

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

Menu Name: 9-12 Lunch Express (2 Cold Ent)
Site: 1 - Archdiocese of Chicago

Include Cost: Yes
Report Style: Detailed

Monday - 10/03/2022

Reimbursable Meal Total 150

	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)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000179 BRD: PANCAKES, AP WG Confetti	Pouch	150	220	1.00	300	11	7.00	0.00	10	36.00	4.00	4.00	*N/A*	60.0	*N/A*	3.60	\$0.396
833274 CHEESE, CH STICK 1EA 1.0	Stick	150	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
990372 Danimals, Vanilla Yogurt	ea	150	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
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	150	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01	\$0.488
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	150	8	0.01	2	1	0.09	0.00	0	1.68	0.52	0.38	359	4.3	5.91	0.12	\$0.350
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	150	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)	150	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	100	73	0.00	140	12	0.00	0.00	3	12.67	0.00	5.33	500	193.3	*N/A*	0.07	\$0.124
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	40	27	0.40	32	3	0.67	0.00	4	2.93	0.00	2.13	200	77.3	*N/A*	0.03	\$0.048
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	5	0.00	8	1	0.00	0.00	0	0.73	0.00	0.53	50	20.0	*N/A*	0.01	\$0.011
Weighted Daily Average			630	5.95	841	64	15.02	0.00	43	101.08	11.20	25.04	*17471	740.2	*61.94	4.93	\$2.233
% of Calories				8.50%		40.6%	21.5%	0.0%		64.2%		15.9%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

Tuesday - 10/04/2022

Reimbursable Meal Total 60

	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
990369 Danimals, Strawberry Banana Yogurt	ea	60	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
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	60	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
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	60	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
830671 VEG: TOMATOES, Cherry 3/4c	3/4 Cup	60	23	0.04	6	3	0.26	*N/A*	0	4.98	1.54	1.13	1067	12.8	17.54	0.35	\$0.755
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
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	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	60	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
831720 BRD: CRACK SS, Bear GrhmCinnWG	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	281	515	0.00	984	84	0.00	0.00	23	88.98	0.00	37.47	3512	1358.2	*N/A*	0.47	\$0.872
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	80	133	2.00	160	15	3.33	0.00	20	14.67	0.00	10.67	1000	386.7	*N/A*	0.13	\$0.238
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	4	5	0.00	8	1	0.00	0.00	0	0.73	0.00	0.53	50	20.0	*N/A*	0.01	\$0.011
Weighted Daily Average			1107	8.54	1563	146	16.59	*0.00	99	169.36	3.54	64.79	*5629	2111.6	*17.54	1.85	\$2.841
% of Calories				6.94%		52.8%	13.5%	*0.0%		61.2%		23.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 10/05/2022

Reimbursable Meal Total 275

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
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	275	325	6.01	762	4	12.78	0.00	55	28.01	2.00	22.55	*0	265.0	*0.00	1.28	\$0.701
828881 COND PC MAYONNAISE FF 12G	Each	275	11	0.03	101	1	0.10	0.00	3	2.57	0.24	0.06	*N/A*	0.8	*N/A*	0.02	\$0.093
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	275	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50	\$0.244
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	275	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51	\$0.352
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	275	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	275	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	369	148	0.00	282	24	0.00	0.00	7	25.49	0.00	10.73	1006	389.1	*N/A*	0.13	\$0.250
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	105	38	0.57	46	4	0.95	0.00	6	4.20	0.00	3.05	286	110.7	*N/A*	0.04	\$0.068
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	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			787	6.67	1496	67	17.02	*0.00	71	112.77	12.26	44.07	*9583	878.2	*60.40	4.59	\$2.093
% of Calories				7.63%		34.1%	19.5%	*0.0%		57.3%		22.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 10/06/2022

Reimbursable Meal Total 60

	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
990645 SALAD, CHIXPOP AP ROM WG 2.0 (1BG)	Each	60	260	2.79	391	1	14.54	0.00	22	16.37	3.85	15.87	2218	52.5	0.97	2.24	\$0.468
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	60	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00	\$0.124

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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
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	60	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03	\$0.084
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	60	68	0.09	1	3	0.56	0.00	0	16.25	2.02	2.15	168	2.5	2.95	0.40	\$0.185
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	60	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)	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	377	691	0.00	1320	113	0.00	0.00	31	119.38	0.00	50.27	4712	1822.2	*N/A*	0.63	\$1.171
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	108	180	2.70	216	20	4.50	0.00	27	19.80	0.00	14.40	1350	522.0	*N/A*	0.18	\$0.321
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	7	0.00	10	1	0.00	0.00	0	0.92	0.00	0.67	62	25.0	*N/A*	0.01	\$0.013
Weighted Daily Average			1375	6.34	2179	151	25.52	0.10	85	201.63	8.39	86.46	*8511	2469.2	*3.92	4.48	\$2.579
% of Calories				4.15%		43.9%	16.7%	0.1%		58.7%		25.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Friday - 10/07/2022

Reimbursable Meal Total 500

	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
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (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
825862 COND PC Mustard 6g	Each	500	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00	\$0.020
990593 VEG: CELERY, STICKS IW 100/2OZ	Bag (2ozw)	500	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11	\$0.480
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	500	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

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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
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	500	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50	\$0.244
826346 JUICE SS, Orange 100% 4oz Cart	Each	500	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
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	500	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00	\$0.197
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	377	83	0.00	158	14	0.00	0.00	4	14.33	0.00	6.03	566	218.7	*N/A*	0.08	\$0.140
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	108	17	0.00	26	2	0.00	0.00	1	2.38	0.00	1.73	162	64.8	*N/A*	0.02	\$0.034
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	1	0.02	1	0	0.02	0.00	0	0.11	0.00	0.08	8	2.9	*N/A*	0.00	\$0.002
Weighted Daily Average			368	0.14	471	46	4.45	0.00	5	73.84	5.56	12.44	*8858	*471.1	*51.96	*1.92	\$1.434
% of Calories				0.34%		50.0%	10.9%	0.0%		80.3%		13.5%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Monday - 10/10/2022

Reimbursable Meal Total 650

	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
831183 CHIX Popcorn, AP WG 2.0	Serving	650	256	2.78	389	1	14.46	0.00	22	15.58	3.34	15.58	111	44.5	0.00	2.00	\$0.374
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	650	70	0.00	40	0	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72	\$0.131
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	650	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03	\$0.084
990698 VEG: CORN, FZ CKD 3/8c	3/8 Cup	650	51	0.06	1	2	0.42	0.00	0	12.19	1.52	1.61	126	1.9	2.21	0.30	\$0.139
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	650	12	0.02	3	2	0.13	0.00	0	2.52	0.78	0.57	539	6.5	8.86	0.18	\$0.524

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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
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	650	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50	\$0.244
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	650	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	68	0.00	130	11	0.00	0.00	3	11.75	0.00	4.95	464	179.4	*N/A*	0.06	\$0.115
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	18	0.27	21	2	0.44	0.00	3	1.95	0.00	1.42	133	51.3	*N/A*	0.02	\$0.032
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	1	0.00	1	0	0.00	0.00	0	0.08	0.00	0.06	6	2.3	*N/A*	0.00	\$0.001
Weighted Daily Average			606	3.94	732	34	21.16	0.10	32	80.16	11.17	26.96	*9261	313.2	*18.05	3.95	\$1.826
% of Calories				5.85%		22.4%	31.4%	0.1%		52.9%		17.8%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 10/11/2022

Reimbursable Meal Total 50

	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
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	50	320	9.31	917	1	21.83	0.00	52	14.07	1.00	17.49	*214	215.1	*0.00	1.06	\$0.519
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	50	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00	150	0.0	13.50	1.62	\$0.752
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	50	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01	\$0.488
832571 FRUIT: APPLE, Slcd IW 2oz	Each	50	30	0.00	0	6	0.00	0.00	0	7.00	1.00	0.00	30	20.0	21.00	0.00	\$0.252
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	50	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
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	50	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

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900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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	1	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00	\$0.003
Weighted Daily Average			1048	13.64	2105	70	43.99	0.00	74	134.65	12.79	30.57	*16722	538.4	*37.45	4.49	\$2.566
% of Calories				11.71%		26.7%	37.8%	0.0%		51.4%		11.7%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 10/12/2022

Reimbursable Meal Total 50

	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
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	50	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53	*1289	219.2	*7.73	1.64	\$0.438
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	50	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00	\$0.142
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	50	52	0.66	128	3	4.33	85.08	2	3.17	0.09	0.09	*N/A*	1.1	*N/A*	0.04	\$0.071
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	50	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51	\$0.352
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	50	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	50	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
831289 BRD: CRACK SS, Chz-It WG	Package	50	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90	\$0.192
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130

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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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	1	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00	\$0.003
Weighted Daily Average			730	7.24	1360	47	22.36	*85.08	64	94.92	11.31	35.14	*2436	616.2	*66.66	6.28	\$1.727
% of Calories				8.93%		25.8%	27.6%	*104.9%		52.0%		19.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 10/13/2022

Reimbursable Meal Total 50

	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
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	50	325	6.01	762	4	12.78	0.00	55	28.01	2.00	22.55	*0	265.0	*0.00	1.28	\$0.701
828881 COND PC MAYONNAISE FF 12G	Each	50	11	0.03	101	1	0.10	0.00	3	2.57	0.24	0.06	*N/A*	0.8	*N/A*	0.02	\$0.093
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	50	68	0.09	1	3	0.56	0.00	0	16.25	2.02	2.15	168	2.5	2.95	0.40	\$0.185
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	50	5	0.01	1	1	0.04	0.00	0	1.19	0.44	0.22	95	2.6	20.66	0.09	\$0.167
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50	\$0.244
000124 FRUIT: PEARS 150 ct.	Each (150ct)	50	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
826343 JUICE SS, Grape100% 4oz Cart	Each	50	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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

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	1	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00	\$0.003
Weighted Daily Average			676	6.48	1098	55	14.23	0.00	65	104.39	10.00	34.12	*8801	566.6	*30.15	2.59	\$1.888
% of Calories				8.63%		32.5%	18.9%	0.0%		61.8%		20.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Friday - 10/14/2022

Reimbursable Meal Total 50

	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
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	50	130	4.04	161	1	9.02	0.00	210	1.77	0.51	9.69	*2343	127.9	*0.97	0.75	\$0.300
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	50	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00	\$0.142
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	50	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03	\$0.084
990593 VEG: CELERY, STICKS IW 100/2OZ	Bag (2ozw)	50	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11	\$0.480
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50	\$0.244
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	50	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	50	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
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	50	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00	\$0.197
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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

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	1	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00	\$0.003
Weighted Daily Average			611	5.15	815	50	20.23	0.10	220	84.48	7.48	23.84	*11331	637.6	*57.29	3.59	\$1.977
% of Calories				7.59%		32.7%	29.8%	0.1%		55.3%		15.6%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Monday - 10/17/2022

Reimbursable Meal Total 500

	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
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	500	338	5.42	817	4	10.99	0.00	45	36.87	0.00	21.15	*N/A*	*212.0	*N/A*	*0.10	\$0.923
825862 COND PC Mustard 6g	Each	500	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00	\$0.020
825624 VEG: CELERY, Sticks 1/2c	1/2 Cup	0	0	0.00	0	0	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
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
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	500	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	500	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
831285 BRD: CRACK SS, Animal WG	Package	500	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	377	83	0.00	158	14	0.00	0.00	4	14.33	0.00	6.03	566	218.7	*N/A*	0.08	\$0.140
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	108	17	0.00	26	2	0.00	0.00	1	2.38	0.00	1.73	162	64.8	*N/A*	0.02	\$0.034

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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	1	0.02	1	0	0.02	0.00	0	0.11	0.00	0.08	8	2.9	*N/A*	0.00	\$0.002
Weighted Daily Average			671	6.47	1199	50	14.72	*0.00	50	105.20	4.87	32.30	*800	*505.5	*47.50	*1.14	\$1.602
% of Calories				8.68%		29.8%	19.7%	*0.0%		62.7%		19.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 10/18/2022

Reimbursable Meal Total 50

	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
990369 Danimals, Strawberry Banana Yogurt	ea	50	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
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	50	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
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	50	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
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	50	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01	\$0.488
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	50	8	0.01	2	1	0.09	0.00	0	1.68	0.52	0.38	359	4.3	5.91	0.12	\$0.350
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	50	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	50	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
831285 BRD: CRACK SS, Animal WG	Package	50	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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

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	1	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00	\$0.003
Weighted Daily Average			728	7.87	785	77	17.44	0.00	62	119.26	10.68	25.78	*16751	648.8	*56.36	3.06	\$2.296
% of Calories				9.73%		42.3%	21.6%	0.0%		65.5%		14.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 10/19/2022

Reimbursable Meal Total 50

	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
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	50	215	5.72	656	3	12.60	0.00	60	4.52	0.86	19.10	*1343	222.2	*7.73	3.07	\$0.456
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	50	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00	\$0.124
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	50	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00	\$0.039
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	50	5	0.01	1	1	0.04	0.00	0	1.19	0.44	0.22	95	2.6	20.66	0.09	\$0.167
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 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
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	50	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)	50	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
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	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130

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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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	1	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00	\$0.003
Weighted Daily Average			511	6.07	1091	43	14.31	0.00	66	68.40	7.45	30.10	*2158	545.4	*33.46	4.46	\$1.338
% of Calories				10.69%		33.7%	25.2%	0.0%		53.5%		23.6%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 10/20/2022

Reimbursable Meal Total 50

	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
990569 SDW BD, CHam PV WG 2.0 (2BG) (ALPHA)	Sandwich	50	321	6.52	823	3	13.56	0.00	60	29.02	2.00	21.10	*0	252.0	*0.00	2.46	\$0.655
828881 COND PC MAYONNAISE FF 12G	Each	50	11	0.03	101	1	0.10	0.00	3	2.57	0.24	0.06	*N/A*	0.8	*N/A*	0.02	\$0.093
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	50	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51	\$0.352
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50	\$0.244
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	50	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
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	50	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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

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	1	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00	\$0.003
Weighted Daily Average			679	6.92	1388	50	17.42	*0.00	70	100.41	13.73	34.42	*8807	599.1	*12.82	5.73	\$1.908
% of Calories				9.17%		29.5%	23.1%	*0.0%		59.2%		20.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Friday - 10/21/2022

Reimbursable Meal Total 50

	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
990645 SALAD, CHIXPOP AP ROM WG 2.0 (1BG)	Each	50	260	2.79	391	1	14.54	0.00	22	16.37	3.85	15.87	2218	52.5	0.97	2.24	\$0.468
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	50	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00	\$0.142
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	50	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03	\$0.084
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	50	68	0.09	1	3	0.56	0.00	0	16.25	2.02	2.15	168	2.5	2.95	0.40	\$0.185
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	50	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	50	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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

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	1	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00	\$0.003
Weighted Daily Average			662	3.96	842	43	22.14	0.10	33	88.98	9.28	29.42	*3300	384.0	*57.00	3.85	\$1.409
% of Calories				5.38%		26.0%	30.1%	0.1%		53.8%		17.8%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Monday - 10/24/2022

Reimbursable Meal Total 50

	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
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	50	375	10.62	1270	6	20.00	0.00	62	30.50	2.50	18.50	*N/A*	439.0	*N/A*	1.00	\$0.257
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	50	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00	150	0.0	13.50	1.62	\$0.752
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	50	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01	\$0.488
000124 FRUIT: PEARS 150 ct.	Each (150ct)	50	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
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	50	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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

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	1	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00	\$0.003
Weighted Daily Average			971	13.98	2353	61	38.82	0.00	84	128.05	13.95	30.01	*16507	752.9	*25.13	3.93	\$1.980
% of Calories				12.96%		25.1%	36.0%	0.0%		52.7%		12.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 10/25/2022

Reimbursable Meal Total 50

	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
990645 SALAD, CHIXPOP AP ROM WG 2.0 (1BG)	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
990653 Roll, DinnerWheat WG 1EA(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
826059 COND PC, DRESSING RANCH 12G (HEINZ)	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
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 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
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
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	50	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01	\$0.488
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
831141 BRD: CRACK SS, ScoobyDoo 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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130

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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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	1	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00	\$0.003
Weighted Daily Average			138	0.33	262	20	0.65	0.00	7	25.06	3.29	8.09	*16328	303.3	*2.95	1.10	\$0.657
% of Calories				2.15%		58.0%	4.2%	0.0%		72.6%		23.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 10/26/2022

Reimbursable Meal Total 55

	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
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	55	325	6.01	762	4	12.78	0.00	55	28.01	2.00	22.55	*0	265.0	*0.00	1.28	\$0.701
825862 COND PC Mustard 6g	Each	55	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00	\$0.020
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	55	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51	\$0.352
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	55	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50	\$0.244
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	55	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
000108 FRUIT: CUP SS, APPLSC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	55	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	70	0.00	134	11	0.00	0.00	3	12.09	0.00	5.09	477	184.5	*N/A*	0.06	\$0.119
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	18	0.27	22	2	0.45	0.00	3	2.00	0.00	1.45	136	52.7	*N/A*	0.02	\$0.032

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	1	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			648	6.33	1273	45	16.42	*0.00	61	91.60	13.01	35.77	*8904	619.8	*60.40	4.48	\$1.907
% of Calories				8.79%		27.8%	22.8%	*0.0%		56.5%		22.1%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 10/27/2022

Reimbursable Meal Total 50

	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
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	50	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53	*1289	219.2	*7.73	1.64	\$0.438
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	50	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00	\$0.142
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	50	52	0.66	128	3	4.33	85.08	2	3.17	0.09	0.09	*N/A*	1.1	*N/A*	0.04	\$0.071
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	50	68	0.09	1	3	0.56	0.00	0	16.25	2.02	2.15	168	2.5	2.95	0.40	\$0.185
000124 FRUIT: PEARS 150 ct.	Each (150ct)	50	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
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	50	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
831289 BRD: CRACK SS, Chz-It WG	Package	50	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90	\$0.192
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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

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	1	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00	\$0.003
Weighted Daily Average			702	7.32	1112	48	19.98	85.08	64	99.52	8.62	31.55	*2176	540.4	*19.35	4.28	\$1.514
% of Calories				9.38%		27.4%	25.6%	109.1%		56.7%		18.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Friday - 10/28/2022

Reimbursable Meal Total 50

	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
990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 2.0	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
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	50	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00	\$0.142
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	50	5	0.01	1	1	0.04	0.00	0	1.19	0.44	0.22	95	2.6	20.66	0.09	\$0.167
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50	\$0.244
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	50	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
826343 JUICE SS, Grape100% 4oz Cart	Each	50	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
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	50	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00	\$0.197
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	16	0.00	24	2	0.00	0.00	1	2.20	0.00	1.60	150	60.0	*N/A*	0.02	\$0.032

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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	2	0.03	2	0	0.05	0.00	0	0.22	0.00	0.16	15	5.8	*N/A*	0.00	\$0.004
Weighted Daily Average			462	0.09	510	57	5.87	0.00	5	90.11	6.95	14.26	*8668	456.7	*27.63	2.83	\$1.255
% of Calories				0.18%		49.4%	11.4%	0.0%		78.0%		12.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Monday - 10/31/2022

Reimbursable Meal Total 50

	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
990369 Danimals, Strawberry Banana Yogurt	ea	50	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
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	50	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
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	50	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
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	50	12	0.02	3	2	0.13	0.00	0	2.52	0.78	0.57	539	6.5	8.86	0.18	\$0.524
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	50	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01	\$0.488
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
826343 JUICE SS, Grape100% 4oz Cart	Each	50	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
831142 BRD: CRACK SS, Bug Bites CinWG	Package	50	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	77	0.00	147	13	0.00	0.00	4	13.30	0.00	5.60	525	203.0	*N/A*	0.07	\$0.130
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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

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	1	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00	\$0.003
Weighted Daily Average			700	7.84	785	73	17.28	0.00	62	108.58	7.06	25.66	*16866	643.8	*11.81	2.88	\$2.311
% of Calories				10.08%		41.7%	22.2%	0.0%		62.0%		14.7%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages			705	6	1155	62	18.36	*8.12	63	103.93	9.17	32.42	*9518	*730.6	*36.18	*3.64	\$1.873
% of Calories				7.98%		35.2%	23.4%	*10.4%		59.0%		18.4%					

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.