

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

**Menu Name:** K-8 Lunch Express (2 Cold Ent)  
**Site:** 1 - Archdiocese of Chicago

**Include Cost:** No  
**Report Style:** Detailed

### Tuesday - 03/01/2022

**Reimbursable Meal Total 300**

	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)
990369 Danimals, Strawberry Banana Yogurt	ea	300	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	300	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)	300	90	4.50	190	0	7.00	0.00	0.00	0.00	7.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	300	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	300	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	201	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	57	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
<b>Weighted Daily Average</b>			<b>585</b>	<b>6.82</b>	<b>602</b>	<b>68</b>	<b>13.68</b>	<b>0.00</b>	<b>91.12</b>	<b>6.42</b>	<b>21.89</b>
<b>% of Calories</b>				<b>10.49%</b>		<b>46.5%</b>	<b>21.0%</b>	<b>0.0%</b>	<b>62.3%</b>		<b>15.0%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>				

### Wednesday - 03/02/2022

**Reimbursable Meal Total 300**

# 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)
990713 SDW BN, AM WG 2.0 (2BG) (ALPHA)	Sandwich	300	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	300	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
000124 FRUIT: PEARS 150 ct.	Each (150ct)	300	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	201	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	57	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			652	10.96	1671	35	23.13	*0.00	79.30	11.63	31.11
% of Calories				15.13%		21.5%	31.9%	*0.0%	48.7%		19.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Thursday - 03/03/2022

Reimbursable Meal Total 300

	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)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	300	308	5.42	728	3	12.00	0.00	29.00	2.50	22.17
828881 COND PC MAYONNAISE FF 12G	Each	300	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	300	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	300	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
826343 JUICE SS, Grape100% 4oz Cart	Each	300	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00

# 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)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	201	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	57	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			566	5.84	1011	40	13.18	0.00	81.94	5.20	32.55
% of Calories				9.29%		28.3%	21.0%	0.0%	57.9%		23.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Friday - 03/04/2022

### Reimbursable Meal Total 300

	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)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	300	130	4.04	161	1	9.02	0.00	1.77	0.51	9.69
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	300	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	300	10	0.00	125	1	0.00	0.00	2.00	0.00	0.00
990593 VEG: CELERY, STICKS IW 2OZ	Bag (2ozw)	300	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	300	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	300	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	201	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	57	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			503	4.38	757	38	14.79	0.00	71.90	6.79	22.35
% of Calories				7.84%		30.2%	26.5%	0.0%	57.2%		17.8%
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)
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
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
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			885	6.87	1551	41	38.61	0.10	108.57	14.16	28.43
% of Calories				6.99%		18.5%	39.3%	0.1%	49.1%		12.8%
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	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
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
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
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			462	1.33	582	48	7.80	0.00	81.84	8.82	16.83
% of Calories				2.59%		41.6%	15.2%	0.0%	70.9%		14.6%
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)
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
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
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			645	6.32	1236	45	16.24	*0.00	88.84	9.97	34.74
% of Calories				8.82%		27.9%	22.7%	*0.0%	55.1%		21.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

# Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

## 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)
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
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
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			576	5.00	1191	44	16.04	0.00	73.82	4.20	32.51
% of Calories				7.81%		30.6%	25.1%	0.0%	51.3%		22.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

## Friday - 03/11/2022

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)
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
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	100	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
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			600	10.78	1438	35	20.84	0.00	79.39	7.83	28.14
% of Calories				16.17%		23.3%	31.3%	0.0%	52.9%		18.8%
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)
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



# 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)
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
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			512	4.34	623	55	9.34	0.00	83.09	8.08	23.32
% of Calories				7.63%		43.0%	16.4%	0.0%	64.9%		18.2%
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)
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
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
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			825	12.65	1938	41	40.59	0.00	90.71	10.02	28.12
% of Calories				13.80%		19.9%	44.3%	0.0%	44.0%		13.6%
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)
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
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
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			568	5.72	1203	33	15.47	*0.00	76.83	9.47	34.35
% of Calories				9.06%		23.2%	24.5%	*0.0%	54.1%		24.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

# Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

## 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)
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
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
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
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			593	5.29	1053	50	15.10	0.00	83.20	5.23	28.31
% of Calories				8.03%		33.7%	22.9%	0.0%	56.1%		19.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

## Friday - 03/18/2022

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)
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
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
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			540	5.61	817	36	20.01	0.10	65.29	3.44	23.14
% of Calories				9.35%		26.7%	33.4%	0.2%	48.4%		17.1%
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)
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

# 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)
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
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
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			880	6.88	1551	42	38.65	0.10	107.12	13.38	28.31
% of Calories				7.04%		19.1%	39.5%	0.1%	48.7%		12.9%
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)
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
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
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

# 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)
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
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			525	1.32	582	63	7.68	0.00	97.12	8.42	15.89
% of Calories				2.26%		48.0%	13.2%	0.0%	74.0%		12.1%
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)
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
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
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			582	6.33	1236	31	16.36	*0.00	73.57	10.37	35.67
% of Calories				9.79%		21.3%	25.3%	*0.0%	50.6%		24.5%
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)
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
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
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 <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	1	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			563	5.02	1177	37	16.21	0.00	73.79	7.86	31.94
% of Calories				8.02%		26.3%	25.9%	0.0%	52.4%		22.7%
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)
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
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
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			618	10.74	1451	41	20.63	0.00	80.87	4.96	28.83
% of Calories				15.64%		26.5%	30.0%	0.0%	52.3%		18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				



# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2022 thru Mar 31, 2022

### 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)
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
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
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			507	4.35	623	56	9.38	0.00	81.64	7.29	23.20
% of Calories				7.72%		44.2%	16.7%	0.0%	64.4%		18.3%
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)
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

# 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)
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
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
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
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			813	12.61	1937	40	40.39	0.00	88.19	8.15	27.81
% of Calories				13.96%		19.7%	44.7%	0.0%	43.4%		13.7%
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)
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
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

# 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			598	5.72	1218	39	15.47	*0.00	80.83	8.47	35.35
% of Calories				8.61%		26.1%	23.3%	*0.0%	54.1%		23.6%
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)
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
000124 FRUIT: PEARS 150 ct.	Each (150ct)	100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
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 <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	1	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			550	5.32	1055	37	15.26	0.00	74.17	6.89	28.74
% of Calories				8.71%		26.9%	25.0%	0.0%	53.9%		20.9%
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			615	7	1152	43	19.34	*0.01	83.18	8.13	27.89
% of Calories				9.56%		28.0%	28.3%	*0.0%	54.1%		18.1%

\*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.**