

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 2022

**Menu Name:** 9-12 Lunch Express (2 Cold Ent)  
**Site:** 1 - Archdiocese of Chicago

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

**Thursday - 12/01/2022**

**Reimbursable Meal Total 50**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	50	215	5.72	656	3	12.60	0.00	60	4.52	0.86	19.10	*1343	222.2	*7.73	3.07
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	50	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00	*N/A*	38.0	*N/A*	1.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	50	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	50	60	0.00	15	13	0.00	0.00	0	14.00	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
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	50	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	40	88	0.00	168	14	0.00	0.00	4	15.20	0.00	6.40	600	232.0	*N/A*	0.08
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	8	16	0.24	19	2	0.40	0.00	2	1.76	0.00	1.28	120	46.4	*N/A*	0.02
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2	3	0.00	5	0	0.00	0.00	0	0.44	0.00	0.32	30	12.0	*N/A*	0.00
Weighted Daily Average			577	5.96	1238	40	18.00	0.00	66	70.92	3.36	32.10	*2093	690.6	*7.73	5.17
% of Calories				9.30%		27.7%	28.1%	0.0%		49.2%		22.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

# Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

## Friday - 12/02/2022

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	150	375	10.62	1270	6	20.00	0.00	62	30.50	2.50	18.50	*N/A*	439.0	*N/A*	1.00
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	150	102	0.13	1	4	0.85	0.00	0	24.38	3.03	3.22	251	3.8	4.42	0.59
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	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)	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	402	295	0.00	563	48	0.00	0.00	13	50.92	0.00	21.44	2010	777.2	*N/A*	0.27
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	77	1.15	92	8	1.92	0.00	12	8.43	0.00	6.13	575	222.3	*N/A*	0.08
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	3	0.00	4	0	0.00	0.00	0	0.37	0.00	0.27	25	10.0	*N/A*	0.00
Weighted Daily Average			851	11.91	1930	66	22.76	0.00	88	114.60	5.53	49.56	*2861	1452.3	*4.42	1.94
% of Calories				12.60%		31.0%	24.1%	0.0%		53.9%		23.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

## Monday - 12/05/2022

Reimbursable Meal Total 350

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	350	320	9.31	917	1	21.83	0.00	52	14.07	1.00	17.49	*214	215.1	*0.00	1.06

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	350	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00	150	0.0	13.50	1.62
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	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
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	402	126	0.00	241	21	0.00	0.00	6	21.82	0.00	9.19	861	333.1	*N/A*	0.11
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	33	0.49	39	4	0.82	0.00	5	3.61	0.00	2.63	246	95.3	*N/A*	0.03
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	1	0.00	2	0	0.00	0.00	0	0.16	0.00	0.11	11	4.3	*N/A*	0.00
Weighted Daily Average			810	12.81	2010	36	40.66	0.00	78	80.18	5.50	32.42	*1483	647.7	*13.50	2.84
% of Calories				14.23%		17.8%	45.2%	0.0%		39.6%		16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

## Tuesday - 12/06/2022

### Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990369 Danimals, Strawberry Banana Yogurt	ea	300	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	300	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
829216 CHEESE, MZ String LF 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
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

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## Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
830671 VEG: TOMATOES, Cherry 3/4c	3/4 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
829413 FRUIT: ORANGE 138ct 1/8wg 1/2c	8 Wedges	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
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	67	25	0.00	47	4	0.00	0.00	1	4.24	0.00	1.79	168	64.8	*N/A*	0.02
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	6	0.10	8	1	0.16	0.00	1	0.70	0.00	0.51	48	18.4	*N/A*	0.01
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	0	0.00	0	0	0.00	0.00	0	0.04	0.00	0.03	2	1.0	*N/A*	0.00
<b>Weighted Daily Average</b>			<b>291</b>	<b>2.10</b>	<b>255</b>	<b>30</b>	<b>6.16</b>	<b>*0.00</b>	<b>37</b>	<b>46.98</b>	<b>2.00</b>	<b>9.32</b>	<b>*218</b>	<b>214.1</b>	<b>*0.00</b>	<b>0.93</b>
<b>% of Calories</b>				<b>6.49%</b>		<b>41.2%</b>	<b>19.1%</b>	<b>*0.0%</b>		<b>64.6%</b>		<b>12.8%</b>				
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1420</b>		<b>&lt;=0</b>									

### Wednesday - 12/07/2022

Reimbursable Meal Total 275

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	275	325	6.01	762	4	12.78	0.00	55	28.01	2.00	22.55	*0	265.0	*0.00	1.28
825862 COND PC Mustard 6g	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
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	275	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000124 FRUIT: PEARS 150 ct.	Each (150ct)	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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	369	148	0.00	282	24	0.00	0.00	7	25.49	0.00	10.73	1006	389.1	*N/A*	0.13
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	105	38	0.57	46	4	0.95	0.00	6	4.20	0.00	3.05	286	110.7	*N/A*	0.04
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	1	0.00	2	0	0.00	0.00	0	0.20	0.00	0.15	14	5.5	*N/A*	0.00
Weighted Daily Average			629	6.61	1336	36	16.72	*0.00	68	75.81	7.97	41.71	*1540	819.4	*5.84	3.97
% of Calories				9.46%		22.9%	23.9%	*0.0%		48.2%		26.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Thursday - 12/08/2022

Reimbursable Meal Total 370

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	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

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## Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
831720 BRD: CRACK SS, Bear GrhmCinnWG	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	402	120	0.00	228	20	0.00	0.00	5	20.64	0.00	8.69	815	315.1	*N/A*	0.11
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	31	0.47	37	3	0.78	0.00	5	3.42	0.00	2.49	233	90.1	*N/A*	0.03
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	1	0.00	2	0	0.00	0.00	0	0.15	0.00	0.11	10	4.1	*N/A*	0.00
Weighted Daily Average			152	0.47	267	23	0.78	0.00	10	24.21	0.00	11.29	*1058	409.3	*0.00	0.14
% of Calories				2.78%		60.5%	4.6%	0.0%		63.7%		29.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Friday - 12/09/2022

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	250	130	4.04	161	1	9.02	0.00	210	1.77	0.51	9.69	*2343	127.9	*0.97	0.75
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	250	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	1.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	250	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
990593 VEG: CELERY, STICKS IW 100/2OZ	Bag (2ozw)	250	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39	255	22.7	1.76	0.11
831206 VEG: TOMATOES, Cherry 1/4c	1/4 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
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
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	250	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	177	0.00	338	29	0.00	0.00	8	30.55	0.00	12.86	1206	466.3	*N/A*	0.16
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	46	0.69	55	5	1.15	0.00	7	5.06	0.00	3.68	345	133.4	*N/A*	0.05
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16	15	6.0	*N/A*	0.00
Weighted Daily Average			581	5.52	1063	38	18.19	*0.10	229	70.19	3.44	31.88	*4164	778.3	*2.73	2.82
% of Calories				8.55%		26.2%	28.2%	*0.2%		48.3%		21.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Monday - 12/12/2022

### Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990554 YOGURT BULK, VAN W/OATS HNY GRAN 1.0 (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
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	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
829216 CHEESE, MZ String LF 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
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	150	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 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)	150	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
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	100	73	0.00	140	12	0.00	0.00	3	12.67	0.00	5.33	500	193.3	*N/A*	0.07

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	40	27	0.40	32	3	0.67	0.00	4	2.93	0.00	2.13	200	77.3	*N/A*	0.03
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	5	0.00	8	1	0.00	0.00	0	0.73	0.00	0.53	50	20.0	*N/A*	0.01
Weighted Daily Average			192	0.44	268	30	0.93	0.00	8	37.40	5.68	9.66	*16612	366.9	*56.04	1.21
% of Calories				2.06%		62.5%	4.4%	0.0%		77.9%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

## Tuesday - 12/13/2022

Reimbursable Meal Total 650

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
831183 CHIX Popcorn, AP WG 2.0	Serving	650	256	2.78	389	1	14.46	0.00	22	15.58	3.34	15.58	111	44.5	0.00	2.00
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	650	70	0.00	40	0	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	650	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10	*N/A*	2.0	*N/A*	0.03
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	650	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00	150	0.0	13.50	1.62
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
831206 VEG: TOMATOES, Cherry 1/4c	1/4 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
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	650	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	68	0.00	130	11	0.00	0.00	3	11.75	0.00	4.95	464	179.4	*N/A*	0.06
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	18	0.27	21	2	0.44	0.00	3	1.95	0.00	1.42	133	51.3	*N/A*	0.02



# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	1	0.00	1	0	0.00	0.00	0	0.08	0.00	0.06	6	2.3	*N/A*	0.00
Weighted Daily Average			853	6.85	1494	38	38.54	*0.10	47	101.30	11.73	27.42	*928	286.7	*19.01	4.60
% of Calories				7.23%		17.8%	40.7%	*0.1%		47.5%		12.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

## Wednesday - 12/14/2022

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	175	325	6.01	762	4	12.78	0.00	55	28.01	2.00	22.55	*0	265.0	*0.00	1.28
825862 COND PC Mustard 6g	Each	175	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	175	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22	*233	49.1	*5.84	2.51
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
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
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	253	0.00	482	41	0.00	0.00	11	43.65	0.00	18.38	1723	666.2	*N/A*	0.23
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	115	66	0.99	79	7	1.64	0.00	10	7.23	0.00	5.26	493	190.6	*N/A*	0.07

# Planned Menu Spreadsheet

## Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	2	0.00	3	0	0.00	0.00	0	0.31	0.00	0.23	21	8.6	*N/A*	0.00
Weighted Daily Average			762	7.02	1636	56	17.41	*0.00	77	98.10	7.97	51.64	*2470	1179.4	*5.84	4.09
% of Calories				8.29%		29.4%	20.6%	*0.0%		51.5%		27.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	570	6	1150	39	18.02	*0.02	71	71.97	5.32	29.70	*3343	685	*11.51	2.77
% of Calories		9.43%		27.4%	28.5%	*0.0%		50.5%		20.8%				

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

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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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