

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

Menu Name: K-8 Lunch Express (2 Cold Ent)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Monday - 05/02/2022

Reimbursable Meal Total 300

	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)
831183 CHIX Popcorn, AP WG 2.0	Serving	300	256	2.78	389	1	14.46	0.00	15.58	3.34	15.58
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	300	70	0.00	40	0	0.50	0.00	14.00	1.00	2.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	300	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	300	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	300	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	207	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	60	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	3	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			885	6.60	1557	41	38.16	0.10	109.06	14.16	28.67
% of Calories				6.71%		18.5%	38.8%	0.1%	49.3%		13.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 05/03/2022

Reimbursable Meal Total 300

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)
000179 BRD: PANCAKES, AP WG Confetti	Pouch	300	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
829498 YOGURT SS, Danimals Vanilla4oz	Each	300	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	300	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	300	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			528	1.33	588	63	7.70	0.00	97.61	8.42	16.13
% of Calories				2.27%		47.7%	13.1%	0.0%	73.9%		12.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 05/04/2022

Reimbursable Meal Total 300

	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)
990711 SALAD, THAM C/BPEPP ITALIAN AP ROM 2.25	Each	300	208	5.74	650	1	12.71	0.00	3.18	0.79	18.70
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	300	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	300	5	0.00	120	0	0.00	0.00	1.00	0.00	0.00

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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)
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	300	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	300	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	300	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	207	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	60	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	3	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			551	5.77	1196	37	17.78	0.00	68.79	4.73	31.12
% of Calories				9.42%		26.9%	29.0%	0.0%	49.9%		22.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 05/05/2022

Reimbursable Meal Total 300

	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)
990569 SDW BD, CHam PV WG 2.0 (2BG) (ALPHA)	Sandwich	300	321	6.52	823	3	13.56	0.00	29.02	2.00	21.10
825862 COND PC Mustard 6g	Each	300	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	300	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
826343 JUICE SS, Grape100% 4oz Cart	Each	300	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			614	6.84	1318	39	17.05	*0.00	81.35	7.97	34.52
% of Calories				10.03%		25.4%	25.0%	*0.0%	53.0%		22.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 05/06/2022

Reimbursable Meal Total 300

	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)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	300	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	300	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	300	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)	300	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	300	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	300	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	207	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	60	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			571	6.87	1137	32	20.64	0.10	66.95	6.66	29.53
% of Calories				10.83%		22.4%	32.5%	0.2%	46.9%		20.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 05/09/2022

Reimbursable Meal Total 300

	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)
990369 Danimals, Strawberry Banana Yogurt	ea	300	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	300	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	300	60	2.00	200	1	3.00	0.00	1.00	0.00	7.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	300	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	0	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	207	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	60	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			448	4.33	618	45	9.70	0.00	65.61	4.42	22.13
% of Calories				8.70%		40.2%	19.5%	0.0%	58.6%		19.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 05/10/2022

Reimbursable Meal Total 300

	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)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	300	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	300	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	0	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			766	12.63	1942	29	40.41	0.00	74.68	7.15	28.05
% of Calories				14.84%		15.1%	47.5%	0.0%	39.0%		14.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

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Portion Values

May 2, 2022 thru May 31, 2022

Wednesday - 05/11/2022

Reimbursable Meal Total 300

	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)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	300	308	5.42	728	3	12.00	0.00	29.00	2.50	22.17
825862 COND PC Mustard 6g	Each	300	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	300	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
833552 FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	0	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			521	5.74	1208	21	15.49	*0.00	63.32	8.47	34.59
% of Calories				9.92%		16.1%	26.8%	*0.0%	48.6%		26.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 05/12/2022

Reimbursable Meal Total 300

	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)
990738 SALAD, ChixPop CH AP ROMAINE 2.5 (1BG)	Each	300	315	5.79	486	1	19.04	0.00	16.87	3.85	18.87
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	300	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00

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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)
833326 COND PC, DRESSING RANCH BUTTERMILK FF 12G (PPI)	Each	300	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)	300	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	300	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	300	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	207	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	60	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	3	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			688	5.86	1103	38	24.86	0.00	86.50	9.62	31.78
% of Calories				7.67%		22.1%	32.5%	0.0%	50.3%		18.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 05/13/2022

Reimbursable Meal Total 300

	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	300	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
828881 COND PC MAYONNAISE FF 12G	Each	300	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	300	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15

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990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	300	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	0	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			507	6.44	1034	23	13.99	0.00	63.44	4.70	32.18
% of Calories				11.43%		18.1%	24.8%	0.0%	50.1%		25.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 05/16/2022

Reimbursable Meal Total 300

	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)
831183 CHIX Popcorn, AP WG 2.0	Serving	300	256	2.78	389	1	14.46	0.00	15.58	3.34	15.58
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	300	70	0.00	40	0	0.50	0.00	14.00	1.00	2.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	300	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	300	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	300	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94

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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)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	207	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	60	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	3	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			864	6.59	1555	39	38.11	0.10	102.82	12.90	29.18
% of Calories				6.86%		18.1%	39.7%	0.1%	47.6%		13.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 05/17/2022

Reimbursable Meal Total 300

	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	300	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
829498 YOGURT SS, Danimals Vanilla4oz	Each	300	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	300	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	300	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			480	1.36	589	52	7.91	0.00	87.13	9.29	16.44
% of Calories				2.55%		43.3%	14.8%	0.0%	72.6%		13.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 05/18/2022

Reimbursable Meal Total 300

	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)
990711 SALAD, THAM C/BPEPP ITALIAN AP ROM 2.25	Each	300	208	5.74	650	1	12.71	0.00	3.18	0.79	18.70
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	300	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	300	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	300	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	300	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	300	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	207	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	60	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	3	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			551	5.77	1196	37	17.78	0.00	68.79	4.73	31.12
% of Calories				9.42%		26.9%	29.0%	0.0%	49.9%		22.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 05/19/2022

Reimbursable Meal Total 300

	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)
990569 SDW BD, CHam PV WG 2.0 (2BG) (ALPHA)	Sandwich	300	321	6.52	823	3	13.56	0.00	29.02	2.00	21.10
825862 COND PC Mustard 6g	Each	300	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	300	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
000124 FRUIT: PEARS 150 ct.	Each (150ct)	300	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			601	6.87	1304	33	17.21	*0.00	81.32	11.63	33.95
% of Calories				10.29%		22.0%	25.8%	*0.0%	54.1%		22.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Planned Menu Spreadsheet

Portion Values

May 2, 2022 thru May 31, 2022

Friday - 05/20/2022

Reimbursable Meal Total 300

	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)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	300	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	300	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	300	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)	300	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
826337 JUICE SS, Apple 100% 4oz Cart	Each	300	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	300	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			569	6.84	1151	32	20.44	0.10	64.42	3.79	29.22
% of Calories				10.82%		22.5%	32.3%	0.2%	45.3%		20.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 05/23/2022

Reimbursable Meal Total 300

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)
990369 Danimals, Strawberry Banana Yogurt	ea	300	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	300	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	300	60	2.00	200	1	3.00	0.00	1.00	0.00	7.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	300	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	300	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			510	4.36	619	58	9.91	0.00	82.13	7.29	22.44
% of Calories				7.69%		45.5%	17.5%	0.0%	64.4%		17.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 05/24/2022

Reimbursable Meal Total 300

	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)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	300	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	300	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00

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)
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	300	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			876	12.63	1942	53	40.41	0.00	101.68	9.15	28.05
% of Calories				12.98%		24.2%	41.5%	0.0%	46.4%		12.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 05/25/2022

Reimbursable Meal Total 300

	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)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	300	308	5.42	728	3	12.00	0.00	29.00	2.50	22.17
825862 COND PC Mustard 6g	Each	300	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	300	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	300	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			568	5.75	1208	31	15.61	*0.00	75.05	10.87	35.53
% of Calories				9.11%		21.8%	24.7%	*0.0%	52.9%		25.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 05/26/2022

Reimbursable Meal Total 300

	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	300	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
828881 COND PC MAYONNAISE FF 12G	Each	300	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	300	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	300	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
000124 FRUIT: PEARS 150 ct.	Each (150ct)	300	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			574	6.47	1036	34	14.15	0.00	81.41	8.36	32.60
% of Calories				10.14%		23.7%	22.2%	0.0%	56.7%		22.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 05/27/2022

Reimbursable Meal Total 300

	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)
990738 SALAD, ChixPop CH AP ROMAINE 2.5 (1BG)	Each	300	315	5.79	486	1	19.04	0.00	16.87	3.85	18.87
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	300	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	300	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)	300	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	300	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	300	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	207	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	60	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	3	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			686	5.83	1112	39	24.66	0.00	83.98	6.75	31.46
% of Calories				7.65%		22.7%	32.4%	0.0%	49.0%		18.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 05/31/2022

Reimbursable Meal Total 300

	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	300	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
829498 YOGURT SS, Danimals Vanilla4oz	Each	300	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	300	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	300	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			480	1.36	589	52	7.91	0.00	87.13	9.29	16.44
% of Calories				2.55%		43.3%	14.8%	0.0%	72.6%		13.7%
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			611	6	1143	39	19.99	*0.02	80.63	8.11	28.34
% of Calories				8.85%		25.5%	29.4%	*0.0%	52.8%		18.6%

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.