

Planned Menu Spreadsheet

Portion Values

Jun 1, 2022 thru Jun 10, 2022

Menu Name: 9-12 Lunch Express (2 Cold Ent)
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)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	100	375	10.62	1270	6	20.00	0.00	30.50	2.50	18.50
828881 COND PC MAYONNAISE FF 12G	Each	100	11	0.03	101	1	0.10	0.00	2.57	0.24	0.06
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	100	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	100	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	100	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	100	120	0.00	115	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			761	11.02	1763	58	25.00	0.00	106.07	10.20	29.99
% of Calories				13.03%		30.5%	29.6%	0.0%	55.8%		15.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Planned Menu Spreadsheet

Portion Values

Jun 1, 2022 thru Jun 10, 2022

Thursday - 06/02/2022

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)
990569 SDW BD, CHam PV WG 2.0 (2BG) (ALPHA)	Sandwich	100	321	6.52	823	3	13.56	0.00	29.02	2.00	21.10
825862 COND PC Mustard 6g	Each	100	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	100	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	100	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
831289 BRD: CRACK SS, Chz-It WG	Package	100	100	1.00	150	0	3.50	0.00	14.00	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			824	7.85	1507	61	20.62	*0.00	123.02	12.62	35.89
% of Calories				8.57%		29.6%	22.5%	*0.0%	59.7%		17.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 06/03/2022

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)
990711 SALAD, THAM C/BPEPP ITALIAN AP ROM 2.25	Each	100	208	5.74	650	1	12.71	0.00	3.18	0.79	18.70
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	100	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	100	5	0.00	120	0	0.00	0.00	1.00	0.00	0.00
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	100	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	100	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	100	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826343 JUICE SS, Grape100% 4oz Cart	Each	100	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	100	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00
831285 BRD: CRACK SS, Animal WG	Package	100	120	1.00	115	8	3.50	0.00	22.00	2.00	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
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	20	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			748	7.30	1425	56	21.48	0.00	105.19	9.77	35.43
% of Calories				8.78%		29.9%	25.8%	0.0%	56.3%		18.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 06/06/2022

Reimbursable Meal Total 50

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)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	50	320	9.31	917	1	21.83	0.00	14.07	1.00	17.49
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	50	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	50	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	50	50	0.00	0	12	0.00	0.00	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	50	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	50	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	34	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	10	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			1006	12.64	2200	62	41.99	0.00	127.27	10.79	31.41
% of Calories				11.31%		24.7%	37.6%	0.0%	50.6%		12.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 06/07/2022

Reimbursable Meal Total 50

	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)
990369 Danimals, Strawberry Banana Yogurt	ea	50	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	50	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00

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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)
829216 CHEESE, MZ String LF 1ea 1.0	Stick	50	60	2.00	200	1	3.00	0.00	1.00	0.00	7.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	50	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
990680 VEG: CARROTS, FRESH BABY IW 2OZ (2EA)	2 Bag (2ozw)	50	40	0.03	88	5	0.15	0.00	9.34	3.29	0.73
000124 FRUIT: PEARS 150 ct.	Each (150ct)	50	67	0.03	1	12	0.17	0.00	17.97	3.66	0.42
826337 JUICE SS, Apple 100% 4oz Cart	Each	50	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	50	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	34	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	10	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			715	5.37	792	80	13.44	0.00	123.17	10.72	24.92
% of Calories				6.76%		44.8%	16.9%	0.0%	68.9%		13.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 06/08/2022

Reimbursable Meal Total 50

	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)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	50	308	5.42	728	3	12.00	0.00	29.00	2.50	22.17
825862 COND PC Mustard 6g	Each	50	0	0.00	65	0	0.00	0.00	1.00	0.00	0.00

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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)
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	50	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
832571 FRUIT: APPLE, Slcd IW 2oz	Each	50	30	0.00	0	6	0.00	0.00	7.00	1.00	0.00
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	50	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	34	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	10	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			681	5.75	1251	54	15.56	*0.00	101.91	13.12	34.96
% of Calories				7.60%		31.7%	20.6%	*0.0%	59.9%		20.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 06/09/2022

Reimbursable Meal Total 50

	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)
990738 SALAD, ChixPop CH AP ROMAINE 2.5 (1BG)	Each	50	315	5.79	486	1	19.04	0.00	16.87	3.85	18.87
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	50	80	0.00	160	1	1.50	0.00	14.00	1.00	3.00
833326 COND PC, DRESSING RANCH BUTTERMILK FF 12G (PPI)	Each	50	10	0.00	125	1	0.00	0.00	2.00	0.00	0.00

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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)
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	50	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	50	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	50	80	0.00	15	18	0.00	0.00	18.00	0.00	1.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	50	120	0.00	115	7	4.00	0.00	20.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	34	110	0.00	210	18	0.00	0.00	19.00	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
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			788	5.89	1161	59	24.96	0.00	109.09	11.27	33.14
% of Calories				6.73%		29.9%	28.5%	0.0%	55.4%		16.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 06/10/2022

Reimbursable Meal Total 50

	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)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	50	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
828881 COND PC MAYONNAISE FF 12G	Each	50	11	0.03	101	1	0.10	0.00	2.57	0.24	0.06
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	50	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15

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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)
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	50	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	50	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	50	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	50	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	34	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	10	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			633	6.47	1088	48	14.18	0.00	93.76	8.74	33.48
% of Calories				9.20%		30.3%	20.2%	0.0%	59.2%		21.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	770	8	1398	60	22.15	*0.00	111.18	10.90	32.40
% of Calories		9.11%		31.2%	25.9%	*0.0%	57.8%		16.8%

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.