

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

**Menu Name:** K-8 Lunch 2 Entree (AB) **Include Cost:** No  
**Site:** 1 - Archdiocese of Chicago **Report Style:** Detailed

### Monday - 03/01/2021

**Reimbursable Meal Total 11000**

	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)	Carb (g)	Fiber (g)	Protn (g)
000037 Pizza Tony's Galaxy Smart Pep	Pizza	9000	290	6.00	520	9	12.00	29.00	3.00	16.00
825806 CHIX Nugget, WG (5) 2.0	5 Each	2000	203	1.90	444	0	10.15	12.68	1.27	16.49
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	2000	70	0.00	65	0	0.50	14.00	1.00	2.00
825867 COND PC Sauce, BBQ 12g	Each	2000	15	0.00	160	1	0.00	3.00	0.00	0.00
831434 VEG: CARROTS, Fresh Baby1W2oz	2.0 ozw bag	11000	20	0.01	44	3	0.07	4.67	1.64	0.36
833326 COND PC Drsg Ranch BtrmlkFF12g	Each	11000	10	0.00	125	0	0.00	2.00	0.00	0.00
000109 FRUIT: CUP SS, Applesc STW1/2c	Each (1/2c)	11000	50	0.00	15	12	0.00	14.00	1.00	0.00
900015 MILK SS, Skim Chocolate	Carton	10000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	600	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	19	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			475	5.35	902	39	11.96	68.60	5.51	24.54
% of Calories				10.14%		32.8%	22.7%	57.8%		20.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Tuesday - 03/02/2021

**Reimbursable Meal Total 11000**

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900045 BURG, Beef AP WG 2.0	Each	9000	250	2.50	295	3	8.00	27.00	2.00	17.00
825862 COND PC Mustard 6g	Each	9000	0	0.00	65	0	0.00	1.00	0.00	0.00
830265 PASTA, Penne 1/2c	1/2 Cup	2000	111	0.08	7	1	1.09	20.76	1.01	3.54
832981 CHIX Dcd Heated 1.0	2oz spdl (1MMA)	2000	55	0.63	51	0	2.11	0.42	0.00	7.59
832570 COND_Sauce, Chz ItalSS(LOL)1.0	3oz Spdl (1MMA)	2000	142	6.56	591	1	10.94	3.28	0.00	8.75
990383 Crinkle FF McCain 1/4c	1/4c	11000	43	0.26	50	0	1.88	6.64	0.48	0.47
825856 COND PC Ketchup 9g Heinz	Each	11000	10	0.00	85	2	0.00	3.00	0.00	0.00
000089 Fruit: Clementine GFP 1/2c 120ct	each	11000	35	0.00	0	7	0.00	9.00	2.00	1.00
900012 MILK SS, 1% White 8oz	Carton	700	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	57	80	0.00	120	11	0.00	11.00	0.00	8.00
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	20.00	0.00	8.00
Weighted Daily Average			435	3.72	687	26	11.15	61.30	4.30	25.37
% of Calories				7.70%		23.9%	23.1%	56.4%		23.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Wednesday - 03/03/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
900046 HOT DOG, Plain WG 2.0	Each	9000	300	4.41	1003	4	14.18	29.16	2.70	12.73

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
825856 COND PC Ketchup 9g Heinz	Each	9000	10	0.00	85	2	0.00	3.00	0.00	0.00
825862 COND PC Mustard 6g	Each	9000	0	0.00	65	0	0.00	1.00	0.00	0.00
830241 MELT BD, Tky AM WG 2.0	Sandwich	2000	370	8.75	1230	6	17.00	33.00	2.00	20.50
990377 Tater Tots, McCain 1/4c	1/4c	11000	46	0.21	83	0	1.66	7.04	0.83	0.41
825856 COND PC Ketchup 9g Heinz	Each	11000	10	0.00	85	2	0.00	3.00	0.00	0.00
000082 FRUIT: APPLE, 198ct GFP 1c	Each(138ct)	11000	62	0.00	0	12	0.00	17.09	3.88	0.00
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	2000	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	400	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			540	5.68	1492	36	16.80	77.21	7.28	22.12
% of Calories				9.47%		26.7%	28.0%	57.2%		16.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Thursday - 03/04/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
900044 SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	9000	347	2.32	698	3	11.94	38.47	3.65	22.24
825867 COND PC Sauce, BBQ 12g	Each	9000	15	0.00	160	1	0.00	3.00	0.00	0.00
990332 Pizza Crunchers	serving	2000	420	9.00	670	3	20.00	41.00	6.00	20.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
826372 VEG: SALAD, Side RomMix AP1/2c	1/2 Cup	11000	6	0.00	4	1	0.00	1.21	0.40	0.40
833326 COND PC Drsg Ranch BtrmlkFF12g	Each	11000	10	0.00	125	0	0.00	2.00	0.00	0.00
000194 FRUIT: CRAISINS, SS Waterm1.16	Box (1.16oz)	11000	110	0.00	0	24	0.00	28.00	3.00	0.00
900015 MILK SS, Skim Chocolate	Carton	9000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	1000	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	56	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			598	3.67	1112	45	13.63	90.01	7.48	29.55
% of Calories				5.52%		30.1%	20.5%	60.2%		19.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Friday - 03/05/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
000026 Pizza Tony's Galaxy Smart Chz	Pizza	9000	280	6.00	440	9	12.00	29.00	3.00	15.00
000486 MELT BN, FishPty AM WG/WG 2.25	Sandwich	2000	345	3.12	730	4	11.50	41.50	4.00	22.50
825871 COND PC Sauce, Tartar 12g	Each	2000	45	0.50	85	2	4.00	2.00	0.00	0.00
830312 VEG: CORN, Fz 1/4c	1/4 Cup	11000	33	0.04	0	1	0.27	7.90	0.98	1.04
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11000	47	0.02	0	9	0.12	11.73	2.40	0.94
900015 MILK SS, Skim Chocolate	Carton	7000	110	0.00	180	18	0.00	20.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% White 8oz	Carton	1000	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	316	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			461	5.76	637	32	13.26	65.30	6.56	24.39
% of Calories				11.25%		27.8%	25.9%	56.7%		21.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Monday - 03/08/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
829155 CHIX Tender, KK (3) WG 2.0	3 Each	9000	212	2.02	738	1	11.12	13.14	1.01	15.16
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	9000	100	1.00	170	0	3.50	14.00	1.00	3.00
825867 COND PC Sauce, BBQ 12g	Each	9000	15	0.00	160	1	0.00	3.00	0.00	0.00
825922 STICKS, CORN DOG Chix AP 2.0	Each	2000	240	2.50	390	5	8.00	30.00	5.00	9.00
825862 COND PC Mustard 6g	Each	2000	0	0.00	65	0	0.00	1.00	0.00	0.00
990383 Crinkle FF McCain 1/4c	1/4c	11000	43	0.26	50	0	1.88	6.64	0.48	0.47
825856 COND PC Ketchup 9g Heinz	Each	11000	10	0.00	85	2	0.00	3.00	0.00	0.00
000082 FRUIT: APPLE, 198ct GFP 1c	Each(138ct)	11000	62	0.00	0	12	0.00	17.09	3.88	0.00
900015 MILK SS, Skim Chocolate	Carton	9000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	900	100	1.50	120	11	2.50	11.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, Skim 8oz	Carton	52	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			525	3.31	1249	33	15.49	74.34	6.92	24.20
% of Calories				5.67%		25.1%	26.6%	56.6%		18.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

**Tuesday - 03/09/2021**

**Reimbursable Meal Total 11000**

	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)	Carb (g)	Fiber (g)	Protn (g)
990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG 2.0 2 MMA	Each	9000	300	6.00	520	5	13.00	32.00	2.00	14.00
832545 COND_Sauce, Pizza AP 1/4c	1/4 Cup	9000	30	0.00	320	3	0.00	5.00	2.00	1.00
900116 BURG, Beef AMAP WG 2.25- ALPHA	Each	2000	295	4.62	495	4	11.50	27.50	2.00	19.50
825856 COND PC Ketchup 9g Heinz	Each	2000	10	0.00	85	2	0.00	3.00	0.00	0.00
990377 Tater Tots, McCain 1/4c	1/4c	11000	46	0.21	83	0	1.66	7.04	0.83	0.41
825856 COND PC Ketchup 9g Heinz	Each	11000	10	0.00	85	2	0.00	3.00	0.00	0.00
000089 Fruit: Clementine GFP 1/2c 120ct	each	11000	35	0.00	0	7	0.00	9.00	2.00	1.00
900015 MILK SS, Skim Chocolate	Carton	10000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	800	100	1.50	120	11	2.50	11.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, Skim 8oz	Carton	69	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			524	6.07	1134	34	14.57	73.91	6.46	25.14
% of Calories				10.43%		26.0%	25.0%	56.4%		19.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Wednesday - 03/10/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
000067 TACO BfGd Soft AP WG 2.0 2ea	2 Each	9000	336	6.13	638	3	13.45	33.95	5.48	21.36
825869 COND PC Sauce, Taco 9g	Each	9000	5	0.00	55	0	0.00	1.00	0.00	0.00
000175 ENT: PASTA, Mac&ChzSS2.0(2BG)	2-6oz spoodles	2000	481	12.68	847	2	20.49	49.62	2.13	21.80
826372 VEG: SALAD, Side RomMix AP1/2c	1/2 Cup	11000	6	0.00	4	1	0.00	1.21	0.40	0.40
833326 COND PC Drsg Ranch BtrmlkFF12g	Each	11000	10	0.00	125	0	0.00	2.00	0.00	0.00
000109 FRUIT: CUP SS, Applesc STW1/2c	Each (1/2c)	11000	50	0.00	15	12	0.00	14.00	1.00	0.00
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	200	100	1.50	120	11	2.50	11.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, Skim 8oz	Carton	30	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			515	7.35	999	29	14.78	69.60	6.28	27.83
% of Calories				12.84%		22.5%	25.8%	54.1%		21.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Thursday - 03/11/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
000067 TACO BfGd Soft AP WG 2.0 2ea	2 Each	9000	336	6.13	638	3	13.45	33.95	5.48	21.36
825869 COND PC Sauce, Taco 9g	Each	9000	5	0.00	55	0	0.00	1.00	0.00	0.00
000175 ENT: PASTA, Mac&ChzSS2.0(2BG)	2-6oz spoodles	2000	481	12.68	847	2	20.49	49.62	2.13	21.80
826372 VEG: SALAD, Side RomMix AP1/2c	1/2 Cup	11000	6	0.00	4	1	0.00	1.21	0.40	0.40
833326 COND PC Drsg Ranch BtrmlkFF12g	Each	11000	10	0.00	125	0	0.00	2.00	0.00	0.00
000109 FRUIT: CUP SS, Applesc STW1/2c	Each (1/2c)	11000	50	0.00	15	12	0.00	14.00	1.00	0.00
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	200	100	1.50	120	11	2.50	11.00	0.00	8.00



# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, Skim 8oz	Carton	30	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			515	7.35	999	29	14.78	69.60	6.28	27.83
% of Calories				12.84%		22.5%	25.8%	54.1%		21.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Friday - 03/12/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
000491 MELT BD, AM WG 2.0	Sandwich	9000	363	10.90	1297	6	19.42	27.40	2.40	17.74
829526 STICKS, MAX SNAX Pizza AP 2.0	2 Each	2000	260	2.00	600	6	8.00	30.00	2.00	16.00
832545 COND_Sauce, Pizza AP 1/4c	1/4 Cup	2000	30	0.00	320	3	0.00	5.00	2.00	1.00
990521 VEG: BLEND, 5 Way Mix Fz 1/4c	1/4 Cup	11000	53	0.02	28	3	0.12	10.58	3.56	2.31
000082 FRUIT: APPLE, 198ct GFP 1c	Each(138ct)	11000	62	0.00	0	12	0.00	17.09	3.88	0.00
900015 MILK SS, Skim Chocolate	Carton	7000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	1000	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	400	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			546	9.45	1387	34	17.69	70.58	10.13	26.03
% of Calories				15.58%		24.9%	29.2%	51.7%		19.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

# Planned Menu Spreadsheet

Portion Values

Mar 1, 2021 thru Mar 31, 2021

## Monday - 03/15/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
900045 BURG, Beef AP WG 2.0	Each	9000	250	2.50	295	3	8.00	27.00	2.00	17.00
825862 COND PC Mustard 6g	Each	9000	0	0.00	65	0	0.00	1.00	0.00	0.00
825806 CHIX Nugget, WG (5) 2.0	5 Each	2000	203	1.90	444	0	10.15	12.68	1.27	16.49
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	2000	70	0.00	65	0	0.50	14.00	1.00	2.00
825867 COND PC Sauce, BBQ 12g	Each	2000	15	0.00	160	1	0.00	3.00	0.00	0.00
990377 Tater Tots, McCain 1/4c	1/4c	11000	46	0.21	83	0	1.66	7.04	0.83	0.41
825856 COND PC Ketchup 9g Heinz	Each	11000	10	0.00	85	2	0.00	3.00	0.00	0.00
000082 FRUIT: APPLE, 198ct GFP 1c	Each(138ct)	11000	62	0.00	0	12	0.00	17.09	3.88	0.00
900015 MILK SS, Skim Chocolate	Carton	9000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	1500	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	500	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			482	2.80	753	34	10.48	73.80	6.76	25.68
% of Calories				5.23%		28.2%	19.6%	61.2%		21.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

## Tuesday - 03/16/2021

Reimbursable Meal Total 11000

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
828576 MELT BN, ChixPtyParm WG/WG 2.5	Sandwich	9000	418	4.42	936	6	16.42	42.00	3.75	26.50
000209 MELT SUB AP, BfMtbl BBQ SS2.0	Sandwich	2000	345	3.20	737	21	10.00	46.80	2.80	15.40
990521 VEG: BLEND, 5 Way Mix Fz 1/4c	1/4 Cup	11000	53	0.02	28	3	0.12	10.58	3.56	2.31
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11000	47	0.02	0	9	0.12	11.73	2.40	0.94
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	800	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	17	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			592	4.34	1068	34	15.67	80.54	9.53	34.14
% of Calories				6.60%		23.0%	23.8%	54.4%		23.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Wednesday - 03/17/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
000046 NACHOS BfGd Bn Scp AP- IW Chips	Each	9000	327	5.40	786	1	12.12	36.67	5.25	16.04
000491 MELT BD, AM WG 2.0	Sandwich	2000	363	10.90	1297	6	19.42	27.40	2.40	17.74
831489 VEG: PEAS, Green Fz 1/4c	1/4 Cup	11000	37	0.02	34	2	0.13	6.69	2.11	2.41
832571 FRUIT: APPLE, Slcd IW 2oz	Each	11000	30	0.00	0	6	0.00	7.00	1.00	0.00
900015 MILK SS, Skim Chocolate	Carton	7000	110	0.00	180	18	0.00	20.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% White 8oz	Carton	100	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	34	80	0.00	120	11	0.00	11.00	0.00	8.00
833553 SNACK: BAR, RiceKrTrt MiniWGIW	Each	11000	50	0.00	45	3	1.00	9.00	0.00	0.00
<b>Weighted Daily Average</b>			<b>521</b>	<b>6.44</b>	<b>1073</b>	<b>25</b>	<b>14.59</b>	<b>70.54</b>	<b>7.84</b>	<b>23.95</b>
% of Calories				11.12%		19.2%	25.2%	54.2%		18.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

**Thursday - 03/18/2021**

**Reimbursable Meal Total 11000**

	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)	Carb (g)	Fiber (g)	Protn (g)
990332 Pizza Crunchers	serving	9000	420	9.00	670	3	20.00	41.00	6.00	20.00
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	2000	210	1.00	170	13	6.00	38.00	3.00	4.00
826568 EGG: Omelet CH AP 2.0	Each	2000	130	3.50	280	0	11.00	1.00	0.00	7.00
990377 Tater Tots, McCain 1/4c	1/4c	11000	46	0.21	83	0	1.66	7.04	0.83	0.41
825856 COND PC Ketchup 9g Heinz	Each	11000	10	0.00	85	2	0.00	3.00	0.00	0.00
833552 FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	11000	110	0.00	0	24	0.00	28.00	3.00	0.00
900015 MILK SS, Skim Chocolate	Carton	7000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	1400	100	1.50	120	11	2.50	11.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, Skim 8oz	Carton	143	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			655	8.58	929	44	21.43	92.95	9.28	24.99
% of Calories				11.79%		26.9%	29.4%	56.8%		15.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Friday - 03/19/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
000026 Pizza Tony's Galaxy Smart Chz	Pizza	9000	280	6.00	440	9	12.00	29.00	3.00	15.00
000175 ENT: PASTA, Mac&ChzSS2.0(2BG)	2-6oz spoodles	2000	481	12.68	847	2	20.49	49.62	2.13	21.80
826372 VEG: SALAD, Side RomMix AP1/2c	1/2 Cup	11000	6	0.00	4	1	0.00	1.21	0.40	0.40
833326 COND PC Drsg Ranch BtrmlkFF12g	Each	11000	10	0.00	125	0	0.00	2.00	0.00	0.00
000109 FRUIT: CUP SS, Applesc STW1/2c	Each (1/2c)	11000	50	0.00	15	12	0.00	14.00	1.00	0.00
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	200	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	30	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			465	7.24	791	34	13.59	64.73	4.25	22.63
% of Calories				14.01%		29.2%	26.3%	55.7%		19.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

# Planned Menu Spreadsheet

Portion Values

Mar 1, 2021 thru Mar 31, 2021

## Monday - 03/22/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
830905 BRD: FR TST STK, AP WG (1.5BG)	3 Sticks	9000	225	2.25	285	11	9.00	31.50	1.50	4.50
829505 CHIX Sausage Patty 2ea 2.0	2 Patty	9000	200	3.00	500	0	12.00	2.00	0.00	22.00
831183 CHIX Popcorn, AP WG 2.0	Serving	2000	256	2.78	389	1	14.46	15.58	3.34	15.58
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	2000	70	0.00	65	0	0.50	14.00	1.00	2.00
825867 COND PC Sauce, BBQ 12g	Each	2000	15	0.00	160	1	0.00	3.00	0.00	0.00
990377 Tater Tots, McCain 1/4c	1/4c	11000	46	0.21	83	0	1.66	7.04	0.83	0.41
825856 COND PC Ketchup 9g Heinz	Each	11000	10	0.00	85	2	0.00	3.00	0.00	0.00
000082 FRUIT: APPLE, 198ct GFP 1c	Each(138ct)	11000	62	0.00	0	12	0.00	17.09	3.88	0.00
900012 MILK SS, 1% White 8oz	Carton	2000	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	500	80	0.00	120	11	0.00	11.00	0.00	8.00
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	20.00	0.00	8.00
Weighted Daily Average			629	5.28	1080	40	22.01	77.51	6.73	32.93
% of Calories				7.55%		25.4%	31.5%	49.3%		20.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

## Tuesday - 03/23/2021

Reimbursable Meal Total 11000

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900046 HOT DOG, Plain WG 2.0	Each	9000	300	4.41	1003	4	14.18	29.16	2.70	12.73
825856 COND PC Ketchup 9g Heinz	Each	9000	10	0.00	85	2	0.00	3.00	0.00	0.00
825862 COND PC Mustard 6g	Each	9000	0	0.00	65	0	0.00	1.00	0.00	0.00
830241 MELT BD, Tky AM WG 2.0	Sandwich	2000	370	8.75	1230	6	17.00	33.00	2.00	20.50
990383 Crinkle FF McCain 1/4c	1/4c	11000	43	0.26	50	0	1.88	6.64	0.48	0.47
825856 COND PC Ketchup 9g Heinz	Each	11000	10	0.00	85	2	0.00	3.00	0.00	0.00
000089 Fruit: Clementine GFP 1/2c 120ct	each	11000	35	0.00	0	7	0.00	9.00	2.00	1.00
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	2000	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	400	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			510	5.73	1459	30	17.02	68.71	5.05	23.18
% of Calories				10.11%		23.5%	30.0%	53.9%		18.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Wednesday - 03/24/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
900044 SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	9000	347	2.32	698	3	11.94	38.47	3.65	22.24
825867 COND PC Sauce, BBQ 12g	Each	9000	15	0.00	160	1	0.00	3.00	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
829550 PASTA, Rotini WG 1/2c	1/2 Cup	2000	101	0.08	7	1	1.34	20.25	2.53	3.54
826979 SAUCE P, Spag AP Beef SS 2.0	3/4 Cup	2000	190	3.01	226	7	7.03	16.01	3.50	13.38
830312 VEG: CORN, Fz 1/4c	1/4 Cup	11000	33	0.04	0	1	0.27	7.90	0.98	1.04
833552 FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	11000	110	0.00	0	24	0.00	28.00	3.00	0.00
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	2000	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	400	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			593	2.78	902	46	12.02	93.37	8.06	29.88
% of Calories				4.22%		31.0%	18.2%	63.0%		20.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Thursday - 03/25/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
829155 CHIX Tender, KK (3) WG 2.0	3 Each	9000	212	2.02	738	1	11.12	13.14	1.01	15.16
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	9000	70	0.00	65	0	0.50	14.00	1.00	2.00
825867 COND PC Sauce, BBQ 12g	Each	9000	15	0.00	160	1	0.00	3.00	0.00	0.00
000277 Chili Cheese Burrito	ea	2000	310	3.00	580	1	11.00	37.00	5.00	16.00
826372 VEG: SALAD, Side RomMix AP1/2c	1/2 Cup	11000	6	0.00	4	1	0.00	1.21	0.40	0.40



# Planned Menu Spreadsheet

## Portion Values

	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)	Carb (g)	Fiber (g)	Protn (g)
833326 COND PC Drsg Ranch BtrmlkFF12g	Each	11000	10	0.00	125	0	0.00	2.00	0.00	0.00
000082 FRUIT: APPLE, 198ct GFP 1c	Each(138ct)	11000	62	0.00	0	12	0.00	17.09	3.88	0.00
900015 MILK SS, Skim Chocolate	Carton	10000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	750	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	250	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			487	2.30	1197	32	11.67	70.86	6.84	25.35
% of Calories				4.25%		26.3%	21.6%	58.2%		20.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Friday - 03/26/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
832165 PASTA, Ravioli Jmb Chz 2.0	3 Each	9000	180	1.50	487	1	3.50	23.00	1.00	15.00
832253 SAUCE P, Marin AP 1/4c	1/4 Cup	9000	30	0.00	10	3	0.50	5.00	1.50	1.00
990524 STICKS, MOZZ BREADED RS WG 2.0 (5EA)	5 Stick	2000	16	0.29	17	*N/A*	0.75	1.46	0.12	0.79
832545 COND_Sauce, Pizza AP 1/4c	1/4 Cup	2000	30	0.00	320	3	0.00	5.00	2.00	1.00
831434 VEG: CARROTS, Fresh BabyIW2oz	2.0 ozw bag	11000	20	0.01	44	3	0.07	4.67	1.64	0.36
833326 COND PC Drsg Ranch BtrmlkFF12g	Each	11000	10	0.00	125	0	0.00	2.00	0.00	0.00
000116 FRUIT: CUP SS, Applesc 1/2c	Each (1/2c)	11000	50	0.00	15	12	0.00	14.00	1.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900015 MILK SS, Skim Chocolate	Carton	7000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	1000	100	1.50	120	11	2.50	11.00	0.00	8.00
900014 MILK SS, Skim 8oz	Carton	400	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			342	1.43	782	*31	3.71	58.88	5.08	19.89
% of Calories				3.76%		*36.3%	9.8%	68.9%		23.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Monday - 03/29/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
000191 Chicken, Corn Dog Mini	6 each	9000	271	3.77	422	6	12.06	30.15	4.52	10.55
825856 COND PC Ketchup 9g Heinz	Each	9000	10	0.00	85	2	0.00	3.00	0.00	0.00
900045 BURG, Beef AP WG 2.0	Each	2000	250	2.50	295	3	8.00	27.00	2.00	17.00
825862 COND PC Mustard 6g	Each	2000	0	0.00	65	0	0.00	1.00	0.00	0.00
990383 Crinkle FF McCain 1/4c	1/4c	11000	43	0.26	50	0	1.88	6.64	0.48	0.47
825856 COND PC Ketchup 9g Heinz	Each	11000	10	0.00	85	2	0.00	3.00	0.00	0.00
000082 FRUIT: APPLE, 198ct GFP 1c	Each(138ct)	11000	62	0.00	0	12	0.00	17.09	3.88	0.00
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	400	100	1.50	120	11	2.50	11.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, Skim 8oz	Carton	99	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			475	3.85	752	35	13.29	73.99	8.43	18.38
% of Calories				7.29%		29.5%	25.2%	62.3%		15.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

**Tuesday - 03/30/2021**

**Reimbursable Meal Total 11000**

	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)	Carb (g)	Fiber (g)	Protn (g)
000175 ENT: PASTA, Mac&ChzSS2.0(2BG)	2-6oz spoodles	9000	481	12.68	847	2	20.49	49.62	2.13	21.80
900046 HOT DOG, Plain WG 2.0	Each	2000	300	4.41	1003	4	14.18	29.16	2.70	12.73
825856 COND PC Ketchup 9g Heinz	Each	2000	10	0.00	85	2	0.00	3.00	0.00	0.00
825862 COND PC Mustard 6g	Each	2000	0	0.00	65	0	0.00	1.00	0.00	0.00
826372 VEG: SALAD, Side RomMix AP1/2c	1/2 Cup	11000	6	0.00	4	1	0.00	1.21	0.40	0.40
833326 COND PC Drsg Ranch BtrmlkFF12g	Each	11000	10	0.00	125	0	0.00	2.00	0.00	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11000	47	0.02	0	9	0.12	11.73	2.40	0.94
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	2000	100	1.50	120	11	2.50	11.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, Skim 8oz	Carton	400	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			614	11.47	1188	28	19.92	78.50	5.03	29.06
% of Calories				16.81%		18.2%	29.2%	51.1%		18.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Wednesday - 03/31/2021

Reimbursable Meal Total 11000

	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)	Carb (g)	Fiber (g)	Protn (g)
829526 STICKS, MAX SNAX Pizza AP 2.0	2 Each	9000	260	2.00	600	6	8.00	30.00	2.00	16.00
832545 COND_Sauce, Pizza AP 1/4c	1/4 Cup	9000	30	0.00	320	3	0.00	5.00	2.00	1.00
000491 MELT BD, AM WG 2.0	Sandwich	2000	363	10.90	1297	6	19.42	27.40	2.40	17.74
831434 VEG: CARROTS, Fresh BabyIW2oz	2.0 ozw bag	11000	20	0.01	44	3	0.07	4.67	1.64	0.36
833326 COND PC Drsg Ranch BtrmlkFF12g	Each	11000	10	0.00	125	0	0.00	2.00	0.00	0.00
000194 FRUIT: CRAISINS, SS Waterm1.16	Box (1.16oz)	11000	110	0.00	0	24	0.00	28.00	3.00	0.00
900015 MILK SS, Skim Chocolate	Carton	10000	110	0.00	180	18	0.00	20.00	0.00	8.00
900012 MILK SS, 1% White 8oz	Carton	750	100	1.50	120	11	2.50	11.00	0.00	8.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2021 thru Mar 31, 2021

	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)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, Skim 8oz	Carton	250	80	0.00	120	11	0.00	11.00	0.00	8.00
Weighted Daily Average			552	3.73	1332	52	10.32	87.47	8.35	25.50
% of Calories				6.08%		37.7%	16.8%	63.4%		18.5%
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)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			524	5	1039	*35	14.34	74.45	6.89	25.76
% of Calories				9.24%		*26.7%	24.6%	56.8%		19.7%

\*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.**