

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

Menu Name: K-8 A/SSL 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	94	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
829505 CHIX Sausage Patty 2ea 2.0	2 Patty	94	200	3.00	500	0	12.00	0.00	2.00	0.00	22.00
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	6	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	6	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
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			760	5.48	1496	40	28.19	0.00	96.32	8.64	34.10
% of Calories				6.49%		21.1%	33.4%	0.0%	50.7%		17.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

Tuesday - 05/03/2022

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)
990667 ENT: BOWL, CHIXPOP CH WG 2.5 (1BG)	Bowl	95	396	5.80	585	2	19.53	0.00	34.59	5.54	20.81
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	5	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	5	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
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
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			617	6.28	767	40	19.96	0.00	79.45	10.37	31.09
% of Calories				9.16%		25.9%	29.1%	0.0%	51.5%		20.2%
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	97	305	4.62	505	4	11.50	0.00	28.50	2.00	19.50

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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)
825856 COND PC Ketchup 9g Heinz	Each	97	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	3	215	5.72	656	3	12.60	0.00	4.52	0.86	19.10
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	3	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	3	5	0.00	120	0	0.00	0.00	1.00	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
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			499	5.09	834	36	12.80	0.00	68.38	6.55	27.41
% of Calories				9.18%		28.9%	23.1%	0.0%	54.8%		22.0%
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	96	334	4.71	793	1	12.88	0.00	36.88	3.46	18.68

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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)
825869 COND PC Sauce, Taco 9g	Each	93	4	0.00	57	0	0.02	0.00	0.76	0.12	0.10
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	4	184	6.97	391	3	11.64	0.00	6.22	1.74	13.90
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	4	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	4	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00
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
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			681	5.83	1534	37	19.62	0.09	91.93	9.68	33.12
% of Calories				7.70%		21.7%	25.9%	0.1%	54.0%		19.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 05/06/2022

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)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	93	300	5.00	440	8	11.00	0.00	34.00	4.00	16.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	7	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	7	120	0.00	115	7	4.00	0.00	20.00	1.00	2.00
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			490	5.07	607	39	11.77	0.00	73.70	9.21	24.54
% of Calories				9.31%		31.8%	21.6%	0.0%	60.2%		20.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 05/09/2022

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)
990585 PACK: CHIX NUGGET SAVORY, PRETZEL SOFT ROD WG2(2BG)	Pack	95	270	1.88	478	0	10.50	0.00	26.50	2.25	18.25
825867 COND PC Sauce, BBQ 12g	Each	92	15	0.00	158	3	0.03	0.00	3.34	0.16	0.14
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	5	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00

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	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)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	5	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	80	333	0.00	772	21	1.51	0.00	65.05	12.10	16.64
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	98	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			707	2.54	1425	47	12.49	0.00	110.58	12.07	38.78
% of Calories				3.23%		26.6%	15.9%	0.0%	62.6%		21.9%
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	94	365	10.62	1320	4	19.50	0.00	28.50	2.00	18.50
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	6	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	6	120	0.00	115	7	4.00	0.00	20.00	1.00	2.00
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

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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			645	10.86	1671	32	24.73	0.00	80.60	5.35	27.27
% of Calories				15.15%		19.8%	34.5%	0.0%	50.0%		16.9%
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	97	214	5.39	658	1	9.60	0.06	17.20	3.31	13.92
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	97	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
990722 SALAD, VEG BAJA AP ROMAINE 2.25	Each	3	221	6.15	374	4	9.85	0.00	22.36	5.16	11.88
000218 BRD: MUF AP, CORN 2OZ IW WG (1BG)	Muffin	3	180	1.50	180	12	6.00	0.00	28.00	1.00	4.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	3	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
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

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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
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			595	5.54	989	42	12.56	0.06	91.55	11.27	26.44
% of Calories				8.38%		28.2%	19.0%	0.1%	61.5%		17.8%
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	94	456	4.45	573	9	19.10	0.00	48.29	6.39	22.92
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	6	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	6	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	6	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
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

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	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			651	5.04	818	39	20.87	0.01	86.73	12.63	31.02
% of Calories				6.97%		24.0%	28.9%	0.0%	53.3%		19.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 05/13/2022

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)
990689 PACK: MTBL CHIX KOREAN, RICE WG 2.0 (2BG)	Pack	94	439	3.44	576	11	13.43	0.01	61.65	2.14	19.63
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	6	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	6	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
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

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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			646	4.27	858	44	17.92	79.13	97.24	4.46	27.29
% of Calories				5.95%		27.2%	25.0%	110.2%	60.2%		16.9%
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	95	420	9.00	670	3	20.00	0.00	41.00	6.00	20.00
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	5	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	5	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
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
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

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	9.33	847	28	20.52	0.00	72.26	11.26	31.20
% of Calories				14.35%		19.1%	31.6%	0.0%	49.4%		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	93	452	3.54	250	8	13.44	0.00	58.38	5.24	23.13
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	7	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	7	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
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			632	3.78	431	39	14.00	0.00	96.34	10.36	31.18
% of Calories				5.38%		24.7%	19.9%	0.0%	61.0%		19.7%
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	96	390	2.50	700	4	16.00	0.00	42.00	5.00	20.00
825867 COND PC Sauce, BBQ 12g	Each	93	15	0.00	158	3	0.03	0.00	3.34	0.16	0.14
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	4	184	6.97	391	3	11.64	0.00	6.22	1.74	13.90
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	4	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	4	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00
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

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			741	3.03	1373	44	16.85	*0.00	111.42	13.07	36.30
% of Calories				3.68%		23.8%	20.5%	*0.0%	60.1%		19.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

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	97	350	7.20	515	4	17.55	0.14	28.84	2.32	18.76
990665 SALAD, ChixDcd Ceas AP W/CAES DRSNG 2.0	Package	3	361	7.22	674	3	29.67	0.00	4.71	0.86	18.17
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	3	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
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

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			599	7.63	697	32	19.33	0.13	81.39	8.28	29.17
% of Calories				11.46%		21.4%	29.0%	0.2%	54.4%		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)	93	146	3.03	353	3	7.36	*0.00	6.68	1.00	11.95
990545 BUN, HAMBURGER WG (Alpha) - Indiv Overwrapped	Each	93	150	0.00	260	3	2.00	0.00	26.00	2.00	6.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	7	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	7	120	0.00	115	7	4.00	0.00	20.00	1.00	2.00
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
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

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			669	4.45	1013	45	17.63	*0.00	96.10	4.29	26.07
% of Calories				5.99%		26.9%	23.7%	*0.0%	57.5%		15.6%
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	93	268	3.33	586	23	10.83	0.00	29.79	0.83	14.17
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	93	150	0.00	270	3	2.50	0.00	28.00	2.50	6.00
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	7	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	7	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
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			600	3.59	994	55	13.91	0.00	95.80	8.59	28.42
% of Calories				5.38%		36.7%	20.9%	0.0%	63.9%		18.9%
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	95	300	5.00	440	8	11.00	0.00	34.00	4.00	16.00
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	5	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	5	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
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

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			526	5.52	629	46	11.85	0.00	78.89	8.91	26.51
% of Calories				9.44%		35.0%	20.3%	0.0%	60.0%		20.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 05/25/2022

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)
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	97	260	2.50	305	3	8.00	0.00	28.00	2.00	17.00
825856 COND PC Ketchup 9g Heinz	Each	97	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	3	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	3	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	3	52	0.66	128	3	4.33	85.08	3.17	0.09	0.09
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

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			685	2.92	1204	46	10.07	2.55	110.50	14.17	38.81
% of Calories				3.84%		26.9%	13.2%	3.4%	64.5%		22.7%
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	93	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
825862 COND PC Mustard 6g	Each	90	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	7	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	7	120	0.00	115	7	4.00	0.00	20.00	1.00	2.00
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
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

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			793	8.58	1696	43	28.95	0.00	102.74	10.38	32.29
% of Calories				9.74%		21.7%	32.9%	0.0%	51.8%		16.3%
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	94	389	4.27	356	1	11.97	*0.00	51.23	2.05	19.69
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	6	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	6	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	6	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
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			588	4.83	622	34	13.98	*0.01	87.82	5.84	27.69
% of Calories				7.39%		23.1%	21.4%	*0.0%	59.7%		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	93	460	4.50	800	9	22.00	0.00	40.00	3.00	28.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	7	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	7	120	0.00	115	7	4.00	0.00	20.00	1.00	2.00
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

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			794	5.86	1491	40	30.95	0.00	97.43	7.00	35.72
% of Calories				6.64%		20.2%	35.1%	0.0%	49.1%		18.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

			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)
Weighted Averages			643	6	1047	40	18.05	*3.90	90.82	9.16	30.69
% of Calories				7.70%		24.9%	25.3%	*5.5%	56.5%		19.1%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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