

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

Menu Name: K-12 Breakfast Hot **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)
831322 BRD: FR TST AP, Berry WG IW	Pouch	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
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			204	2.34	190	27	3.99	0.00	23	29.10	2.40	13.57	*1409	498.3	*53.09	0.26
% of Calories				10.32%		52.9%	17.6%	0.0%		57.1%		26.6%				
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
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

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)
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, Frit Bld 100% 4oz Crt	Each	3300	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3567	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)
990578 PACK: EGG OMELET CH AP, BISC MINI AP WG 2.0 (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
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			151	1.48	121	23	2.47	0.00	15	25.10	1.00	8.07	*757	297.9	*0.00	0.10
% of Calories				8.82%		60.9%	14.7%	0.0%		66.5%		21.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 12/07/2022

Reimbursable Meal Total 3800

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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 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
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			95	1.41	115	11	2.34	0.00	14	10.52	0.00	7.65	717	277.4	*0.00	0.10
% of Calories				13.36%		46.3%	22.2%	0.0%		44.3%		32.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990659 PACK: SDW MUFF EGGPTY AM, TATER TOTS1/2C WG1.25(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
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			95	1.41	115	11	2.34	0.00	14	10.52	0.00	7.65	*717	277.4	*0.00	0.10
% of Calories				13.36%		46.3%	22.2%	0.0%		44.3%		32.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

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)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	*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			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									

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)
830789 MELT BGL, CSaus AM 1.25 WG	Sandwich	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*0	0.0	*0.00	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)	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			110	1.62	132	12	2.70	0.00	16	12.11	0.00	8.81	*826	319.5	*0.00	0.11
% of Calories				13.25%		43.6%	22.1%	0.0%		44.0%		32.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

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)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	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
833274 CHEESE, CH STICK 1EA 1.0	Stick	1	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.1	*N/A*	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1	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	1	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	2.48	0.00	15	11.12	0.00	8.08	*757	292.9	*0.00	0.10
% of Calories				13.19%		43.6%	22.1%	0.0%		44.0%		32.0%				
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
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)	3600	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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)
990708 PACK: CHIXPTY BRD, AM BISC MINI AP WG 1.25(1.25BG)	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
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			125	1.84	150	14	3.07	0.00	19	13.78	0.00	10.02	*940	363.6	*0.00	0.13
% of Calories				13.25%		44.8%	22.1%	0.0%		44.1%		32.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 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)
990745 POCKET, BREAKFAST TURKEY SAUSAGE 4.5 OZ	Pack	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	*N/A*	*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			98	1.44	118	11	2.41	0.00	15	10.80	0.00	7.86	*736	*284.9	*0.00	0.10
% of Calories				13.22%		44.9%	22.1%	0.0%		44.1%		32.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

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)
830954 PIZZA AP TONY BKFST T.SSG WG 1.0 (1.5BG)	Pizza	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	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	162	2	180	18	3.80	0.00	18	22.07	0.90	9.71	*905	*350.4	*4.41	0.97
% of Calories		10.83%		44.4%	21.1%	0.0%		54.5%		24.0%				

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

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.