

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

Menu Name: K-12 Breakfast Hot **Include Cost:** No
Site: 1 - Archdiocese of Chicago **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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 831322 BRD: FR TST AP, Berry WG IW | Pouch | 0 | 210 | 1.00 | 190 | 11 | 7.00 | 0.00 | 0 | 36.00 | 2.00 | 4.00 | *N/A* | 70.0 | *N/A* | 1.50 |
| 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 |
| 826337 JUICE SS, Apple 100% 4oz Cart | Each | 0 | 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 | | | 110 | 1.62 | 132 | 12 | 2.70 | 0.00 | 16 | 12.11 | 0.00 | 8.81 | *826 | 319.5 | *0.00 | 0.11 |
| % of Calories | | | | 13.25% | | 43.6% | 22.1% | 0.0% | | 44.0% | | 32.0% | | | | |
| 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990749 PACK: SDW MUFF EGGPTY AM, WG1.25(2) | Pack | 2300 | 235 | 3.62 | 550 | 2 | 10.50 | 0.00 | 108 | 24.50 | 2.00 | 10.50 | *100 | 241.0 | *0.00 | 0.72 |
| 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 |

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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 | | | 489 | 5.96 | 740 | 40 | 14.49 | 0.00 | 131 | 67.60 | 5.40 | 24.07 | *1509 | 744.3 | *53.09 | 0.98 |
| % of Calories | | | | 10.97% | | 32.7% | 26.7% | 0.0% | | 55.3% | | 19.7% | | | | |
| 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990578 PACK: EGG OMELET CH AP, BISC MINI AP WG 2.0 (1BG) | Pack | 0 | 230 | 7.50 | 490 | 1 | 16.00 | 0.00 | 170 | 15.00 | 1.00 | 9.00 | 300 | 140.0 | 0.00 | 1.08 |
| 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 |
| 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 | | | 125 | 1.84 | 150 | 14 | 3.07 | 0.00 | 19 | 13.78 | 0.00 | 10.02 | 940 | 363.6 | *0.00 | 0.13 |
| % of Calories | | | | 13.25% | | 44.8% | 22.1% | 0.0% | | 44.1% | | 32.1% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | |

Planned Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

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 (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 831312 BRD: BAR, NutriGr Strwb1.5WGIW | Each | 0 | 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, Frit 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 | | | 322 | 6.15 | 334 | 38 | 9.91 | 0.00 | 36 | 42.65 | 2.87 | 16.14 | *892 | 531.3 | *9.10 | 0.25 |
| % of Calories | | | | 17.19% | | 47.2% | 27.7% | 0.0% | | 53.0% | | 20.0% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | |

Monday - 11/07/2022

Reimbursable Meal Total 1925

| | 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 (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 |

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW | Each | 0 | 140 | 1.50 | 360 | 6 | 5.00 | 0.00 | 10 | 16.00 | 2.00 | 8.00 | 0 | 40.0 | 0.00 | 1.44 |
| 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) | 0 | 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 | | | 151 | 1.48 | 121 | 23 | 2.47 | 0.00 | 15 | 25.10 | 1.00 | 8.07 | *757 | 297.9 | *0.00 | 0.10 |
| % of Calories | | | | 8.82% | | 60.9% | 14.7% | 0.0% | | 66.5% | | 21.4% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | |

Wednesday - 11/09/2022

Reimbursable Meal Total 3900

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 831334 BRD: WAFFLE, AP WG Maple Md IW | Pouch | 0 | 200 | 1.00 | 170 | 13 | 5.00 | 0.00 | 0 | 37.00 | 3.00 | 4.00 | 0 | 20.0 | 0.00 | 0.72 |
| 833274 CHEESE, CH STICK 1EA 1.0 | Stick | 0 | 90 | 4.50 | 200 | 0 | 7.00 | 0.00 | 20 | 0.00 | 0.00 | 7.00 | 500 | 204.0 | *N/A* | 0.00 |
| 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 | | | 190 | 1.32 | 119 | 29 | 2.30 | 0.00 | 13 | 35.26 | 2.92 | 7.43 | 688 | 265.6 | *4.05 | 0.26 |
| % of Calories | | | | 6.25% | | 61.1% | 10.9% | 0.0% | | 74.2% | | 15.6% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | |

Thursday - 11/10/2022

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 830789 MELT BGL, CSaus AM 1.25 WG | Sandwich | 0 | 285 | 3.62 | 610 | 4 | 10.50 | 0.00 | 52 | 29.50 | 4.00 | 19.50 | *0 | 121.0 | *0.00 | 2.80 |
| 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 | 0 | 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 |

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 | | | 147 | 1.50 | 121 | 20 | 2.59 | 0.00 | 15 | 22.83 | 2.40 | 9.01 | *981 | 332.8 | *53.09 | 0.20 |
| % of Calories | | | | 9.18% | | 54.4% | 15.9% | 0.0% | | 62.1% | | 24.5% | | | | |
| 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) | 0 | 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) | 0 | 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 | 3466 | 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 | 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 | | | 347 | 2.58 | 384 | 29 | 8.13 | 0.00 | 16 | 57.79 | 3.00 | 12.57 | *1304 | 411.0 | *6.00 | 5.31 |
| % of Calories | | | | 6.69% | | 33.4% | 21.1% | 0.0% | | 66.6% | | 14.5% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | |

Monday - 11/14/2022

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 832985 BRD: BAGEL, Mini CinnCrCh WGIW | Each | 0 | 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, Frit Bld 100% 4oz Crt | Each | 0 | 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 | | | 147 | 1.50 | 121 | 20 | 2.59 | 0.00 | 15 | 22.83 | 2.40 | 9.01 | *981 | 332.8 | *53.09 | 0.20 |
| % of Calories | | | | 9.18% | | 54.4% | 15.9% | 0.0% | | 62.1% | | 24.5% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | |

Tuesday - 11/15/2022

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990749 PACK: SDW MUFF EGGPTY AM, WG1.25(2) | Pack | 0 | 235 | 3.62 | 550 | 2 | 10.50 | 0.00 | 108 | 24.50 | 2.00 | 10.50 | *100 | 241.0 | *0.00 | 0.72 |
| 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 |
| 825008 FRUIT: APPLE, 138CT Whole 1C | Each (138ct) | 0 | 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 |

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 | | | 125 | 1.84 | 150 | 14 | 3.07 | 0.00 | 19 | 13.78 | 0.00 | 10.02 | *940 | 363.6 | *0.00 | 0.13 |
| % of Calories | | | | 13.25% | | 44.8% | 22.1% | 0.0% | | 44.1% | | 32.1% | | | | |
| 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990708 PACK: CHIXPTY BRD, AM BISC MINI AP WG 1.25(1.25BG) | Pack | 0 | 240 | 7.12 | 625 | 2 | 13.00 | 0.00 | 25 | 20.50 | 2.50 | 11.50 | *0 | 151.0 | *0.00 | 1.26 |
| 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 |
| 000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C | Each (1/2c) | 0 | 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 | | | 101 | 1.48 | 121 | 11 | 2.47 | 0.00 | 15 | 11.10 | 0.00 | 8.07 | *757 | 292.9 | *0.00 | 0.10 |
| % of Calories | | | | 13.19% | | 43.6% | 22.0% | 0.0% | | 44.0% | | 32.0% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | |

Thursday - 11/17/2022

Reimbursable Meal Total 4000

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 831321 BRD: FR TST AP, Cinn WG IW | Pouch | 0 | 220 | 1.00 | 200 | 11 | 7.00 | 0.00 | 0 | 37.00 | 2.00 | 4.00 | *N/A* | 80.0 | *N/A* | 1.70 |
| 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) | 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 |
| 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 | | | 137 | 1.35 | 109 | 19 | 2.34 | 0.00 | 13 | 21.72 | 2.40 | 8.20 | *906 | 303.5 | *53.09 | 0.19 |
| % of Calories | | | | 8.87% | | 55.5% | 15.4% | 0.0% | | 63.4% | | 23.9% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | |

Friday - 11/18/2022

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) | Calcm (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) | 0 | 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 | 0 | 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 |

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 | | | 355 | 2.91 | 355 | 35 | 10.34 | 0.00 | 14 | 54.52 | 2.00 | 12.65 | *717 | 391.4 | *0.00 | 1.10 |
| % of Calories | | | | 7.38% | | 39.4% | 26.2% | 0.0% | | 61.4% | | 14.3% | | | | |
| 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 | 0 | 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 | 0 | 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 | | | 285 | 1.47 | 279 | 28 | 5.07 | 0.00 | 15 | 50.77 | 6.66 | 9.28 | *1066 | 355.6 | *8.67 | 2.11 |
| % of Calories | | | | 4.64% | | 39.3% | 16.0% | 0.0% | | 71.3% | | 13.0% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | |

Tuesday - 11/22/2022

Reimbursable Meal Total 3300

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 830954 PIZZA AP TONY BKFST T.SSG WG 1.0 (1.5BG) | Pizza | 0 | 210 | 2.00 | 350 | 5 | 7.00 | 0.00 | 15 | 27.00 | 3.00 | 9.00 | 0 | 156.0 | 0.00 | 1.90 |
| 000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C | Each (1/2c) | 0 | 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) | 0 | 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 | | | 110 | 1.62 | 132 | 12 | 2.70 | 0.00 | 16 | 12.13 | 0.00 | 8.82 | *827 | 320.1 | *0.00 | 0.11 |
| % of Calories | | | | 13.25% | | 43.6% | 22.1% | 0.0% | | 44.1% | | 32.1% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | |

Wednesday - 11/23/2022

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 831305 BRD: MUF AP, Blueb 2ozWG (1BG) | Muffin | 0 | 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 | 0 | 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) | 0 | 62 | 0.03 | 1 | 12 | 0.20 | 0.00 | 0 | 16.52 | 2.87 | 0.31 | 65 | 7.2 | 5.50 | 0.14 |
| 000131 FRUIT: CUP SS, Peaches Dcd1/2c | Each (1/2c) | 0 | 60 | 0.00 | 5 | 16 | 0.00 | 0.00 | 0 | 17.00 | 2.00 | 1.00 | 400 | 0.0 | 2.40 | 0.36 |
| 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 | | | 98 | 1.44 | 118 | 11 | 2.41 | 0.00 | 15 | 10.80 | 0.00 | 7.86 | *736 | 284.9 | *0.00 | 0.10 |
| % of Calories | | | | 13.22% | | 44.9% | 22.1% | 0.0% | | 44.1% | | 32.1% | | | | |
| 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 | 0 | 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 | 0 | 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 | 0 | 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 | | | 165 | 1.47 | 119 | 22 | 2.57 | 0.00 | 15 | 28.77 | 3.66 | 8.28 | *766 | 295.6 | *5.07 | 0.31 |
| % of Calories | | | | 8.02% | | 53.3% | 14.0% | 0.0% | | 69.7% | | 20.1% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | |

Tuesday - 11/29/2022

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 831333 BRD: WAFFLE, AP WG Bluebry IW | Pouch | 0 | 200 | 1.00 | 170 | 10 | 6.00 | 0.00 | 0 | 36.00 | 3.00 | 4.00 | 0 | 20.0 | 0.00 | 0.72 |
| 833274 CHEESE, CH STICK 1EA 1.0 | Stick | 0 | 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) | 0 | 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 | | | 145 | 1.41 | 115 | 23 | 2.34 | 0.00 | 14 | 24.52 | 1.00 | 7.65 | *717 | 282.4 | *0.00 | 0.10 |
| % of Calories | | | | 8.75% | | 63.4% | 14.5% | 0.0% | | 67.6% | | 21.1% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | |

Wednesday - 11/30/2022

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990745 POCKET, BREAKFAST TURKEY SAUSAGE 4.5 OZ | Pack | 0 | 280 | 4.00 | 450 | 4 | 11.00 | 0.00 | 110 | 32.00 | 3.00 | 13.00 | *N/A* | 148.0 | *N/A* | 2.00 |
| 825008 FRUIT: APPLE, 138CT Whole 1C | Each (138ct) | 0 | 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 | 0 | 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) | Calcm (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 | | | 95 | 1.41 | 115 | 11 | 2.34 | 0.00 | 14 | 10.52 | 0.00 | 7.65 | *717 | 277.4 | *0.00 | 0.10 |
| % of Calories | | | | 13.36% | | 46.3% | 22.2% | 0.0% | | 44.3% | | 32.2% | | | | |
| 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 | | | 210 | 2 | 218 | 24 | 4.74 | 0.00 | 23 | 31.98 | 2.19 | 10.65 | *961 | 370 | *12.87 | 1.03 |
| % of Calories | | | | 9.47% | | 45.7% | 20.3% | 0.0% | | 60.9% | | 20.3% | | | | |

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.