56      |
| % of Calories                                     |              |           |                          | 8.79%                  |                        | 45.7%      | 20.9%     | 0.0%                    |             | 61.4%    |           | 21.2%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 450 - 500                | <10                    | 540                    |            | <=30      |                         |             |          |           |           |            |                        |            |           |

### Friday - 02/03/2023

Reimbursable Meal Total 3700

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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, 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      |

**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       | 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      |                         |             |          |           |           |            |                        |            |           |

**Monday - 02/06/2023**

**Reimbursable Meal Total 3800**

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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**

# 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW   | Each         | 800       | 140                      | 1.50                   | 360                    | 6          | 5.00      | 0.00                    | 10          | 16.00    | 2.00      | 8.00      | 0          | 40.0                   | 0.00       | 1.44      |
| 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      |
| 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                            |              |           | 151                      | 1.77                   | 196                    | 17         | 3.51      | 0.00                    | 17          | 20.04    | 1.17      | 9.79      | 807        | 306.5                  | *12.78     | 0.51      |
| % of Calories                                     |              |           |                          | 10.55%                 |                        | 45.0%      | 20.9%     | 0.0%                    |             | 53.1%    |           | 25.9%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 450 - 500                | <10                    | 540                    |            | <=30      |                         |             |          |           |           |            |                        |            |           |

### Wednesday - 02/08/2023

Reimbursable Meal Total 3600

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 831334 BRD: WAFFLE, AP WG Maple Md IW              | Pouch        | 800       | 200                      | 1.00                   | 170                    | 13         | 5.00      | 0.00                    | 0           | 37.00    | 3.00      | 4.00      | 0          | 20.0                   | 0.00       | 0.72      |
| 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      |

# 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       | 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                      | 2.16                   | 204                    | 19         | 4.29      | 0.00                    | 17          | 26.65    | 1.70      | 10.61     | *852       | 344.8                  | *1.13      | 0.31      |
| % of Calories                                     |              |           |                          | 10.57%                 |                        | 41.3%      | 21.0%     | 0.0%                    |             | 57.9%    |           | 23.1%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 450 - 500                | <10                    | 540                    |            | <=30      |                         |             |          |           |           |            |                        |            |           |

### Thursday - 02/09/2023

Reimbursable Meal Total 3900

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 830789 MELT BGL, CSaus AM 1.25 WG                 | Sandwich     | 800       | 285                      | 3.62                   | 610                    | 4          | 10.50     | 0.00                    | 52          | 29.50    | 4.00      | 19.50     | *0         | 121.0                  | *0.00      | 2.80      |
| 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                            |              |           | 171                      | 2.05                   | 236                    | 17         | 4.32      | 0.00                    | 24          | 22.16    | 1.23      | 11.29     | *746       | 281.9                  | *0.49      | 0.74      |
| % of Calories                                     |              |           |                          | 10.79%                 |                        | 39.8%      | 22.7%     | 0.0%                    |             | 51.8%    |           | 26.4%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 450 - 500                | <10                    | 540                    |            | <=30      |                         |             |          |           |           |            |                        |            |           |

### Friday - 02/10/2023

Reimbursable Meal Total 3700

# 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 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 <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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |

# 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       | 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      |                         |             |          |           |           |            |                        |            |           |

## Tuesday - 02/14/2023

Reimbursable Meal Total 2300

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990708 PACK: CHIXPTY BRD, AM BISC MINI AP WG 1.25(1.25BG) | Pack         | 800       | 240                      | 7.12                   | 625                    | 2          | 13.00     | 0.00                    | 25          | 20.50    | 2.50      | 11.50     | *0         | 151.0                  | *0.00      | 1.26      |
| 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                                    |              |           | 285                      | 4.81                   | 412                    | 27         | 8.43      | 0.00                    | 32          | 34.84    | 1.70      | 17.31     | *1263      | 524.8                  | *18.47     | 0.63      |
| % of Calories   |              |           |                          | 15.19%                 |                        | 37.9%      | 26.6%     | 0.0%                    |             | 48.9%    |           | 24.3%     |            |                        |            |           |
| Weekly Nutrient Guideline                                 |              |           | 450 - 500                | <10                    | 540                    |            | <=30      |                         |             |          |           |           |            |                        |            |           |

## Wednesday - 02/15/2023

Reimbursable Meal Total 3600

# 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 831321 BRD: FR TST AP, Cinn WG IW                 | Pouch        | 800       | 220                      | 1.00                   | 200                    | 11         | 7.00      | 0.00                    | 0           | 37.00    | 2.00      | 4.00      | *N/A*      | 80.0                   | *N/A*      | 1.70      |
| 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      |
| 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      |
| 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                            |              |           | 191                      | 2.16                   | 210                    | 20         | 4.74      | 0.00                    | 17          | 26.93    | 1.37      | 10.59     | *884       | 360.8                  | *2.68      | 0.59      |
| % of Calories                                     |              |           |                          | 10.18%                 |                        | 41.9%      | 22.3%     | 0.0%                    |             | 56.4%    |           | 22.2%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 450 - 500                | <10                    | 540                    |            | <=30      |                         |             |          |           |           |            |                        |            |           |

Thursday - 02/16/2023

Reimbursable Meal Total 3800

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990578 PACK: EGG OMELET CH AP, BISC MINI AP WG 2.0 (1BG) | Pack         | 800       | 230                      | 7.50                   | 490                    | 1          | 16.00     | 0.00                    | 170         | 15.00    | 1.00      | 9.00      | 300        | 140.0                  | 0.00       | 1.08      |
| 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      |



# 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       | 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                            |              |           | 175                      | 2.99                   | 221                    | 17         | 5.75      | 0.00                    | 50          | 21.25    | 0.98      | 9.84      | 786        | 309.2                  | *1.07      | 0.37      |
| % of Calories                                     |              |           |                          | 15.38%                 |                        | 38.9%      | 29.6%     | 0.0%                    |             | 48.6%    |           | 22.5%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 450 - 500                | <10                    | 540                    |            | <=30      |                         |             |          |           |           |            |                        |            |           |

## Friday - 02/17/2023

Reimbursable Meal Total 3700

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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

# 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 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 <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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 830954 PIZZA AP TONY BKFST T.SSG WG 1.0 (1.5BG) | Pizza        | 800       | 210                      | 2.00                   | 350                    | 5          | 7.00      | 0.00                    | 15          | 27.00    | 3.00      | 9.00      | 0          | 156.0                  | 0.00       | 1.90      |
| 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      |

# 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       | 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                            |              |           | 171                      | 1.93                   | 200                    | 17         | 4.05      | 0.00                    | 18          | 23.04    | 1.42      | 10.28     | 823        | 337.7                  | *12.06     | 0.57      |
| % of Calories                                     |              |           |                          | 10.16%                 |                        | 39.8%      | 21.3%     | 0.0%                    |             | 53.9%    |           | 24.0%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 450 - 500                | <10                    | 540                    |            | <=30      |                         |             |          |           |           |            |                        |            |           |

## Wednesday - 02/22/2023

Reimbursable Meal Total 2300

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 831333 BRD: WAFFLE, AP WG Bluebry IW              | Pouch        | 800       | 200                      | 1.00                   | 170                    | 10         | 6.00      | 0.00                    | 0           | 36.00    | 3.00      | 4.00      | 0          | 20.0                   | 0.00       | 0.72      |
| 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      |
| 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                            |              |           | 310                      | 4.25                   | 324                    | 32         | 8.47      | 0.00                    | 30          | 42.50    | 2.15      | 16.93     | 1383       | 539.1                  | *2.11      | 0.46      |
| % of Calories                                     |              |           |                          | 12.34%                 |                        | 41.3%      | 24.6%     | 0.0%                    |             | 54.8%    |           | 21.8%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 450 - 500                | <10                    | 540                    |            | <=30      |                         |             |          |           |           |            |                        |            |           |

## Thursday - 02/23/2023

Reimbursable Meal Total 3300

# 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990749 PACK: SDW MUFF EGGPTY AM, WG1.25(2)         | Pack         | 800       | 235                      | 3.62                   | 550                    | 2          | 10.50     | 0.00                    | 108         | 24.50    | 2.00      | 10.50     | *100       | 241.0                  | *0.00      | 0.72      |
| 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      |
| 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                             |              |           | 195                      | 2.51                   | 266                    | 18         | 5.29      | 0.00                    | 42          | 25.82    | 1.61      | 11.47     | *859       | 382.3                  | *1.23      | 0.34      |
| % of Calories                                      |              |           |                          | 11.58%                 |                        | 36.9%      | 24.4%     | 0.0%                    |             | 53.0%    |           | 23.5%     |            |                        |            |           |
| Weekly Nutrient Guideline                          |              |           | 450 - 500                | <10                    | 540                    |            | <=30      |                         |             |          |           |           |            |                        |            |           |

### Friday - 02/24/2023

Reimbursable Meal Total 3600

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |

# 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       | 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

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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

# 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990745 POCKET, BREAKFAST TURKEY SAUSAGE 4.5 OZ    | Pack         | 800       | 280                      | 4.00                   | 450                    | 4          | 11.00     | 0.00                    | 110         | 32.00    | 3.00      | 13.00     | *N/A*      | 148.0                  | *N/A*      | 2.00      |
| 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      |
| 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                            |              |           | 214                      | 2.60                   | 245                    | 21         | 5.42      | 0.00                    | 43          | 28.65    | 1.50      | 12.28     | *843       | 357.3                  | *1.47      | 0.63      |
| % of Calories                                     |              |           |                          | 10.93%                 |                        | 39.3%      | 22.8%     | 0.0%                    |             | 53.6%    |           | 23.0%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 450 - 500                | <10                    | 540                    |            | <=30      |                         |             |          |           |           |            |                        |            |           |

|                   | 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) |
|-------------------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| Weighted Averages | 202                      | 3                      | 231                    | 22         | 5.05      | 0.00                    | 26          | 27.78    | 1.43      | 11.61     | *948       | 378                    | *7.06      | 0.61      |
| % of Calories     |                          | 11.54%                 |                        | 43.6%      | 22.5%     | 0.0%                    |             | 55.0%    |           | 23.0%     |            |                        |            |           |

\*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.