

Planned Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

Menu Name: 9-12 Lunch Express (2 Cold Ent)
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)	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
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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	76	0.00	145	12	0.00	0.00	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	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	0.11	0.00	0.08
Weighted Daily Average			968	6.90	1611	57	38.71	0.10	127.74	15.81	29.03
% of Calories				6.42%		23.6%	36.0%	0.1%	52.8%		12.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Planned Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

Tuesday - 08/16/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
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
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	76	0.00	145	12	0.00	0.00	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	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	0.11	0.00	0.08
Weighted Daily Average			635	5.86	847	64	14.90	0.00	101.01	10.46	24.43
% of Calories				8.31%		40.3%	21.1%	0.0%	63.6%		15.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 08/17/2022

Reimbursable Meal Total 100

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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)	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
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
826580 FRUIT: ORANGE 113ct Whole 5/8c	Each(113ct)	0	0	0.00	0	0	0.00	*N/A*	0.00	0.00	0.00
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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	76	0.00	145	12	0.00	0.00	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	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	0.11	0.00	0.08
Weighted Daily Average			608	6.35	1286	37	16.34	*0.00	81.00	10.62	35.34
% of Calories				9.40%		24.3%	24.2%	*0.0%	53.3%		23.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	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

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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)	Carb (g)	Fiber (g)	Protn (g)
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
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
826580 FRUIT: ORANGE 113ct Whole 5/8c	Each(113ct)	100	57	0.02	0	11	0.15	*N/A*	14.34	2.93	1.15
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
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	76	0.00	145	12	0.00	0.00	13.11	0.00	5.52
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	16	0.00	24	2	0.00	0.00	2.20	0.00	1.60
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	1	0.02	1	0	0.02	0.00	0.11	0.00	0.08
Weighted Daily Average			641	5.81	1295	52	18.05	*0.00	88.30	8.77	32.80
% of Calories				8.16%		32.4%	25.3%	*0.0%	55.1%		20.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Carb (g)	Fiber (g)	Protn (g)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	100	375	10.62	1270	6	20.00	0.00	30.50	2.50	18.50
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

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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)
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
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
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	76	0.00	145	12	0.00	0.00	13.11	0.00	5.52
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	16	0.00	24	2	0.00	0.00	2.20	0.00	1.60
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	1	0.02	1	0	0.02	0.00	0.11	0.00	0.08
Weighted Daily Average			823	11.79	1617	65	24.41	0.00	123.56	10.47	31.74
% of Calories				12.89%		31.6%	26.7%	0.0%	60.1%		15.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 08/22/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
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

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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
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
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	76	0.00	145	12	0.00	0.00	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	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	0.11	0.00	0.08
Weighted Daily Average			715	5.37	793	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 - 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)	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

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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)
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
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	76	0.00	145	12	0.00	0.00	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	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	0.11	0.00	0.08
Weighted Daily Average			1003	12.65	2201	59	42.11	0.00	125.07	12.19	32.35
% of Calories				11.35%		23.5%	37.8%	0.0%	49.9%		12.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Carb (g)	Fiber (g)	Protn (g)
990645 SALAD, CHIXPOP AP ROM WG 2.0 (1BG)	Each	100	260	2.79	391	1	14.54	0.00	16.37	3.85	15.87
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
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	100	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
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

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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)
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
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	76	0.00	145	12	0.00	0.00	13.11	0.00	5.52
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	16	0.00	24	2	0.00	0.00	2.20	0.00	1.60
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	1	0.02	1	0	0.02	0.00	0.11	0.00	0.08
Weighted Daily Average			749	3.63	994	53	25.31	0.10	103.09	10.82	29.07
% of Calories				4.36%		28.3%	30.4%	0.1%	55.1%		15.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	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
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42

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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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	76	0.00	145	12	0.00	0.00	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	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	0.11	0.00	0.08
Weighted Daily Average			658	5.78	1253	48	15.73	*0.00	99.96	14.78	35.38
% of Calories				7.91%		29.2%	21.5%	*0.0%	60.8%		21.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

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)	Carb (g)	Fiber (g)	Protn (g)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	100	130	4.04	161	1	9.02	0.00	1.77	0.51	9.69
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
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

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)	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	76	0.00	145	12	0.00	0.00	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	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	0.11	0.00	0.08
Weighted Daily Average			630	5.67	868	50	20.28	0.10	88.42	8.74	24.17
% of Calories				8.10%		31.7%	29.0%	0.1%	56.1%		15.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Carb (g)	Fiber (g)	Protn (g)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	100	375	10.62	1270	6	20.00	0.00	30.50	2.50	18.50
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
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	76	0.00	145	12	0.00	0.00	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)	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	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	0.11	0.00	0.08
Weighted Daily Average			735	11.00	1743	53	22.48	0.00	104.30	10.44	29.31
% of Calories				13.47%		28.8%	27.5%	0.0%	56.8%		16.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	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
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	100	90	4.50	190	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
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
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	76	0.00	145	12	0.00	0.00	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	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)	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	0.11	0.00	0.08
Weighted Daily Average			638	5.84	837	67	14.78	0.00	103.28	9.06	23.50
% of Calories				8.24%		42.0%	20.8%	0.0%	64.8%		14.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	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
831289 BRD: CRACK SS, Chz-It WG	Package	100	100	1.00	150	0	3.50	0.00	14.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	76	0.00	145	12	0.00	0.00	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	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)	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	0.11	0.00	0.08
Weighted Daily Average			781	7.87	1512	51	20.74	*0.00	111.74	13.01	37.83
% of Calories				9.07%		26.1%	23.9%	*0.0%	57.2%		19.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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			737	7	1297	57	22.10	*0.02	106.21	11.22	29.99
% of Calories				8.88%		30.9%	27.0%	*0.0%	57.6%		16.3%

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.