

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

Menu Name: K-8 Lunch 3 Entree (AB Salad)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Monday - 01/03/2022

Reimbursable Meal Total 8880

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900188 PIZZA AP TONY GALAXY CHZ 4IN ROUND WG 2.0 (2BG)	Pizza	6720	280	6.00	410	8	12.00	0.00	26.00	3.00	15.00
000179 BRD: PANCAKES, AP WG Confetti	Pouch	1560	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
829505 CHIX Sausage Patty 2ea 2.0	2 Patty	1560	200	3.00	500	0	12.00	0.00	2.00	0.00	22.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	600	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	600	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
990361 VEG: POTATO, SHAPES EMOTICONS (MCCAIN) 3/4c	6 Each	8702	168	1.20	114	0	6.00	0.00	27.60	2.40	2.40
825856 COND PC Ketchup 9g Heinz	Each	8702	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	8614	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	5949	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	1700	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	77	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			650	6.78	837	38	19.62	0.00	94.15	9.08	26.50
% of Calories				9.39%		23.4%	27.2%	0.0%	57.9%		16.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Tuesday - 01/04/2022

Reimbursable Meal Total 10360

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	7800	365	10.62	1320	4	19.50	0.00	28.50	2.00	18.50
000123 ENT: PASTA, CHZ PENNE IN/OUT SS WG 2.0 - No EGG	1/24 Cut	2000	405	4.96	444	11	10.35	*0.00	55.11	7.55	23.01
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	560	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	560	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	9428	29	0.05	1	2	0.18	0.00	6.76	3.15	1.56
826343 JUICE SS, Grape100% 4oz Cart	Each	10049	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	6940	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	1983	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	90	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			567	9.77	1291	39	18.16	*0.00	71.88	5.94	28.59
% of Calories				15.51%		27.5%	28.8%	*0.0%	50.7%		20.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Wednesday - 01/05/2022

Reimbursable Meal Total 13600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990686 PACK: PASTA, ROTINI CHIXMTBL & SPAG SC SS BLND 2(2)	Pack	9200	442	3.54	250	8	13.69	0.00	57.87	6.76	23.13
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	3588	320	3.00	870	2	16.00	0.00	27.00	2.50	18.00
825867 COND PC Sauce, BBQ 12g	Each	3470	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	812	184	6.97	391	3	11.64	0.00	6.22	1.74	13.90
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	812	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	812	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	12376	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	13192	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	9111	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	2603	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	118	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			599	4.00	656	35	15.35	0.00	87.10	11.80	32.40
% of Calories				6.01%		23.4%	23.1%	0.0%	58.2%		21.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Thursday - 01/06/2022

Reimbursable Meal Total 13900

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	9600	280	3.00	970	3	13.50	0.00	29.00	2.50	13.00
825856 COND PC Ketchup 9g Heinz	Each	9600	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	3640	420	9.00	670	3	20.00	0.00	41.00	6.00	20.00
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	660	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	660	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	660	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	12510	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)	13344	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	9312	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2660	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	121	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			684	5.06	1495	43	16.48	*0.00	104.03	12.22	32.18
% of Calories				6.66%		25.1%	21.7%	*0.0%	60.8%		18.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Friday - 01/07/2022

Reimbursable Meal Total 13900

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990627 PACK: BEEF SALIS STK, NDLS PRSL, BFGRVY SS WG2(1BG	Pack	9300	345	6.95	515	4	17.04	0.14	29.35	3.84	18.76
990541 NACHOS BFGD AP Bn CHZ 2.25 - w/o Chips	Serving	3950	214	5.39	658	1	9.60	0.06	17.20	3.31	13.92
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	3950	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 2.0	Package	650	360	6.94	714	3	29.62	0.00	4.20	0.86	17.61
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	650	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	12649	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	13344	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	9312	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2660	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	121	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			587	6.94	843	45	17.59	0.11	81.88	10.73	25.70
% of Calories				10.64%		30.7%	27.0%	0.2%	55.8%		17.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Monday - 01/10/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990610 MELT SUB AP, CHIXMTBL BBQ SS 2.0 (W/O BUN)	Sandwich	9900	268	3.33	586	23	10.83	0.00	29.79	0.83	14.17
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	9900	150	0.00	270	3	2.50	0.00	28.00	2.50	6.00
900044 SDW BN, ChixPty Pln WG/WG 2.0 (ALPHA)	Sandwich	4100	350	2.00	710	3	12.00	0.00	38.00	3.00	22.00
825867 COND PC Sauce, BBQ 12g	Each	3950	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	1000	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1000	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	13468	29	0.05	1	2	0.18	0.00	6.76	3.15	1.56
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14356	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	9915	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			592	3.26	1004	49	13.73	0.00	92.46	8.91	29.13
% of Calories				4.96%		33.1%	20.9%	0.0%	62.5%		19.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Tuesday - 01/11/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	10800	300	5.00	440	8	11.00	0.00	34.00	4.00	16.00
990339 ENT: PASTA, MAC&CHZ SS WG 2.0 (2BG)	2-6oz spoodles	3200	472	12.51	845	2	20.91	*0.00	49.44	5.42	20.86
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	800	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	800	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	13468	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	14208	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	9915	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	2833	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			570	7.15	713	46	14.01	*0.00	84.90	10.64	27.69
% of Calories				11.29%		32.3%	22.1%	*0.0%	59.6%		19.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Wednesday - 01/12/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA)	Each	11500	305	4.62	505	4	11.50	0.00	28.50	2.00	19.50
825856 COND PC Ketchup 9g Heinz	Each	11500	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	2400	280	3.00	970	3	13.50	0.00	29.00	2.50	13.00
825856 COND PC Ketchup 9g Heinz	Each	2400	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	900	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	900	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	900	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
829914 VEG: BEANS, BKD VEG AP 1/2C	1/2 Cup	13320	222	0.00	514	14	1.01	0.00	43.37	8.07	11.09
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	13912	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	14356	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94

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900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	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	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			676	4.79	1343	44	14.21	0.01	101.43	13.44	36.83
% of Calories				6.38%		26.0%	18.9%	0.0%	60.0%		21.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Thursday - 01/13/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990687 ENT: BOWL, RICE CHIXDCD SOUTHWEST CH 2.0 (2BG)	Bowl	10300	389	4.27	362	1	11.97	*0.00	51.23	2.05	19.69
990548 STICKS, CORN DOG CHIX AP WG 2.0	Each	3500	300	3.50	400	8	16.00	0.00	25.00	3.00	14.00
825862 COND PC Mustard 6g	Each	3150	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	1000	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1000	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	13468	102	0.13	1	4	0.85	0.00	24.38	3.03	3.22
000124 FRUIT: PEARS 150 ct.	Each (150ct)	14356	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	9915	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00

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Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			625	4.27	553	35	14.20	*0.00	101.77	8.64	28.18
% of Calories				6.15%		22.4%	20.4%	*0.0%	65.1%		18.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Friday - 01/14/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	11100	420	9.00	670	3	20.00	0.00	41.00	6.00	20.00
000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA	2 Each	3100	334	4.61	633	3	13.88	0.00	32.88	3.46	20.68
825869 COND PC Sauce, Taco 9g	Each	2925	5	0.00	55	0	0.00	0.00	1.00	0.00	0.00
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	600	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	600	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	600	52	0.66	128	3	4.33	85.08	3.17	0.09	0.09
990688 VEG: CARROTS, SLICED FZ 1/2C - USDA BROWN BOX	1/2 Cup	13468	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	13764	6	0.02	21	0	0.11	0.00	0.99	0.60	0.78
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	13764	52	0.66	128	3	4.33	85.08	3.17	0.09	0.09

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826337 JUICE SS, Apple 100% 4oz Cart	Each	14356	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	9915	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	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			633	8.87	1052	37	23.13	82.57	77.57	8.72	28.82
% of Calories				12.61%		23.4%	32.9%	117.4%	49.0%		18.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Tuesday - 01/18/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990580 PACK: FR TST STK AP (3), CHIX SSG PTY (2) WG 2(1.5)	Pack	11900	395	4.50	725	7	19.50	0.00	30.50	2.25	26.50
990535 SDW AP, CHEESY PULL APART SW QUESO WG IW 2 (2BG)	Each	2000	300	6.00	580	5	13.00	0.00	33.00	2.00	14.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	900	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	900	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	14504	174	1.34	482	0	9.38	0.00	21.44	1.34	1.34
825856 COND PC Ketchup 9g Heinz	Each	14504	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14356	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	9915	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	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			721	6.10	1406	37	27.92	0.00	88.79	6.36	32.55
% of Calories				7.61%		20.5%	34.9%	0.0%	49.3%		18.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Wednesday - 01/19/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
829526 STICKS, MAX SNAX PIZZA AP WG 2.0 2EA	2 Each	11800	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	11800	33	0.05	324	4	0.71	0.00	5.51	1.21	1.32
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	2200	365	10.62	1320	4	19.50	0.00	28.50	2.00	18.50
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	800	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	800	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	13468	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	14356	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	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	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			517	4.13	1082	38	12.77	0.00	71.60	6.93	25.08
% of Calories				7.19%		29.4%	22.2%	0.0%	55.4%		19.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Thursday - 01/20/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	11300	320	3.00	870	2	16.00	0.00	27.00	2.50	18.00
825867 COND PC Sauce, BBQ 12g	Each	11050	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
990686 PACK: PASTA, ROTINI CHIXMTBL & SPAG SC SS BLND 2(2)	Pack	2500	442	3.54	250	8	13.69	0.00	57.87	6.76	23.13
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	1000	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1000	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	13468	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)	14208	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	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	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			536	3.31	1029	34	15.80	0.00	72.71	7.77	29.15
% of Calories				5.56%		25.4%	26.5%	0.0%	54.3%		21.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Friday - 01/21/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990689 PACK: MTBL CHIX KOREAN, RICE WG 2.0 (2BG)	Pack	9900	439	3.44	576	11	13.43	0.01	61.65	2.14	19.63
900188 PIZZA AP TONY GALAXY CHZ 4IN ROUND WG 2.0 (2BG)	Pizza	4000	280	6.00	410	8	12.00	0.00	26.00	3.00	15.00
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	900	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	900	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	900	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
830646 VEG: BEANS, Black 3/4c	3/4 Cup	13320	226	0.00	244	2	0.09	0.00	40.05	10.45	13.93
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	14356	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	9915	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	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			739	4.62	925	35	14.42	0.01	112.65	14.32	38.96
% of Calories				5.63%		18.9%	17.6%	0.0%	61.0%		21.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Monday - 01/24/2022

Reimbursable Meal Total 15000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG IW 2 (2BG)	Each	11800	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	11800	33	0.05	324	4	0.71	0.00	5.51	1.21	1.32
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	2300	260	2.50	305	3	8.00	0.00	28.00	2.00	17.00
825856 COND PC Ketchup 9g Heinz	Each	2300	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	900	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	900	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	13650	92	0.04	49	4	0.21	0.00	18.51	6.22	4.04
000124 FRUIT: PEARS 150 ct.	Each (150ct)	14550	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			574	5.54	957	40	13.45	0.00	88.31	12.22	26.47
% of Calories				8.69%		27.9%	21.1%	0.0%	61.5%		18.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Tuesday - 01/25/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990667 ENT: BOWL, CHIXPOP CH WG 2.5 (1BG)	Bowl	10000	396	5.80	585	2	19.53	0.00	34.59	5.54	20.81
990543 Pack: Corn Dog Mini Tky, PretBite Chz WG 2 (2BG)	Serving	4000	338	7.88	987	3	16.50	0.00	30.50	3.50	15.50
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	800	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	800	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	13468	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	14208	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	9915	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	2833	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			607	6.84	871	41	19.11	0.00	81.02	11.24	29.75
% of Calories				10.14%		27.0%	28.3%	0.0%	53.4%		19.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Wednesday - 01/26/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	11100	280	3.00	970	3	13.50	0.00	29.00	2.50	13.00
825856 COND PC Ketchup 9g Heinz	Each	11100	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
990544 MELT BN, CHIXPTY PARM WG 2.5 (1BG) (W/O BUN)	Serving	2700	277	4.43	625	2	14.27	0.00	15.26	1.60	21.47
990545 BUN, HAMBURGER WG (Alpha) - Indiv Overwrapped	Each	2700	150	0.00	260	3	2.00	0.00	26.00	2.00	6.00
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	1000	184	6.97	391	3	11.64	0.00	6.22	1.74	13.90
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	1000	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1000	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C	3/4 Cup	13468	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)	14208	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	9915	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			693	5.31	1417	41	23.32	0.00	97.26	5.17	24.36
% of Calories				6.90%		23.7%	30.3%	0.0%	56.1%		14.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Thursday - 01/27/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA	2 Each	11500	334	4.61	633	3	13.88	0.00	32.88	3.46	20.68
825869 COND PC Sauce, Taco 9g	Each	11050	5	0.00	55	0	0.00	0.00	1.00	0.00	0.00
990642 MELT BD, T.HAM (JENNIE-O) AM WG 2.0 (2BG) (ALPHA)	Sandwich	2400	357	9.00	1280	4	17.67	0.00	28.33	2.00	20.67
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	900	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	900	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	900	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
825102 VEG: BEANS, REFRIED AP 1/2C	1/2 Cup	13320	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	13764	6	0.00	4	1	0.00	0.00	1.21	0.40	0.40
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	13764	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	14356	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	9915	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	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			676	6.44	1507	33	21.79	0.10	84.30	10.02	34.49
% of Calories				8.57%		19.5%	29.0%	0.1%	49.9%		20.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Friday - 01/28/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	11200	300	5.00	440	8	11.00	0.00	34.00	4.00	16.00
990672 PACK: BEEF MEATLOAF CHZBRGR NOI, BRDSTK ALPHA 2(1)	Pack	2900	240	5.00	530	6	11.00	0.00	22.00	2.50	15.00
990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 2.0	Package	700	360	6.94	714	3	29.62	0.00	4.20	0.86	17.61
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	700	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	13468	102	0.13	1	4	0.85	0.00	24.38	3.03	3.22
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14356	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	9915	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			542	5.53	645	37	13.40	0.00	84.04	9.15	26.21
% of Calories				9.18%		27.3%	22.3%	0.0%	62.0%		19.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Monday - 01/31/2022

Reimbursable Meal Total 14800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990585 PACK: CHIX NUGGET, PRETZEL SOFT ROD WG 2.0 (2BG)	Pack	12800	273	1.90	484	0	10.65	0.00	26.68	2.27	18.49
825867 COND PC Sauce, BBQ 12g	Each	12300	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	1200	365	10.62	1320	4	19.50	0.00	28.50	2.00	18.50
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	800	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	800	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	13468	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
826343 JUICE SS, Grape100% 4oz Cart	Each	14356	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	9915	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	2833	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			510	3.42	940	38	12.92	0.00	70.81	6.20	26.98
% of Calories				6.04%		29.8%	22.8%	0.0%	55.5%		21.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			615	6	1028	39	17.07	*4.14	87.43	9.48	29.50
% of Calories				8.21%		25.4%	25.0%	*6.1%	56.9%		19.2%

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.