

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

Menu Name: K-12 Breakfast Cold **Include Cost:** No
Site: 1 - Archdiocese of Chicago **Report Style:** Detailed

Thursday - 12/01/2022 Reimbursable Meal Total 2300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	2300	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
833274 CHEESE, CH STICK 1EA 1.0	Stick	2300	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	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)	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	155	2.32	186	17	3.87	0.00	23	17.03	0.00	12.38	1161	448.9	*N/A*	0.15
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	3	0.00	4	0	0.00	0.00	0	0.35	0.00	0.25	24	9.5	*N/A*	0.00
Weighted Daily Average			484	8.84	520	43	16.99	0.00	73	59.10	4.40	23.57	*1909	732.3	*53.09	1.16
% of Calories				16.44%		35.5%	31.6%	0.0%		48.8%		19.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 12/02/2022 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 ^m (mg)	Vit-C (mg)	Iron (mg)
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	1925	120	0.00	170	6	2.50	0.00	0	23.00	1.00	1.00	300	80.0	3.60	7.20
831285 BRD: CRACK SS, Animal WG	Package	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

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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)
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	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)	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	185	2.77	222	20	4.62	0.00	28	20.34	0.00	14.79	1387	536.3	*N/A*	0.18
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	3	0.00	5	0	0.00	0.00	0	0.42	0.00	0.30	28	11.4	*N/A*	0.00
Weighted Daily Average			308	2.77	396	27	7.12	0.00	28	43.76	1.00	16.10	*1715	627.7	*3.60	7.39
% of Calories				8.09%		35.1%	20.8%	0.0%		56.8%		20.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 12/05/2022

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)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	1	0	0.00	0	0	0.00	0.00	0	0.01	0.00	0.00	*N/A*	0.0	*N/A*	0.00
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)	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	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	108	1.62	130	12	2.70	0.00	16	11.89	0.00	8.65	811	313.5	*N/A*	0.11

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	73	2	0.00	3	0	0.00	0.00	0	0.24	0.00	0.18	17	6.6	*N/A*	0.00
Weighted Daily Average			260	6.12	332	25	9.70	0.00	36	26.14	0.00	15.82	*827	524.1	*3.60	0.11
% of Calories				21.18%		38.5%	33.6%	0.0%		40.2%		24.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 12/06/2022

Reimbursable Meal Total 3600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
831948 BRD: Bkfst Rnd ChocChip 2.2oz IW	Each	3600	270	2.50	180	19	8.00	0.00	5	44.00	6.25	5.00	9	23.6	0.00	0.92
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3600	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	99	1.48	119	11	2.47	0.00	15	10.88	0.00	7.91	742	286.8	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.1	*N/A*	0.00
Weighted Daily Average			421	3.98	301	42	10.47	0.00	20	69.10	7.25	13.07	*766	321.4	*0.00	1.02
% of Calories				8.51%		39.9%	22.4%	0.0%		65.7%		12.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 12/07/2022

Reimbursable Meal Total 3800

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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)
832986 BRD: BAGEL, Mini StrwCrCh WGIW	Each	3800	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00	*N/A*	30.0	*N/A*	1.60
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	94	1.41	112	10	2.34	0.00	14	10.31	0.00	7.49	703	271.7	*N/A*	0.09
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.21	0.00	0.15	14	5.8	*N/A*	0.00
Weighted Daily Average			325	3.41	305	24	8.34	0.00	24	52.52	2.00	13.65	*717	307.4	*0.00	1.70
% of Calories				9.44%		29.5%	23.1%	0.0%		64.6%		16.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 12/08/2022

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
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
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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	94	1.41	112	10	2.34	0.00	14	10.31	0.00	7.49	703	271.7	*N/A*	0.09

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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	73	2	0.00	2	0	0.00	0.00	0	0.21	0.00	0.15	14	5.8	*N/A*	0.00
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									

Friday - 12/09/2022

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	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	96	1.44	115	11	2.41	0.00	14	10.58	0.00	7.70	722	279.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	5.9	*N/A*	0.00
Weighted Daily Average			218	1.44	278	17	4.91	0.00	15	32.80	3.00	8.86	*1036	344.9	*3.60	1.90
% of Calories				5.94%		31.2%	20.3%	0.0%		60.2%		16.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 12/12/2022

Reimbursable Meal Total 3300

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)
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
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
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3466	105	1.58	126	12	2.63	0.00	16	11.55	0.00	8.40	788	304.6	*N/A*	0.11
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	71	2	0.00	3	0	0.00	0.00	0	0.24	0.00	0.17	16	6.5	*N/A*	0.00
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									

Tuesday - 12/13/2022

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)
825636 CEREAL BWL, GOLDEN GRAHAMS WG (1BG)	Bowl	3600	110	0.00	210	8	0.50	0.00	0	24.00	1.00	1.00	300	90.0	3.60	2.50
990372 Danimals, Vanilla Yogurt	ea	3600	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	99	1.48	119	11	2.47	0.00	15	10.88	0.00	7.91	742	286.8	*N/A*	0.10

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	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.1	*N/A*	0.00
Weighted Daily Average			281	1.48	401	28	2.97	0.00	20	47.10	1.00	13.07	*1057	482.9	*3.60	2.60
% of Calories				4.74%		39.9%	9.5%	0.0%		67.0%		18.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 12/14/2022

Reimbursable Meal Total 3300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
829621 BRD: ROLL AP, CinnMini WG IW	Pouch	3300	240	1.50	270	14	8.00	0.00	0	40.00	3.00	4.00	*N/A*	30.0	*N/A*	1.70
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	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)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	108	1.62	129	12	2.70	0.00	16	11.87	0.00	8.63	809	312.8	*N/A*	0.11
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	3	0	0.00	0.00	0	0.24	0.00	0.18	17	6.6	*N/A*	0.00
Weighted Daily Average			350	3.12	402	26	10.70	0.00	16	52.11	3.00	12.81	*826	349.5	*0.00	1.81
% of Calories				8.02%		29.7%	27.5%	0.0%		59.6%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 12/15/2022

Reimbursable Meal Total 3600

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)
990734 BRD: BRKFST BANANA SUPER WG, 1SL (2BG)	Each	3600	260	1.50	240	24	8.00	0.00	0	45.00	2.00	5.00	*N/A*	161.0	*N/A*	1.00
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
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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	99	1.48	119	11	2.47	0.00	15	10.88	0.00	7.91	742	286.8	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.1	*N/A*	0.00
Weighted Daily Average			361	2.98	361	35	10.47	0.00	15	56.10	2.00	13.07	*757	453.9	*0.00	1.10
% of Calories				7.43%		38.8%	26.1%	0.0%		62.2%		14.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 12/16/2022

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)
829521 BRD: Bkfst Rnd Cinn 2.2oz WG IW	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)	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	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	99	1.48	119	11	2.47	0.00	15	10.88	0.00	7.91	742	286.8	*N/A*	0.10

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	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.1	*N/A*	0.00
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									

Monday - 12/19/2022

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	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990372 Danimals, Vanilla Yogurt	ea	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)	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	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	96	1.44	115	11	2.41	0.00	14	10.58	0.00	7.70	722	279.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	5.9	*N/A*	0.00
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 - 12/20/2022

Reimbursable Meal Total 2900

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)
831315 BRD: BAGEL. White WG IW	Each	2900	140	0.00	160	5	1.00	0.00	0	28.00	4.00	6.00	*N/A*	30.0	*N/A*	1.60
825875 COND PC Cream Cheese 1oz	Each	0	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)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	123	1.84	147	14	3.07	0.00	18	13.50	0.00	9.82	921	356.0	*N/A*	0.12
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	3	0	0.00	0.00	0	0.28	0.00	0.20	19	7.6	*N/A*	0.00
Weighted Daily Average			265	1.84	310	19	4.07	0.00	19	41.78	4.00	16.02	*940	393.6	*0.00	1.73
% of Calories				6.25%		28.7%	13.8%	0.0%		63.1%		24.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 12/21/2022

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)
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	3700	190	2.00	130	17	6.00	0.00	40	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
833274 CHEESE, CH STICK 1EA 1.0	Stick	3700	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	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)	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	96	1.44	115	11	2.41	0.00	14	10.58	0.00	7.70	722	279.0	*N/A*	0.10

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	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	5.9	*N/A*	0.00
Weighted Daily Average			378	7.94	448	28	15.41	0.00	75	40.80	2.00	17.86	*1236	518.9	*0.00	1.00
% of Calories				18.90%		29.6%	36.7%	0.0%		43.2%		18.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 12/22/2022

Reimbursable Meal Total 3600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
832985 BRD: BAGEL, Mini CinnCrCh WGIW	Each	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
000131 FRUIT: CUP SS, Peaches Dcd1/2c	Each (1/2c)	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	99	1.48	119	11	2.47	0.00	15	10.88	0.00	7.91	742	286.8	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.1	*N/A*	0.00
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									

Friday - 12/23/2022

Reimbursable Meal Total 3900

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)
990554 YOGURT BULK, VAN W/OATS HNY GRAN 1.0 (1BG)	Serving	603	40	0.10	30	4	0.94	0.00	1	6.66	0.31	1.04	*N/A*	22.7	*N/A*	0.15
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	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)	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3100	79	1.19	95	9	1.99	0.00	12	8.74	0.00	6.36	596	230.5	*N/A*	0.08
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14	13	5.3	*N/A*	0.00
Weighted Daily Average			120	1.30	127	13	2.93	0.00	13	15.59	0.31	7.54	*609	258.5	*0.00	0.23
% of Calories				9.75%		43.3%	22.0%	0.0%		52.0%		25.1%				
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	288	3	311	26	7.65	0.00	25	42.01	2.33	13.00	*982	412	*4.62	1.69
% of Calories		10.12%		36.1%	23.9%	0.0%		58.3%		18.1%				

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.