

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

Menu Name: 9-12 Lunch Express (2 Cold Ent)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Monday - 01/03/2022

Reimbursable Meal Total 61

	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	61	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
990640 CHEESE, CH STICK 2EA 2.0	2 Sticks	61	180	9.00	400	0	14.00	0.00	0.00	0.00	14.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	61	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	61	8	0.01	2	1	0.09	0.00	1.68	0.52	0.38
000124 FRUIT: PEARS 150 ct.	Each (150ct)	61	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	61	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	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			714	10.33	950	67	21.85	0.00	107.30	14.46	26.22
% of Calories				13.02%		37.5%	27.5%	0.0%	60.1%		14.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990369 Danimals, Strawberry Banana Yogurt	ea	70	70	0.00	55	10	0.00	0.00	14.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	70	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	70	90	4.50	190	0	7.00	0.00	0.00	0.00	7.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	70	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	70	8	0.01	2	1	0.09	0.00	1.68	0.52	0.38
832571 FRUIT: APPLE, Slcd IW 2oz	Each	70	30	0.00	0	6	0.00	0.00	7.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	70	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	70	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
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			736	6.95	770	79	17.91	0.00	116.38	7.81	25.53
% of Calories				8.50%		42.9%	21.9%	0.0%	63.2%		13.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 01/05/2022

Reimbursable Meal Total 92

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)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	92	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
828881 COND PC MAYONNAISE FF 12G	Each	92	11	0.03	101	1	0.10	0.00	2.57	0.24	0.06
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	92	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	92	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	92	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	92	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	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			694	6.52	1331	51	16.83	*0.00	98.97	12.73	35.90
% of Calories				8.46%		29.4%	21.8%	*0.0%	57.0%		20.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 01/06/2022

Reimbursable Meal Total 94

	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)
990645 SALAD, CHIXPOP AP ROM WG 2.0 (1BG)	Each	94	260	2.79	391	1	14.54	0.00	16.37	3.85	15.87
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	94	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00

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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)
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	94	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	94	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	94	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	94	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	94	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00
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			740	4.56	969	41	25.81	0.10	102.22	11.78	31.30
% of Calories				5.55%		22.2%	31.4%	0.1%	55.3%		16.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 01/07/2022

Reimbursable Meal Total 94

	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)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	94	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	94	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	94	52	0.66	128	3	4.33	85.08	3.17	0.09	0.09

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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)
000177 VEG: SALAD, POTATO AP 1/2C (3/8C VEG)	1/2 Cup	94	220	2.00	540	7	12.00	0.00	27.01	3.00	2.00
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
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	94	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
826346 JUICE SS, Orange 100% 4oz Cart	Each	94	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
831308 BRD: CRACK SS, Elf Grhm ChocWG	Package	94	120	1.00	125	7	4.00	0.00	20.00	2.00	2.00
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
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	25	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			919	8.94	1666	71	31.35	85.08	128.23	11.59	32.21
% of Calories				8.76%		30.9%	30.7%	83.3%	55.8%		14.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 01/10/2022

Reimbursable Meal Total 100

	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)
831183 CHIX Popcorn, AP WG 2.0	Serving	100	256	2.78	389	1	14.46	0.00	15.58	3.34	15.58
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	100	70	0.00	40	0	0.50	0.00	14.00	1.00	2.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	100	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10

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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)
990698 VEG: CORN, FZ CKD 3/8c	3/8 Cup	100	51	0.06	1	2	0.42	0.00	12.19	1.52	1.61
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826346 JUICE SS, Orange 100% 4oz Cart	Each	100	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
831289 BRD: CRACK SS, Chz-It WG	Package	100	100	1.00	150	0	3.50	0.00	14.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	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			765	4.96	914	45	24.69	0.10	107.69	12.17	30.65
% of Calories				5.84%		23.5%	29.0%	0.1%	56.3%		16.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 01/11/2022

Reimbursable Meal Total 100

	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)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	100	320	9.31	917	1	21.83	0.00	14.07	1.00	17.49
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	100	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00

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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)
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
832571 FRUIT: APPLE, Slcd IW 2oz	Each	100	30	0.00	0	6	0.00	0.00	7.00	1.00	0.00
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	100	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	100	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	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			1045	13.62	2100	70	43.96	0.00	135.24	13.79	30.33
% of Calories				11.73%		26.8%	37.9%	0.0%	51.8%		11.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 01/12/2022

Reimbursable Meal Total 100

	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)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	100	308	5.42	728	3	12.00	0.00	29.00	2.50	22.17
825862 COND PC Mustard 6g	Each	100	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36

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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)
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	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	69	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			647	5.75	1266	46	15.66	*0.00	93.61	12.51	35.81
% of Calories				8.00%		28.4%	21.8%	*0.0%	57.9%		22.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 01/13/2022

Reimbursable Meal Total 100

	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)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	100	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
828881 COND PC MAYONNAISE FF 12G	Each	100	11	0.03	101	1	0.10	0.00	2.57	0.24	0.06
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	100	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	100	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42

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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)
826343 JUICE SS, Grape100% 4oz Cart	Each	100	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	69	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			673	6.47	1094	55	14.20	0.00	103.98	10.00	33.88
% of Calories				8.65%		32.7%	19.0%	0.0%	61.8%		20.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 01/14/2022

Reimbursable Meal Total 100

	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)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	100	130	4.04	161	1	9.02	0.00	1.77	0.51	9.69
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	100	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	100	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
990593 VEG: CELERY, STICKS IW 2OZ	Bag (2ozw)	100	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	60	0.00	15	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)
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	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			619	5.14	815	51	20.21	0.10	85.07	7.48	23.60
% of Calories				7.47%		33.0%	29.4%	0.1%	55.0%		15.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 01/18/2022

Reimbursable Meal Total 100

	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)
990369 Danimals, Strawberry Banana Yogurt	ea	100	70	0.00	55	10	0.00	0.00	14.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	100	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	100	90	4.50	190	0	7.00	0.00	0.00	0.00	7.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	100	8	0.01	2	1	0.09	0.00	1.68	0.52	0.38
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826346 JUICE SS, Orange 100% 4oz Cart	Each	100	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00

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)
831285 BRD: CRACK SS, Animal WG	Package	100	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	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			725	7.86	766	78	17.41	0.00	120.85	10.68	25.54
% of Calories				9.76%		43.0%	21.6%	0.0%	66.7%		14.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 01/19/2022

Reimbursable Meal Total 100

	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	100	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
830308 CHEESE, MZ String LF 2ea 2.0	2 Stick	100	120	4.00	420	0	5.00	0.00	2.00	0.00	16.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
990557 VEG: TOMATOES, GRAPE 1/4C	1/4 Cup	100	8	0.01	2	1	0.09	0.00	1.68	0.52	0.38
832571 FRUIT: APPLE, Slcd IW 2oz	Each	100	30	0.00	0	6	0.00	0.00	7.00	1.00	0.00
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	100	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	69	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	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			573	5.32	990	51	12.71	0.00	85.33	8.81	28.22
% of Calories				8.36%		35.6%	20.0%	0.0%	59.6%		19.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 01/20/2022

Reimbursable Meal Total 100

	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)
990569 SDW BD, CHam PV WG 2.0 (2BG) (ALPHA)	Sandwich	100	321	6.52	823	3	13.56	0.00	29.02	2.00	21.10
828881 COND PC MAYONNAISE FF 12G	Each	100	11	0.03	101	1	0.10	0.00	2.57	0.24	0.06
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	100	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	69	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 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	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			724	6.87	1382	61	17.20	*0.00	111.48	13.86	33.86
% of Calories				8.54%		33.7%	21.4%	*0.0%	61.6%		18.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 01/21/2022

Reimbursable Meal Total 100

	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)
990645 SALAD, CHIXPOP AP ROM WG 2.0 (1BG)	Each	100	260	2.79	391	1	14.54	0.00	16.37	3.85	15.87
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	100	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	100	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	100	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
990588 SUNFLOWER KERNELS, HONEY RSTD SUNOPTA 150/1.2OZ	Package	100	190	2.00	65	5	15.00	0.00	11.00	3.00	6.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	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 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	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			979	5.94	1023	55	41.12	0.10	120.57	13.28	37.18
% of Calories				5.46%		22.5%	37.8%	0.1%	49.3%		15.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 01/24/2022

Reimbursable Meal Total 100

	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)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	100	375	10.62	1270	6	20.00	0.00	30.50	2.50	18.50
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	100	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	100	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 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	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			966	13.96	2345	60	38.79	0.00	127.26	13.95	29.61
% of Calories				13.01%		24.8%	36.1%	0.0%	52.7%		12.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 01/25/2022

Reimbursable Meal Total 100

	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)
000183 BRD: PANCAKES, AP WG Strawb PI	Pouch	100	220	1.00	260	14	6.00	0.00	40.00	2.00	4.00
830308 CHEESE, MZ String LF 2ea 2.0	2 Stick	100	120	4.00	420	0	5.00	0.00	2.00	0.00	16.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
832571 FRUIT: APPLE, Slcd IW 2oz	Each	100	30	0.00	0	6	0.00	0.00	7.00	1.00	0.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	100	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 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	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			625	5.33	936	65	11.75	0.00	103.79	10.06	28.26
% of Calories				7.68%		41.6%	16.9%	0.0%	66.4%		18.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 01/26/2022

Reimbursable Meal Total 100

	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)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	100	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
825862 COND PC Mustard 6g	Each	100	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	100	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
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 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	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			742	6.35	1480	45	17.94	*0.00	108.24	14.01	38.04
% of Calories				7.70%		24.3%	21.8%	*0.0%	58.4%		20.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 01/27/2022

Reimbursable Meal Total 100

	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)
990645 SALAD, CHIXPOP AP ROM WG 2.0 (1BG)	Each	100	260	2.79	391	1	14.54	0.00	16.37	3.85	15.87
990650 Breadstick WG 1BG (1EA)(Alpha) - Individ Overwrapped	Each	100	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	100	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	100	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
831289 BRD: CRACK SS, Chz-It WG	Package	100	100	1.00	150	0	3.50	0.00	14.00	1.00	2.00
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 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	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			767	4.95	960	44	25.17	0.10	108.43	12.05	30.51
% of Calories				5.81%		22.9%	29.5%	0.1%	56.5%		15.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 01/28/2022

Reimbursable Meal Total 100

	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)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	100	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	100	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	100	52	0.66	128	3	4.33	85.08	3.17	0.09	0.09
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	100	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
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
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	80	0.00	120	11	0.00	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)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			695	5.98	1123	62	19.59	85.08	97.89	7.90	30.47
% of Calories				7.74%		35.7%	25.4%	110.2%	56.3%		17.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 01/31/2022

Reimbursable Meal Total 100

	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)
990369 Danimals, Strawberry Banana Yogurt	ea	100	70	0.00	55	10	0.00	0.00	14.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	100	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	100	90	4.50	190	0	7.00	0.00	0.00	0.00	7.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	100	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	100	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
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 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	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			805	7.83	761	97	17.25	0.00	137.79	10.06	25.26
% of Calories				8.75%		48.2%	19.3%	0.0%	68.5%		12.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

			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			758	7	1182	60	22.57	*8.53	110.02	11.45	30.62
% of Calories				8.53%		31.7%	26.8%	*10.1%	58.1%		16.2%

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.