

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

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

Wednesday - 03/01/2023 Reimbursable Meal Total 800

	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)
831322 BRD: FR TST AP, Berry WG IW	Pouch	800	210	1.00	190	11	7.00	0.00	0	36.00	2.00	4.00	*N/A*	70.0	*N/A*	1.50
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	800	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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			424	2.16	311	48	9.10	0.00	12	79.24	6.17	12.34	*821	375.4	*6.08	1.76
% of Calories				4.58%		45.3%	19.3%	0.0%		74.8%		11.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 03/02/2023 Reimbursable Meal Total 800

	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)
990708 PACK: CHIXPTY BRD, AM BISC MINI AP WG 1.25(1.25BG)	Pack	800	240	7.12	625	2	13.00	0.00	25	20.50	2.50	11.50	*0	151.0	*0.00	1.26
000131 FRUIT: CUP SS, Peaches Dcd1/2c	Each (1/2c)	800	90	0.00	0	19	0.00	0.00	0	21.00	2.00	1.00	400	0.0	2.40	0.36

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)
000124 FRUIT: PEARS 150 ct.	Each (150ct)	800	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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			492	8.28	746	43	15.04	0.00	38	70.47	8.16	20.92	*1180	454.1	*7.47	1.93
% of Calories				15.15%		35.0%	27.5%	0.0%		57.3%		17.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 03/03/2023

Reimbursable Meal Total 800

	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)
825679 CEREAL BWL, Froot Loops RS WG	Bowl	800	110	0.50	170	8	1.00	0.00	0	24.00	3.00	2.00	400	0.0	12.00	3.60
990372 Danimals, Vanilla Yogurt	ea	800	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	800	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			377	1.64	362	50	2.99	0.00	17	72.04	5.40	14.44	*1328	413.7	*68.69	3.79
% of Calories				3.92%		53.1%	7.1%	0.0%		76.4%		15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 03/06/2023

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	800	190	2.00	130	17	6.00	0.00	40	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
990372 Danimals, Vanilla Yogurt	ea	800	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	800	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
826343 JUICE SS, Grape100% 4oz Cart	Each	800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			492	3.16	329	67	8.08	0.00	57	86.83	4.87	15.81	*768	410.9	*5.50	1.14
% of Calories				5.78%		54.5%	14.8%	0.0%		70.6%		12.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 03/07/2023

Reimbursable Meal Total 800

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)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	800	200	1.00	170	13	5.00	0.00	0	37.00	3.00	4.00	0	20.0	0.00	0.72
829216 CHEESE, MZ String LF 1ea 1.0	Stick	800	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			447	4.14	482	46	9.99	0.00	22	74.04	6.40	19.44	*1328	536.7	*53.09	0.91
% of Calories				8.34%		41.2%	20.1%	0.0%		66.3%		17.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 03/08/2023

Reimbursable Meal Total 800

	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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	800	140	1.50	360	6	5.00	0.00	10	16.00	2.00	8.00	0	40.0	0.00	1.44
000088 FRUIT: PEARS 135 ct.	Each (135ct)	800	75	0.03	1	13	0.18	0.00	0	19.95	4.06	0.47	33	11.8	5.63	0.24
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	800	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			415	2.65	474	53	7.06	0.00	22	73.26	8.06	15.97	736	325.5	*5.63	1.77
% of Calories				5.75%		51.1%	15.3%	0.0%		70.6%		15.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 03/09/2023

Reimbursable Meal Total 800

	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)
990749 PACK: SDW MUFF EGGPTY AM, WG1.25(2)	Pack	800	235	3.62	550	2	10.50	0.00	108	24.50	2.00	10.50	*100	241.0	*0.00	0.72
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826337 JUICE SS, Apple 100% 4oz Cart	Each	800	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			432	4.76	678	34	12.49	0.00	120	60.54	4.40	18.94	*1028	554.7	*53.09	0.91
% of Calories				9.92%		31.5%	26.0%	0.0%		56.1%		17.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 03/10/2023

Reimbursable Meal Total 800

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)
825661 CEREAL BWL, Cheerios HnyNut WG	Bowl	800	110	0.00	160	9	1.50	0.00	0	22.00	2.00	2.00	500	100.0	6.00	4.50
833274 CHEESE, CH STICK 1EA 1.0	Stick	800	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
000088 FRUIT: PEARS 135 ct.	Each (135ct)	800	75	0.03	1	13	0.18	0.00	0	19.95	4.06	0.47	33	11.8	5.63	0.24
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			415	5.65	474	44	10.56	0.00	32	66.26	7.06	16.97	*1736	594.5	*11.63	4.83
% of Calories				12.25%		42.4%	22.9%	0.0%		63.9%		16.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 03/13/2023

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
831303 BRD: MUF AP, ApCin 2ozWG (1BG)	Muffin	800	180	2.00	125	16	6.00	0.00	35	31.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
833274 CHEESE, CH STICK 1EA 1.0	Stick	800	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826343 JUICE SS, Grape100% 4oz Cart	Each	800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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	7.64	452	54	14.99	0.00	67	71.04	4.40	19.44	*1428	547.7	*53.09	1.09
% of Calories				14.12%		44.4%	27.7%	0.0%		58.3%		16.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 03/14/2023

Reimbursable Meal Total 800

	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)
830789 MELT BGL, CSaus AM 1.25 WG	Sandwich	800	285	3.62	610	4	10.50	0.00	52	29.50	4.00	19.50	*0	121.0	*0.00	2.80
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	800	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	800	90	0.00	0	16	0.00	0.00	0	20.00	2.00	0.00	100	20.0	6.00	0.36
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			527	4.78	724	43	12.58	0.00	65	76.33	8.87	27.31	*868	421.9	*11.50	3.40
% of Calories				8.16%		32.6%	21.5%	0.0%		57.9%		20.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 03/15/2023

Reimbursable Meal Total 800

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)
830954 PIZZA AP TONY BKFST T.SSG WG 1.0 (1.5BG)	Pizza	800	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0	156.0	0.00	1.90
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	800	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
826337 JUICE SS, Apple 100% 4oz Cart	Each	800	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			429	3.16	479	42	9.10	0.00	27	69.55	6.17	16.84	774	437.7	*6.08	2.15
% of Calories				6.63%		39.2%	19.1%	0.0%		64.8%		15.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 03/16/2023

Reimbursable Meal Total 800

	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)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	800	220	1.00	200	11	7.00	0.00	0	37.00	2.00	4.00	*N/A*	80.0	*N/A*	1.70
829216 CHEESE, MZ String LF 1ea 1.0	Stick	800	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
990761 FRUIT: CUP SS, Apricot 1/2c	Each (1/2c)	800	125	0.00	5	27	0.00	0.00	0	32.00	2.00	1.00	100	20.0	6.00	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	800	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			562	4.15	519	61	12.04	0.00	22	98.28	7.66	19.92	*1233	582.4	*11.07	2.37
% of Calories				6.65%		43.4%	19.3%	0.0%		70.0%		14.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 03/17/2023

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825687 CEREAL BWL, Lucky Charms WG	Bowl	800	110	0.00	180	9	1.00	0.00	0	23.00	2.00	2.00	300	110.0	3.60	3.60
829498 YOGURT SS, Danimals Vanilla4oz	Each	800	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
000088 FRUIT: PEARS 135 ct.	Each (135ct)	800	75	0.03	1	13	0.18	0.00	0	19.95	4.06	0.47	33	11.8	5.63	0.24
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			395	1.15	364	53	3.06	0.00	17	79.26	7.06	13.97	*1036	500.5	*9.23	3.93
% of Calories				2.62%		53.7%	7.0%	0.0%		80.3%		14.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 03/20/2023

Reimbursable Meal Total 800

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)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	800	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
829498 YOGURT SS, Danimals Vanilla4oz	Each	800	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	800	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			462	3.16	314	60	8.08	0.00	47	82.83	5.87	14.81	*768	415.9	*5.50	1.14
% of Calories				6.16%		51.9%	15.7%	0.0%		71.7%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 03/21/2023

Reimbursable Meal Total 800

	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)
990708 PACK: CHIXPTY BRD, AM BISC MINI AP WG 1.25(1.25BG)	Pack	800	240	7.12	625	2	13.00	0.00	25	20.50	2.50	11.50	*0	151.0	*0.00	1.26
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	800	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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	8.26	748	34	14.99	0.00	37	56.54	4.90	19.94	*928	464.7	*56.69	1.45
% of Calories				17.01%		31.1%	30.9%	0.0%		51.8%		18.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 03/22/2023

Reimbursable Meal Total 8000

	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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	800	140	1.50	360	6	5.00	0.00	10	16.00	2.00	8.00	0	40.0	0.00	1.44
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	800	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	800	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			41	0.27	47	5	0.71	0.00	2	7.16	0.72	1.58	77	32.2	*0.61	0.17
% of Calories				5.93%		48.8%	15.6%	0.0%		69.9%		15.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 03/23/2023

Reimbursable Meal Total 800

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)
831322 BRD: FR TST AP, Berry WG IW	Pouch	800	210	1.00	190	11	7.00	0.00	0	36.00	2.00	4.00	*N/A*	70.0	*N/A*	1.50
000124 FRUIT: PEARS 150 ct.	Each (150ct)	800	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
826343 JUICE SS, Grape100% 4oz Cart	Each	800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			447	2.15	319	51	9.04	0.00	12	82.28	5.66	12.92	*733	354.4	*5.07	1.81
% of Calories				4.33%		45.6%	18.2%	0.0%		73.6%		11.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 03/24/2023

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825681 CEREAL BWL, Frosted Flks RS WG	Bowl	800	100	0.00	170	8	1.00	0.00	0	24.00	1.00	1.00	500	150.0	6.00	6.30
833274 CHEESE, CH STICK 1EA 1.0	Stick	800	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			377	5.64	482	40	9.99	0.00	32	60.04	4.40	16.44	*1928	672.7	*59.09	6.49
% of Calories				13.46%		42.4%	23.8%	0.0%		63.7%		17.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 03/27/2023

Reimbursable Meal Total 800

	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)
831306 BRD: MUF AP, Choc 2oz WG (1BG)	Muffin	800	190	2.00	130	17	6.00	0.00	35	33.00	2.00	3.00	*N/A*	40.0	*N/A*	1.50
833274 CHEESE, CH STICK 1EA 1.0	Stick	800	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			467	7.64	442	49	14.99	0.00	67	69.04	5.40	18.44	*1428	562.7	*53.09	1.69
% of Calories				14.72%		42.0%	28.9%	0.0%		59.1%		15.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 03/28/2023

Reimbursable Meal Total 800

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)
831333 BRD: WAFFLE, AP WG Bluebry IW	Pouch	800	200	1.00	170	10	6.00	0.00	0	36.00	3.00	4.00	0	20.0	0.00	0.72
829216 CHEESE, MZ String LF 1ea 1.0	Stick	800	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	800	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
990762 FRUIT: CUP SS, Strawberry 1/2c	Each (1/2c)	800	80	0.00	1	16	0.00	0.00	0	21.00	2.00	0.00	100	20.0	6.00	0.36
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			499	4.16	485	51	11.10	0.00	22	86.55	8.17	18.84	1274	519.7	*12.08	1.33
% of Calories				7.50%		40.9%	20.0%	0.0%		69.4%		15.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 03/29/2023

Reimbursable Meal Total 800

	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)
990578 PACK: EGG OMELET CH AP, BISC MINI AP WG 2.0 (1BG)	Pack	800	230	7.50	490	1	16.00	0.00	170	15.00	1.00	9.00	300	140.0	0.00	1.08
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	800	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			427	8.64	612	34	17.99	0.00	182	51.04	3.40	17.44	1228	453.7	*56.69	1.27
% of Calories				18.21%		31.9%	37.9%	0.0%		47.8%		16.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 03/30/2023

Reimbursable Meal Total 800

	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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	800	140	1.50	360	6	5.00	0.00	10	16.00	2.00	8.00	0	40.0	0.00	1.44
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	800	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	800	90	0.00	0	16	0.00	0.00	0	20.00	2.00	0.00	100	20.0	6.00	0.36
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			389	2.66	474	46	7.10	0.00	22	64.55	7.17	15.84	874	341.7	*12.08	2.05
% of Calories				6.15%		47.3%	16.4%	0.0%		66.4%		16.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 03/31/2023

Reimbursable Meal Total 800

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)
990520 CEREAL BWL, CHEX RICE WG GF (1BG)	Bowl	800	100	0.00	250	2	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
829498 YOGURT SS, Danimals Vanilla4oz	Each	800	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
000088 FRUIT: PEARS 135 ct.	Each (135ct)	800	75	0.03	1	13	0.18	0.00	0	19.95	4.06	0.47	33	11.8	5.63	0.24
826337 JUICE SS, Apple 100% 4oz Cart	Each	800	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	600	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	150	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			395	1.15	449	47	3.06	0.00	17	80.26	5.06	13.97	*1236	485.5	*11.63	9.33
% of Calories				2.62%		47.6%	7.0%	0.0%		81.3%		14.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	428	4	468	46	9.74	0.00	42	70.32	5.89	16.63	*1076	455	*24.99	2.47
% of Calories		8.87%		43.0%	20.5%	0.0%		65.7%		15.5%				

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.