

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Nov 30, 2022

Menu Name: K-8 A/SSL Include Cost: No  
 Site: 1 - Archdiocese of Chicago Report Style: Detailed

### Tuesday - 11/01/2022 Reimbursable Meal Total 15350

	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)
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
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
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			345	1.71	736	28	10.35	0.00	6	54.81	3.80	9.78	*844	301.6	*50.86	0.30
% of Calories				4.46%		32.5%	27.0%	0.0%		63.5%		11.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

# Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

## Wednesday - 11/02/2022

Reimbursable Meal Total 15350

	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)
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
990665 SALAD, ChixDcd Ceas AP W/CAES DRSDNG 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
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			675	2.61	1185	49	9.82	0.00	28	112.62	15.12	35.85	*763	450.1	*5.82	6.20
% of Calories				3.48%		29.0%	13.1%	0.0%		66.7%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Thursday - 11/03/2022

Reimbursable Meal Total 15150

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Nov 30, 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)
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
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
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			419	4.39	541	33	10.11	0.00	27	61.40	7.66	23.48	*1855	496.7	*45.93	2.67
% of Calories				9.43%		31.5%	21.7%	0.0%		58.6%		22.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 11/04/2022

Reimbursable Meal Total 14350

	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)
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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Nov 30, 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)
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
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			654	2.39	994	40	16.66	0.00	25	99.38	13.47	28.94	*6081	503.0	*9.19	4.43
% of Calories				3.29%		24.5%	22.9%	0.0%		60.8%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 11/07/2022

Reimbursable Meal Total 12800

	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)
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
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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Nov 30, 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)
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	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
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	5.98	949	26	14.39	*0.04	39	68.12	4.54	23.48	*1090	534.3	*3.14	2.34
% of Calories				10.76%		20.8%	25.9%	*0.1%		54.5%		18.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 11/08/2022

Reimbursable Meal Total 15400

	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)
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
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 <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)
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
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			633	4.03	1237	33	20.50	0.00	53	90.82	8.16	25.45	*655	326.4	*4.77	3.81
% of Calories				5.73%		20.9%	29.1%	0.0%		57.4%		16.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 11/09/2022

Reimbursable Meal Total 14200

	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)
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
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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Nov 30, 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)
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
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			497	2.74	639	33	13.13	*0.00	26	72.11	10.18	26.60	*2396	367.5	*79.87	3.01
% of Calories				4.96%		26.6%	23.8%	*0.0%		58.0%		21.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 11/10/2022

Reimbursable Meal Total 14050

	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)
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
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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Nov 30, 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)
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
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			416	3.04	1021	35	11.98	0.01	43	62.64	6.49	18.07	*18408	438.1	*2.74	2.28
% of Calories				6.58%		33.7%	25.9%	0.0%		60.2%		17.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 11/11/2022

Reimbursable Meal Total 12800

	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)
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
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 <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)
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			474	5.28	685	30	12.30	5.32	31	67.52	6.61	20.75	*1152	369.1	*4.78	3.04
% of Calories				10.03%		25.3%	23.4%	10.1%		57.0%		17.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 11/14/2022

Reimbursable Meal Total 14400

	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)
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
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
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 <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)
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			537	3.69	530	41	8.50	*0.00	21	89.75	13.37	26.92	*5897	544.2	*9.29	3.18
% of Calories				6.18%		30.5%	14.2%	*0.0%		66.9%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 11/15/2022

Reimbursable Meal Total 15400

	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)
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
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, 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 <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)
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			411	4.56	701	34	9.81	0.00	27	60.55	6.40	21.46	*11555	537.9	*15.22	3.53
% of Calories				9.99%		33.1%	21.5%	0.0%		58.9%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 11/16/2022

Reimbursable Meal Total 14900

	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)
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
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
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 <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)
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			688	5.51	1282	46	13.54	0.00	33	109.54	14.50	34.49	*915	692.9	*51.16	5.67
% of Calories				7.21%		26.7%	17.7%	0.0%		63.7%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 11/17/2022

Reimbursable Meal Total 13900

	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)
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
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
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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Nov 30, 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)
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			352	0.65	421	47	3.36	2.45	8	71.28	8.34	11.38	*19905	*329.6	*7.61	1.96
% of Calories				1.66%		53.4%	8.6%	6.3%		81.0%		12.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 11/18/2022

Reimbursable Meal Total 9300

	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)
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
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	0	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	0	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	0	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	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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Nov 30, 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)
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									

### Monday - 11/21/2022

Reimbursable Meal Total 12500

	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)
990573 PACK: CHIX DRUMSTK OVRSTD, 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
900176 SALAD, APPLE Sliced 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
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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Nov 30, 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)
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			323	5.73	533	19	13.54	0.00	74	38.63	6.24	16.13	*22399	128.0	*3.88	1.60
% of Calories				15.97%		23.5%	37.7%	0.0%		47.8%		20.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 11/22/2022

Reimbursable Meal Total 14900

	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)
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
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
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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Nov 30, 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)
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			624	4.41	1218	36	23.37	0.00	60	79.94	5.83	27.06	*724	317.5	*5.50	2.61
% of Calories				6.36%		23.1%	33.7%	0.0%		51.2%		17.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Wednesday - 11/23/2022

Reimbursable Meal Total 15050

	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)
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
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
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	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



# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Nov 30, 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)
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			172	0.56	191	25	1.58	0.00	8	32.85	3.66	8.10	*723	265.9	*5.06	0.41
% of Calories				2.93%		58.1%	8.3%	0.0%		76.4%		18.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 11/28/2022

Reimbursable Meal Total 15000

	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)
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
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

# Planned Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Nov 30, 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)
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			614	3.73	746	44	15.70	0.00	26	93.14	4.17	22.77	*652	401.7	*0.00	2.82
% of Calories				5.47%		28.7%	23.0%	0.0%		60.7%		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)
Weighted Averages			488	4	796	34	12.55	*0.43	31	73.02	7.98	22.47	*5393	*423.1	*17.02	2.88
% of Calories				7.05%		27.9%	23.1%	*0.8%		59.9%		18.4%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<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.**