

**Planned Menu Spreadsheet**

Portion Values

Apr 3, 2023 thru Apr 28, 2023

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

**Monday - 04/03/2023 Reimbursable Meal Total 10500**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990548 STICKS, CORN DOG CHIX AP WG 2.0	Each	8000	300	3.50	400	8	16.00	0.00	50	25.00	3.00	14.00	0	20.0	0.00	1.44
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
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	2000	320	3.00	870	2	16.00	0.00	55	27.00	2.50	18.00	*N/A*	56.0	*N/A*	3.00
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	7000	333	0.00	772	21	1.51	0.00	0	65.05	12.10	16.64	*N/A*	131.6	*N/A*	4.54
000124 FRUIT: PEARS 150 ct.	Each (150ct)	8000	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	8000	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			660	3.40	1239	45	16.62	0.00	54	98.38	13.65	32.55	*680	376.3	*3.87	4.95
% of Calories				4.64%		27.3%	22.7%	0.0%		59.6%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

**Tuesday - 04/04/2023 Reimbursable Meal Total 10500**

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	2000	200	1.00	170	13	5.00	0.00	0	37.00	3.00	4.00	0	20.0	0.00	0.72
830308 CHEESE, MZ String LF 2ea 2.0	2 Stick	2000	120	4.00	400	2	6.00	0.00	20	2.00	0.00	14.00	800	396.0	*N/A*	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
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	8000	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			554	5.08	949	32	15.67	0.00	38	76.46	3.01	26.21	*810	458.5	*2.40	2.08
% of Calories				8.25%		23.1%	25.5%	0.0%		55.2%		18.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 04/05/2023

Reimbursable Meal Total 10500

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990740 PACK: TKY BREAST (SLCD), PLTRYGRVY LSSS MASH POT 2	Pack	8000	245	1.16	643	1	6.31	0.00	49	28.00	2.64	19.77	*1	31.2	*15.47	0.46
833182 BRD: ROLL AP, Dinner WG 1.1oz	Each	8000	80	0.00	170	2	1.00	0.00	0	15.00	1.00	3.00	10	20.0	0.00	0.72
990623 MELT BD, CHAM AM WG 2.0 (ALPHA)	Sandwich	2000	360	9.26	1247	5	18.28	0.00	70	29.01	2.00	20.05	*0	324.0	*0.00	2.18
830248 VEG: POTATO, MASHED LS SS 3/4C	3/4 Cup	9000	102	0.00	151	0	0.64	0.00	0	21.68	2.55	2.55	*0	17.4	15.31	0.38
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	7000	110	0.00	0	24	0.00	0.00	0	27.00	2.00	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	2000	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			571	2.93	1151	33	10.07	0.00	57	89.85	6.67	30.37	*665	369.9	*24.90	1.73
% of Calories				4.62%		23.1%	15.9%	0.0%		62.9%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 04/06/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	7000	37	0.02	14	2	0.16	0.00	0	6.97	3.91	4.04	1318	43.0	52.28	0.80
826340 JUICE SS, Frit 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	8000	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			538	2.92	1004	32	15.39	0.00	35	71.63	7.37	29.27	*1536	389.2	*37.25	3.35
% of Calories				4.88%		23.8%	25.7%	0.0%		53.3%		21.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 04/07/2023

Reimbursable Meal Total 6000

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
831237 FISH, Sticks AP WG 2.0 (1BG) (4ea)	4 Each	5400	170	1.00	260	1	6.00	0.00	35	18.00	1.00	11.00	*N/A*	0.0	*N/A*	1.00
833182 BRD: ROLL AP, Dinner WG 1.1oz	Each	5400	80	0.00	170	2	1.00	0.00	0	15.00	1.00	3.00	10	20.0	0.00	0.72
825871 COND PC Sauce, Tartar 12g	Each	5400	45	0.66	121	1	4.30	0.08	3	1.32	0.05	0.07	*N/A*	4.7	*N/A*	0.02
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

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	5200	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	3000	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	2000	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	100	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			449	2.15	709	32	11.93	0.08	41	67.07	7.97	20.37	*19342	313.6	*7.30	2.36
% of Calories				4.31%		28.5%	23.9%	0.2%		59.8%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 04/10/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
830906 BRD: FR TST STK, AP WG(2.25BG)	4 Sticks	2000	260	1.50	300	9	10.00	0.00	0	38.00	3.00	6.00	24	40.0	0.09	1.82
829216 CHEESE, MZ String LF 1ea 1.0	Stick	2000	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
830249 VEG: POTATO, Tater Tots 3/4c	3/4 Cup	9000	203	2.54	419	0	10.17	0.00	0	24.15	2.54	2.54	0	0.0	3.05	0.92
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
826343 JUICE SS, Grape100% 4oz Cart	Each	7000	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	6000	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	2000	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	1000	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	5.04	989	33	17.76	0.00	27	80.32	4.27	25.13	*724	365.7	*2.63	3.08
% of Calories				7.66%		22.3%	27.0%	0.0%		54.3%		17.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 04/11/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	8000	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)	8000	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	6000	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

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2000	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	1000	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			431	2.65	837	25	10.74	0.00	49	56.93	7.21	28.90	*1913	362.5	*80.28	3.35
% of Calories				5.53%		23.2%	22.4%	0.0%		52.8%		26.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 04/12/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990751 SDW FB, ChixPop Parm 2.0	PACK	8000	420	6.11	882	6	18.86	0.00	29	39.64	4.98	21.07	*56	276.4	*0.07	2.32
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
990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C	3/4 Cup	7000	251	1.57	282	11	9.41	0.00	0	37.63	1.57	1.57	*N/A*	47.0	*N/A*	0.78
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	1000	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

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	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			674	6.74	1127	33	23.17	0.00	34	86.61	7.54	27.33	*647	506.6	*3.27	2.97
% of Calories				9.00%		19.6%	30.9%	0.0%		51.4%		16.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Thursday - 04/13/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	8000	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	8000	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
990549 PIZZA AP TONY GALAXY CHZ 4IN ROUND IW WG 2.0 (2BG)	Each	0	280	6.00	410	8	12.00	0.00	30	26.00	3.00	15.00	300	280.0	0.00	1.80
830656 VEG: BEANS, Pinto Campfire3/4c	3/4 Cup	6000	243	0.27	465	13	1.35	*0.17	2	49.32	7.68	9.24	*415	99.5	*2.38	2.74
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
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



# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	100	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	2.58	1222	33	11.29	*0.10	40	75.72	6.96	21.36	*816	408.9	*1.36	3.24
% of Calories				4.87%		27.7%	21.3%	*0.2%		63.5%		17.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 04/14/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	7000	29	0.05	1	2	0.18	0.00	0	6.76	3.15	1.56	439	44.0	4.30	0.69
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	1000	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

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	100	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			580	10.48	930	25	18.15	*0.00	59	73.30	4.33	26.83	*899	708.6	*3.03	2.65
% of Calories				16.26%		17.2%	28.2%	*0.0%		50.6%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 04/17/2023

Reimbursable Meal Total 6000

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	6000	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	0	263.0	0.00	2.30
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	6000	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	100	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			521	5.30	685	42	11.75	0.00	33	77.35	10.13	29.15	2050	649.4	*49.07	3.22
% of Calories				9.16%		32.2%	20.3%	0.0%		59.4%		22.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Tuesday - 04/18/2023

Reimbursable Meal Total 10500

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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
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	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	100	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
<b>Weighted Daily Average</b>			<b>518</b>	<b>3.94</b>	<b>821</b>	<b>30</b>	<b>12.25</b>	<b>*0.00</b>	<b>53</b>	<b>77.02</b>	<b>4.46</b>	<b>26.14</b>	<b>*817</b>	<b>434.0</b>	<b>*3.52</b>	<b>3.03</b>
% of Calories				6.85%		23.2%	21.3%	*0.0%		59.5%		20.2%				
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>									

### Wednesday - 04/19/2023

**Reimbursable Meal Total 10500**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	6000	333	0.00	772	21	1.51	0.00	0	65.05	12.10	16.64	*N/A*	131.6	*N/A*	4.54
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	100	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			598	4.82	1121	37	12.23	0.00	39	87.76	10.61	34.02	*785	503.9	*35.39	4.94
% of Calories				7.25%		24.7%	18.4%	0.0%		58.7%		22.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 04/20/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	8000	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	8000	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA)	Sandwich	2000	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	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
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	7000	29	0.05	1	2	0.18	0.00	0	6.76	3.15	1.56	439	44.0	4.30	0.69
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

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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	100	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			446	2.95	1121	27	13.81	0.00	44	63.33	7.42	21.24	*891	401.3	*6.25	2.84
% of Calories				5.95%		24.2%	27.9%	0.0%		56.8%		19.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 04/21/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	2000	320	3.00	870	2	16.00	0.00	55	27.00	2.50	18.00	*N/A*	56.0	*N/A*	3.00
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
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
826343 JUICE SS, Grape100% 4oz Cart	Each	7000	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

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1500	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	100	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			519	4.30	1059	36	15.34	0.00	57	68.40	6.75	28.06	*15526	446.6	*2.03	3.07
% of Calories				7.46%		27.7%	26.6%	0.0%		52.7%		21.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 04/24/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990642 MELT BD, T.HAM (JENNIE-O) AM WG 2.0 (2BG) (ALPHA)	Sandwich	8000	357	9.00	1280	4	17.67	0.00	68	28.33	2.00	20.67	*N/A*	324.0	*N/A*	3.33
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	2000	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	2000	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
830886 VEG: BEANS, Garbanzo 3/4c	3/4 Cup	6000	88	0.00	154	2	1.65	0.00	0	15.39	4.40	4.40	*N/A*	29.7	*N/A*	1.10
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	1000	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

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	100	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			497	7.59	1287	28	16.30	0.00	59	62.45	6.52	26.73	*698	533.9	*3.67	3.48
% of Calories				13.74%		22.5%	29.5%	0.0%		50.3%		21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 04/25/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	7000	29	0.05	1	2	0.18	0.00	0	6.76	3.15	1.56	439	44.0	4.30	0.69
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	1000	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

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	100	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			436	4.86	630	30	11.39	0.00	33	59.97	5.83	23.36	*974	503.1	*3.70	2.88
% of Calories				10.03%		27.5%	23.5%	0.0%		55.0%		21.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Wednesday - 04/26/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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
826343 JUICE SS, Grape100% 4oz Cart	Each	7000	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	1000	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

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	100	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			444	2.35	787	32	11.91	0.00	48	60.32	5.31	24.03	*15586	274.9	*2.03	2.85
% of Calories				4.76%		28.8%	24.1%	0.0%		54.3%		21.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 04/27/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
000124 FRUIT: PEARS 150 ct.	Each (150ct)	6000	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	1000	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

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	100	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			501	3.09	861	26	13.58	0.00	32	73.76	5.01	22.76	*595	332.0	*2.90	2.46
% of Calories				5.55%		20.8%	24.4%	0.0%		58.9%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 04/28/2023

Reimbursable Meal Total 10500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
829526 STICKS, MAX SNAX PIZZA AP WG 2.0 2EA	2 Each	8000	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	8000	28	0.07	19	2	0.52	0.00	0	5.11	1.02	0.79	*N/A*	15.9	*N/A*	0.29
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
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	7000	37	0.02	14	2	0.16	0.00	0	6.97	3.91	4.04	1318	43.0	52.28	0.80
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	1000	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

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	100	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			472	2.39	676	31	10.26	0.00	24	69.52	8.25	25.81	*1479	628.8	*38.61	3.01
% of Calories				4.56%		26.3%	19.6%	0.0%		58.9%		21.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			524	4	960	32	13.98	*0.01	43	73.81	6.96	26.48	*3372	448	*15.67	3.08
% of Calories				7.35%		24.4%	24.0%	*0.0%		56.3%		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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**