

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

Menu Name: K-8 Lunch 3 Entree (AB Salad)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Tuesday - 03/01/2022

Reimbursable Meal Total 14800

	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	10800	396	5.80	585	2	19.53	0.00	34.59	5.54	20.81
990668 PACK: BEEF DIPPER TERIYAKI, RICE WG 2.0 (2BG)	Pack	3200	352	4.00	405	4	10.89	0.50	48.84	2.26	17.04
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	800	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	800	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	13486	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	14208	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	9915	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	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			614	5.89	724	42	18.06	0.11	84.25	10.13	30.38
% of Calories				8.63%		27.4%	26.5%	0.2%	54.9%		19.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Wednesday - 03/02/2022

Reimbursable Meal Total 14800

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)
990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG IW 2 (2BG)	Each	13400	300	6.00	520	5	13.00	0.00	32.00	2.00	14.00
000486 MELT BN, FishPty AM WG/WG 2.25	Sandwich	1000	355	3.12	740	4	11.50	0.00	42.50	4.00	22.50
825871 COND PC Sauce, Tartar 12g	Each	910	45	0.50	85	2	4.00	0.00	2.00	0.00	0.00
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	400	130	4.04	161	1	9.02	0.00	1.77	0.51	9.69
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	400	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	400	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	13486	92	0.04	49	4	0.21	0.00	18.51	6.22	4.04
000124 FRUIT: PEARS 150 ct.	Each (150ct)	14356	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	9915	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	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			548	6.16	748	34	14.04	0.00	81.65	11.34	25.60
% of Calories				10.12%		24.8%	23.1%	0.0%	59.6%		18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Thursday - 03/03/2022

Reimbursable Meal Total 14800

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)
000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA	2 Each	11000	334	4.61	633	3	13.88	0.00	32.88	3.46	20.68
825869 COND PC Sauce, Taco 9g	Each	10550	5	0.00	55	0	0.00	0.00	1.00	0.00	0.00
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	2900	320	3.00	870	2	16.00	0.00	27.00	2.50	18.00
825867 COND PC Sauce, BBQ 12g	Each	2700	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	900	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	900	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	900	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
825102 VEG: BEANS, REFRIED AP 1/2C	1/2 Cup	13320	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	13764	6	0.00	4	1	0.00	0.00	1.21	0.40	0.40
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	13764	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	14356	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	9915	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	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			673	5.41	1476	33	21.59	0.10	84.40	10.07	33.97
% of Calories				7.23%		19.6%	28.9%	0.1%	50.2%		20.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

Friday - 03/04/2022

Reimbursable Meal Total 14800

	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	10900	300	5.00	440	8	11.00	0.00	34.00	4.00	16.00
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	2900	365	10.62	1320	4	19.50	0.00	28.50	2.00	18.50
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	1000	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1000	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	13486	102	0.13	1	4	0.85	0.00	24.38	3.03	3.22
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14356	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	9915	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	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			571	6.25	775	40	14.05	0.00	89.25	9.09	26.46
% of Calories				9.85%		28.0%	22.1%	0.0%	62.5%		18.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Monday - 03/07/2022

Reimbursable Meal Total 15000

	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	10800	300	3.50	400	8	16.00	0.00	25.00	3.00	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)
825862 COND PC Mustard 6g	Each	10150	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
990573 PACK: CHIX DRUMSTK OVRSTD, BISC MINI APWG 2.5(1BG)	Pack	3400	260	6.50	530	1	15.00	0.00	16.00	1.00	18.00
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	800	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	800	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	12900	333	0.00	772	21	1.51	0.00	65.05	12.10	16.64
000124 FRUIT: PEARS 150 ct.	Each (150ct)	14400	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			735	4.79	1312	50	17.68	0.00	111.66	16.41	36.69
% of Calories				5.87%		27.2%	21.6%	0.0%	60.8%		20.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Tuesday - 03/08/2022

Reimbursable Meal Total 15000

	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	11000	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
829505 CHIX Sausage Patty 2ea 2.0	2 Patty	11000	200	3.00	500	0	12.00	0.00	2.00	0.00	22.00

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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)
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	3100	260	2.50	305	3	8.00	0.00	28.00	2.00	17.00
825856 COND PC Ketchup 9g Heinz	Each	3100	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	900	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	900	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
990625 VEG: POTATO, TATER TOTS (MCCAIN) 3/4C	12 Each	14550	174	1.34	482	0	9.38	0.00	21.44	1.34	1.34
825856 COND PC Ketchup 9g Heinz	Each	14550	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	14400	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			709	5.09	1405	37	25.88	0.00	89.00	7.13	32.50
% of Calories				6.46%		20.9%	32.9%	0.0%	50.2%		18.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Wednesday - 03/09/2022

Reimbursable Meal Total 15000

	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	10100	240	5.00	530	6	11.00	0.00	22.00	2.50	15.00

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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)
990564 PACK: RAVIOLI JMB CHZ, SPAG SAUCE AP WG 2(1BG)	Pack	4500	207	1.52	488	4	3.71	0.00	28.52	2.19	15.94
990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 2.0	Package	400	360	6.94	714	3	29.62	0.00	4.20	0.86	17.61
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	400	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	12900	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
833552 FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	14100	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	10049	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	2871	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	130	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			460	4.04	704	44	9.51	0.00	70.16	7.63	25.87
% of Calories				7.90%		38.3%	18.6%	0.0%	61.0%		22.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Thursday - 03/10/2022

Reimbursable Meal Total 15000

	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	11700	273	1.90	484	0	10.65	0.00	26.68	2.27	18.49
825867 COND PC Sauce, BBQ 12g	Each	11350	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00

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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)
990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN)	Serving	2500	218	4.47	574	5	12.37	0.00	10.68	1.87	16.16
990572 BUN, HOT DOG WG (Alpha) - Individ Overwrapped	Each	2500	150	0.00	270	3	2.50	0.00	28.00	2.50	6.00
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	800	184	6.97	391	3	11.64	0.00	6.22	1.74	13.90
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	800	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	800	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	12900	92	0.04	49	4	0.21	0.00	18.51	6.22	4.04
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	14550	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			537	2.95	893	33	12.41	0.00	76.05	8.05	29.51
% of Calories				4.94%		24.6%	20.8%	0.0%	56.6%		22.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Friday - 03/11/2022

Reimbursable Meal Total 14000

	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	9900	190	1.00	270	1	6.00	0.00	18.00	2.00	15.00

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825871 COND PC Sauce, Tartar 12g	Each	9500	45	0.50	85	2	4.00	0.00	2.00	0.00	0.00
900119 SOUP, Veg Bean Chili SC 2.0	8oz spdl (2MMA)	3000	126	0.12	215	6	1.31	*0.00	23.64	7.66	6.53
000218 BRD: MUF AP, CORN 2OZ IW WG (1BG)	Muffin	3000	180	1.50	180	12	6.00	0.00	28.00	1.00	4.00
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	1100	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1100	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
990717 PACK: RICE, CARROTS FRZ DCD WG (1BG) 3/4C VEG	Pack	13500	150	0.16	80	5	1.84	0.00	31.63	4.99	3.29
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	13440	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	9379	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	2680	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	122	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			564	2.00	606	41	11.73	*0.00	92.68	11.08	24.29
% of Calories				3.19%		29.1%	18.7%	*0.0%	65.7%		17.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Monday - 03/14/2022

Reimbursable Meal Total 15000

	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	11900	280	6.00	410	8	12.00	0.00	26.00	3.00	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)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	2200	220	1.00	200	11	7.00	0.00	37.00	2.00	4.00
829505 CHIX Sausage Patty 2ea 2.0	2 Patty	2200	200	3.00	500	0	12.00	0.00	2.00	0.00	22.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	900	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	900	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C	3/4 Cup	13650	251	1.57	282	11	9.41	0.00	37.63	1.57	1.57
000124 FRUIT: PEARS 150 ct.	Each (150ct)	14400	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			698	7.13	873	46	22.11	0.00	97.61	7.79	25.27
% of Calories				9.19%		26.4%	28.5%	0.0%	55.9%		14.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Tuesday - 03/15/2022

Reimbursable Meal Total 15000

	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	10200	442	3.54	250	8	13.69	0.00	57.87	6.76	23.13
990543 Pack: Corn Dog Mini Tky, PretBite Chz WG 2 (2BG)	Serving	4000	338	7.88	987	3	16.50	0.00	30.50	3.50	15.50

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)
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	800	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	800	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	12900	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14400	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			591	5.32	642	34	15.34	0.00	85.50	11.75	31.45
% of Calories				8.10%		23.0%	23.4%	0.0%	57.9%		21.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Wednesday - 03/16/2022

Reimbursable Meal Total 15000

	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	10100	280	3.00	970	3	13.50	0.00	29.00	2.50	13.00
825856 COND PC Ketchup 9g Heinz	Each	10100	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA	2 Each	4000	334	4.61	633	3	13.88	0.00	32.88	3.46	20.68
825869 COND PC Sauce, Taco 9g	Each	3775	5	0.00	55	0	0.00	0.00	1.00	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)
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	900	184	6.97	391	3	11.64	0.00	6.22	1.74	13.90
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	900	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	900	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00
830647 VEG: BEANS, BLACK BBQ 3/4C	3/4 Cup	12900	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)	14400	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			652	4.01	1473	42	14.61	*0.00	100.69	11.14	31.80
% of Calories				5.54%		25.8%	20.2%	*0.0%	61.8%		19.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Thursday - 03/17/2022

Reimbursable Meal Total 15000

	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	10000	223	3.70	393	3	11.68	0.18	14.93	2.05	15.73
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	10000	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
829155 CHIX Tender, KK (3EA) WG 2.0 (1BG)	3 Each	4500	250	3.00	730	1	15.00	0.00	13.00	1.00	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)
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	4500	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
825867 COND PC Sauce, BBQ 12g	Each	4325	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	500	215	5.72	656	3	12.60	0.00	4.52	0.86	19.10
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	500	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	500	5	0.00	120	0	0.00	0.00	1.00	0.00	0.00
830248 VEG: POTATO, MASHED LS SS 3/4C	3/4 Cup	13800	102	0.00	151	0	0.64	0.00	21.68	2.55	2.55
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	14100	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	14700	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			723	3.84	1099	48	19.17	0.12	108.76	8.90	29.89
% of Calories				4.78%		26.6%	23.9%	0.1%	60.2%		16.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Friday - 03/18/2022

Reimbursable Meal Total 15000

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)
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	10000	365	10.62	1320	4	19.50	0.00	28.50	2.00	18.50
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	4000	420	9.00	670	3	20.00	0.00	41.00	6.00	20.00
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	1000	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1000	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	12900	29	0.05	1	2	0.18	0.00	6.76	3.15	1.56
826346 JUICE SS, Orange 100% 4oz Cart	Each	14550	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			553	9.92	1263	32	19.60	0.00	67.61	5.84	27.79
% of Calories				16.14%		23.1%	31.9%	0.0%	48.9%		20.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Monday - 03/21/2022

Reimbursable Meal Total 14800

	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	11000	218	4.47	574	5	12.37	0.00	10.68	1.87	16.16
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	11000	150	0.00	270	3	2.50	0.00	28.00	2.50	6.00

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)
990668 PACK: BEEF DIPPER TERIYAKI, RICE WG 2.0 (2BG)	Pack	3000	352	4.00	405	4	10.89	0.50	48.84	2.26	17.04
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	800	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	800	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	12728	92	0.04	49	4	0.21	0.00	18.51	6.22	4.04
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14208	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	9915	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	2833	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	128	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			594	4.97	949	37	14.96	0.10	86.60	11.92	31.52
% of Calories				7.53%		24.9%	22.7%	0.2%	58.3%		21.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Tuesday - 03/22/2022

Reimbursable Meal Total 15000

	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	10200	250	2.00	480	4	6.00	0.00	33.00	4.00	18.00
990654 PACK: CHIX POPCORN, BRDSTK ALPHA AP WG 2.0 (2BG)	Serving	3800	326	2.78	529	2	15.46	0.00	29.58	4.84	18.58
825867 COND PC Sauce, BBQ 12g	Each	3575	15	0.00	160	1	0.00	0.00	3.00	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)
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	1000	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1000	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	12900	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	14100	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			525	2.60	755	48	9.89	0.00	85.03	9.78	25.41
% of Calories				4.46%		36.6%	17.0%	0.0%	64.8%		19.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Wednesday - 03/23/2022

Reimbursable Meal Total 15000

	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	11000	305	4.62	505	4	11.50	0.00	28.50	2.00	19.50
825856 COND PC Ketchup 9g Heinz	Each	11000	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
990373 CORN DOG, MINI TURKEY WG 2.0 (2BG)	6 Each	3100	255	2.25	690	6	12.00	0.00	24.00	3.00	12.00
825862 COND PC Mustard 6g	Each	2950	0	0.00	65	0	0.00	0.00	1.00	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)
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	900	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	900	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	900	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
829914 VEG: BEANS, BKD VEG AP 1/2C	1/2 Cup	12900	222	0.00	514	14	1.01	0.00	43.37	8.07	11.09
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	14100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	14400	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			658	4.56	1281	43	13.94	0.01	98.15	13.21	35.87
% of Calories				6.24%		26.1%	19.1%	0.0%	59.7%		21.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Thursday - 03/24/2022

Reimbursable Meal Total 15000

	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	10800	389	4.27	356	1	11.97	*0.00	51.23	2.05	19.69
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	3700	184	6.97	391	3	11.64	0.00	6.22	1.74	13.90

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)
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	3700	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	500	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	500	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	500	52	0.66	128	3	4.33	85.08	3.17	0.09	0.09
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	13500	102	0.13	1	4	0.85	0.00	24.38	3.03	3.22
000124 FRUIT: PEARS 150 ct.	Each (150ct)	14400	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			613	5.42	576	31	14.01	*2.84	97.94	8.45	29.02
% of Calories				7.96%		20.2%	20.6%	*4.2%	63.9%		18.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Friday - 03/25/2022

Reimbursable Meal Total 7700

	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	6700	405	4.96	444	11	10.35	*0.00	55.11	7.55	23.01
000486 MELT BN, FishPty AM WG/WG 2.25	Sandwich	400	355	3.12	740	4	11.50	0.00	42.50	4.00	22.50

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)
825871 COND PC Sauce, Tartar 12g	Each	380	45	0.50	85	2	4.00	0.00	2.00	0.00	0.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	600	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	600	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	6622	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
826343 JUICE SS, Grape100% 4oz Cart	Each	7469	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	5158	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	1474	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	67	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			612	4.87	650	46	11.20	*0.00	94.94	10.38	33.59
% of Calories				7.16%		30.1%	16.5%	*0.0%	62.1%		22.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Monday - 03/28/2022

Reimbursable Meal Total 15000

	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	11000	320	3.00	870	2	16.00	0.00	27.00	2.50	18.00
825867 COND PC Sauce, BBQ 12g	Each	10700	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
990642 MELT BD, T.HAM (JENNIE-O) AM WG 2.0 (2BG) (ALPHA)	Sandwich	3100	357	9.00	1280	4	17.67	0.00	28.33	2.00	20.67

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)
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	900	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	900	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
990618 VEG: POTATO SWT, FF SEASONED (MCCAIN) 3/4C	3/4 Cup	13650	251	1.57	282	11	9.41	0.00	37.63	1.57	1.57
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	14400	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			728	5.91	1462	42	25.19	0.00	97.59	6.61	26.92
% of Calories				7.31%		23.1%	31.1%	0.0%	53.6%		14.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Tuesday - 03/29/2022

Reimbursable Meal Total 15000

	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	10800	452	3.70	250	8	15.11	0.00	58.38	8.28	23.13
990548 STICKS, CORN DOG CHIX AP WG 2.0	Each	3400	300	3.50	400	8	16.00	0.00	25.00	3.00	14.00
825862 COND PC Mustard 6g	Each	3175	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	800	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00

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)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	800	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	12900	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)	14400	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			576	4.27	481	35	15.96	0.00	83.32	10.41	28.98
% of Calories				6.67%		24.3%	24.9%	0.0%	57.9%		20.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Wednesday - 03/30/2022

Reimbursable Meal Total 15000

	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	12000	214	5.39	658	1	9.60	0.06	17.20	3.31	13.92
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	12000	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
990672 PACK: BEEF MEATLOAF CHZBRGR NOI, BRDSTK ALPHA 2(1)	Pack	2600	240	5.00	530	6	11.00	0.00	22.00	2.50	15.00
990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 2.0	Package	400	360	6.94	714	3	29.62	0.00	4.20	0.86	17.61

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)
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	400	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
830251 VEG: CORN, FZ CKD 3/4C	3/4 Cup	13500	102	0.13	1	4	0.85	0.00	24.38	3.03	3.22
826337 JUICE SS, Apple 100% 4oz Cart	Each	14550	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	10049	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	3871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			563	5.87	930	33	13.82	0.04	84.44	6.66	26.28
% of Calories				9.38%		23.4%	22.1%	0.1%	60.0%		18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30				

Thursday - 03/31/2022

Reimbursable Meal Total 15000

	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	10900	280	3.00	970	3	13.50	0.00	29.00	2.50	13.00
825856 COND PC Ketchup 9g Heinz	Each	10900	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
900045 BURG, BEEF AP WG 2.0 (2BG) (ALPHA)	Each	3200	260	2.50	305	3	8.00	0.00	28.00	2.00	17.00
825856 COND PC Ketchup 9g Heinz	Each	3200	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	900	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44

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)
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	900	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	900	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
830644 VEG: BEANS, BKD VEG AP 3/4c	3/4 Cup	12900	333	0.00	772	21	1.51	0.00	65.05	12.10	16.64
000124 FRUIT: PEARS 150 ct.	Each (150ct)	14400	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	10049	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	2871	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	130	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			739	3.42	1723	48	14.95	0.01	120.01	16.51	36.11
% of Calories				4.17%		26.0%	18.2%	0.0%	65.0%		19.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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	619	5	991	40	16.07	*0.14	90.75	10.01	29.79
% of Calories		7.26%		25.8%	23.4%	*0.2%	58.6%		19.3%

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.