

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 2022

**Menu Name:** K-8 Lunch 1 Entree (A)  
**Site:** 1 - Archdiocese of Chicago

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

### Monday - 01/03/2022

**Reimbursable Meal Total 61**

	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)	Carb (g)	Fiber (g)	Protn (g)
900188 PIZZA AP TONY GALAXY CHZ 4IN ROUND WG 2.0 (2BG)	Pizza	61	280	6.00	410	8	12.00	0.00	26.00	3.00	15.00
990361 VEG: POTATO, SHAPES EMOTICONS (MCCAIN) 3/4c	6 Each	60	168	1.20	114	0	6.00	0.00	27.60	2.40	2.40
825856 COND PC Ketchup 9g Heinz	Each	60	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	59	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	39	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	11	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			610	7.48	765	35	18.51	0.00	87.79	8.90	24.46
% of Calories				11.04%		23.0%	27.3%	0.0%	57.6%		16.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Tuesday - 01/04/2022

**Reimbursable Meal Total 70**

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 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)	Carb (g)	Fiber (g)	Protn (g)
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	70	365	10.62	1320	4	19.50	0.00	28.50	2.00	18.50
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	64	29	0.05	1	2	0.18	0.00	6.76	3.15	1.56
826343 JUICE SS, Grape100% 4oz Cart	Each	68	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	45	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			569	11.07	1505	39	20.34	0.00	67.53	4.88	28.33
% of Calories				17.51%		27.4%	32.2%	0.0%	47.5%		19.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Wednesday - 01/05/2022

Reimbursable Meal Total 92

	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)	Carb (g)	Fiber (g)	Protn (g)
990686 PACK: PASTA, ROTINI CHIXMTBL & SPAG SC SS BLND 2(2)	Pack	92	442	3.54	250	8	13.69	0.00	57.87	6.76	23.13
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	84	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	89	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	59	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	25	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			634	4.00	433	37	14.71	0.00	95.51	13.10	34.51
% of Calories				5.68%		23.3%	20.9%	0.0%	60.3%		21.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Thursday - 01/06/2022

### Reimbursable Meal Total 94

	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)	Carb (g)	Fiber (g)	Protn (g)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	94	280	3.00	970	3	13.50	0.00	29.00	2.50	13.00
825856 COND PC Ketchup 9g Heinz	Each	94	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	85	234	0.03	435	14	0.29	*0.00	45.81	8.55	11.04
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	88	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	59	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	25	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			645	3.43	1614	43	14.43	*0.00	101.50	11.16	30.22
% of Calories				4.79%		26.7%	20.1%	*0.0%	62.9%		18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

# Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

## Friday - 01/07/2022

Reimbursable Meal Total 94

	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)	Carb (g)	Fiber (g)	Protn (g)
990627 PACK: BEEF SALIS STK, NDLS PRSL, BFGRVY SS WG2(1BG)	Pack	94	345	6.95	515	4	17.04	0.14	29.35	3.84	18.76
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	86	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	90	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	59	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	25	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			592	7.49	751	46	18.53	0.14	80.47	10.70	26.69
% of Calories				11.39%		31.1%	28.2%	0.2%	54.4%		18.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

## Monday - 01/10/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990610 MELT SUB AP, CHIXMTBL BBQ SS 2.0 (W/O BUN)	Sandwich	100	268	3.33	586	23	10.83	0.00	29.79	0.83	14.17
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	100	150	0.00	270	3	2.50	0.00	28.00	2.50	6.00
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	91	29	0.05	1	2	0.18	0.00	6.76	3.15	1.56

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 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)	Carb (g)	Fiber (g)	Protn (g)
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	97	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			599	3.69	1023	54	14.17	0.00	94.90	8.98	28.85
% of Calories				5.54%		36.1%	21.3%	0.0%	63.4%		19.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

## Tuesday - 01/11/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	100	300	5.00	440	8	11.00	0.00	34.00	4.00	16.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	91	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	96	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			532	5.31	618	47	11.62	0.00	82.16	10.44	26.64
% of Calories				8.98%		35.3%	19.7%	0.0%	61.8%		20.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Wednesday - 01/12/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA)	Each	100	305	4.62	505	4	11.50	0.00	28.50	2.00	19.50
825856 COND PC Ketchup 9g Heinz	Each	100	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
829914 VEG: BEANS, BKD VEG AP 1/2C	1/2 Cup	90	222	0.00	514	14	1.01	0.00	43.37	8.07	11.09
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	94	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	97	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			672	4.94	1259	44	13.07	0.00	101.23	13.13	37.70
% of Calories				6.62%		26.2%	17.5%	0.0%	60.3%		22.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Thursday - 01/13/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990687 ENT: BOWL, RICE CHIXDCD SOUTHWEST CH 2.0 (2BG)	Bowl	100	389	4.27	362	1	11.97	*0.00	51.23	2.05	19.69
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	93	102	0.13	1	4	0.85	0.00	24.38	3.03	3.22
000124 FRUIT: PEARS 150 ct.	Each (150ct)	97	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			643	4.70	529	30	13.39	*0.00	106.26	8.41	30.06
% of Calories				6.58%		18.7%	18.7%	*0.0%	66.1%		18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Friday - 01/14/2022

Reimbursable Meal Total 96

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 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)	Carb (g)	Fiber (g)	Protn (g)
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	96	420	9.00	670	3	20.00	0.00	41.00	6.00	20.00
990688 VEG: CARROTS, SLICED FZ 1/2C - USDA BROWN BOX	1/2 Cup	87	31	0.00	61	4	0.00	0.00	7.12	3.05	1.02
990607 VEG: SALAD, SIDE SPIN BABY AP 1/2c	1/2 Cup	89	6	0.02	21	0	0.11	0.00	0.99	0.60	0.78
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	89	52	0.66	128	3	4.33	85.08	3.17	0.09	0.09
826337 JUICE SS, Apple 100% 4oz Cart	Each	93	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	65	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	18	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			654	9.91	1045	36	24.58	78.88	79.91	9.40	28.73
% of Calories				13.64%		22.0%	33.8%	108.6%	48.9%		17.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

**Tuesday - 01/18/2022**

**Reimbursable Meal Total 100**

	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)	Carb (g)	Fiber (g)	Protn (g)
990580 PACK: FR TST STK AP (3), CHIX SSG PTY (2) WG 2(1.5	Pack	100	395	4.50	725	7	19.50	0.00	30.50	2.25	26.50
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	98	174	1.34	482	0	9.38	0.00	21.44	1.34	1.34



# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 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)	Carb (g)	Fiber (g)	Protn (g)
825856 COND PC Ketchup 9g Heinz	Each	98	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	97	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			729	6.13	1447	35	29.36	0.00	85.40	6.35	35.07
% of Calories				7.57%		19.2%	36.2%	0.0%	46.9%		19.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Wednesday - 01/19/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
829526 STICKS, MAX SNAX PIZZA AP WG 2.0 2EA	2 Each	100	280	2.00	440	2	9.00	0.00	30.00	2.00	16.00
832545 COND_Sauce, Pizza AP 1/4c	1/4 Cup	100	33	0.05	324	4	0.71	0.00	5.51	1.21	1.32
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	91	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	97	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			510	2.48	1009	38	11.00	0.00	73.32	7.17	24.98
% of Calories				4.38%		29.8%	19.4%	0.0%	57.5%		19.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

## Thursday - 01/20/2022

### Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	100	320	3.00	870	2	16.00	0.00	27.00	2.50	18.00
825867 COND PC Sauce, BBQ 12g	Each	95	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	90	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	96	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			509	3.31	1200	30	16.62	0.00	64.50	6.98	28.60
% of Calories				5.85%		23.6%	29.4%	0.0%	50.7%		22.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 2022

### Friday - 01/21/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990689 PACK: MTBL CHIX KOREAN, RICE WG 2.0 (2BG)	Pack	100	439	3.44	576	11	13.43	0.01	61.65	2.14	19.63
830646 VEG: BEANS, Black 3/4c	3/4 Cup	91	226	0.00	244	2	0.09	0.00	40.05	10.45	13.93
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	97	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			784	3.74	963	36	14.10	0.01	124.40	13.97	40.18
% of Calories				4.29%		18.4%	16.2%	0.0%	63.5%		20.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Monday - 01/24/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG IW 2 (2BG)	Each	100	300	6.00	520	5	13.00	0.00	32.00	2.00	14.00
832545 COND_Sauce, Pizza AP 1/4c	1/4 Cup	100	33	0.05	324	4	0.71	0.00	5.51	1.21	1.32
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	91	92	0.04	49	4	0.21	0.00	18.51	6.22	4.04

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 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)	Carb (g)	Fiber (g)	Protn (g)
000124 FRUIT: PEARS 150 ct.	Each (150ct)	97	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			576	6.40	1055	39	14.54	0.00	86.72	12.42	26.37
% of Calories				10.00%		27.1%	22.7%	0.0%	60.2%		18.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

## Tuesday - 01/25/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990667 ENT: BOWL, CHIXPOP CH WG 2.5 (1BG)	Bowl	100	396	5.80	585	2	19.53	0.00	34.59	5.54	20.81
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	91	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	96	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			628	6.11	763	41	20.15	0.00	82.75	11.98	31.45
% of Calories				8.76%		26.1%	28.9%	0.0%	52.7%		20.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

## Wednesday - 01/26/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	100	280	3.00	970	3	13.50	0.00	29.00	2.50	13.00
825856 COND PC Ketchup 9g Heinz	Each	100	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C	3/4 Cup	91	251	1.57	282	11	9.41	0.00	37.63	1.57	1.57
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	96	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			660	4.71	1476	41	22.53	0.00	94.61	4.89	21.39
% of Calories				6.42%		24.8%	30.7%	0.0%	57.3%		13.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 2022

### Thursday - 01/27/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA	2 Each	100	334	4.61	633	3	13.88	0.00	32.88	3.46	20.68
825869 COND PC Sauce, Taco 9g	Each	95	5	0.00	55	0	0.00	0.00	1.00	0.00	0.00
825102 VEG: BEANS, REFRIED AP 1/2C	1/2 Cup	90	139	0.00	499	1	1.74	0.00	23.21	6.96	6.96
826372 VEG: SALAD, SIDE ROMMIX AP 1/2c	1/2 Cup	93	6	0.00	4	1	0.00	0.00	1.21	0.40	0.40
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	93	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	97	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			667	5.60	1407	33	20.50	0.09	85.20	10.12	34.38
% of Calories				7.56%		19.8%	27.7%	0.1%	51.1%		20.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Friday - 01/28/2022

Reimbursable Meal Total 100

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 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)	Carb (g)	Fiber (g)	Protn (g)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	100	300	5.00	440	8	11.00	0.00	34.00	4.00	16.00
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	91	102	0.13	1	4	0.85	0.00	24.38	3.03	3.22
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	97	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			547	5.44	607	38	12.44	0.00	87.14	9.54	26.19
% of Calories				8.95%		27.8%	20.5%	0.0%	63.7%		19.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Monday - 01/31/2022

Reimbursable Meal Total 100

	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)	Carb (g)	Fiber (g)	Protn (g)
990585 PACK: CHIX NUGGET, PRETZEL SOFT ROD WG 2.0 (2BG)	Pack	100	273	1.90	484	0	10.65	0.00	26.68	2.27	18.49
825867 COND PC Sauce, BBQ 12g	Each	95	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	91	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
826343 JUICE SS, Grape100% 4oz Cart	Each	97	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 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)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			503	2.33	886	38	11.94	0.00	71.22	6.24	27.12
% of Calories				4.17%		30.2%	21.4%	0.0%	56.6%		21.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			613	5	1018	39	16.83	*3.96	87.63	9.44	29.60
% of Calories				7.94%		25.4%	24.7%	*5.8%	57.2%		19.3%

- \*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.