

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

Menu Name: K-8 A/SSL
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Thursday - 12/01/2022

Reimbursable Meal Total 15150

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 990643 SALAD, T.HAM TKY CH MZ AP W 2.0 | 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 |
| 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 |
| 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 |
| 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 128 | 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

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 832680 SALAD, ChixPop CH AP W 2.5 (1BG) | 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 |
| 990650 Breadstick WG 1BG (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 |
| 826059 COND PC, DRESSING RANCH 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 |
| 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG IW 2 (2BG) | Each | 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 |
| 900176 SALAD, APPLE Slcd IW CHCube2.0 | Each | 500 | 7 | 0.30 | 12 | 0 | 0.46 | 0.00 | 1 | 0.23 | 0.03 | 0.46 | *1 | 14.0 | *0.69 | 0.00 |
| 825962 BRD: CRACK SS, GFishPrtz .75oz | Package | 500 | 3 | 0.00 | 7 | 0 | 0.05 | 0.00 | 0 | 0.52 | 0.03 | 0.07 | 0 | 0.0 | 0.00 | 0.02 |
| 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 |
| 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 128 | 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 | | | 221 | 1.41 | 260 | 26 | 2.97 | 0.00 | 11 | 38.70 | 5.89 | 12.68 | *1767 | 344.7 | *48.05 | 1.11 |
| % of Calories | | | | 5.74% | | 47.1% | 12.1% | 0.0% | | 70.0% | | 23.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 12/06/2022

Reimbursable Meal Total 15400

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG) | Serving | 900 | 20 | 0.04 | 15 | 2 | 0.36 | 0.00 | 0 | 3.49 | 0.12 | 0.63 | *N/A* | 17.1 | *N/A* | 0.06 |
| 831720 BRD: CRACK SS, Bear GrhmCinnWG | Package | 900 | 7 | 0.00 | 7 | 0 | 0.23 | 0.00 | 0 | 1.17 | 0.06 | 0.12 | *N/A* | 8.2 | *N/A* | 0.06 |
| 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 128 | 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 | | | 409 | 3.82 | 783 | 35 | 8.91 | 0.04 | 30 | 61.76 | 2.98 | 18.68 | *823 | 455.4 | *2.07 | 1.40 |
| % of Calories | | | | 8.41% | | 34.2% | 19.6% | 0.1% | | 60.4% | | 18.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 12/07/2022

Reimbursable Meal Total 14200

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25 | Each | 750 | 11 | 0.30 | 35 | 0 | 0.67 | 0.00 | 3 | 0.24 | 0.05 | 1.01 | *71 | 11.7 | *0.41 | 0.16 |
| 990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped | Each | 750 | 4 | 0.00 | 7 | 0 | 0.05 | 0.00 | 0 | 0.74 | 0.08 | 0.16 | *N/A* | 2.0 | *N/A* | 0.05 |
| 833328 COND PC, DRESSING ITALIAN FF 12G (PPI) | Packet | 750 | 0 | 0.00 | 6 | 0 | 0.00 | 0.00 | 0 | 0.05 | 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 128 | 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 | | | 345 | 2.38 | 495 | 27 | 6.96 | 0.00 | 27 | 48.95 | 3.68 | 21.24 | *953 | 378.1 | *48.08 | 2.11 |
| % of Calories | | | | 6.21% | | 31.3% | 18.2% | 0.0% | | 56.8% | | 24.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 12/08/2022

Reimbursable Meal Total 14050

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 990722 SALAD, VEG BAJA AP ROMAINE 2.25 | Each | 800 | 13 | 0.35 | 21 | 0 | 0.56 | 0.00 | 2 | 1.27 | 0.29 | 0.68 | *202 | 13.6 | *0.36 | 0.09 |
| 000218 BRD: MUF AP, CORN 2OZ IW WG (1BG) | Muffin | 800 | 10 | 0.09 | 10 | 1 | 0.34 | 0.00 | 2 | 1.59 | 0.06 | 0.23 | 6 | 1.1 | 0.00 | 0.06 |
| 826059 COND PC, DRESSING RANCH 12G (HEINZ) | Each | 800 | 3 | 0.04 | 6 | 0 | 0.28 | 0.01 | 0 | 0.05 | 0.00 | 0.01 | *N/A* | 0.1 | *N/A* | 0.00 |
| 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 128 | 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 | | | 675 | 5.27 | 1341 | 50 | 11.35 | *0.01 | 43 | 109.04 | 14.51 | 34.93 | *1271 | 575.2 | *6.39 | 5.92 |
| % of Calories | | | | 7.03% | | 29.6% | 15.1% | *0.0% | | 64.6% | | 20.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 12/09/2022

Reimbursable Meal Total 12800

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 990658 SALAD NAC, BfGd AP 2.0 - w/o Chips | 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 |
| 831270 SNACK: CHIP SS, Tort Bkd ScpWG | 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 |
| 831141 BRD: CRACK SS, ScoobyDoo 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 |
| 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 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) | Vlt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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

| | 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) | Vlt-A (IU) | Calc ^m (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 |
| 990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG) | Serving | 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 |
| 831141 BRD: CRACK SS, ScoobyDoo 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 |
| 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 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 | 125 | 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 | | | 233 | 0.36 | 208 | 30 | 0.86 | 0.00 | 6 | 47.02 | 8.15 | 10.72 | *5885 | 289.7 | *9.29 | 1.22 |
| % 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 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 900176 SALAD, APPLE Slcd IW CHCube2.0 | Each | 800 | 11 | 0.47 | 20 | 0 | 0.73 | 0.00 | 2 | 0.36 | 0.05 | 0.73 | *2 | 22.2 | *1.09 | 0.00 |
| 825962 BRD: CRACK SS, GFishPrtz .75oz | Package | 800 | 5 | 0.00 | 10 | 0 | 0.08 | 0.00 | 0 | 0.83 | 0.05 | 0.10 | 0 | 0.0 | 0.00 | 0.04 |
| 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 |
| 000116 FRUIT: CUP SS, APPLESC 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-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 | 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 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 | 134 | 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 | | | 153 | 0.75 | 195 | 25 | 1.28 | 0.00 | 8 | 28.49 | 0.99 | 7.79 | *654 | 279.0 | *1.09 | 0.12 |
| % of Calories | | | | 4.41% | | 65.4% | 7.5% | 0.0% | | 74.5% | | 20.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 12/14/2022

Reimbursable Meal Total 14900

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 832680 SALAD, ChixPop CH AP W 2.5 (1BG) | 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 |
| 990650 Breadstick WG 1BG (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 |
| 826059 COND PC, DRESSING RANCH 12G (HEINZ) | Each | 500 | 2 | 0.03 | 3 | 0 | 0.17 | 0.00 | 0 | 0.03 | 0.00 | 0.00 | *N/A* | 0.1 | *N/A* | 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 |
| 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 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 | 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 | | | 140 | 0.33 | 168 | 23 | 0.76 | 0.00 | 6 | 26.20 | 2.30 | 7.86 | *868 | 290.7 | *50.90 | 0.18 |
| % of Calories | | | | 2.12% | | 65.7% | 4.9% | 0.0% | | 74.9% | | 22.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 12/15/2022

Reimbursable Meal Total 13900

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990740 PACK: TKY BREAST (SLCD), PLTRYGRVY LSSS MASH POT 2 | Pack | 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 |
| 990643 SALAD, T.HAM TKY CH MZ AP W 2.0 | Each | 400 | 5 | 0.15 | 14 | 0 | 0.27 | 0.00 | 1 | 0.13 | 0.02 | 0.48 | *37 | 6.3 | *0.22 | 0.05 |
| 990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped | each | 400 | 2 | 0.00 | 5 | 0 | 0.04 | 0.00 | 0 | 0.40 | 0.03 | 0.09 | *N/A* | 0.6 | *N/A* | 0.03 |
| 826055 COND PC, DRESSING FRENCH 12G (HEINZ) | Each | 400 | 2 | 0.02 | 4 | 0 | 0.12 | 2.45 | 0 | 0.09 | 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 |
| 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 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 | 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 | | | 235 | 0.48 | 326 | 26 | 2.37 | 2.45 | 8 | 44.58 | 4.37 | 10.51 | *717 | 286.6 | *5.00 | 1.23 |
| % of Calories | | | | 1.84% | | 44.3% | 9.1% | 9.4% | | 75.9% | | 17.9% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 12/16/2022

Reimbursable Meal Total 9300

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25 | 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 |
| 990650 Breadstick WG 1BG (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 |
| 833328 COND PC, DRESSING ITALIAN FF 12G (PPI) | Packet | 0 | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 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 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 | 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990689 PACK: MTBL CHIX KOREAN, RICE WG 2.0 (2BG) | Pack | 0 | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | *0 | 0.0 | *0.00 | 0.00 |
| 900176 SALAD, APPLE Slcd IW CHCube2.0 | Each | 500 | 8 | 0.36 | 15 | 0 | 0.56 | 0.00 | 2 | 0.28 | 0.04 | 0.56 | *1 | 17.1 | *0.84 | 0.00 |
| 825962 BRD: CRACK SS, GFishPrtz .75oz | Package | 500 | 4 | 0.00 | 8 | 0 | 0.06 | 0.00 | 0 | 0.64 | 0.04 | 0.08 | 0 | 0.0 | 0.00 | 0.03 |
| 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 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 | 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 | | | 66 | 0.37 | 31 | 13 | 0.64 | 0.00 | 2 | 15.62 | 1.08 | 0.96 | *31 | 33.7 | *0.84 | 0.03 |
| % of Calories | | | | 5.05% | | 78.8% | 8.7% | 0.0% | | 94.7% | | 5.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 12/20/2022

Reimbursable Meal Total 14900

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990580 PACK: FR TST STK AP (3), CHIX SSG PTY (2) WG 2(1.5) | Pack | 10000 | 265 | 2.77 | 487 | 5 | 13.09 | 0.00 | 54 | 20.47 | 1.51 | 17.79 | *12 | 33.6 | *0.05 | 2.26 |
| 990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG) | Serving | 900 | 20 | 0.04 | 15 | 2 | 0.37 | 0.00 | 0 | 3.61 | 0.12 | 0.65 | *N/A* | 17.7 | *N/A* | 0.06 |
| 831720 BRD: CRACK SS, Bear GrhmCinnWG | Package | 900 | 7 | 0.00 | 7 | 0 | 0.24 | 0.00 | 0 | 1.21 | 0.06 | 0.12 | *N/A* | 8.5 | *N/A* | 0.06 |
| 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 128 | 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 | | | 723 | 5.12 | 1394 | 36 | 26.89 | 0.00 | 64 | 94.04 | 7.24 | 29.17 | *724 | 345.7 | *5.50 | 3.37 |
| % of Calories | | | | 6.37% | | 19.9% | 33.5% | 0.0% | | 52.0% | | 16.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 12/21/2022

Reimbursable Meal Total 15050

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (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 |
| 990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 2.0 | 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 |
| 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 |
| 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 |
| 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS | Carton | 128 | 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 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 990722 SALAD, VEG BAJA AP ROMAINE 2.25 | 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 |
| 000218 BRD: MUF AP, CORN 2OZ IW WG (1BG) | Muffin | 0 | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 826059 COND PC, DRESSING RANCH 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 |
| 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, Frit 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 |
| 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 |

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 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 | 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA) | Sandwich | 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 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 | 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 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 | | | 234 | 1 | 377 | 24 | 4.01 | *0.15 | 15 | 38.24 | 3.39 | 11.93 | *1060 | 294 | *11.01 | 1.05 |
| % of Calories | | | | 5.19% | | 41.0% | 15.4% | *0.6% | | 65.4% | | 20.4% | | | | |

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

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

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.