

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

Menu Name: 9-12 Lunch Express (2 Cold Ent)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Tuesday - 03/01/2022

Reimbursable Meal Total 50

	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)
990369 Danimals, Strawberry Banana Yogurt	ea	50	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	50	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	50	90	4.50	190	0	7.00	0.00	0.00	0.00	7.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	50	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	50	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	50	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	50	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
831285 BRD: CRACK SS, Animal WG	Package	50	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	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	10	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			790	7.84	785	92	17.28	0.00	132.58	10.06	24.66
% of Calories				8.93%		46.6%	19.7%	0.0%	67.1%		12.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 03/02/2022

Reimbursable Meal Total 50

	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)
990713 SDW BN, AM WG 2.0 (2BG) (ALPHA)	Sandwich	50	375	10.62	1260	6	19.50	0.00	28.50	2.00	18.50
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	50	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	50	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	50	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	50	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	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	10	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			847	10.99	1938	56	24.73	*0.00	118.76	14.28	34.87
% of Calories				11.68%		26.4%	26.3%	*0.0%	56.1%		16.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 03/03/2022

Reimbursable Meal Total 50

	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)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	50	308	5.42	728	3	12.00	0.00	29.00	2.50	22.17
828881 COND PC MAYONNAISE FF 12G	Each	50	11	0.03	101	1	0.10	0.00	2.57	0.24	0.06
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	50	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	50	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	50	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	50	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	35	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	10	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			641	5.86	1064	55	13.28	0.00	101.40	7.84	33.32
% of Calories				8.23%		34.3%	18.6%	0.0%	63.3%		20.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 03/04/2022

Reimbursable Meal Total 35

	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)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	50	130	4.04	161	1	9.02	0.00	1.77	0.51	9.69
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	50	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
833326 COND PC, DRESSING RANCH BUTTERMILK FF 12G (PPI)	Each	50	10	0.00	125	1	0.00	0.00	2.00	0.00	0.00
990593 VEG: CELERY, STICKS IW 2OZ	Bag (2ozw)	50	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	50	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	50	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	50	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	35	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	10	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			869	6.30	1178	86	21.27	0.00	136.24	12.04	34.45
% of Calories				6.52%		39.6%	22.0%	0.0%	62.7%		15.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 03/07/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831183 CHIX Popcorn, AP WG 2.0	Serving	100	256	2.78	389	1	14.46	0.00	15.58	3.34	15.58
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	100	70	0.00	40	0	0.50	0.00	14.00	1.00	2.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	100	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	100	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			955	6.88	1596	55	38.68	0.10	127.25	16.81	28.79
% of Calories				6.48%		23.0%	36.5%	0.1%	53.3%		12.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 03/08/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
000179 BRD: PANCAKES, AP WG Confetti	Pouch	100	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
829498 YOGURT SS, Danimals Vanilla4oz	Each	100	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	100	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			632	5.84	836	64	14.87	0.00	100.52	10.46	24.19
% of Calories				8.32%		40.5%	21.2%	0.0%	63.6%		15.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 03/09/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	100	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
825862 COND PC Mustard 6g	Each	100	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
833552 FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	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

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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	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			725	6.33	1295	61	16.32	*0.00	107.51	11.62	35.10
% of Calories				7.86%		33.7%	20.3%	*0.0%	59.3%		19.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 03/10/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990711 SALAD, THAM C/BPEPP ITALIAN AP ROM 2.25	Each	100	193	4.96	586	2	10.92	0.00	3.21	0.79	19.16
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	100	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	100	5	0.00	120	0	0.00	0.00	1.00	0.00	0.00
990593 VEG: CELERY, STICKS IW 2OZ	Bag (2ozw)	100	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826343 JUICE SS, Grape100% 4oz Cart	Each	100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	130	0.00	120	8	4.00	0.00	21.00	1.00	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
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

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	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)
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			643	5.02	1235	56	16.24	0.00	90.22	8.24	33.81
% of Calories				7.03%		34.8%	22.7%	0.0%	56.1%		21.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 03/11/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	100	375	10.62	1270	6	20.00	0.00	30.50	2.50	18.50
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	100	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	100	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	100	120	1.00	115	8	3.50	0.00	21.00	1.00	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
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

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	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)
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			820	11.79	1612	64	24.41	0.00	123.07	10.47	31.50
% of Calories				12.94%		31.2%	26.8%	0.0%	60.0%		15.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 03/14/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990369 Danimals, Strawberry Banana Yogurt	ea	100	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	100	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	100	60	2.00	210	0	2.50	0.00	1.00	0.00	8.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	100	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			712	5.36	798	79	12.92	0.00	122.76	10.72	25.68
% of Calories				6.78%		44.4%	16.3%	0.0%	69.0%		14.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 03/15/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	100	320	9.31	917	1	21.83	0.00	14.07	1.00	17.49
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	100	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	100	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			995	12.66	2192	57	42.17	0.00	125.38	12.66	30.48
% of Calories				11.45%		22.9%	38.1%	0.0%	50.4%		12.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 03/16/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	100	308	5.42	728	3	12.00	0.00	29.00	2.50	22.17
825862 COND PC Mustard 6g	Each	100	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
831289 BRD: CRACK SS, Chz-It WG	Package	100	100	1.00	150	0	3.50	0.00	14.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			735	6.75	1397	45	19.16	*0.00	107.23	14.51	37.65
% of Calories				8.27%		24.5%	23.5%	*0.0%	58.4%		20.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 03/17/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990710 SALAD, T.HAM TKY CH MZ AP ROM W 2.0	Each	100	168	5.26	483	1	9.53	0.00	3.08	0.79	16.13
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	100	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
833326 COND PC, DRESSING RANCH BUTTERMILK FF 12G (PPI)	Each	100	10	0.00	125	1	0.00	0.00	2.00	0.00	0.00
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	100	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	130	0.00	120	8	4.00	0.00	21.00	1.00	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 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	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			693	5.31	1113	71	15.17	0.00	105.87	6.88	29.68
% of Calories				6.90%		41.0%	19.7%	0.0%	61.1%		17.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 03/18/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	100	130	4.04	161	1	9.02	0.00	1.77	0.51	9.69
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	100	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	100	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
990593 VEG: CELERY, STICKS IW 2OZ	Bag (2ozw)	100	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	100	100	0.50	170	0	4.00	0.00	14.00	1.00	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			627	5.65	862	50	20.25	0.10	87.93	8.74	23.93
% of Calories				8.11%		31.9%	29.1%	0.1%	56.1%		15.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 03/21/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831183 CHIX Popcorn, AP WG 2.0	Serving	100	256	2.78	389	1	14.46	0.00	15.58	3.34	15.58
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	100	70	0.00	40	0	0.50	0.00	14.00	1.00	2.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	100	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	100	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826346 JUICE SS, Orange 100% 4oz Cart	Each	100	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			950	6.89	1611	54	38.72	0.10	123.80	15.02	29.68
% of Calories				6.53%		22.7%	36.7%	0.1%	52.1%		12.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 03/22/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
000179 BRD: PANCAKES, AP WG Confetti	Pouch	100	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
829498 YOGURT SS, Danimals Vanilla4oz	Each	100	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	100	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	100	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			715	5.83	841	83	14.75	0.00	119.79	10.06	24.26
% of Calories				7.34%		46.4%	18.6%	0.0%	67.0%		13.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 03/23/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	100	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
825862 COND PC Mustard 6g	Each	100	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	100	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			782	7.35	1410	54	19.94	*0.00	113.24	13.01	38.04
% of Calories				8.46%		27.6%	22.9%	*0.0%	57.9%		19.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 03/24/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990711 SALAD, THAM C/BPEPP ITALIAN AP ROM 2.25	Each	100	193	4.96	586	2	10.92	0.00	3.21	0.79	19.16
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	100	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	100	5	0.00	120	0	0.00	0.00	1.00	0.00	0.00
990593 VEG: CELERY, STICKS IW 2OZ	Bag (2ozw)	100	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	130	0.00	120	8	4.00	0.00	21.00	1.00	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
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

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)
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			633	5.04	1221	52	16.28	0.00	92.46	10.50	32.30
% of Calories				7.17%		32.9%	23.1%	0.0%	58.4%		20.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 03/25/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	100	375	10.62	1270	6	20.00	0.00	30.50	2.50	18.50
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	100	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	100	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	100	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
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

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)
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			748	10.75	1496	68	20.71	0.00	112.54	8.60	29.19
% of Calories				12.93%		36.4%	24.9%	0.0%	60.2%		15.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 03/28/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990369 Danimals, Strawberry Banana Yogurt	ea	100	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	100	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	100	60	2.00	210	0	2.50	0.00	1.00	0.00	8.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
831285 BRD: CRACK SS, Animal WG	Package	100	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			727	5.36	798	85	12.96	0.00	126.31	10.94	26.57
% of Calories				6.64%		46.8%	16.0%	0.0%	69.5%		14.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 03/29/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	100	320	9.31	917	1	21.83	0.00	14.07	1.00	17.49
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	100	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	100	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			983	12.62	2191	56	41.96	0.00	122.86	10.79	30.17
% of Calories				11.55%		22.8%	38.4%	0.0%	50.0%		12.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 03/30/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	100	308	5.42	728	3	12.00	0.00	29.00	2.50	22.17
825862 COND PC Mustard 6g	Each	100	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826343 JUICE SS, Grape100% 4oz Cart	Each	100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
832162 SNACK: CHIP SS, SNACK MIX WG	Package	100	110	0.00	180	2	3.50	0.00	17.00	2.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	67	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			775	5.75	1442	53	19.16	*0.00	114.23	14.51	38.65
% of Calories				6.68%		27.4%	22.3%	*0.0%	59.0%		19.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 03/31/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990710 SALAD, T.HAM TKY CH MZ AP ROM W 2.0	Each	100	168	5.26	483	1	9.53	0.00	3.08	0.79	16.13
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	100	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
833326 COND PC, DRESSING RANCH BUTTERMILK FF 12G (PPI)	Each	100	10	0.00	125	1	0.00	0.00	2.00	0.00	0.00
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	100	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	100	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	130	0.00	120	8	4.00	0.00	21.00	1.00	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 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	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			620	5.33	1099	52	15.34	0.00	92.84	9.53	29.10
% of Calories				7.74%		33.5%	22.3%	0.0%	59.9%		18.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			766	7	1305	63	21.59	*0.01	113.25	11.23	30.70
% of Calories				8.55%		32.9%	25.4%	*0.0%	59.1%		16.0%

- *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.