

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

Menu Name: K-8 A/SSL

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	95	285	4.75	418	8	10.45	0.00	24	32.30	3.80	15.20
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	5	10	0.45	19	0	0.70	0.00	2	0.35	0.05	0.70
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	5	4	0.00	10	0	0.08	0.00	0	0.80	0.05	0.10
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

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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)
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			507	5.54	632	42	11.87	0.00	32	75.54	8.40	24.48
% of Calories				9.83%		33.1%	21.1%	0.0%		59.6%		19.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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)
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
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
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
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

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			490	5.03	893	39	11.63	0.05	38	72.25	7.23	22.03
% of Calories				9.24%		31.8%	21.4%	0.1%		59.0%		18.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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
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) - 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
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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Sep 1, 2022 thru Sep 30, 2022

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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			539	3.48	1260	32	17.45	0.01	43	81.29	6.66	19.73
% of Calories				5.81%		23.7%	29.1%	0.0%		60.3%		14.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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)
990737 PACK: PASTA, SPAG CHIXPTYGLDN MZ SPAGSCSS WGR2.5(2)	Pack	11700	356	3.47	447	7	14.89	0.00	25	37.66	4.99	17.88
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
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
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
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
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	13500	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52

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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)
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			642	4.56	742	48	20.87	0.09	36	86.51	8.24	26.84
% of Calories				6.39%		29.9%	29.3%	0.1%		53.9%		16.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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
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
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

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			704	4.94	1386	39	25.59	0.00	79	91.51	8.10	30.54
% of Calories				6.32%		22.2%	32.7%	0.0%		52.0%		17.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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
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
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	13500	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	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			557	5.41	679	40	17.03	0.00	38	74.25	9.54	27.96
% of Calories				8.74%		28.7%	27.5%	0.0%		53.3%		20.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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)
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
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
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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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			449	4.34	738	35	10.95	0.00	39	63.36	6.22	24.27
% of Calories				8.70%		31.2%	21.9%	0.0%		56.4%		21.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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)
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
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
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

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			627	5.08	1397	36	17.56	0.09	49	85.87	9.11	30.10
% of Calories				7.29%		23.0%	25.2%	0.1%		54.8%		19.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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
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
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			440	4.25	534	37	9.94	0.00	26	67.86	8.55	21.88
% of Calories				8.69%		33.6%	20.3%	0.0%		61.7%		19.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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)
990733 PACK: CHIX NUGGET GOLDEN, PRETZEL SOFT ROD WG2(2BG)	Pack	12000	248	2.00	384	1	11.60	0.00	20	24.00	3.20	12.80
825867 COND PC Sauce, BBQ 12g	Each	11000	11	0.00	116	2	0.02	0.00	0	2.45	0.12	0.10
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
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
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			703	2.75	1341	48	14.14	0.00	28	110.21	13.34	34.54
% of Calories				3.52%		27.3%	18.1%	0.0%		62.7%		19.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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
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
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			548	7.96	1312	31	19.46	0.00	49	73.33	4.82	22.29
% of Calories				13.07%		22.6%	32.0%	0.0%		53.5%		16.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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)
990541 NACHOS BFGD AP Bn CHZ 2.25 - w/o Chips	Serving	12000	171	4.32	526	1	7.68	0.04	29	13.76	2.65	11.14
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	12000	88	0.00	100	0	2.00	0.00	0	15.20	0.80	1.60
990722 SALAD, VEG BAJA AP ROMAINE 2.25	Each	500	7	0.21	12	0	0.33	0.00	1	0.75	0.17	0.40
000218 BRD: MUF AP, CORN 2OZ IW WG (1BG)	Muffin	500	6	0.05	6	0	0.20	0.00	1	0.93	0.03	0.13
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	500	2	0.03	3	0	0.16	0.00	0	0.03	0.00	0.00
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
833552 FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	13500	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	10341	76	0.00	145	12	0.00	0.00	3	13.10	0.00	5.52
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

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	149	1	0.01	1	0	0.02	0.00	0	0.11	0.00	0.08
Weighted Daily Average			541	4.65	858	41	10.57	0.05	36	85.55	10.56	23.78
% of Calories				7.74%		30.3%	17.6%	0.1%		63.3%		17.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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
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
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			574	4.30	722	38	17.69	0.01	34	78.67	11.56	27.19
% of Calories				6.74%		26.5%	27.7%	0.0%		54.8%		18.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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
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
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
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			544	3.45	722	41	14.76	79.13	49	82.96	3.96	22.65
% of Calories				5.71%		30.1%	24.4%	130.9%		61.0%		16.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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
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
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			522	7.98	747	28	17.52	0.00	32	66.10	10.36	28.19
% of Calories				13.76%		21.5%	30.2%	0.0%		50.7%		21.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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
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			547	3.12	383	37	11.51	0.00	50	85.36	9.39	26.89
% of Calories				5.13%		27.1%	18.9%	0.0%		62.4%		19.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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)
990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA)	Sandwich	12000	312	2.00	560	3	12.80	0.00	20	33.60	4.00	16.00
825867 COND PC Sauce, BBQ 12g	Each	11000	11	0.00	116	2	0.02	0.00	0	2.45	0.12	0.10
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
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
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			675	2.63	1230	43	14.28	*0.00	30	104.03	12.24	33.07
% of Calories				3.51%		25.5%	19.0%	*0.0%		61.6%		19.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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
990665 SALAD, ChixDcd Ceas AP W/CAES DRSNG 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
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			514	5.95	575	31	15.16	0.10	64	73.95	7.65	24.68
% of Calories				10.42%		24.1%	26.5%	0.2%		57.5%		19.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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
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
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			601	3.77	874	44	15.50	*0.00	28	88.53	3.61	22.01
% of Calories				5.65%		29.3%	23.2%	*0.0%		58.9%		14.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			570	5	887	38	15.35	*3.79	43	82.74	8.43	26.51
% of Calories				7.42%		26.7%	24.2%	*6.0%		58.1%		18.6%

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.