

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

Menu Name: K-8 Lunch 2 Entree (AB)

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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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)
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					

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)
000243 CALZONE MEAT TKY BF COMBO AP WG 2.0 (2BG)	Each	82	205	1.64	394	3	4.92	0.00	12	27.06	3.28	14.76
990672 PACK: BEEF MEATLOAF CHZBRGR NOI, BRDSTK ALPHA 2(1)	Pack	18	43	0.90	95	1	1.98	0.00	5	3.96	0.45	2.70
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
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

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)
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			474	2.86	671	42	7.53	0.00	24	76.46	8.74	27.97
% of Calories				5.43%		35.4%	14.3%	0.0%		64.5%		23.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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)
990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA)	Sandwich	80	312	2.00	560	3	12.80	0.00	20	33.60	4.00	16.00
825867 COND PC Sauce, BBQ 12g	Each	78	11	0.00	123	2	0.03	0.00	0	2.60	0.12	0.11
990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN)	Serving	20	44	0.89	115	1	2.47	0.00	11	2.14	0.37	3.23
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	20	30	0.00	54	1	0.50	0.00	0	5.60	0.50	1.20
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

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			629	3.23	1073	38	16.47	0.00	37	88.40	10.10	31.06
% of Calories				4.62%		24.2%	23.6%	0.0%		56.2%		19.8%
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)
990564 PACK: RAVIOLI JMB CHZ, SPAG SAUCE AP WG 2(1BG)	Pack	83	172	1.26	405	3	3.08	0.00	42	23.67	1.82	13.23
831237 FISH, Sticks AP WG 2.0 (1BG) (4ea)	4 Each	17	29	0.17	44	0	1.02	0.00	6	3.06	0.17	1.87
825871 COND PC Sauce, Tartar 12g	Each	16	7	0.10	19	0	0.69	0.01	0	0.21	0.01	0.01
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

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			494	2.00	710	35	7.08	0.01	54	85.41	9.04	25.46
% of Calories				3.64%		28.3%	12.9%	0.0%		69.2%		20.6%
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)
990549 PIZZA AP TONY GALAXY CHZ 4IN ROUND IW WG 2.0 (2BG)	Each	80	224	4.80	328	6	9.60	0.00	24	20.80	2.40	12.00
990690 PACK: FR TST STK AP (4), CHIX SSG PTY (2) WG 2(2BG)	Pack	20	92	0.90	160	2	4.40	0.00	16	8.00	0.60	5.60
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			681	7.31	891	43	22.37	0.00	46	91.79	7.69	26.48
% of Calories				9.66%		25.3%	29.6%	0.0%		53.9%		15.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

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)
990731 PACK: PASTA, ROTINI CHIXMTBL & SPAG SC SS NONWG2(2)	Pack	80	362	2.83	200	7	10.75	0.00	47	46.70	4.19	18.51
990543 Pack: Corn Dog Mini Tky, PretBite Chz WG 2 (2BG)	Serving	20	68	1.58	197	1	3.30	0.00	9	6.10	0.70	3.10
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
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			600	4.74	579	32	14.79	0.00	62	84.96	10.35	33.00
% of Calories				7.11%		21.3%	22.2%	0.0%		56.6%		22.0%
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)
990720 PACK: TKY BREAST (SLCD), POULTRY GRVY LS SS 2.0	Pack	82	117	0.95	403	1	4.65	0.00	40	5.18	0.07	14.12

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)
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	81	65	0.00	130	1	1.22	0.00	0	11.34	0.81	2.43
990735 CHIX Nugget, Golden WG (5) 2.0	5 Each	18	43	0.45	79	0	2.52	0.00	4	2.88	0.54	2.52
825867 COND PC Sauce, BBQ 12g	Each	17	2	0.00	27	0	0.01	0.00	0	0.57	0.03	0.02
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	17	14	0.00	27	0	0.26	0.00	0	2.38	0.17	0.51
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
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			605	1.73	1050	35	13.84	0.00	51	92.19	7.53	31.39
% of Calories				2.57%		23.1%	20.6%	0.0%		61.0%		20.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	80	224	2.40	776	2	10.80	0.00	36	23.20	2.00	10.40

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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)
825856 COND PC Ketchup 9g Heinz	Each	80	8	0.00	68	2	0.00	0.00	0	2.40	0.00	0.00
990728 TACO BfGd Soft AP NON-WG 2.25 (2BG) 2EA	2 Each	20	67	0.94	159	0	2.58	0.00	9	7.38	0.69	3.74
825869 COND PC Sauce, Taco 9g	Each	18	1	0.00	10	0	0.00	0.00	0	0.14	0.02	0.02
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			636	3.67	1540	42	14.12	*0.00	53	99.54	10.68	30.41
% of Calories				5.19%		26.4%	20.0%	*0.0%		62.6%		19.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/16/2022

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	80	292	8.50	1056	4	15.60	0.00	50	22.80	1.60	14.80
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	20	84	1.80	134	1	4.00	0.00	6	8.20	1.20	4.00
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

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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)
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			556	10.64	1376	33	20.25	0.00	62	65.83	5.38	27.28
% of Calories				17.22%		23.7%	32.8%	0.0%		47.4%		19.6%
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)
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
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			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 - 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)
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
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 - 09/21/2022

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)
990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA)	Each	82	250	3.79	414	3	9.43	0.00	31	23.37	1.64	15.99
825856 COND PC Ketchup 9g Heinz	Each	82	8	0.00	70	2	0.00	0.00	0	2.46	0.00	0.00
990373 CORN DOG, MINI TURKEY WG 2.0 (2BG)	6 Each	18	46	0.40	124	1	2.16	0.00	5	4.32	0.54	2.16
825862 COND PC Mustard 6g	Each	17	0	0.00	11	0	0.00	0.00	0	0.17	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
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			646	4.52	1253	43	13.10	0.00	43	96.72	12.59	35.67
% of Calories				6.30%		26.6%	18.3%	0.0%		59.9%		22.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/22/2022

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)
990687 ENT: BOWL, RICE CHIXDCD SOUTHWEST CH 2.0 (2BG)	Bowl	82	319	3.50	292	1	9.81	*0.00	39	42.01	1.68	16.15
990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA)	Sandwich	18	70	0.45	126	1	2.88	0.00	4	7.56	0.90	3.60
825867 COND PC Sauce, BBQ 12g	Each	18	3	0.00	28	1	0.01	0.00	0	0.60	0.03	0.03
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			635	4.38	618	31	14.05	*0.00	50	102.29	8.49	30.01
% of Calories				6.21%		19.5%	19.9%	*0.0%		64.4%		18.9%
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)
990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN)	Serving	82	179	3.66	471	4	10.15	0.00	44	8.76	1.54	13.25
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	82	123	0.00	221	2	2.05	0.00	0	22.96	2.05	4.92
990684 SOUP, BfGd Chili SS 2.0	6oz spdl (2MMA)	18	25	0.42	38	0	1.00	*0.00	4	1.98	0.57	1.97

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)
990683 BRD: CORN POPPERS, WG 3EA (1 BG)	3 Each	18	28	0.63	37	1	1.35	0.00	1	3.51	0.27	0.45
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			606	5.04	992	44	15.22	*0.00	56	85.63	9.52	32.10
% of Calories				7.49%		29.0%	22.6%	*0.0%		56.5%		21.2%
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)
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	83	266	2.49	722	2	13.28	0.00	46	22.41	2.08	14.94
825867 COND PC Sauce, BBQ 12g	Each	80	12	0.00	126	2	0.03	0.00	0	2.67	0.13	0.11
990642 MELT BD, T.HAM (JENNIE-O) AM WG 2.0 (2BG) (ALPHA)	Sandwich	17	61	1.53	218	1	3.00	0.00	12	4.82	0.34	3.51
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
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

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			766	4.36	1870	48	18.24	0.00	64	114.19	15.17	39.70
% of Calories				5.12%		25.1%	21.4%	0.0%		59.6%		20.7%
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)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	80	240	4.00	352	6	8.80	0.00	20	27.20	3.20	12.80
990548 STICKS, CORN DOG CHIX AP WG 2.0	Each	20	60	0.70	80	2	3.20	0.00	10	5.00	0.60	2.80
825862 COND PC Mustard 6g	Each	19	0	0.00	12	0	0.00	0.00	0	0.19	0.00	0.00
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

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			507	5.04	630	43	12.65	0.00	36	74.48	8.30	24.08
% of Calories				8.95%		33.9%	22.5%	0.0%		58.8%		19.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 09/28/2022

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	82	176	4.42	539	1	7.87	0.05	30	14.10	2.72	11.42
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	82	90	0.00	102	0	2.05	0.00	0	15.58	0.82	1.64
990672 PACK: BEEF MEATLOAF CHZBRGR NOI, BRDSTK ALPHA 2(1)	Pack	18	43	0.90	95	1	1.98	0.00	5	3.96	0.45	2.70
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

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			525	5.75	986	39	13.14	0.05	42	75.26	7.56	24.57
% of Calories				9.86%		29.7%	22.5%	0.1%		57.3%		18.7%
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)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	78	218	2.34	757	2	10.53	0.00	35	22.62	1.95	10.14
825856 COND PC Ketchup 9g Heinz	Each	78	8	0.00	66	2	0.00	0.00	0	2.34	0.00	0.00
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	22	57	0.55	67	1	1.76	0.00	6	6.16	0.44	3.74
825856 COND PC Ketchup 9g Heinz	Each	22	2	0.00	19	0	0.00	0.00	0	0.66	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

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			579	3.73	1318	32	18.12	0.00	47	86.50	6.83	22.51
% of Calories				5.80%		22.1%	28.2%	0.0%		59.8%		15.6%
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)
990737 PACK: PASTA, SPAG CHIXPTYGLDN MZ SPAGSCSS WGR2.5(2)	Pack	82	374	3.65	470	7	15.66	0.00	27	39.60	5.24	18.80
990535 SDW AP, CHEESY PULL APART SW QUESO WG IW 2 (2BG)	Each	18	54	1.08	104	1	2.34	0.00	5	5.94	0.36	2.52
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

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			682	5.77	844	46	23.26	0.09	42	88.82	8.64	29.40
% of Calories				7.61%		27.0%	30.7%	0.1%		52.1%		17.2%
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			600	5	969	39	14.90	*0.01	47	88.54	9.09	29.52
% of Calories				7.20%		26.0%	22.4%	*0.0%		59.0%		19.7%

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.