

# Planned Menu Spreadsheet

## Weighted Values

Oct 3, 2022 thru Oct 31, 2022

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

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

### Monday - 10/03/2022

**Reimbursable Meal Total 750**

	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	750	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	750	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 1250**

	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	1250	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	1250	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 - 10/05/2022

**Reimbursable Meal Total 1700**

# 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
831269 SNACK: CHIP SS, Dorito CR RFWG	Package	1700	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	1700	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 1800

	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
833274 CHEESE, CH STICK 1EA 1.0	Stick	1800	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
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	1800	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
Weighted Daily Average			240	5.00	350	14	10.50	0.00	20	30.00	3.00	9.00	*500	344.0	*N/A*	1.90	\$0.402
% of Calories				18.75%		23.3%	39.4%	0.0%		50.0%		15.0%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Friday - 10/07/2022

Reimbursable Meal Total 1775

	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
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1775	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

# 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
826339 JUICE SS, Apple 100% 6oz Cart	Each	1775	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	0.00	135	26	4.00	0.00	0	40.00	1.00	2.00	*95	140.0	*0.00	1.00	\$0.392
% of Calories				0.00%		52.0%	18.0%	0.0%		80.0%		4.0%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Monday - 10/10/2022

Reimbursable Meal Total 1750

	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
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	1750	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
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1750	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			280	2.00	150	35	6.00	0.00	30	51.00	2.00	3.00	*95	30.0	*4.80	0.90	\$0.627
% of Calories				6.43%		50.0%	19.3%	0.0%		72.9%		4.3%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Tuesday - 10/11/2022

Reimbursable Meal Total 1800

	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
831264 SNACK: CHIP SS, Cheeto Bkd Cru	Package	1800	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

# 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
826339 JUICE SS, Apple 100% 6oz Cart	Each	1800	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 1800

	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	1800	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	1800	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 1800

	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	1800	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

# 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
826348 JUICE SS, Orange 100% 6oz Cart	Each	1800	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	1.00	130	26	4.00	0.00	0	43.00	3.00	3.00	*85	120.0	*60.00	0.90	\$0.571
% of Calories				4.29%		49.5%	17.1%	0.0%		81.9%		5.7%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Friday - 10/14/2022

Reimbursable Meal Total 1650

	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
990369 Danimals, Strawberry Banana Yogurt	ea	1650	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	1650	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 1750

	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
831285 BRD: CRACK SS, Animal WG	Package	1750	120	1.00	115	8	3.50	0.00	0	22.00	2.00	2.00	*N/A*	0.0	*N/A*	0.80	\$0.141

# 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	1750	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			210	1.00	135	27	3.50	0.00	0	43.00	2.00	2.00	*95	0.0	*4.80	0.80	\$0.343
% of Calories				4.29%		51.4%	15.0%	0.0%		81.9%		3.8%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Tuesday - 10/18/2022

Reimbursable Meal Total 1800

	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
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1800	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	1800	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 1800

	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
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	1800	190	2.00	130	17	6.00	0.00	40	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90	\$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
826343 JUICE SS, Grape100% 4oz Cart	Each	1800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00	\$0.157
Weighted Daily Average			270	2.00	145	35	6.00	0.00	40	48.00	2.00	4.00	*0	30.0	*0.00	0.90	\$0.582
% of Calories				6.67%		51.9%	20.0%	0.0%		71.1%		5.9%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Thursday - 10/20/2022

Reimbursable Meal Total 1800

	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	1800	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	1800	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 1800

	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	1800	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

# 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	1800	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 1800

	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
990382 BRD: CRACK SS, CHURRO CRUNCHER 1OZ WG (1BG)	Package	1800	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	1800	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 1850

	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
831289 BRD: CRACK SS, Chz-It WG	Package	1850	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	1850	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 1850

	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	1850	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
833274 CHEESE, CH STICK 1EA 1.0	Stick	1850	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			240	5.00	335	14	10.50	0.00	20	30.00	3.00	9.00	*500	344.0	*N/A*	1.90	\$0.402
% of Calories				18.75%		23.3%	39.4%	0.0%		50.0%		15.0%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Thursday - 10/27/2022

Reimbursable Meal Total 1850

	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	1850	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
826348 JUICE SS, Orange 100% 6oz Cart	Each	1850	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			200	1.00	125	24	4.00	0.00	0	39.00	1.00	2.00	85	80.0	60.00	1.80	\$0.387
% of Calories				4.50%		48.0%	18.0%	0.0%		78.0%		4.0%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

### Friday - 10/28/2022

Reimbursable Meal Total 1850

	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	1850	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	1850	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 1900

	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	1900	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
826348 JUICE SS, Orange 100% 6oz Cart	Each	1900	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			270	2.00	150	34	6.00	0.00	35	53.00	2.00	4.00	*85	40.0	*60.00	1.50	\$0.656
% of Calories				6.67%		50.4%	20.0%	0.0%		78.5%		5.9%					
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	211	2	195	21	5.14	0.00	9	37.52	1.67	3.86	*161	88	*12.57	1.03	\$0.441
% of Calories		6.82%		39.8%	21.9%	0.0%		71.1%		7.3%					

- \*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.**