

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

Menu Name: 9-12 Lunch Express (2 Cold Ent)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Wednesday - 02/01/2023

Reimbursable Meal Total 175

	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)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	200	338	5.42	817	4	10.99	0.00	45	36.87	0.00	21.15	*N/A*	*212.0	*N/A*	*0.10
825862 COND PC Mustard 6g	Each	200	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	200	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	200	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	200	6	0.01	3	0	0.11	0.00	0	1.24	0.79	0.46	3292	12.5	1.51	0.37
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	200	52	0.66	128	3	4.33	85.08	2	3.17	0.09	0.09	*N/A*	1.1	*N/A*	0.04
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	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	5	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			1018	7.99	2002	86	22.84	*97.23	75	149.37	11.71	55.71	*6523	*1230.5	*69.07	*3.86
% of Calories				7.06%		33.8%	20.2%	*86.0%		58.7%		21.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

Thursday - 02/02/2023

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	200	215	5.72	656	3	12.60	0.00	60	4.52	0.86	19.10	*1343	222.2	*7.73	3.07
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	200	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	200	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	200	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
826337 JUICE SS, Apple 100% 4oz Cart	Each	200	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	200	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	200	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	40	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	8	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	2	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			2416	23.35	4733	179	72.05	0.00	246	340.73	41.22	109.00	*68791	2078.8	*63.02	25.28
% of Calories				8.70%		29.6%	26.8%	0.0%		56.4%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 02/03/2023

Reimbursable Meal Total 150

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)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	200	232	10.65	1008	3	17.62	0.00	62	3.67	0.12	12.75	*0	355.6	*0.00	0.06
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	200	102	0.13	1	4	0.85	0.00	0	24.38	3.03	3.22	251	3.8	4.42	0.59
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	200	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	200	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)	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	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	5	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			976	15.56	2063	98	26.80	0.00	108	137.64	10.93	50.87	*13670	1572.7	*78.64	2.03
% of Calories				14.35%		40.2%	24.7%	0.0%		56.4%		20.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 02/06/2023

Reimbursable Meal Total 350

	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)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	200	320	9.31	917	1	21.83	0.00	52	14.07	1.00	17.49	*214	215.1	*0.00	1.06
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	200	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00	150	0.0	13.50	1.62
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	200	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01

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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)
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	200	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
831289 BRD: CRACK SS, Chz-It WG	Package	200	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	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	5	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			647	8.13	1407	41	25.79	0.00	52	79.57	7.24	25.37	*10299	591.8	*12.55	2.86
% of Calories				11.31%		25.3%	35.9%	0.0%		49.2%		15.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 02/07/2023

Reimbursable Meal Total 300

	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)
990369 Danimals, Strawberry Banana Yogurt	ea	200	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	200	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
829216 CHEESE, MZ String LF 1ea 1.0	Stick	200	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	200	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
830671 VEG: TOMATOES, Cherry 3/4c	3/4 Cup	200	23	0.04	6	3	0.26	*N/A*	0	4.98	1.54	1.13	1067	12.8	17.54	0.35
829413 FRUIT: ORANGE 138ct 1/8wg 1/2c	8 Wedges	200	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	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)
826343 JUICE SS, Grape100% 4oz Cart	Each	200	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	200	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	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	1	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			430	3.48	443	48	8.81	*0.00	32	71.90	5.23	15.29	*1515	353.1	*48.26	1.47
% of Calories				7.28%		44.7%	18.4%	*0.0%		66.9%		14.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 02/08/2023

Reimbursable Meal Total 275

	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)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	200	325	6.01	762	4	12.78	0.00	55	28.01	2.00	22.55	*0	265.0	*0.00	1.28
825862 COND PC Mustard 6g	Each	200	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	200	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	200	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000124 FRUIT: PEARS 150 ct.	Each (150ct)	200	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	200	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	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)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	369	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	105	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	5	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			616	4.99	1149	53	12.60	*0.00	53	90.66	9.66	34.71	*7184	754.6	*11.63	3.45
% of Calories				7.29%		34.4%	18.4%	*0.0%		58.9%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 02/09/2023

Reimbursable Meal Total 370

	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)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	200	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53	*1289	219.2	*7.73	1.64
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	200	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	200	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	200	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	200	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	200	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00

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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)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	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	5	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			449	3.74	772	43	11.38	0.05	40	64.42	5.44	23.88	*10329	669.0	*34.47	2.72
% of Calories				7.50%		38.3%	22.8%	0.1%		57.4%		21.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 02/10/2023

Reimbursable Meal Total 250

	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)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	200	130	4.04	161	1	9.02	0.00	210	1.77	0.51	9.69	*2343	127.9	*0.97	0.75
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	200	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	200	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
990593 VEG: CELERY, STICKS IW 100/2OZ	Bag (2ozw)	200	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
831206 VEG: TOMATOES, Cherry 1/4c	1/4 Cup	200	8	0.01	2	1	0.09	*N/A*	0	1.66	0.51	0.38	356	4.3	5.85	0.12
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	200	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	200	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	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	5	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			565	4.59	932	48	15.01	*0.08	186	77.87	5.46	29.40	*3980	752.9	*11.26	2.51
% of Calories				7.31%		34.0%	23.9%	*0.1%		55.1%		20.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 02/13/2023

Reimbursable Meal Total 150

	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)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	200	200	1.00	170	13	5.00	0.00	0	37.00	3.00	4.00	0	20.0	0.00	0.72
829498 YOGURT SS, Danimals Vanilla4oz	Each	200	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	200	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	200	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	200	8	0.01	2	1	0.09	0.00	0	1.68	0.52	0.38	359	4.3	5.91	0.12
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	200	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	200	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	100	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	40	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

	Portion Size	Reimb Qty	Cals 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	10	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			778	4.47	907	91	11.80	0.00	28	137.33	12.27	32.06	*22912	822.0	*82.59	2.69
% of Calories				5.17%		46.8%	13.7%	0.0%		70.6%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 02/14/2023

Reimbursable Meal Total 650

	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)
831183 CHIX Popcorn, AP WG 2.0	Serving	200	256	2.78	389	1	14.46	0.00	22	15.58	3.34	15.58	111	44.5	0.00	2.00
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	200	70	0.00	40	0	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	200	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	200	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00	150	0.0	13.50	1.62
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	200	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
831206 VEG: TOMATOES, Cherry 1/4c	1/4 Cup	200	8	0.01	2	1	0.09	*N/A*	0	1.66	0.51	0.38	356	4.3	5.85	0.12
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	200	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	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	5	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			331	2.30	579	22	12.21	*0.03	19	42.66	4.27	13.11	*3218	256.4	*8.10	1.66
% of Calories				6.25%		26.6%	33.2%	*0.1%		51.6%		15.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 02/15/2023

Reimbursable Meal Total 175

	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)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	200	338	5.42	817	4	10.99	0.00	45	36.87	0.00	21.15	*N/A*	*212.0	*N/A*	*0.10
825862 COND PC Mustard 6g	Each	200	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	200	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	200	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	200	6	0.01	3	0	0.11	0.00	0	1.24	0.79	0.46	3292	12.5	1.51	0.37
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	200	52	0.66	128	3	4.33	85.08	2	3.17	0.09	0.09	*N/A*	1.1	*N/A*	0.04
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	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	5	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			1018	7.99	2002	86	22.84	*97.23	75	149.37	11.71	55.71	*6523	*1230.5	*69.07	*3.86
% of Calories				7.06%		33.8%	20.2%	*86.0%		58.7%		21.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 02/16/2023

Reimbursable Meal Total 50

	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)
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	200	215	5.72	656	3	12.60	0.00	60	4.52	0.86	19.10	*1343	222.2	*7.73	3.07
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	200	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	200	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	200	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
826337 JUICE SS, Apple 100% 4oz Cart	Each	200	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	200	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	200	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	40	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	8	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	2	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			2416	23.35	4733	179	72.05	0.00	246	340.73	41.22	109.00	*68791	2078.8	*63.02	25.28
% of Calories				8.70%		29.6%	26.8%	0.0%		56.4%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 02/17/2023

Reimbursable Meal Total 150

	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)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	200	232	10.65	1008	3	17.62	0.00	62	3.67	0.12	12.75	*0	355.6	*0.00	0.06
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	200	102	0.13	1	4	0.85	0.00	0	24.38	3.03	3.22	251	3.8	4.42	0.59
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	200	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	200	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)	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	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	5	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			976	15.56	2063	98	26.80	0.00	108	137.64	10.93	50.87	*13670	1572.7	*78.64	2.03
% of Calories				14.35%		40.2%	24.7%	0.0%		56.4%		20.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 02/20/2023

Reimbursable Meal Total 350

	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)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	200	320	9.31	917	1	21.83	0.00	52	14.07	1.00	17.49	*214	215.1	*0.00	1.06
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	200	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00	150	0.0	13.50	1.62
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	200	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	200	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
831289 BRD: CRACK SS, Chz-It WG	Package	200	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	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	5	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			647	8.13	1407	41	25.79	0.00	52	79.57	7.24	25.37	*10299	591.8	*12.55	2.86
% of Calories				11.31%		25.3%	35.9%	0.0%		49.2%		15.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 02/21/2023

Reimbursable Meal Total 275

	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)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	200	325	6.01	762	4	12.78	0.00	55	28.01	2.00	22.55	*0	265.0	*0.00	1.28
825862 COND PC Mustard 6g	Each	200	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	200	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	200	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000124 FRUIT: PEARS 150 ct.	Each (150ct)	200	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	200	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	369	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	105	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	5	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			616	4.99	1149	53	12.60	*0.00	53	90.66	9.66	34.71	*7184	754.6	*11.63	3.45
% of Calories				7.29%		34.4%	18.4%	*0.0%		58.9%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 02/22/2023

Reimbursable Meal Total 300

	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)
990369 Danimals, Strawberry Banana Yogurt	ea	200	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	200	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
829216 CHEESE, MZ String LF 1ea 1.0	Stick	200	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	200	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
830671 VEG: TOMATOES, Cherry 3/4c	3/4 Cup	200	23	0.04	6	3	0.26	*N/A*	0	4.98	1.54	1.13	1067	12.8	17.54	0.35
829413 FRUIT: ORANGE 138ct 1/8wg 1/2c	8 Wedges	200	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	200	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	200	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	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	1	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			430	3.48	443	48	8.81	*0.00	32	71.90	5.23	15.29	*1515	353.1	*48.26	1.47
% of Calories				7.28%		44.7%	18.4%	*0.0%		66.9%		14.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 02/23/2023

Reimbursable Meal Total 370

	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)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	200	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53	*1289	219.2	*7.73	1.64
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	200	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	200	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	200	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	200	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)	200	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	200	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	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	5	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			460	3.75	772	45	11.40	0.05	40	67.80	6.12	23.60	*10223	653.1	*8.52	2.79
% of Calories				7.34%		39.1%	22.3%	0.1%		59.0%		20.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 02/24/2023

Reimbursable Meal Total 250

	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)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	200	130	4.04	161	1	9.02	0.00	210	1.77	0.51	9.69	*2343	127.9	*0.97	0.75
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	200	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	200	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
990593 VEG: CELERY, STICKS IW 100/2OZ	Bag (2ozw)	200	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
831206 VEG: TOMATOES, Cherry 1/4c	1/4 Cup	200	8	0.01	2	1	0.09	*N/A*	0	1.66	0.51	0.38	356	4.3	5.85	0.12
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	200	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	200	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	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	5	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			565	4.59	932	48	15.01	*0.08	186	77.87	5.46	29.40	*3980	752.9	*11.26	2.51
% of Calories				7.31%		34.0%	23.9%	*0.1%		55.1%		20.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 02/27/2023

Reimbursable Meal Total 150

	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)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	200	200	1.00	170	13	5.00	0.00	0	37.00	3.00	4.00	0	20.0	0.00	0.72
829498 YOGURT SS, Danimals Vanilla4oz	Each	200	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	200	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	200	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	200	8	0.01	2	1	0.09	0.00	0	1.68	0.52	0.38	359	4.3	5.91	0.12
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	200	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	200	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	100	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	40	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

	Portion Size	Reimb Qty	Cals 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	10	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			778	4.47	907	91	11.80	0.00	28	137.33	12.27	32.06	*22912	822.0	*82.59	2.69
% of Calories				5.17%		46.8%	13.7%	0.0%		70.6%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 02/28/2023

Reimbursable Meal Total 650

	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)
831183 CHIX Popcorn, AP WG 2.0	Serving	200	256	2.78	389	1	14.46	0.00	22	15.58	3.34	15.58	111	44.5	0.00	2.00
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	200	70	0.00	40	0	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	200	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	200	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00	150	0.0	13.50	1.62
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	200	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
831206 VEG: TOMATOES, Cherry 1/4c	1/4 Cup	200	8	0.01	2	1	0.09	*N/A*	0	1.66	0.51	0.38	356	4.3	5.85	0.12
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	200	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	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	5	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			331	2.30	579	22	12.21	*0.03	19	42.66	4.27	13.11	*3218	256.4	*8.10	1.66
% of Calories				6.25%		26.6%	33.2%	*0.1%		51.6%		15.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			823	8	1499	71	21.93	*9.74	84	119.38	11.38	38.93	*14837	*907.4	*40.66	*4.86
% of Calories				8.60%		34.5%	24.0%	*10.7%		58.0%		18.9%				

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.