

# Planned Menu Spreadsheet

## Portion Values

Jan 3, 2022 thru Jan 31, 2022

**Menu Name:** K-12 Breakfast Cold **Include Cost:** No  
**Site:** 1 - Archdiocese of Chicago **Report Style:** Detailed

### Monday - 01/03/2022

**Reimbursable Meal Total 4100**

	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)
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	4100	120	0.00	170	6	2.50	0.00	23.00	1.00	1.00
831285 BRD: CRACK SS, Animal WG	Package	4100	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	4100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	4100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			470	2.34	408	54	8.37	0.00	89.27	5.87	11.40
% of Calories				4.48%		46.0%	16.0%	0.0%	76.0%		9.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Tuesday - 01/04/2022

**Reimbursable Meal Total 4100**

	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)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	4100	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	4100	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00

# 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)
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	4100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826346 JUICE SS, Orange 100% 4oz Cart	Each	4100	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			468	7.80	451	48	15.17	0.00	65.75	3.00	18.09
% of Calories				15.00%		41.0%	29.2%	0.0%	56.2%		15.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 01/05/2022

Reimbursable Meal Total 4100

	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)
831315 BRD: BAGEL. White WG IW	Each	4100	140	0.00	180	5	1.00	0.00	29.00	4.00	6.00
825853 COND PC Jelly, Grape Smucker	Each	4100	35	0.00	5	8	0.00	0.00	9.00	0.00	0.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	4100	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	4100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			433	1.30	306	60	3.17	0.00	89.75	7.00	13.09
% of Calories				2.70%		55.4%	6.6%	0.0%	82.9%		12.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Thursday - 01/06/2022

Reimbursable Meal Total 4100

	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)
829621 BRD: ROLL AP, CinnMini WG IW	Pouch	4100	240	2.00	300	15	8.00	0.00	40.00	2.00	5.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	4100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	4100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			456	3.33	418	49	10.34	0.00	81.72	5.66	12.51
% of Calories				6.57%		43.0%	20.4%	0.0%	71.7%		11.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Friday - 01/07/2022

Reimbursable Meal Total 4100

# 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)
000190 CEREAL BWL, Fruity Cheerios WG	Bowl	4100	120	0.00	140	9	2.00	0.00	25.00	2.00	2.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	4100	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	4100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826343 JUICE SS, Grape100% 4oz Cart	Each	4100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3466	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			453	2.28	374	54	7.73	0.00	85.21	5.40	12.84
% of Calories				4.53%		47.7%	15.4%	0.0%	75.2%		11.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Monday - 01/10/2022

Reimbursable Meal Total 4100

	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)
831951 BRD: BAR, Benefit FrTst WGIW	Each	4100	290	2.50	200	21	9.00	0.00	47.00	3.00	5.00
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	0	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	4100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			458	3.80	321	49	11.17	0.00	74.75	3.00	13.09
% of Calories				7.47%		42.8%	21.9%	0.0%	65.3%		11.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

## Tuesday - 01/11/2022

Reimbursable Meal Total 4100

	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)
825636 CEREAL BWL, GOLDEN GRAHAMS WG (1BG)	Bowl	4100	110	0.00	210	8	0.50	0.00	24.00	1.00	1.00
990372 Danimals, Vanilla Yogurt	ea	4100	70	0.00	55	10	0.00	0.00	14.00	0.00	4.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	0	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826346 JUICE SS, Orange 100% 4oz Cart	Each	4100	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			318	1.30	386	38	2.67	0.00	59.75	1.00	13.09
% of Calories				3.68%		47.8%	7.6%	0.0%	75.2%		16.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

## Wednesday - 01/12/2022

Reimbursable Meal Total 4100

# 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)
831948 BRD: Bkfst Rnd ChocChip 2.2oz IW	Each	4100	270	2.50	180	19	8.00	0.00	44.00	6.25	5.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	4100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	4100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			488	3.80	301	59	10.17	0.00	85.75	7.25	13.09
% of Calories				7.01%		48.4%	18.8%	0.0%	70.3%		10.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 01/13/2022

Reimbursable Meal Total 4100

	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)
832986 BRD: BAGEL, Mini StrwCrCh WGIW	Each	4100	230	2.50	180	13	6.00	0.00	41.00	2.00	6.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	4100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	4100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			425	3.82	301	45	8.29	0.00	76.47	4.40	14.03
% of Calories				8.09%		42.4%	17.6%	0.0%	72.0%		13.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Friday - 01/14/2022

Reimbursable Meal Total 4100

	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)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	4100	160	0.50	130	14	4.00	0.00	30.00	3.00	2.00
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	4100	90	4.50	190	0	7.00	0.00	0.00	0.00	7.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	4100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	4100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3567	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			461	6.34	438	49	13.38	0.00	70.29	5.87	16.41
% of Calories				12.38%		42.5%	26.1%	0.0%	61.0%		14.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Tuesday - 01/18/2022

Reimbursable Meal Total 4000

# 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)
831315 BRD: BAGEL. White WG IW	Each	4000	140	0.00	180	5	1.00	0.00	29.00	4.00	6.00
825853 COND PC Jelly, Grape Smucker	Each	4000	35	0.00	5	8	0.00	0.00	9.00	0.00	0.00
990631 FRUIT: CUP SS, APPLESC BLUERASP SWT SHLF-STBL 1/2C	Each (1/2c)	4000	90	0.00	15	19	0.00	0.00	22.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	4000	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			435	1.34	324	60	3.22	0.00	87.99	6.00	14.27
% of Calories				2.77%		55.2%	6.7%	0.0%	80.9%		13.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Wednesday - 01/19/2022

Reimbursable Meal Total 4100

	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)
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	4100	190	2.00	130	17	6.00	0.00	30.00	2.00	3.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	4100	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	4100	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	4100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			538	7.80	451	64	15.17	0.00	81.75	5.00	17.09
% of Calories				13.05%		47.6%	25.4%	0.0%	60.8%		12.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Thursday - 01/20/2022

Reimbursable Meal Total 4100

	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)
825665 CEREAL BWL, CinnTstCrnch RS WG	Bowl	4100	120	0.00	160	6	2.50	0.00	22.00	3.00	1.00
831285 BRD: CRACK SS, Animal WG	Package	4100	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	4100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	4100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			435	2.32	391	46	8.29	0.00	79.47	7.40	11.03
% of Calories				4.80%		42.3%	17.2%	0.0%	73.1%		10.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Friday - 01/21/2022

Reimbursable Meal Total 4000

# 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)
990554 YOGURT BULK, VAN W/OATS HNY GRAN 1.0 (1BG)	Serving	4100	256	0.68	192	23	6.09	0.00	43.05	2.03	6.71
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	4100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	4100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			499	2.06	322	65	8.67	0.00	89.50	5.02	15.48
% of Calories				3.72%		52.1%	15.6%	0.0%	71.7%		12.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Monday - 01/24/2022

Reimbursable Meal Total 4100

	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)
829521 BRD: Bkfst Rnd Cinn 2.2oz WG IW	Each	4100	280	3.00	190	19	8.00	0.00	44.00	6.29	5.00
990631 FRUIT: CUP SS, APPLESC BLUERASP SWT SHLF-STBL 1/2C	Each (1/2c)	4100	90	0.00	15	19	0.00	0.00	22.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	4100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			538	4.30	326	66	10.17	0.00	93.75	8.29	13.09
% of Calories				7.19%		49.1%	17.0%	0.0%	69.7%		9.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

## Tuesday - 01/25/2022

Reimbursable Meal Total 4100

	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)
831313 BRD: BAR, NutriGr Blubr1.5WGIW	Each	4100	160	0.50	135	15	4.00	0.00	30.00	3.00	2.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	4100	60	2.00	210	0	2.50	0.00	1.00	0.00	8.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	4100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	4100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			415	3.82	466	47	8.79	0.00	66.47	5.40	18.03
% of Calories				8.28%		45.3%	19.1%	0.0%	64.1%		17.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

## Wednesday - 01/26/2022

Reimbursable Meal Total 4100

# 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)
832986 BRD: BAGEL, Mini StrwCrCh WGIW	Each	4100	230	2.50	180	13	6.00	0.00	41.00	2.00	6.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	4100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	4100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			440	3.84	298	48	8.37	0.00	81.27	4.87	13.40
% of Calories				7.85%		43.6%	17.1%	0.0%	73.9%		12.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 01/27/2022

Reimbursable Meal Total 4100

	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)
825687 CEREAL BWL, Lucky Charms WG	Bowl	4100	110	0.00	180	9	1.00	0.00	23.00	2.00	2.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	4100	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	4100	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	4100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			478	5.80	501	61	10.17	0.00	78.75	5.00	17.09
% of Calories				10.92%		51.0%	19.1%	0.0%	65.9%		14.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

## Friday - 01/28/2022

Reimbursable Meal Total 3900

	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)
829617 BRD: FRUDEL, Apple AP WG IW	Pouch	3900	210	1.50	280	11	6.00	0.00	36.00	2.00	5.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3900	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	3900	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3466	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			428	2.86	400	45	8.39	0.00	77.95	5.66	12.68
% of Calories				6.01%		42.1%	17.6%	0.0%	72.9%		11.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

## Monday - 01/31/2022

Reimbursable Meal Total 4100

# 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)
832985 BRD: BAGEL, Mini CinnCrCh WGIW	Each	4100	240	3.00	180	13	6.00	0.00	42.00	2.00	6.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	4100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	4100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			435	4.32	296	45	8.29	0.00	77.47	4.40	14.03
% of Calories				8.94%		41.4%	17.2%	0.0%	71.2%		12.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

	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	454	4	374	53	9.00	0.00	79.65	5.27	14.19
% of Calories		7.39%		46.7%	17.8%	0.0%	70.2%		12.5%

\*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.**