

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

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

Include Cost: No
Report Style: Detailed

Wednesday - 03/01/2023 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	100	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	100	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	100	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)	100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	100	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	100	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	80	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	10	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			716	6.28	1450	49	18.80	*85.08	53	103.31	10.25	35.87	*4500	*610.5	*60.44	*3.21
% of Calories				7.89%		27.4%	23.6%	*106.9%		57.7%		20.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Thursday - 03/02/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	100	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	100	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	100	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	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	80	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	10	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			683	5.93	1327	57	18.16	0.00	66	98.23	10.31	33.25	*17760	738.1	*15.75	6.40
% of Calories				7.81%		33.4%	23.9%	0.0%		57.5%		19.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 03/03/2023

Reimbursable Meal Total 100

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)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	100	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	100	102	0.13	1	4	0.85	0.00	0	24.38	3.03	3.22	251	3.8	4.42	0.59
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	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)	100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	80	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	10	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			557	10.95	1245	47	18.91	0.00	68	75.84	8.20	25.27	*9045	713.4	*58.98	1.36
% of Calories				17.69%		33.8%	30.6%	0.0%		54.5%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 03/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	100	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	100	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00	150	0.0	13.50	1.62
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01

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Portion Values

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	100	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
831289 BRD: CRACK SS, Chz-It WG	Package	100	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	89	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	10	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			1048	13.52	2193	66	43.94	0.00	79	131.56	12.66	33.24	*16884	595.7	*21.96	4.85
% of Calories				11.61%		25.2%	37.7%	0.0%		50.2%		12.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 03/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990369 Danimals, Strawberry Banana Yogurt	ea	100	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	100	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
829216 CHEESE, MZ String LF 1ea 1.0	Stick	100	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	100	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
830671 VEG: TOMATOES, Cherry 3/4c	3/4 Cup	100	23	0.04	6	3	0.26	*N/A*	0	4.98	1.54	1.13	1067	12.8	17.54	0.35

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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)
829413 FRUIT: ORANGE 138ct 1/8wg 1/2c	8 Wedges	100	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	100	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	100	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	80	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	10	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			704	5.22	774	82	13.22	*0.00	51	117.79	7.84	27.46	*2696	694.4	*72.39	2.26
% of Calories				6.67%		46.6%	16.9%	*0.0%		66.9%		15.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 03/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	100	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	100	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	100	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	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

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)
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	100	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	80	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	10	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			695	6.22	1319	51	16.26	*0.00	61	100.96	13.28	36.56	*8832	633.8	*15.99	4.61
% of Calories				8.05%		29.4%	21.1%	*0.0%		58.1%		21.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 03/09/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	100	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	100	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	100	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00

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Portion Values

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	80	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	10	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			677	6.22	1127	56	19.90	0.10	61	98.03	11.33	30.78	*17706	742.1	*15.75	4.99
% of Calories				8.27%		33.1%	26.5%	0.1%		57.9%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 03/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	100	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	100	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	100	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)	100	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
831206 VEG: TOMATOES, Cherry 1/4c	1/4 Cup	100	8	0.01	2	1	0.09	*N/A*	0	1.66	0.51	0.38	356	4.3	5.85	0.12
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	100	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72

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	80	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	10	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			577	5.00	877	43	17.49	*0.10	220	79.15	6.34	24.50	*3928	507.8	*61.66	2.93
% of Calories				7.80%		29.8%	27.3%	*0.2%		54.9%		17.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 03/13/2023

Reimbursable Meal Total 100

	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	100	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	100	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	100	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	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	100	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)	100	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	100	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	80	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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			610	3.20	738	73	8.60	0.00	21	108.15	9.20	26.04	*17371	689.5	*61.94	2.04
% of Calories				4.72%		47.9%	12.7%	0.0%		70.9%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 03/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
831183 CHIX Popcorn, AP WG 2.0	Serving	100	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	100	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	100	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
831656 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	113	0.02	242	4	2.97	0.00	0	17.34	5.76	5.05	*216	47.0	*5.46	2.44
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	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)	100	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
826346 JUICE SS, Orange 100% 4oz Cart	Each	100	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	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	80	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	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			818	4.81	1151	58	25.13	0.10	44	109.92	14.64	39.60	*9636	670.8	*54.44	6.03
% of Calories				5.29%		28.4%	27.6%	0.1%		53.8%		19.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 03/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	100	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	100	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
831618 VEG: SALAD, Potato B 3/4c	3/4 Cup	100	295	4.04	175	1	22.19	*0.00	10	16.75	2.02	1.65	183	20.7	11.45	0.39
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	100	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	100	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	80	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	10	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	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			894	10.29	1380	47	38.00	*85.08	63	102.15	6.30	32.29	*4449	*582.2	*66.05	*1.09
% of Calories				10.36%		21.0%	38.3%	*85.7%		45.7%		14.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 03/16/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	100	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	100	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	100	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	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	80	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	10	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	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			683	5.93	1327	57	18.16	0.00	66	98.23	10.31	33.25	*17760	738.1	*15.75	6.40
% of Calories				7.81%		33.4%	23.9%	0.0%		57.5%		19.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 03/17/2023

Reimbursable Meal Total 100

	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)
830503 YOGURT Bulk, Vanilla 1c	CUP	100	213	1.00	100	33	1.52	0.00	10	43.05	0.69	7.05	1004	213.0	0.05	0.11
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	100	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
832684 BRD: CRACK BK, GFishCh (1BG)	Serving	100	105	0.75	188	0	3.75	0.00	4	15.00	1.50	2.25	0	30.0	0.00	0.81
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	100	102	0.13	1	4	0.85	0.00	0	24.38	3.03	3.22	251	3.8	4.42	0.59
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	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)	100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	80	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	10	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	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			849	6.56	834	84	17.56	0.00	40	149.67	11.26	30.42	*10511	929.9	*59.03	3.21
% of Calories				6.95%		39.6%	18.6%	0.0%		70.5%		14.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 03/20/2023

Reimbursable Meal Total 350

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	100	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	100	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00	150	0.0	13.50	1.62
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
831289 BRD: CRACK SS, Chz-It WG	Package	100	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	80	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	10	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	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			274	3.86	617	13	12.55	0.00	22	31.96	3.62	9.01	*4805	162.7	*6.27	1.38
% of Calories				12.68%		19.0%	41.2%	0.0%		46.7%		13.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 03/21/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990369 Danimals, Strawberry Banana Yogurt	ea	100	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	100	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
829216 CHEESE, MZ String LF 1ea 1.0	Stick	100	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	100	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
830671 VEG: TOMATOES, Cherry 3/4c	3/4 Cup	100	23	0.04	6	3	0.26	*N/A*	0	4.98	1.54	1.13	1067	12.8	17.54	0.35
829413 FRUIT: ORANGE 138ct 1/8wg 1/2c	8 Wedges	100	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	100	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	100	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	80	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	10	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	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			704	5.22	774	82	13.22	*0.00	51	117.79	7.84	27.46	*2696	694.4	*72.39	2.26
% of Calories				6.67%		46.6%	16.9%	*0.0%		66.9%		15.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 03/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	100	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	100	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	100	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	100	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	80	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	10	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	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			695	6.22	1319	51	16.26	*0.00	61	100.96	13.28	36.56	*8832	633.8	*15.99	4.61
% of Calories				8.05%		29.4%	21.1%	*0.0%		58.1%		21.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 03/23/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	100	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	100	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	100	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	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	80	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	10	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	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			677	6.22	1127	56	19.90	0.10	61	98.03	11.33	30.78	*17706	742.1	*15.75	4.99
% of Calories				8.27%		33.1%	26.5%	0.1%		57.9%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 03/24/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	100	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	100	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	100	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)	100	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
831206 VEG: TOMATOES, Cherry 1/4c	1/4 Cup	100	8	0.01	2	1	0.09	*N/A*	0	1.66	0.51	0.38	356	4.3	5.85	0.12
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	100	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	80	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	10	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	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			532	5.02	863	33	17.58	*0.10	220	69.94	6.82	23.87	*3768	475.0	*14.08	2.97
% of Calories				8.49%		24.8%	29.7%	*0.2%		52.6%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 03/27/2023

Reimbursable Meal Total 100

	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	100	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	100	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	100	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	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	100	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)	100	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	100	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	80	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	10	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	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			610	3.20	738	73	8.60	0.00	21	108.15	9.20	26.04	*17371	689.5	*61.94	2.04
% of Calories				4.72%		47.9%	12.7%	0.0%		70.9%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 03/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
831183 CHIX Popcorn, AP WG 2.0	Serving	100	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	100	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	100	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
831656 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	113	0.02	242	4	2.97	0.00	0	17.34	5.76	5.05	*216	47.0	*5.46	2.44
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	100	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	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	80	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	10	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	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			736	3.76	1020	50	23.38	0.10	32	100.42	14.64	31.40	*8961	409.8	*16.04	5.94
% of Calories				4.60%		27.2%	28.6%	0.1%		54.6%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 03/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	100	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	100	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
831618 VEG: SALAD, Potato B 3/4c	3/4 Cup	100	295	4.04	175	1	22.19	*0.00	10	16.75	2.02	1.65	183	20.7	11.45	0.39
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	100	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	100	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	80	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	10	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	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			894	10.29	1380	47	38.00	*85.08	63	102.15	6.30	32.29	*4449	*582.2	*66.05	*1.09
% of Calories				10.36%		21.0%	38.3%	*85.7%		45.7%		14.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 03/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	100	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	100	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	100	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	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	80	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	10	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	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			683	5.93	1327	57	18.16	0.00	66	98.23	10.31	33.25	*17760	738.1	*15.75	6.40
% of Calories				7.81%		33.4%	23.9%	0.0%		57.5%		19.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 03/31/2023

Reimbursable Meal Total 100

	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)
830503 YOGURT Bulk, Vanilla 1c	CUP	100	213	1.00	100	33	1.52	0.00	10	43.05	0.69	7.05	1004	213.0	0.05	0.11
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	100	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
832684 BRD: CRACK BK, GFishCh (1BG)	Serving	100	105	0.75	188	0	3.75	0.00	4	15.00	1.50	2.25	0	30.0	0.00	0.81
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	100	102	0.13	1	4	0.85	0.00	0	24.38	3.03	3.22	251	3.8	4.42	0.59
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	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)	100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	80	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	10	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			849	6.56	834	84	17.56	0.00	40	149.67	11.26	30.42	*10511	929.9	*59.03	3.21
% of Calories				6.95%		39.6%	18.6%	0.0%		70.5%		14.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	703	6	1119	57	19.97	*11.12	67	102.19	9.85	29.98	*10345	*648.0	*40.15	*3.66
% of Calories		8.16%		32.4%	25.6%	*14.2%		58.1%		17.1%				

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.