

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

**Menu Name:** K-8 A/SSL **Include Cost:** No  
**Site:** 1 - Archdiocese of Chicago **Report Style:** Detailed

### Tuesday - 03/01/2022

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990667 ENT: BOWL, CHIXPOP CH WG 2.5 (1BG)	Bowl	95	396	5.80	585	2	19.53	0.00	34.59	5.54	20.81
900176 SALAD, APPLE Sliced IW CHCube2.0	Each	5	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	5	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	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			623	6.27	763	41	19.95	0.00	81.21	10.85	31.21
% of Calories				9.06%		26.3%	28.8%	0.0%	52.1%		20.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Wednesday - 03/02/2022

**Reimbursable Meal Total 100**

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG IW 2 (2BG)	Each	97	300	6.00	520	5	13.00	0.00	32.00	2.00	14.00
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	3	130	4.04	161	1	9.02	0.00	1.77	0.51	9.69
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	3	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	3	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	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			541	6.31	728	34	13.90	0.00	80.75	11.20	25.02
% of Calories				10.50%		25.1%	23.1%	0.0%	59.7%		18.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 03/03/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA	2 Each	96	334	4.61	633	3	13.88	0.00	32.88	3.46	20.68

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
825869 COND PC Sauce, Taco 9g	Each	93	5	0.00	55	0	0.00	0.00	1.00	0.00	0.00
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	4	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	4	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	4	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	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, Frit 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
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			671	5.68	1410	33	20.94	0.09	85.21	10.21	34.46
% of Calories				7.62%		19.7%	28.1%	0.1%	50.8%		20.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 03/04/2022

Reimbursable Meal Total 100

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990531 PIZZA AP TONY 4X6 CHZ 100% WG 2.0	Each	94	300	5.00	440	8	11.00	0.00	34.00	4.00	16.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	6	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	6	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	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
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			557	5.18	603	40	12.39	0.00	89.94	9.48	26.00
% of Calories				8.37%		28.7%	20.0%	0.0%	64.6%		18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Monday - 03/07/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990548 STICKS, CORN DOG CHIX AP WG 2.0	Each	95	300	3.50	400	8	16.00	0.00	25.00	3.00	14.00
825862 COND PC Mustard 6g	Each	92	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	5	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	5	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	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	4.09	1329	52	17.97	0.00	116.73	17.39	36.45
% of Calories				4.86%		27.4%	21.3%	0.0%	61.6%		19.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Tuesday - 03/08/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
000179 BRD: PANCAKES, AP WG Confetti	Pouch	94	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
829505 CHIX Sausage Patty 2ea 2.0	2 Patty	94	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	6	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	6	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	98	174	1.34	482	0	9.38	0.00	21.44	1.34	1.34

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
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			742	5.41	1495	38	28.25	0.00	90.81	7.58	34.39
% of Calories				6.56%		20.5%	34.3%	0.0%	49.0%		18.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Wednesday - 03/09/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990672 PACK: BEEF MEATLOAF CHZBRGR NOI, BRDSTK ALPHA 2(1)	Pack	97	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	3	360	6.94	714	3	29.62	0.00	4.20	0.86	17.61
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	3	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	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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
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			475	5.09	718	45	11.77	0.00	69.08	7.96	25.81
% of Calories				9.64%		37.9%	22.3%	0.0%	58.2%		21.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 03/10/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990585 PACK: CHIX NUGGET, PRETZEL SOFT ROD WG 2.0 (2BG)	Pack	95	273	1.90	484	0	10.65	0.00	26.68	2.27	18.49
825867 COND PC Sauce, BBQ 12g	Each	92	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	5	184	6.97	391	3	11.64	0.00	6.22	1.74	13.90
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	5	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	5	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	91	92	0.04	49	4	0.21	0.00	18.51	6.22	4.04
826340 JUICE SS, Frit 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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			528	2.51	861	32	11.69	0.00	75.42	8.00	29.10
% of Calories				4.28%		24.2%	19.9%	0.0%	57.1%		22.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

## Friday - 03/11/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831237 FISH, Sticks AP WG 2.0 (1BG) (4ea)	4 Each	92	190	1.00	270	1	6.00	0.00	18.00	2.00	15.00
825871 COND PC Sauce, Tartar 12g	Each	87	45	0.50	85	2	4.00	0.00	2.00	0.00	0.00
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	8	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	8	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	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



# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			540	1.95	591	37	12.12	0.00	84.39	9.41	25.07
% of Calories				3.25%		27.4%	20.2%	0.0%	62.5%		18.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Monday - 03/14/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
900188 PIZZA AP TONY GALAXY CHZ 4IN ROUND WG 2.0 (2BG)	Pizza	94	280	6.00	410	8	12.00	0.00	26.00	3.00	15.00
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	6	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	6	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	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

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## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			678	7.42	831	46	21.08	0.00	95.88	7.98	23.66
% of Calories				9.85%		27.1%	28.0%	0.0%	56.6%		14.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 03/15/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990686 PACK: PASTA, ROTINI CHIXMTBL & SPAG SC SS BLND 2(2)	Pack	95	442	3.54	250	8	13.69	0.00	57.87	6.76	23.13
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	5	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	5	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	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
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			620	4.15	445	36	14.59	0.00	93.08	12.67	33.51
% of Calories				6.02%		23.2%	21.2%	0.0%	60.1%		21.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Wednesday - 03/16/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	94	280	3.00	970	3	13.50	0.00	29.00	2.50	13.00
825856 COND PC Ketchup 9g Heinz	Each	94	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	6	184	6.97	391	3	11.64	0.00	6.22	1.74	13.90
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	6	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	6	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	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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			639	3.58	1572	43	14.50	*0.00	100.20	10.88	29.75
% of Calories				5.04%		26.9%	20.4%	*0.0%	62.7%		18.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 03/17/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990715 PACK: CHIX MTBLS, PEAS/CARROTS, BF GRVY SS 2.0	5 Each	96	223	3.70	393	3	11.68	0.18	14.93	2.05	15.73
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
990705 SALAD, THAM C/BPEPP ITALIAN AP 2.25	Each	4	215	5.72	656	3	12.60	0.00	4.52	0.86	19.10
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	4	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	4	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	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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			710	4.06	950	48	18.14	0.18	108.46	9.20	30.05
% of Calories				5.15%		27.0%	23.0%	0.2%	61.1%		16.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Friday - 03/18/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
000491 MELT BD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	93	365	10.62	1320	4	19.50	0.00	28.50	2.00	18.50
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	7	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	7	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	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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			539	10.32	1434	33	19.43	0.00	64.45	4.78	27.37
% of Calories				17.23%		24.5%	32.4%	0.0%	47.8%		20.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Monday - 03/21/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN)	Serving	95	218	4.47	574	5	12.37	0.00	10.68	1.87	16.16
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	95	150	0.00	270	3	2.50	0.00	28.00	2.50	6.00
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	5	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	5	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	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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			602	5.05	1042	38	15.77	0.00	85.70	12.70	32.79
% of Calories				7.55%		25.2%	23.6%	0.0%	56.9%		21.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

**Tuesday - 03/22/2022**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
000243 CALZONE MEAT TKY BF COMBO AP WG 2.0 (2BG)	Each	93	250	2.00	480	4	6.00	0.00	33.00	4.00	18.00
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	7	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	7	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	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
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			508	2.41	708	49	7.54	0.00	86.39	9.82	25.29
% of Calories				4.27%		38.6%	13.4%	0.0%	68.0%		19.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Wednesday - 03/23/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA)	Each	94	305	4.62	505	4	11.50	0.00	28.50	2.00	19.50
825856 COND PC Ketchup 9g Heinz	Each	94	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	6	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	6	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	6	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			680	5.05	1268	44	13.87	0.01	101.35	13.35	37.88
% of Calories				6.68%		25.9%	18.4%	0.0%	59.6%		22.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 03/24/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990687 ENT: BOWL, RICE CHIXDCD SOUTHWEST CH 2.0 (2BG)	Bowl	96	389	4.27	356	1	11.97	*0.00	51.23	2.05	19.69
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	4	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	4	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	4	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	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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			639	4.76	539	31	13.52	*3.41	105.07	8.41	30.06
% of Calories				6.70%		19.4%	19.0%	*4.8%	65.8%		18.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

## Friday - 03/25/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
000123 ENT: PASTA, CHZ PENNE IN/OUT SS WG 2.0 - No EGG	1/24 Cut	92	405	4.96	444	11	10.35	*0.00	55.11	7.55	23.01
990582 YOGURT BULK, VAN W/OATS HNY GRAN 2.0 (1BG)	Serving	8	336	0.68	255	37	6.09	0.00	59.72	2.03	10.71
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	8	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	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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			615	4.93	631	47	10.95	*0.00	95.90	10.75	33.79
% of Calories				7.21%		30.6%	16.0%	*0.0%	62.4%		22.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Monday - 03/28/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990652 PACK: CHIX TENDER, BRDSTK ALPHA WG 2.0 (2BG)	Pack	94	320	3.00	870	2	16.00	0.00	27.00	2.50	18.00
825867 COND PC Sauce, BBQ 12g	Each	91	15	0.00	160	1	0.00	0.00	3.00	0.00	0.00
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	6	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	6	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	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
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	4.66	1408	42	24.85	0.00	98.07	6.74	26.37
% of Calories				5.79%		23.2%	30.9%	0.0%	54.2%		14.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 03/29/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990651 PACK: PASTA, SPAG CHIXMTBL & SPAG SC SS WG 2(2)	Pack	95	452	3.70	250	8	15.11	0.00	58.38	8.28	23.13
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	5	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	5	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			611	4.29	432	36	15.76	0.00	90.79	11.63	31.08
% of Calories				6.32%		23.6%	23.2%	0.0%	59.4%		20.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Wednesday - 03/30/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990541 NACHOS BFGD AP Bn CHZ 2.25 - w/o Chips	Serving	97	214	5.39	658	1	9.60	0.06	17.20	3.31	13.92
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	97	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 2.0	Package	3	360	6.94	714	3	29.62	0.00	4.20	0.86	17.61
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	3	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	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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			572	5.84	966	32	13.92	0.05	86.35	7.00	25.95
% of Calories				9.19%		22.4%	21.9%	0.1%	60.4%		18.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Thursday - 03/31/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990612 HOT DOG, PLAIN TKY (JENNIE-O) WG 2.0 (ALPHA)	Each	94	280	3.00	970	3	13.50	0.00	29.00	2.50	13.00
825856 COND PC Ketchup 9g Heinz	Each	94	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	6	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	6	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	6	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	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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			744	3.52	1865	49	16.12	0.01	120.40	16.65	35.26
% of Calories				4.26%		26.3%	19.5%	0.0%	64.7%		19.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			622	5	982	40	16.04	*0.16	91.55	10.20	30.01
% of Calories				7.08%		25.7%	23.2%	*0.2%	58.9%		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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.**