

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

**Menu Name:** K-12 Breakfast Cold **Include Cost:** Yes  
**Site:** 1 - Archdiocese of Chicago **Report Style:** Detailed

### Monday - 10/03/2022 Reimbursable Meal Total 1925

	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
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	1925	120	0.00	170	6	2.50	0.00	0	23.00	1.00	1.00	300	80.0	3.60	7.20	\$0.203
831285 BRD: CRACK SS, Animal WG	Package	1925	120	1.00	115	8	3.50	0.00	0	22.00	2.00	2.00	*N/A*	0.0	*N/A*	0.80	\$0.141
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	1925	60	0.00	0	13	0.00	0.00	0	15.00	1.00	0.00	100	20.0	6.00	0.36	\$0.675
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	1925	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16	\$0.302
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	185	2.77	222	20	4.62	0.00	28	20.34	0.00	14.79	1387	536.3	*N/A*	0.18	\$0.330
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	3	0.00	5	0	0.00	0.00	0	0.42	0.00	0.30	28	11.4	*N/A*	0.00	\$0.006
Weighted Daily Average			557	3.81	513	61	10.85	0.00	28	99.00	7.17	18.44	*1887	655.6	*15.68	8.71	\$1.657
% of Calories				6.16%		43.8%	17.5%	0.0%		71.1%		13.2%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Tuesday - 10/04/2022 Reimbursable Meal Total 2300

	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
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	2300	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90	\$0.425
833274 CHEESE, CH STICK 1EA 1.0	Stick	2300	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00	\$0.134

# 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
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	2300	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.213
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	2300	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10	\$0.223
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	155	2.32	186	17	3.87	0.00	23	17.03	0.00	12.38	1161	448.9	*N/A*	0.15	\$0.276
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	3	0.00	4	0	0.00	0.00	0	0.35	0.00	0.25	24	9.5	*N/A*	0.00	\$0.005
Weighted Daily Average			534	8.84	520	55	16.99	0.00	73	73.10	5.40	23.57	*1909	737.3	*53.09	1.16	\$1.276
% of Calories				14.90%		41.2%	28.6%	0.0%		54.8%		17.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Wednesday - 10/05/2022

Reimbursable Meal Total 2900

	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
831315 BRD: BAGEL. White WG IW	Each	2900	140	0.00	160	5	1.00	0.00	0	28.00	4.00	6.00	*N/A*	30.0	*N/A*	1.60	\$0.353
825853 COND PC Jelly, Grape Smucker	Each	2900	35	0.00	5	8	0.00	0.00	0	9.00	0.00	0.00	40	0.0	0.00	0.00	\$0.056
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	2900	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10	\$0.223
826337 JUICE SS, Apple 100% 4oz Cart	Each	2900	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00	\$0.138
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	123	1.84	147	14	3.07	0.00	18	13.50	0.00	9.82	921	356.0	*N/A*	0.12	\$0.219

# 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
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	3	0	0.00	0.00	0	0.28	0.00	0.20	19	7.6	*N/A*	0.00	\$0.004
Weighted Daily Average			407	1.86	330	49	4.19	0.00	19	76.51	6.40	16.96	*1204	433.5	*53.09	1.83	\$0.993
% of Calories				4.11%		48.2%	9.3%	0.0%		75.2%		16.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Thursday - 10/06/2022

Reimbursable Meal Total 3300

	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
829621 BRD: ROLL AP, CinnMini WG IW	Pouch	3300	240	1.50	270	14	8.00	0.00	0	40.00	3.00	4.00	*N/A*	30.0	*N/A*	1.70	\$0.425
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3300	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.213
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3300	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21	\$0.170
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	108	1.62	129	12	2.70	0.00	16	11.87	0.00	8.63	809	312.8	*N/A*	0.11	\$0.193
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	3	0	0.00	0.00	0	0.24	0.00	0.18	17	6.6	*N/A*	0.00	\$0.004
Weighted Daily Average			467	3.14	403	50	10.86	0.00	16	84.08	7.66	13.23	*855	365.1	*5.07	2.02	\$1.004
% of Calories				6.05%		42.8%	20.9%	0.0%		72.0%		11.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Friday - 10/07/2022

Reimbursable Meal Total 3300

# 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
000190 CEREAL BWL, Fruity Cheerios WG	Bowl	3300	120	0.00	140	9	2.00	0.00	0	25.00	2.00	2.00	500	100.0	6.00	4.50	\$0.203
831142 BRD: CRACK SS, Bug Bites CinWG	Package	3300	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70	\$0.164
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3300	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10	\$0.223
826343 JUICE SS, Grape100% 4oz Cart	Each	3300	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00	\$0.157
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3466	105	1.58	126	12	2.63	0.00	16	11.55	0.00	8.40	788	304.6	*N/A*	0.11	\$0.188
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	71	2	0.00	3	0	0.00	0.00	0	0.24	0.00	0.17	16	6.5	*N/A*	0.00	\$0.003
Weighted Daily Average			474	2.59	399	56	8.25	0.00	16	87.52	5.40	14.51	*1528	451.0	*59.09	5.41	\$0.939
% of Calories				4.92%		47.3%	15.7%	0.0%		73.9%		12.2%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Monday - 10/10/2022

Reimbursable Meal Total 3600

	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
990706 BRD: BRKFST PUMPKIN SUPER WG, 1SL (2BG)	Each	3600	260	1.50	240	24	8.00	0.00	0	44.00	2.00	5.00	*N/A*	114.0	*N/A*	1.00	\$0.561
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
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	99	1.48	119	11	2.47	0.00	15	10.88	0.00	7.91	742	286.8	*N/A*	0.10	\$0.177

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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
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.1	*N/A*	0.00	\$0.003
Weighted Daily Average			361	2.98	361	35	10.47	0.00	15	55.10	2.00	13.07	*757	406.9	*0.00	1.10	\$0.741
% of Calories				7.43%		38.8%	26.1%	0.0%		61.1%		14.5%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Tuesday - 10/11/2022

Reimbursable Meal Total 3600

	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
825636 CEREAL BWL, GOLDEN GRAHAMS WG (1BG)	Bowl	3600	110	0.00	210	8	0.50	0.00	0	24.00	1.00	1.00	300	90.0	3.60	2.50	\$0.203
990372 Danimals, Vanilla Yogurt	ea	3600	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00	\$0.247
000131 FRUIT: CUP SS, Peaches Dcd1/2c	Each (1/2c)	3600	60	0.00	5	16	0.00	0.00	0	17.00	2.00	1.00	400	0.0	2.40	0.36	\$0.367
826346 JUICE SS, Orange 100% 4oz Cart	Each	3600	50	0.00	15	10	0.00	0.00	0	12.00	0.00	1.00	0	0.0	42.00	0.00	\$0.160
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	99	1.48	119	11	2.47	0.00	15	10.88	0.00	7.91	742	286.8	*N/A*	0.10	\$0.177
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.1	*N/A*	0.00	\$0.003
Weighted Daily Average			391	1.48	421	54	2.97	0.00	20	76.10	3.00	15.07	*1457	482.9	*48.00	2.96	\$1.157
% of Calories				3.41%		55.2%	6.8%	0.0%		77.9%		15.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Wednesday - 10/12/2022

Reimbursable Meal Total 3600

# 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
831948 BRD: Bkfst Rnd ChocChip 2.2oz IW	Each	3600	270	2.50	180	19	8.00	0.00	5	44.00	6.25	5.00	9	23.6	0.00	0.92	\$0.412
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3600	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.213
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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	99	1.48	119	11	2.47	0.00	15	10.88	0.00	7.91	742	286.8	*N/A*	0.10	\$0.177
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.1	*N/A*	0.00	\$0.003
Weighted Daily Average			421	3.98	301	42	10.47	0.00	20	69.10	7.25	13.07	*766	321.4	*0.00	1.02	\$0.804
% of Calories				8.51%		39.9%	22.4%	0.0%		65.7%		12.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Thursday - 10/13/2022

Reimbursable Meal Total 3600

	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
832986 BRD: BAGEL, Mini StrwCrCh WGIW	Each	3600	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00	*N/A*	30.0	*N/A*	1.60	\$0.446
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3600	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10	\$0.223
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	99	1.48	119	11	2.47	0.00	15	10.88	0.00	7.91	742	286.8	*N/A*	0.10	\$0.177

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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
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.1	*N/A*	0.00	\$0.003
Weighted Daily Average			377	3.50	311	33	8.59	0.00	25	64.83	4.40	15.01	*981	362.8	*53.09	1.80	\$0.849
% of Calories				8.36%		35.0%	20.5%	0.0%		68.8%		15.9%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Friday - 10/14/2022

Reimbursable Meal Total 3300

	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
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	3300	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	*N/A*	140.0	*N/A*	1.90	\$0.267
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	3300	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00	*N/A*	204.0	*N/A*	0.00	\$0.136
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3300	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.181
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	3300	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00	\$0.144
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3567	108	1.62	130	12	2.70	0.00	16	11.89	0.00	8.65	811	313.5	*N/A*	0.11	\$0.193
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	3	0	0.00	0.00	0	0.24	0.00	0.18	17	6.6	*N/A*	0.00	\$0.004
Weighted Daily Average			472	6.65	469	52	13.41	0.00	36	72.65	5.87	18.14	*892	671.3	*9.10	2.15	\$0.925
% of Calories				12.68%		44.1%	25.6%	0.0%		61.6%		15.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Monday - 10/17/2022

Reimbursable Meal Total 3700

# 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
825665 CEREAL BWL, CinnTstCrnch RS WG	Bowl	3700	120	0.00	160	6	2.50	0.00	0	22.00	3.00	1.00	300	60.0	3.60	1.80	\$0.203
990372 Danimals, Vanilla Yogurt	ea	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
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3700	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.213
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3700	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21	\$0.170
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	96	1.44	115	11	2.41	0.00	14	10.58	0.00	7.70	722	279.0	*N/A*	0.10	\$0.172
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	5.9	*N/A*	0.00	\$0.003
Weighted Daily Average			335	1.47	279	40	5.07	0.00	15	64.77	7.66	9.28	*1066	360.6	*8.67	2.11	\$0.761
% of Calories				3.95%		47.8%	13.6%	0.0%		77.3%		11.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

## Tuesday - 10/18/2022

Reimbursable Meal Total 3700

	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
831313 BRD: BAR, NutriGr Blubr1.5WGIW	Each	3700	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	*N/A*	140.0	*N/A*	1.90	\$0.267
829216 CHEESE, MZ String LF 1ea 1.0	Stick	3700	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00	\$0.078
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3700	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.181
826346 JUICE SS, Orange 100% 4oz Cart	Each	3700	50	0.00	15	10	0.00	0.00	0	12.00	0.00	1.00	0	0.0	42.00	0.00	\$0.160
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	96	1.44	115	11	2.41	0.00	14	10.58	0.00	7.70	722	279.0	*N/A*	0.10	\$0.172

# 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
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	5.9	*N/A*	0.00	\$0.003
Weighted Daily Average			420	3.98	469	48	9.11	0.00	25	70.32	5.87	18.17	*1201	630.1	*47.50	2.14	\$0.862
% of Calories				8.53%		45.7%	19.5%	0.0%		67.0%		17.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

## Wednesday - 10/19/2022

Reimbursable Meal Total 3700

	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
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	3700	190	2.00	130	17	6.00	0.00	40	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90	\$0.425
833274 CHEESE, CH STICK 1EA 1.0	Stick	3700	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00	\$0.134
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3700	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10	\$0.223
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3700	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.213
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	96	1.44	115	11	2.41	0.00	14	10.58	0.00	7.70	722	279.0	*N/A*	0.10	\$0.172
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	5.9	*N/A*	0.00	\$0.003
Weighted Daily Average			475	7.96	448	49	15.53	0.00	75	66.53	5.40	18.79	*1461	563.9	*53.09	1.10	\$1.170
% of Calories				15.08%		41.3%	29.4%	0.0%		56.0%		15.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

## Thursday - 10/20/2022

Reimbursable Meal Total 3700

# 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
825665 CEREAL BWL, CinnTstCrnch RS WG	Bowl	3700	120	0.00	160	6	2.50	0.00	0	22.00	3.00	1.00	300	60.0	3.60	1.80	\$0.203
831285 BRD: CRACK SS, Animal WG	Package	3700	120	1.00	115	8	3.50	0.00	0	22.00	2.00	2.00	*N/A*	0.0	*N/A*	0.80	\$0.141
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3700	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10	\$0.223
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	3700	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00	\$0.144
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	96	1.44	115	11	2.41	0.00	14	10.58	0.00	7.70	722	279.0	*N/A*	0.10	\$0.172
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	5.9	*N/A*	0.00	\$0.003
Weighted Daily Average			445	2.46	403	47	8.53	0.00	15	80.53	7.40	11.79	*1261	384.9	*60.29	2.80	\$0.886
% of Calories				4.98%		42.2%	17.3%	0.0%		72.4%		10.6%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Friday - 10/21/2022

Reimbursable Meal Total 3700

	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
825687 CEREAL BWL, Lucky Charms WG	Bowl	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
990372 Danimals, Vanilla Yogurt	ea	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
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3700	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21	\$0.170
825021 FRUIT: APRICOTS, w/ Juice 1/2c	1/2 Cup	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	96	1.44	115	11	2.41	0.00	14	10.58	0.00	7.70	722	279.0	*N/A*	0.10	\$0.172

# 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
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	5.9	*N/A*	0.00	\$0.003
Weighted Daily Average			165	1.47	119	22	2.57	0.00	15	28.77	3.66	8.28	*766	295.6	*5.07	0.31	\$0.345
% of Calories				8.02%		53.3%	14.0%	0.0%		69.7%		20.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Monday - 10/24/2022

Reimbursable Meal Total 4000

	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
829521 BRD: Bkfst Rnd Cinn 2.2oz WG IW	Each	4000	280	3.00	190	19	8.00	0.00	5	44.00	6.29	5.00	8	29.8	0.01	0.68	\$0.418
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	4000	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.213
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	4000	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10	\$0.223
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	89	1.34	107	10	2.22	0.00	13	9.79	0.00	7.12	668	258.1	*N/A*	0.09	\$0.159
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	1	0.00	2	0	0.00	0.00	0	0.20	0.00	0.15	14	5.5	*N/A*	0.00	\$0.003
Weighted Daily Average			467	4.35	299	50	10.34	0.00	18	79.72	9.68	13.20	*914	338.3	*53.10	0.87	\$1.016
% of Calories				8.38%		42.8%	19.9%	0.0%		68.3%		11.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Tuesday - 10/25/2022

Reimbursable Meal Total 3800

# 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
990706 BRD: BRKFST PUMPKIN SUPER WG, 1SL (2BG)	Each	3800	260	1.50	240	24	8.00	0.00	0	44.00	2.00	5.00	*N/A*	114.0	*N/A*	1.00	\$0.561
825008 FRUIT: APPLE, 138CT Whole 1C	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
826343 JUICE SS, Grape100% 4oz Cart	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	94	1.41	112	10	2.34	0.00	14	10.31	0.00	7.49	703	271.7	*N/A*	0.09	\$0.167
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.21	0.00	0.15	14	5.8	*N/A*	0.00	\$0.003
Weighted Daily Average			355	2.91	355	35	10.34	0.00	14	54.52	2.00	12.65	*717	391.4	*0.00	1.10	\$0.731
% of Calories				7.38%		39.4%	26.2%	0.0%		61.4%		14.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Wednesday - 10/26/2022

Reimbursable Meal Total 3800

	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
832986 BRD: BAGEL, Mini StrwCrCh WGIW	Each	3800	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00	*N/A*	30.0	*N/A*	1.60	\$0.446
000124 FRUIT: PEARS 150 ct.	Each (150ct)	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)	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	94	1.41	112	10	2.34	0.00	14	10.31	0.00	7.49	703	271.7	*N/A*	0.09	\$0.167

# 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
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.21	0.00	0.15	14	5.8	*N/A*	0.00	\$0.003
Weighted Daily Average			325	3.41	305	24	8.34	0.00	24	52.52	2.00	13.65	*717	307.4	*0.00	1.70	\$0.617
% of Calories				9.44%		29.5%	23.1%	0.0%		64.6%		16.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Thursday - 10/27/2022

Reimbursable Meal Total 3800

	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
825687 CEREAL BWL, Lucky Charms WG	Bowl	3800	110	0.00	180	9	1.00	0.00	0	23.00	2.00	2.00	300	110.0	3.60	3.60	\$0.221
833274 CHEESE, CH STICK 1EA 1.0	Stick	3800	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00	\$0.134
825008 FRUIT: APPLE, 138CT Whole 1C	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
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	94	1.41	112	10	2.34	0.00	14	10.31	0.00	7.49	703	271.7	*N/A*	0.09	\$0.167
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.21	0.00	0.15	14	5.8	*N/A*	0.00	\$0.003
Weighted Daily Average			295	5.91	495	20	10.34	0.00	34	33.52	2.00	16.65	1517	591.4	*3.60	3.70	\$0.526
% of Calories				18.03%		27.1%	31.5%	0.0%		45.5%		22.6%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Friday - 10/28/2022

Reimbursable Meal Total 3800

# 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
825633 CEREAL BWL, Cheerios WG	Bowl	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
829216 CHEESE, MZ String LF 1ea 1.0	Stick	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	*N/A*	0.00	\$0.000
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	3800	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.157
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	3800	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00	\$0.144
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3466	91	1.37	109	10	2.28	0.00	14	10.03	0.00	7.30	684	264.5	*N/A*	0.09	\$0.163
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	71	1	0.00	2	0	0.00	0.00	0	0.21	0.00	0.15	14	5.6	*N/A*	0.00	\$0.003
Weighted Daily Average			222	1.45	122	33	2.54	0.00	14	41.92	2.01	8.29	748	274.0	*10.33	0.29	\$0.467
% of Calories				5.88%		59.5%	10.3%	0.0%		75.5%		14.9%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Monday - 10/31/2022

Reimbursable Meal Total 3800

	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
990520 CEREAL BWL, CHEX RICE WG GF (1BG)	Bowl	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
831142 BRD: CRACK SS, Bug Bites CinWG	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
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10	\$0.223
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	3800	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00	\$0.144
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	94	1.41	112	10	2.34	0.00	14	10.31	0.00	7.49	703	271.7	*N/A*	0.09	\$0.167

# 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
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.21	0.00	0.15	14	5.8	*N/A*	0.00	\$0.003
Weighted Daily Average			202	1.42	125	33	2.46	0.00	14	36.24	2.40	8.59	*942	317.4	*56.69	0.20	\$0.538
% of Calories				6.33%		65.3%	11.0%	0.0%		71.8%		17.0%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages			389	4	355	42	8.68	0.00	25	65.11	4.98	14.31	*1121	445	*28.31	2.12	\$0.870
% of Calories				8.33%		43.2%	20.1%	0.0%		67.0%		14.7%					

\*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.**