

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

Menu Name: K-8 A/SSL 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
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	500	210	9.00	380	6	14.00	0.00	40	7.00	1.00	14.00	*30	428.0	*21.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	500	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
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			611	3.26	1071	44	14.30	0.00	45	93.70	13.24	29.86	*681	385.7	*4.87	4.41
% of Calories				4.80%		28.8%	21.1%	0.0%		61.3%		19.5%				
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
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	500	336	0.68	255	37	6.09	0.00	7	59.72	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	500	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
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, 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			515	4.16	858	32	14.06	0.00	34	72.82	2.58	23.39	*657	399.9	*2.40	2.04
% of Calories				7.27%		24.9%	24.6%	0.0%		56.6%		18.2%				
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
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	500	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53	*1289	219.2	*7.73	1.64
833182 BRD: ROLL AP, Dinner WG 1.1oz	Each	500	80	0.00	170	2	1.00	0.00	0	15.00	1.00	3.00	10	20.0	0.00	0.72
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	500	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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			517	1.45	950	33	7.32	0.00	46	85.29	6.38	27.48	*727	319.7	*25.27	1.43
% of Calories				2.52%		25.5%	12.7%	0.0%		66.0%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 04/06/2023

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA)	Sandwich	8000	390	2.50	700	4	16.00	0.00	25	42.00	5.00	20.00	*N/A*	83.0	*N/A*	2.90
825867 COND PC Sauce, BBQ 12g	Each	8000	15	0.00	158	3	0.03	0.00	0	3.34	0.16	0.14	*N/A*	1.5	*N/A*	0.05
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	500	184	6.97	391	3	11.64	0.00	48	6.22	1.74	13.90	*1613	240.0	*10.37	1.19
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	500	110	0.00	125	0	2.50	0.00	0	19.00	1.00	2.00	*N/A*	30.0	*N/A*	0.30
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	500	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
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, 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			486	2.42	876	30	13.42	0.00	27	66.13	6.72	25.90	*1613	361.2	*37.74	2.97
% of Calories				4.48%		24.7%	24.9%	0.0%		54.4%		21.3%				
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)	Calcm (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

# 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)
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
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
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	500	336	0.68	255	35	6.09	0.00	7	58.38	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	500	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

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)
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
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			553	4.40	911	33	15.77	0.00	26	76.62	3.85	23.26	*643	341.0	*2.61	2.82
% of Calories				7.16%		23.9%	25.7%	0.0%		55.4%		16.8%				
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
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	500	210	9.00	380	6	14.00	0.00	40	7.00	1.00	14.00	*30	428.0	*21.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	500	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
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

# 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)
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
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			384	2.18	677	24	9.45	0.00	41	52.08	6.74	25.42	*1915	353.3	*81.28	3.10
% of Calories				5.11%		25.0%	22.1%	0.0%		54.2%		26.5%				
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
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	500	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	500	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	500	5	0.00	120	0	0.00	0.00	0	1.00	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

# 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	7000	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1000	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	200	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			628	6.13	1058	32	21.63	0.00	30	81.54	7.27	24.67	*711	487.7	*3.64	2.70
% of Calories				8.79%		20.4%	31.0%	0.0%		51.9%		15.7%				
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
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	500	325	5.78	493	3	18.96	0.00	37	18.65	4.20	19.44	*1400	161.2	*7.73	2.31
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	500	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	500	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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

# 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			498	2.89	1257	33	12.48	*0.10	42	77.32	7.23	22.43	*882	418.5	*1.73	3.40
% of Calories				5.22%		26.5%	22.6%	*0.2%		62.1%		18.0%				
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)	Calcm (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
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	500	336	0.68	255	37	6.09	0.00	7	59.72	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	500	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
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			540	9.79	824	27	16.38	*0.00	50	70.49	4.03	23.94	*882	675.9	*2.89	2.18
% of Calories				16.32%		20.0%	27.3%	*0.0%		52.2%		17.7%				
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
900176 SALAD, APPLE Sliced IW CHCube2.0	Each	500	210	9.00	380	6	14.00	0.00	40	7.00	1.00	14.00	*30	428.0	*21.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	500	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
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
Weighted Daily Average			453	3.73	685	25	10.44	*0.00	44	67.11	3.92	23.06	*818	433.3	*4.52	2.72
% of Calories				7.41%		22.1%	20.7%	*0.0%		59.3%		20.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### 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

# 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)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	500	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53	*1289	219.2	*7.73	1.64
833182 BRD: ROLL AP, Dinner WG 1.1oz	Each	500	80	0.00	170	2	1.00	0.00	0	15.00	1.00	3.00	10	20.0	0.00	0.72
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	500	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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			560	3.96	1079	36	10.67	0.00	36	83.78	10.13	32.10	*790	462.1	*35.76	4.71
% of Calories				6.36%		25.7%	17.1%	0.0%		59.8%		22.9%				
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
990722 SALAD, VEG BAJA AP ROMAINE 2.25	Each	500	221	6.15	374	4	9.85	0.00	30	22.36	5.16	11.88	*3553	239.5	*6.36	1.57

# 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)
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	500	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
832684 BRD: CRACK BK, GFishCh (1BG)	Serving	500	110	0.55	187	0	3.85	0.00	0	15.40	1.10	2.20	0	22.0	0.00	0.77
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	500	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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
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>391</b>	<b>2.83</b>	<b>997</b>	<b>26</b>	<b>11.71</b>	<b>0.00</b>	<b>41</b>	<b>57.20</b>	<b>6.79</b>	<b>18.22</b>	<b>*1060</b>	<b>398.7</b>	<b>*6.55</b>	<b>2.44</b>
<b>% of Calories</b>				<b>6.51%</b>		<b>26.6%</b>	<b>27.0%</b>	<b>0.0%</b>		<b>58.5%</b>		<b>18.6%</b>				
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>									

### 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)	Calc <sup>m</sup> (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

# 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)
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	500	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	500	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	500	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	500	5	0.00	120	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	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			473	4.00	916	35	13.01	0.00	50	64.31	6.40	25.76	*15590	448.1	*2.39	2.72
% of Calories				7.61%		29.6%	24.8%	0.0%		54.4%		21.8%				
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

# 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)	
990624	YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	500	336	0.68	255	35	6.09	0.00	7	58.38	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831141	BRD: CRACK SS, ScoobyDoo CinWG	Package	500	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
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
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				469	7.10	1234	28	15.23	0.00	57	59.00	6.10	25.24	*622	506.4	*3.67	3.42
% of Calories					13.62%		23.9%	29.2%	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
900176	SALAD, APPLE Slcd IW CHCube2.0	Each	500	210	9.00	380	6	14.00	0.00	40	7.00	1.00	14.00	*30	428.0	*21.00	0.00
825962	BRD: CRACK SS, GFishPrtz .75oz	Package	500	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
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

# 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)
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
Weighted Daily Average			386	4.41	526	30	9.48	0.00	26	54.66	5.24	20.17	*873	473.9	*3.87	2.33
% of Calories				10.28%		31.1%	22.1%	0.0%		56.6%		20.9%				
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
990722 SALAD, VEG BAJA AP ROMAINE 2.25	Each	500	221	6.15	374	4	9.85	0.00	30	22.36	5.16	11.88	*3553	239.5	*6.36	1.57
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	500	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	500	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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

# 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)
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
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			403	2.01	729	31	9.64	0.00	40	57.14	5.04	22.07	*15755	287.3	*2.33	2.97
% of Calories				4.49%		30.8%	21.5%	0.0%		56.7%		21.9%				
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
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	500	325	5.78	493	3	18.96	0.00	37	18.65	4.20	19.44	*1400	161.2	*7.73	2.31
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	500	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	500	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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

# 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)
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
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			467	2.83	695	25	12.19	0.00	26	69.27	4.80	21.36	*662	310.3	*3.27	2.22
% of Calories				5.45%		21.4%	23.5%	0.0%		59.3%		18.3%				
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
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	500	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53	*1289	219.2	*7.73	1.64
833182 BRD: ROLL AP, Dinner WG 1.1oz	Each	500	80	0.00	170	2	1.00	0.00	0	15.00	1.00	3.00	10	20.0	0.00	0.72
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	500	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	500	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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

# 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)
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
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			411	2.04	559	26	8.52	0.00	15	60.25	7.75	23.00	*1541	619.2	*38.97	2.81
% of Calories				4.47%		25.3%	18.7%	0.0%		58.6%		22.4%				
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	486	4	865	31	12.47	*0.01	38	69.66	6.62	24.34	*3391	432	*16.01	2.85
% of Calories		7.13%		25.5%	23.1%	*0.0%		57.3%		20.0%				

\*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  
<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.**