

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

**Menu Name:** 9-12 Lunch Express (2 Cold Ent)  
**Site:** 1 - Archdiocese of Chicago

**Include Cost:** No  
**Report Style:** Detailed

**Monday - 05/02/2022**

**Reimbursable Meal Total 100**

	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)	Carb (g)	Fiber (g)	Protn (g)
831183 CHIX Popcorn, AP WG 2.0	Serving	100	256	2.78	389	1	14.46	0.00	15.58	3.34	15.58
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	100	70	0.00	40	0	0.50	0.00	14.00	1.00	2.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	100	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	100	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	100	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
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			984	6.61	1616	62	38.23	0.10	131.74	15.81	30.03
% of Calories				6.05%		25.2%	35.0%	0.1%	53.6%		12.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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 <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)	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
829498 YOGURT SS, Danimals Vanilla4oz	Each	100	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	100	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	100	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			700	5.88	833	78	14.98	0.00	118.80	12.94	23.81
% of Calories				7.56%		44.6%	19.3%	0.0%	67.9%		13.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

### Wednesday - 05/04/2022

Reimbursable Meal Total 100

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
990711 SALAD, THAM C/BPEPP ITALIAN AP ROM 2.25	Each	100	208	5.74	650	1	12.71	0.00	3.18	0.79	18.70
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	100	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	100	5	0.00	120	0	0.00	0.00	1.00	0.00	0.00
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	100	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826346 JUICE SS, Orange 100% 4oz Cart	Each	100	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	120	0.00	115	7	4.00	0.00	20.00	1.00	2.00
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
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			621	5.78	1255	49	17.86	0.00	85.47	6.38	32.49
% of Calories				8.38%		31.6%	25.9%	0.0%	55.1%		20.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 05/05/2022

Reimbursable Meal Total 100

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
990569 SDW BD, CHam PV WG 2.0 (2BG) (ALPHA)	Sandwich	100	321	6.52	823	3	13.56	0.00	29.02	2.00	21.10
825862 COND PC Mustard 6g	Each	100	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826343 JUICE SS, Grape100% 4oz Cart	Each	100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	100	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
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			801	7.87	1477	59	20.74	*0.00	118.74	13.01	37.83
% of Calories				8.84%		29.5%	23.3%	*0.0%	59.3%		18.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 05/06/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	100	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	100	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	100	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	100	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	100	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00
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			651	6.89	1191	47	20.72	0.10	85.62	8.30	29.89
% of Calories				9.53%		28.9%	28.6%	0.1%	52.6%		18.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

**Monday - 05/09/2022**

**Reimbursable Meal Total 100**

	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)	Carb (g)	Fiber (g)	Protn (g)
990369 Danimals, Strawberry Banana Yogurt	ea	100	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	100	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	100	60	2.00	200	1	3.00	0.00	1.00	0.00	7.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	100	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
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			715	5.37	788	80	13.44	0.00	123.25	10.72	24.92
% of Calories				6.76%		44.8%	16.9%	0.0%	69.0%		13.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 05/10/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	100	320	9.31	917	1	21.83	0.00	14.07	1.00	17.49

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	100	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	100	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
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			983	12.65	2201	54	42.11	0.00	121.07	12.19	31.35
% of Calories				11.58%		22.0%	38.6%	0.0%	49.3%		12.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

### Wednesday - 05/11/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	100	308	5.42	728	3	12.00	0.00	29.00	2.50	22.17
825862 COND PC Mustard 6g	Each	100	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
832571 FRUIT: APPLE, Slcd IW 2oz	Each	100	30	0.00	0	6	0.00	0.00	7.00	1.00	0.00
833552 FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	100	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			681	5.75	1252	54	15.56	*0.00	101.99	13.12	34.96
% of Calories				7.60%		31.7%	20.6%	*0.0%	59.9%		20.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

### Thursday - 05/12/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990738 SALAD, ChixPop CH AP ROMAINE 2.5 (1BG)	Each	100	315	5.79	486	1	19.04	0.00	16.87	3.85	18.87
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	100	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
833326 COND PC, DRESSING RANCH BUTTERMILK FF 12G (PPI)	Each	100	10	0.00	125	1	0.00	0.00	2.00	0.00	0.00
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	100	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39



# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826346 JUICE SS, Orange 100% 4oz Cart	Each	100	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	120	0.00	115	7	4.00	0.00	20.00	1.00	2.00
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
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			758	5.88	1162	51	24.93	0.00	103.17	11.27	33.14
% of Calories				6.98%		26.9%	29.6%	0.0%	54.4%		17.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 05/13/2022

Reimbursable Meal Total 100

	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)	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
828881 COND PC MAYONNAISE FF 12G	Each	100	11	0.03	101	1	0.10	0.00	2.57	0.24	0.06
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	100	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	100	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	100	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			657	6.46	1094	56	14.06	0.00	100.11	7.34	33.54
% of Calories				8.85%		34.1%	19.3%	0.0%	60.9%		20.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

### Monday - 05/16/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
831183 CHIX Popcorn, AP WG 2.0	Serving	100	256	2.78	389	1	14.46	0.00	15.58	3.34	15.58
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	100	70	0.00	40	0	0.50	0.00	14.00	1.00	2.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	100	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	100	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	100	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
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			944	6.60	1610	55	38.19	0.10	121.49	14.54	29.54
% of Calories				6.29%		23.3%	36.4%	0.1%	51.5%		12.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

**Tuesday - 05/17/2022**

**Reimbursable Meal Total 100**

	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)	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
829498 YOGURT SS, Danimals Vanilla4oz	Each	100	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	100	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
826343 JUICE SS, Grape100% 4oz Cart	Each	100	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			670	5.88	848	72	14.98	0.00	109.80	10.94	24.81
% of Calories				7.90%		43.0%	20.1%	0.0%	65.6%		14.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

### Wednesday - 05/18/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990711 SALAD, THAM C/BPEPP ITALIAN AP ROM 2.25	Each	100	208	5.74	650	1	12.71	0.00	3.18	0.79	18.70
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	100	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	100	5	0.00	120	0	0.00	0.00	1.00	0.00	0.00
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	100	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	120	0.00	115	7	4.00	0.00	20.00	1.00	2.00
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
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			631	5.78	1250	52	17.86	0.00	87.47	6.38	31.49
% of Calories				8.24%		33.0%	25.5%	0.0%	55.4%		20.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 05/19/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990569 SDW BD, CHam PV WG 2.0 (2BG) (ALPHA)	Sandwich	100	321	6.52	823	3	13.56	0.00	29.02	2.00	21.10
825862 COND PC Mustard 6g	Each	100	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
831142 BRD: CRACK SS, Bug Bites CinWG	Package	100	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
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			821	7.88	1478	62	20.79	*0.00	124.99	14.28	37.31
% of Calories				8.64%		30.2%	22.8%	*0.0%	60.9%		18.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

### Friday - 05/20/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	100	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	100	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	100	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	100	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	100	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00
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			698	6.85	1195	59	20.51	0.10	96.10	7.43	29.58
% of Calories				8.83%		33.8%	26.4%	0.1%	55.1%		17.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

### Monday - 05/23/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990369 Danimals, Strawberry Banana Yogurt	ea	100	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	100	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	100	60	2.00	200	1	3.00	0.00	1.00	0.00	7.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826346 JUICE SS, Orange 100% 4oz Cart	Each	100	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	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)	Carb (g)	Fiber (g)	Protn (g)
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	100	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
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			700	5.38	793	78	13.48	0.00	119.80	9.94	25.81
% of Calories				6.92%		44.6%	17.3%	0.0%	68.5%		14.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 05/24/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	100	320	9.31	917	1	21.83	0.00	14.07	1.00	17.49
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	100	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	100	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
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 <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)	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			1046	12.64	2196	69	41.99	0.00	136.35	11.79	30.41
% of Calories				10.88%		26.4%	36.1%	0.0%	52.1%		11.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

### Wednesday - 05/25/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	100	308	5.42	728	3	12.00	0.00	29.00	2.50	22.17
825862 COND PC Mustard 6g	Each	100	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	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 <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)	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			648	5.77	1267	46	15.68	*0.00	93.72	12.51	35.89
% of Calories				8.01%		28.4%	21.8%	*0.0%	57.9%		22.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

### Thursday - 05/26/2022

Reimbursable Meal Total 100

	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)	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
828881 COND PC MAYONNAISE FF 12G	Each	100	11	0.03	101	1	0.10	0.00	2.57	0.24	0.06
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	100	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	100	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	100	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 <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)	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			674	6.48	1095	55	14.23	0.00	104.09	10.00	33.96
% of Calories				8.65%		32.6%	19.0%	0.0%	61.8%		20.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

## Friday - 05/27/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990738 SALAD, ChixPop CH AP ROMAINE 2.5 (1BG)	Each	100	315	5.79	486	1	19.04	0.00	16.87	3.85	18.87
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	100	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
833326 COND PC, DRESSING RANCH BUTTERMILK FF 12G (PPI)	Each	100	10	0.00	125	1	0.00	0.00	2.00	0.00	0.00
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	100	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	120	0.00	115	7	4.00	0.00	20.00	1.00	2.00
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 <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)	Carb (g)	Fiber (g)	Protn (g)
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			756	5.84	1156	54	24.73	0.00	102.65	9.40	31.83
% of Calories				6.95%		28.6%	29.4%	0.0%	54.3%		16.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

**Tuesday - 05/31/2022**

**Reimbursable Meal Total 100**

	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)	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
829498 YOGURT SS, Danimals Vanilla4oz	Each	100	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	100	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	100	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 <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)	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			670	5.88	848	72	14.98	0.00	109.80	10.94	24.81
% of Calories				7.90%		43.0%	20.1%	0.0%	65.6%		14.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	753	7	1267	60	21.91	*0.02	109.34	10.92	30.83
% of Calories		8.20%		31.9%	26.2%	*0.0%	58.1%		16.4%

\*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.**