

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

**Menu Name:** K-8 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000179 BRD: PANCAKES, AP WG Confetti	Pouch	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
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
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
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			502	5.94	768	41	14.93	0.00	38	73.40	9.68	20.66	*17112	630.9	*56.04	4.81	\$1.424
% of Calories				10.65%		32.7%	26.8%	0.0%		58.5%		16.5%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

### Tuesday - 10/04/2022

**Reimbursable Meal Total 60**

# 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
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
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
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
<b>Weighted Daily Average</b>			<b>1107</b>	<b>8.54</b>	<b>1563</b>	<b>146</b>	<b>16.59</b>	<b>*0.00</b>	<b>99</b>	<b>169.36</b>	<b>3.54</b>	<b>64.79</b>	<b>*5629</b>	<b>2111.6</b>	<b>*17.54</b>	<b>1.85</b>	<b>\$2.841</b>
<b>% of Calories</b>				<b>6.94%</b>		<b>52.8%</b>	<b>13.5%</b>	<b>*0.0%</b>		<b>61.2%</b>		<b>23.4%</b>					
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>										

## Wednesday - 10/05/2022

Reimbursable Meal Total 275

	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
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
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

# 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
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	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			640	6.64	1437	37	16.82	*0.00	71	78.38	8.22	41.77	*1540	820.1	*5.84	3.98	\$1.468
% of Calories				9.34%		23.1%	23.7%	*0.0%		49.0%		26.1%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

Thursday - 10/06/2022

Reimbursable Meal Total 60

	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
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
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, APPLSC 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
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

# 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
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			600 - 650	<10	1230		<=0										

### Friday - 10/07/2022

Reimbursable Meal Total 500

	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
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
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
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
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
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

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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
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			529	5.50	1158	36	11.39	0.00	50	77.56	5.42	30.05	*8873	*546.4	*8.74	*0.96	\$2.025
% of Calories				9.36%		27.2%	19.4%	0.0%		58.6%		22.7%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

### Monday - 10/10/2022

Reimbursable Meal Total 650

	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
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
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

# 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	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			586	3.93	688	31	21.09	0.10	32	75.49	9.52	26.59	*1443	295.0	*16.57	3.45	\$1.582
% of Calories				6.04%		21.2%	32.4%	0.2%		51.5%		18.2%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

## Tuesday - 10/11/2022

Reimbursable Meal Total 350

	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
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	350	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	350	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
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	350	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)	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	402	126	0.00	241	21	0.00	0.00	6	21.82	0.00	9.19	861	333.1	*N/A*	0.11	\$0.214
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	33	0.49	39	4	0.82	0.00	5	3.61	0.00	2.63	246	95.3	*N/A*	0.03	\$0.059
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	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			830	12.82	2054	39	40.74	0.00	78	84.85	7.15	32.78	*9301	665.9	*14.98	3.34	\$1.790
% of Calories				13.90%		18.8%	44.2%	0.0%		40.9%		15.8%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

# Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

## Wednesday - 10/12/2022

Reimbursable Meal Total 370

	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
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	0.00	\$0.000
826055 COND PC, DRESSING FRENCH 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
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
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	370	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
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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	120	0.00	228	20	0.00	0.00	5	20.64	0.00	8.69	815	315.1	*N/A*	0.11	\$0.202
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	31	0.47	37	3	0.78	0.00	5	3.42	0.00	2.49	233	90.1	*N/A*	0.03	\$0.056
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	1	0.00	2	0	0.00	0.00	0	0.15	0.00	0.11	10	4.1	*N/A*	0.00	\$0.002
Weighted Daily Average			268	0.49	512	27	3.77	*0.00	10	42.11	5.97	16.51	*1291	458.3	*5.84	2.65	\$0.612
% of Calories				1.65%		40.3%	12.7%	*0.0%		62.9%		24.6%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

## Thursday - 10/13/2022

Reimbursable Meal Total 250

	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
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	250	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

# 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
828881 COND PC MAYONNAISE FF 12G	Each	250	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	250	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	250	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
000124 FRUIT: PEARS 150 ct.	Each (150ct)	250	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	177	0.00	338	29	0.00	0.00	8	30.55	0.00	12.86	1206	466.3	*N/A*	0.16	\$0.300
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	46	0.69	55	5	1.15	0.00	7	5.06	0.00	3.68	345	133.4	*N/A*	0.05	\$0.082
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	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
Weighted Daily Average			716	6.86	1282	56	14.80	0.00	74	103.81	8.36	43.54	*1993	941.2	*28.68	2.22	\$1.731
% of Calories				8.62%		31.3%	18.6%	0.0%		58.0%		24.3%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

### Friday - 10/14/2022

### Reimbursable Meal Total 250

	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
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	250	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	250	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	250	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)	250	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



# 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
826337 JUICE SS, Apple 100% 4oz Cart	Each	250	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
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	250	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72	\$0.145
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	177	0.00	338	29	0.00	0.00	8	30.55	0.00	12.86	1206	466.3	*N/A*	0.16	\$0.300
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	46	0.69	55	5	1.15	0.00	7	5.06	0.00	3.68	345	133.4	*N/A*	0.05	\$0.082
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	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
<b>Weighted Daily Average</b>			<b>641</b>	<b>5.52</b>	<b>1078</b>	<b>51</b>	<b>18.19</b>	<b>0.10</b>	<b>229</b>	<b>84.19</b>	<b>3.44</b>	<b>31.88</b>	<b>*4164</b>	<b>778.3</b>	<b>*2.73</b>	<b>2.82</b>	<b>\$1.673</b>
% of Calories				7.75%		31.8%	25.5%	0.1%		52.5%		19.9%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

### Monday - 10/17/2022

### Reimbursable Meal Total 50

	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
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	50	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	50	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
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
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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	40	80	1.20	96	9	2.00	0.00	12	8.80	0.00	6.40	600	232.0	*N/A*	0.08	\$0.143
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	8	18	0.00	34	3	0.00	0.00	1	3.04	0.00	1.28	120	46.4	*N/A*	0.02	\$0.030

# 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	2	3	0.00	5	0	0.00	0.00	0	0.44	0.00	0.32	30	12.0	*N/A*	0.00	\$0.006
Weighted Daily Average			538	6.64	1120	35	13.14	0.00	58	73.49	3.29	29.88	*16388	*538.7	*2.95	*1.21	\$1.748
% of Calories				11.11%		26.0%	22.0%	0.0%		54.6%		22.2%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

## Tuesday - 10/18/2022

Reimbursable Meal Total 300

	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
990369 Danimals, Strawberry Banana Yogurt	ea	300	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	300	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)	300	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	300	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)	300	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	147	0.00	281	24	0.00	0.00	7	25.46	0.00	10.72	1005	388.6	*N/A*	0.13	\$0.250
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	38	0.58	46	4	0.96	0.00	6	4.22	0.00	3.07	288	111.2	*N/A*	0.04	\$0.068

# 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	5	1	0.00	2	0	0.00	0.00	0	0.18	0.00	0.13	12	5.0	*N/A*	0.00	\$0.003
Weighted Daily Average			622	7.14	727	69	14.42	*0.00	68	93.36	6.41	29.36	*2436	858.7	*23.05	1.56	\$2.064
% of Calories				10.33%		44.4%	20.9%	*0.0%		60.0%		18.9%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

## Wednesday - 10/19/2022

Reimbursable Meal Total 50

	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
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
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
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	40	88	0.00	168	14	0.00	0.00	4	15.20	0.00	6.40	600	232.0	*N/A*	0.08	\$0.149
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	8	16	0.24	19	2	0.40	0.00	2	1.76	0.00	1.28	120	46.4	*N/A*	0.02	\$0.029

# 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	2	3	0.00	5	0	0.00	0.00	0	0.44	0.00	0.32	30	12.0	*N/A*	0.00	\$0.006
Weighted Daily Average			573	5.98	1223	40	18.04	0.00	66	72.11	4.80	32.32	*2188	698.2	*28.39	5.26	\$1.379
% of Calories				9.39%		27.9%	28.3%	0.0%		50.3%		22.6%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

## Thursday - 10/20/2022

Reimbursable Meal Total 300

	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
990569 SDW BD, CHam PV WG 2.0 (2BG) (ALPHA)	Sandwich	300	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	300	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	300	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
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	300	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	402	147	0.00	281	24	0.00	0.00	7	25.46	0.00	10.72	1005	388.6	*N/A*	0.13	\$0.250
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	38	0.58	46	4	0.96	0.00	6	4.22	0.00	3.07	288	111.2	*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	0.18	0.00	0.13	12	5.0	*N/A*	0.00	\$0.003
Weighted Daily Average			686	7.15	1498	49	17.61	*0.00	76	93.35	9.22	40.30	*1538	811.6	*5.84	5.16	\$1.634
% of Calories				9.38%		28.6%	23.1%	*0.0%		54.4%		23.5%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

# Planned Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

## Friday - 10/21/2022

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
990645 SALAD, CHIXPOP AP ROM WG 2.0 (1BG)	Each	300	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	300	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	300	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	300	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)	300	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
831285 BRD: CRACK SS, Animal WG	Package	300	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	402	147	0.00	281	24	0.00	0.00	7	25.46	0.00	10.72	1005	388.6	*N/A*	0.13	\$0.250
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	38	0.58	46	4	0.96	0.00	6	4.22	0.00	3.07	288	111.2	*N/A*	0.04	\$0.068
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	13	0.00	20	2	0.00	0.00	1	1.83	0.00	1.33	125	50.0	*N/A*	0.02	\$0.027
Weighted Daily Average			823	5.23	1116	53	26.10	0.10	40	112.77	11.28	39.18	*4028	666.7	*57.00	4.75	\$1.588
% of Calories				5.72%		25.8%	28.5%	0.1%		54.8%		19.0%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

## Monday - 10/24/2022

Reimbursable Meal Total 150

# 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
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	150	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	150	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
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	150	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)	150	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	295	0.00	563	48	0.00	0.00	13	50.92	0.00	21.44	2010	777.2	*N/A*	0.27	\$0.499
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	77	1.15	92	8	1.92	0.00	12	8.43	0.00	6.13	575	222.3	*N/A*	0.08	\$0.137
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	3	0.00	4	0	0.00	0.00	0	0.37	0.00	0.27	25	10.0	*N/A*	0.00	\$0.005
Weighted Daily Average			1166	14.82	2785	87	40.16	0.00	103	153.38	12.30	50.13	*10608	1477.3	*20.05	3.69	\$2.064
% of Calories				11.44%		29.8%	31.0%	0.0%		52.6%		17.2%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

## Tuesday - 10/25/2022

Reimbursable Meal Total 50

	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
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
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

# 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
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
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	40	88	0.00	168	14	0.00	0.00	4	15.20	0.00	6.40	600	232.0	*N/A*	0.08	\$0.149
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	8	16	0.24	19	2	0.40	0.00	2	1.76	0.00	1.28	120	46.4	*N/A*	0.02	\$0.029
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2	3	0.00	5	0	0.00	0.00	0	0.44	0.00	0.32	30	12.0	*N/A*	0.00	\$0.006
<b>Weighted Daily Average</b>			<b>603</b>	<b>3.87</b>	<b>935</b>	<b>38</b>	<b>21.76</b>	<b>0.10</b>	<b>33</b>	<b>75.74</b>	<b>11.46</b>	<b>28.23</b>	<b>*18766</b>	<b>410.9</b>	<b>*30.08</b>	<b>4.60</b>	<b>\$1.714</b>
% of Calories				5.78%		25.2%	32.5%	0.1%		50.2%		18.7%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

### Wednesday - 10/26/2022

Reimbursable Meal Total 175

	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
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	175	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	175	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	175	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
000108 FRUIT: CUP SS, APPLSC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	175	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	402	253	0.00	482	41	0.00	0.00	11	43.65	0.00	18.38	1723	666.2	*N/A*	0.23	\$0.428

# 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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	66	0.99	79	7	1.64	0.00	10	7.23	0.00	5.26	493	190.6	*N/A*	0.07	\$0.117
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	2	0.00	3	0	0.00	0.00	0	0.31	0.00	0.23	21	8.6	*N/A*	0.00	\$0.005
Weighted Daily Average			812	7.02	1636	68	17.41	*0.00	77	112.10	8.97	51.64	*2470	1184.4	*5.84	4.09	\$1.836
% of Calories				7.78%		33.5%	19.3%	*0.0%		55.2%		25.4%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

### Thursday - 10/27/2022

### Reimbursable Meal Total 150

	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
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	50	58	1.75	163	1	3.14	0.00	17	1.47	0.29	5.51	*430	73.1	*2.58	0.55	\$0.146
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	50	27	0.00	53	0	0.50	0.00	0	4.67	0.33	1.00	*N/A*	6.7	*N/A*	0.33	\$0.048
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	50	17	0.22	43	1	1.44	28.36	1	1.06	0.03	0.03	*N/A*	0.4	*N/A*	0.01	\$0.024
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	50	23	0.03	0	1	0.19	0.00	0	5.42	0.67	0.72	56	0.8	0.98	0.13	\$0.062
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	50	20	0.00	3	4	0.00	0.00	0	4.67	0.00	0.00	0	0.0	1.20	0.00	\$0.048
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	40	29	0.00	56	5	0.00	0.00	1	5.07	0.00	2.13	200	77.3	*N/A*	0.03	\$0.050
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	8	5	0.08	6	1	0.13	0.00	1	0.59	0.00	0.43	40	15.5	*N/A*	0.01	\$0.010



# 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	2	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			181	2.08	327	13	5.40	28.36	20	23.08	1.32	9.92	*735	177.7	*4.76	1.06	\$0.389
% of Calories				10.34%		28.7%	26.9%	141.0%		51.0%		21.9%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

## Friday - 10/28/2022

Reimbursable Meal Total 250

	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
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	250	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	250	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	250	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
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	250	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
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	250	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	177	0.00	338	29	0.00	0.00	8	30.55	0.00	12.86	1206	466.3	*N/A*	0.16	\$0.300
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	37	0.00	55	5	0.00	0.00	2	5.06	0.00	3.68	345	138.0	*N/A*	0.05	\$0.073

# 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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	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			591	5.98	1174	53	15.55	85.08	63	75.12	5.25	36.85	*3014	860.1	*33.89	3.12	\$1.377
% of Calories				9.11%		35.9%	23.7%	129.6%		50.8%		24.9%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

### Monday - 10/31/2022

Reimbursable Meal Total 300

	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
990369 Danimals, Strawberry Banana Yogurt	ea	300	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	300	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)	300	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	300	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
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	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
826343 JUICE SS, Grape100% 4oz Cart	Each	300	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	67	25	0.00	47	4	0.00	0.00	1	4.24	0.00	1.79	168	64.8	*N/A*	0.02	\$0.042
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	6	0.10	8	1	0.16	0.00	1	0.70	0.00	0.51	48	18.4	*N/A*	0.01	\$0.011

# 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	1	0	0.00	0	0	0.00	0.00	0	0.04	0.00	0.03	2	1.0	*N/A*	0.00	\$0.001
Weighted Daily Average			493	6.63	507	52	13.36	0.00	57	72.16	4.42	18.25	*8575	442.7	*10.33	1.61	\$1.786
% of Calories				12.10%		42.2%	24.4%	0.0%		58.5%		14.8%					
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0										

			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			680	6	1227	56	18.42	*5.43	68	92.74	7.07	36.24	*6219	*849.7	*18.24	*3.17	\$1.681
% of Calories				8.51%		32.9%	24.4%	*7.2%		54.6%		21.3%					

\*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.**