

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

Menu Name: K-8 Lunch 3 Entree (AB Salad)
Site:

Include Cost: No
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		<=30					

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		<=30					

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		<=30					

Wednesday - 09/07/2022

Reimbursable Meal Total 15000

	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	11700	250	2.34	679	2	12.48	0.00	43	21.06	1.95	14.04
825867 COND PC Sauce, BBQ 12g	Each	11700	11	0.00	123	2	0.03	0.00	0	2.60	0.12	0.11
990535 SDW AP, CHEESY PULL APART SW QUESO WG IW 2 (2BG)	Each	2250	45	0.90	87	1	1.95	0.00	4	4.95	0.30	2.10
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	1050	24	0.05	18	3	0.43	0.00	0	4.18	0.14	0.75
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1050	8	0.00	8	0	0.28	0.00	0	1.40	0.07	0.14
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	13950	34	0.02	13	2	0.15	0.00	0	6.49	3.64	3.76
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	13500	42	0.01	0	8	0.11	0.00	0	10.55	2.16	0.84
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			511	3.63	1098	32	15.91	0.00	54	66.64	8.38	28.93
% of Calories				6.39%		25.0%	28.0%	0.0%		52.2%		22.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Thursday - 09/08/2022

Reimbursable Meal Total 15000

	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	11250	210	2.25	728	2	10.12	0.00	34	21.75	1.88	9.75
825856 COND PC Ketchup 9g Heinz	Each	11250	8	0.00	64	2	0.00	0.00	0	2.25	0.00	0.00
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	2850	49	0.48	58	1	1.52	0.00	5	5.32	0.38	3.23
825856 COND PC Ketchup 9g Heinz	Each	2850	2	0.00	16	0	0.00	0.00	0	0.57	0.00	0.00
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	900	19	0.35	30	0	1.14	0.00	2	1.12	0.25	1.17
990650 Breadstick WG 1BG (1EA)(Alpha) - Individ Overwrapped	Each	900	4	0.00	8	0	0.06	0.00	0	0.84	0.09	0.18
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	900	3	0.05	6	0	0.30	0.01	0	0.05	0.00	0.01
990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C	3/4c	14550	124	0.52	155	0	5.18	0.00	0	19.68	1.04	1.04
825856 COND PC Ketchup 9g Heinz	Each	14550	10	0.00	82	2	0.00	0.00	0	2.91	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	13950	63	0.02	1	11	0.15	0.00	0	16.71	3.40	0.40

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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)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			589	3.96	1318	32	18.97	0.01	47	86.61	7.04	22.96
% of Calories				6.05%		21.7%	29.0%	0.0%		58.8%		15.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Friday - 09/09/2022

Reimbursable Meal Total 15000

	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	11850	169	4.26	520	1	7.58	0.04	29	13.59	2.62	11.00
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	11850	87	0.00	99	0	1.98	0.00	0	15.01	0.79	1.58
990742 PACK: PASTA, PENNE CHIXMTBL & SPAG SC SS NONWG2(2	Pack	2500	74	0.56	39	1	2.04	0.00	10	9.73	0.87	3.86
990722 SALAD, VEG BAJA AP ROMAINE 2.25	Each	600	9	0.25	15	0	0.39	0.00	1	0.89	0.21	0.48
000218 BRD: MUF AP, CORN 2OZ IW WG (1BG)	Muffin	600	7	0.06	7	0	0.24	0.00	2	1.12	0.04	0.16
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	600	2	0.03	4	0	0.20	0.00	0	0.04	0.00	0.00
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	1	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	14850	79	0.00	15	18	0.00	0.00	0	17.82	0.00	0.99

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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)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			524	5.46	869	35	12.94	0.05	48	73.61	4.53	25.26
% of Calories				9.38%		26.7%	22.2%	0.1%		56.2%		19.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Monday - 09/12/2022

Reimbursable Meal Total 15000

	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	12000	176	0.80	240	9	5.60	0.00	8	28.80	3.20	3.20
829505 CHIX Sausage Patty 2ea 2.0	2 Patty	12000	160	2.40	400	0	9.60	0.00	64	1.60	0.00	17.60
990548 STICKS, CORN DOG CHIX AP WG 2.0	Each	2000	40	0.47	53	1	2.13	0.00	7	3.33	0.40	1.87
825862 COND PC Mustard 6g	Each	1850	0	0.00	8	0	0.00	0.00	0	0.12	0.00	0.00
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	1000	22	0.05	17	2	0.41	0.00	0	3.89	0.14	0.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1000	8	0.07	8	1	0.23	0.00	0	1.40	0.07	0.13
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	14550	169	1.30	468	0	9.10	0.00	0	20.79	1.30	1.30
825856 COND PC Ketchup 9g Heinz	Each	14550	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)	13950	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			744	5.40	1447	40	27.72	0.00	86	94.97	8.50	32.40
% of Calories				6.53%		21.5%	33.5%	0.0%		51.1%		17.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Tuesday - 09/13/2022

Reimbursable Meal Total 15000

	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	12000	317	4.64	468	1	15.62	0.00	30	27.68	4.44	16.65
990672 PACK: BEEF MEATLOAF CHZBRGR NOI, BRDSTK ALPHA 2(1)	Pack	2250	36	0.75	80	1	1.65	0.00	4	3.30	0.38	2.25
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	750	10	0.45	19	0	0.70	0.00	2	0.35	0.05	0.70
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	750	4	0.00	10	0	0.08	0.00	0	0.80	0.05	0.10
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	12300	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)	13500	42	0.01	0	8	0.11	0.00	0	10.55	2.16	0.84
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52

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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)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			537	6.17	759	27	18.78	0.00	43	63.80	10.27	31.05
% of Calories				10.34%		20.1%	31.5%	0.0%		47.5%		23.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Wednesday - 09/14/2022

Reimbursable Meal Total 15000

	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	12000	267	3.77	635	1	10.31	0.00	37	29.51	2.77	14.95
825869 COND PC Sauce, Taco 9g	Each	11250	3	0.00	42	0	0.02	0.00	0	0.57	0.09	0.08
990642 MELT BD, T.HAM (JENNIE-O) AM WG 2.0 (2BG) (ALPHA)	Sandwich	2400	57	1.44	205	1	2.83	0.00	11	4.53	0.32	3.31
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	400	6	0.15	17	0	0.34	0.00	2	0.12	0.02	0.51
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	400	2	0.00	4	0	0.03	0.00	0	0.37	0.04	0.08
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	400	0	0.00	3	0	0.00	0.00	0	0.03	0.00	0.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	12300	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)	14400	48	0.00	0	12	0.00	0.00	0	13.44	0.96	0.00

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900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			520	5.79	1140	33	14.75	0.00	56	72.35	7.77	26.74
% of Calories				10.02%		25.4%	25.5%	0.0%		55.7%		20.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Thursday - 09/15/2022

Reimbursable Meal Total 15000

	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	12200	248	3.76	411	3	9.35	0.00	30	23.18	1.63	15.86
825856 COND PC Ketchup 9g Heinz	Each	12200	8	0.00	69	2	0.00	0.00	0	2.44	0.00	0.00
990535 SDW AP, CHEESY PULL APART SW QUESO WG IW 2 (2BG)	Each	2400	48	0.96	93	1	2.08	0.00	5	5.28	0.32	2.24
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	600	7	0.28	16	0	0.47	0.00	2	0.25	0.07	0.56
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	600	4	0.00	5	0	0.10	0.00	0	0.76	0.04	0.08
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	600	4	0.02	7	0	0.16	0.00	0	0.56	0.04	0.08
825102 VEG: BEANS, REFRIED AP 1/2C	1/2 Cup	12300	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	13950	6	0.00	4	1	0.00	0.00	0	1.12	0.37	0.37

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)
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	13950	45	0.71	94	0	4.58	0.09	4	0.85	0.02	0.10
826343 JUICE SS, Grape100% 4oz Cart	Each	14850	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			661	6.03	1292	40	18.67	0.09	48	86.70	8.20	33.18
% of Calories				8.21%		24.2%	25.4%	0.1%		52.5%		20.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Friday - 09/16/2022

Reimbursable Meal Total 15000

	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	11500	230	3.83	337	6	8.43	0.00	19	26.07	3.07	12.27
990739 ENT: PASTA, MAC&CHZ SS NONWG 2.0 (2BG)	2-6oz scoops	2500	82	2.09	141	0	3.40	*0.00	10	8.53	0.39	3.53
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	1000	22	0.05	17	2	0.41	0.00	0	3.98	0.14	0.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1000	8	0.00	8	0	0.27	0.00	0	1.33	0.07	0.13
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	12300	24	0.04	1	2	0.15	0.00	0	5.55	2.58	1.28
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14100	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			522	6.33	675	37	13.35	*0.00	36	76.39	8.94	25.41
% of Calories				10.91%		28.4%	23.0%	*0.0%		58.5%		19.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Monday - 09/19/2022

Reimbursable Meal Total 15000

	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)
990573 PACK: CHIX DRUMSTK OVN RSTD, BISC MINI APWG 2.5(1BG)	Pack	12000	208	5.20	424	1	12.00	0.00	72	12.80	0.80	14.40
990728 TACO BfGd Soft AP NON-WG 2.25 (2BG) 2EA	2 Each	2500	56	0.78	132	0	2.15	0.00	8	6.15	0.58	3.11
825869 COND PC Sauce, Taco 9g	Each	2500	1	0.00	9	0	0.00	0.00	0	0.13	0.02	0.02
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	500	7	0.30	13	0	0.47	0.00	1	0.23	0.03	0.47
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	500	3	0.00	7	0	0.05	0.00	0	0.53	0.03	0.07
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	12300	75	0.04	41	4	0.17	0.00	0	15.18	5.10	3.32
000124 FRUIT: PEARS 150 ct.	Each (150ct)	13500	61	0.02	1	10	0.15	0.00	0	16.17	3.29	0.38
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10341	76	0.00	145	12	0.00	0.00	3	13.10	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.01	1	0	0.02	0.00	0	0.11	0.00	0.08
Weighted Daily Average			503	6.36	797	30	15.02	0.00	86	66.60	9.86	28.96
% of Calories				11.38%		23.9%	26.9%	0.0%		53.0%		23.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Tuesday - 09/20/2022

Reimbursable Meal Total 15000

	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	10000	243	7.08	880	3	13.00	0.00	42	19.00	1.33	12.33
990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN)	Serving	4000	58	1.19	153	1	3.30	0.00	14	2.85	0.50	4.31
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	4000	40	0.00	72	1	0.67	0.00	0	7.47	0.67	1.60
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	1000	22	0.05	17	2	0.41	0.00	0	3.98	0.14	0.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1000	8	0.00	8	0	0.27	0.00	0	1.33	0.07	0.13
990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C	3/4c	14550	124	0.52	155	0	5.18	0.00	0	19.68	1.04	1.04
825856 COND PC Ketchup 9g Heinz	Each	14550	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)	14100	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	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	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			647	9.15	1538	33	23.43	0.00	63	83.64	5.99	28.20
% of Calories				12.73%		20.4%	32.6%	0.0%		51.7%		17.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Wednesday - 09/21/2022

Reimbursable Meal Total 15000

	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)
990743 PACK: NACHOS TATER TOT (MCCAIN) BFGD LSSS CHZ 2.0	PACK	11000	307	7.06	1017	1	17.64	0.00	43	22.09	2.01	14.66
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	11000	81	0.00	92	0	1.83	0.00	0	13.93	0.73	1.47
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	2250	42	0.45	146	0	2.02	0.00	7	4.35	0.38	1.95
825856 COND PC Ketchup 9g Heinz	Each	2250	2	0.00	13	0	0.00	0.00	0	0.45	0.00	0.00
990722 SALAD, VEG BAJA AP ROMAINE 2.25	Each	750	11	0.31	19	0	0.49	0.00	2	1.12	0.26	0.59
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	750	2	0.04	5	0	0.25	0.00	0	0.05	0.00	0.01
000218 BRD: MUF AP, CORN 2OZ IW WG (1BG)	Muffin	750	9	0.08	9	1	0.30	0.00	2	1.40	0.05	0.20
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	12300	273	0.00	633	17	1.24	0.00	0	53.34	9.92	13.65
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	14850	59	0.00	10	13	0.00	0.00	0	13.86	0.00	0.00

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	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			883	8.23	2112	48	24.28	0.00	60	125.99	13.35	39.72
% of Calories				8.39%		21.7%	24.7%	0.0%		57.1%		18.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Thursday - 09/22/2022

Reimbursable Meal Total 15000

	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	11600	353	3.44	443	7	14.77	0.00	25	37.34	4.94	17.73
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	2500	43	0.42	51	0	1.33	0.00	4	4.67	0.33	2.83
825856 COND PC Ketchup 9g Heinz	Each	2500	2	0.00	14	0	0.00	0.00	0	0.50	0.00	0.00
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	900	19	0.35	30	0	1.14	0.00	2	1.12	0.25	1.17
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	900	4	0.00	8	0	0.06	0.00	0	0.84	0.09	0.18
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	900	3	0.05	6	0	0.30	0.01	0	0.05	0.00	0.01
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	12300	40	0.13	64	4	0.74	0.00	0	8.38	3.58	0.63
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14100	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			619	4.72	787	39	19.02	0.01	38	83.83	11.89	30.03
% of Calories				6.86%		25.2%	27.7%	0.0%		54.2%		19.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Friday - 09/23/2022

Reimbursable Meal Total 15000

	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	10500	307	2.41	403	8	9.40	0.01	41	43.16	1.50	13.74
990549 PIZZA AP TONY GALAXY CHZ 4IN ROUND IW WG 2.0 (2BG)	Each	3500	65	1.40	96	2	2.80	0.00	7	6.07	0.70	3.50
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	1000	22	0.05	17	2	0.41	0.00	0	3.89	0.14	0.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1000	8	0.07	8	1	0.23	0.00	0	1.40	0.07	0.13
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	13950	6	0.01	3	0	0.11	0.00	0	1.16	0.74	0.43
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	13950	49	0.61	119	3	4.03	79.12	2	2.95	0.08	0.08
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	13950	7	0.01	2	1	0.08	0.00	0	1.56	0.48	0.35

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)
000116 FRUIT: CUP SS, APPLSC UNSWT SHLF-STBL 1/2C	Each (1/2c)	14400	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			609	4.85	818	43	17.56	79.13	56	89.02	4.66	26.15
% of Calories				7.17%		28.2%	26.0%	116.9%		58.5%		17.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Monday - 09/26/2022

Reimbursable Meal Total 15000

	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	12000	336	7.20	536	2	16.00	0.00	24	32.80	4.80	16.00
990730 PACK: PASTA, LOMEIN CHIXDCD SS NONWG 2.0 (2BG)	Pack	2250	59	0.25	57	1	1.23	*0.00	7	7.95	0.41	3.42
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	750	10	0.45	19	0	0.70	0.00	2	0.35	0.05	0.70
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	750	4	0.00	10	0	0.08	0.00	0	0.80	0.05	0.10
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	12300	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)	14100	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	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	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			581	8.24	803	29	18.74	*0.00	39	74.05	10.77	31.61
% of Calories				12.76%		20.0%	29.0%	*0.0%		51.0%		21.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Tuesday - 09/27/2022

Reimbursable Meal Total 15000

	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	11200	338	2.64	187	6	10.03	0.00	44	43.59	3.91	17.27
990642 MELT BD, T.HAM (JENNIE-O) AM WG 2.0 (2BG) (ALPHA)	Sandwich	2800	67	1.68	239	1	3.30	0.00	13	5.29	0.37	3.86
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	1000	22	0.05	17	2	0.41	0.00	0	3.89	0.14	0.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1000	8	0.07	8	1	0.23	0.00	0	1.40	0.07	0.13
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	12300	24	0.04	1	2	0.15	0.00	0	5.55	2.58	1.28
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14100	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			614	4.80	622	38	14.81	0.00	63	90.65	9.76	30.74
% of Calories				7.04%		24.8%	21.7%	0.0%		59.1%		20.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Wednesday - 09/28/2022

Reimbursable Meal Total 15000

	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)
990740 PACK: TKY BREAST (SLCD), PLTRYGRVY LSSS MASH POT 2	Pack	11000	180	0.85	471	1	4.63	0.00	36	20.53	1.94	14.50
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	11000	59	0.00	117	1	1.10	0.00	0	10.27	0.73	2.20
990548 STICKS, CORN DOG CHIX AP WG 2.0	Each	2400	48	0.56	64	1	2.56	0.00	8	4.00	0.48	2.24
825862 COND PC Mustard 6g	Each	2275	0	0.00	10	0	0.00	0.00	0	0.15	0.00	0.00
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	600	7	0.28	16	0	0.47	0.00	2	0.25	0.07	0.56
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	600	4	0.00	5	0	0.10	0.00	0	0.76	0.04	0.08
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	12300	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)	14400	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	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	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			635	2.01	1210	41	9.59	*0.00	53	102.37	11.23	35.82
% of Calories				2.85%		25.8%	13.6%	*0.0%		64.5%		22.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Thursday - 09/29/2022

Reimbursable Meal Total 15000

	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, NDLSPRSL, BFGRVY SS NonWG2(1	Pack	11100	259	5.33	381	3	12.98	0.10	56	21.34	1.72	13.88
990541 NACHOS BFGD AP Bn CHZ 2.25 - w/o Chips	Serving	3500	50	1.26	153	0	2.24	0.01	8	4.01	0.77	3.25
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	3500	26	0.00	29	0	0.58	0.00	0	4.43	0.23	0.47
990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 2.0	Package	400	10	0.19	18	0	0.79	0.00	1	0.13	0.02	0.48
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	400	2	0.00	4	0	0.04	0.00	0	0.37	0.03	0.08
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	12300	84	0.11	1	3	0.69	0.00	0	19.99	2.49	2.64
000124 FRUIT: PEARS 150 ct.	Each (150ct)	13950	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	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	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			590	7.21	758	32	17.99	0.11	72	82.40	8.66	28.39
% of Calories				11.00%		21.7%	27.4%	0.2%		55.9%		19.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

Friday - 09/30/2022

Reimbursable Meal Total 15000

	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)	10600	103	2.14	250	2	5.20	*0.00	21	4.72	0.71	8.44
990545 BUN, HAMBURGER WG (Alpha) - Indiv Overwrapped	Each	10600	106	0.00	184	2	1.41	0.00	0	18.37	1.41	4.24
990690 PACK: FR TST STK AP (4), CHIX SSG PTY (2) WG 2(2BG)	Pack	3400	104	1.02	181	2	4.99	0.00	18	9.07	0.68	6.35
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	1000	22	0.05	17	2	0.41	0.00	0	3.98	0.14	0.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1000	8	0.00	8	0	0.27	0.00	0	1.33	0.07	0.13
990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C	3/4 Cup	12300	206	1.29	231	9	7.71	0.00	0	30.85	1.29	1.29
826337 JUICE SS, Apple 100% 4oz Cart	Each	14850	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	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	2997	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	149	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			705	4.79	1056	46	20.49	*0.00	46	97.59	4.29	28.36
% of Calories				6.11%		26.1%	26.2%	*0.0%		55.4%		16.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30					

			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			607	6	1015	37	17.26	*3.78	54	84.94	8.57	29.62
% of Calories				8.33%		24.4%	25.6%	*5.6%		56.0%		19.5%

- *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.