

Planned Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

Menu Name: K-8 Lunch 1 Entree (A)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Monday - 08/15/2022

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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990548 STICKS, CORN DOG CHIX AP WG 2.0 | Each | 100 | 300 | 3.50 | 400 | 8 | 16.00 | 0.00 | 50 | 25.00 | 3.00 | 14.00 |
| 825862 COND PC Mustard 6g | Each | 95 | 0 | 0.00 | 62 | 0 | 0.00 | 0.00 | 0 | 0.95 | 0.00 | 0.00 |
| 830644 VEG: BEANS, BKD VEG AP 3/4c | 3/4 Cup | 82 | 273 | 0.00 | 633 | 17 | 1.24 | 0.00 | 0 | 53.34 | 9.92 | 13.65 |
| 000124 FRUIT: PEARS 150 ct. | Each (150ct) | 93 | 63 | 0.02 | 1 | 11 | 0.15 | 0.00 | 0 | 16.71 | 3.40 | 0.40 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 732 | 3.82 | 1266 | 51 | 17.89 | 0.00 | 56 | 111.43 | 16.33 | 35.24 |
| % of Calories | | | | 4.70% | | 27.9% | 22.0% | 0.0% | | 60.9% | | 19.3% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | |

Tuesday - 08/16/2022

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|--------------|---------------|-------------------------|-------------|--------------|-------------|--------------|
| 000179 BRD: PANCAKES, AP WG Confetti | Pouch | 100 | 220 | 1.00 | 300 | 11 | 7.00 | 0.00 | 10 | 36.00 | 4.00 | 4.00 |
| 829505 CHIX Sausage Patty 2ea 2.0 | 2 Patty | 100 | 200 | 3.00 | 500 | 0 | 12.00 | 0.00 | 80 | 2.00 | 0.00 | 22.00 |
| 990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C | 12 Each | 97 | 169 | 1.30 | 468 | 0 | 9.10 | 0.00 | 0 | 20.79 | 1.30 | 1.30 |
| 825856 COND PC Ketchup 9g Heinz | Each | 97 | 10 | 0.00 | 82 | 2 | 0.00 | 0.00 | 0 | 2.91 | 0.00 | 0.00 |
| 826581 FRUIT: ORANGE 138ct Whole 1/2c | Each(138ct) | 94 | 44 | 0.01 | 0 | 9 | 0.11 | 0.00 | 0 | 11.02 | 2.25 | 0.88 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 739 | 5.61 | 1520 | 36 | 28.71 | 0.00 | 96 | 88.14 | 7.55 | 35.38 |
| % of Calories | | | | 6.83% | | 19.5% | 35.0% | 0.0% | | 47.7% | | 19.2% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | |

Wednesday - 08/17/2022

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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|---------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA) | Each | 100 | 305 | 4.62 | 505 | 4 | 11.50 | 0.00 | 38 | 28.50 | 2.00 | 19.50 |
| 830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C | 3/4 Cup | 82 | 30 | 0.02 | 12 | 2 | 0.13 | 0.00 | 0 | 5.72 | 3.21 | 3.31 |
| 833552 FRUIT: CRAISINS, SS Orange1.16 | Each (1.16oz) | 90 | 99 | 0.00 | 0 | 22 | 0.00 | 0.00 | 0 | 24.30 | 1.80 | 0.00 |

Planned Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 531 | 4.94 | 687 | 41 | 12.13 | 0.00 | 44 | 73.94 | 7.01 | 30.01 |
| % of Calories | | | | 8.37% | | 30.9% | 20.6% | 0.0% | | 55.7% | | 22.6% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | |

Thursday - 08/18/2022

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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA) | Sandwich | 100 | 390 | 2.50 | 700 | 4 | 16.00 | 0.00 | 25 | 42.00 | 5.00 | 20.00 |
| 825867 COND PC Sauce, BBQ 12g | Each | 95 | 14 | 0.00 | 150 | 3 | 0.03 | 0.00 | 0 | 3.17 | 0.15 | 0.13 |
| 990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C | 3/4 Cup | 82 | 75 | 0.04 | 41 | 4 | 0.17 | 0.00 | 0 | 15.18 | 5.10 | 3.32 |
| 826340 JUICE SS, Frit Bld 100% 4oz Crt | Each | 99 | 59 | 0.00 | 10 | 13 | 0.00 | 0.00 | 0 | 13.86 | 0.00 | 0.00 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |

Planned Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 635 | 2.84 | 1071 | 38 | 16.70 | 0.00 | 32 | 89.63 | 10.25 | 30.65 |
| % of Calories | | | | 4.03% | | 23.9% | 23.7% | 0.0% | | 56.5% | | 19.3% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | |

Friday - 08/19/2022

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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990564 PACK: RAVIOLI JMB CHZ, SPAG SAUCE AP WG 2(1BG) | Pack | 100 | 207 | 1.52 | 488 | 4 | 3.71 | 0.00 | 50 | 28.52 | 2.19 | 15.94 |
| 990717 PACK: RICE, CARROTS FRZ DCD WG (1BG) 3/4C VEG | Pack | 87 | 130 | 0.14 | 70 | 5 | 1.60 | 0.00 | 0 | 27.52 | 4.34 | 2.86 |
| 825008 FRUIT: APPLE, 138CT Whole 1C | Each (138ct) | 94 | 58 | 0.03 | 1 | 12 | 0.19 | 0.00 | 0 | 15.53 | 2.70 | 0.29 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 493 | 1.99 | 729 | 35 | 6.01 | 0.00 | 57 | 86.99 | 9.23 | 26.29 |
| % of Calories | | | | 3.63% | | 28.4% | 11.0% | 0.0% | | 70.6% | | 21.3% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | |

Monday - 08/22/2022

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990549 PIZZA AP TONY GALAXY CHZ 4IN ROUND IW WG 2.0 (2BG) | Each | 100 | 280 | 6.00 | 410 | 8 | 12.00 | 0.00 | 30 | 26.00 | 3.00 | 15.00 |
| 990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C | 3/4 Cup | 82 | 206 | 1.29 | 231 | 9 | 7.71 | 0.00 | 0 | 30.85 | 1.29 | 1.29 |
| 000124 FRUIT: PEARS 150 ct. | Each (150ct) | 93 | 63 | 0.02 | 1 | 11 | 0.15 | 0.00 | 0 | 16.71 | 3.40 | 0.40 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 645 | 7.61 | 813 | 42 | 20.37 | 0.00 | 36 | 88.99 | 7.69 | 23.88 |
| % of Calories | | | | 10.62% | | 26.0% | 28.4% | 0.0% | | 55.2% | | 14.8% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | |

Tuesday - 08/23/2022

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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990731 PACK: PASTA, ROTINI CHIXMTBL & SPAG SC SS NONWG2(2) | Pack | 100 | 452 | 3.54 | 250 | 8 | 13.44 | 0.00 | 58 | 58.38 | 5.24 | 23.13 |
| 830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C | 3/4 Cup | 82 | 30 | 0.02 | 12 | 2 | 0.13 | 0.00 | 0 | 5.72 | 3.21 | 3.31 |
| 826581 FRUIT: ORANGE 138ct Whole 1/2c | Each(138ct) | 94 | 44 | 0.01 | 0 | 9 | 0.11 | 0.00 | 0 | 11.02 | 2.25 | 0.88 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |

Planned Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 623 | 3.87 | 432 | 33 | 14.18 | 0.00 | 65 | 90.54 | 10.70 | 34.53 |
| % of Calories | | | | 5.59% | | 21.2% | 20.5% | 0.0% | | 58.1% | | 22.2% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | |

Wednesday - 08/24/2022

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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990720 PACK: TKY BREAST (SLCD), POULTRY GRVY LS SS 2.0 | Pack | 100 | 143 | 1.16 | 491 | 1 | 5.67 | 0.00 | 49 | 6.32 | 0.09 | 17.22 |
| 990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped | each | 98 | 78 | 0.00 | 157 | 1 | 1.47 | 0.00 | 0 | 13.72 | 0.98 | 2.94 |
| 830248 VEG: POTATO, MASHED LS SS 3/4C | 3/4 Cup | 92 | 94 | 0.00 | 139 | 0 | 0.59 | 0.00 | 0 | 19.95 | 2.35 | 2.35 |
| 825008 FRUIT: APPLE, 138CT Whole 1C | Each (138ct) | 90 | 56 | 0.03 | 1 | 11 | 0.18 | 0.00 | 0 | 14.87 | 2.58 | 0.28 |
| 990716 BRD: CRACK SS, Bear GrhmChocWG - NO GRAIN CREDIT | Package | 98 | 118 | 0.00 | 74 | 7 | 3.92 | 0.00 | 0 | 19.60 | 0.98 | 1.96 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |

Planned Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 585 | 1.49 | 1032 | 35 | 12.33 | 0.00 | 55 | 89.87 | 6.98 | 31.95 |
| % of Calories | | | | 2.29% | | 23.9% | 19.0% | 0.0% | | 61.4% | | 21.8% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | |

Thursday - 08/25/2022

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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA) | Each | 100 | 280 | 3.00 | 970 | 3 | 13.50 | 0.00 | 45 | 29.00 | 2.50 | 13.00 |
| 825856 COND PC Ketchup 9g Heinz | Each | 100 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 |
| 830647 VEG: BEANS, BLACK BBQ 3/4C | 3/4 Cup | 82 | 192 | 0.03 | 357 | 12 | 0.24 | *0.00 | 1 | 37.57 | 7.01 | 9.05 |
| 000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C | Each (1/2c) | 96 | 48 | 0.00 | 0 | 12 | 0.00 | 0.00 | 0 | 13.44 | 0.96 | 0.00 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 627 | 3.33 | 1582 | 43 | 14.24 | *0.00 | 53 | 98.43 | 10.47 | 29.25 |
| % of Calories | | | | 4.78% | | 27.4% | 20.4% | *0.0% | | 62.8% | | 18.7% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | |

Planned Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

Friday - 08/26/2022

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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000491 MELT BD, AM WG 2.0 (2BG) (ALPHA) | Sandwich | 100 | 365 | 10.62 | 1320 | 4 | 19.50 | 0.00 | 62 | 28.50 | 2.00 | 18.50 |
| 830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c | 3/4 Cup | 82 | 24 | 0.04 | 1 | 2 | 0.15 | 0.00 | 0 | 5.55 | 2.58 | 1.28 |
| 826337 JUICE SS, Apple 100% 4oz Cart | Each | 99 | 59 | 0.00 | 15 | 13 | 0.00 | 0.00 | 0 | 13.86 | 0.00 | 0.00 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 545 | 10.96 | 1506 | 34 | 20.15 | 0.00 | 69 | 63.33 | 4.58 | 26.98 |
| % of Calories | | | | 18.10% | | 25.0% | 33.3% | 0.0% | | 46.5% | | 19.8% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | |

Monday - 08/29/2022

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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990727 ENT: PASTA, CHZ PENNE IN/OUT SS NON-WG 2.0 -No EGG | 1/24 Cut | 100 | 416 | 4.96 | 444 | 11 | 9.85 | *0.00 | 22 | 55.11 | 4.52 | 23.01 |
| 830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C | 3/4 Cup | 82 | 30 | 0.02 | 12 | 2 | 0.13 | 0.00 | 0 | 5.72 | 3.21 | 3.31 |
| 825008 FRUIT: APPLE, 138CT Whole 1C | Each (138ct) | 94 | 58 | 0.03 | 1 | 12 | 0.19 | 0.00 | 0 | 15.53 | 2.70 | 0.29 |

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Aug 15, 2022 thru Aug 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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 601 | 5.31 | 627 | 38 | 10.67 | *0.00 | 28 | 91.78 | 10.42 | 33.82 |
| % of Calories | | | | 7.95% | | 25.3% | 16.0% | *0.0% | | 61.1% | | 22.5% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | |

Tuesday - 08/30/2022

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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG IW 2 (2BG) | Each | 100 | 300 | 6.00 | 520 | 5 | 13.00 | 0.00 | 30 | 32.00 | 2.00 | 14.00 |
| 990629 VEG: CARROTS, DICED FZ CKD 3/4C | 3/4 Cup | 82 | 40 | 0.13 | 64 | 4 | 0.74 | 0.00 | 0 | 8.38 | 3.58 | 0.63 |
| 831449 FRUIT: CRAISINS, SS Strawb1.16 | Box (1.16oz) | 90 | 99 | 0.00 | 0 | 22 | 0.00 | 0.00 | 0 | 24.30 | 1.80 | 0.00 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |

Planned Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 536 | 6.43 | 754 | 46 | 14.24 | 0.00 | 36 | 80.10 | 7.38 | 21.83 |
| % of Calories | | | | 10.80% | | 34.3% | 23.9% | 0.0% | | 59.8% | | 16.3% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | |

Wednesday - 08/31/2022

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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA) | Each | 100 | 305 | 4.62 | 505 | 4 | 11.50 | 0.00 | 38 | 28.50 | 2.00 | 19.50 |
| 825856 COND PC Ketchup 9g Heinz | Each | 100 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 |
| 829914 VEG: BEANS, BKD VEG AP 1/2C | 1/2 Cup | 82 | 182 | 0.00 | 422 | 12 | 0.83 | 0.00 | 0 | 35.56 | 6.62 | 9.10 |
| 831434 VEG: CARROTS, FRESH BABY IW 2OZ | Bag (2ozw) | 94 | 19 | 0.01 | 42 | 3 | 0.07 | 0.00 | 0 | 4.39 | 1.55 | 0.34 |
| 826581 FRUIT: ORANGE 138ct Whole 1/2c | Each(138ct) | 94 | 44 | 0.01 | 0 | 9 | 0.11 | 0.00 | 0 | 11.02 | 2.25 | 0.88 |
| 900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS | Carton | 69 | 76 | 0.00 | 145 | 12 | 0.00 | 0.00 | 3 | 13.11 | 0.00 | 5.52 |
| 900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 20 | 20 | 0.30 | 24 | 2 | 0.50 | 0.00 | 3 | 2.20 | 0.00 | 1.60 |

Planned Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 1 | 1 | 0.00 | 1 | 0 | 0.00 | 0.00 | 0 | 0.11 | 0.00 | 0.08 |
| Weighted Daily Average | | | 656 | 4.95 | 1223 | 43 | 13.01 | 0.00 | 44 | 97.90 | 12.41 | 37.02 |
| % of Calories | | | | 6.79% | | 26.2% | 17.8% | 0.0% | | 59.7% | | 22.6% |
| 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) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------|--|--|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| Weighted Averages | | | 611 | 5 | 1019 | 40 | 15.43 | *0.00 | 52 | 88.54 | 9.31 | 30.53 |
| % of Calories | | | | 7.16% | | 26.2% | 22.7% | *0.0% | | 58.0% | | 20.0% |

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.