

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

Menu Name: K-8 Lunch 1 Entree (A)

Include Cost: No

Site:

Report Style: Detailed

Thursday - 09/01/2022

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)
990687 ENT: BOWL, RICE CHIXDCD SOUTHWEST CH 2.0 (2BG)	Bowl	100	389	4.27	356	1	11.97	*0.00	47	51.23	2.05	19.69
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	82	84	0.11	1	3	0.69	0.00	0	19.99	2.49	2.64
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			632	4.70	528	30	13.31	*0.00	54	103.35	7.93	29.93
% of Calories				6.69%		19.0%	19.0%	*0.0%		65.4%		18.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/02/2022

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)
990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN)	Serving	100	218	4.47	574	5	12.37	0.00	54	10.68	1.87	16.16

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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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	100	150	0.00	270	3	2.50	0.00	0	28.00	2.50	6.00
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
826343 JUICE SS, Grape100% 4oz Cart	Each	99	79	0.00	15	18	0.00	0.00	0	17.82	0.00	0.99
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			620	4.80	1070	44	15.55	0.00	61	87.10	9.48	33.66
% of Calories				6.97%		28.4%	22.6%	0.0%		56.2%		21.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/06/2022

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)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	100	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00
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
990631 FRUIT: CUP SS, APPLESC BLUERASP SWT SHLF-STBL 1/2C	Each (1/2c)	96	86	0.00	14	18	0.00	0.00	0	21.12	1.92	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

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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)	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			507	5.34	625	43	11.65	0.00	32	76.09	8.50	24.48
% of Calories				9.48%		33.9%	20.7%	0.0%		60.0%		19.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 09/07/2022

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)
990541 NACHOS BFGD AP Bn CHZ 2.25 - w/o Chips	Serving	100	214	5.39	658	1	9.60	0.06	36	17.20	3.31	13.92
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	100	110	0.00	125	0	2.50	0.00	0	19.00	1.00	2.00
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
826343 JUICE SS, Grape100% 4oz Cart	Each	99	79	0.00	15	18	0.00	0.00	0	17.82	0.00	0.99
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			540	5.82	1031	38	13.34	0.06	43	77.82	7.89	24.74
% of Calories				9.70%		28.1%	22.2%	0.1%		57.6%		18.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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Weighted Values

Sep 1, 2022 thru Sep 30, 2022

Thursday - 09/08/2022

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
990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C	3/4c	97	124	0.52	155	0	5.18	0.00	0	19.68	1.04	1.04
825856 COND PC Ketchup 9g Heinz	Each	97	10	0.00	82	2	0.00	0.00	0	2.91	0.00	0.00
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			583	3.84	1464	32	19.33	0.00	52	86.72	6.94	21.63
% of Calories				5.93%		22.0%	29.8%	0.0%		59.5%		14.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/09/2022

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)
990737 PACK: PASTA, SPAG CHIXPTYGLDN MZ SPAGSCSS WGR2.5(2)	Pack	100	456	4.45	573	9	19.10	0.00	33	48.29	6.39	22.92

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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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	93	6	0.01	3	0	0.11	0.00	0	1.16	0.74	0.43
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	93	45	0.71	94	0	4.58	0.09	4	0.85	0.02	0.10
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	93	7	0.01	2	1	0.08	0.00	0	1.56	0.48	0.35
000154 FRUIT: CRAISINS, SS Origin1.16	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
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			710	5.49	842	47	24.36	0.09	43	91.57	9.43	31.00
% of Calories				6.96%		26.5%	30.9%	0.1%		51.6%		17.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 09/12/2022

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)
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

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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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			758	5.62	1521	38	28.75	0.00	96	93.84	8.70	34.90
% of Calories				6.67%		20.1%	34.1%	0.0%		49.5%		18.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/13/2022

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)
990667 ENT: BOWL, CHIXPOP CH WG 2.5 (1BG)	Bowl	100	396	5.80	585	2	19.53	0.00	37	34.59	5.54	20.81
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
000154 FRUIT: CRAISINS, SS Origin1.16	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

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Weighted Values

Sep 1, 2022 thru Sep 30, 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			622	6.12	767	40	20.16	0.00	44	80.03	10.55	31.33
% of Calories				8.86%		25.7%	29.2%	0.0%		51.5%		20.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 09/14/2022

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
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
000108 FRUIT: CUP SS, APPLESC CINN 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			500	5.06	824	36	12.74	0.00	44	68.74	6.54	27.33
% of Calories				9.11%		28.8%	22.9%	0.0%		55.0%		21.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

Thursday - 09/15/2022

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)
990728 TACO BfGd Soft AP NON-WG 2.25 (2BG) 2EA	2 Each	100	334	4.71	793	1	12.88	0.00	46	36.88	3.46	18.68
825869 COND PC Sauce, Taco 9g	Each	95	4	0.00	54	0	0.02	0.00	0	0.73	0.11	0.10
825102 VEG: BEANS, REFRIED AP 1/2C	1/2 Cup	82	114	0.00	409	1	1.43	0.00	0	19.03	5.71	5.71
826372 VEG: SALAD, SIDE ROMMIX AP 1/2c	1/2 Cup	93	6	0.00	4	1	0.00	0.00	0	1.12	0.37	0.37
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	93	45	0.71	94	0	4.58	0.09	4	0.85	0.02	0.10
826343 JUICE SS, Grape100% 4oz Cart	Each	99	79	0.00	15	18	0.00	0.00	0	17.82	0.00	0.99
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			679	5.72	1539	37	19.41	0.09	56	91.85	9.67	33.15
% of Calories				7.58%		21.8%	25.7%	0.1%		54.1%		19.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/16/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 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)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	100	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00
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
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			479	5.37	612	36	11.84	0.00	32	70.50	9.28	24.77
% of Calories				10.09%		30.1%	22.2%	0.0%		58.9%		20.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 09/19/2022

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)
990733 PACK: CHIX NUGGET GOLDEN, PRETZEL SOFT ROD WG2(2BG)	Pack	100	310	2.50	480	1	14.50	0.00	25	30.00	4.00	16.00
825867 COND PC Sauce, BBQ 12g	Each	95	14	0.00	150	3	0.03	0.00	0	3.17	0.15	0.13
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
826340 JUICE SS, Frt 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

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Weighted Values

Sep 1, 2022 thru Sep 30, 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			753	2.80	1443	49	16.27	0.00	32	115.80	14.08	36.98
% of Calories				3.35%		26.0%	19.4%	0.0%		61.5%		19.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/20/2022

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
990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C	3/4c	97	124	0.52	155	0	5.18	0.00	0	19.68	1.04	1.04
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

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 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			640	11.46	1728	30	25.29	0.00	69	77.53	5.29	27.62
% of Calories				16.12%		18.8%	35.6%	0.0%		48.5%		17.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 09/21/2022

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)
990541 NACHOS BFGD AP Bn CHZ 2.25 - w/o Chips	Serving	100	214	5.39	658	1	9.60	0.06	36	17.20	3.31	13.92
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	100	110	0.00	125	0	2.50	0.00	0	19.00	1.00	2.00
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
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
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
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	16	0.00	24	2	0.00	0.00	1	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	0.11	0.00	0.08
Weighted Daily Average			591	5.45	993	41	12.30	0.06	41	91.10	11.21	26.44
% of Calories				8.30%		27.7%	18.7%	0.1%		61.7%		17.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

Thursday - 09/22/2022

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990737 PACK: PASTA, SPAG CHIXPTYGLDN MZ SPAGSCSS WGR2.5(2)	Pack	100	456	4.45	573	9	19.10	0.00	33	48.29	6.39	22.92
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
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			651	4.92	808	39	20.52	0.00	39	87.61	12.67	31.04
% of Calories				6.80%		24.0%	28.4%	0.0%		53.8%		19.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/23/2022

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)
990689 PACK: MTBL CHIX KOREAN, RICE WG 2.0 (2BG)	Pack	100	439	3.44	576	11	13.43	0.01	58	61.65	2.14	19.63
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	93	6	0.01	3	0	0.11	0.00	0	1.16	0.74	0.43
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	93	49	0.61	119	3	4.03	79.12	2	2.95	0.08	0.08

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 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)
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	93	7	0.01	2	1	0.08	0.00	0	1.56	0.48	0.35
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			645	4.38	871	42	18.15	79.14	66	96.17	4.40	27.70
% of Calories				6.11%		26.0%	25.3%	110.4%		59.6%		17.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 09/26/2022

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)
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	100	420	9.00	670	3	20.00	0.00	30	41.00	6.00	20.00
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
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

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 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			591	9.33	852	28	20.74	0.00	36	73.16	11.46	31.40
% of Calories				14.21%		19.0%	31.6%	0.0%		49.5%		21.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/27/2022

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
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
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			632	3.91	422	36	14.27	0.00	65	94.87	10.52	31.91
% of Calories				5.57%		22.8%	20.3%	0.0%		60.0%		20.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 09/28/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 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)
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	100	15	0.00	158	3	0.03	0.00	0	3.34	0.16	0.14
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			741	2.83	1385	45	16.77	*0.00	33	111.77	13.13	36.39
% of Calories				3.44%		24.3%	20.4%	*0.0%		60.3%		19.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/29/2022

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)
990697 PACK: BEEF SALIS STK, NDLSRSL, BFGRVY SS NonWG2(1)	Pack	100	350	7.20	515	4	17.55	0.14	76	28.84	2.32	18.76
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	85	87	0.11	1	3	0.72	0.00	0	20.72	2.58	2.74
000124 FRUIT: PEARS 150 ct.	Each (150ct)	93	63	0.02	1	11	0.15	0.00	0	16.71	3.40	0.40

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 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			596	7.63	687	32	18.92	0.14	82	81.69	8.30	29.09
% of Calories				11.52%		21.5%	28.6%	0.2%		54.8%		19.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/30/2022

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)
000157 BEEF GD, SLOPPY JOE MEAT SS 2.0 (W/O BUN)	#10 scp (2 MMA)	100	146	3.03	353	3	7.36	*0.00	30	6.68	1.00	11.95
990545 BUN, HAMBURGER WG (Alpha) - Indiv Overwrapped	Each	100	150	0.00	260	3	2.00	0.00	0	26.00	2.00	6.00
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
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

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 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			657	4.62	1030	42	17.58	*0.00	37	92.81	4.29	26.43
% of Calories				6.33%		25.6%	24.1%	*0.0%		56.5%		16.1%
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			625	5	1002	38	17.68	*3.79	50	88.10	9.06	29.62
% of Calories				7.91%		24.3%	25.5%	*5.5%		56.4%		19.0%

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.