

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 2022

**Menu Name:** K-8 Lunch 1 Entree (A)  
**Site:** 1 - Archdiocese of Chicago

**Include Cost:** No  
**Report Style:** Detailed

### Thursday - 12/01/2022

**Reimbursable Meal Total 15150**

	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)	Protrn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
833187 STICKS, BOSCO CheeseAP 2.0 2ea	2 Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
832253 SAUCE P, Marin AP 1/4c	1/4 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C	3/4c	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
825856 COND PC Ketchup 9g Heinz	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	72	0.00	137	12	0.00	0.00	3	12.43	0.00	5.24	491	189.8	*N/A*	0.07
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	19	0.28	22	2	0.47	0.00	3	2.06	0.00	1.50	140	54.2	*N/A*	0.02
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.5	*N/A*	0.00
Weighted Daily Average			91	0.28	161	14	0.47	0.00	6	14.58	0.00	6.80	*637	246.6	*0.00	0.08
% of Calories				2.77%		61.5%	4.6%	0.0%		64.1%		29.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 12/02/2022

**Reimbursable Meal Total 14350**

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 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)
833061 TACO ChixDcd Soft WG 2.0 2ea	2 Each	0	0	0.00	0	0	0.00	*0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	0.00
825869 COND PC Sauce, Taco 9g	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
830651 VEG: BEANS, REFRIED AP 3/4C	3/4 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	76	0.00	145	12	0.00	0.00	3	13.13	0.00	5.53	518	200.4	*N/A*	0.07
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	16	0.00	24	2	0.00	0.00	1	2.17	0.00	1.58	148	59.2	*N/A*	0.02
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.01	1	0	0.02	0.00	0	0.10	0.00	0.07	7	2.6	*N/A*	0.00
Weighted Daily Average			93	0.01	170	15	0.02	*0.00	5	15.40	0.00	7.18	*673	262.2	*0.00	0.09
% of Calories				0.10%		64.5%	0.2%	*0.0%		66.2%		30.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 12/05/2022

Reimbursable Meal Total 15250

	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	2000	39	0.79	68	1	1.70	0.00	4	4.20	0.26	1.84	*N/A*	44.6	*N/A*	0.24
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	12500	30	0.02	12	2	0.13	0.00	0	5.72	3.21	3.31	1080	35.3	42.85	0.65
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	12500	51	0.03	1	10	0.17	0.00	0	13.54	2.35	0.25	53	5.9	4.51	0.12
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	72	0.00	137	12	0.00	0.00	3	12.35	0.00	5.20	488	188.5	*N/A*	0.07

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	19	0.28	22	2	0.46	0.00	3	2.04	0.00	1.49	139	53.9	*N/A*	0.02
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.5	*N/A*	0.00
Weighted Daily Average			211	1.11	241	26	2.46	0.00	10	37.94	5.82	12.16	*1767	330.7	*47.36	1.09
% of Calories				4.73%		49.3%	10.5%	0.0%		71.9%		23.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 12/06/2022

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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990541 NACHOS BFGD AP Bn CHZ 2.25 - w/o Chips	Serving	10000	139	3.50	427	1	6.23	0.04	23	11.17	2.15	9.04	*195	168.1	*2.07	1.01
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	10000	71	0.00	81	0	1.62	0.00	0	12.34	0.65	1.30	*N/A*	19.5	*N/A*	0.19
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
825856 COND PC Ketchup 9g Heinz	Each	14792	10	0.00	82	2	0.00	0.00	0	2.88	0.00	0.00	0	0.0	0.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	14000	73	0.00	14	16	0.00	0.00	0	16.36	0.00	0.91	0	0.0	0.00	0.00
831289 BRD: CRACK SS, Chz-It WG	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	71	0.00	135	12	0.00	0.00	3	12.23	0.00	5.15	483	186.7	*N/A*	0.06
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	18	0.28	22	2	0.46	0.00	3	2.02	0.00	1.47	138	53.3	*N/A*	0.02

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## Weighted Values

Dec 1, 2022 thru Dec 23, 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	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.5	*N/A*	0.00
Weighted Daily Average			383	3.78	762	33	8.32	0.04	29	57.10	2.80	17.94	*823	430.1	*2.07	1.29
% of Calories				8.88%		34.5%	19.6%	0.1%		59.6%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 12/07/2022

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)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	10000	183	1.76	215	2	5.63	0.00	18	19.72	1.41	11.97	*0	65.5	*0.00	1.72
825856 COND PC Ketchup 9g Heinz	Each	10000	7	0.00	60	1	0.00	0.00	0	2.11	0.00	0.00	0	0.0	0.00	0.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	12750	42	0.01	0	8	0.11	0.00	0	10.53	2.15	0.84	202	35.8	47.67	0.09
832684 BRD: CRACK BK, GFishCh (1BG)	Serving	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	77	0.00	147	13	0.00	0.00	3	13.27	0.00	5.59	524	202.5	*N/A*	0.07
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	20	0.30	24	2	0.50	0.00	3	2.19	0.00	1.60	150	57.9	*N/A*	0.02

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 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	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.7	*N/A*	0.00
Weighted Daily Average			330	2.07	446	27	6.24	0.00	24	47.92	3.56	20.07	*882	364.4	*47.67	1.90
% of Calories				5.65%		32.7%	17.0%	0.0%		58.1%		24.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 12/08/2022

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)
833128 ENCHILADA, BfGd AP WG 2.0	2 Each	10000	193	4.49	418	3	8.29	*0.00	32	18.37	3.14	11.53	*375	174.5	*2.75	1.54
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	12800	303	0.00	703	19	1.38	0.00	0	59.27	11.03	15.16	*N/A*	119.9	*N/A*	4.14
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	12800	55	0.00	9	12	0.00	0.00	0	12.75	0.00	0.00	0	0.0	3.28	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	78	0.00	148	13	0.00	0.00	4	13.41	0.00	5.65	529	204.7	*N/A*	0.07
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	20	0.30	24	2	0.50	0.00	3	2.22	0.00	1.61	151	58.5	*N/A*	0.02
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.7	*N/A*	0.00
Weighted Daily Average			650	4.79	1304	49	10.17	*0.00	39	106.12	14.16	34.02	*1063	560.3	*6.03	5.77
% of Calories				6.63%		30.2%	14.1%	*0.0%		65.3%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

# Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

## Friday - 12/09/2022

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 (mg)	Vit-C (mg)	Iron (mg)
990701 PACK: BEEF SALIS STK, MASH POT, BF GRVY SS 2(.5cV)	Pack	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*0	0.0	0.00	0.00
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
990721 VEG: SALAD, Side Rom AP Chopped 1c	1 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
827711 VEG: TOMATOES, Cherry 1/2c	1/2 Cup	0	0	0.00	0	0	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	5225	45	0.00	86	7	0.00	0.00	2	7.76	0.00	3.27	306	118.4	*N/A*	0.04
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1493	12	0.17	14	1	0.29	0.00	2	1.28	0.00	0.93	87	33.8	*N/A*	0.01
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	68	0	0.00	1	0	0.00	0.00	0	0.06	0.00	0.04	4	1.6	*N/A*	0.00
Weighted Daily Average			57	0.17	100	9	0.29	*0.00	4	9.10	0.00	4.24	*398	153.8	*0.00	0.05
% of Calories				2.68%		63.2%	4.6%	*0.0%		63.9%		29.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Monday - 12/12/2022

Reimbursable Meal Total 14400

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 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)
990564 PACK: RAVIOLI JMB CHZ, SPAG SAUCE AP WG 2(1BG)	Pack	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	0.00
833189 BRD: TST AP, Garlic WG 1.2oz	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	12307	79	0.04	42	4	0.18	0.00	0	15.82	5.32	3.46	5168	30.2	3.87	0.99
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14187	61	0.03	1	12	0.20	0.00	0	16.28	2.83	0.31	64	7.1	5.42	0.14
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9647	74	0.00	141	12	0.00	0.00	3	12.73	0.00	5.36	502	194.3	*N/A*	0.07
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2756	19	0.29	23	2	0.48	0.00	3	2.11	0.00	1.53	144	55.5	*N/A*	0.02
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	125	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.6	*N/A*	0.00
<b>Weighted Daily Average</b>			<b>233</b>	<b>0.36</b>	<b>208</b>	<b>30</b>	<b>0.86</b>	<b>0.00</b>	<b>6</b>	<b>47.02</b>	<b>8.15</b>	<b>10.72</b>	<b>*5885</b>	<b>289.7</b>	<b>*9.29</b>	<b>1.22</b>
% of Calories				1.39%		51.5%	3.3%	0.0%		80.7%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 12/13/2022

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)
833288 BEEF DIPPER, TERIYAKI AP 2.0	4 Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
827186 RICE, Plain WG 1BG	1/2 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	0.00
990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C	3/4c	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
825856 COND PC Ketchup 9g Heinz	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

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## Weighted Values

Dec 1, 2022 thru Dec 23, 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)
000116 FRUIT: CUP SS, APPLSC UNSWT SHLF-STBL 1/2C	Each (1/2c)	13600	44	0.00	0	11	0.00	0.00	0	12.36	0.88	0.00	*N/A*	4.4	*N/A*	0.00
831289 BRD: CRACK SS, Chz-lt WG	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10316	74	0.00	141	12	0.00	0.00	3	12.73	0.00	5.36	502	194.3	*N/A*	0.07
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2948	19	0.29	23	2	0.48	0.00	3	2.11	0.00	1.53	144	55.5	*N/A*	0.02
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	134	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.6	*N/A*	0.00
<b>Weighted Daily Average</b>			<b>138</b>	<b>0.29</b>	<b>165</b>	<b>25</b>	<b>0.48</b>	<b>0.00</b>	<b>6</b>	<b>27.29</b>	<b>0.88</b>	<b>6.96</b>	<b>*652</b>	<b>256.8</b>	<b>*0.00</b>	<b>0.09</b>
% of Calories				1.89%		72.5%	3.1%	0.0%		79.1%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 12/14/2022

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)
990715 PACK: CHIX MTBLS, PEAS/CARROTS, BF GRVY SS 2.0	5 Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	0.00
827186 RICE, Plain WG 1BG	1/2 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	0.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	14286	45	0.01	0	9	0.11	0.00	0	11.24	2.30	0.90	215	38.3	50.90	0.10
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9982	74	0.00	141	12	0.00	0.00	3	12.73	0.00	5.36	502	194.3	*N/A*	0.07



# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 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	2852	19	0.29	23	2	0.48	0.00	3	2.11	0.00	1.53	144	55.5	*N/A*	0.02
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	130	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.6	*N/A*	0.00
Weighted Daily Average			138	0.30	165	23	0.59	0.00	6	26.17	2.30	7.86	*868	290.7	*50.90	0.18
% of Calories				1.96%		66.7%	3.8%	0.0%		75.9%		22.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 12/15/2022

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	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	0.00
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	12000	69	0.00	138	1	1.29	0.00	0	12.09	0.86	2.59	*N/A*	17.3	*N/A*	0.86
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	13101	63	0.02	1	11	0.16	0.00	0	16.94	3.45	0.40	28	10.0	4.78	0.20
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9312	74	0.00	141	12	0.00	0.00	3	12.73	0.00	5.36	502	194.3	*N/A*	0.07
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2660	19	0.29	23	2	0.48	0.00	3	2.11	0.00	1.53	144	55.5	*N/A*	0.02

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 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	121	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.6	*N/A*	0.00
Weighted Daily Average			226	0.31	304	26	1.93	0.00	6	43.95	4.31	9.95	*680	279.7	*4.78	1.15
% of Calories				1.23%		46.0%	7.7%	0.0%		77.8%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 12/16/2022

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)
990684 SOUP, BfGd Chili SS 2.0	6oz spdl (2MMA)	0	0	0.00	0	0	0.00	*0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	0.00
990683 BRD: CORN POPPERS, WG 3EA (1 BG)	3 Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	0	0	0.00	0	0	0.00	*0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
831285 BRD: CRACK SS, Animal WG	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	6230	74	0.00	141	12	0.00	0.00	3	12.73	0.00	5.36	502	194.3	*N/A*	0.07
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1780	19	0.29	23	2	0.48	0.00	3	2.11	0.00	1.53	144	55.5	*N/A*	0.02

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 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	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	7	2.6	*N/A*	0.00
Weighted Daily Average			94	0.29	165	14	0.48	*0.00	6	14.93	0.00	6.96	*652	252.4	*0.00	0.09
% of Calories				2.78%		59.6%	4.6%	*0.0%		63.5%		29.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Monday - 12/19/2022

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)
990689 PACK: MTBL CHIX KOREAN, RICE WG 2.0 (2BG)	Pack	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	0.00
990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C	3/4 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	400	4	0.00	7	1	0.00	0.00	0	0.61	0.00	0.26	24	9.3	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	95	1	0.01	1	0	0.02	0.00	0	0.08	0.00	0.06	6	2.2	*N/A*	0.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.1	*N/A*	0.00
Weighted Daily Average			54	0.01	8	13	0.02	0.00	0	14.70	1.00	0.32	*30	16.6	*0.00	0.00
% of Calories				0.17%		96.3%	0.3%	0.0%		108.9%		2.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 12/20/2022

Reimbursable Meal Total 14900

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 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)
990580 PACK: FR TST STK AP (3), CHIX SSG PTY (2) WG 2(1.5)	Pack	10000	265	2.77	487	5	13.09	0.00	54	20.47	1.51	17.79	*12	33.6	*0.05	2.26
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	14293	167	1.29	463	0	9.00	0.00	0	20.56	1.29	1.29	*N/A*	0.0	*N/A*	0.00
825856 COND PC Ketchup 9g Heinz	Each	14293	10	0.00	82	2	0.00	0.00	0	2.88	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	16.39	2.85	0.31	64	7.1	5.46	0.14
832684 BRD: CRACK BK, GFishCh (1BG)	Serving	14000	99	0.70	176	0	3.52	0.00	4	14.09	1.41	2.11	0	28.2	0.00	0.76
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	73	0.00	140	12	0.00	0.00	3	12.64	0.00	5.32	499	193.0	*N/A*	0.07
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	19	0.29	23	2	0.48	0.00	3	2.09	0.00	1.52	143	55.1	*N/A*	0.02
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.6	*N/A*	0.00
Weighted Daily Average			695	5.08	1372	33	26.28	0.00	63	89.22	7.05	28.41	*724	319.6	*5.50	3.25
% of Calories				6.58%		19.0%	34.0%	0.0%		51.3%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 12/21/2022

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)
990535 SDW AP, CHEESY PULL APART SW QUESO WG IW 2 (2BG)	Each	2600	52	1.04	100	1	2.25	0.00	5	5.70	0.35	2.42	*N/A*	57.0	*N/A*	0.33
830646 VEG: BEANS, Black 3/4c	3/4 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 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)
000124 FRUIT: PEARS 150 ct.	Each (150ct)	14143	63	0.02	1	11	0.16	0.00	0	16.89	3.44	0.40	28	10.0	4.77	0.20
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	72	0.00	138	12	0.00	0.00	3	12.52	0.00	5.27	494	191.1	*N/A*	0.07
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	19	0.28	23	2	0.47	0.00	3	2.07	0.00	1.51	141	54.6	*N/A*	0.02
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.07	6	2.6	*N/A*	0.00
Weighted Daily Average			207	1.34	263	26	2.87	0.00	11	37.27	3.78	9.66	*669	315.2	*4.77	0.61
% of Calories				5.83%		50.2%	12.5%	0.0%		72.0%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 12/22/2022

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)
990585 PACK: CHIX NUGGET SAVORY, PRETZEL SOFT ROD WG2(2BG)	Pack	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
825867 COND PC Sauce, BBQ 12g	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10049	74	0.00	141	12	0.00	0.00	3	12.73	0.00	5.36	502	194.3	*N/A*	0.07

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 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	2871	19	0.29	23	2	0.48	0.00	3	2.11	0.00	1.53	144	55.5	*N/A*	0.02
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	130	1	0.00	1	0	0.00	0.00	0	0.10	0.00	0.07	6	2.6	*N/A*	0.00
Weighted Daily Average			94	0.29	165	14	0.48	0.00	6	14.93	0.00	6.96	*652	252.4	*0.00	0.09
% of Calories				2.78%		59.6%	4.6%	0.0%		63.5%		29.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 12/23/2022

Reimbursable Meal Total 6580

	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	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
825867 COND PC Sauce, BBQ 12g	Each	1400	3	0.00	34	1	0.01	0.00	0	0.71	0.03	0.03	*N/A*	0.3	*N/A*	0.01
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	6140	58	0.03	1	12	0.19	0.00	0	15.42	2.68	0.29	60	6.7	5.14	0.13
831142 BRD: CRACK SS, Bug Bites CinWG	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	3917	65	0.00	125	11	0.00	0.00	3	11.31	0.00	4.76	446	172.6	*N/A*	0.06
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1152	18	0.26	21	2	0.44	0.00	3	1.93	0.00	1.40	131	50.8	*N/A*	0.02

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 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	51	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.06	6	2.3	*N/A*	0.00
Weighted Daily Average			145	0.29	182	25	0.63	0.00	6	29.45	2.71	6.54	*644	232.8	*5.14	0.22
% of Calories				1.80%		69.0%	3.9%	0.0%		81.2%		18.0%				
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			226	1	364	24	3.68	*0.00	14	37.24	3.32	11.57	*1041	286	*10.79	1.01
% of Calories				4.86%		42.5%	14.7%	*0.0%		65.9%		20.5%				

\*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.**