

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

**Menu Name:** K-8 Lunch 3 Entree (AB Salad)  
**Site:** 1 - Archdiocese of Chicago

**Include Cost:** Yes  
**Report Style:** Detailed

**Monday - 10/03/2022**                      **Reimbursable Meal Total 6000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900188 PIZZA AP TONY GALAXY CHZ 4IN ROUND WG 2.0 (2BG)	Pizza	5000	233	5.00	342	7	10.00	0.00	25	21.67	2.50	12.50	250	166.7	0.00	1.50	\$0.617
000179 BRD: PANCAKES, AP WG Confetti	Pouch	800	29	0.13	40	1	0.93	0.00	1	4.80	0.53	0.53	*N/A*	8.0	*N/A*	0.48	\$0.053
829505 CHIX Sausage Patty 2ea 2.0	2 Patty	800	27	0.40	67	0	1.60	0.00	11	0.27	0.00	2.93	*N/A*	2.7	*N/A*	0.27	\$0.074
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	200	11	0.02	9	1	0.20	0.00	0	1.99	0.07	0.36	*N/A*	9.8	*N/A*	0.03	\$0.026
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	200	4	0.00	4	0	0.13	0.00	0	0.67	0.03	0.07	*N/A*	4.7	*N/A*	0.03	\$0.007
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	5769	47	0.15	75	5	0.86	0.00	0	9.82	4.19	0.74	21507	44.5	2.92	0.67	\$0.211
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	5770	60	0.03	1	12	0.20	0.00	0	15.89	2.76	0.30	62	6.9	5.29	0.14	\$0.175
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	5949	109	0.00	208	18	0.00	0.00	5	18.84	0.00	7.93	744	287.5	*N/A*	0.10	\$0.185
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1700	28	0.42	34	3	0.71	0.00	4	3.12	0.00	2.27	212	82.2	*N/A*	0.03	\$0.051
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	77	1	0.00	2	0	0.00	0.00	0	0.14	0.00	0.10	10	3.8	*N/A*	0.00	\$0.002
Weighted Daily Average			550	6.17	781	48	14.64	0.00	46	77.20	10.09	27.73	*22785	616.7	*8.21	3.25	\$1.398
% of Calories				10.10%		34.9%	24.0%	0.0%		56.1%		20.2%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

# Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

**Tuesday - 10/04/2022**

**Reimbursable Meal Total 8870**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	10000	293	2.82	344	3	9.02	0.00	28	31.57	2.25	19.17	*0	104.8	*0.00	2.75	\$0.301
825856 COND PC Ketchup 9g Heinz	Each	10000	11	0.00	96	2	0.00	0.00	0	3.38	0.00	0.00	0	0.0	0.00	0.00	\$0.020
000123 ENT: PASTA, CHZ PENNE IN/OUT SS WG 2.0 - No EGG	1/24 Cut	1900	87	1.06	95	2	2.22	*0.00	5	11.81	1.62	4.93	*4	71.4	*0.00	0.58	\$0.136
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	370	9	0.38	16	0	0.58	0.00	2	0.29	0.04	0.58	*1	17.9	*0.88	0.00	\$0.017
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	370	4	0.00	8	0	0.06	0.00	0	0.67	0.04	0.08	0	0.0	0.00	0.03	\$0.006
990361 VEG: POTATO, SHAPES EMOTICONS (MCCAIN) 3/4c	6 Each	6763	128	0.91	87	0	4.57	0.00	0	21.04	1.83	1.83	*N/A*	0.0	*N/A*	0.66	\$0.231
825856 COND PC Ketchup 9g Heinz	Each	6763	8	0.00	65	2	0.00	0.00	0	2.29	0.00	0.00	0	0.0	0.00	0.00	\$0.013
826343 JUICE SS, Grape100% 4oz Cart	Each	8617	78	0.00	15	17	0.00	0.00	0	17.49	0.00	0.97	0	0.0	0.00	0.00	\$0.153
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	6940	86	0.00	164	14	0.00	0.00	4	14.87	0.00	6.26	587	226.9	*N/A*	0.08	\$0.146
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1983	22	0.34	27	2	0.56	0.00	3	2.46	0.00	1.79	168	64.8	*N/A*	0.02	\$0.040
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	90	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08	8	3.0	*N/A*	0.00	\$0.002
<b>Weighted Daily Average</b>			<b>726</b>	<b>5.51</b>	<b>918</b>	<b>44</b>	<b>17.02</b>	<b>*0.00</b>	<b>42</b>	<b>105.97</b>	<b>5.79</b>	<b>35.69</b>	<b>*767</b>	<b>488.9</b>	<b>*0.88</b>	<b>4.12</b>	<b>\$1.065</b>
<b>% of Calories</b>				<b>6.83%</b>		<b>24.2%</b>	<b>21.1%</b>	<b>*0.0%</b>		<b>58.4%</b>		<b>19.7%</b>					
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=30</b>										

**Wednesday - 10/05/2022**

**Reimbursable Meal Total 13225**

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990686 PACK: PASTA, ROTINI CHIXMTBL & SPAG SC SS BLND 2(2)	Pack	8400	281	2.25	159	5	8.69	0.00	37	36.76	4.29	14.69	*6	44.6	*0.00	2.33	\$0.569
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	4100	99	0.93	270	1	4.96	0.00	17	8.37	0.78	5.58	*N/A*	17.4	*N/A*	0.93	\$0.166
825867 COND PC Sauce, BBQ 12g	Each	3875	4	0.00	46	1	0.01	0.00	0	0.98	0.05	0.04	*N/A*	0.4	*N/A*	0.02	\$0.018
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	725	10	0.38	21	0	0.64	0.00	3	0.34	0.10	0.76	*88	13.2	*0.57	0.07	\$0.029
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	725	6	0.00	7	0	0.14	0.00	0	1.04	0.05	0.11	*N/A*	1.6	*N/A*	0.02	\$0.015
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	725	7	0.05	6	0	0.19	0.00	0	1.15	0.05	0.11	*N/A*	0.0	*N/A*	0.04	\$0.009
830670 VEG: SALAD, SIDE SPIN BABY AP 1c	CUP	12000	11	0.03	39	0	0.19	0.00	0	1.79	1.08	1.41	4623	48.8	13.85	1.34	\$0.212
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	12000	44	0.69	92	0	4.47	0.09	4	0.82	0.02	0.09	*N/A*	1.8	*N/A*	0.03	\$0.076
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	12000	7	0.01	2	1	0.08	0.00	0	1.52	0.47	0.34	326	3.9	5.36	0.11	\$0.317
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9111	76	0.00	145	12	0.00	0.00	3	13.09	0.00	5.51	517	199.8	*N/A*	0.07	\$0.128
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2603	20	0.30	24	2	0.49	0.00	3	2.17	0.00	1.57	148	57.1	*N/A*	0.02	\$0.035
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	118	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.7	*N/A*	0.00	\$0.001
Weighted Daily Average			566	4.65	812	24	19.86	0.09	67	68.13	6.89	30.30	*5715	391.3	*19.78	4.96	\$1.576
% of Calories				7.39%		17.0%	31.6%	0.1%		48.1%		21.4%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Thursday - 10/06/2022

Reimbursable Meal Total 13770

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	10100	205	2.20	711	2	9.90	0.00	33	21.27	1.83	9.54	*N/A*	120.3	*N/A*	1.54	\$0.250
825856 COND PC Ketchup 9g Heinz	Each	10100	7	0.00	62	1	0.00	0.00	0	2.20	0.00	0.00	0	0.0	0.00	0.00	\$0.013
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	3350	102	2.19	163	1	4.87	0.00	7	9.97	1.46	4.87	117	103.9	0.45	0.54	\$0.101
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	320	8	0.13	11	0	0.44	0.00	1	0.43	0.10	0.45	*33	3.7	*0.18	0.05	\$0.014
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	320	2	0.00	3	0	0.02	0.00	0	0.33	0.03	0.07	*N/A*	0.9	*N/A*	0.02	\$0.003
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	320	1	0.02	2	0	0.11	0.00	0	0.02	0.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.002
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	10798	184	0.03	341	11	0.23	*0.00	1	35.93	6.70	8.66	*239	59.9	*0.51	2.42	\$0.434
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	13123	48	0.00	0	11	0.00	0.00	0	13.34	0.95	0.00	*N/A*	4.8	*N/A*	0.00	\$0.203
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9312	74	0.00	142	12	0.00	0.00	3	12.85	0.00	5.41	507	196.1	*N/A*	0.07	\$0.126
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2660	19	0.29	23	2	0.48	0.00	3	2.12	0.00	1.55	145	56.0	*N/A*	0.02	\$0.034
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	121	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.6	*N/A*	0.00	\$0.001
Weighted Daily Average			651	4.86	1461	41	16.05	*0.00	49	98.56	11.08	30.61	*1048	548.3	*1.14	4.66	\$1.181
% of Calories				6.72%		25.2%	22.2%	*0.0%		60.6%		18.8%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Friday - 10/07/2022

Reimbursable Meal Total 13375

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990627 PACK: BEEF SALIS STK, NDLS PRSL, BFGRVY SS WG2(1BG)	Pack	9250	239	4.80	356	2	11.78	0.10	31	20.30	2.66	12.97	*61	46.9	*1.45	2.11	\$0.512
990541 NACHOS BFGD AP Bn CHZ 2.25 - w/o Chips	Serving	3800	61	1.53	187	0	2.73	0.02	10	4.89	0.94	3.96	*86	73.5	*0.91	0.44	\$0.170
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	3800	31	0.00	36	0	0.71	0.00	0	5.40	0.28	0.57	*N/A*	8.5	*N/A*	0.09	\$0.076
990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 2.0	Package	325	9	0.18	16	0	0.72	0.00	1	0.11	0.02	0.44	*31	5.0	*0.21	0.02	\$0.023
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	325	2	0.00	4	0	0.04	0.00	0	0.34	0.02	0.07	*N/A*	0.5	*N/A*	0.02	\$0.003
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	10740	24	0.04	1	2	0.14	0.00	0	5.43	2.53	1.25	353	35.4	3.45	0.56	\$0.209
000124 FRUIT: PEARS 150 ct.	Each (150ct)	10000	50	0.02	1	9	0.12	0.00	0	13.44	2.73	0.32	22	7.9	3.79	0.16	\$0.127
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9312	77	0.00	146	13	0.00	0.00	3	13.23	0.00	5.57	522	201.9	*N/A*	0.07	\$0.130
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2660	20	0.30	24	2	0.50	0.00	3	2.19	0.00	1.59	149	57.7	*N/A*	0.02	\$0.036
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	121	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.7	*N/A*	0.00	\$0.001
<b>Weighted Daily Average</b>			513	6.87	772	28	16.74	0.11	49	65.42	9.19	26.82	*1231	440.1	*9.81	3.49	\$1.287
<b>% of Calories</b>				12.05%		21.8%	29.4%	0.2%		51.0%		20.9%					
<b>Weekly Nutrient Guideline</b>			600 - 650	<10	1230		<=30										

### Monday - 10/10/2022

Reimbursable Meal Total 14100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
833187 STICKS, BOSCO CheeseAP 2.0 2ea	2 Each	9000	191	3.19	281	1	6.38	0.00	19	21.70	2.55	12.77	255	255.3	0.00	1.38	\$0.514

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
832253 SAUCE P, Marin AP 1/4c	1/4 Cup	9000	18	0.04	12	1	0.33	0.00	0	3.26	0.65	0.50	*N/A*	10.1	*N/A*	0.18	\$0.089
990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA)	Sandwich	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
825867 COND PC Sauce, BBQ 12g	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	1300	31	0.06	24	3	0.56	0.00	1	5.38	0.19	0.99	*N/A*	27.0	*N/A*	0.09	\$0.072
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1300	11	0.09	11	1	0.32	0.00	0	1.94	0.09	0.18	*N/A*	0.0	*N/A*	0.06	\$0.015
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	11662	24	0.04	1	2	0.15	0.00	0	5.59	2.60	1.29	363	36.4	3.56	0.57	\$0.215
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	13535	60	0.03	1	12	0.20	0.00	0	15.86	2.76	0.30	62	6.9	5.28	0.14	\$0.174
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	77	0.00	148	13	0.00	0.00	4	13.36	0.00	5.63	527	203.9	*N/A*	0.07	\$0.131
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	20	0.30	24	2	0.50	0.00	3	2.21	0.00	1.61	151	58.3	*N/A*	0.02	\$0.036
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.7	*N/A*	0.00	\$0.001
Weighted Daily Average			434	3.76	502	35	8.45	0.00	26	69.40	8.84	23.34	*1366	600.7	*8.84	2.52	\$1.248
% of Calories				7.80%		32.3%	17.5%	0.0%		64.0%		21.5%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Tuesday - 10/11/2022

Reimbursable Meal Total 14300

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
833063 ENCHILADA, ChixDcd WG 2.0	2 Each	10500	195	4.35	345	3	8.06	*0.00	35	17.78	2.70	11.89	*192	164.4	*1.24	1.26	\$0.379

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## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	2000	42	0.70	62	1	1.54	0.00	3	4.76	0.56	2.24	0	36.8	0.00	0.32	\$0.042
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	600	9	0.38	16	0	0.59	0.00	2	0.29	0.04	0.59	*1	18.0	*0.88	0.00	\$0.018
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	600	4	0.00	8	0	0.06	0.00	0	0.67	0.04	0.08	0	0.0	0.00	0.03	\$0.006
830659 VEG: CORN, Cnd Mexicali 3/4c	3/4 Cup	12000	73	0.24	195	5	1.23	*0.00	0	15.90	2.33	2.50	206	8.9	15.20	0.46	\$0.549
825102 VEG: BEANS, REFRIED AP 1/2C	1/2 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	76	0.00	146	12	0.00	0.00	3	13.17	0.00	5.55	520	201.1	*N/A*	0.07	\$0.129
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	20	0.30	24	2	0.50	0.00	3	2.18	0.00	1.58	149	57.5	*N/A*	0.02	\$0.035
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.7	*N/A*	0.00	\$0.001
Weighted Daily Average			420	5.96	795	24	11.98	*0.00	47	54.85	5.68	24.50	*1075	489.3	*17.33	2.16	\$1.159
% of Calories				12.77%		22.9%	25.7%	*0.0%		52.2%		23.3%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

### Wednesday - 10/12/2022

Reimbursable Meal Total 14175

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990730 PACK: PASTA, LOMEIN CHIXDCD SS NONWG 2.0 (2BG)	Pack	11700	325	1.39	312	7	6.76	*0.01	38	43.76	2.27	18.80	*2474	18.4	*3.94	2.08	\$0.643
990728 TACO BfGd Soft AP NON-WG 2.25 (2BG) 2EA	2 Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	0.00	\$0.000

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
825869 COND PC Sauce, Taco 9g	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	525	6	0.19	18	0	0.35	0.00	2	0.16	0.03	0.61	*48	8.1	*0.29	0.06	\$0.016
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	525	3	0.00	6	0	0.06	0.00	0	0.52	0.04	0.11	*N/A*	0.7	*N/A*	0.04	\$0.005
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	525	2	0.02	5	0	0.16	3.15	0	0.12	0.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.003
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	13000	45	0.15	71	5	0.82	0.00	0	9.37	4.00	0.70	20514	42.4	2.79	0.64	\$0.201
826337 JUICE SS, Apple 100% 4oz Cart	Each	13000	55	0.00	14	12	0.00	0.00	0	12.84	0.00	0.00	0	0.0	0.00	0.00	\$0.126
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	77	0.00	147	13	0.00	0.00	3	13.29	0.00	5.60	525	202.8	*N/A*	0.07	\$0.130
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	20	0.30	24	2	0.50	0.00	3	2.20	0.00	1.60	150	58.0	*N/A*	0.02	\$0.036
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.7	*N/A*	0.00	\$0.001
Weighted Daily Average			534	2.06	598	39	8.65	*3.16	46	82.35	6.34	27.50	*23717	333.2	*7.02	2.92	\$1.161
% of Calories				3.47%		29.2%	14.6%	*5.3%		61.7%		20.6%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

### Thursday - 10/13/2022

Reimbursable Meal Total 13600

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990689 PACK: MTBL CHIX KOREAN, RICE WG 2.0 (2BG)	Pack	9250	298	2.34	392	8	9.14	0.01	40	41.93	1.46	13.35	*19	21.5	*0.00	0.82	\$0.515



# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900188 PIZZA AP TONY GALAXY CHZ 4IN ROUND WG 2.0 (2BG)	Pizza	4000	82	1.76	121	2	3.53	0.00	9	7.65	0.88	4.41	88	58.8	0.00	0.53	\$0.218
990722 SALAD, VEG BAJA AP ROMAINE 2.25	Each	350	6	0.16	10	0	0.25	0.00	1	0.58	0.13	0.31	*91	6.2	*0.16	0.04	\$0.019
000218 BRD: MUF AP, CORN 2OZ IW WG (1BG)	Muffin	350	5	0.04	5	0	0.15	0.00	1	0.72	0.03	0.10	3	0.5	0.00	0.03	\$0.011
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	350	1	0.02	3	0	0.13	0.00	0	0.02	0.00	0.00	*N/A*	0.1	*N/A*	0.00	\$0.002
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	10900	5	0.01	2	0	0.09	0.00	0	1.00	0.64	0.37	2639	10.0	1.21	0.29	\$0.117
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	10900	39	0.61	81	0	3.95	0.08	3	0.73	0.02	0.08	*N/A*	1.6	*N/A*	0.02	\$0.067
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	10901	16	0.01	35	2	0.06	0.00	0	3.74	1.32	0.29	6267	14.5	1.18	0.40	\$0.196
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	12100	61	0.08	1	8	0.23	0.00	0	15.73	1.79	0.75	44	3.4	5.99	0.18	\$0.139
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	80	0.00	153	13	0.00	0.00	4	13.85	0.00	5.83	547	211.4	*N/A*	0.07	\$0.136
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	21	0.31	25	2	0.52	0.00	3	2.29	0.00	1.67	156	60.4	*N/A*	0.02	\$0.037
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.08	7	2.8	*N/A*	0.00	\$0.002
Weighted Daily Average			615	5.35	829	37	18.05	0.09	61	88.34	6.26	27.25	*9862	391.3	*8.55	2.42	\$1.458
% of Calories				7.83%		24.1%	26.4%	0.1%		57.5%		17.7%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Friday - 10/14/2022

Reimbursable Meal Total 12810

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	2500	51	0.49	60	1	1.56	0.00	5	5.46	0.39	3.32	*0	18.1	*0.00	0.48	\$0.052
825856 COND PC Ketchup 9g Heinz	Each	2500	2	0.00	17	0	0.00	0.00	0	0.59	0.00	0.00	0	0.0	0.00	0.00	\$0.003
832503 TACO FishStix SoftSalsa 2 2ea	2 Each	9800	281	1.92	516	4	8.05	0.00	27	38.74	5.13	13.28	*29	161.7	*9.77	2.24	\$0.807
825869 COND PC Sauce, Taco 9g	Each	9800	3	0.00	43	0	0.02	0.00	0	0.58	0.09	0.08	*N/A*	0.9	*N/A*	0.04	\$0.039
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	310	8	0.02	6	1	0.15	0.00	0	1.45	0.05	0.26	*N/A*	7.1	*N/A*	0.02	\$0.019
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	310	3	0.00	3	0	0.10	0.00	0	0.48	0.02	0.05	*N/A*	3.4	*N/A*	0.02	\$0.005
831614 VEG: SALAD, ColeslawCrmy B3/4c	3/4 Cup	12000	233	3.78	160	4	20.73	*0.00	9	6.05	2.19	1.10	1187	36.6	29.57	0.45	\$0.232
826337 JUICE SS, Apple 100% 4oz Cart	Each	12000	56	0.00	14	12	0.00	0.00	0	13.11	0.00	0.00	0	0.0	0.00	0.00	\$0.129
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	85	0.00	163	14	0.00	0.00	4	14.71	0.00	6.19	581	224.5	*N/A*	0.08	\$0.144
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	22	0.33	27	2	0.55	0.00	3	2.43	0.00	1.77	166	64.1	*N/A*	0.02	\$0.039
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08	7	3.0	*N/A*	0.00	\$0.002
Weighted Daily Average			745	6.54	1009	38	31.17	*0.00	48	83.72	7.88	26.13	*1970	519.4	*39.34	3.35	\$1.471
% of Calories				7.90%		20.4%	37.7%	*0.0%		45.0%		14.0%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Monday - 10/17/2022

Reimbursable Meal Total 14900

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	12900	364	7.79	580	3	17.32	0.00	26	35.50	5.19	17.32	417	369.7	1.61	1.91	\$0.359
990548 STICKS, CORN DOG CHIX AP WG 2.0	Each	1200	24	0.28	32	1	1.29	0.00	4	2.01	0.24	1.13	0	1.6	0.00	0.12	\$0.044
825862 COND PC Mustard 6g	Each	1200	0	0.00	5	0	0.00	0.00	0	0.08	0.00	0.00	0	0.0	0.00	0.00	\$0.002
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	600	13	0.23	20	0	0.76	0.00	2	0.75	0.17	0.78	*56	6.5	*0.31	0.09	\$0.023
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	600	3	0.00	6	0	0.04	0.00	0	0.56	0.06	0.12	*N/A*	1.5	*N/A*	0.04	\$0.005
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	*N/A*	0.1	*N/A*	0.00	\$0.003
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	14000	34	0.02	13	2	0.15	0.00	0	6.55	3.67	3.80	1238	40.4	49.12	0.75	\$0.278
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	14700	46	0.01	0	9	0.12	0.00	0	11.57	2.36	0.93	222	39.4	52.38	0.10	\$0.220
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	73	0.00	140	12	0.00	0.00	3	12.64	0.00	5.32	499	193.0	*N/A*	0.07	\$0.124
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	19	0.29	23	2	0.48	0.00	3	2.09	0.00	1.52	143	55.1	*N/A*	0.02	\$0.034
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.6	*N/A*	0.00	\$0.001
Weighted Daily Average			579	8.66	824	29	20.35	0.00	38	71.89	11.70	30.99	*2582	709.9	*103.42	3.10	\$1.094
% of Calories				13.46%		20.0%	31.6%	0.0%		49.7%		21.4%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Tuesday - 10/18/2022

Reimbursable Meal Total 15375

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990580 PACK: FR TST STK AP (3), CHIX SSG PTY (2) WG 2(1.5	Pack	12600	324	3.38	594	6	15.98	0.00	66	25.00	1.84	21.72	*15	41.0	*0.06	2.76	\$0.679
990535 SDW AP, CHEESY PULL APART SW QUESO WG IW 2 (2BG)	Each	1850	36	0.72	70	1	1.56	0.00	4	3.97	0.24	1.68	*N/A*	39.7	*N/A*	0.23	\$0.096
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	925	20	0.04	15	2	0.37	0.00	0	3.59	0.12	0.64	*N/A*	17.6	*N/A*	0.06	\$0.047
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	14941	169	1.30	469	0	9.11	0.00	0	20.83	1.30	1.30	*N/A*	0.0	*N/A*	0.00	\$0.187
825856 COND PC Ketchup 9g Heinz	Each	14941	10	0.00	83	2	0.00	0.00	0	2.92	0.00	0.00	0	0.0	0.00	0.00	\$0.017
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14375	58	0.03	1	12	0.19	0.00	0	15.45	2.68	0.29	60	6.7	5.15	0.13	\$0.170
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	71	0.00	135	12	0.00	0.00	3	12.25	0.00	5.16	484	187.0	*N/A*	0.06	\$0.120
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	18	0.28	22	2	0.46	0.00	3	2.03	0.00	1.47	138	53.4	*N/A*	0.02	\$0.033
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.5	*N/A*	0.00	\$0.001
Weighted Daily Average			707	5.75	1390	36	27.67	0.00	76	86.12	6.19	32.34	*703	348.0	*5.20	3.27	\$1.351
% of Calories				7.32%		20.4%	35.2%	0.0%		48.7%		18.3%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Wednesday - 10/19/2022

Reimbursable Meal Total 14900

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA)	Each	12900	264	4.00	437	3	9.96	0.00	32	24.67	1.73	16.88	*0	142.0	*0.00	2.11	\$0.252
825856 COND PC Ketchup 9g Heinz	Each	12900	9	0.00	74	2	0.00	0.00	0	2.60	0.00	0.00	0	0.0	0.00	0.00	\$0.015
990739 ENT: PASTA, MAC&CHZ SS NONWG 2.0 (2BG)	2-6oz scoops	1200	40	1.01	68	0	1.65	*0.00	5	4.12	0.19	1.70	*1	43.2	*0.00	0.17	\$0.043
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	600	9	0.23	26	0	0.51	0.00	2	0.18	0.03	0.77	*54	8.9	*0.31	0.12	\$0.018
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	600	3	0.00	6	0	0.04	0.00	0	0.56	0.06	0.12	*N/A*	1.5	*N/A*	0.04	\$0.005
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	600	0	0.00	5	0	0.00	0.00	0	0.04	0.00	0.00	0	0.0	0.00	0.00	\$0.002
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	12100	83	0.11	1	3	0.69	0.00	0	19.79	2.46	2.62	204	3.1	3.59	0.48	\$0.226
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	73	0.00	140	12	0.00	0.00	3	12.64	0.00	5.32	499	193.0	*N/A*	0.07	\$0.124
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	19	0.29	23	2	0.48	0.00	3	2.09	0.00	1.52	143	55.1	*N/A*	0.02	\$0.034
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.6	*N/A*	0.00	\$0.001
Weighted Daily Average			500	5.63	780	22	13.31	*0.00	46	66.80	4.48	29.01	*907	449.4	*3.90	3.01	\$0.721
% of Calories				10.13%		17.6%	24.0%	*0.0%		53.4%		23.2%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Thursday - 10/20/2022

Reimbursable Meal Total 14950

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	12550	269	2.52	730	2	13.43	0.00	46	22.67	2.10	15.11	*N/A*	47.0	*N/A*	2.52	\$0.450
825867 COND PC Sauce, BBQ 12g	Each	12050	12	0.00	127	2	0.03	0.00	0	2.69	0.13	0.11	*N/A*	1.2	*N/A*	0.04	\$0.050
990686 PACK: PASTA, ROTINI CHIXMTBL & SPAG SC SS BLND 2(2)	Pack	1300	38	0.31	22	1	1.19	0.00	5	5.03	0.59	2.01	*1	6.1	*0.00	0.32	\$0.078
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	1300	7	0.00	14	0	0.13	0.00	0	1.22	0.09	0.26	*N/A*	1.7	*N/A*	0.09	\$0.012
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	1100	25	0.05	19	3	0.45	0.00	0	4.30	0.15	0.79	*N/A*	21.6	*N/A*	0.07	\$0.058
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1100	9	0.07	8	1	0.26	0.00	0	1.55	0.07	0.15	*N/A*	0.0	*N/A*	0.05	\$0.012
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	12000	16	0.01	35	2	0.06	0.00	0	3.75	1.32	0.29	6276	14.6	1.18	0.41	\$0.196
000081 VEG: TOMATOES, GRAPE GFP 1/2c	bag	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	14156	47	0.00	0	11	0.00	0.00	0	13.26	0.95	0.00	*N/A*	4.7	*N/A*	0.00	\$0.201
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	73	0.00	139	12	0.00	0.00	3	12.60	0.00	5.31	497	192.3	*N/A*	0.07	\$0.124
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	19	0.28	23	2	0.47	0.00	3	2.08	0.00	1.52	142	55.0	*N/A*	0.02	\$0.034
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.6	*N/A*	0.00	\$0.001
<b>Weighted Daily Average</b>			<b>515</b>	<b>3.25</b>	<b>1119</b>	<b>36</b>	<b>16.02</b>	<b>0.00</b>	<b>58</b>	<b>69.23</b>	<b>5.39</b>	<b>25.61</b>	<b>*6923</b>	<b>346.8</b>	<b>*1.18</b>	<b>3.58</b>	<b>\$1.216</b>
% of Calories				5.68%		28.0%	28.0%	0.0%		53.8%		19.9%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Friday - 10/21/2022

Reimbursable Meal Total 13600

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000179 BRD: PANCAKES, AP WG Confetti	Pouch	12000	194	0.88	265	10	6.18	0.00	9	31.76	3.53	3.53	*N/A*	52.9	*N/A*	3.18	\$0.349
829505 CHIX Sausage Patty 2ea 2.0	2 Patty	12000	176	2.65	441	0	10.59	0.00	71	1.76	0.00	19.41	*N/A*	17.6	*N/A*	1.76	\$0.487
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	3100	83	2.42	301	1	4.44	0.00	14	6.50	0.46	4.22	*N/A*	90.0	*N/A*	0.46	\$0.052
990722 SALAD, VEG BAJA AP ROMAINE 2.25	Each	1260	21	0.57	35	0	0.91	0.00	3	2.07	0.48	1.10	*329	22.2	*0.59	0.15	\$0.068
000218 BRD: MUF AP, CORN 2OZ IW WG (1BG)	Muffin	1260	17	0.14	17	1	0.56	0.00	4	2.59	0.09	0.37	9	1.9	0.00	0.10	\$0.039
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	1260	4	0.07	9	0	0.46	0.01	0	0.08	0.00	0.01	*N/A*	0.2	*N/A*	0.00	\$0.008
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	12100	208	0.03	387	13	0.26	*0.00	1	40.76	7.60	9.82	*271	68.0	*0.57	2.74	\$0.492
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	12100	61	0.08	1	8	0.23	0.00	0	15.73	1.79	0.75	44	3.4	5.99	0.18	\$0.139
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	80	0.00	153	13	0.00	0.00	4	13.85	0.00	5.83	547	211.4	*N/A*	0.07	\$0.136
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	21	0.31	25	2	0.52	0.00	3	2.29	0.00	1.67	156	60.4	*N/A*	0.02	\$0.037
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.08	7	2.8	*N/A*	0.00	\$0.002
Weighted Daily Average			867	7.15	1635	49	24.14	*0.01	109	117.51	13.95	46.79	*1364	531.0	*7.15	8.66	\$1.810
% of Calories				7.42%		22.6%	25.1%	*0.0%		54.2%		21.6%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Monday - 10/24/2022

Reimbursable Meal Total 15350

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG IW 2 (2BG)	Each	12000	235	4.69	407	4	10.16	0.00	23	25.02	1.56	10.94	*N/A*	265.8	*N/A*	1.41	\$0.626
832545 COND_Sauce, Pizza AP 1/4c	1/4 Cup	11569	25	0.04	244	3	0.53	0.00	0	4.16	0.91	1.00	*N/A*	8.8	*N/A*	0.66	\$0.078
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	2400	41	0.39	48	0	1.25	0.00	4	4.38	0.31	2.66	*0	14.5	*0.00	0.38	\$0.042
825856 COND PC Ketchup 9g Heinz	Each	2400	2	0.00	13	0	0.00	0.00	0	0.47	0.00	0.00	0	0.0	0.00	0.00	\$0.003
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	950	21	0.04	16	2	0.38	0.00	0	3.70	0.13	0.66	*N/A*	18.2	*N/A*	0.06	\$0.048
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	950	7	0.00	7	0	0.25	0.00	0	1.24	0.06	0.12	*N/A*	8.7	*N/A*	0.06	\$0.012
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	12109	73	0.03	39	3	0.17	0.00	0	14.60	4.91	3.19	4771	27.9	3.57	0.91	\$0.265
000124 FRUIT: PEARS 150 ct.	Each (150ct)	14262	62	0.02	1	11	0.15	0.00	0	16.70	3.40	0.39	27	9.9	4.71	0.20	\$0.158
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10049	72	0.00	137	12	0.00	0.00	3	12.44	0.00	5.24	491	189.9	*N/A*	0.07	\$0.122
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2871	19	0.28	22	2	0.47	0.00	3	2.06	0.00	1.50	140	54.2	*N/A*	0.02	\$0.033
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	130	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.5	*N/A*	0.00	\$0.001
Weighted Daily Average			556	5.50	936	39	13.36	0.00	34	84.84	11.28	25.77	*5436	600.3	*8.28	3.77	\$1.389
% of Calories				8.90%		28.1%	21.6%	0.0%		61.0%		18.5%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Tuesday - 10/25/2022

Reimbursable Meal Total 15125



# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990667 ENT: BOWL, CHIXPOP CH WG 2.5 (1BG)	Bowl	11400	298	4.37	441	1	14.72	0.00	28	26.07	4.18	15.69	*115	117.8	*8.25	1.78	\$0.407
990543 Pack: Corn Dog Mini Tky, PretBite Chz WG 2 (2BG)	Serving	3000	67	1.56	196	1	3.27	0.00	9	6.05	0.69	3.07	*0	66.6	*0.00	0.29	\$0.153
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	725	10	0.43	18	0	0.67	0.00	2	0.34	0.05	0.67	*1	20.5	*1.01	0.00	\$0.020
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	725	4	0.00	10	0	0.07	0.00	0	0.77	0.05	0.10	0	0.0	0.00	0.03	\$0.007
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	11965	29	0.02	11	2	0.12	0.00	0	5.52	3.09	3.20	1043	34.0	41.35	0.63	\$0.234
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	72	0.00	138	12	0.00	0.00	3	12.46	0.00	5.24	492	190.1	*N/A*	0.07	\$0.122
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	19	0.28	22	2	0.47	0.00	3	2.06	0.00	1.50	140	54.3	*N/A*	0.02	\$0.033
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.5	*N/A*	0.00	\$0.001
Weighted Daily Average			500	6.67	837	18	19.33	0.00	45	53.35	8.06	29.54	*1798	485.9	*50.61	2.82	\$0.978
% of Calories				12.01%		14.4%	34.8%	0.0%		42.7%		23.6%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

### Wednesday - 10/26/2022

Reimbursable Meal Total 14950

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	12000	225	2.41	779	2	10.84	0.00	36	23.28	2.01	10.43	*N/A*	131.6	*N/A*	1.69	\$0.274
825856 COND PC Ketchup 9g Heinz	Each	12000	8	0.00	68	2	0.00	0.00	0	2.41	0.00	0.00	0	0.0	0.00	0.00	\$0.014

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	750	9	0.35	20	0	0.58	0.00	2	0.31	0.09	0.70	*81	12.0	*0.52	0.06	\$0.027
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	750	6	0.00	6	0	0.13	0.00	0	0.95	0.05	0.10	*N/A*	1.5	*N/A*	0.02	\$0.013
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	750	6	0.05	6	0	0.18	0.00	0	1.05	0.05	0.10	*N/A*	0.0	*N/A*	0.04	\$0.008
990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C	3/4 Cup	12325	207	1.29	233	9	7.75	0.00	0	31.02	1.29	1.29	*N/A*	38.8	*N/A*	0.65	\$0.438
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	14790	49	0.00	0	12	0.00	0.00	0	13.85	0.99	0.00	*N/A*	4.9	*N/A*	0.00	\$0.210
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	73	0.00	139	12	0.00	0.00	3	12.60	0.00	5.31	497	192.3	*N/A*	0.07	\$0.124
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	19	0.28	23	2	0.47	0.00	3	2.08	0.00	1.52	142	55.0	*N/A*	0.02	\$0.034
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.6	*N/A*	0.00	\$0.001
Weighted Daily Average			602	4.38	1274	40	19.95	0.00	45	87.65	4.48	19.52	*727	438.8	*0.52	2.53	\$1.143
% of Calories				6.55%		26.6%	29.8%	0.0%		58.2%		13.0%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Thursday - 10/27/2022

Reimbursable Meal Total 14900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA	2 Each	12000	269	3.71	510	3	11.18	0.00	37	26.48	2.79	16.66	*433	208.5	*3.53	2.46	\$0.582
825869 COND PC Sauce, Taco 9g	Each	11250	3	0.00	43	0	0.02	0.00	0	0.58	0.09	0.08	*N/A*	0.9	*N/A*	0.03	\$0.038

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990642 MELT BD, T.HAM (JENNIE-O) AM WG 2.0 (2BG) (ALPHA)	Sandwich	2200	53	1.33	189	1	2.61	0.00	10	4.18	0.30	3.05	*N/A*	47.8	*N/A*	0.49	\$0.042
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	700	8	0.25	23	0	0.44	0.00	2	0.21	0.04	0.78	*61	10.3	*0.36	0.08	\$0.021
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	700	4	0.00	8	0	0.07	0.00	0	0.66	0.05	0.14	*N/A*	0.9	*N/A*	0.05	\$0.007
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	700	2	0.03	6	0	0.20	4.00	0	0.15	0.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.003
825102 VEG: BEANS, REFRIED AP 1/2C	1/2 Cup	11797	110	0.00	395	1	1.38	0.00	0	18.38	5.51	5.51	*N/A*	23.9	*N/A*	0.92	\$0.181
826372 VEG: SALAD, SIDE ROMMIX AP 1/2c	1/2 Cup	12130	5	0.00	3	1	0.00	0.00	0	0.98	0.33	0.33	492	6.6	2.95	0.12	\$0.073
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	12130	39	0.62	83	0	4.01	0.08	3	0.74	0.02	0.08	*N/A*	1.6	*N/A*	0.02	\$0.068
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	14788	60	0.00	10	13	0.00	0.00	0	13.89	0.00	0.00	0	0.0	3.57	0.00	\$0.143
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	73	0.00	140	12	0.00	0.00	3	12.64	0.00	5.32	499	193.0	*N/A*	0.07	\$0.124
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	19	0.29	23	2	0.48	0.00	3	2.09	0.00	1.52	143	55.1	*N/A*	0.02	\$0.034
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.6	*N/A*	0.00	\$0.001
Weighted Daily Average			647	6.23	1433	33	20.39	4.08	59	81.08	9.12	33.54	*1633	551.4	*10.41	4.26	\$1.318
% of Calories				8.67%		20.4%	28.4%	5.7%		50.1%		20.7%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Friday - 10/28/2022

Reimbursable Meal Total 14500

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990544 MELT BN, CHIXPTY PARM WG 2.5 (1BG) (W/O BUN)	Serving	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	0.00	\$0.000
990545 BUN, HAMBURGER WG (Alpha) - Indiv Overwrapped	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
990672 PACK: BEEF MEATLOAF CHZBRGR NOI, BRDSTK ALPHA 2(1)	Pack	1800	30	0.62	66	1	1.37	0.00	4	2.73	0.31	1.86	*25	12.2	*1.30	0.30	\$0.109
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	1800	9	0.00	17	0	0.12	0.00	0	1.74	0.19	0.37	*N/A*	4.7	*N/A*	0.12	\$0.015
990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 2.0	Package	600	15	0.30	28	0	1.23	0.00	2	0.19	0.04	0.75	*53	8.5	*0.35	0.04	\$0.039
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	600	3	0.00	7	0	0.06	0.00	0	0.58	0.04	0.12	*N/A*	0.8	*N/A*	0.04	\$0.006
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	12151	86	0.11	1	3	0.71	0.00	0	20.43	2.54	2.70	211	3.2	3.70	0.50	\$0.233
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	13639	59	0.03	1	12	0.19	0.00	0	15.54	2.70	0.29	61	6.8	5.18	0.14	\$0.171
831289 BRD: CRACK SS, Chz-It WG	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	75	0.00	144	12	0.00	0.00	3	12.99	0.00	5.47	513	198.3	*N/A*	0.07	\$0.127
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	20	0.29	23	2	0.49	0.00	3	2.15	0.00	1.56	147	56.7	*N/A*	0.02	\$0.035
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.6	*N/A*	0.00	\$0.001
Weighted Daily Average			296	1.35	288	31	4.17	0.00	12	56.45	5.81	13.21	*1016	293.8	*10.53	1.23	\$0.737
% of Calories				4.10%		41.9%	12.7%	0.0%		76.3%		17.9%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

Monday - 10/31/2022

Reimbursable Meal Total 15350

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990585 PACK: CHIX NUGGET SAVORY, PRETZEL SOFT ROD WG2(2BG)	Pack	13500	237	1.65	420	0	9.23	0.00	38	23.31	1.98	16.05	110	22.0	0.00	2.61	\$0.425
825867 COND PC Sauce, BBQ 12g	Each	12800	12	0.00	132	2	0.03	0.00	0	2.78	0.13	0.12	*N/A*	1.3	*N/A*	0.04	\$0.052
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	1200	29	0.83	103	0	1.52	0.00	5	2.23	0.16	1.45	*N/A*	30.9	*N/A*	0.16	\$0.018
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	650	9	0.38	16	0	0.59	0.00	2	0.30	0.04	0.59	*1	18.1	*0.89	0.00	\$0.018
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	650	4	0.00	8	0	0.06	0.00	0	0.68	0.04	0.08	0	0.0	0.00	0.03	\$0.006
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	12423	40	0.13	63	4	0.73	0.00	0	8.27	3.53	0.62	18103	37.4	2.46	0.57	\$0.177
826343 JUICE SS, Grape100% 4oz Cart	Each	14762	77	0.00	14	17	0.00	0.00	0	17.31	0.00	0.96	0	0.0	0.00	0.00	\$0.151
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	71	0.00	136	12	0.00	0.00	3	12.27	0.00	5.17	484	187.3	*N/A*	0.06	\$0.120
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	18	0.28	22	2	0.46	0.00	3	2.03	0.00	1.48	138	53.5	*N/A*	0.02	\$0.033
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.5	*N/A*	0.00	\$0.001
Weighted Daily Average			498	3.27	916	38	12.63	0.00	51	69.26	5.88	26.58	*18843	353.0	*3.35	3.49	\$1.002
% of Calories				5.91%		30.5%	22.8%	0.0%		55.6%		21.3%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30										

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages			572	5	948	35	16.85	*0.36	50	78.01	7.83	28.23	*5308	473	*15.50	3.50	\$1.227
% of Calories				8.21%		24.5%	26.5%	*0.6%		54.6%		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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.*