

# Planned Menu Spreadsheet

## Portion Values

Jun 1, 2022 thru Jun 10, 2022

**Menu Name:** After School Snacks w/Milk  
**Site:** 1 - Archdiocese of Chicago

**Include Cost:** No  
**Report Style:** Detailed

### Wednesday - 06/01/2022 Reimbursable Meal Total 900

	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)
831267 SNACK: CHIP SS, Dorito NC RFWG	Package	900	130	0.50	200	0	5.00	0.00	20.00	2.00	2.00
826348 JUICE SS, Orange 100% 6oz Cart	Each	900	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			210	0.50	220	17	5.00	0.00	40.00	2.00	3.00
% of Calories				2.14%		32.4%	21.4%	0.0%	76.2%		5.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Thursday - 06/02/2022 Reimbursable Meal Total 900

	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)
829498 YOGURT SS, Danimals Vanilla4oz	Each	900	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831285 BRD: CRACK SS, Animal WG	Package	900	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
Weighted Daily Average			190	1.00	185	17	3.50	0.00	34.00	2.00	6.00
% of Calories				4.74%		35.8%	16.6%	0.0%	71.6%		12.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Friday - 06/03/2022 Reimbursable Meal Total 900

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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)
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	900	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	900	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
Weighted Daily Average			190	5.00	370	0	11.00	0.00	14.00	1.00	9.00
% of Calories				23.68%		0%	52.1%	0.0%	29.5%		18.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Monday - 06/06/2022

Reimbursable Meal Total 450

	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	450	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	450	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			290	3.50	250	27	8.50	0.00	41.00	2.00	11.00
% of Calories				10.86%		37.2%	26.4%	0.0%	56.6%		15.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Tuesday - 06/07/2022

Reimbursable Meal Total 450

	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)
831289 BRD: CRACK SS, Chz-It WG	Package	450	100	1.00	150	0	3.50	0.00	14.00	1.00	2.00

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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)
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	450	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			190	1.00	170	19	3.50	0.00	35.00	1.00	2.00
% of Calories				4.74%		40.0%	16.6%	0.0%	73.7%		4.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Wednesday - 06/08/2022

Reimbursable Meal Total 450

	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)
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	450	120	0.00	115	7	4.00	0.00	20.00	1.00	2.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	450	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			220	1.50	235	18	6.50	0.00	31.00	1.00	10.00
% of Calories				6.14%		32.7%	26.6%	0.0%	56.4%		18.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Thursday - 06/09/2022

Reimbursable Meal Total 450

	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)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	450	90	0.00	200	0	1.50	0.00	16.00	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)
833274 CHEESE, CH STICK 1EA 1.0	Stick	450	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
Weighted Daily Average			180	4.50	400	0	8.50	0.00	16.00	1.00	9.00
% of Calories				22.50%		0%	42.5%	0.0%	35.6%		20.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

## Friday - 06/10/2022

Reimbursable Meal Total 450

	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	450	150	0.50	150	14	3.50	0.00	30.00	3.00	2.00
826348 JUICE SS, Orange 100% 6oz Cart	Each	450	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			230	0.50	170	31	3.50	0.00	50.00	3.00	3.00
% of Calories				1.96%		53.9%	13.7%	0.0%	87.0%		5.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=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	212	2	250	16	6.25	0.00	32.62	1.62	6.62
% of Calories		9.30%		30.2%	26.5%	0.0%	61.5%		12.5%

\*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.