

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

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

Monday - 05/02/2022

Reimbursable Meal Total 1100

	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)
832985 BRD: BAGEL, Mini CinnCrCh WGIW	Each	1100	230	2.00	190	13	6.00	0.00	42.00	2.00	6.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	1100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	1100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			488	3.30	311	60	8.17	0.00	92.75	4.00	13.09
% of Calories				6.09%		49.2%	15.1%	0.0%	76.0%		10.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 05/03/2022

Reimbursable Meal Total 1100

	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)
830791 MELT BGL, EggPty AM 1.25 WG	Sandwich	1100	255	3.62	470	4	10.50	0.00	29.50	4.00	11.50
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1100	50	0.00	0	12	0.00	0.00	14.00	1.00	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)
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			473	4.93	591	44	12.67	0.00	71.25	5.00	19.59
% of Calories				9.38%		37.2%	24.1%	0.0%	60.3%		16.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 05/04/2022

Reimbursable Meal Total 1100

	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)
830954 PIZZA AP TONY BKFST T.SSG WG 1.0 (1.5BG)	Pizza	1100	210	2.00	350	5	7.00	0.00	27.00	3.00	9.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			405	3.32	466	37	9.29	0.00	62.48	5.40	17.03
% of Calories				7.38%		36.5%	20.6%	0.0%	61.7%		16.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

Thursday - 05/05/2022

Reimbursable Meal Total 1100

	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)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	1100	220	1.00	200	11	7.00	0.00	37.00	2.00	4.00
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	1100	69	0.09	1	9	0.26	0.00	17.68	2.01	0.84
826346 JUICE SS, Orange 100% 4oz Cart	Each	1100	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			427	2.39	322	40	9.43	0.00	76.43	4.01	12.93
% of Calories				5.04%		37.5%	19.9%	0.0%	71.6%		12.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 05/06/2022

Reimbursable Meal Total 1100

	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)
990734 BRD: BRKFST BANANA SUPER WG, 1SL (2BG)	Each	1100	260	1.50	240	24	8.00	0.00	45.00	2.00	5.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			496	2.83	363	63	10.34	0.00	90.72	5.66	13.52
% of Calories				5.14%		50.8%	18.8%	0.0%	73.2%		10.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Monday - 05/09/2022

Reimbursable Meal Total 1100

	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)
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	1100	120	0.00	170	6	2.50	0.00	23.00	1.00	1.00
831285 BRD: CRACK SS, Animal WG	Package	1100	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826346 JUICE SS, Orange 100% 4oz Cart	Each	1100	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			441	2.34	408	46	8.38	0.00	83.27	5.87	11.40
% of Calories				4.78%		41.7%	17.1%	0.0%	75.5%		10.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 05/10/2022

Reimbursable Meal Total 1100

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)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	1100	200	1.00	170	13	5.00	0.00	37.00	3.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	1100	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
990631 FRUIT: CUP SS, APPLESC BLUERASP SWT SHLF-STBL 1/2C	Each (1/2c)	1100	90	0.00	15	19	0.00	0.00	22.00	2.00	0.00
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			528	6.80	501	55	14.17	0.00	82.75	5.00	18.09
% of Calories				11.59%		41.7%	24.2%	0.0%	62.7%		13.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 05/11/2022

Reimbursable Meal Total 1100

	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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	1100	140	1.50	360	6	5.00	0.00	16.00	2.00	8.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	100	1.50	120	11	2.50	0.00	11.00	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			376	2.83	483	45	7.34	0.00	61.72	5.66	16.52
% of Calories				6.77%		47.9%	17.6%	0.0%	65.7%		17.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 05/12/2022

Reimbursable Meal Total 1100

	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)
990578 PACK: EGG OMELET CH AP, BISC MINI AP WG 2.0 (1BG)	Pack	1100	230	7.50	490	1	16.00	0.00	15.00	1.00	9.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	1100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	1100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			488	8.80	611	48	18.17	0.00	65.75	3.00	16.09
% of Calories				16.23%		39.3%	33.5%	0.0%	53.9%		13.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 05/13/2022

Reimbursable Meal Total 1100

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)
000190 CEREAL BWL, Fruity Cheerios WG	Bowl	1100	120	0.00	140	9	2.00	0.00	25.00	2.00	2.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1100	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			435	2.32	371	49	7.79	0.00	81.48	5.40	12.03
% of Calories				4.80%		45.1%	16.1%	0.0%	74.9%		11.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Monday - 05/16/2022

Reimbursable Meal Total 1100

	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)
832986 BRD: BAGEL, Mini StrwCrCh WGIW	Each	1100	230	2.00	190	13	6.00	0.00	42.00	2.00	6.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			461	3.34	313	53	8.38	0.00	86.27	4.87	14.40
% of Calories				6.52%		46.0%	16.4%	0.0%	74.9%		12.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 05/17/2022

Reimbursable Meal Total 1100

	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)
831322 BRD: FR TST AP, Berry WG IW	Pouch	1100	210	1.00	190	11	7.00	0.00	36.00	2.00	4.00
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	1100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826346 JUICE SS, Orange 100% 4oz Cart	Each	1100	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			458	2.30	311	55	9.17	0.00	84.75	4.00	12.09
% of Calories				4.52%		48.0%	18.0%	0.0%	74.0%		10.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 05/18/2022

Reimbursable Meal Total 1100

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)
830789 MELT BGL, CSaus AM 1.25 WG	Sandwich	1100	285	3.62	610	4	10.50	0.00	29.50	4.00	19.50
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	1100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			480	4.94	731	37	12.79	0.00	64.98	6.40	27.53
% of Calories				9.26%		30.8%	24.0%	0.0%	54.2%		22.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 05/19/2022

Reimbursable Meal Total 1100

	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	1100	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	1100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	100	1.50	120	11	2.50	0.00	11.00	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			418	2.30	416	46	9.17	0.00	73.75	5.00	11.09
% of Calories				4.95%		44.0%	19.7%	0.0%	70.6%		10.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 05/20/2022

Reimbursable Meal Total 1100

	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)
831951 BRD: BAR, Benefit FrTst WGIW	Each	1100	290	2.50	200	21	9.00	0.00	47.00	3.00	5.00
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	1100	69	0.09	1	9	0.26	0.00	17.68	2.01	0.84
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			527	3.89	322	58	11.43	0.00	92.43	5.01	13.93
% of Calories				6.64%		44.0%	19.5%	0.0%	70.2%		10.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Monday - 05/23/2022

Reimbursable Meal Total 1100

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)
831315 BRD: BAGEL. White WG IW	Each	1100	140	0.00	160	5	1.00	0.00	28.00	4.00	6.00
825853 COND PC Jelly, Grape Smucker	Each	1100	35	0.00	5	8	0.00	0.00	9.00	0.00	0.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	1100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			453	1.30	286	65	3.17	0.00	91.75	6.00	14.09
% of Calories				2.58%		57.4%	6.3%	0.0%	81.0%		12.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 05/24/2022

Reimbursable Meal Total 1100

	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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	1100	140	1.50	360	6	5.00	0.00	16.00	2.00	8.00
990631 FRUIT: CUP SS, APPLESC BLUERASP SWT SHLF-STBL 1/2C	Each (1/2c)	1100	90	0.00	15	19	0.00	0.00	22.00	2.00	0.00
826346 JUICE SS, Orange 100% 4oz Cart	Each	1100	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			368	2.80	496	45	7.17	0.00	59.75	4.00	16.09
% of Calories				6.85%		48.9%	17.5%	0.0%	64.9%		17.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 05/25/2022

Reimbursable Meal Total 1100

	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)
831333 BRD: WAFFLE, AP WG Bluebry IW	Pouch	1100	200	1.00	170	10	6.00	0.00	36.00	3.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	1100	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			506	6.83	488	44	15.34	0.00	77.72	6.66	18.52
% of Calories				12.15%		34.8%	27.3%	0.0%	61.4%		14.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 05/26/2022

Reimbursable Meal Total 1100

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)
990708 PACK: CHIXPTY BRD, AM BISC MINI AP WG 1.25(1.25BG)	Pack	1100	240	7.12	625	2	13.00	0.00	20.50	2.50	11.50
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	1100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			435	8.44	746	34	15.29	0.00	55.98	4.90	19.53
% of Calories				17.46%		31.3%	31.6%	0.0%	51.5%		18.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 05/27/2022

Reimbursable Meal Total 1000

	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)
990706 BRD: BRKFST PUMPKIN SUPER WG, 1SL (2BG)	Each	1000	260	1.50	240	24	8.00	0.00	44.00	2.00	5.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1000	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	1000	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	870	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			491	2.84	363	64	10.38	0.00	88.30	4.87	13.42
% of Calories				5.21%		52.1%	19.0%	0.0%	71.9%		10.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 05/31/2022

Reimbursable Meal Total 1100

	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)
829521 BRD: Bkfst Rnd Cinn 2.2oz WG IW	Each	1100	280	3.00	190	19	8.00	0.00	44.00	6.29	5.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			498	4.30	311	59	10.17	0.00	85.75	7.29	13.09
% of Calories				7.77%		47.4%	18.4%	0.0%	68.9%		10.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

	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	460	4	439	50	10.39	0.00	77.62	5.14	15.43