

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

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

### Monday - 04/03/2023

**Reimbursable Meal Total 725**

	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)
831313 BRD: BAR, NutriGr Blubr1.5WGIW	Each	725	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	*N/A*	140.0	*N/A*	1.90
829216 CHEESE, MZ String LF 1ea 1.0	Stick	725	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	725	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
826343 JUICE SS, Grape100% 4oz Cart	Each	725	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			427	3.15	451	55	7.74	0.00	18	74.63	5.87	16.93	*1085	589.3	*5.50	2.13
% of Calories				6.64%		51.5%	16.3%	0.0%		69.9%		15.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Tuesday - 04/04/2023

**Reimbursable Meal Total 750**

	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)
990749 PACK: SDW MUFF EGGPTY AM, WG1.25(2)	Pack	750	235	3.62	550	2	10.50	0.00	108	24.50	2.00	10.50	*100	241.0	*0.00	0.72

# 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)
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	750	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	750	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			404	4.24	646	32	11.62	0.00	116	59.03	5.40	17.84	*925	521.9	*53.09	0.90
% of Calories				9.45%		31.7%	25.9%	0.0%		58.4%		17.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Wednesday - 04/05/2023

Reimbursable Meal Total 750

	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)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	750	220	1.00	200	11	7.00	0.00	0	37.00	2.00	4.00	*N/A*	80.0	*N/A*	1.70
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	750	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	750	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			471	1.64	297	58	8.22	0.00	8	91.04	7.17	10.74	*671	323.9	*6.08	1.94
% of Calories				3.13%		49.3%	15.7%	0.0%		77.3%		9.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Thursday - 04/06/2023

Reimbursable Meal Total 750

	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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	750	140	1.50	360	6	5.00	0.00	10	16.00	2.00	8.00	0	40.0	0.00	1.44
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	750	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826337 JUICE SS, Apple 100% 4oz Cart	Each	750	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			319	2.12	471	37	6.12	0.00	18	50.53	4.40	15.34	825	315.9	*53.09	1.62
% of Calories				5.98%		46.4%	17.3%	0.0%		63.4%		19.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Friday - 04/07/2023

Reimbursable Meal Total 750

# 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)
825679 CEREAL BWL, Froot Loops RS WG	Bowl	750	110	0.50	170	8	1.00	0.00	0	24.00	3.00	2.00	400	0.0	12.00	3.60
829216 CHEESE, MZ String LF 1ea 1.0	Stick	750	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
000088 FRUIT: PEARS 135 ct.	Each (135ct)	750	75	0.03	1	13	0.18	0.00	0	19.95	4.06	0.47	33	11.8	5.63	0.24
990761 FRUIT: CUP SS, Apricot 1/2c	Each (1/2c)	750	125	0.00	5	27	0.00	0.00	0	32.00	2.00	1.00	100	20.0	6.00	0.36
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			442	3.13	472	58	5.18	0.00	18	85.75	9.06	16.87	1533	465.8	*23.63	4.28
% of Calories				6.37%		52.5%	10.5%	0.0%		77.6%		15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Monday - 04/10/2023

Reimbursable Meal Total 750

	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)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	750	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	*N/A*	140.0	*N/A*	1.90
829216 CHEESE, MZ String LF 1ea 1.0	Stick	750	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	750	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826343 JUICE SS, Grape100% 4oz Cart	Each	750	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			409	3.12	446	51	7.62	0.00	18	69.53	5.40	17.34	*1225	613.9	*53.09	2.08
% of Calories				6.87%		49.9%	16.8%	0.0%		68.0%		17.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

## Tuesday - 04/11/2023

Reimbursable Meal Total 750

	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)
990708 PACK: CHIXPTY BRD, AM BISC MINI AP WG 1.25(1.25BG)	Pack	750	240	7.12	625	2	13.00	0.00	25	20.50	2.50	11.50	*0	151.0	*0.00	1.26
000088 FRUIT: PEARS 135 ct.	Each (135ct)	750	75	0.03	1	13	0.18	0.00	0	19.95	4.06	0.47	33	11.8	5.63	0.24
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	750	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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	7.75	722	47	14.18	0.00	33	76.25	8.56	18.37	*633	398.8	*5.63	1.58
% of Calories				14.03%		37.8%	25.7%	0.0%		61.4%		14.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

## Wednesday - 04/12/2023

Reimbursable Meal Total 750

# 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)
831322 BRD: FR TST AP, Berry WG IW	Pouch	750	210	1.00	190	11	7.00	0.00	0	36.00	2.00	4.00	*N/A*	70.0	*N/A*	1.50
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	750	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	750	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			379	1.62	286	41	8.12	0.00	8	70.53	5.40	11.34	*825	350.9	*53.09	1.68
% of Calories				3.85%		43.3%	19.3%	0.0%		74.4%		12.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 04/13/2023

Reimbursable Meal Total 750

	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)
990578 PACK: EGG OMELET CH AP, BISC MINI AP WG 2.0 (1BG)	Pack	750	230	7.50	490	1	16.00	0.00	170	15.00	1.00	9.00	300	140.0	0.00	1.08
000124 FRUIT: PEARS 150 ct.	Each (150ct)	750	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
826343 JUICE SS, Grape100% 4oz Cart	Each	750	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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	8.13	602	39	17.17	0.00	178	59.77	4.66	16.82	930	386.6	*5.07	1.37
% of Calories				16.30%		34.7%	34.4%	0.0%		53.2%		15.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

## Friday - 04/14/2023

Reimbursable Meal Total 750

	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)
829941 CEREAL BWL, Cheerios AplCin WG	Bowl	750	110	0.00	110	10	1.50	0.00	0	22.00	2.00	2.00	500	100.0	6.00	3.60
829216 CHEESE, MZ String LF 1ea 1.0	Stick	750	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
000088 FRUIT: PEARS 135 ct.	Each (135ct)	750	75	0.03	1	13	0.18	0.00	0	19.95	4.06	0.47	33	11.8	5.63	0.24
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	750	90	0.00	0	16	0.00	0.00	0	20.00	2.00	0.00	100	20.0	6.00	0.36
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			407	2.63	407	49	5.68	0.00	18	71.75	8.06	15.87	1633	565.8	*17.63	4.28
% of Calories				5.82%		48.2%	12.6%	0.0%		70.5%		15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

## Monday - 04/17/2023

Reimbursable Meal Total 750

# 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)
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	750	150	0.50	150	14	3.50	0.00	0	30.00	3.00	2.00	*N/A*	140.0	*N/A*	1.90
829216 CHEESE, MZ String LF 1ea 1.0	Stick	750	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	750	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
826337 JUICE SS, Apple 100% 4oz Cart	Each	750	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			404	3.13	462	49	7.70	0.00	18	70.32	5.87	15.71	*1065	581.2	*5.50	2.12
% of Calories				6.97%		48.5%	17.2%	0.0%		69.6%		15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

## Tuesday - 04/18/2023

Reimbursable Meal Total 750

	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)
830789 MELT BGL, CSaus AM 1.25 WG	Sandwich	750	285	3.62	610	4	10.50	0.00	52	29.50	4.00	19.50	*0	121.0	*0.00	2.80
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	750	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	750	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			536	4.26	707	51	11.72	0.00	60	83.54	9.17	26.24	*671	364.9	*6.08	3.04
% of Calories				7.15%		38.1%	19.7%	0.0%		62.3%		19.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

## Wednesday - 04/19/2023

Reimbursable Meal Total 750

	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)
831333 BRD: WAFFLE, AP WG Bluebry IW	Pouch	750	200	1.00	170	10	6.00	0.00	0	36.00	3.00	4.00	0	20.0	0.00	0.72
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	750	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
826337 JUICE SS, Apple 100% 4oz Cart	Each	750	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			401	1.64	282	46	7.22	0.00	8	77.04	6.17	10.74	671	263.9	*6.08	0.96
% of Calories				3.68%		45.9%	16.2%	0.0%		76.8%		10.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

## Thursday - 04/20/2023

Reimbursable Meal Total 750

# 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)
830954 PIZZA AP TONY BKFST T.SSG WG 1.0 (1.5BG)	Pizza	750	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0	156.0	0.00	1.90
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	750	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	750	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			401	2.64	447	40	8.22	0.00	23	68.04	7.17	15.74	*671	404.9	*6.08	2.14
% of Calories				5.93%		39.9%	18.4%	0.0%		67.9%		15.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Friday - 04/21/2023

Reimbursable Meal Total 750

	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)
825687 CEREAL BWL, Lucky Charms WG	Bowl	750	110	0.00	180	9	1.00	0.00	0	23.00	2.00	2.00	300	110.0	3.60	3.60
829216 CHEESE, MZ String LF 1ea 1.0	Stick	750	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
000088 FRUIT: PEARS 135 ct.	Each (135ct)	750	75	0.03	1	13	0.18	0.00	0	19.95	4.06	0.47	33	11.8	5.63	0.24
000131 FRUIT: CUP SS, Peaches Dcd1/2c	Each (1/2c)	750	90	0.00	0	19	0.00	0.00	0	21.00	2.00	1.00	400	0.0	2.40	0.36
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			407	2.63	477	51	5.18	0.00	18	73.75	8.06	16.87	1733	555.8	*11.63	4.28
% of Calories				5.82%		50.1%	11.5%	0.0%		72.5%		16.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Monday - 04/24/2023

Reimbursable Meal Total 750

	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)
831313 BRD: BAR, NutriGr Blubr1.5WGIW	Each	750	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	*N/A*	140.0	*N/A*	1.90
829216 CHEESE, MZ String LF 1ea 1.0	Stick	750	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	750	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826337 JUICE SS, Apple 100% 4oz Cart	Each	750	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			389	3.12	446	46	7.62	0.00	18	65.53	5.40	16.34	*1225	613.9	*53.09	2.08
% of Calories				7.22%		47.3%	17.6%	0.0%		67.4%		16.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Tuesday - 04/25/2023

Reimbursable Meal Total 750

# 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)
990749 PACK: SDW MUFF EGGPT AM, WG1.25(2)	Pack	750	235	3.62	550	2	10.50	0.00	108	24.50	2.00	10.50	*100	241.0	*0.00	0.72
000088 FRUIT: PEARS 135 ct.	Each (135ct)	750	75	0.03	1	13	0.18	0.00	0	19.95	4.06	0.47	33	11.8	5.63	0.24
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	750	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			432	4.25	647	35	11.68	0.00	116	67.25	7.06	17.37	*733	493.8	*5.63	1.04
% of Calories				8.85%		32.4%	24.3%	0.0%		62.3%		16.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Wednesday - 04/26/2023

Reimbursable Meal Total 750

	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)
000195 Brd: Crescent AP, Chocolate IW	each	750	230	1.50	270	10	7.99	0.00	0	36.95	2.00	5.99	50	20.0	0.00	1.44
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	750	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	750	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			480	2.14	367	57	9.21	0.00	8	91.00	7.17	12.74	721	263.9	*6.08	1.68
% of Calories				4.01%		47.5%	17.3%	0.0%		75.8%		10.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Thursday - 04/27/2023

Reimbursable Meal Total 750

	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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	750	140	1.50	360	6	5.00	0.00	10	16.00	2.00	8.00	0	40.0	0.00	1.44
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	750	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	750	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			341	2.14	467	42	6.22	0.00	18	57.04	5.17	14.74	671	283.9	*9.68	1.68
% of Calories				5.65%		49.3%	16.4%	0.0%		66.9%		17.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Friday - 04/28/2023

Reimbursable Meal Total 750

# 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)
825681 CEREAL BWL, Frosted Flks RS WG	Bowl	750	100	0.00	170	8	1.00	0.00	0	24.00	1.00	1.00	500	150.0	6.00	6.30
829216 CHEESE, MZ String LF 1ea 1.0	Stick	750	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	750	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
990761 FRUIT: CUP SS, Apricot 1/2c	Each (1/2c)	750	125	0.00	5	27	0.00	0.00	0	32.00	2.00	1.00	100	20.0	6.00	0.36
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	300	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	300	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			404	2.62	471	54	5.12	0.00	18	77.53	5.40	16.34	1825	643.9	*65.09	6.84
% of Calories				5.84%		53.5%	11.4%	0.0%		76.8%		16.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

	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	420	3	479	47	8.58	0.00	37	71.99	6.53	16.01	*1014	450	*22.54	2.39
% of Calories		7.07%		44.8%	18.4%	0.0%		68.6%		15.2%				

\*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.