

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

Menu Name: K-8 Lunch 3 Entree (AB Salad)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Tuesday - 11/01/2022

Reimbursable Meal Total 14000

	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	12000	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	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
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
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	1050	336	0.68	255	35	6.09	0.00	7	58.38	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1050	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
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

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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			696	7.24	1438	33	25.45	0.12	46	91.37	7.51	27.14	*927	399.3	*65.14	3.02
% of Calories				9.36%		19.0%	32.9%	0.2%		52.5%		15.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

Wednesday - 11/02/2022

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)
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
990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 2.0	Package	850	361	7.22	674	3	29.67	0.00	55	4.71	0.86	18.17	*1289	206.2	*8.48	0.86
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	850	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
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

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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			730	3.25	1270	50	12.74	0.00	37	117.36	15.66	38.41	*763	453.7	*5.82	6.46
% of Calories				4.01%		27.4%	15.7%	0.0%		64.3%		21.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	750	325	5.78	493	3	18.96	0.00	37	18.65	4.20	19.44	*1400	161.2	*7.73	2.31
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	750	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	750	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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

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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			500	5.17	656	35	13.15	0.00	37	70.17	8.84	28.41	*1875	526.2	*45.93	3.34
% of Calories				9.31%		28.0%	23.7%	0.0%		56.1%		22.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	625	210	9.00	380	6	14.00	0.00	40	7.00	1.00	14.00	*30	428.0	*21.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	625	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
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
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

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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)
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			720	3.75	1138	41	19.65	0.00	34	105.36	14.15	33.02	*6136	529.7	*12.03	5.09
% of Calories				4.69%		22.8%	24.6%	0.0%		58.5%		18.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	800	184	6.97	391	3	11.64	0.00	48	6.22	1.74	13.90	*1613	240.0	*10.37	1.19
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	800	110	0.00	125	0	2.50	0.00	0	19.00	1.00	2.00	*N/A*	30.0	*N/A*	0.30
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	12800	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	12800	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)	12800	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

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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)
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			834	6.75	1492	50	16.97	*0.04	47	130.92	16.04	38.71	*1704	691.3	*57.55	6.01
% of Calories				7.28%		24.0%	18.3%	*0.0%		62.8%		18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	900	336	0.68	255	37	6.09	0.00	7	59.72	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	900	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
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

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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			658	4.25	1309	34	21.67	0.00	56	93.24	8.45	26.61	*655	330.8	*4.77	3.95
% of Calories				5.81%		20.7%	29.6%	0.0%		56.7%		16.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	750	215	5.72	656	3	12.60	0.00	60	4.52	0.86	19.10	*1343	222.2	*7.73	3.07
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	750	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	750	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
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

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)
831289 BRD: CRACK SS, Chz-It WG	Package	13000	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
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			648	4.92	871	34	19.15	*0.00	35	90.70	11.94	31.25	*2464	446.0	*80.13	4.15
% of Calories				6.83%		21.0%	26.6%	*0.0%		56.0%		19.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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
990722 SALAD, VEG BAJA AP ROMAINE 2.25	Each	800	221	6.15	374	4	9.85	0.00	30	22.36	5.16	11.88	*3553	239.5	*6.36	1.57
000218 BRD: MUF AP, CORN 2OZ IW WG (1BG)	Muffin	800	180	1.50	180	12	6.00	0.00	40	28.00	1.00	4.00	100	20.0	0.00	1.08
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	800	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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

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)
000116 FRUIT: CUP SS, APPLSC 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
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			479	3.54	1056	36	13.92	0.01	51	70.87	7.45	21.36	*18409	448.1	*2.74	2.81
% of Calories				6.65%		30.1%	26.2%	0.0%		59.2%		17.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	800	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53	*1289	219.2	*7.73	1.64
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	800	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	800	52	0.66	128	3	4.33	85.08	2	3.17	0.09	0.09	*N/A*	1.1	*N/A*	0.04
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

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)
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
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			531	6.94	892	31	15.34	5.32	40	71.97	6.92	23.64	*1152	430.8	*4.78	3.35
% of Calories				11.76%		23.4%	26.0%	9.0%		54.2%		17.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	1150	336	0.68	255	37	6.09	0.00	7	59.72	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1150	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*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

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)
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
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			653	4.61	768	48	12.20	*0.00	37	105.80	14.30	32.52	*5897	574.9	*9.29	3.68
% of Calories				6.35%		29.4%	16.8%	*0.0%		64.8%		19.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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)	Calcm (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
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	800	210	9.00	380	6	14.00	0.00	40	7.00	1.00	14.00	*30	428.0	*21.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	800	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
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, APPLSC 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

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)
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
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			457	5.73	867	34	12.10	0.00	36	64.23	6.66	24.15	*11555	579.9	*15.22	3.96
% of Calories				11.28%		29.8%	23.8%	0.0%		56.2%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	500	325	5.78	493	3	18.96	0.00	37	18.65	4.20	19.44	*1400	161.2	*7.73	2.31
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	500	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	500	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
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

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)
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
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			730	6.14	1361	46	15.08	0.00	38	113.77	14.77	37.11	*915	714.9	*51.16	6.00
% of Calories				7.57%		25.2%	18.6%	0.0%		62.3%		20.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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	12000	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
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	400	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53	*1289	219.2	*7.73	1.64
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	400	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	400	52	0.66	128	3	4.33	85.08	2	3.17	0.09	0.09	*N/A*	1.1	*N/A*	0.04

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)
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	14200	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
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			757	4.47	1163	56	15.83	*2.45	58	121.21	11.98	33.53	*19907	*433.8	*20.97	3.67
% of Calories				5.31%		29.6%	18.8%	*2.9%		64.0%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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	12000	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	2000	338	7.88	987	3	16.50	0.00	45	30.50	3.50	15.50	*0	336.0	*0.00	1.47
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	800	215	5.72	656	3	12.60	0.00	60	4.52	0.86	19.10	*1343	222.2	*7.73	3.07
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	800	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	800	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	12800	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)	12800	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			956	14.27	1322	42	32.17	0.00	60	130.26	14.25	42.43	*1874	930.7	*17.41	4.92
% of Calories				13.43%		17.6%	30.3%	0.0%		54.5%		17.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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 OVNRSTD, 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
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	500	210	9.00	380	6	14.00	0.00	40	7.00	1.00	14.00	*30	428.0	*21.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	500	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
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

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)
000108 FRUIT: CUP SS, APPLSC 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	12500	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			502	7.43	859	27	20.66	0.00	84	63.19	7.56	21.09	*22399	331.2	*3.88	2.92
% of Calories				13.32%		21.5%	37.0%	0.0%		50.4%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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
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
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	900	336	0.68	255	37	6.09	0.00	7	59.72	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	900	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00

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)
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	14700	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			752	4.82	1557	36	26.66	0.00	66	100.02	7.15	30.78	*724	339.6	*5.50	3.60
% of Calories				5.77%		19.1%	31.9%	0.0%		53.2%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990548 STICKS, CORN DOG CHIX AP WG 2.0	Each	12000	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	12000	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
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
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	575	325	5.78	493	3	18.96	0.00	37	18.65	4.20	19.44	*1400	161.2	*7.73	2.31

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)
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	575	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	575	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
830646 VEG: BEANS, Black 3/4c	3/4 Cup	15576	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)	15575	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	15576	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	15576	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			765	5.08	1050	39	21.29	88.06	56	107.01	18.46	36.72	*4133	440.3	*7.11	5.93
% of Calories				5.98%		20.4%	25.0%	103.6%		56.0%		19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

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)	Calc ^m (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)	Calc ^m (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
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	1700	336	0.68	255	35	6.09	0.00	7	58.38	2.03	10.71	*N/A*	293.3	*N/A*	1.01
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1700	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
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			656	4.81	899	44	17.82	0.00	34	96.54	4.41	25.25	*652	440.6	*0.00	3.22
% of Calories				6.60%		26.8%	24.4%	0.0%		58.9%		15.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

Tuesday - 11/29/2022

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)
990689 PACK: MTBL CHIX KOREAN, RICE WG 2.0 (2BG)	Pack	10000	439	3.44	576	11	13.43	0.01	58	61.65	2.14	19.63	*29	31.6	*0.00	1.21
900188 PIZZA AP TONY GALAXY CHZ 4IN ROUND WG 2.0 (2BG)	Pizza	2000	280	6.00	410	8	12.00	0.00	30	26.00	3.00	15.00	300	200.0	0.00	1.80

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)
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	800	184	6.97	391	3	11.64	0.00	48	6.22	1.74	13.90	*1613	240.0	*10.37	1.19
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	800	110	0.00	125	0	2.50	0.00	0	19.00	1.00	2.00	*N/A*	30.0	*N/A*	0.30
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	800	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	12800	6	0.01	3	0	0.11	0.00	0	1.24	0.79	0.46	3292	12.5	1.51	0.37
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	12800	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	12800	8	0.01	2	1	0.09	0.00	0	1.68	0.52	0.38	359	4.3	5.91	0.12
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	12800	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	0	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	0	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	0	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			544	4.95	662	27	18.82	0.11	57	77.19	6.88	20.09	*3893	99.5	*14.14	2.03
% of Calories				8.19%		19.9%	31.1%	0.2%		56.8%		14.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

Wednesday - 11/30/2022

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	10000	320	3.00	870	2	16.00	0.00	55	27.00	2.50	18.00	*N/A*	56.0	*N/A*	3.00

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)
825867 COND PC Sauce, BBQ 12g	Each	10000	15	0.00	158	3	0.03	0.00	0	3.34	0.16	0.14	*N/A*	1.5	*N/A*	0.05
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	2000	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	2000	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
990722 SALAD, VEG BAJA AP ROMAINE 2.25	Each	800	221	6.15	374	4	9.85	0.00	30	22.36	5.16	11.88	*3553	239.5	*6.36	1.57
000218 BRD: MUF AP, CORN 2OZ IW WG (1BG)	Muffin	800	180	1.50	180	12	6.00	0.00	40	28.00	1.00	4.00	100	20.0	0.00	1.08
833326 COND PC, DRESSING RANCH BUTTERMILK FF 12G (PPI)	Each	800	10	0.00	125	1	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	12800	37	0.02	14	2	0.16	0.00	0	6.97	3.91	4.04	1318	43.0	52.28	0.80
826340 JUICE SS, FRT BLD 100% 4OZ CRT	Each	12800	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	0	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	0	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	0	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			426	3.24	931	21	14.92	0.00	51	52.79	6.69	21.86	*1546	118.7	*56.27	3.73
% of Calories				6.85%		19.7%	31.5%	0.0%		49.6%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	650	6	1078	38	18.28	*4.81	48	93.70	10.50	29.70	*5379	*463.0	*23.99	4.09
% of Calories		7.71%		23.4%	25.3%	*6.7%		57.7%		18.3%				

**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*

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.*