

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

Menu Name: K-8 Lunch Express (2 Cold Ent)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Monday - 01/03/2022

Reimbursable Meal Total 363

	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	363	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	363	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	363	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
000124 FRUIT: PEARS 150 ct.	Each (150ct)	363	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	243	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	70	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			511	5.84	754	42	14.79	0.00	78.25	10.95	19.12
% of Calories				10.29%		32.9%	26.0%	0.0%	61.3%		15.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 01/04/2022

Reimbursable Meal Total 419

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	419	70	0.00	55	10	0.00	0.00	14.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	419	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)	419	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)	419	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
826343 JUICE SS, Grape100% 4oz Cart	Each	419	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	281	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	80	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	4	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			563	6.81	643	64	13.62	0.00	86.29	5.29	22.69
% of Calories				10.89%		45.5%	21.8%	0.0%	61.3%		16.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 01/05/2022

Reimbursable Meal Total 550

	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	550	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
828881 COND PC MAYONNAISE FF 12G	Each	550	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	550	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22

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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)
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	550	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	369	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	105	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			609	6.39	1273	35	16.55	*0.00	79.95	11.09	35.11
% of Calories				9.44%		23.0%	24.5%	*0.0%	52.5%		23.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 01/06/2022

Reimbursable Meal Total 562

	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	562	260	2.79	391	1	14.54	0.00	16.37	3.85	15.87
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	562	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	562	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	562	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	562	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	377	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	108	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			590	3.93	799	32	21.51	0.10	76.49	8.39	28.10
% of Calories				5.99%		21.7%	32.8%	0.2%	51.9%		19.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 01/07/2022

Reimbursable Meal Total 562

	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	562	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	562	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	562	52	0.66	128	3	4.33	85.08	3.17	0.09	0.09
000177 VEG: SALAD, POTATO AP 1/2C (3/8C VEG)	1/2 Cup	562	220	2.00	540	7	12.00	0.00	27.01	3.00	2.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	562	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	377	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	108	80	0.00	120	11	0.00	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)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			728	7.92	1482	51	27.28	85.08	91.55	7.95	28.59
% of Calories				9.79%		28.0%	33.7%	105.2%	50.3%		15.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 01/10/2022

Reimbursable Meal Total 600

	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	600	256	2.78	389	1	14.46	0.00	15.58	3.34	15.58
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	600	70	0.00	40	0	0.50	0.00	14.00	1.00	2.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	600	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
990698 VEG: CORN, FZ CKD 3/8c	3/8 Cup	600	51	0.06	1	2	0.42	0.00	12.19	1.52	1.61
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	600	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	600	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	402	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	115	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			593	3.95	701	32	21.12	0.10	76.64	9.52	27.13
% of Calories				5.99%		21.6%	32.1%	0.2%	51.7%		18.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 01/11/2022

Reimbursable Meal Total 600

	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	600	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	600	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	600	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	600	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	402	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	115	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			873	12.61	1937	52	40.39	0.00	102.19	10.15	27.81
% of Calories				13.00%		23.8%	41.6%	0.0%	46.8%		12.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

Wednesday - 01/12/2022

Reimbursable Meal Total 600

	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	600	308	5.42	728	3	12.00	0.00	29.00	2.50	22.17
825862 COND PC Mustard 6g	Each	600	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	600	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	600	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	402	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	115	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			565	5.74	1203	30	15.59	*0.00	74.56	10.87	35.29
% of Calories				9.14%		21.2%	24.8%	*0.0%	52.8%		25.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 01/13/2022

Reimbursable Meal Total 600

	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	600	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
828881 COND PC MAYONNAISE FF 12G	Each	600	11	0.03	101	1	0.10	0.00	2.57	0.24	0.06

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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)
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	600	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	600	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
000124 FRUIT: PEARS 150 ct.	Each (150ct)	600	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	402	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	115	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	50	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			577	6.46	1039	35	14.13	0.00	81.75	8.36	32.96
% of Calories				10.08%		24.3%	22.0%	0.0%	56.7%		22.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 01/14/2022

Reimbursable Meal Total 600

	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	600	130	4.04	161	1	9.02	0.00	1.77	0.51	9.69
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
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	600	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
990593 VEG: CELERY, STICKS IW 2OZ	Bag (2ozw)	600	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
826337 JUICE SS, Apple 100% 4oz Cart	Each	600	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00

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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)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	600	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	402	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	115	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			510	5.11	847	31	17.52	0.10	63.29	3.44	22.14
% of Calories				9.02%		24.3%	30.9%	0.2%	49.6%		17.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 01/18/2022

Reimbursable Meal Total 600

	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	600	70	0.00	55	10	0.00	0.00	14.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	600	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)	600	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)	600	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	600	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	402	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	115	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			545	6.85	629	58	13.83	0.00	84.80	8.16	22.00
% of Calories				11.31%		42.6%	22.8%	0.0%	62.2%		16.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 01/19/2022

Reimbursable Meal Total 600

	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	600	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	600	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)	600	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	600	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	402	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	115	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			533	5.31	983	44	12.63	0.00	76.27	7.29	27.69
% of Calories				8.97%		33.0%	21.3%	0.0%	57.2%		20.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

Thursday - 01/20/2022

Reimbursable Meal Total 600

	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	600	321	6.52	823	3	13.56	0.00	29.02	2.00	21.10
828881 COND PC MAYONNAISE FF 12G	Each	600	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	600	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	600	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	402	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	115	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			592	6.86	1334	34	17.13	*0.00	78.42	9.22	33.34
% of Calories				10.43%		23.0%	26.0%	*0.0%	53.0%		22.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 01/21/2022

Reimbursable Meal Total 600

	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	600	260	2.79	391	1	14.54	0.00	16.37	3.85	15.87
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

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)
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	600	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	600	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	600	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	600	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	402	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	115	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	50	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			733	3.94	947	38	26.12	0.10	96.01	10.28	31.62
% of Calories				4.84%		20.7%	32.1%	0.1%	52.4%		17.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 01/24/2022

Reimbursable Meal Total 600

	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	600	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	600	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	600	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	600	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	402	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	115	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			886	13.95	2290	44	38.73	0.00	108.59	12.30	29.25
% of Calories				14.17%		19.9%	39.3%	0.0%	49.0%		13.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 01/25/2022

Reimbursable Meal Total 600

	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	600	220	1.00	260	14	6.00	0.00	40.00	2.00	4.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	600	60	2.00	210	0	2.50	0.00	1.00	0.00	8.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	600	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	600	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	600	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	402	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	115	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			515	3.32	682	57	9.18	0.00	91.12	7.42	19.89
% of Calories				5.80%		44.3%	16.0%	0.0%	70.8%		15.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 01/26/2022

Reimbursable Meal Total 600

	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	600	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
825862 COND PC Mustard 6g	Each	600	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	600	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	600	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	402	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	115	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			585	6.32	1236	33	16.25	*0.00	75.84	8.97	34.74
% of Calories				9.72%		22.6%	25.0%	*0.0%	51.9%		23.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

Thursday - 01/27/2022

Reimbursable Meal Total 600

	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	600	260	2.79	391	1	14.54	0.00	16.37	3.85	15.87
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	600	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	600	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	600	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	600	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	402	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	115	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			600	3.93	808	33	21.50	0.10	76.46	7.39	28.08
% of Calories				5.90%		22.0%	32.2%	0.2%	51.0%		18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 01/28/2022

Reimbursable Meal Total 600

	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	600	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53

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)
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
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	600	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	600	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	402	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	115	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	5	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			465	5.97	943	33	15.52	85.08	54.22	5.25	27.11
% of Calories				11.55%		28.4%	30.0%	164.7%	46.6%		23.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 01/31/2022

Reimbursable Meal Total 600

	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	600	70	0.00	55	10	0.00	0.00	14.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	600	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)	600	90	4.50	190	0	7.00	0.00	0.00	0.00	7.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	600	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57

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)
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	600	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826343 JUICE SS, Grape100% 4oz Cart	Each	600	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	402	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	115	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	5	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			555	6.82	602	63	13.68	0.00	84.12	4.42	22.89
% of Calories				11.06%		45.4%	22.2%	0.0%	60.6%		16.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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	606	6	1057	42	19.35	*8.53	81.84	8.34	27.78
% of Calories		9.50%		27.7%	28.7%	*12.7%	54.0%		18.3%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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.