

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

**Menu Name:** K-12 Breakfast Cold **Include Cost:** No  
**Site:** 1 - Archdiocese of Chicago **Report Style:** Detailed

**Tuesday - 03/01/2022 Reimbursable Meal Total 3900**

	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)
831313 BRD: BAR, NutriGr Blubr1.5WGIW	Each	3900	160	0.50	135	15	4.00	0.00	30.00	3.00	2.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	3900	60	2.00	210	0	2.50	0.00	1.00	0.00	8.00
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	3900	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	3900	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			443	3.87	472	55	8.78	0.00	73.25	4.00	18.45
% of Calories				7.86%		49.7%	17.8%	0.0%	66.1%		16.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

**Wednesday - 03/02/2022 Reimbursable Meal Total 3900**

	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)
832986 BRD: BAGEL, Mini StrwCrCh WGIW	Each	3900	230	2.00	190	13	6.00	0.00	42.00	2.00	6.00

# 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)
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3900	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	3900	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			430	3.38	317	46	8.40	0.00	77.97	4.40	14.39
% of Calories				7.07%		42.8%	17.6%	0.0%	72.5%		13.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Thursday - 03/03/2022

Reimbursable Meal Total 3900

	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)
825687 CEREAL BWL, Lucky Charms WG	Bowl	3900	110	0.00	180	9	1.00	0.00	23.00	2.00	2.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	3900	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	3900	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	3900	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			483	5.87	507	61	10.28	0.00	78.25	4.00	17.45
% of Calories				10.94%		50.5%	19.2%	0.0%	64.8%		14.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

## Friday - 03/04/2022

Reimbursable Meal Total 3900

	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)
829617 BRD: FRUDEL, Apple AP WG IW	Pouch	3900	210	1.50	280	11	6.00	0.00	36.00	2.00	5.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3900	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	3900	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	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	73	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			430	2.90	403	46	8.45	0.00	78.22	5.66	12.88
% of Calories				6.07%		42.8%	17.7%	0.0%	72.8%		12.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

## Monday - 03/07/2022

Reimbursable Meal Total 4000

# 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)
990706 BRD: BRKFST PUMPKIN SUPER WG, 1SL (2BG)	Each	4000	260	1.50	240	24	8.00	0.00	44.00	2.00	5.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	4000	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	4000	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			518	2.80	361	71	10.17	0.00	94.75	4.00	12.09
% of Calories				4.86%		54.8%	17.7%	0.0%	73.2%		9.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 03/08/2022

Reimbursable Meal Total 4000

	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)
831948 BRD: Bkfst Rnd ChocChip 2.2oz IW	Each	4000	270	2.50	180	19	8.00	0.00	44.00	6.25	5.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	4000	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	4000	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			488	3.80	301	59	10.17	0.00	85.75	7.25	13.09
% of Calories				7.01%		48.4%	18.8%	0.0%	70.3%		10.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Wednesday - 03/09/2022

Reimbursable Meal Total 4000

	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)
825633 CEREAL BWL, Cheerios WG	Bowl	4000	100	0.00	140	1	2.00	0.00	21.00	3.00	4.00
990369 Danimals, Strawberry Banana Yogurt	ea	4000	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	4000	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	4000	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			365	1.32	326	42	4.29	0.00	68.47	5.40	16.03
% of Calories				3.25%		46.0%	10.6%	0.0%	75.0%		17.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Thursday - 03/10/2022

Reimbursable Meal Total 4000

# 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)
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	4000	150	0.50	150	14	3.50	0.00	30.00	3.00	2.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	4000	60	2.00	210	0	2.50	0.00	1.00	0.00	8.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	4000	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	4000	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			440	3.84	483	54	8.37	0.00	75.27	5.87	18.40
% of Calories				7.85%		49.1%	17.1%	0.0%	68.4%		16.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Friday - 03/11/2022

Reimbursable Meal Total 4000

	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)
990554 YOGURT BULK, VAN W/OATS HNY GRAN 1.0 (1BG)	Serving	4000	256	0.68	192	23	6.09	0.00	43.05	2.03	6.71
000124 FRUIT: PEARS 150 ct.	Each (150ct)	4000	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826337 JUICE SS, Apple 100% 4oz Cart	Each	4000	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			471	2.00	314	58	8.42	0.00	84.77	5.69	14.22
% of Calories				3.82%		49.3%	16.1%	0.0%	72.0%		12.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Monday - 03/14/2022

Reimbursable Meal Total 4000

	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)
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	4000	120	0.00	170	6	2.50	0.00	23.00	1.00	1.00
831285 BRD: CRACK SS, Animal WG	Package	4000	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	4000	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826346 JUICE SS, Orange 100% 4oz Cart	Each	4000	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			440	2.34	408	46	8.37	0.00	83.27	5.87	11.40
% of Calories				4.79%		41.8%	17.1%	0.0%	75.7%		10.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Tuesday - 03/15/2022

Reimbursable Meal Total 4000

# 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)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	4000	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	4000	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	4000	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	4000	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			498	7.80	451	56	15.17	0.00	71.75	3.00	18.09
% of Calories				14.10%		45.0%	27.4%	0.0%	57.6%		14.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Wednesday - 03/16/2022

Reimbursable Meal Total 4000

	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)
831315 BRD: BAGEL. White WG IW	Each	4000	140	0.00	160	5	1.00	0.00	28.00	4.00	6.00
825853 COND PC Jelly, Grape Smucker	Each	4000	35	0.00	5	8	0.00	0.00	9.00	0.00	0.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	4000	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	4000	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			433	1.30	286	60	3.17	0.00	87.75	6.00	13.09
% of Calories				2.70%		55.4%	6.6%	0.0%	81.1%		12.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Thursday - 03/17/2022

Reimbursable Meal Total 4000

	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)
829621 BRD: ROLL AP, CinnMini WG IW	Pouch	4000	240	1.50	270	14	8.00	0.00	40.00	3.00	4.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	4000	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	4000	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			476	2.83	392	53	10.34	0.00	85.72	6.66	12.51
% of Calories				5.35%		44.5%	19.6%	0.0%	72.0%		10.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Friday - 03/18/2022

Reimbursable Meal Total 4000

# 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)
000190 CEREAL BWL, Fruity Cheerios WG	Bowl	4000	120	0.00	140	9	2.00	0.00	25.00	2.00	2.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	4000	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	4000	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	4000	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			435	2.32	371	49	7.79	0.00	81.47	5.40	12.03
% of Calories				4.80%		45.1%	16.1%	0.0%	74.9%		11.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Monday - 03/21/2022

Reimbursable Meal Total 4000

	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)
831951 BRD: BAR, Benefit FrTst WGIW	Each	4000	290	2.50	200	21	9.00	0.00	47.00	3.00	5.00
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	4000	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	4000	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			568	3.80	321	73	11.17	0.00	101.75	5.00	13.09
% of Calories				6.02%		51.4%	17.7%	0.0%	71.7%		9.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

## Tuesday - 03/22/2022

Reimbursable Meal Total 4000

	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)
832986 BRD: BAGEL, Mini StrwCrCh WGIW	Each	4000	230	2.00	190	13	6.00	0.00	42.00	2.00	6.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	4000	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826346 JUICE SS, Orange 100% 4oz Cart	Each	4000	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			436	3.33	312	44	8.34	0.00	81.72	5.66	14.51
% of Calories				6.87%		40.4%	17.2%	0.0%	75.0%		13.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

## Wednesday - 03/23/2022

Reimbursable Meal Total 4000

# 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)
831948 BRD: Bkfst Rnd ChocChip 2.2oz IW	Each	4000	270	2.50	180	19	8.00	0.00	44.00	6.25	5.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	4000	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	4000	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			488	3.80	301	59	10.17	0.00	85.75	7.25	13.09
% of Calories				7.01%		48.4%	18.8%	0.0%	70.3%		10.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 03/24/2022

Reimbursable Meal Total 4000

	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)
825636 CEREAL BWL, GOLDEN GRAHAMS WG (1BG)	Bowl	4000	110	0.00	210	8	0.50	0.00	24.00	1.00	1.00
990372 Danimals, Vanilla Yogurt	ea	4000	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	4000	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	4000	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			375	1.32	401	49	2.79	0.00	71.47	3.40	13.03
% of Calories				3.17%		52.3%	6.7%	0.0%	76.2%		13.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Friday - 03/25/2022

Reimbursable Meal Total 4000

	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)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	4000	160	0.50	130	14	4.00	0.00	30.00	3.00	2.00
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	4000	90	4.50	190	0	7.00	0.00	0.00	0.00	7.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	4000	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	4000	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			460	6.34	438	49	13.37	0.00	70.27	5.87	16.40
% of Calories				12.40%		42.6%	26.2%	0.0%	61.1%		14.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Monday - 03/28/2022

Reimbursable Meal Total 4000

# 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)
990520 CEREAL BWL, CHEX RICE WG GF (1BG)	Bowl	4000	100	0.00	250	2	1.00	0.00	24.00	1.00	2.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	4000	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	4000	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826346 JUICE SS, Orange 100% 4oz Cart	Each	4000	50	0.00	15	10	0.00	0.00	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			408	2.30	486	42	6.67	0.00	80.75	3.00	12.09
% of Calories				5.07%		41.2%	14.7%	0.0%	79.2%		11.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Tuesday - 03/29/2022

Reimbursable Meal Total 4000

	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)
831315 BRD: BAGEL. White WG IW	Each	4000	140	0.00	160	5	1.00	0.00	28.00	4.00	6.00
825853 COND PC Jelly, Grape Smucker	Each	4000	35	0.00	5	8	0.00	0.00	9.00	0.00	0.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	4000	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	4000	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			453	1.30	286	65	3.17	0.00	91.75	6.00	14.09
% of Calories				2.58%		57.4%	6.3%	0.0%	81.0%		12.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Wednesday - 03/30/2022

Reimbursable Meal Total 4000

	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)
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	4000	190	2.00	130	17	6.00	0.00	30.00	2.00	3.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	4000	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	4000	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	4000	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			496	7.83	448	51	15.34	0.00	71.72	5.66	17.51
% of Calories				14.21%		41.1%	27.8%	0.0%	57.8%		14.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Thursday - 03/31/2022

Reimbursable Meal Total 4000

# 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)
825665 CEREAL BWL, CinnTstCrnch RS WG	Bowl	4000	120	0.00	160	6	2.50	0.00	22.00	3.00	1.00
831285 BRD: CRACK SS, Animal WG	Package	4000	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	4000	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	4000	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3473	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	71	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			435	2.32	396	46	8.29	0.00	79.47	7.40	11.03
% of Calories				4.80%		42.3%	17.2%	0.0%	73.1%		10.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

	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	455	3	382	54	8.76	0.00	80.93	5.32	14.30
% of Calories		6.76%		47.5%	17.3%	0.0%	71.1%		12.6%

\*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.