

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

Menu Name: K-8 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 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)
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
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
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
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			477	5.98	1167	36	14.07	0.00	66	55.59	4.00	30.46	*9912	568.7	*9.21	4.68
% of Calories				11.28%		30.2%	26.5%	0.0%		46.6%		25.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 12/02/2022

Reimbursable Meal Total 150

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)
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
000124 FRUIT: PEARS 150 ct.	Each (150ct)	150	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
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			919	11.93	1931	78	22.93	0.00	88	132.57	9.19	49.99	*2891	1462.9	*9.49	2.15
% of Calories				11.68%		33.9%	22.5%	0.0%		57.7%		21.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 12/05/2022

Reimbursable Meal Total 350

	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)
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
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
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	350	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
826346 JUICE SS, Orange 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
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

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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)
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			830	12.82	2054	39	40.74	0.00	78	84.85	7.15	32.78	*9301	665.9	*14.98	3.34
% of Calories				13.90%		18.8%	44.2%	0.0%		40.9%		15.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 12/06/2022

Reimbursable Meal Total 300

	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)
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
990593 VEG: CELERY, STICKS IW 100/2OZ	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
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	300	12	0.02	3	2	0.13	0.00	0	2.52	0.78	0.57	539	6.5	8.86	0.18
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
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

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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
Weighted Daily Average			303	2.11	258	31	6.29	0.00	37	49.49	2.78	9.89	*756	220.6	*8.86	1.10
% of Calories				6.27%		40.9%	18.7%	0.0%		65.3%		13.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 12/07/2022

Reimbursable Meal Total 275

	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)
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
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	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			600 - 650	<10	1230		<=0									

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Weighted Values

Dec 1, 2022 thru Dec 23, 2022

Thursday - 12/08/2022

Reimbursable Meal Total 370

	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 (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
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
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
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
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
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			600 - 650	<10	1230		<=0									

Friday - 12/09/2022

Reimbursable Meal Total 250

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)
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
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
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	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			491	5.52	863	38	16.69	0.10	229	54.19	2.44	29.88	*4164	778.3	*2.73	2.10
% of Calories				10.12%		31.0%	30.6%	0.2%		44.1%		24.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 12/12/2022

Reimbursable Meal Total 150

	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)
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
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

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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
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
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			600 - 650	<10	1230		<=0									

Tuesday - 12/13/2022

Reimbursable Meal Total 650

	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)
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
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

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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
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			600 - 650	<10	1230		<=0									

Wednesday - 12/14/2022

Reimbursable Meal Total 175

	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)
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
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

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	115	66	0.99	79	7	1.64	0.00	10	7.23	0.00	5.26	493	190.6	*N/A*	0.07
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			600 - 650	<10	1230		<=0									

Thursday - 12/15/2022

Reimbursable Meal Total 50

	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)
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
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
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
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

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	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			477	5.98	1167	36	14.07	0.00	66	55.59	4.00	30.46	*9912	568.7	*9.21	4.68
% of Calories				11.28%		30.2%	26.5%	0.0%		46.6%		25.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 12/16/2022

Reimbursable Meal Total 150

	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)
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
000124 FRUIT: PEARS 150 ct.	Each (150ct)	150	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
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			919	11.93	1931	78	22.93	0.00	88	132.57	9.19	49.99	*2891	1462.9	*9.49	2.15
% of Calories				11.68%		33.9%	22.5%	0.0%		57.7%		21.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 12/19/2022

Reimbursable Meal Total 350

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)
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
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
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	350	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
826346 JUICE SS, Orange 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
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			830	12.82	2054	39	40.74	0.00	78	84.85	7.15	32.78	*9301	665.9	*14.98	3.34
% of Calories				13.90%		18.8%	44.2%	0.0%		40.9%		15.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 12/20/2022

Reimbursable Meal Total 300

	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)
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
990593 VEG: CELERY, STICKS IW 100/2OZ	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
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	300	12	0.02	3	2	0.13	0.00	0	2.52	0.78	0.57	539	6.5	8.86	0.18

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)
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
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
Weighted Daily Average			303	2.11	258	31	6.29	0.00	37	49.49	2.78	9.89	*756	220.6	*8.86	1.10
% of Calories				6.27%		40.9%	18.7%	0.0%		65.3%		13.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 12/21/2022

Reimbursable Meal Total 275

	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)
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
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	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

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	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			600 - 650	<10	1230		<=0									

Thursday - 12/22/2022

Reimbursable Meal Total 370

	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)
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
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
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
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

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	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			600 - 650	<10	1230		<=0									

Friday - 12/23/2022

Reimbursable Meal Total 250

	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)
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
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
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
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

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	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			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			559	6	1138	40	17.34	*0.02	76	70.95	5.50	29.57	*4662	687	*10.77	2.68
% of Calories				9.97%		28.6%	27.9%	*0.0%		50.8%		21.2%				

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.