

Planned Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Menu Name: After School Snacks w/Milk
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Wednesday - 03/01/2023 Reimbursable Meal Total 1000

	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)
831264 SNACK: CHIP SS, Cheeto Bkd Cru	Package	1000	120	1.00	200	1	4.50	0.00	0	16.00	1.00	2.00	*N/A*	20.0	*N/A*	0.40
826341 JUICE SS, Frit Bld 100% 6oz Crt	Each	1000	90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00
Weighted Daily Average			210	1.00	220	20	4.50	0.00	0	37.00	1.00	2.00	*95	20.0	*4.80	0.40
% of Calories				4.29%		38.1%	19.3%	0.0%		70.5%		3.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 03/02/2023 Reimbursable Meal Total 1775

	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)
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1776	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1776	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			220	2.50	235	19	6.00	0.00	15	32.02	1.00	10.01	*750	290.2	*N/A*	0.80
% of Calories				10.23%		34.5%	24.5%	0.0%		58.2%		18.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 03/03/2023 Reimbursable Meal Total 1800

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 (mg)	Vit-C (mg)	Iron (mg)
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	1000	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
829216 CHEESE, MZ String LF 1ea 1.0	Stick	1000	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
Weighted Daily Average			89	1.39	206	1	3.89	0.00	6	8.33	0.56	5.00	222	121.1	*0.00	0.40
% of Calories				14.06%		4.5%	39.3%	0.0%		37.4%		22.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 03/06/2023

Reimbursable Meal Total 1000

	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)
832162 SNACK: CHIP SS, SNACK MIX WG	Package	1000	110	0.00	180	2	3.50	0.00	0	17.00	2.00	2.00	100	20.0	0.00	2.70
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1000	90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00
Weighted Daily Average			200	0.00	200	21	3.50	0.00	0	38.00	2.00	2.00	195	20.0	4.80	2.70
% of Calories				0.00%		42.0%	15.8%	0.0%		76.0%		4.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 03/07/2023

Reimbursable Meal Total 1800

	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)
990382 BRD: CRACK SS, CHURRO CRUNCHER 1OZ WG (1BG)	Package	1800	110	0.00	75	8	2.50	0.00	0	21.00	2.00	2.00	0	40.0	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1800	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			210	1.50	195	19	5.00	0.00	15	32.00	2.00	10.00	750	330.0	*0.00	0.82
% of Calories				6.43%		36.2%	21.4%	0.0%		61.0%		19.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 03/08/2023

Reimbursable Meal Total 1000

	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)
990369 Danimals, Strawberry Banana Yogurt	ea	1000	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)	1000	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
Weighted Daily Average			132	0.03	71	21	0.20	0.00	5	28.52	2.87	4.31	*65	107.2	*5.50	0.14
% of Calories				0.20%		63.6%	1.4%	0.0%		86.4%		13.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 03/09/2023

Reimbursable Meal Total 1000

	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)
831306 BRD: MUF AP, Choc 2oz WG (1BG)	Muffin	1000	190	2.00	130	17	6.00	0.00	35	33.00	2.00	3.00	*N/A*	40.0	*N/A*	1.50

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	1000	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			290	3.50	250	28	8.50	0.00	50	44.00	2.00	11.00	*750	330.0	*N/A*	1.60
% of Calories				10.86%		38.6%	26.4%	0.0%		60.7%		15.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 03/10/2023

Reimbursable Meal Total 1000

	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)
831267 SNACK: CHIP SS, Dorito NC RFWG	Package	1000	130	0.50	200	0	5.00	0.00	0	20.00	2.00	2.00	100	0.0	0.00	0.36
826339 JUICE SS, Apple 100% 6oz Cart	Each	1000	80	0.00	20	19	0.00	0.00	0	20.00	0.00	0.00	95	0.0	0.00	0.00
Weighted Daily Average			210	0.50	220	19	5.00	0.00	0	40.00	2.00	2.00	195	0.0	0.00	0.36
% of Calories				2.14%		36.2%	21.4%	0.0%		76.2%		3.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 03/13/2023

Reimbursable Meal Total 1000

	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)
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1000	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00

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)
826348 JUICE SS, Orange 100% 6oz Cart	Each	1000	80	0.00	20	17	0.00	0.00	0	20.00	0.00	1.00	85	0.0	60.00	0.00
Weighted Daily Average			200	0.00	135	24	4.00	0.00	0	40.00	1.00	3.00	*85	140.0	*60.00	1.00
% of Calories				0.00%		48.0%	18.0%	0.0%		80.0%		6.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 03/14/2023

Reimbursable Meal Total 1800

	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)
990555 BRD: BAR, BENEFIT MINI MAPLE BROWN SUGAR WG IW	Each	1000	130	1.00	110	9	4.00	0.00	0	23.00	3.00	2.00	*N/A*	120.0	*N/A*	0.90
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
Weighted Daily Average			128	1.39	128	11	3.61	0.00	8	18.89	1.67	5.56	*417	227.8	*N/A*	0.56
% of Calories				9.77%		34.4%	25.4%	0.0%		59.0%		17.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 03/15/2023

Reimbursable Meal Total 900

	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)
831289 BRD: CRACK SS, Chz-It WG	Package	900	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90

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)
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	900	90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00
Weighted Daily Average			190	1.00	170	19	3.50	0.00	5	35.00	1.00	2.00	*95	20.0	*4.80	0.90
% of Calories				4.74%		40.0%	16.6%	0.0%		73.7%		4.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 03/16/2023

Reimbursable Meal Total 1000

	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)
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1000	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
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
Weighted Daily Average			220	2.50	235	19	6.00	0.00	15	32.00	1.00	10.00	*750	290.0	*N/A*	0.80
% of Calories				10.23%		34.5%	24.5%	0.0%		58.2%		18.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 03/17/2023

Reimbursable Meal Total 1000

	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)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	1000	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)
833274 CHEESE, CH STICK 1EA 1.0	Stick	1000	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
Weighted Daily Average			180	4.50	400	0	8.50	0.00	20	16.00	1.00	9.00	500	204.0	*0.00	0.72
% of Calories				22.50%		0%	42.5%	0.0%		35.6%		20.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 03/20/2023

Reimbursable Meal Total 1000

	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)
990750 BRD: CRACKER, SS CINN TIGER BITES WG 150/1OZ	Each	1000	120	1.00	105	8	4.00	0.00	0	21.00	1.00	2.00	*N/A*	*N/A*	*N/A*	0.70
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
Weighted Daily Average			220	2.50	225	19	6.50	0.00	15	32.00	1.00	10.00	*750	*290.0	*N/A*	0.80
% of Calories				10.23%		34.5%	26.6%	0.0%		58.2%		18.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 03/21/2023

Reimbursable Meal Total 1000

	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)
831285 BRD: CRACK SS, Animal WG	Package	1000	120	1.00	115	8	3.50	0.00	0	22.00	2.00	2.00	*N/A*	0.0	*N/A*	0.80

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)
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1000	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
Weighted Daily Average			182	1.03	116	20	3.70	0.00	0	38.52	4.87	2.31	*65	7.2	*5.50	0.94
% of Calories				5.09%		44.0%	18.3%	0.0%		84.7%		5.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 03/22/2023

Reimbursable Meal Total 1000

	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)
000200 BRD: CRACK SS, GFishCol.75ozWG	Package	1000	100	0.50	170	0	3.50	0.00	0	14.00	1.00	2.00	200	0.0	0.00	0.72
826348 JUICE SS, Orange 100% 6oz Cart	Each	1000	80	0.00	20	17	0.00	0.00	0	20.00	0.00	1.00	85	0.0	60.00	0.00
Weighted Daily Average			180	0.50	190	17	3.50	0.00	0	34.00	1.00	3.00	285	0.0	60.00	0.72
% of Calories				2.50%		37.8%	17.5%	0.0%		75.6%		6.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 03/23/2023

Reimbursable Meal Total 1000

	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)
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	1000	190	2.00	130	17	6.00	0.00	40	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90

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	1000	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			290	3.50	250	28	8.50	0.00	55	41.00	2.00	11.00	*750	320.0	*N/A*	1.00
% of Calories				10.86%		38.6%	26.4%	0.0%		56.6%		15.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 03/24/2023

Reimbursable Meal Total 1000

	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)
831264 SNACK: CHIP SS, Cheeto Bkd Cru	Package	1000	120	1.00	200	1	4.50	0.00	0	16.00	1.00	2.00	*N/A*	20.0	*N/A*	0.40
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1000	90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00
Weighted Daily Average			210	1.00	220	20	4.50	0.00	0	37.00	1.00	2.00	*95	20.0	*4.80	0.40
% of Calories				4.29%		38.1%	19.3%	0.0%		70.5%		3.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 03/27/2023

Reimbursable Meal Total 900

	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)
831289 BRD: CRACK SS, Chz-It WG	Package	900	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90

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)
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	900	90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00
Weighted Daily Average			190	1.00	170	19	3.50	0.00	5	35.00	1.00	2.00	*95	20.0	*4.80	0.90
% of Calories				4.74%		40.0%	16.6%	0.0%		73.7%		4.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 03/28/2023

Reimbursable Meal Total 1775

	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)
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1776	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1776	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			220	2.50	235	19	6.00	0.00	15	32.02	1.00	10.01	*750	290.2	*N/A*	0.80
% of Calories				10.23%		34.5%	24.5%	0.0%		58.2%		18.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 03/29/2023

Reimbursable Meal Total 1000

	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)
832162 SNACK: CHIP SS, SNACK MIX WG	Package	1000	110	0.00	180	2	3.50	0.00	0	17.00	2.00	2.00	100	20.0	0.00	2.70

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)
826339 JUICE SS, Apple 100% 6oz Cart	Each	1000	80	0.00	20	19	0.00	0.00	0	20.00	0.00	0.00	95	0.0	0.00	0.00
Weighted Daily Average			190	0.00	200	21	3.50	0.00	0	37.00	2.00	2.00	195	20.0	0.00	2.70
% of Calories				0.00%		44.2%	16.6%	0.0%		77.9%		4.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 03/30/2023

Reimbursable Meal Total 1000

	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)
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	1000	150	0.50	150	14	3.50	0.00	0	30.00	3.00	2.00	*N/A*	140.0	*N/A*	1.90
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
Weighted Daily Average			250	2.00	270	25	6.00	0.00	15	41.00	3.00	10.00	*750	430.0	*N/A*	2.00
% of Calories				7.20%		40.0%	21.6%	0.0%		65.6%		16.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 03/31/2023

Reimbursable Meal Total 1000

	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)
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	1000	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
829216 CHEESE, MZ String LF 1ea 1.0	Stick	1000	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
Weighted Daily Average			160	2.50	370	1	7.00	0.00	10	15.00	1.00	9.00	400	218.0	*0.00	0.72
% of Calories				14.06%		2.5%	39.4%	0.0%		37.5%		22.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=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	199	2	214	18	5.00	0.00	11	32.36	1.61	5.97	*391	*161.6	*6.74	0.96
% of Calories		7.15%		36.2%	22.6%	0.0%		65.0%		12.0%				

- *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.