

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

Menu Name: K-8 Lunch 1 Entree (A)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Tuesday - 03/01/2022

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)
990667 ENT: BOWL, CHIXPOP CH WG 2.5 (1BG)	Bowl	100	396	5.80	585	2	19.53	0.00	34.59	5.54	20.81
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	91	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	96	110	0.00	0	24	0.00	0.00	27.00	2.00	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
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			628	6.11	763	41	20.15	0.00	81.79	11.02	31.45
% of Calories				8.76%		26.1%	28.9%	0.0%	52.1%		20.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 03/02/2022

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)
990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG IW 2 (2BG)	Each	100	300	6.00	520	5	13.00	0.00	32.00	2.00	14.00

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Portion Values

Mar 1, 2022 thru Mar 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)
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	91	92	0.04	49	4	0.21	0.00	18.51	6.22	4.04
000124 FRUIT: PEARS 150 ct.	Each (150ct)	97	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	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
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			542	6.35	731	34	13.83	0.00	81.20	11.21	25.05
% of Calories				10.54%		25.1%	23.0%	0.0%	59.9%		18.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 03/03/2022

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)
000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA	2 Each	100	334	4.61	633	3	13.88	0.00	32.88	3.46	20.68
825869 COND PC Sauce, Taco 9g	Each	95	5	0.00	55	0	0.00	0.00	1.00	0.00	0.00
825102 VEG: BEANS, REFRIED AP 1/2C	1/2 Cup	90	139	0.00	499	1	1.74	0.00	23.21	6.96	6.96
826372 VEG: SALAD, SIDE ROMMIX AP 1/2c	1/2 Cup	93	6	0.00	4	1	0.00	0.00	1.21	0.40	0.40
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	93	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	97	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 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	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
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			667	5.60	1407	33	20.50	0.09	85.20	10.12	34.38
% of Calories				7.56%		19.8%	27.7%	0.1%	51.1%		20.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 03/04/2022

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)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	100	300	5.00	440	8	11.00	0.00	34.00	4.00	16.00
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	91	102	0.13	1	4	0.85	0.00	24.38	3.03	3.22
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	97	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	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

Mar 1, 2022 thru Mar 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			547	5.44	607	38	12.44	0.00	87.14	9.54	26.19
% of Calories				8.95%		27.8%	20.5%	0.0%	63.7%		19.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 03/07/2022

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)
990548 STICKS, CORN DOG CHIX AP WG 2.0	Each	100	300	3.50	400	8	16.00	0.00	25.00	3.00	14.00
825862 COND PC Mustard 6g	Each	95	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	90	333	0.00	772	21	1.51	0.00	65.05	12.10	16.64
000124 FRUIT: PEARS 150 ct.	Each (150ct)	97	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	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
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			758	3.81	1322	52	18.00	0.00	116.86	17.44	36.35
% of Calories				4.52%		27.4%	21.4%	0.0%	61.7%		19.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

Tuesday - 03/08/2022

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
829505 CHIX Sausage Patty 2ea 2.0	2 Patty	100	200	3.00	500	0	12.00	0.00	2.00	0.00	22.00
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	98	174	1.34	482	0	9.38	0.00	21.44	1.34	1.34
825856 COND PC Ketchup 9g Heinz	Each	98	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	97	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	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
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			739	5.61	1521	36	28.78	0.00	88.25	7.64	35.18
% of Calories				6.83%		19.5%	35.1%	0.0%	47.8%		19.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 03/09/2022

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)
990672 PACK: BEEF MEATLOAF CHZBRGR NOI, BRDSTK ALPHA 2(1)	Pack	100	240	5.00	530	6	11.00	0.00	22.00	2.50	15.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 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)
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	91	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
833552 FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	96	110	0.00	0	24	0.00	0.00	27.00	2.00	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
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
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			469	5.04	708	45	11.17	0.00	69.20	7.98	25.64
% of Calories				9.67%		38.4%	21.4%	0.0%	59.0%		21.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 03/10/2022

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)
990585 PACK: CHIX NUGGET, PRETZEL SOFT ROD WG 2.0 (2BG)	Pack	100	273	1.90	484	0	10.65	0.00	26.68	2.27	18.49
825867 COND PC Sauce, BBQ 12g	Each	95	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	91	92	0.04	49	4	0.21	0.00	18.51	6.22	4.04
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	97	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

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Mar 1, 2022 thru Mar 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			523	2.23	855	32	11.31	0.00	74.89	7.93	29.13
% of Calories				3.84%		24.5%	19.5%	0.0%	57.3%		22.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 03/11/2022

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)
831237 FISH, Sticks AP WG 2.0 (1BG) (4ea)	4 Each	100	190	1.00	270	1	6.00	0.00	18.00	2.00	15.00
825871 COND PC Sauce, Tartar 12g	Each	90	45	0.50	85	2	4.00	0.00	2.00	0.00	0.00
990717 PACK: RICE, CARROTS FRZ DCD WG (1BG) 3/4C VEG	Pack	91	150	0.16	80	5	1.84	0.00	31.63	4.99	3.29
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	97	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	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
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			521	1.91	585	34	11.95	0.00	79.54	9.33	25.25
% of Calories				3.30%		26.1%	20.6%	0.0%	61.1%		19.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

Monday - 03/14/2022

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)
900188 PIZZA AP TONY GALAXY CHZ 4IN ROUND WG 2.0 (2BG)	Pizza	100	280	6.00	410	8	12.00	0.00	26.00	3.00	15.00
990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C	3/4 Cup	91	251	1.57	282	11	9.41	0.00	37.63	1.57	1.57
000124 FRUIT: PEARS 150 ct.	Each (150ct)	97	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	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
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			667	7.74	833	43	21.19	0.00	92.60	7.98	23.80
% of Calories				10.44%		25.8%	28.6%	0.0%	55.5%		14.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 03/15/2022

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)
990686 PACK: PASTA, ROTINI CHIXMTBL & SPAG SC SS BLND 2(2)	Pack	100	442	3.54	250	8	13.69	0.00	57.87	6.76	23.13
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	86	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	97	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31

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Mar 1, 2022 thru Mar 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	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
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			628	3.88	428	36	14.50	0.00	94.82	12.90	33.87
% of Calories				5.56%		22.9%	20.8%	0.0%	60.4%		21.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 03/16/2022

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)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	100	280	3.00	970	3	13.50	0.00	29.00	2.50	13.00
825856 COND PC Ketchup 9g Heinz	Each	100	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	86	234	0.03	435	14	0.29	*0.00	45.81	8.55	11.04
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	96	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	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

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Mar 1, 2022 thru Mar 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			633	3.31	1594	43	14.22	*0.00	99.77	10.81	29.46
% of Calories				4.71%		27.2%	20.2%	*0.0%	63.0%		18.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 03/17/2022

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)
990715 PACK: CHIX MTBLS, PEAS/CARROTS, BF GRVY SS 2.0	5 Each	100	223	3.70	393	3	11.68	0.18	14.93	2.05	15.73
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	98	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
830248 VEG: POTATO, MASHED LS SS 3/4C	3/4 Cup	91	102	0.00	151	0	0.64	0.00	21.68	2.55	2.55
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	96	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
990716 BRD: CRACK SS, Bear GrhmChocWG - NO GRAIN CREDIT	Package	98	120	0.00	85	7	4.00	0.00	20.00	2.00	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

Mar 1, 2022 thru Mar 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			711	3.98	935	48	18.12	0.18	108.84	9.23	29.92
% of Calories				5.04%		27.0%	22.9%	0.2%	61.2%		16.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 03/18/2022

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)
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	100	365	10.62	1320	4	19.50	0.00	28.50	2.00	18.50
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	86	29	0.05	1	2	0.18	0.00	6.76	3.15	1.56
826346 JUICE SS, Orange 100% 4oz Cart	Each	97	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
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
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			532	10.95	1500	30	20.13	0.00	60.89	4.71	27.77
% of Calories				18.52%		22.6%	34.1%	0.0%	45.8%		20.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 03/21/2022

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 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)
990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN)	Serving	100	218	4.47	574	5	12.37	0.00	10.68	1.87	16.16
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	100	150	0.00	270	3	2.50	0.00	28.00	2.50	6.00
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	91	92	0.04	49	4	0.21	0.00	18.51	6.22	4.04
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	97	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	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
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			606	4.82	1055	38	15.74	0.00	86.48	12.82	33.10
% of Calories				7.16%		25.1%	23.4%	0.0%	57.1%		21.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 03/22/2022

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)
000243 CALZONE MEAT TKY BF COMBO AP WG 2.0 (2BG)	Each	100	250	2.00	480	4	6.00	0.00	33.00	4.00	18.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	91	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	96	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 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	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
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			494	2.43	716	46	7.29	0.00	83.14	9.89	25.66
% of Calories				4.43%		37.2%	13.3%	0.0%	67.3%		20.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 03/23/2022

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)
990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA)	Each	100	305	4.62	505	4	11.50	0.00	28.50	2.00	19.50
825856 COND PC Ketchup 9g Heinz	Each	100	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
829914 VEG: BEANS, BKD VEG AP 1/2C	1/2 Cup	90	222	0.00	514	14	1.01	0.00	43.37	8.07	11.09
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
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	97	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	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

Mar 1, 2022 thru Mar 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			672	4.94	1259	44	13.07	0.00	101.23	13.13	37.70
% of Calories				6.62%		26.2%	17.5%	0.0%	60.3%		22.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 03/24/2022

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)
990687 ENT: BOWL, RICE CHIXDCD SOUTHWEST CH 2.0 (2BG)	Bowl	100	389	4.27	356	1	11.97	*0.00	51.23	2.05	19.69
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	93	102	0.13	1	4	0.85	0.00	24.38	3.03	3.22
000124 FRUIT: PEARS 150 ct.	Each (150ct)	97	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	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
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			643	4.70	523	30	13.39	*0.00	106.26	8.41	30.06
% of Calories				6.58%		18.7%	18.7%	*0.0%	66.1%		18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 03/25/2022

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 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)
000123 ENT: PASTA, CHZ PENNE IN/OUT SS WG 2.0 - No EGG	1/24 Cut	100	405	4.96	444	11	10.35	*0.00	55.11	7.55	23.01
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	91	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
826343 JUICE SS, Grape100% 4oz Cart	Each	97	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	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
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			610	5.27	636	44	10.97	*0.00	93.85	11.11	34.62
% of Calories				7.78%		28.9%	16.2%	*0.0%	61.5%		22.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 03/28/2022

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)
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	100	320	3.00	870	2	16.00	0.00	27.00	2.50	18.00
825867 COND PC Sauce, BBQ 12g	Each	95	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C	3/4 Cup	91	251	1.57	282	11	9.41	0.00	37.63	1.57	1.57
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	97	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 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	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
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			716	4.74	1445	39	25.23	0.00	95.04	6.71	26.69
% of Calories				5.96%		21.8%	31.7%	0.0%	53.1%		14.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 03/29/2022

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)
990651 PACK: PASTA, SPAG CHIXMTBL & SPAG SC SS WG 2(2)	Pack	100	452	3.70	250	8	15.11	0.00	58.38	8.28	23.13
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	86	29	0.05	1	2	0.18	0.00	6.76	3.15	1.56
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	96	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	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

Mar 1, 2022 thru Mar 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			619	4.03	416	36	15.74	0.00	92.56	11.94	31.43
% of Calories				5.86%		23.3%	22.9%	0.0%	59.8%		20.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 03/30/2022

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)
990541 NACHOS BFGD AP Bn CHZ 2.25 - w/o Chips	Serving	100	214	5.39	658	1	9.60	0.06	17.20	3.31	13.92
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	100	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	91	102	0.13	1	4	0.85	0.00	24.38	3.03	3.22
826337 JUICE SS, Apple 100% 4oz Cart	Each	97	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	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
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			569	5.80	963	32	13.35	0.06	86.89	7.07	25.81
% of Calories				9.17%		22.5%	21.1%	0.1%	61.1%		18.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

Thursday - 03/31/2022

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)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	100	280	3.00	970	3	13.50	0.00	29.00	2.50	13.00
825856 COND PC Ketchup 9g Heinz	Each	100	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	86	333	0.00	772	21	1.51	0.00	65.05	12.10	16.64
000124 FRUIT: PEARS 150 ct.	Each (150ct)	97	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	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
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			735	3.31	1884	49	15.44	0.00	120.31	16.46	34.68
% of Calories				4.05%		26.7%	18.9%	0.0%	65.5%		18.9%
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	619	5	986	39	15.94	*0.01	90.73	10.23	30.14
% of Calories		7.08%		25.2%	23.2%	*0.0%	58.6%		19.5%

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
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.