

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

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

Tuesday - 03/01/2022

Reimbursable Meal Total 1100

	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)
830772 SDW MUFF, CSaus 1.0 WG	Sandwich	1100	220	1.50	490	1	7.00	0.00	24.00	2.00	16.00
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	1100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			431	2.69	602	40	8.99	0.00	64.90	3.00	23.47
% of Calories				5.62%		37.1%	18.8%	0.0%	60.2%		21.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 03/02/2022

Reimbursable Meal Total 1100

	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)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	1100	200	1.00	170	13	5.00	0.00	37.00	3.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	1100	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00

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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)
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	1100	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			478	6.71	482	44	14.11	0.00	71.63	5.40	18.41
% of Calories				12.63%		36.8%	26.6%	0.0%	59.9%		15.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 03/03/2022

Reimbursable Meal Total 1100

	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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	1100	140	1.50	360	6	5.00	0.00	16.00	2.00	8.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	1100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	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	876	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			411	2.69	472	57	6.99	0.00	69.90	4.00	15.47
% of Calories				5.89%		55.5%	15.3%	0.0%	68.0%		15.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 03/04/2022

Reimbursable Meal Total 1100

	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)
829617 BRD: FRUDEL, Apple AP WG IW	Pouch	1100	210	1.50	280	11	6.00	0.00	36.00	2.00	5.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1100	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			418	2.72	388	44	8.16	0.00	76.87	5.66	11.90
% of Calories				5.86%		42.1%	17.6%	0.0%	73.6%		11.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Monday - 03/07/2022

Reimbursable Meal Total 1000

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)
990706 BRD: BRKFST PUMPKIN SUPER WG, 1SL (2BG)	Each	1000	260	1.50	240	24	8.00	0.00	44.00	2.00	5.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	1000	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			519	2.81	362	71	10.19	0.00	94.79	4.00	12.12
% of Calories				4.87%		54.7%	17.7%	0.0%	73.1%		9.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 03/08/2022

Reimbursable Meal Total 1000

	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)
830791 MELT BGL, EggPty AM 1.25 WG	Sandwich	1000	255	3.62	470	4	10.50	0.00	29.50	4.00	11.50
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1000	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	1000	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	876	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			474	4.94	592	44	12.69	0.00	71.29	5.00	19.62
% of Calories				9.38%		37.1%	24.1%	0.0%	60.2%		16.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 03/09/2022

Reimbursable Meal Total 1000

	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)
990707 PIZZA AP TONY BKFST T. BACON SCR EGG WG 1 (1.5BG)	Pizza	1000	210	4.00	340	5	9.00	0.00	22.00	2.00	10.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1000	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			406	5.33	457	37	11.31	0.00	57.52	4.40	18.06
% of Calories				11.82%		36.5%	25.1%	0.0%	56.7%		17.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 03/10/2022

Reimbursable Meal Total 1000

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	1000	220	1.00	200	11	7.00	0.00	37.00	2.00	4.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1000	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			451	2.35	323	51	9.39	0.00	81.31	4.87	12.43
% of Calories				4.69%		45.2%	18.7%	0.0%	72.1%		11.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 03/11/2022

Reimbursable Meal Total 1000

	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)
990554 YOGURT BULK, VAN W/OATS HNY GRAN 1.0 (1BG)	Serving	1000	256	0.68	192	23	6.09	0.00	43.05	2.03	6.71
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1000	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826337 JUICE SS, Apple 100% 4oz Cart	Each	1000	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	876	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			472	2.02	315	58	8.44	0.00	84.81	5.69	14.25
% of Calories				3.85%		49.2%	16.1%	0.0%	71.9%		12.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Monday - 03/14/2022

Reimbursable Meal Total 1000

	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)
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	1000	120	0.00	170	6	2.50	0.00	23.00	1.00	1.00
831285 BRD: CRACK SS, Animal WG	Package	1000	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1000	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826346 JUICE SS, Orange 100% 4oz Cart	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			441	2.35	408	46	8.39	0.00	83.31	5.87	11.43
% of Calories				4.80%		41.7%	17.1%	0.0%	75.6%		10.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 03/15/2022

Reimbursable Meal Total 1000

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)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	1000	200	1.00	170	13	5.00	0.00	37.00	3.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	1000	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)	1000	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			509	6.81	492	53	14.19	0.00	78.79	4.00	19.12
% of Calories				12.04%		41.7%	25.1%	0.0%	61.9%		15.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 03/16/2022

Reimbursable Meal Total 1000

	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)
990708 PACK: CHIXPTY BRD, AM BISC MINI AP WG 1.25(1.25BG)	Pack	1000	240	7.12	625	2	13.00	0.00	20.50	2.50	11.50
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	1000	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	1000	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	876	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			499	8.44	747	48	15.19	0.00	71.29	4.50	18.62
% of Calories				15.22%		38.5%	27.4%	0.0%	57.1%		14.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 03/17/2022

Reimbursable Meal Total 1000

	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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	1000	140	1.50	360	6	5.00	0.00	16.00	2.00	8.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1000	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			376	2.84	483	45	7.36	0.00	61.76	5.66	16.54
% of Calories				6.80%		47.9%	17.6%	0.0%	65.7%		17.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 03/18/2022

Reimbursable Meal Total 1000

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)
000190 CEREAL BWL, Fruity Cheerios WG	Bowl	1000	120	0.00	140	9	2.00	0.00	25.00	2.00	2.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1000	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1000	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			436	2.33	372	49	7.81	0.00	81.52	5.40	12.06
% of Calories				4.81%		45.0%	16.1%	0.0%	74.8%		11.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Monday - 03/21/2022

Reimbursable Meal Total 1000

	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)
831951 BRD: BAR, Benefit FrTst WGIW	Each	1000	290	2.50	200	21	9.00	0.00	47.00	3.00	5.00
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	1000	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	1000	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	876	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			569	3.81	322	73	11.19	0.00	101.79	5.00	13.12
% of Calories				6.03%		51.3%	17.7%	0.0%	71.6%		9.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 03/22/2022

Reimbursable Meal Total 1000

	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)
831322 BRD: FR TST AP, Berry WG IW	Pouch	1000	210	1.00	190	11	7.00	0.00	36.00	2.00	4.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1000	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826346 JUICE SS, Orange 100% 4oz Cart	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			416	2.34	313	42	9.36	0.00	75.76	5.66	12.54
% of Calories				5.06%		40.4%	20.2%	0.0%	72.8%		12.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 03/23/2022

Reimbursable Meal Total 1000

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)
000005 SDW MUFF, EGGPTY AM WG 1.25 (2BG)	Sandwich	1000	235	3.62	550	2	10.50	0.00	24.50	2.00	10.50
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1000	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			454	4.94	672	41	12.69	0.00	66.29	3.00	18.62
% of Calories				9.79%		36.1%	25.2%	0.0%	58.4%		16.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 03/24/2022

Reimbursable Meal Total 1000

	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	1000	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1000	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	1000	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	876	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			416	2.33	422	43	9.31	0.00	71.52	6.40	12.06
% of Calories				5.04%		41.3%	20.1%	0.0%	68.8%		11.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 03/25/2022

Reimbursable Meal Total 1000

	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)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	1000	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)	1000	90	4.50	190	0	7.00	0.00	0.00	0.00	7.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1000	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			461	6.35	438	49	13.39	0.00	70.31	5.87	16.43
% of Calories				12.40%		42.5%	26.1%	0.0%	61.0%		14.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Monday - 03/28/2022

Reimbursable Meal Total 1000

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)
990520 CEREAL BWL, CHEX RICE WG GF (1BG)	Bowl	1000	100	0.00	250	2	1.00	0.00	24.00	1.00	2.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1000	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)	1000	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826346 JUICE SS, Orange 100% 4oz Cart	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			409	2.31	487	42	6.69	0.00	80.79	3.00	12.12
% of Calories				5.08%		41.1%	14.7%	0.0%	79.0%		11.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Tuesday - 03/29/2022

Reimbursable Meal Total 1000

	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)
830789 MELT BGL, CSaus AM 1.25 WG	Sandwich	1000	285	3.62	610	4	10.50	0.00	29.50	4.00	19.50
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	1000	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	1000	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	876	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			564	4.94	732	56	12.69	0.00	84.29	6.00	27.62
% of Calories				7.88%		39.7%	20.2%	0.0%	59.8%		19.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 03/30/2022

Reimbursable Meal Total 1000

	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	1000	220	1.00	200	11	7.00	0.00	37.00	2.00	4.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1000	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			436	2.34	318	45	9.36	0.00	78.76	5.66	11.54
% of Calories				4.83%		41.3%	19.3%	0.0%	72.3%		10.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 03/31/2022

Reimbursable Meal Total 1000

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)
830954 PIZZA AP TONY BKFST T.SSG WG 1.0 (1.5BG)	Pizza	1000	210	2.00	350	5	7.00	0.00	27.00	3.00	9.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1000	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	1000	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	876	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	14	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			406	3.33	472	37	9.31	0.00	62.52	5.40	17.06
% of Calories				7.38%		36.5%	20.6%	0.0%	61.6%		16.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<=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	454	4	464	48	10.31	0.00	75.73	4.93	15.85
% of Calories		7.55%		42.3%	20.4%	0.0%	66.7%		14.0%

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.