

Planned Menu Spreadsheet

Portion Values

Jun 1, 2022 thru Jun 10, 2022

Menu Name: K-8 Lunch Express (2 Cold Ent)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Wednesday - 06/01/2022

Reimbursable Meal Total 300

	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	300	375	10.62	1270	6	20.00	0.00	30.50	2.50	18.50
828881 COND PC MAYONNAISE FF 12G	Each	300	11	0.03	101	1	0.10	0.00	2.57	0.24	0.06
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	300	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
826337 JUICE SS, Apple 100% 4oz Cart	Each	300	60	0.00	15	13	0.00	0.00	14.00	0.00	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	300	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			694	10.99	1719	46	24.80	0.00	89.68	6.16	28.69
% of Calories				14.25%		26.5%	32.2%	0.0%	51.7%		16.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Thursday - 06/02/2022

Reimbursable Meal Total 300

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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)
990569 SDW BD, CHam PV WG 2.0 (2BG) (ALPHA)	Sandwich	300	321	6.52	823	3	13.56	0.00	29.02	2.00	21.10
825862 COND PC Mustard 6g	Each	300	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	300	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	300	110	0.00	0	24	0.00	0.00	27.00	2.00	0.00
831289 BRD: CRACK SS, Chz-It WG	Package	300	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	207	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	60	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	3	80	0.00	120	11	0.00	0.00	11.00	0.00	8.00
Weighted Daily Average			744	7.84	1453	45	20.55	*0.00	104.35	10.97	35.52
% of Calories				9.48%		24.2%	24.9%	*0.0%	56.1%		19.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 06/03/2022

Reimbursable Meal Total 300

	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	300	208	5.74	650	1	12.71	0.00	3.18	0.79	18.70
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	300	70	0.00	140	1	1.00	0.00	14.00	1.50	3.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	300	5	0.00	120	0	0.00	0.00	1.00	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)
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	300	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	300	47	0.02	0	9	0.12	0.00	11.73	2.40	0.94
831285 BRD: CRACK SS, Animal WG	Package	300	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	207	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	60	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	3	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			548	6.78	1196	35	17.40	0.00	68.52	7.13	32.06
% of Calories				11.14%		25.5%	28.6%	0.0%	50.0%		23.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Monday - 06/06/2022

Reimbursable Meal Total 150

	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	150	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	150	330	3.00	810	11	18.01	0.00	40.52	4.50	3.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	150	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	150	50	0.00	0	12	0.00	0.00	14.00	1.00	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	104	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	30	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			816	12.63	1942	41	40.41	0.00	88.70	8.15	28.05
% of Calories				13.93%		20.1%	44.6%	0.0%	43.5%		13.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Tuesday - 06/07/2022

Reimbursable Meal Total 150

	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	150	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	150	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	150	60	2.00	200	1	3.00	0.00	1.00	0.00	7.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	150	12	0.02	3	2	0.13	0.00	2.52	0.78	0.57
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	150	20	0.01	44	3	0.07	0.00	4.67	1.64	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	150	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	104	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	30	100	1.50	120	11	2.50	0.00	11.00	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)
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			516	4.36	619	57	9.87	0.00	83.61	8.08	22.56
% of Calories				7.60%		44.2%	17.2%	0.0%	64.8%		17.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Wednesday - 06/08/2022

Reimbursable Meal Total 150

	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	150	308	5.42	728	3	12.00	0.00	29.00	2.50	22.17
825862 COND PC Mustard 6g	Each	150	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	150	116	0.02	245	4	2.99	*0.00	17.90	5.97	5.22
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	150	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	104	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	30	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			631	5.74	1208	45	15.49	*0.00	90.35	10.47	34.59
% of Calories				8.19%		28.5%	22.1%	*0.0%	57.3%		21.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Planned Menu Spreadsheet

Portion Values

Jun 1, 2022 thru Jun 10, 2022

Thursday - 06/09/2022

Reimbursable Meal Total 150

	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	150	315	5.79	486	1	19.04	0.00	16.87	3.85	18.87
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	150	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	150	10	0.00	125	1	0.00	0.00	2.00	0.00	0.00
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	150	8	0.02	45	1	0.10	0.00	1.68	0.91	0.39
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	150	62	0.03	1	12	0.20	0.00	16.52	2.87	0.31
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	150	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	104	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	30	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			688	5.86	1103	38	24.85	0.00	86.52	9.62	31.78
% of Calories				7.67%		22.1%	32.5%	0.0%	50.3%		18.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0				

Friday - 06/10/2022

Reimbursable Meal Total 150

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)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	150	325	6.01	762	4	12.78	0.00	28.01	2.00	22.55
828881 COND PC MAYONNAISE FF 12G	Each	150	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	150	68	0.09	1	3	0.56	0.00	16.25	2.02	2.15
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	150	5	0.01	1	1	0.04	0.00	1.19	0.44	0.22
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	150	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	104	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	30	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			567	6.44	1045	36	13.99	0.00	77.47	4.70	32.18
% of Calories				10.22%		25.4%	22.2%	0.0%	54.7%		22.7%
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	650	8	1286	43	20.92	*0.00	86.15	8.16	30.68
% of Calories		10.50%		26.5%	29.0%	*0.0%	53.0%		18.9%

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.