

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

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

Monday - 10/03/2022 Reimbursable Meal Total 540

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	540	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	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
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	540	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
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	540	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	703	130	1.95	156	14	3.25	0.00	20	14.32	0.00	10.41	976	377.5	*N/A*	0.13	\$0.232
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	2	0.00	3	0	0.00	0.00	0	0.29	0.00	0.21	19	7.8	*N/A*	0.00	\$0.004
Weighted Daily Average			374	1.99	331	46	5.96	0.00	20	69.13	4.87	11.93	*1460	492.5	*15.10	7.84	\$1.296
% of Calories				4.79%		49.2%	14.3%	0.0%		73.9%		12.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Tuesday - 10/04/2022 Reimbursable Meal Total 600

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	600	140	1.50	360	6	5.00	0.00	10	16.00	2.00	8.00	0	40.0	0.00	1.44	\$0.431

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Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000116 FRUIT: CUP SS, APPLSC UNSWT SHLF-STBL 1/2C	Each (1/2c)	600	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)	600	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	703	117	1.76	141	13	2.93	0.00	18	12.89	0.00	9.37	879	339.8	*N/A*	0.12	\$0.209
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	2	0.00	3	0	0.00	0.00	0	0.26	0.00	0.19	18	7.0	*N/A*	0.00	\$0.004
Weighted Daily Average			356	3.27	503	40	8.05	0.00	28	54.87	5.40	18.50	*1121	431.7	*53.09	1.66	\$1.080
% of Calories				8.27%		44.9%	20.4%	0.0%		61.7%		20.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Wednesday - 10/05/2022

Reimbursable Meal Total 875

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	875	200	1.00	170	13	5.00	0.00	0	37.00	3.00	4.00	0	20.0	0.00	0.72	\$0.392
833274 CHEESE, CH STICK 1EA 1.0	Stick	875	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)	875	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	875	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	703	80	1.21	96	9	2.01	0.00	12	8.84	0.00	6.43	603	233.0	*N/A*	0.08	\$0.143

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Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	1	0.00	2	0	0.00	0.00	0	0.18	0.00	0.13	12	4.8	*N/A*	0.00	\$0.003
Weighted Daily Average			479	6.72	483	44	14.13	0.00	32	71.74	5.40	18.49	1339	501.7	*53.09	0.90	\$1.033
% of Calories				12.63%		36.7%	26.5%	0.0%		59.9%		15.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Thursday - 10/06/2022

Reimbursable Meal Total 950

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
830789 MELT BGL, CSaus AM 1.25 WG	Sandwich	950	285	3.62	610	4	10.50	0.00	52	29.50	4.00	19.50	*0	121.0	*0.00	2.80	\$0.516
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
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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	703	74	1.11	89	8	1.85	0.00	11	8.14	0.00	5.92	555	214.6	*N/A*	0.07	\$0.132
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	1	0.00	2	0	0.00	0.00	0	0.16	0.00	0.12	11	4.4	*N/A*	0.00	\$0.002
Weighted Daily Average			360	4.74	701	13	12.35	0.00	64	37.80	4.00	25.54	*566	340.0	*0.00	2.88	\$0.651
% of Calories				11.85%		14.4%	30.9%	0.0%		42.0%		28.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Friday - 10/07/2022

Reimbursable Meal Total 950

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000190 CEREAL BWL, Fruity Cheerios WG	Bowl	950	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	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)	950	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	950	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	703	74	1.11	89	8	1.85	0.00	11	8.14	0.00	5.92	555	214.6	*N/A*	0.07	\$0.132
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	1	0.00	2	0	0.00	0.00	0	0.16	0.00	0.12	11	4.4	*N/A*	0.00	\$0.002
Weighted Daily Average			322	1.12	246	45	3.97	0.00	11	63.03	4.40	9.98	*1291	358.9	*59.09	4.68	\$0.718
% of Calories				3.13%		55.9%	11.1%	0.0%		78.3%		12.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Monday - 10/10/2022

Reimbursable Meal Total 950

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990706 BRD: BRKFST PUMPKIN SUPER WG, 1SL (2BG)	Each	950	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)	950	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)	950	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	703	74	1.11	89	8	1.85	0.00	11	8.14	0.00	5.92	555	214.6	*N/A*	0.07	\$0.132

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Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	1	0.00	2	0	0.00	0.00	0	0.16	0.00	0.12	11	4.4	*N/A*	0.00	\$0.002
Weighted Daily Average			432	2.62	331	54	9.97	0.00	11	78.03	5.40	11.98	*791	377.9	*53.09	1.18	\$1.131
% of Calories				5.46%		50.0%	20.8%	0.0%		72.2%		11.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Tuesday - 10/11/2022

Reimbursable Meal Total 1100

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
831322 BRD: FR TST AP, Berry WG IW	Pouch	1100	210	1.00	190	11	7.00	0.00	0	36.00	2.00	4.00	*N/A*	70.0	*N/A*	1.50	\$0.395
000131 FRUIT: CUP SS, Peaches Dcd1/2c	Each (1/2c)	1100	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	1100	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	703	64	0.96	77	7	1.60	0.00	10	7.03	0.00	5.11	479	185.3	*N/A*	0.06	\$0.114
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	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			385	1.96	288	44	8.60	0.00	10	72.17	4.00	11.21	*889	259.2	*44.40	1.93	\$1.039
% of Calories				4.58%		45.7%	20.1%	0.0%		75.0%		11.6%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Wednesday - 10/12/2022

Reimbursable Meal Total 1100

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990659 PACK: SDW MUFF EGGPTY AM, TATER TOTS1/2C WG1.25(2)	Pack	1100	351	4.52	872	2	16.75	0.00	108	38.79	2.89	11.39	*100	241.0	*0.00	0.72	\$0.492
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1100	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)	1100	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	703	64	0.96	77	7	1.60	0.00	10	7.03	0.00	5.11	479	185.3	*N/A*	0.06	\$0.114
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	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			513	5.49	950	30	18.47	0.00	117	71.69	6.29	17.55	*813	475.1	*53.09	0.89	\$1.044
% of Calories				9.63%		23.4%	32.4%	0.0%		55.9%		13.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Thursday - 10/13/2022

Reimbursable Meal Total 1100

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990578 PACK: EGG OMELET CH AP, BISC MINI AP WG 2.0 (1BG)	Pack	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
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1100	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	703	64	0.96	77	7	1.60	0.00	10	7.03	0.00	5.11	479	185.3	*N/A*	0.06	\$0.114

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Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	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			112	0.97	78	16	1.72	0.00	10	18.90	2.40	6.15	713	229.1	*53.09	0.17	\$0.339
% of Calories				7.79%		57.1%	13.8%	0.0%		67.5%		22.0%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Friday - 10/14/2022

Reimbursable Meal Total 1050

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	1050	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)	1050	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)	1050	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	1050	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	703	67	1.00	80	7	1.67	0.00	10	7.36	0.00	5.36	502	194.2	*N/A*	0.07	\$0.120
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	1	0.00	2	0	0.00	0.00	0	0.15	0.00	0.11	10	4.0	*N/A*	0.00	\$0.002
Weighted Daily Average			430	6.04	418	47	12.38	0.00	30	68.03	5.87	14.77	*577	549.3	*9.10	2.11	\$0.850
% of Calories				12.64%		43.7%	25.9%	0.0%		63.3%		13.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Monday - 10/17/2022

Reimbursable Meal Total 1100

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
825665 CEREAL BWL, CinnTstCrnch RS WG	Bowl	1100	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	1100	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
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1100	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)	1100	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	100	9	0.14	11	1	0.23	0.00	1	1.00	0.00	0.73	68	26.4	*N/A*	0.01	\$0.016
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1000	73	0.00	109	10	0.00	0.00	5	10.00	0.00	7.27	682	272.7	*N/A*	0.09	\$0.145
Weighted Daily Average			389	0.16	351	50	2.89	0.00	11	76.97	7.66	13.42	*1080	474.7	*8.67	2.11	\$0.994
% of Calories				0.37%		51.4%	6.7%	0.0%		79.1%		13.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Tuesday - 10/18/2022

Reimbursable Meal Total 1050

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
831333 BRD: WAFFLE, AP WG Bluebry IW	Pouch	700	133	0.67	113	7	4.00	0.00	0	24.00	2.00	2.67	0	13.3	0.00	0.48	\$0.258
833274 CHEESE, CH STICK 1EA 1.0	Stick	700	60	3.00	133	0	4.67	0.00	13	0.00	0.00	4.67	333	136.0	*N/A*	0.00	\$0.090
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	700	41	0.02	1	8	0.14	0.00	0	11.01	1.91	0.21	43	4.8	3.67	0.10	\$0.121
826346 JUICE SS, Orange 100% 4oz Cart	Each	700	33	0.00	10	7	0.00	0.00	0	8.00	0.00	0.67	0	0.0	28.00	0.00	\$0.107
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	703	67	1.00	80	7	1.67	0.00	10	7.36	0.00	5.36	502	194.2	*N/A*	0.07	\$0.120

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	1	0.00	2	0	0.00	0.00	0	0.15	0.00	0.11	10	4.0	*N/A*	0.00	\$0.002
Weighted Daily Average			336	4.69	339	29	10.48	0.00	23	50.53	3.91	13.67	889	352.3	*31.67	0.64	\$0.697
% of Calories				12.56%		34.5%	28.1%	0.0%		60.2%		16.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Wednesday - 10/19/2022

Reimbursable Meal Total 1050

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
831321 BRD: FR TST AP, Cinn WG IW	Pouch	1050	220	1.00	200	11	7.00	0.00	0	37.00	2.00	4.00	*N/A*	80.0	*N/A*	1.70	\$0.383
833274 CHEESE, CH STICK 1EA 1.0	Stick	1050	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)	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	703	67	1.00	80	7	1.67	0.00	10	7.36	0.00	5.36	502	194.2	*N/A*	0.07	\$0.120
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	1	0.00	2	0	0.00	0.00	0	0.15	0.00	0.11	10	4.0	*N/A*	0.00	\$0.002
Weighted Daily Average			378	6.50	482	19	15.67	0.00	30	44.51	2.00	16.46	*1012	482.2	*0.00	1.77	\$0.639
% of Calories				15.48%		20.1%	37.3%	0.0%		47.1%		17.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Thursday - 10/20/2022

Reimbursable Meal Total 1050

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
830954 PIZZA AP TONY BKFST T.SSG WG 1.0 (1.5BG)	Pizza	1050	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0	156.0	0.00	1.90	\$0.324
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1050	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	1050	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	703	67	1.00	80	7	1.67	0.00	10	7.36	0.00	5.36	502	194.2	*N/A*	0.07	\$0.120
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	1	0.00	2	0	0.00	0.00	0	0.15	0.00	0.11	10	4.0	*N/A*	0.00	\$0.002
Weighted Daily Average			385	3.02	442	35	8.79	0.00	25	60.24	5.40	15.40	737	394.1	*56.69	2.07	\$0.813
% of Calories				7.06%		36.4%	20.5%	0.0%		62.6%		16.0%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Friday - 10/21/2022

Reimbursable Meal Total 1050

	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)	Vit-A (IU)	Calc ^m (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)	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
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	703	67	1.00	80	7	1.67	0.00	10	7.36	0.00	5.36	502	194.2	*N/A*	0.07	\$0.120

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	1	0.00	2	0	0.00	0.00	0	0.15	0.00	0.11	10	4.0	*N/A*	0.00	\$0.002
Weighted Daily Average			68	1.00	82	8	1.67	0.00	10	7.51	0.00	5.46	*512	198.2	*0.00	0.07	\$0.122
% of Calories				13.24%		47.1%	22.1%	0.0%		44.2%		32.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Monday - 10/24/2022

Reimbursable Meal Total 1100

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
829521 BRD: Bkfst Rnd Cinn 2.2oz WG IW	Each	1100	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)	1100	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)	1100	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	703	64	0.96	77	7	1.60	0.00	10	7.03	0.00	5.11	479	185.3	*N/A*	0.06	\$0.114
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	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			442	3.97	268	48	9.72	0.00	15	76.90	9.68	11.15	*721	263.9	*53.10	0.85	\$0.970
% of Calories				8.08%		43.4%	19.8%	0.0%		69.6%		10.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Tuesday - 10/25/2022

Reimbursable Meal Total 1100

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990578 PACK: EGG OMELET CH AP, BISC MINI AP WG 2.0 (1BG)	Pack	1100	230	7.50	490	1	16.00	0.00	170	15.00	1.00	9.00	300	140.0	0.00	1.08	\$0.451
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	703	64	0.96	77	7	1.60	0.00	10	7.03	0.00	5.11	479	185.3	*N/A*	0.06	\$0.114
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	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			295	8.46	568	8	17.60	0.00	180	22.17	1.00	14.21	789	329.2	*0.00	1.15	\$0.567
% of Calories				25.81%		10.8%	53.7%	0.0%		30.1%		19.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Wednesday - 10/26/2022

Reimbursable Meal Total 1100

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	1100	140	1.50	360	6	5.00	0.00	10	16.00	2.00	8.00	0	40.0	0.00	1.44	\$0.431
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	703	64	0.96	77	7	1.60	0.00	10	7.03	0.00	5.11	479	185.3	*N/A*	0.06	\$0.114

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	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			205	2.46	438	13	6.60	0.00	20	23.17	2.00	13.21	*489	229.2	*0.00	1.51	\$0.547
% of Calories				10.80%		25.4%	29.0%	0.0%		45.2%		25.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Thursday - 10/27/2022

Reimbursable Meal Total 1100

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	1100	200	1.00	170	13	5.00	0.00	0	37.00	3.00	4.00	0	20.0	0.00	0.72	\$0.392
833274 CHEESE, CH STICK 1EA 1.0	Stick	1100	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
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	1100	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00	\$0.220
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1100	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	703	64	0.96	77	7	1.60	0.00	10	7.03	0.00	5.11	479	185.3	*N/A*	0.06	\$0.114
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	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			527	6.49	449	57	13.80	0.00	30	87.69	7.87	16.53	1053	420.3	*5.50	0.93	\$1.044
% of Calories				11.08%		43.3%	23.6%	0.0%		66.6%		12.5%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Friday - 10/28/2022

Reimbursable Meal Total 975

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
825633 CEREAL BWL, Cheerios WG	Bowl	975	100	0.00	140	1	2.00	0.00	0	21.00	3.00	4.00	300	60.0	3.60	9.00	\$0.203
829216 CHEESE, MZ String LF 1ea 1.0	Stick	975	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
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	975	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	975	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	703	72	1.08	87	8	1.80	0.00	11	7.93	0.00	5.77	541	209.1	*N/A*	0.07	\$0.129
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	1	0.00	2	0	0.00	0.00	0	0.16	0.00	0.11	11	4.3	*N/A*	0.00	\$0.002
Weighted Daily Average			362	3.17	439	33	7.06	0.00	21	61.77	5.01	17.73	1301	475.3	*13.93	9.27	\$0.713
% of Calories				7.88%		36.5%	17.6%	0.0%		68.3%		19.6%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Monday - 10/31/2022

Reimbursable Meal Total 1100

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990520 CEREAL BWL, CHEX RICE WG GF (1BG)	Bowl	1100	100	0.00	250	2	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00	\$0.221
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1100	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)	1100	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	1100	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	703	64	0.96	77	7	1.60	0.00	10	7.03	0.00	5.11	479	185.3	*N/A*	0.06	\$0.114

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	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			392	1.97	453	40	6.22	0.00	10	77.90	4.40	10.15	*1213	329.1	*62.69	9.87	\$0.869
% of Calories				4.52%		40.8%	14.3%	0.0%		79.5%		10.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages			359	4	411	34	9.34	0.00	34	56.89	4.62	13.98	*922	379	*29.78	2.59	\$0.817
% of Calories				9.18%		37.9%	23.4%	0.0%		63.4%		15.6%					

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.