

Planned Menu Spreadsheet

Portion Values

Jun 1, 2022 thru Jun 10, 2022

Menu Name: K-8 Lunch 1 Entree (A)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Wednesday - 06/01/2022

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)
990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG IW 2 (2BG)	Each	100	300	6.00	520	5	13.00	0.00	32.00	2.00	14.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	82	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
826337 JUICE SS, Apple 100% 4oz Cart	Each	99	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	69	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	20	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			486	6.32	717	34	13.63	0.00	67.00	5.21	24.51
% of Calories				11.70%		28.0%	25.2%	0.0%	55.1%		20.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 06/02/2022

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

Jun 1, 2022 thru Jun 10, 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)
990733 PACK: CHIX NUGGET GOLDEN, PRETZEL SOFT ROD WG2(2BG)	Pack	100	310	2.50	480	1	14.50	0.00	30.00	4.00	16.00
825867 COND PC Sauce, BBQ 12g	Each	95	15	0.00	158	3	0.03	0.00	3.34	0.16	0.14
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	82	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	90	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	69	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	20	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			560	2.93	864	44	15.77	0.00	81.27	9.53	23.96
% of Calories				4.71%		31.4%	25.3%	0.0%	58.0%		17.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 06/03/2022

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)
990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN)	Serving	100	218	4.47	574	5	12.37	0.00	10.68	1.87	16.16
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	100	150	0.00	270	3	2.50	0.00	28.00	2.50	6.00
990677 VEG: BLEND, 4 WAY MIX FRZ CKD 3/4C	3/4 Cup	82	92	0.04	49	4	0.21	0.00	18.51	6.22	4.04

Planned Menu Spreadsheet

Portion Values

Jun 1, 2022 thru Jun 10, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	94	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	69	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	20	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			584	4.82	1055	35	15.66	0.00	80.30	11.73	33.55
% of Calories				7.43%		24.0%	24.1%	0.0%	55.0%		23.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 06/06/2022

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)
990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA)	Each	100	305	4.62	505	4	11.50	0.00	28.50	2.00	19.50
825856 COND PC Ketchup 9g Heinz	Each	100	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
990628 VEG: POTATO, FF CRINKLE CUT (MCCAIN) 3/4C	3/4c	97	128	0.53	160	0	5.34	0.00	20.29	1.07	1.07
825856 COND PC Ketchup 9g Heinz	Each	97	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	96	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	69	110	0.00	210	18	0.00	0.00	19.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Jun 1, 2022 thru Jun 10, 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	20	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			594	5.44	998	34	17.18	0.00	82.95	4.00	27.74
% of Calories				8.24%		22.9%	26.0%	0.0%	55.9%		18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 06/07/2022

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)
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	100	420	9.00	670	3	20.00	0.00	41.00	6.00	20.00
830676 VEG: BROCCOLI, CUT FRZ CKD 3/4C	3/4 Cup	82	37	0.02	14	2	0.16	0.00	6.97	3.91	4.04
000124 FRUIT: PEARS 150 ct.	Each (150ct)	93	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	69	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	20	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			609	9.34	853	30	20.78	0.00	78.85	12.61	30.91
% of Calories				13.80%		19.7%	30.7%	0.0%	51.8%		20.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Planned Menu Spreadsheet

Portion Values

Jun 1, 2022 thru Jun 10, 2022

Wednesday - 06/08/2022

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)
990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA)	Sandwich	100	390	2.50	700	4	16.00	0.00	42.00	5.00	20.00
825867 COND PC Sauce, BBQ 12g	Each	97	15	0.00	158	3	0.03	0.00	3.34	0.16	0.14
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	82	49	0.16	78	5	0.90	0.00	10.21	4.36	0.77
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	90	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	69	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	20	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			640	2.93	1087	47	17.27	0.00	93.33	10.53	27.96
% of Calories				4.12%		29.4%	24.3%	0.0%	58.3%		17.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 06/09/2022

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)
990549 PIZZA AP TONY GALAXY CHZ 4IN ROUND IW WG 2.0 (2BG)	Each	100	280	6.00	410	8	12.00	0.00	26.00	3.00	15.00
830678 VEG: BEANS, GREEN CUT FZ CKD 3/4c	3/4 Cup	82	29	0.05	1	2	0.18	0.00	6.76	3.15	1.56

Planned Menu Spreadsheet

Portion Values

Jun 1, 2022 thru Jun 10, 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)
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	94	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
831718 BRD: CRACK SS, Bear GrhmChocWG	Package	97	120	0.00	75	7	4.00	0.00	20.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	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	20	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			576	6.37	655	43	16.72	0.00	81.90	9.25	25.71
% of Calories				9.95%		29.9%	26.1%	0.0%	56.9%		17.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 06/10/2022

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)
000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA	2 Each	100	334	4.61	633	3	13.88	0.00	32.88	3.46	20.68
825869 COND PC Sauce, Taco 9g	Each	95	4	0.00	57	0	0.02	0.00	0.76	0.12	0.10
825102 VEG: BEANS, REFRIED AP 1/2C	1/2 Cup	90	139	0.00	499	1	1.74	0.00	23.21	6.96	6.96
826372 VEG: SALAD, SIDE ROMMIX AP 1/2c	1/2 Cup	93	6	0.00	4	1	0.00	0.00	1.21	0.40	0.40
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	93	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	99	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Jun 1, 2022 thru Jun 10, 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)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	69	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	20	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			670	5.62	1414	34	20.55	0.09	85.74	10.23	34.72
% of Calories				7.55%		20.3%	27.6%	0.1%	51.2%		20.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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	590	5	955	38	17.20	0.01	81.42	9.14	28.63
% of Calories		8.34%		25.8%	26.2%	0.0%	55.2%		19.4%

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.