

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

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

**Include Cost:** Yes  
**Report Style:** Detailed

### Monday - 10/03/2022

#### Reimbursable Meal Total 500

	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)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
831289 BRD: CRACK SS, Chz-It WG	Package	500	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90	\$0.192
826341 JUICE SS, Frit Bld 100% 6oz Crt	Each	500	90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00	\$0.202
Weighted Daily Average			190	1.00	170	19	3.50	0.00	5	35.00	1.00	2.00	*95	20.0	*4.80	0.90	\$0.394
% of Calories				4.74%		40.0%	16.6%	0.0%		73.7%		4.2%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Tuesday - 10/04/2022

#### Reimbursable Meal Total 500

	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)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	500	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70	\$0.164
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	500	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10	\$0.179
Weighted Daily Average			220	2.50	235	19	6.00	0.00	15	32.00	1.00	10.00	*750	290.0	*N/A*	0.80	\$0.343
% of Calories				10.23%		34.5%	24.5%	0.0%		58.2%		18.2%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Wednesday - 10/05/2022

#### Reimbursable Meal Total 950

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
831269 SNACK: CHIP SS, Dorito CR RFWG	Package	950	130	0.50	150	0	5.00	0.00	0	20.00	2.00	2.00	*N/A*	40.0	*N/A*	0.50	\$0.289
826348 JUICE SS, Orange 100% 6oz Cart	Each	950	80	0.00	20	17	0.00	0.00	0	20.00	0.00	1.00	85	0.0	60.00	0.00	\$0.231
Weighted Daily Average			210	0.50	170	17	5.00	0.00	0	40.00	2.00	3.00	*85	40.0	*60.00	0.50	\$0.520
% of Calories				2.14%		32.4%	21.4%	0.0%		76.2%		5.7%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Thursday - 10/06/2022

Reimbursable Meal Total 925

	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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	925	150	0.50	150	14	3.50	0.00	0	30.00	3.00	2.00	*N/A*	140.0	*N/A*	1.90	\$0.267
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	925	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10	\$0.179
Weighted Daily Average			250	2.00	270	25	6.00	0.00	15	41.00	3.00	10.00	*750	430.0	*N/A*	2.00	\$0.446
% of Calories				7.20%		40.0%	21.6%	0.0%		65.6%		16.0%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Friday - 10/07/2022

Reimbursable Meal Total 925

	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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	925	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00	\$0.197

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## Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	925	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10	\$0.179
Weighted Daily Average			220	1.50	235	18	6.50	0.00	15	31.00	1.00	10.00	*750	430.0	*N/A*	1.10	\$0.376
% of Calories				6.14%		32.7%	26.6%	0.0%		56.4%		18.2%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Monday - 10/10/2022

Reimbursable Meal Total 950

	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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	950	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90	\$0.425
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	950	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10	\$0.179
Weighted Daily Average			290	3.50	250	27	8.50	0.00	45	41.00	2.00	11.00	*750	320.0	*N/A*	1.00	\$0.603
% of Calories				10.86%		37.2%	26.4%	0.0%		56.6%		15.2%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Tuesday - 10/11/2022

Reimbursable Meal Total 950

	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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
831264 SNACK: CHIP SS, Cheeto Bkd Cru	Package	950	120	1.00	200	1	4.50	0.00	0	16.00	1.00	2.00	*N/A*	20.0	*N/A*	0.40	\$0.256

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## Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
826339 JUICE SS, Apple 100% 6oz Cart	Each	950	80	0.00	20	19	0.00	0.00	0	20.00	0.00	0.00	95	0.0	0.00	0.00	\$0.195
Weighted Daily Average			200	1.00	220	20	4.50	0.00	0	36.00	1.00	2.00	*95	20.0	*0.00	0.40	\$0.451
% of Calories				4.50%		40.0%	20.2%	0.0%		72.0%		4.0%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Wednesday - 10/12/2022

Reimbursable Meal Total 950

	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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	950	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72	\$0.145
829216 CHEESE, MZ String LF 1ea 1.0	Stick	950	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00	\$0.078
Weighted Daily Average			150	2.00	400	1	4.50	0.00	10	17.00	1.00	9.00	400	198.0	*0.00	0.72	\$0.223
% of Calories				12.00%		2.7%	27.0%	0.0%		45.3%		24.0%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Thursday - 10/13/2022

Reimbursable Meal Total 950

	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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990555 BRD: BAR, BENEFIT MINI MAPLE BROWN SUGAR WG IW	Each	950	130	1.00	110	9	4.00	0.00	0	23.00	3.00	2.00	*N/A*	120.0	*N/A*	0.90	\$0.340

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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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	950	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10	\$0.179
Weighted Daily Average			230	2.50	230	20	6.50	0.00	15	34.00	3.00	10.00	*750	410.0	*N/A*	1.00	\$0.519
% of Calories				9.78%		34.8%	25.4%	0.0%		59.1%		17.4%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Friday - 10/14/2022

Reimbursable Meal Total 850

	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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990369 Danimals, Strawberry Banana Yogurt	ea	850	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00	\$0.247
831142 BRD: CRACK SS, Bug Bites CinWG	Package	850	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70	\$0.164
Weighted Daily Average			190	1.00	185	17	3.50	0.00	5	33.00	1.00	6.00	*N/A*	100.0	*N/A*	0.70	\$0.411
% of Calories				4.74%		35.8%	16.6%	0.0%		69.5%		12.6%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Monday - 10/17/2022

Reimbursable Meal Total 1

	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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
831285 BRD: CRACK SS, Animal WG	Package	50	6000	50.00	5750	400	175.00	0.00	0	1100.00	100.00	100.00	*N/A*	0.0	*N/A*	40.00	\$7.027

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	5000	75.00	6000	550	125.00	0.00	750	550.00	0.00	400.00	37500	14500.0	*N/A*	5.00	\$8.929
Weighted Daily Average			11000	125.00	11750	950	300.00	0.00	750	1650.00	100.00	500.00	*37500	14500.0	*N/A*	45.00	\$15.956
% of Calories				10.23%		34.5%	24.5%	0.0%		60.0%		18.2%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Tuesday - 10/18/2022

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	900	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70	\$0.164
826339 JUICE SS, Apple 100% 6oz Cart	Each	900	80	0.00	20	19	0.00	0.00	0	20.00	0.00	0.00	95	0.0	0.00	0.00	\$0.195
Weighted Daily Average			200	1.00	135	27	3.50	0.00	0	41.00	1.00	2.00	*95	0.0	*0.00	0.70	\$0.359
% of Calories				4.50%		54.0%	15.8%	0.0%		82.0%		4.0%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Wednesday - 10/19/2022

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000

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## Weighted Values

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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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	900	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10	\$0.179
Weighted Daily Average			100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	*750	290.0	*N/A*	0.10	\$0.179
% of Calories				13.50%		44.0%	22.5%	0.0%		44.0%		32.0%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Thursday - 10/20/2022

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	900	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.179
833274 CHEESE, CH STICK 1EA 1.0	Stick	900	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00	\$0.134
Weighted Daily Average			190	5.00	370	0	11.00	0.00	20	14.00	1.00	9.00	500	224.0	*0.00	0.72	\$0.313
% of Calories				23.68%		0%	52.1%	0.0%		29.5%		18.9%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Friday - 10/21/2022

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990620 SNACK: CHIP SS, DORITO WHITE NACHO RF WG	Package	900	130	1.00	170	1	5.00	0.00	0	20.00	2.00	2.00	*N/A*	40.0	*N/A*	0.30	\$0.289

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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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	900	90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00	\$0.202
Weighted Daily Average			220	1.00	190	20	5.00	0.00	0	41.00	2.00	2.00	*95	40.0	*4.80	0.30	\$0.491
% of Calories				4.09%		36.4%	20.5%	0.0%		74.5%		3.6%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Monday - 10/24/2022

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990382 BRD: CRACK SS, CHURRO CRUNCHER 1OZ WG (1BG)	Package	900	110	0.00	75	8	2.50	0.00	0	21.00	2.00	2.00	0	40.0	0.00	0.72	\$0.277
826339 JUICE SS, Apple 100% 6oz Cart	Each	900	80	0.00	20	19	0.00	0.00	0	20.00	0.00	0.00	95	0.0	0.00	0.00	\$0.195
Weighted Daily Average			190	0.00	95	27	2.50	0.00	0	41.00	2.00	2.00	95	40.0	0.00	0.72	\$0.471
% of Calories				0.00%		56.8%	11.8%	0.0%		86.3%		4.2%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Tuesday - 10/25/2022

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
831289 BRD: CRACK SS, Chz-It WG	Package	900	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90	\$0.192



# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	900	90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00	\$0.202
Weighted Daily Average			190	1.00	170	19	3.50	0.00	5	35.00	1.00	2.00	*95	20.0	*4.80	0.90	\$0.394
% of Calories				4.74%		40.0%	16.6%	0.0%		73.7%		4.2%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Wednesday - 10/26/2022 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	900	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	*N/A*	140.0	*N/A*	1.90	\$0.267
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	900	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10	\$0.179
Weighted Daily Average			250	2.00	255	25	6.00	0.00	15	41.00	3.00	10.00	*750	430.0	*N/A*	2.00	\$0.446
% of Calories				7.20%		40.0%	21.6%	0.0%		65.6%		16.0%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Thursday - 10/27/2022 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990598 BRD: CRACK SS, GOLDFISH GRAHAM GIANT VANILLA WG	Package	900	120	1.00	105	7	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80	\$0.156

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	900	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10	\$0.179
Weighted Daily Average			220	2.50	225	18	6.50	0.00	15	30.00	1.00	9.00	750	370.0	*0.00	1.90	\$0.334
% of Calories				10.23%		32.7%	26.6%	0.0%		54.5%		16.4%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Friday - 10/28/2022

### 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
832162 SNACK: CHIP SS, SNACK MIX WG	Package	900	110	0.00	180	2	3.50	0.00	0	17.00	2.00	2.00	100	20.0	0.00	2.70	\$0.309
826339 JUICE SS, Apple 100% 6oz Cart	Each	900	80	0.00	20	19	0.00	0.00	0	20.00	0.00	0.00	95	0.0	0.00	0.00	\$0.195
Weighted Daily Average			190	0.00	200	21	3.50	0.00	0	37.00	2.00	2.00	195	20.0	0.00	2.70	\$0.503
% of Calories				0.00%		44.2%	16.6%	0.0%		77.9%		4.2%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Monday - 10/31/2022

### 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
831306 BRD: MUF AP, Choc 2oz WG (1BG)	Muffin	900	190	2.00	130	17	6.00	0.00	35	33.00	2.00	3.00	*N/A*	40.0	*N/A*	1.50	\$0.425

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	900	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10	\$0.179
Weighted Daily Average			290	3.50	250	28	8.50	0.00	50	44.00	2.00	11.00	*750	330.0	*N/A*	1.60	\$0.603
% of Calories				10.86%		38.6%	26.4%	0.0%		60.7%		15.2%					
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages			723	8	768	63	19.38	0.00	47	110.71	6.24	30.00	*2190	882	*3.54	3.13	\$1.159
% of Calories				9.49%		34.9%	24.1%	0.0%		61.3%		16.6%					

\*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.**