

# Planned Menu Spreadsheet

## Portion Values

Jun 1, 2022 thru Jun 10, 2022

Menu Name: K-8 A/SSL Include Cost: No  
 Site: 1 - Archdiocese of Chicago Report Style: Detailed

### Wednesday - 06/01/2022 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)
990530 SDW AP, CHEESY PULL APART ITALIAN CHZ WG IW 2 (2BG)	Each	95	300	6.00	520	5	13.00	0.00	32.00	2.00	14.00
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	5	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	5	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
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	6.47	720	34	13.75	0.00	66.55	5.21	24.61
% of Calories				11.98%		28.0%	25.5%	0.0%	54.8%		20.3%
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 <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)
990733 PACK: CHIX NUGGET GOLDEN, PRETZEL SOFT ROD WG2(2BG)	Pack	96	310	2.50	480	1	14.50	0.00	30.00	4.00	16.00
825867 COND PC Sauce, BBQ 12g	Each	92	15	0.00	158	3	0.03	0.00	3.34	0.16	0.14
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	4	184	6.97	391	3	11.64	0.00	6.22	1.74	13.90
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	4	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	4	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00
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			563	3.13	868	44	15.91	0.00	81.54	9.51	24.03
% of Calories				5.00%		31.3%	25.4%	0.0%	57.9%		17.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 06/03/2022

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)
990571 MELT SUB AP, CHIXMTBL PIZZA SS 2.0 (W/O BUN)	Serving	94	218	4.47	574	5	12.37	0.00	10.68	1.87	16.16

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## Portion Values

Jun 1, 2022 thru Jun 10, 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)
990572 BUN, HOT DOG WG (Alpha) - Indiv Overwrapped	Each	94	150	0.00	270	3	2.50	0.00	28.00	2.50	6.00
832680 SALAD, ChixPop CH AP W 2.5 (1BG)	Each	6	325	5.78	493	3	18.96	0.00	18.65	4.20	19.44
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	6	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	6	49	0.76	101	1	4.92	0.10	0.91	0.02	0.10
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
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			589	4.94	1048	35	16.26	0.01	79.99	11.81	33.58
% of Calories				7.55%		23.8%	24.8%	0.0%	54.3%		22.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

**Monday - 06/06/2022**

**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)
990678 BURG, BEEF AM AP WG 2.25 (2BG) (ALPHA)	Each	95	305	4.62	505	4	11.50	0.00	28.50	2.00	19.50
825856 COND PC Ketchup 9g Heinz	Each	95	10	0.00	85	2	0.00	0.00	3.00	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Jun 1, 2022 thru Jun 10, 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)
900176 SALAD, APPLE Slcd IW CHCube2.0	Each	5	210	9.00	380	6	14.00	0.00	7.00	1.00	14.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	5	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
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
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			593	5.66	997	34	17.38	0.00	82.52	4.00	27.56
% of Calories				8.59%		22.9%	26.4%	0.0%	55.7%		18.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 06/07/2022

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)
990332 STICKS, MOZZ BRD CRUNCHER PIZZA WG 2 (2.5BG) (4EA)	4 Each	93	420	9.00	670	3	20.00	0.00	41.00	6.00	20.00
990624 YOGURT BULK, STRW W/OATS HNY GRAN 2.0 (1BG)	Serving	7	336	0.68	255	35	6.09	0.00	58.38	2.03	10.71
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	7	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00

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Jun 1, 2022 thru Jun 10, 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)
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			612	8.83	832	33	20.05	0.00	81.54	12.40	30.40
% of Calories				12.99%		21.6%	29.5%	0.0%	53.3%		19.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Wednesday - 06/08/2022

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)
990736 SDW BN, ChixPty Gldn Crspy Pln WG/WG 2.0 (ALPHA)	Sandwich	97	390	2.50	700	4	16.00	0.00	42.00	5.00	20.00
825867 COND PC Sauce, BBQ 12g	Each	94	15	0.00	158	3	0.03	0.00	3.34	0.16	0.14
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	3	175	5.25	489	2	9.42	0.00	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	3	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
826055 COND PC, DRESSING FRENCH 12G (HEINZ)	Each	3	52	0.66	128	3	4.33	85.08	3.17	0.09	0.09
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

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## Portion Values

Jun 1, 2022 thru Jun 10, 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)
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			637	3.04	1085	47	17.24	2.55	92.62	10.43	27.95
% of Calories				4.30%		29.5%	24.4%	3.6%	58.2%		17.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 06/09/2022

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)
990549 PIZZA AP TONY GALAXY CHZ 4IN ROUND IW WG 2.0 (2BG)	Each	97	280	6.00	410	8	12.00	0.00	26.00	3.00	15.00
990665 SALAD, ChixDcd Ceas AP W/CAES DRNG 2.0	Package	3	361	7.22	674	3	29.67	0.00	4.71	0.86	18.17
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	3	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
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
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

# Planned Menu Spreadsheet

## Portion Values

Jun 1, 2022 thru Jun 10, 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	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			580	6.41	668	43	17.29	0.00	81.68	9.21	25.90
% of Calories				9.95%		29.7%	26.8%	0.0%	56.3%		17.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

### Friday - 06/10/2022

### 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)
000067 TACO BfGd Soft AP WG 2.25 (2BG) 2EA	2 Each	96	334	4.61	633	3	13.88	0.00	32.88	3.46	20.68
825869 COND PC Sauce, Taco 9g	Each	92	4	0.00	57	0	0.02	0.00	0.76	0.12	0.10
990658 SALAD NAC, BfGd AP 2.0 - w/o Chips	Each	4	184	6.97	391	3	11.64	0.00	6.22	1.74	13.90
831270 SNACK: CHIP SS, Tort Bkd ScpWG	Package	4	110	0.00	125	0	2.50	0.00	19.00	1.00	2.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	4	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00
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

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Jun 1, 2022 thru Jun 10, 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	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			673	5.74	1415	34	20.72	0.09	85.98	10.24	34.60
% of Calories				7.68%		20.2%	27.7%	0.1%	51.1%		20.6%
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	592	6	954	38	17.32	0.33	81.55	9.10	28.58
% of Calories		8.41%		25.7%	26.3%	0.5%	55.1%		19.3%

\*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.**