

Planned Menu Spreadsheet

Portion Values

Jun 1, 2022 thru Jun 10, 2022

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

Wednesday - 06/01/2022 Reimbursable Meal Total 1100

	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)
000179 BRD: PANCAKES, AP WG Confetti	Pouch	1100	220	1.00	300	11	7.00	0.00	36.00	4.00	4.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	1100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1100	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	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			478	2.30	416	58	9.17	0.00	86.75	6.00	11.09
% of Calories				4.33%		48.5%	17.3%	0.0%	72.6%		9.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 06/02/2022 Reimbursable Meal Total 1100

	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)
830789 MELT BGL, CSaus AM 1.25 WG	Sandwich	1100	285	3.62	610	4	10.50	0.00	29.50	4.00	19.50
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1100	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00

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	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	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			516	4.96	733	45	12.88	0.00	73.77	6.87	27.90
% of Calories				8.65%		34.9%	22.5%	0.0%	57.2%		21.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 06/03/2022

Reimbursable Meal Total 1100

	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)
990554 YOGURT BULK, VAN W/OATS HNY GRAN 1.0 (1BG)	Serving	1100	256	0.68	192	23	6.09	0.00	43.05	2.03	6.71
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1100	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826337 JUICE SS, Apple 100% 4oz Cart	Each	1100	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	956	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	19	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			471	2.01	314	58	8.43	0.00	84.77	5.69	14.22
% of Calories				3.84%		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 550

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)
990368 CEREAL BWL, CHEX CORN WG GF	Bowl	550	100	0.00	200	3	1.00	0.00	24.00	1.00	2.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	550	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	550	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	550	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	477	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	10	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			430	2.33	432	46	6.87	0.00	85.26	4.87	11.39
% of Calories				4.88%		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 550

	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)
830802 MELT MUFF, EggPty AM 1.25 WG	Sandwich	550	235	3.62	550	2	10.50	0.00	24.50	2.00	10.50
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	550	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	550	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	477	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			513	4.93	671	53	12.67	0.00	79.24	4.00	18.58
% of Calories				8.65%		41.3%	22.2%	0.0%	61.8%		14.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Wednesday - 06/08/2022

Reimbursable Meal Total 550

	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)
830954 PIZZA AP TONY BKFST T.SSG WG 1.0 (1.5BG)	Pizza	550	210	2.00	350	5	7.00	0.00	27.00	3.00	9.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	550	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	550	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	477	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	10	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			425	3.33	467	39	9.33	0.00	68.71	6.66	16.51
% of Calories				7.05%		36.7%	19.8%	0.0%	64.7%		15.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Thursday - 06/09/2022

Reimbursable Meal Total 550

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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)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	550	220	1.00	200	11	7.00	0.00	37.00	2.00	4.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	550	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	550	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	477	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	10	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			415	2.32	321	43	9.29	0.00	72.47	4.40	12.02
% of Calories				5.03%		41.4%	20.1%	0.0%	69.9%		11.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

Friday - 06/10/2022

Reimbursable Meal Total 550

	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)
990734 BRD: BRKFST BANANA SUPER WG, 1SL (2BG)	Each	550	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)	550	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	550	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	477	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00

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	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	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	13.08
% of Calories				5.27%		53.6%	19.1%	0.0%	72.6%		10.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30				

			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			466	3	464	51	9.85	0.00	79.71	5.19	15.60
% of Calories				6.03%		43.8%	19.0%	0.0%	68.4%		13.4%

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.