

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

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

Monday - 01/03/2022

Reimbursable Meal Total 900

	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)
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	900	120	0.00	170	6	2.50	0.00	23.00	1.00	1.00
831285 BRD: CRACK SS, Animal WG	Package	900	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	900	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			462	2.21	397	53	8.16	0.00	88.28	5.87	10.68
% of Calories				4.31%		45.9%	15.9%	0.0%	76.4%		9.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 01/04/2022

Reimbursable Meal Total 900

	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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	900	140	1.50	360	6	5.00	0.00	16.00	2.00	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)
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	900	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826346 JUICE SS, Orange 100% 4oz Cart	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			319	2.67	471	37	6.95	0.00	50.76	3.00	15.37
% of Calories				7.53%		46.4%	19.6%	0.0%	63.6%		19.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 01/05/2022

Reimbursable Meal Total 900

	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)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	900	200	1.00	170	13	5.00	0.00	37.00	3.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	900	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	900	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	900	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	703	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			539	6.67	481	59	13.95	0.00	87.76	6.00	17.37
% of Calories				11.14%		43.8%	23.3%	0.0%	65.1%		12.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 01/06/2022

Reimbursable Meal Total 900

	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)
830789 MELT BGL, CSaus AM 1.25 WG	Sandwich	900	285	3.62	610	4	10.50	0.00	29.50	4.00	19.50
000124 FRUIT: PEARS 150 ct.	Each (150ct)	900	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			492	4.82	717	38	12.62	0.00	70.23	7.66	26.30
% of Calories				8.82%		30.9%	23.1%	0.0%	57.1%		21.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 01/07/2022

Reimbursable Meal Total 900

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)
000190 CEREAL BWL, Fruity Cheerios WG	Bowl	900	120	0.00	140	9	2.00	0.00	25.00	2.00	2.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	900	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	900	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826343 JUICE SS, Grape100% 4oz Cart	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			446	2.19	366	53	7.57	0.00	84.49	5.40	12.31
% of Calories				4.42%		47.5%	15.3%	0.0%	75.8%		11.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Monday - 01/10/2022

Reimbursable Meal Total 900

	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)
831951 BRD: BAR, Benefit FrTst WGIW	Each	900	290	2.50	200	21	9.00	0.00	47.00	3.00	5.00
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	900	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	900	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	703	100	1.50	120	11	2.50	0.00	11.00	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			559	3.67	311	72	10.95	0.00	101.76	6.00	12.37
% of Calories				5.91%		51.5%	17.6%	0.0%	72.8%		8.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 01/11/2022

Reimbursable Meal Total 900

	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)
831322 BRD: FR TST AP, Berry WG IW	Pouch	900	220	1.00	190	11	7.00	0.00	37.00	2.00	4.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	900	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826346 JUICE SS, Orange 100% 4oz Cart	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			417	2.20	302	41	9.12	0.00	75.73	5.66	11.80
% of Calories				4.75%		39.3%	19.7%	0.0%	72.6%		11.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 01/12/2022

Reimbursable Meal Total 900

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)
990659 PACK: SDW MUFF EGGPTY AM, TATER TOTS1/2C WG1.25(2)	Pack	900	351	4.52	872	2	16.75	0.00	38.79	2.89	11.39
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	900	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			480	5.69	967	22	18.70	0.00	61.55	3.89	17.77
% of Calories				10.67%		18.3%	35.1%	0.0%	51.3%		14.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 01/13/2022

Reimbursable Meal Total 900

	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)
000179 BRD: PANCAKES, AP WG Confetti	Pouch	900	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	900	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	900	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	703	100	1.50	120	11	2.50	0.00	11.00	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			406	2.19	411	42	9.07	0.00	70.49	6.40	11.31
% of Calories				4.85%		41.4%	20.1%	0.0%	69.4%		11.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 01/14/2022

Reimbursable Meal Total 900

	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)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	900	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)	900	90	4.50	190	0	7.00	0.00	0.00	0.00	7.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	900	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			452	6.21	427	48	13.16	0.00	69.28	5.87	15.68
% of Calories				12.37%		42.5%	26.2%	0.0%	61.3%		13.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 01/18/2022

Reimbursable Meal Total 900

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)
831315 BRD: BAGEL. White WG IW	Each	900	140	0.00	180	5	1.00	0.00	29.00	4.00	6.00
825853 COND PC Jelly, Grape Smucker	Each	900	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)	900	90	0.00	15	19	0.00	0.00	22.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			424	1.17	311	59	2.95	0.00	86.76	6.00	13.37
% of Calories				2.48%		55.7%	6.3%	0.0%	81.8%		12.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 01/19/2022

Reimbursable Meal Total 900

	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)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	900	220	1.00	200	11	7.00	0.00	37.00	2.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	900	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	900	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	900	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	703	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			559	6.67	511	57	15.95	0.00	87.76	5.00	17.37
% of Calories				10.74%		40.8%	25.7%	0.0%	62.8%		12.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 01/20/2022

Reimbursable Meal Total 900

	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)
830954 PIZZA AP TONY BKFST T.SSG WG 1.0 (1.5BG)	Pizza	900	210	2.00	350	5	7.00	0.00	27.00	3.00	9.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	900	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			396	3.19	456	36	9.07	0.00	61.49	5.40	16.31
% of Calories				7.25%		36.4%	20.6%	0.0%	62.1%		16.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 01/21/2022

Reimbursable Meal Total 900

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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)
990554 YOGURT BULK, VAN W/OATS HNY GRAN 1.0 (1BG)	Serving	900	256	0.68	192	23	6.09	0.00	43.05	2.03	6.71
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	900	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			477	1.88	304	63	8.24	0.00	86.34	4.90	14.39
% of Calories				3.55%		52.8%	15.5%	0.0%	72.4%		12.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Monday - 01/24/2022

Reimbursable Meal Total 900

	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)
829521 BRD: Bkfst Rnd Cinn 2.2oz WG IW	Each	900	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)	900	90	0.00	15	19	0.00	0.00	22.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	900	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	703	100	1.50	120	11	2.50	0.00	11.00	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			529	4.17	316	65	9.95	0.00	92.76	8.29	12.37
% of Calories				7.09%		49.1%	16.9%	0.0%	70.1%		9.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 01/25/2022

Reimbursable Meal Total 900

	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)
990578 PACK: EGG OMELET CH AP, BISC MINI AP WG 2.0 (1BG)	Pack	900	230	7.50	490	1	16.00	0.00	15.00	1.00	9.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	900	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			416	8.69	601	32	18.07	0.00	49.49	3.40	16.31
% of Calories				18.80%		30.8%	39.1%	0.0%	47.6%		15.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 01/26/2022

Reimbursable Meal Total 900

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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	900	140	1.50	360	6	5.00	0.00	16.00	2.00	8.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	900	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			342	2.71	467	40	7.16	0.00	55.28	4.87	14.68
% of Calories				7.13%		46.8%	18.8%	0.0%	64.7%		17.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 01/27/2022

Reimbursable Meal Total 900

	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)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	900	200	1.00	170	13	5.00	0.00	37.00	3.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	900	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	900	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			559	6.67	481	64	13.95	0.00	91.76	6.00	18.37
% of Calories				10.74%		45.8%	22.5%	0.0%	65.7%		13.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 01/28/2022

Reimbursable Meal Total 900

	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)
829617 BRD: FRUDEL, Apple AP WG IW	Pouch	900	210	1.50	280	11	6.00	0.00	36.00	2.00	5.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	900	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			417	2.70	387	44	8.12	0.00	76.73	5.66	11.80
% of Calories				5.83%		42.2%	17.5%	0.0%	73.6%		11.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Monday - 01/31/2022

Reimbursable Meal Total 900

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)
832985 BRD: BAGEL, Mini CinnCrCh WGIW	Each	900	240	3.00	180	13	6.00	0.00	42.00	2.00	6.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	900	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	900	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	703	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			426	4.19	286	44	8.07	0.00	76.49	4.40	13.31
% of Calories				8.85%		41.3%	17.0%	0.0%	71.8%		12.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=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	456	4	448	48	10.59	0.00	76.26	5.48	14.96
% of Calories		7.95%		42.1%	20.9%	0.0%	66.9%		13.1%

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.