

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 2023

**Menu Name:** K-8 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 <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)	Protrn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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	150	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	40	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
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			765	7.33	1652	45	21.63	*97.23	61	104.21	8.98	39.92	*4886	*651.5	*8.40	*3.56
% of Calories				8.62%		23.5%	25.4%	*114.4%		54.5%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 02/02/2023 Reimbursable Meal Total 50

# 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)
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	50	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	50	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	50	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
826337 JUICE SS, Apple 100% 4oz Cart	Each	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
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			477	5.98	1167	36	14.07	0.00	66	55.59	4.00	30.46	*9912	568.7	*9.21	4.68
% of Calories				11.28%		30.2%	26.5%	0.0%		46.6%		25.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 02/03/2023

### Reimbursable Meal Total 150

	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)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	150	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	150	102	0.13	1	4	0.85	0.00	0	24.38	3.03	3.22	251	3.8	4.42	0.59

# 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)
000124 FRUIT: PEARS 150 ct.	Each (150ct)	150	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	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			776	11.95	1669	75	20.55	0.00	88	105.73	6.81	44.24	*2891	1379.5	*9.49	1.21
% of Calories				13.86%		38.7%	23.8%	0.0%		54.5%		22.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 02/06/2023

Reimbursable Meal Total 350

	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)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	350	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	350	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)	350	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
826346 JUICE SS, Orange 100% 4oz Cart	Each	350	50	0.00	15	10	0.00	0.00	0	12.00	0.00	1.00	0	0.0	42.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	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 <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	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			880	12.82	2069	49	40.74	0.00	78	96.85	7.15	33.78	*9301	665.9	*56.98	3.34
% of Calories				13.11%		22.3%	41.7%	0.0%		44.0%		15.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 02/07/2023

Reimbursable Meal Total 300

	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)
990369 Danimals, Strawberry Banana Yogurt	ea	300	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	300	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
990593 VEG: CELERY, STICKS IW 100/2OZ	Bag (2ozw)	300	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
827711 VEG: TOMATOES, Cherry 1/2c	1/2 Cup	300	15	0.02	4	2	0.17	*N/A*	0	3.32	1.02	0.75	711	8.5	11.70	0.23
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	300	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	250	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	40	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			453	2.28	446	57	6.80	*0.00	41	81.19	6.80	16.45	*1780	458.7	*18.96	1.49
% of Calories				4.53%		50.3%	13.5%	*0.0%		71.7%		14.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Wednesday - 02/08/2023

Reimbursable Meal Total 275

	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)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	275	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	275	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	275	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51
000124 FRUIT: PEARS 150 ct.	Each (150ct)	275	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	200	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	70	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	6.44	1258	35	16.57	*0.00	63	81.70	11.63	36.20	*1013	614.9	*10.91	4.10
% of Calories				9.41%		22.7%	24.2%	*0.0%		53.1%		23.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

# Planned Menu Spreadsheet

Portion Values

Feb 1, 2023 thru Feb 28, 2023

## Thursday - 02/09/2023

Reimbursable Meal Total 370

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	370	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	370	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	370	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	370	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	370	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	370	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	300	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	60	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	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			591	6.27	1082	42	19.82	0.10	62	75.48	6.02	29.99	*9857	712.6	*9.21	4.28
% of Calories				9.55%		28.4%	30.2%	0.2%		51.1%		20.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 02/10/2023

Reimbursable Meal Total 250

# 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)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	250	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	250	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	250	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)	250	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
826343 JUICE SS, Grape100% 4oz Cart	Each	250	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
832684 BRD: CRACK BK, GFishCh (1BG)	Serving	250	105	0.75	188	0	3.75	0.00	4	15.00	1.50	2.25	0	30.0	0.00	0.81
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	200	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
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			558	5.82	862	38	19.69	0.10	224	68.76	3.94	24.43	*3348	493.0	*2.73	2.80
% of Calories				9.39%		27.2%	31.8%	0.2%		49.3%		17.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 02/13/2023

Reimbursable Meal Total 150

	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	150	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	150	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00

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## 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)
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	150	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	150	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)	150	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	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
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			470	1.45	511	54	6.02	0.00	13	88.08	9.20	18.04	*16971	491.2	*61.94	2.05
% of Calories				2.78%		46.0%	11.5%	0.0%		75.0%		15.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 02/14/2023

Reimbursable Meal Total 650

	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)
831183 CHIX Popcorn, AP WG 2.0	Serving	650	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	650	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	650	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	650	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)	650	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50



# 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)
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	650	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
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			873	6.86	1539	40	38.61	0.10	47	105.98	13.38	27.78	*8747	304.8	*20.48	5.10
% of Calories				7.07%		18.3%	39.8%	0.1%		48.6%		12.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 02/15/2023

Reimbursable Meal Total 175

	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)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	175	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	175	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	175	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)	175	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	175	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	175	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	100	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 <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)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	70	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			668	6.71	1429	38	19.43	*85.08	56	89.75	7.85	34.93	*4276	*569.9	*7.35	*3.11
% of Calories				9.04%		22.8%	26.2%	*114.6%		53.7%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 02/16/2023

Reimbursable Meal Total 50

	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)
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	50	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	50	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	50	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
826337 JUICE SS, Apple 100% 4oz Cart	Each	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
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 <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	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			477	5.98	1167	36	14.07	0.00	66	55.59	4.00	30.46	*9912	568.7	*9.21	4.68
% of Calories				11.28%		30.2%	26.5%	0.0%		46.6%		25.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 02/17/2023

Reimbursable Meal Total 150

	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)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	150	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	150	102	0.13	1	4	0.85	0.00	0	24.38	3.03	3.22	251	3.8	4.42	0.59
000124 FRUIT: PEARS 150 ct.	Each (150ct)	150	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	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
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			507	11.20	1190	34	19.30	0.00	70	62.35	6.81	24.40	*1031	660.6	*9.49	0.97
% of Calories				19.88%		26.8%	34.3%	0.0%		49.2%		19.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 02/20/2023

Reimbursable Meal Total 350

# 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)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	350	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	350	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)	350	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
826346 JUICE SS, Orange 100% 4oz Cart	Each	350	50	0.00	15	10	0.00	0.00	0	12.00	0.00	1.00	0	0.0	42.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	300	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
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			828	12.50	1984	41	40.20	0.00	73	89.11	7.15	29.85	*8933	523.5	*56.98	3.29
% of Calories				13.59%		19.8%	43.7%	0.0%		43.0%		14.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 02/21/2023

Reimbursable Meal Total 275

	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)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	275	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	275	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	275	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51
000124 FRUIT: PEARS 150 ct.	Each (150ct)	275	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)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	200	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	70	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	6.44	1258	35	16.57	*0.00	63	81.70	11.63	36.20	*1013	614.9	*10.91	4.10
% of Calories				9.41%		22.7%	24.2%	*0.0%		53.1%		23.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Wednesday - 02/22/2023

Reimbursable Meal Total 300

	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)
990369 Danimals, Strawberry Banana Yogurt	ea	300	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	300	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
990593 VEG: CELERY, STICKS IW 100/2OZ	Bag (2ozw)	300	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
827711 VEG: TOMATOES, Cherry 1/2c	1/2 Cup	300	15	0.02	4	2	0.17	*N/A*	0	3.32	1.02	0.75	711	8.5	11.70	0.23
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	300	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	250	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	40	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			453	2.28	446	57	6.80	*0.00	41	81.19	6.80	16.45	*1780	458.7	*18.96	1.49
% of Calories				4.53%		50.3%	13.5%	*0.0%		71.7%		14.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 02/23/2023

Reimbursable Meal Total 370

	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)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	370	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	370	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	370	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	370	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	370	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	370	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	300	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	50	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	20	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			591	6.23	1082	42	19.75	0.10	61	75.48	6.02	29.99	*9857	712.9	*9.21	4.28
% of Calories				9.49%		28.4%	30.1%	0.2%		51.1%		20.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 02/24/2023

## Reimbursable Meal Total 250

	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)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	250	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	250	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	250	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)	250	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
826343 JUICE SS, Grape100% 4oz Cart	Each	250	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	250	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	200	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	40	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			543	5.07	874	38	17.44	0.10	220	69.76	3.44	24.18	*3348	463.0	*2.73	2.72
% of Calories				8.40%		28.0%	28.9%	0.2%		51.4%		17.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 02/27/2023

Reimbursable Meal Total 150

	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	150	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	150	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	150	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	150	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)	150	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			470	1.45	511	54	6.02	0.00	13	88.08	9.20	18.04	*16971	491.2	*61.94	2.05
% of Calories				2.78%		46.0%	11.5%	0.0%		75.0%		15.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 02/28/2023

Reimbursable Meal Total 650

	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)
831183 CHIX Popcorn, AP WG 2.0	Serving	650	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	650	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	650	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	650	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)	650	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	650	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	600	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	40	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2023 thru Feb 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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			896	6.69	1590	45	38.33	0.10	47	110.58	13.38	29.35	*8895	362.0	*20.48	5.12
% of Calories				6.72%		20.1%	38.5%	0.1%		49.4%		13.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			625	7	1189	45	20.12	*9.15	73	83.36	7.71	28.76	*6736	*588.3	*20.78	*3.22
% of Calories				9.49%		28.8%	29.0%	*13.2%		53.4%		18.4%				

\*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.**