

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

Menu Name: K-12 Breakfast Cold
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Tuesday - 11/01/2022

Reimbursable Meal Total 3300

	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)
829621 BRD: ROLL AP, CinnMini WG IW	Pouch	3300	240	1.50	270	14	8.00	0.00	0	40.00	3.00	4.00	*N/A*	30.0	*N/A*	1.70
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	3300	60	0.00	0	13	0.00	0.00	0	15.00	1.00	0.00	100	20.0	6.00	0.36
826337 JUICE SS, Apple 100% 4oz Cart	Each	3300	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			470	3.12	417	52	10.70	0.00	16	81.11	4.00	12.81	*926	369.5	*6.00	2.17
% of Calories				5.97%		44.3%	20.5%	0.0%		69.0%		10.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 11/02/2022

Reimbursable Meal Total 2300

	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)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	2300	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
833274 CHEESE, CH STICK 1EA 1.0	Stick	2300	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*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)
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	2300	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	2300	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			534	8.84	520	55	16.99	0.00	73	73.10	5.40	23.57	*1909	737.3	*53.09	1.16
% of Calories				14.90%		41.2%	28.6%	0.0%		54.8%		17.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 11/03/2022

Reimbursable Meal Total 2900

	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)
831315 BRD: BAGEL. White WG IW	Each	2900	140	0.00	160	5	1.00	0.00	0	28.00	4.00	6.00	*N/A*	30.0	*N/A*	1.60
825875 COND PC Cream Cheese 1oz	Each	0	70	4.00	115	1	7.00	0.00	20	1.00	0.00	1.00	309	33.3	0.00	0.11
000124 FRUIT: PEARS 150 ct.	Each (150ct)	0	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	0	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			265	1.84	310	19	4.07	0.00	19	41.78	4.00	16.02	*940	393.6	*0.00	1.73
% of Calories				6.25%		28.7%	13.8%	0.0%		63.1%		24.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 11/04/2022

Reimbursable Meal Total 3300

	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)
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	3300	150	0.50	150	14	3.50	0.00	0	30.00	3.00	2.00	*N/A*	140.0	*N/A*	1.90
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	3300	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00	*N/A*	204.0	*N/A*	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3300	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	3300	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3567	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	73	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			472	6.65	484	52	13.41	0.00	36	72.65	5.87	18.14	*892	671.3	*9.10	2.15
% of Calories				12.68%		44.1%	25.6%	0.0%		61.6%		15.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 11/07/2022

Reimbursable Meal Total 1925

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)
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	1925	120	0.00	170	6	2.50	0.00	0	23.00	1.00	1.00	300	80.0	3.60	7.20
831285 BRD: CRACK SS, Animal WG	Package	1925	120	1.00	115	8	3.50	0.00	0	22.00	2.00	2.00	*N/A*	0.0	*N/A*	0.80
000131 FRUIT: CUP SS, Peaches Dcd1/2c	Each (1/2c)	1925	60	0.00	5	16	0.00	0.00	0	17.00	2.00	1.00	400	0.0	2.40	0.36
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	1925	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			557	3.81	518	64	10.85	0.00	28	101.00	8.17	19.44	*2187	635.6	*12.08	8.71
% of Calories				6.16%		46.0%	17.5%	0.0%		72.5%		14.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 11/08/2022

Reimbursable Meal Total 3600

	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)
831948 BRD: Bkfst Rnd ChocChip 2.2oz IW	Each	3600	270	2.50	180	19	8.00	0.00	5	44.00	6.25	5.00	9	23.6	0.00	0.92
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3600	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3600	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			467	4.00	301	51	10.59	0.00	20	80.83	9.64	14.01	*991	361.3	*53.09	1.12
% of Calories				7.71%		43.7%	20.4%	0.0%		69.2%		12.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 11/09/2022

Reimbursable Meal Total 3900

	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)
990554 YOGURT BULK, VAN W/OATS HNY GRAN 1.0 (1BG)	Serving	3113	256	0.68	192	23	6.09	0.00	3	43.05	2.03	6.71	*N/A*	146.7	*N/A*	0.95
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3113	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
826337 JUICE SS, Apple 100% 4oz Cart	Each	3113	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	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	69	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			394	1.86	272	48	7.16	0.00	16	69.63	4.54	12.78	*688	382.6	*4.05	1.01
% of Calories				4.25%		48.7%	16.4%	0.0%		70.7%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 11/10/2022

Reimbursable Meal Total 3600

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)
990734 BRD: BRKFST BANANA SUPER WG, 1SL (2BG)	Each	3600	260	1.50	240	24	8.00	0.00	0	45.00	2.00	5.00	*N/A*	161.0	*N/A*	1.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3600	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
827502 FRUIT: STRAWBERRIES, Frsh 1/2c	1/2 Cup	3600	25	0.01	1	4	0.23	0.00	0	5.91	1.54	0.52	9	12.3	45.23	0.32
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			432	3.01	362	48	10.82	0.00	15	73.73	5.93	14.53	*991	506.1	*98.32	1.52
% of Calories				6.27%		44.4%	22.5%	0.0%		68.3%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 11/11/2022

Reimbursable Meal Total 3300

	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)
000190 CEREAL BWL, Fruity Cheerios WG	Bowl	3300	120	0.00	140	9	2.00	0.00	0	25.00	2.00	2.00	500	100.0	6.00	4.50
831142 BRD: CRACK SS, Bug Bites CinWG	Package	3300	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3300	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
826343 JUICE SS, Grape100% 4oz Cart	Each	3300	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3466	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	71	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			489	2.61	400	59	8.33	0.00	16	92.31	5.87	13.89	*1368	418.2	*11.50	5.45
% of Calories				4.80%		48.3%	15.3%	0.0%		75.5%		11.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 11/14/2022

Reimbursable Meal Total 3600

	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)
832985 BRD: BAGEL, Mini CinnCrCh WGIW	Each	3600	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00	*N/A*	30.0	*N/A*	1.60
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3600	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	3600	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			437	3.50	321	46	8.59	0.00	25	78.83	4.40	15.01	*981	362.8	*56.69	1.80
% of Calories				7.21%		42.1%	17.7%	0.0%		72.2%		13.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 11/15/2022

Reimbursable Meal Total 2900

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)
831315 BRD: BAGEL. White WG IW	Each	2900	140	0.00	160	5	1.00	0.00	0	28.00	4.00	6.00	*N/A*	30.0	*N/A*	1.60
825853 COND PC Jelly, Grape Smucker	Each	2900	35	0.00	5	8	0.00	0.00	0	9.00	0.00	0.00	40	0.0	0.00	0.00
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	2900	60	0.00	0	13	0.00	0.00	0	15.00	1.00	0.00	100	20.0	6.00	0.36
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	2900	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			422	1.87	317	52	4.27	0.00	19	82.30	7.87	16.33	*1144	420.7	*11.50	2.23
% of Calories				3.99%		49.3%	9.1%	0.0%		78.0%		15.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 11/16/2022

Reimbursable Meal Total 3600

	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)
825636 CEREAL BWL, GOLDEN GRAHAMS WG (1BG)	Bowl	3600	110	0.00	210	8	0.50	0.00	0	24.00	1.00	1.00	300	90.0	3.60	2.50
990372 Danimals, Vanilla Yogurt	ea	3600	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3600	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3600	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			398	1.51	402	52	3.14	0.00	20	79.07	5.66	13.50	*1086	498.5	*8.67	2.81
% of Calories				3.41%		52.3%	7.1%	0.0%		79.5%		13.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 11/17/2022

Reimbursable Meal Total 4000

	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)
829521 BRD: Bkfst Rnd Cinn 2.2oz WG IW	Each	4000	280	3.00	190	19	8.00	0.00	5	44.00	6.29	5.00	8	29.8	0.01	0.68
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	4000	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	4000	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			527	4.35	299	62	10.34	0.00	18	92.72	10.68	13.20	914	333.3	*53.10	0.87
% of Calories				7.43%		47.1%	17.7%	0.0%		70.4%		10.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 11/18/2022

Reimbursable Meal Total 3800

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)
990706 BRD: BRKFST PUMPKIN SUPER WG, 1SL (2BG)	Each	3800	260	1.50	240	24	8.00	0.00	0	44.00	2.00	5.00	*N/A*	114.0	*N/A*	1.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3800	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
826343 JUICE SS, Grape100% 4oz Cart	Each	3800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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	2.94	371	65	10.55	0.00	14	89.04	4.87	13.96	*782	398.6	*5.50	1.24
% of Calories				5.32%		52.3%	19.1%	0.0%		71.7%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 11/21/2022

Reimbursable Meal Total 3700

	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)
825665 CEREAL BWL, CinnTstCrnch RS WG	Bowl	3700	120	0.00	160	6	2.50	0.00	0	22.00	3.00	1.00	300	60.0	3.60	1.80
990372 Danimals, Vanilla Yogurt	ea	3700	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3700	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	3700	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			415	1.47	359	50	5.07	0.00	20	76.77	6.66	13.28	*1066	455.6	*12.27	2.11
% of Calories				3.19%		48.2%	11.0%	0.0%		74.0%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 11/22/2022

Reimbursable Meal Total 3300

	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)
831313 BRD: BAR, NutriGr Blubr1.5WGIW	Each	3300	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	*N/A*	140.0	*N/A*	1.90
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	3300	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00	*N/A*	204.0	*N/A*	0.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3300	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3300	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3567	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	73	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			447	6.64	457	47	13.32	0.00	36	67.86	6.40	18.76	*1052	709.0	*53.09	2.11
% of Calories				13.37%		42.1%	26.8%	0.0%		60.7%		16.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 11/23/2022

Reimbursable Meal Total 3700

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)
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	3700	190	2.00	130	17	6.00	0.00	40	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
833274 CHEESE, CH STICK 1EA 1.0	Stick	3700	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3700	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
826343 JUICE SS, Grape100% 4oz Cart	Each	3700	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			520	7.98	464	58	15.61	0.00	75	75.32	4.87	19.17	*1301	526.1	*5.50	1.14
% of Calories				13.81%		44.6%	27.0%	0.0%		57.9%		14.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 11/28/2022

Reimbursable Meal Total 3700

	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)
825687 CEREAL BWL, Lucky Charms WG	Bowl	3700	110	0.00	180	9	1.00	0.00	0	23.00	2.00	2.00	300	110.0	3.60	3.60
990372 Danimals, Vanilla Yogurt	ea	3700	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3700	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
826337 JUICE SS, Apple 100% 4oz Cart	Each	3700	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			405	1.47	384	53	3.57	0.00	20	77.77	5.66	14.28	*1066	505.6	*8.67	3.91
% of Calories				3.27%		52.3%	7.9%	0.0%		76.8%		14.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 11/29/2022

Reimbursable Meal Total 3800

	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)
832986 BRD: BAGEL, Mini StrwCrCh WGIW	Each	3800	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00	*N/A*	30.0	*N/A*	1.60
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3800	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			437	3.44	306	48	8.55	0.00	24	83.04	5.87	13.96	*782	319.6	*5.50	1.84
% of Calories				7.08%		43.9%	17.6%	0.0%		76.0%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 11/30/2022

Reimbursable Meal Total 3800

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)
990520 CEREAL BWL, CHEX RICE WG GF (1BG)	Bowl	3800	100	0.00	250	2	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	3800	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3800	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3800	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	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			382	5.92	565	34	10.46	0.00	34	60.24	4.40	17.59	*1942	626.4	*59.09	9.20
% of Calories				13.95%		35.6%	24.6%	0.0%		63.1%		18.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=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	448	4	391	51	9.32	0.00	27	77.46	6.04	15.71	*1150	482	*26.34	2.71
% of Calories		7.71%		45.5%	18.7%	0.0%		69.2%		14.0%				

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.