

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Menu Name: K-8 Lunch 2 Entree (AB) **Include Cost:** No
Site: 1 - Archdiocese of Chicago **Report Style:** Detailed

Wednesday - 03/01/2023 Reimbursable Meal Total 10500

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|------------|------------|------------------------|------------|-----------|
| 990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA) | Each | 2000 | 305 | 4.62 | 505 | 4 | 11.50 | 0.00 | 38 | 28.50 | 2.00 | 19.50 | *0 | 164.0 | *0.00 | 2.44 |
| 825856 COND PC Ketchup 9g Heinz | Each | 2000 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 900188 PIZZA AP TONY GALAXY CHZ 4IN ROUND WG 2.0 (2BG) | Pizza | 8000 | 280 | 6.00 | 410 | 8 | 12.00 | 0.00 | 30 | 26.00 | 3.00 | 15.00 | 300 | 200.0 | 0.00 | 1.80 |
| 990629 VEG: CARROTS, DICED FZ CKD 3/4C | 3/4 Cup | 6000 | 49 | 0.16 | 78 | 5 | 0.90 | 0.00 | 0 | 10.21 | 4.36 | 0.77 | 22368 | 46.2 | 3.04 | 0.70 |
| 826581 FRUIT: ORANGE 138ct Whole 1/2c | Each(138ct) | 7000 | 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 | 7000 | 110 | 0.00 | 210 | 18 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 750 | 290.0 | *N/A* | 0.10 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1000 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 750 | 290.0 | *N/A* | 0.10 |
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 200 | 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 | | | 417 | 5.70 | 623 | 30 | 12.16 | 0.00 | 35 | 53.39 | 6.75 | 22.45 | *13746 | 463.3 | *37.13 | 2.38 |
| % of Calories | | | | 12.30% | | 28.8% | 26.2% | 0.0% | | 51.2% | | 21.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 03/02/2023 Reimbursable Meal Total 10500

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 833061 TACO ChixDcd Soft WG 2.0 2ea | 2 Each | 8000 | 320 | 4.03 | 592 | 0 | 11.66 | *0.00 | 49 | 34.16 | 2.25 | 18.25 | *93 | 243.6 | *0.76 | 2.86 |
| 825869 COND PC Sauce, Taco 9g | Each | 8000 | 4 | 0.00 | 57 | 0 | 0.02 | 0.00 | 0 | 0.76 | 0.12 | 0.10 | *N/A* | 1.2 | *N/A* | 0.05 |
| 990751 SDW FB, ChixPop Parm 2.0 | PACK | 2000 | 420 | 6.11 | 882 | 6 | 18.86 | 0.00 | 29 | 39.64 | 4.98 | 21.07 | *56 | 276.4 | *0.07 | 2.32 |
| 830644 VEG: BEANS, BKD VEG AP 3/4c | 3/4 Cup | 4000 | 333 | 0.00 | 772 | 21 | 1.51 | 0.00 | 0 | 65.05 | 12.10 | 16.64 | *N/A* | 131.6 | *N/A* | 4.54 |
| 826337 JUICE SS, Apple 100% 4oz Cart | Each | 8000 | 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 | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 581 | 4.31 | 1119 | 33 | 13.19 | *0.00 | 47 | 83.32 | 7.36 | 30.43 | *653 | 510.8 | *0.59 | 4.46 |
| % of Calories | | | | 6.68% | | 22.7% | 20.4% | *0.0% | | 57.4% | | 21.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 03/03/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 831638 FISH, Sticks AP WG 1.5 (3ea) | 3 Each | 8000 | 128 | 0.75 | 195 | 1 | 4.50 | 0.00 | 26 | 13.50 | 0.75 | 8.25 | *N/A* | 0.0 | *N/A* | 0.75 |
| 990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped | Each | 8000 | 70 | 0.00 | 140 | 1 | 1.00 | 0.00 | 0 | 14.00 | 1.50 | 3.00 | *N/A* | 38.0 | *N/A* | 1.00 |
| 825871 COND PC Sauce, Tartar 12g | Each | 8000 | 45 | 0.66 | 121 | 1 | 4.30 | 0.08 | 3 | 1.32 | 0.05 | 0.07 | *N/A* | 4.7 | *N/A* | 0.02 |

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0 | Each | 2000 | 300 | 5.00 | 440 | 8 | 11.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 263.0 | 0.00 | 2.30 |
| 830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c | 3/4 Cup | 5000 | 29 | 0.05 | 1 | 2 | 0.18 | 0.00 | 0 | 6.76 | 3.15 | 1.56 | 439 | 44.0 | 4.30 | 0.69 |
| 000088 FRUIT: PEARS 135 ct. | Each (135ct) | 7000 | 75 | 0.03 | 1 | 13 | 0.18 | 0.00 | 0 | 19.95 | 4.06 | 0.47 | 33 | 11.8 | 5.63 | 0.24 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 387 | 2.14 | 584 | 26 | 9.89 | 0.06 | 31 | 58.67 | 6.72 | 18.83 | *802 | 332.9 | *5.80 | 2.35 |
| % of Calories | | | | 4.98% | | 26.9% | 23.0% | 0.1% | | 60.6% | | 19.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 03/06/2023

Reimbursable Meal Total 10500

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA) | Each | 8000 | 260 | 2.50 | 305 | 3 | 8.00 | 0.00 | 25 | 28.00 | 2.00 | 17.00 | *0 | 93.0 | *0.00 | 2.44 |
| 825856 COND PC Ketchup 9g Heinz | Each | 8000 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990642 MELT BD, T.HAM (JENNIE-O) AM WG 2.0 (2BG) (ALPHA) | Sandwich | 2000 | 357 | 9.00 | 1280 | 4 | 17.67 | 0.00 | 68 | 28.33 | 2.00 | 20.67 | *N/A* | 324.0 | *N/A* | 3.33 |
| 990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C | 3/4c | 8000 | 128 | 0.53 | 160 | 0 | 5.34 | 0.00 | 0 | 20.29 | 1.07 | 1.07 | *N/A* | 0.0 | *N/A* | 0.00 |
| 825856 COND PC Ketchup 9g Heinz | Each | 8000 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 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 | 6000 | 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 | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 507 | 4.10 | 888 | 29 | 13.65 | 0.00 | 36 | 70.76 | 2.72 | 24.37 | *571 | 354.0 | *0.00 | 2.57 |
| % of Calories | | | | 7.28% | | 22.9% | 24.2% | 0.0% | | 55.8% | | 19.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 03/07/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0 | Each | 8000 | 300 | 5.00 | 440 | 8 | 11.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 263.0 | 0.00 | 2.30 |
| 990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW | Each | 2000 | 140 | 1.50 | 360 | 6 | 5.00 | 0.00 | 10 | 16.00 | 2.00 | 8.00 | 0 | 40.0 | 0.00 | 1.44 |
| 830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C | 3/4 Cup | 5000 | 37 | 0.02 | 14 | 2 | 0.16 | 0.00 | 0 | 6.97 | 3.91 | 4.04 | 1318 | 43.0 | 52.28 | 0.80 |
| 826581 FRUIT: ORANGE 138ct Whole 1/2c | Each(138ct) | 7000 | 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 | 7000 | 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 | 500 | 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

Mar 1, 2023 thru Mar 31, 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 386 | 4.19 | 562 | 27 | 9.61 | 0.00 | 25 | 53.80 | 6.89 | 22.36 | 1349 | 476.5 | *60.29 | 2.55 |
| % of Calories | | | | 9.77% | | 28.0% | 22.4% | 0.0% | | 55.8% | | 23.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 03/08/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA) | Sandwich | 8000 | 390 | 2.50 | 700 | 4 | 16.00 | 0.00 | 25 | 42.00 | 5.00 | 20.00 | *N/A* | 83.0 | *N/A* | 2.90 |
| 825867 COND PC Sauce, BBQ 12g | Each | 8000 | 15 | 0.00 | 158 | 3 | 0.03 | 0.00 | 0 | 3.34 | 0.16 | 0.14 | *N/A* | 1.5 | *N/A* | 0.05 |
| 990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN) | Serving | 2000 | 218 | 4.47 | 574 | 5 | 12.37 | 0.00 | 54 | 10.68 | 1.87 | 16.16 | *N/A* | 135.5 | *N/A* | 1.55 |
| 990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped | Each | 2000 | 150 | 0.00 | 270 | 3 | 2.50 | 0.00 | 0 | 28.00 | 2.50 | 6.00 | *N/A* | 84.0 | *N/A* | 1.00 |
| 830251 VEG: CORN, FZ CKD 3/4C | 3/4 Cup | 7000 | 102 | 0.13 | 1 | 4 | 0.85 | 0.00 | 0 | 24.38 | 3.03 | 3.22 | 251 | 3.8 | 4.42 | 0.59 |
| 825008 FRUIT: APPLE, 138CT Whole 1C | Each (138ct) | 6000 | 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 | 7000 | 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 | 500 | 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

Mar 1, 2023 thru Mar 31, 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 564 | 2.94 | 967 | 29 | 15.85 | 0.00 | 34 | 81.32 | 8.43 | 27.98 | *776 | 334.3 | *6.09 | 3.29 |
| % of Calories | | | | 4.69% | | 20.6% | 25.3% | 0.0% | | 57.7% | | 19.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 03/09/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990374 Corn Dog, Tyson | serv | 8000 | 300 | 3.50 | 400 | 8 | 16.00 | 0.00 | 50 | 25.00 | 3.00 | 14.00 | 0 | 0.0 | 0.00 | 0.00 |
| 825862 COND PC Mustard 6g | Each | 8000 | 0 | 0.00 | 65 | 0 | 0.00 | 0.00 | 0 | 1.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA | 2 Each | 2000 | 334 | 4.61 | 633 | 3 | 13.88 | 0.00 | 46 | 32.88 | 3.46 | 20.68 | *537 | 258.9 | *4.38 | 3.06 |
| 825869 COND PC Sauce, Taco 9g | Each | 2000 | 4 | 0.00 | 57 | 0 | 0.02 | 0.00 | 0 | 0.76 | 0.12 | 0.10 | *N/A* | 1.2 | *N/A* | 0.05 |
| 830644 VEG: BEANS, BKD VEG AP 3/4c | 3/4 Cup | 4000 | 333 | 0.00 | 772 | 21 | 1.51 | 0.00 | 0 | 65.05 | 12.10 | 16.64 | *N/A* | 131.6 | *N/A* | 4.54 |
| 826337 JUICE SS, Apple 100% 4oz Cart | Each | 7000 | 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 | 7000 | 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 | 500 | 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

Mar 1, 2023 thru Mar 31, 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 542 | 3.62 | 941 | 37 | 15.53 | 0.00 | 51 | 74.05 | 7.58 | 27.06 | *674 | 321.1 | *0.83 | 2.40 |
| % of Calories | | | | 6.01% | | 27.3% | 25.8% | 0.0% | | 54.6% | | 20.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 03/10/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990739 ENT: PASTA, MAC&CHZ SS NONWG 2.0 (2BG) | 2-6oz scoops | 8000 | 492 | 12.51 | 845 | 2 | 20.43 | *0.00 | 58 | 51.17 | 2.34 | 21.16 | *13 | 536.5 | *0.03 | 2.05 |
| 829526 STICKS, MAX SNAX PIZZA AP WG 2.0 2EA | 2 Each | 2000 | 280 | 2.00 | 440 | 2 | 9.00 | 0.00 | 10 | 30.00 | 2.00 | 16.00 | *N/A* | 440.0 | *N/A* | 2.20 |
| 832253 SAUCE P, Marin AP 1/4c | 1/4 Cup | 2000 | 28 | 0.07 | 19 | 2 | 0.52 | 0.00 | 0 | 5.11 | 1.02 | 0.79 | *N/A* | 15.9 | *N/A* | 0.29 |
| 990629 VEG: CARROTS, DICED FZ CKD 3/4C | 3/4 Cup | 5000 | 49 | 0.16 | 78 | 5 | 0.90 | 0.00 | 0 | 10.21 | 4.36 | 0.77 | 22368 | 46.2 | 3.04 | 0.70 |
| 000124 FRUIT: PEARS 150 ct. | Each (150ct) | 7000 | 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 | 7000 | 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 | 500 | 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

Mar 1, 2023 thru Mar 31, 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 583 | 10.09 | 920 | 26 | 18.03 | *0.00 | 51 | 76.23 | 6.87 | 26.06 | *11253 | 746.1 | *4.85 | 2.59 |
| % of Calories | | | | 15.58% | | 17.8% | 27.8% | *0.0% | | 52.3% | | 17.9% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 03/13/2023

Reimbursable Meal Total 10500

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990585 PACK: CHIX NUGGET SAVORY, PRETZEL SOFT ROD WG2(2BG) | Pack | 8000 | 270 | 1.88 | 478 | 0 | 10.50 | 0.00 | 44 | 26.50 | 2.25 | 18.25 | 125 | 25.0 | 0.00 | 2.97 |
| 825867 COND PC Sauce, BBQ 12g | Each | 8000 | 15 | 0.00 | 158 | 3 | 0.03 | 0.00 | 0 | 3.34 | 0.16 | 0.14 | *N/A* | 1.5 | *N/A* | 0.05 |
| 990549 PIZZA AP TONY GALAXY CHZ 4IN ROUND IW WG 2.0 (2BG) | Each | 2000 | 280 | 6.00 | 410 | 8 | 12.00 | 0.00 | 30 | 26.00 | 3.00 | 15.00 | 300 | 280.0 | 0.00 | 1.80 |
| 830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c | 3/4 Cup | 5000 | 29 | 0.05 | 1 | 2 | 0.18 | 0.00 | 0 | 6.76 | 3.15 | 1.56 | 439 | 44.0 | 4.30 | 0.69 |
| 825008 FRUIT: APPLE, 138CT Whole 1C | Each (138ct) | 7000 | 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 | 7000 | 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 | 500 | 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

Mar 1, 2023 thru Mar 31, 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 408 | 2.69 | 715 | 26 | 10.65 | 0.00 | 43 | 55.64 | 5.82 | 23.91 | *976 | 320.7 | *5.72 | 3.15 |
| % of Calories | | | | 5.93% | | 25.5% | 23.5% | 0.0% | | 54.5% | | 23.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 03/14/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990667 ENT: BOWL, CHIXPOP CH WG 2.5 (1BG) | Bowl | 8000 | 396 | 5.80 | 585 | 2 | 19.53 | 0.00 | 37 | 34.59 | 5.54 | 20.81 | *153 | 156.2 | *10.94 | 2.36 |
| 990689 PACK: MTBL CHIX KOREAN, RICE WG 2.0 (2BG) | Pack | 2000 | 439 | 3.44 | 576 | 11 | 13.43 | 0.01 | 58 | 61.65 | 2.14 | 19.63 | *29 | 31.6 | *0.00 | 1.21 |
| 830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C | 3/4 Cup | 5000 | 37 | 0.02 | 14 | 2 | 0.16 | 0.00 | 0 | 6.97 | 3.91 | 4.04 | 1318 | 43.0 | 52.28 | 0.80 |
| 826337 JUICE SS, Apple 100% 4oz Cart | Each | 7000 | 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 | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 525 | 5.16 | 724 | 26 | 17.63 | 0.00 | 44 | 64.47 | 6.49 | 27.62 | *1321 | 367.0 | *33.23 | 2.48 |
| % of Calories | | | | 8.85% | | 19.8% | 30.2% | 0.0% | | 49.1% | | 21.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Wednesday - 03/15/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA) | Each | 8000 | 305 | 4.62 | 505 | 4 | 11.50 | 0.00 | 38 | 28.50 | 2.00 | 19.50 | *0 | 164.0 | *0.00 | 2.44 |
| 825862 COND PC Mustard 6g | Each | 8000 | 0 | 0.00 | 65 | 0 | 0.00 | 0.00 | 0 | 1.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA) | Each | 2000 | 280 | 3.00 | 970 | 3 | 13.50 | 0.00 | 45 | 29.00 | 2.50 | 13.00 | *N/A* | 164.0 | *N/A* | 2.10 |
| 825856 COND PC Ketchup 9g Heinz | Each | 2000 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C | 3/4c | 9000 | 128 | 0.53 | 160 | 0 | 5.34 | 0.00 | 0 | 20.29 | 1.07 | 1.07 | *N/A* | 0.0 | *N/A* | 0.00 |
| 825856 COND PC Ketchup 9g Heinz | Each | 9000 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000088 FRUIT: PEARS 135 ct. | Each (135ct) | 6000 | 75 | 0.03 | 1 | 13 | 0.18 | 0.00 | 0 | 19.95 | 4.06 | 0.47 | 33 | 11.8 | 5.63 | 0.24 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 531 | 4.64 | 998 | 26 | 16.13 | 0.00 | 41 | 73.65 | 5.24 | 24.61 | *590 | 384.4 | *3.22 | 2.47 |
| % of Calories | | | | 7.86% | | 19.6% | 27.3% | 0.0% | | 55.5% | | 18.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 03/16/2023

Reimbursable Meal Total 10500

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA) | Sandwich | 8000 | 390 | 2.50 | 700 | 4 | 16.00 | 0.00 | 25 | 42.00 | 5.00 | 20.00 | *N/A* | 83.0 | *N/A* | 2.90 |
| 825867 COND PC Sauce, BBQ 12g | Each | 8000 | 15 | 0.00 | 158 | 3 | 0.03 | 0.00 | 0 | 3.34 | 0.16 | 0.14 | *N/A* | 1.5 | *N/A* | 0.05 |
| 990715 PACK: CHIX MTBLS, PEAS/CARROTS, BF GRVY SS 2.0 | 5 Each | 2000 | 227 | 3.74 | 414 | 4 | 11.77 | 0.20 | 58 | 15.72 | 2.10 | 15.82 | *2618 | 46.5 | *2.28 | 1.25 |
| 827186 RICE, Plain WG 1BG | 1/2 Cup | 2000 | 101 | 0.00 | 2 | 0 | 0.94 | 0.00 | 0 | 21.42 | 0.63 | 2.52 | *0 | 2.4 | *0.00 | 0.19 |
| 830886 VEG: BEANS, Garbanzo 3/4c | 3/4 Cup | 4000 | 88 | 0.00 | 154 | 2 | 1.65 | 0.00 | 0 | 15.39 | 4.40 | 4.40 | *N/A* | 29.7 | *N/A* | 1.10 |
| 826343 JUICE SS, Grape100% 4oz Cart | Each | 8000 | 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 | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 547 | 2.69 | 955 | 33 | 15.38 | 0.04 | 34 | 74.91 | 6.13 | 27.37 | *1070 | 306.4 | *0.43 | 3.02 |
| % of Calories | | | | 4.43% | | 24.1% | 25.3% | 0.1% | | 54.8% | | 20.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 03/17/2023

Reimbursable Meal Total 10500

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0 | Each | 8000 | 300 | 5.00 | 440 | 8 | 11.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 263.0 | 0.00 | 2.30 |
| 831638 FISH, Sticks AP WG 1.5 (3ea) | 3 Each | 2000 | 128 | 0.75 | 195 | 1 | 4.50 | 0.00 | 26 | 13.50 | 0.75 | 8.25 | *N/A* | 0.0 | *N/A* | 0.75 |

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped | Each | 2000 | 70 | 0.00 | 140 | 1 | 1.00 | 0.00 | 0 | 14.00 | 1.50 | 3.00 | *N/A* | 38.0 | *N/A* | 1.00 |
| 833000 COND_Sauce, Tartar SC B | TBSP | 2000 | 87 | 1.53 | 117 | 1 | 8.42 | 0.00 | 4 | 0.61 | 0.01 | 0.00 | 9 | 0.1 | 0.05 | 0.01 |
| 990629 VEG: CARROTS, DICED FZ CKD 3/4C | 3/4 Cup | 5000 | 49 | 0.16 | 78 | 5 | 0.90 | 0.00 | 0 | 10.21 | 4.36 | 0.77 | 22368 | 46.2 | 3.04 | 0.70 |
| 826581 FRUIT: ORANGE 138ct Whole 1/2c | Each(138ct) | 7000 | 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 | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 419 | 4.40 | 610 | 28 | 11.66 | 0.00 | 29 | 57.65 | 7.15 | 21.42 | *11374 | 477.7 | *36.85 | 2.56 |
| % of Calories | | | | 9.45% | | 26.7% | 25.0% | 0.0% | | 55.0% | | 20.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 03/20/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN) | Serving | 8000 | 218 | 4.47 | 574 | 5 | 12.37 | 0.00 | 54 | 10.68 | 1.87 | 16.16 | *N/A* | 135.5 | *N/A* | 1.55 |
| 990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped | Each | 8000 | 150 | 0.00 | 270 | 3 | 2.50 | 0.00 | 0 | 28.00 | 2.50 | 6.00 | *N/A* | 84.0 | *N/A* | 1.00 |
| 829526 STICKS, MAX SNAX PIZZA AP WG 2.0 2EA | 2 Each | 2000 | 280 | 2.00 | 440 | 2 | 9.00 | 0.00 | 10 | 30.00 | 2.00 | 16.00 | *N/A* | 440.0 | *N/A* | 2.20 |
| 832253 SAUCE P, Marin AP 1/4c | 1/4 Cup | 2000 | 28 | 0.07 | 19 | 2 | 0.52 | 0.00 | 0 | 5.11 | 1.02 | 0.79 | *N/A* | 15.9 | *N/A* | 0.29 |

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c | 3/4 Cup | 5000 | 29 | 0.05 | 1 | 2 | 0.18 | 0.00 | 0 | 6.76 | 3.15 | 1.56 | 439 | 44.0 | 4.30 | 0.69 |
| 825008 FRUIT: APPLE, 138CT Whole 1C | Each (138ct) | 7000 | 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 | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 477 | 3.91 | 883 | 29 | 13.49 | 0.00 | 47 | 64.11 | 7.32 | 27.12 | *824 | 501.2 | *5.72 | 2.92 |
| % of Calories | | | | 7.38% | | 24.3% | 25.5% | 0.0% | | 53.8% | | 22.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 03/21/2023

Reimbursable Meal Total 10500

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990585 PACK: CHIX NUGGET SAVORY, PRETZEL SOFT ROD WG2(2BG) | Pack | 8000 | 270 | 1.88 | 478 | 0 | 10.50 | 0.00 | 44 | 26.50 | 2.25 | 18.25 | 125 | 25.0 | 0.00 | 2.97 |
| 825867 COND PC Sauce, BBQ 12g | Each | 8000 | 15 | 0.00 | 158 | 3 | 0.03 | 0.00 | 0 | 3.34 | 0.16 | 0.14 | *N/A* | 1.5 | *N/A* | 0.05 |
| 831179 SUB 6" FZ, Tky AM WG 2.0 NoVeg | Sandwich | 2000 | 322 | 4.75 | 918 | 4 | 10.62 | 0.00 | 50 | 30.25 | 3.00 | 22.25 | *0 | 155.5 | *0.01 | 1.45 |
| 825862 COND PC Mustard 6g | Each | 2000 | 0 | 0.00 | 65 | 0 | 0.00 | 0.00 | 0 | 1.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990629 VEG: CARROTS, DICED FZ CKD 3/4C | 3/4 Cup | 7000 | 49 | 0.16 | 78 | 5 | 0.90 | 0.00 | 0 | 10.21 | 4.36 | 0.77 | 22368 | 46.2 | 3.04 | 0.70 |
| 000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C | Each (1/2c) | 7000 | 50 | 0.00 | 0 | 12 | 0.00 | 0.00 | 0 | 14.00 | 1.00 | 0.00 | *N/A* | 5.0 | *N/A* | 0.00 |

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 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 | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 426 | 2.51 | 875 | 28 | 10.77 | 0.00 | 47 | 58.54 | 5.98 | 24.85 | *15579 | 305.4 | *2.03 | 3.12 |
| % of Calories | | | | 5.30% | | 26.3% | 22.8% | 0.0% | | 55.0% | | 23.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 03/22/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA) | Each | 8000 | 305 | 4.62 | 505 | 4 | 11.50 | 0.00 | 38 | 28.50 | 2.00 | 19.50 | *0 | 164.0 | *0.00 | 2.44 |
| 825856 COND PC Ketchup 9g Heinz | Each | 8000 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 831325 CHIX Tender, GldnCry (3)WG2.0 | 3 Each | 2000 | 243 | 1.52 | 410 | 2 | 9.11 | 0.00 | 61 | 15.18 | 1.52 | 24.29 | 8 | 0.0 | 0.00 | 1.64 |
| 990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped | Each | 2000 | 70 | 0.00 | 140 | 1 | 1.00 | 0.00 | 0 | 14.00 | 1.50 | 3.00 | *N/A* | 38.0 | *N/A* | 1.00 |
| 825867 COND PC Sauce, BBQ 12g | Each | 2000 | 15 | 0.00 | 158 | 3 | 0.03 | 0.00 | 0 | 3.34 | 0.16 | 0.14 | *N/A* | 1.5 | *N/A* | 0.05 |
| 830644 VEG: BEANS, BKD VEG AP 3/4c | 3/4 Cup | 4000 | 333 | 0.00 | 772 | 21 | 1.51 | 0.00 | 0 | 65.05 | 12.10 | 16.64 | *N/A* | 131.6 | *N/A* | 4.54 |
| 826340 JUICE SS, Frt Bld 100% 4oz Crt | Each | 7000 | 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 | 7000 | 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

Mar 1, 2023 thru Mar 31, 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) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 551 | 3.89 | 1036 | 35 | 11.39 | 0.00 | 44 | 78.02 | 6.74 | 32.52 | *573 | 404.1 | *2.40 | 4.18 |
| % of Calories | | | | 6.35% | | 25.4% | 18.6% | 0.0% | | 56.6% | | 23.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 03/23/2023

Reimbursable Meal Total 10500

| | 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) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 833288 BEEF DIPPER, TERIYAKI AP 2.0 | 4 Each | 8000 | 150 | 4.00 | 400 | 4 | 9.00 | 0.50 | 30 | 6.00 | 1.00 | 12.00 | 100 | 20.0 | 0.00 | 1.80 |
| 827186 RICE, Plain WG 1BG | 1/2 Cup | 8000 | 101 | 0.00 | 2 | 0 | 0.94 | 0.00 | 0 | 21.42 | 0.63 | 2.52 | *0 | 2.4 | *0.00 | 0.19 |
| 990751 SDW FB, ChixPop Parm 2.0 | PACK | 2000 | 420 | 6.11 | 882 | 6 | 18.86 | 0.00 | 29 | 39.64 | 4.98 | 21.07 | *56 | 276.4 | *0.07 | 2.32 |
| 990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C | 3/4c | 9000 | 128 | 0.53 | 160 | 0 | 5.34 | 0.00 | 0 | 20.29 | 1.07 | 1.07 | *N/A* | 0.0 | *N/A* | 0.00 |
| 825856 COND PC Ketchup 9g Heinz | Each | 9000 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000088 FRUIT: PEARS 135 ct. | Each (135ct) | 6000 | 75 | 0.03 | 1 | 13 | 0.18 | 0.00 | 0 | 19.95 | 4.06 | 0.47 | 33 | 11.8 | 5.63 | 0.24 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 7000 | 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 | 500 | 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

Mar 1, 2023 thru Mar 31, 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 514 | 4.76 | 837 | 26 | 15.97 | 0.38 | 33 | 73.52 | 5.43 | 22.36 | *677 | 297.9 | *3.23 | 2.17 |
| % of Calories | | | | 8.33% | | 20.2% | 28.0% | 0.7% | | 57.2% | | 17.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 03/24/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0 | Each | 8000 | 300 | 5.00 | 440 | 8 | 11.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 263.0 | 0.00 | 2.30 |
| 000491 MELT BD, AM WG 2.0 (2BG) (ALPHA) | Sandwich | 2000 | 365 | 10.62 | 1320 | 4 | 19.50 | 0.00 | 62 | 28.50 | 2.00 | 18.50 | *N/A* | 395.0 | *N/A* | 2.00 |
| 830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C | 3/4 Cup | 5000 | 37 | 0.02 | 14 | 2 | 0.16 | 0.00 | 0 | 6.97 | 3.91 | 4.04 | 1318 | 43.0 | 52.28 | 0.80 |
| 826337 JUICE SS, Apple 100% 4oz Cart | Each | 7000 | 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 | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 437 | 5.92 | 755 | 30 | 12.29 | 0.00 | 35 | 57.70 | 5.29 | 23.73 | *1199 | 517.5 | *24.89 | 2.59 |
| % of Calories | | | | 12.19% | | 27.5% | 25.3% | 0.0% | | 52.8% | | 21.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Monday - 03/27/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990374 Corn Dog, Tyson | serv | 8000 | 300 | 3.50 | 400 | 8 | 16.00 | 0.00 | 50 | 25.00 | 3.00 | 14.00 | 0 | 0.0 | 0.00 | 0.00 |
| 825862 COND PC Mustard 6g | Each | 8000 | 0 | 0.00 | 65 | 0 | 0.00 | 0.00 | 0 | 1.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990553 MELT SUB AP, CHIXMTBL BBQ SS 2.0 (Alpha) | Sandwich | 2000 | 418 | 3.33 | 856 | 26 | 13.33 | 0.00 | 58 | 57.79 | 3.33 | 20.17 | *N/A* | 110.7 | *N/A* | 1.83 |
| 830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c | 3/4 Cup | 5000 | 29 | 0.05 | 1 | 2 | 0.18 | 0.00 | 0 | 6.76 | 3.15 | 1.56 | 439 | 44.0 | 4.30 | 0.69 |
| 826346 JUICE SS, Orange 100% 4oz Cart | Each | 8000 | 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 | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 442 | 3.39 | 681 | 33 | 14.93 | 0.00 | 53 | 56.89 | 4.42 | 22.11 | *781 | 263.5 | *34.05 | 0.75 |
| % of Calories | | | | 6.90% | | 29.9% | 30.4% | 0.0% | | 51.5% | | 20.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 03/28/2023

Reimbursable Meal Total 10500

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0 | Each | 8000 | 300 | 5.00 | 440 | 8 | 11.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 263.0 | 0.00 | 2.30 |

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA) | Each | 2000 | 280 | 3.00 | 970 | 3 | 13.50 | 0.00 | 45 | 29.00 | 2.50 | 13.00 | *N/A* | 164.0 | *N/A* | 2.10 |
| 825856 COND PC Ketchup 9g Heinz | Each | 2000 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C | 3/4 Cup | 5000 | 37 | 0.02 | 14 | 2 | 0.16 | 0.00 | 0 | 6.97 | 3.91 | 4.04 | 1318 | 43.0 | 52.28 | 0.80 |
| 825008 FRUIT: APPLE, 138CT Whole 1C | Each (138ct) | 6000 | 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 | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 419 | 4.48 | 695 | 28 | 11.26 | 0.00 | 32 | 58.48 | 7.03 | 22.86 | *1236 | 477.6 | *28.04 | 2.69 |
| % of Calories | | | | 9.62% | | 26.7% | 24.2% | 0.0% | | 55.8% | | 21.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 03/29/2023

Reimbursable Meal Total 10500

| | 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 | 8000 | 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 | 8000 | 60 | 2.00 | 200 | 1 | 3.00 | 0.00 | 10 | 1.00 | 0.00 | 7.00 | 400 | 198.0 | *N/A* | 0.00 |
| 833061 TACO ChixDcd Soft WG 2.0 2ea | 2 Each | 2000 | 320 | 4.03 | 592 | 0 | 11.66 | *0.00 | 49 | 34.16 | 2.25 | 18.25 | *93 | 243.6 | *0.76 | 2.86 |
| 825869 COND PC Sauce, Taco 9g | Each | 2000 | 4 | 0.00 | 57 | 0 | 0.02 | 0.00 | 0 | 0.76 | 0.12 | 0.10 | *N/A* | 1.2 | *N/A* | 0.05 |

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C | 3/4c | 9000 | 128 | 0.53 | 160 | 0 | 5.34 | 0.00 | 0 | 20.29 | 1.07 | 1.07 | *N/A* | 0.0 | *N/A* | 0.00 |
| 825856 COND PC Ketchup 9g Heinz | Each | 9000 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 825008 FRUIT: APPLE, 138CT Whole 1C | Each (138ct) | 7000 | 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 | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 502 | 3.61 | 768 | 34 | 13.15 | *0.00 | 21 | 80.29 | 5.57 | 19.09 | *937 | 438.9 | *3.81 | 1.27 |
| % of Calories | | | | 6.47% | | 27.1% | 23.6% | *0.0% | | 64.0% | | 15.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 03/30/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA) | Sandwich | 8000 | 390 | 2.50 | 700 | 4 | 16.00 | 0.00 | 25 | 42.00 | 5.00 | 20.00 | *N/A* | 83.0 | *N/A* | 2.90 |
| 825867 COND PC Sauce, BBQ 12g | Each | 8000 | 15 | 0.00 | 158 | 3 | 0.03 | 0.00 | 0 | 3.34 | 0.16 | 0.14 | *N/A* | 1.5 | *N/A* | 0.05 |
| 990374 Corn Dog, Tyson | serv | 2000 | 300 | 3.50 | 400 | 8 | 16.00 | 0.00 | 50 | 25.00 | 3.00 | 14.00 | 0 | 0.0 | 0.00 | 0.00 |
| 825862 COND PC Mustard 6g | Each | 2000 | 0 | 0.00 | 65 | 0 | 0.00 | 0.00 | 0 | 1.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 830886 VEG: BEANS, Garbanzo 3/4c | 3/4 Cup | 0 | 88 | 0.00 | 154 | 2 | 1.65 | 0.00 | 0 | 15.39 | 4.40 | 4.40 | *N/A* | 29.7 | *N/A* | 1.10 |

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 826337 JUICE SS, Apple 100% 4oz Cart | Each | 7000 | 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 | 7000 | 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 | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 487 | 2.65 | 904 | 28 | 15.38 | 0.00 | 33 | 62.54 | 4.50 | 24.11 | *571 | 285.8 | *0.00 | 2.33 |
| % of Calories | | | | 4.90% | | 23.0% | 28.4% | 0.0% | | 51.4% | | 19.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 03/31/2023

Reimbursable Meal Total 10500

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990739 ENT: PASTA, MAC&CHZ SS NONWG 2.0 (2BG) | 2-6oz scoops | 8000 | 492 | 12.51 | 845 | 2 | 20.43 | *0.00 | 58 | 51.17 | 2.34 | 21.16 | *13 | 536.5 | *0.03 | 2.05 |
| 831638 FISH, Sticks AP WG 1.5 (3ea) | 3 Each | 2000 | 128 | 0.75 | 195 | 1 | 4.50 | 0.00 | 26 | 13.50 | 0.75 | 8.25 | *N/A* | 0.0 | *N/A* | 0.75 |
| 825871 COND PC Sauce, Tartar 12g | Each | 2000 | 45 | 0.66 | 121 | 1 | 4.30 | 0.08 | 3 | 1.32 | 0.05 | 0.07 | *N/A* | 4.7 | *N/A* | 0.02 |
| 990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped | Each | 2000 | 70 | 0.00 | 140 | 1 | 1.00 | 0.00 | 0 | 14.00 | 1.50 | 3.00 | *N/A* | 38.0 | *N/A* | 1.00 |
| 990629 VEG: CARROTS, DICED FZ CKD 3/4C | 3/4 Cup | 7000 | 49 | 0.16 | 78 | 5 | 0.90 | 0.00 | 0 | 10.21 | 4.36 | 0.77 | 22368 | 46.2 | 3.04 | 0.70 |
| 000088 FRUIT: PEARS 135 ct. | Each (135ct) | 8000 | 75 | 0.03 | 1 | 13 | 0.18 | 0.00 | 0 | 19.95 | 4.06 | 0.47 | 33 | 11.8 | 5.63 | 0.24 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 7000 | 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

Mar 1, 2023 thru Mar 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 500 | 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 | 500 | 80 | 0.00 | 120 | 11 | 0.00 | 0.00 | 5 | 11.00 | 0.00 | 8.00 | 750 | 300.0 | *N/A* | 0.10 |
| Weighted Daily Average | | | 592 | 10.00 | 935 | 29 | 18.29 | *0.02 | 54 | 80.20 | 8.22 | 25.24 | *15518 | 678.1 | *6.34 | 2.62 |
| % of Calories | | | | 15.20% | | 19.6% | 27.8% | *0.0% | | 54.2% | | 17.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=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 | | | 489 | 4 | 825 | 29 | 13.75 | *0.02 | 39 | 67.31 | 6.29 | 24.72 | *3611 | 416 | *13.28 | 2.65 |
| % of Calories | | | | 8.15% | | 23.7% | 25.3% | *0.0% | | 55.1% | | 20.2% | | | | |

- *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.