

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

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

Monday - 05/02/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
000179 BRD: PANCAKES, AP WG Confetti	Pouch	100	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
829505 CHIX Sausage Patty 2ea 2.0	2 Patty	100	200	3.00	500	0	12.00	0.00	2.00	0.00	22.00
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	97	174	1.34	482	0	9.38	0.00	21.44	1.34	1.34
825856 COND PC Ketchup 9g Heinz	Each	97	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	93	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			758	5.62	1521	38	28.75	0.00	93.84	8.70	34.90
% of Calories				6.67%		20.1%	34.1%	0.0%	49.5%		18.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 05/03/2022

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990667 ENT: BOWL, CHIXPOP CH WG 2.5 (1BG)	Bowl	100	396	5.80	585	2	19.53	0.00	34.59	5.54	20.81
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	82	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	90	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			622	6.12	767	40	20.16	0.00	80.03	10.55	31.33
% of Calories				8.86%		25.7%	29.2%	0.0%	51.5%		20.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 05/04/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA)	Each	100	305	4.62	505	4	11.50	0.00	28.50	2.00	19.50
825856 COND PC Ketchup 9g Heinz	Each	100	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	82	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	96	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			500	5.06	824	36	12.74	0.00	68.74	6.54	27.33
% of Calories				9.11%		28.8%	22.9%	0.0%	55.0%		21.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 05/05/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990728 TACO BfGd Soft AP NON-WG 2.25 (2BG) 2EA	2 Each	100	334	4.71	793	1	12.88	0.00	36.88	3.46	18.68
825869 COND PC Sauce, Taco 9g	Each	95	4	0.00	57	0	0.02	0.00	0.76	0.12	0.10
825102 VEG: BEANS, REFRIED AP 1/2C	1/2 Cup	82	139	0.00	499	1	1.74	0.00	23.21	6.96	6.96
826372 VEG: SALAD, SIDE ROMMIX AP 1/2c	1/2 Cup	93	6	0.00	4	1	0.00	0.00	1.21	0.40	0.40
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	93	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
826343 JUICE SS, Grape100% 4oz Cart	Each	99	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			679	5.72	1539	37	19.41	0.09	91.85	9.67	33.15
% of Calories				7.58%		21.8%	25.7%	0.1%	54.1%		19.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 05/06/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	100	300	5.00	440	8	11.00	0.00	34.00	4.00	16.00
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	82	29	0.05	1	2	0.18	0.00	6.76	3.15	1.56
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	94	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			479	5.37	612	36	11.84	0.00	70.50	9.28	24.77
% of Calories				10.09%		30.1%	22.2%	0.0%	58.9%		20.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 05/09/2022

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990585 PACK: CHIX NUGGET SAVORY, PRETZEL SOFT ROD WG2(2BG)	Pack	100	270	1.88	478	0	10.50	0.00	26.50	2.25	18.25
825867 COND PC Sauce, BBQ 12g	Each	95	15	0.00	158	3	0.03	0.00	3.34	0.16	0.14
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	82	333	0.00	772	21	1.51	0.00	65.05	12.10	16.64
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	99	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			713	2.18	1440	48	12.27	0.00	112.30	12.33	39.23
% of Calories				2.75%		26.9%	15.5%	0.0%	63.0%		22.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 05/10/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	100	365	10.62	1320	4	19.50	0.00	28.50	2.00	18.50
990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C	3/4c	97	128	0.53	160	0	5.34	0.00	20.29	1.07	1.07
825856 COND PC Ketchup 9g Heinz	Each	97	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	94	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			640	11.46	1728	30	25.29	0.00	77.53	5.29	27.62
% of Calories				16.12%		18.8%	35.6%	0.0%	48.5%		17.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 05/11/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990541 NACHOS BFGD AP Bn CHZ 2.25 - w/o Chips	Serving	100	214	5.39	658	1	9.60	0.06	17.20	3.31	13.92
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	100	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	82	92	0.04	49	4	0.21	0.00	18.51	6.22	4.04
833552 FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	90	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			591	5.45	993	41	12.30	0.06	91.10	11.21	26.44
% of Calories				8.30%		27.7%	18.7%	0.1%	61.7%		17.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 05/12/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990737 PACK: PASTA, SPAG CHIXPTYGLDN MZ SPAGSCSS WGR2.5(2)	Pack	100	456	4.45	573	9	19.10	0.00	48.29	6.39	22.92
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	82	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	94	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			651	4.92	808	39	20.52	0.00	87.61	12.67	31.04
% of Calories				6.80%		24.0%	28.4%	0.0%	53.8%		19.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 05/13/2022

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990689 PACK: MTBL CHIX KOREAN, RICE WG 2.0 (2BG)	Pack	100	439	3.44	576	11	13.43	0.01	61.65	2.14	19.63
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	93	6	0.01	3	0	0.11	0.00	1.24	0.79	0.46
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	93	52	0.66	128	3	4.33	85.08	3.17	0.09	0.09
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	93	8	0.01	2	1	0.09	0.00	1.68	0.52	0.38
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	96	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			645	4.38	871	42	18.15	79.14	96.17	4.40	27.70
% of Calories				6.11%		26.0%	25.3%	110.4%	59.6%		17.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 05/16/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	100	420	9.00	670	3	20.00	0.00	41.00	6.00	20.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	82	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	94	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			591	9.33	852	28	20.74	0.00	73.16	11.46	31.40
% of Calories				14.21%		19.0%	31.6%	0.0%	49.5%		21.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 05/17/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990731 PACK: PASTA, ROTINI CHIXMTBL & SPAG SC SS NONWG2(2	Pack	100	452	3.54	250	8	13.44	0.00	58.38	5.24	23.13
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	82	29	0.05	1	2	0.18	0.00	6.76	3.15	1.56
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	94	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			632	3.91	422	36	14.27	0.00	94.87	10.52	31.91
% of Calories				5.57%		22.8%	20.3%	0.0%	60.0%		20.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 05/18/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA)	Sandwich	100	390	2.50	700	4	16.00	0.00	42.00	5.00	20.00
825867 COND PC Sauce, BBQ 12g	Each	100	15	0.00	158	3	0.03	0.00	3.34	0.16	0.14
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	82	234	0.03	435	14	0.29	*0.00	45.81	8.55	11.04
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	96	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			741	2.83	1385	45	16.77	*0.00	111.77	13.13	36.39
% of Calories				3.44%		24.3%	20.4%	*0.0%	60.3%		19.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

Thursday - 05/19/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990697 PACK: BEEF SALIS STK, NDLSPRSL, BFGRVY SS NonWG2(1	Pack	100	350	7.20	515	4	17.55	0.14	28.84	2.32	18.76
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	85	102	0.13	1	4	0.85	0.00	24.38	3.03	3.22
000124 FRUIT: PEARS 150 ct.	Each (150ct)	93	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			596	7.63	687	32	18.92	0.14	81.69	8.30	29.09
% of Calories				11.52%		21.5%	28.6%	0.2%	54.8%		19.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 05/20/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
000157 BEEF GD, SLOPPY JOE MEAT SS 2.0 (W/O BUN)	#10 scp (2 MMA)	100	146	3.03	353	3	7.36	*0.00	6.68	1.00	11.95
990545 BUN, HAMBURGER WG (Alpha) - Indiv Overwrapped	Each	100	150	0.00	260	3	2.00	0.00	26.00	2.00	6.00
990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C	3/4 Cup	82	251	1.57	282	11	9.41	0.00	37.63	1.57	1.57

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826337 JUICE SS, Apple 100% 4oz Cart	Each	99	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			657	4.62	1030	42	17.58	*0.00	92.81	4.29	26.43
% of Calories				6.33%		25.6%	24.1%	*0.0%	56.5%		16.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 05/23/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990610 MELT SUB AP, CHIXMTBL BBQ SS 2.0 (W/O BUN)	Sandwich	100	268	3.33	586	23	10.83	0.00	29.79	0.83	14.17
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	100	150	0.00	270	3	2.50	0.00	28.00	2.50	6.00
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	82	29	0.05	1	2	0.18	0.00	6.76	3.15	1.56
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	94	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			597	3.70	1028	54	14.17	0.00	94.29	8.61	28.94
% of Calories				5.58%		36.2%	21.4%	0.0%	63.2%		19.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 05/24/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	100	300	5.00	440	8	11.00	0.00	34.00	4.00	16.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	82	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	90	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			526	5.32	622	46	11.63	0.00	79.44	9.01	26.51
% of Calories				9.10%		35.0%	19.9%	0.0%	60.4%		20.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 05/25/2022

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	100	260	2.50	305	3	8.00	0.00	28.00	2.00	17.00
825856 COND PC Ketchup 9g Heinz	Each	100	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	82	333	0.00	772	21	1.51	0.00	65.05	12.10	16.64
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	94	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			684	2.81	1193	46	9.85	0.00	110.79	14.18	38.73
% of Calories				3.70%		26.9%	13.0%	0.0%	64.8%		22.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 05/26/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA)	Sandwich	100	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
825862 COND PC Mustard 6g	Each	95	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	87	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
990592 VEG: CARROTS, FRESH BABY IW 1.3OZ	Bag (1.3 ozw)	93	13	0.01	29	2	0.05	0.00	3.04	1.07	0.24

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
000124 FRUIT: PEARS 150 ct.	Each (150ct)	93	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			784	8.95	1726	40	29.14	0.00	99.17	10.31	32.98
% of Calories				10.27%		20.4%	33.5%	0.0%	50.6%		16.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 05/27/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990687 ENT: BOWL, RICE CHIXDCD SOUTHWEST CH 2.0 (2BG)	Bowl	100	389	4.27	356	1	11.97	*0.00	51.23	2.05	19.69
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	82	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	99	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			585	4.70	600	33	13.20	*0.00	88.88	5.62	27.52
% of Calories				7.23%		22.6%	20.3%	*0.0%	60.8%		18.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 05/31/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990690 PACK: FR TST STK AP (4), CHIX SSG PTY (2) WG 2(2BG)	Pack	100	460	4.50	800	9	22.00	0.00	40.00	3.00	28.00
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	97	174	1.34	482	0	9.38	0.00	21.44	1.34	1.34
825856 COND PC Ketchup 9g Heinz	Each	97	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	94	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			794	6.13	1521	37	31.79	0.00	94.65	7.00	36.79
% of Calories				6.95%		18.6%	36.0%	0.0%	47.7%		18.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				