

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

Menu Name: K-8 Lunch 2 Entree (AB)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Tuesday - 11/01/2022

Reimbursable Meal Total 15350

	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)
990701 PACK: BEEF SALIS STK, MASH POT, BF GRVY SS 2(.5cV)	Pack	0	291	6.26	576	3	14.95	0.14	45	22.49	2.89	16.16	*1	60.0	10.94	2.15
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	0	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	0	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	0	263.0	0.00	2.30
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	14920	174	1.34	482	0	9.38	0.00	0	21.44	1.34	1.34	*N/A*	0.0	*N/A*	0.00
825856 COND PC Ketchup 9g Heinz	Each	14920	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	14705	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			314	1.59	710	25	9.69	0.00	6	49.38	3.60	8.91	*844	281.6	*50.86	0.18
% of Calories				4.56%		31.8%	27.8%	0.0%		62.9%		11.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 11/02/2022

Reimbursable Meal Total 15350

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 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)
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	11700	260	2.50	305	3	8.00	0.00	25	28.00	2.00	17.00	*0	93.0	*0.00	2.44
825856 COND PC Ketchup 9g Heinz	Each	11700	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
990548 STICKS, CORN DOG CHIX AP WG 2.0	Each	2800	300	3.50	400	8	16.00	0.00	50	25.00	3.00	14.00	0	20.0	0.00	1.44
825862 COND PC Mustard 6g	Each	2800	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14912	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	13569	333	0.00	772	21	1.51	0.00	0	65.05	12.10	16.64	*N/A*	131.6	*N/A*	4.54
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			705	2.85	1224	50	11.01	0.00	34	116.32	15.56	37.24	*692	441.2	*5.35	6.36
% of Calories				3.64%		28.4%	14.1%	0.0%		66.0%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 11/03/2022

Reimbursable Meal Total 15150

	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)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	11400	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	0	263.0	0.00	2.30
990669 PACK: PASTA, SPAG CHIXPTY MZ SPAG SC SS WG 2.5(2)	Pack	3000	411	3.95	583	8	15.35	0.00	53	44.29	5.91	24.92	*100	148.8	*0.00	3.38

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Nov 1, 2022 thru Nov 30, 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)
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	13201	37	0.02	14	2	0.16	0.00	0	6.97	3.91	4.04	1318	43.0	52.28	0.80
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	14602	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			478	4.85	620	35	11.92	0.00	35	68.51	8.55	27.29	*1806	516.2	*45.55	3.18
% of Calories				9.13%		29.3%	22.4%	0.0%		57.3%		22.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 11/04/2022

Reimbursable Meal Total 14350

	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)
990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA)	Sandwich	11000	390	2.50	700	4	16.00	0.00	25	42.00	5.00	20.00	*N/A*	83.0	*N/A*	2.90
825867 COND PC Sauce, BBQ 12g	Each	11000	15	0.00	158	3	0.03	0.00	0	3.34	0.16	0.14	*N/A*	1.5	*N/A*	0.05
990672 PACK: BEEF MEATLOAF CHZBRGR NOI, BRDSTK ALPHA 2(1)	Pack	3900	240	5.00	530	6	11.00	0.00	30	22.00	2.50	15.00	*200	98.0	*10.45	2.44
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	12772	92	0.04	49	4	0.21	0.00	0	18.51	6.22	4.04	6047	35.3	4.52	1.16
000124 FRUIT: PEARS 150 ct.	Each (150ct)	12000	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	12000	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00

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Nov 1, 2022 thru Nov 30, 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)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			706	3.35	1113	41	18.97	0.00	32	104.36	14.07	32.32	*6134	511.0	*11.11	5.06
% of Calories				4.27%		23.2%	24.2%	0.0%		59.1%		18.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 11/07/2022

Reimbursable Meal Total 12800

	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)
990541 NACHOS BFGD AP Bn CHZ 2.25 - w/o Chips	Serving	10000	214	5.39	658	1	9.60	0.06	36	17.20	3.31	13.92	*301	258.8	*3.19	1.55
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	10000	110	0.00	125	0	2.50	0.00	0	19.00	1.00	2.00	*N/A*	30.0	*N/A*	0.30
000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA	2 Each	2000	334	4.61	633	3	13.88	0.00	46	32.88	3.46	20.68	*537	258.9	*4.38	3.06
825869 COND PC Sauce, Taco 9g	Each	2000	4	0.00	57	0	0.02	0.00	0	0.76	0.12	0.10	*N/A*	1.2	*N/A*	0.05
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	0	234	0.03	435	14	0.29	*0.00	1	45.81	8.55	11.04	*305	76.4	*0.64	3.08
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	0	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

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Portion Values

Nov 1, 2022 thru Nov 30, 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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			414	5.27	910	18	12.18	*0.04	43	50.80	3.93	23.73	*1074	558.1	*3.17	2.03
% of Calories				11.46%		17.4%	26.5%	*0.1%		49.1%		22.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 11/08/2022

Reimbursable Meal Total 15400

	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)
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	13000	320	3.00	870	2	16.00	0.00	55	27.00	2.50	18.00	*N/A*	56.0	*N/A*	3.00
825867 COND PC Sauce, BBQ 12g	Each	12700	15	0.00	158	3	0.03	0.00	0	3.34	0.16	0.14	*N/A*	1.5	*N/A*	0.05
990373 CORN DOG, MINI TURKEY WG 2.0 (2BG)	6 Each	1500	255	2.25	690	6	12.00	0.00	30	24.00	3.00	12.00	*N/A*	45.0	*N/A*	1.50
825862 COND PC Mustard 6g	Each	1200	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
990361 VEG: POTATO, SHAPES EMOTICONS (MCCAIN) 3/4c	6 Each	14792	168	1.20	114	0	6.00	0.00	0	27.60	2.40	2.40	*N/A*	0.0	*N/A*	0.86
825856 COND PC Ketchup 9g Heinz	Each	14792	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	14465	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

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Nov 1, 2022 thru Nov 30, 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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			631	4.21	1288	31	21.08	0.00	55	88.58	8.28	25.87	*655	305.4	*4.77	3.83
% of Calories				6.00%		19.7%	30.1%	0.0%		56.2%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 11/09/2022

Reimbursable Meal Total 14200

	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)
831731 ORI ChixPop Teriyaki BrocWG2.0	8oz spdl(2 MMA)	10000	318	2.96	574	7	15.51	*0.01	23	27.00	5.15	18.06	680	65.6	43.18	2.51
827186 RICE, Plain WG 1BG	1/2 Cup	10000	101	0.00	2	0	0.94	0.00	0	21.42	0.63	2.52	*0	2.4	*0.00	0.19
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	2000	420	9.00	670	3	20.00	0.00	30	41.00	6.00	20.00	482	427.0	1.86	2.21
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	11916	37	0.02	14	2	0.16	0.00	0	6.97	3.91	4.04	1318	43.0	52.28	0.80
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	13379	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
831289 BRD: CRACK SS, Chz-It WG	Package	0	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

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	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			541	3.70	685	33	15.23	*0.00	27	76.85	10.90	28.25	*2393	413.9	*79.72	3.11
% of Calories				6.16%		24.4%	25.3%	*0.0%		56.8%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 11/10/2022

Reimbursable Meal Total 14050

	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)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	9975	280	3.00	970	3	13.50	0.00	45	29.00	2.50	13.00	*N/A*	164.0	*N/A*	2.10
825856 COND PC Ketchup 9g Heinz	Each	9975	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
990686 PACK: PASTA, ROTINI CHIXMTBL & SPAG SC SS BLND 2(2)	Pack	2000	442	3.54	250	8	13.69	0.00	58	57.87	6.76	23.13	*10	70.2	*0.00	3.68
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	11000	49	0.16	78	5	0.90	0.00	0	10.21	4.36	0.77	22368	46.2	3.04	0.70
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	13323	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

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Portion Values

Nov 1, 2022 thru Nov 30, 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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			453	3.06	1019	35	12.74	0.00	47	67.96	7.10	20.45	*18201	433.2	*2.38	2.65
% of Calories				6.08%		30.9%	25.3%	0.0%		60.0%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 11/11/2022

Reimbursable Meal Total 12800

	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)
900188 PIZZA AP TONY GALAXY CHZ 4IN ROUND WG 2.0 (2BG)	Pizza	10000	280	6.00	410	8	12.00	0.00	30	26.00	3.00	15.00	300	200.0	0.00	1.80
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	2000	365	10.62	1320	4	19.50	0.00	62	28.50	2.00	18.50	*N/A*	395.0	*N/A*	2.00
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	12800	29	0.05	1	2	0.18	0.00	0	6.76	3.15	1.56	439	44.0	4.30	0.69
826337 JUICE SS, Apple 100% 4oz Cart	Each	12800	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	12800	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	5225	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1493	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	68	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			512	6.57	843	31	14.39	0.00	37	70.63	6.80	22.41	*1071	415.8	*4.30	3.18
% of Calories				11.55%		24.2%	25.3%	0.0%		55.2%		17.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 11/14/2022

Reimbursable Meal Total 14400

	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)
000123 ENT: PASTA, CHZ PENNE IN/OUT SS WG 2.0 - No EGG	1/24 Cut	9500	405	4.96	444	11	10.35	*0.00	22	55.11	7.55	23.01	*19	333.3	*0.01	2.72
990610 MELT SUB AP, CHIXMTBL BBQ SS 2.0 (W/O BUN)	Sandwich	4000	268	3.33	586	23	10.83	0.00	58	29.79	0.83	14.17	*N/A*	26.7	*N/A*	0.83
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	4000	150	0.00	270	3	2.50	0.00	0	28.00	2.50	6.00	*N/A*	84.0	*N/A*	1.00
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	12307	92	0.04	49	4	0.21	0.00	0	18.51	6.22	4.04	6047	35.3	4.52	1.16
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14187	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9647	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2756	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	125	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			617	4.56	739	44	11.39	*0.00	37	99.44	14.05	31.50	*5897	540.3	*9.29	3.52
% of Calories				6.65%		28.5%	16.6%	*0.0%		64.5%		20.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 11/15/2022

Reimbursable Meal Total 15400

	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)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	11600	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	0	263.0	0.00	2.30
990642 MELT BD, T.HAM (JENNIE-O) AM WG 2.0 (2BG) (ALPHA)	Sandwich	2000	357	9.00	1280	4	17.67	0.00	68	28.33	2.00	20.67	*N/A*	324.0	*N/A*	3.33
830670 VEG: SALAD, SIDE SPIN BABY AP 1c	CUP	13000	12	0.03	43	0	0.21	0.00	0	1.97	1.20	1.55	5095	53.8	15.27	1.47
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	13000	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	13000	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	13600	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10316	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2948	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	134	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			441	5.26	837	34	11.30	0.00	34	63.04	6.55	23.31	*11554	557.7	*14.13	3.92
% of Calories				10.73%		30.8%	23.1%	0.0%		57.2%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 11/16/2022

Reimbursable Meal Total 14900

	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)
990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG IW 2 (2BG)	Each	12400	300	6.00	520	5	13.00	0.00	30	32.00	2.00	14.00	*N/A*	340.0	*N/A*	1.80
990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA)	Each	2000	305	4.62	505	4	11.50	0.00	38	28.50	2.00	19.50	*0	164.0	*0.00	2.44
825856 COND PC Ketchup 9g Heinz	Each	2000	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	12738	333	0.00	772	21	1.51	0.00	0	65.05	12.10	16.64	*N/A*	131.6	*N/A*	4.54
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	14286	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9982	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2852	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	130	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			715	5.92	1336	46	14.25	0.00	36	112.65	14.58	36.36	*868	708.2	*50.90	5.89
% of Calories				7.45%		25.7%	17.9%	0.0%		63.0%		20.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 11/17/2022

Reimbursable Meal Total 13900

	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)
990740 PACK: TKY BREAST (SLCD), PLTRYGRVY LSSS MASH POT 2	Pack	0	245	1.16	643	1	6.31	0.00	49	28.00	2.64	19.77	*1	31.2	*15.47	0.46
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	12000	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
990739 ENT: PASTA, MAC&CHZ SS NONWG 2.0 (2BG)	2-6oz scoops	2000	492	12.51	845	2	20.43	*0.00	58	51.17	2.34	21.16	*13	536.5	*0.03	2.05
830703 VEG: CARROTS, Orange Glz 3/4c	3/4 Cup	12000	135	0.19	109	24	1.14	0.00	0	30.94	4.60	1.00	*22225	49.9	*3.02	0.84
000124 FRUIT: PEARS 150 ct.	Each (150ct)	13101	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
990746 DARLINGTON 0.95 oz WG Holiday Sugar Cookies	PACK	0	120	1.00	65	8	4.00	0.00	0	18.00	1.00	2.00	*N/A*	*N/A*	*N/A*	1.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9312	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2660	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	121	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			414	2.28	520	47	5.86	*0.00	15	78.03	8.62	13.86	*19870	*399.9	*7.39	2.17
% of Calories				4.96%		45.4%	12.7%	*0.0%		75.4%		13.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 11/18/2022

Reimbursable Meal Total 9300

	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)
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	7800	420	9.00	670	3	20.00	0.00	30	41.00	6.00	20.00	482	427.0	1.86	2.21
990543 Pack: Corn Dog Mini Tky, PretBite Chz WG 2 (2BG)	Serving	0	338	7.88	987	3	16.50	0.00	45	30.50	3.50	15.50	*0	336.0	*0.00	1.47
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	0	102	0.13	1	4	0.85	0.00	0	24.38	3.03	3.22	251	3.8	4.42	0.59
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	0	60	0.00	0	13	0.00	0.00	0	15.00	1.00	0.00	100	20.0	6.00	0.36
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	6230	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1780	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	81	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			446	7.84	727	17	17.25	0.00	31	49.32	5.03	23.73	*1057	610.5	*1.56	1.94
% of Calories				15.82%		15.2%	34.8%	0.0%		44.2%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

Monday - 11/21/2022

Reimbursable Meal Total 12500

	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)
990573 PACK: CHIX DRUMSTK OVNST, BISC MINI APWG 2.5(1BG)	Pack	10000	260	6.50	530	1	15.00	0.00	90	16.00	1.00	18.00	0	60.0	0.00	1.08
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	2000	365	10.62	1320	4	19.50	0.00	62	28.50	2.00	18.50	*N/A*	395.0	*N/A*	2.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	12500	49	0.16	78	5	0.90	0.00	0	10.21	4.36	0.77	22368	46.2	3.04	0.70
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	12500	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	0	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	400	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	95	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			370	7.07	721	20	16.04	0.00	82	42.27	6.48	18.45	*22398	174.1	*3.04	1.89
% of Calories				17.20%		21.6%	39.0%	0.0%		45.7%		19.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 11/22/2022

Reimbursable Meal Total 14900

	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)
990580 PACK: FR TST STK AP (3), CHIX SSG PTY (2) WG 2(1.5)	Pack	10000	395	4.12	725	7	19.50	0.00	80	30.50	2.25	26.50	*18	50.0	*0.07	3.36

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 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)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	2000	280	3.00	970	3	13.50	0.00	45	29.00	2.50	13.00	*N/A*	164.0	*N/A*	2.10
825856 COND PC Ketchup 9g Heinz	Each	2000	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	14293	174	1.34	482	0	9.38	0.00	0	21.44	1.34	1.34	*N/A*	0.0	*N/A*	0.00
825856 COND PC Ketchup 9g Heinz	Each	14293	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14781	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	0	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			635	4.77	1337	34	24.57	0.00	66	79.42	5.98	28.04	*724	313.4	*5.50	2.77
% of Calories				6.76%		21.4%	34.8%	0.0%		50.0%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 11/23/2022

Reimbursable Meal Total 15050

	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)
990548 STICKS, CORN DOG CHIX AP WG 2.0	Each	0	300	3.50	400	8	16.00	0.00	50	25.00	3.00	14.00	0	20.0	0.00	1.44
825862 COND PC Mustard 6g	Each	0	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 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)
990535 SDW AP, CHEESY PULL APART SW QUESO WG IW 2 (2BG)	Each	2600	300	6.00	580	5	13.00	0.00	30	33.00	2.00	14.00	*N/A*	330.0	*N/A*	1.90
830646 VEG: BEANS, Black 3/4c	3/4 Cup	0	226	0.00	244	2	0.09	0.00	2	40.05	10.45	13.93	*N/A*	83.6	*N/A*	3.48
000124 FRUIT: PEARS 150 ct.	Each (150ct)	14143	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	0	6	0.01	3	0	0.11	0.00	0	1.24	0.79	0.46	3292	12.5	1.51	0.37
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	0	52	0.66	128	3	4.33	85.08	2	3.17	0.09	0.09	*N/A*	1.1	*N/A*	0.04
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			207	1.34	263	26	2.87	0.00	11	37.27	3.78	9.66	*669	315.2	*4.77	0.61
% of Calories				5.83%		50.2%	12.5%	0.0%		72.0%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 11/28/2022

Reimbursable Meal Total 15000

	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)
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	11500	260	2.50	305	3	8.00	0.00	25	28.00	2.00	17.00	*0	93.0	*0.00	2.44
825856 COND PC Ketchup 9g Heinz	Each	11500	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 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)
990642 MELT BD, T.HAM (JENNIE-O) AM WG 2.0 (2BG) (ALPHA)	Sandwich	1800	357	9.00	1280	4	17.67	0.00	68	28.33	2.00	20.67	*N/A*	324.0	*N/A*	3.33
990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C	3/4 Cup	12760	251	1.57	282	11	9.41	0.00	0	37.63	1.57	1.57	*N/A*	47.0	*N/A*	0.78
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	14400	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10049	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	*N/A*	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2871	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	130	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			605	4.62	857	39	16.73	0.00	34	87.54	4.07	23.81	*652	407.4	*0.00	3.02
% of Calories				6.87%		25.8%	24.9%	0.0%		57.9%		15.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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)
Weighted Averages	511	4	875	34	13.75	*0.00	37	74.58	8.22	24.18	*5364	*439.1	*16.88	3.07
% of Calories		7.75%		26.6%	24.2%	*0.0%		58.4%		18.9%				

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.