

# Planned Menu Spreadsheet

## Portion Values

Jun 1, 2022 thru Jun 10, 2022

**Menu Name:** K-12 Breakfast Cold **Include Cost:** No  
**Site:** 1 - Archdiocese of Chicago **Report Style:** Detailed

### Wednesday - 06/01/2022 Reimbursable Meal Total 3900

	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)
825633 CEREAL BWL, Cheerios WG	Bowl	3900	100	0.00	140	1	2.00	0.00	21.00	3.00	4.00
990369 Danimals, Strawberry Banana Yogurt	ea	3900	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	3900	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	3900	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	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	69	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			428	1.30	326	57	4.17	0.00	83.74	5.00	15.09
% of Calories				2.73%		53.3%	8.8%	0.0%	78.3%		14.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Thursday - 06/02/2022 Reimbursable Meal Total 3900

	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)
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	3900	150	0.50	150	14	3.50	0.00	30.00	3.00	2.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	3900	60	2.00	200	1	3.00	0.00	1.00	0.00	7.00

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	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)
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3900	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	3900	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	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	69	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			440	3.84	473	55	8.87	0.00	75.27	5.87	17.40
% of Calories				7.85%		50.0%	18.1%	0.0%	68.4%		15.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Friday - 06/03/2022

Reimbursable Meal Total 3900

	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)
990554 YOGURT BULK, VAN W/OATS HNY GRAN 1.0 (1BG)	Serving	3900	256	0.68	192	23	6.09	0.00	43.05	2.03	6.71
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3900	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826337 JUICE SS, Apple 100% 4oz Cart	Each	3900	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			471	2.00	314	58	8.42	0.00	84.77	5.69	14.22
% of Calories				3.82%		49.3%	16.1%	0.0%	72.0%		12.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Monday - 06/06/2022

Reimbursable Meal Total 1950

	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)
990368 CEREAL BWL, CHEX CORN WG GF	Bowl	1950	100	0.00	200	3	1.00	0.00	24.00	1.00	2.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1950	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1950	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1950	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1693	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	34	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			430	2.34	432	46	6.87	0.00	85.26	4.87	11.40
% of Calories				4.90%		42.8%	14.4%	0.0%	79.3%		10.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Tuesday - 06/07/2022

Reimbursable Meal Total 1950

# 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)
831315 BRD: BAGEL. White WG IW	Each	1950	140	0.00	160	5	1.00	0.00	28.00	4.00	6.00
825853 COND PC Jelly, Grape Smucker	Each	1950	35	0.00	5	8	0.00	0.00	9.00	0.00	0.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	1950	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	1950	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1693	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	34	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			453	1.30	286	65	3.17	0.00	91.74	6.00	14.09
% of Calories				2.58%		57.4%	6.3%	0.0%	81.0%		12.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Wednesday - 06/08/2022

Reimbursable Meal Total 1950

	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)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	1950	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	1950	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1950	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1950	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1693	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	34	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			495	7.83	447	50	15.34	0.00	71.71	5.66	17.51
% of Calories				14.24%		40.4%	27.9%	0.0%	57.9%		14.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Thursday - 06/09/2022

Reimbursable Meal Total 1950

	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)
825687 CEREAL BWL, Lucky Charms WG	Bowl	1950	110	0.00	180	9	1.00	0.00	23.00	2.00	2.00
831285 BRD: CRACK SS, Animal WG	Package	1950	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1950	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	1950	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1693	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	34	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			425	2.32	416	49	6.79	0.00	80.47	6.40	12.02
% of Calories				4.91%		46.1%	14.4%	0.0%	75.7%		11.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

### Friday - 06/10/2022

Reimbursable Meal Total 1950

# 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)
990734 BRD: BRKFST BANANA SUPER WG, 1SL (2BG)	Each	1950	260	1.50	240	24	8.00	0.00	45.00	2.00	5.00
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	1950	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	1950	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1693	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	34	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			478	2.80	361	64	10.17	0.00	86.74	3.00	13.09
% of Calories				5.27%		53.6%	19.1%	0.0%	72.6%		11.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

			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			452	3	382	56	7.98	0.00	82.46	5.31	14.35
% of Calories				5.91%		49.6%	15.9%	0.0%	73.0%		12.7%

\*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.