

Planned Menu Spreadsheet

Weighted Values

Nov 1, 2022 thru Nov 30, 2022

Menu Name: K-8 Lunch 1 Entree (A)
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Monday - 11/21/2022

Reimbursable Meal Total 12500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990573 PACK: CHIX DRUMSTK OVN RSTD, BISC MINI APWG 2.5(1BG)	Pack	10000	208	5.20	424	1	12.00	0.00	72	12.80	0.80	14.40	0	48.0	0.00	0.86
990629 VEG: CARROTS, DICED FZ CKD 3/4C	3/4 Cup	12500	49	0.16	78	5	0.90	0.00	0	10.21	4.36	0.77	22368	46.2	3.04	0.70
000108 FRUIT: CUP SS, APPLESC CINN UNSWT SHLF-STBL 1/2C	Each (1/2c)	12500	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	12500	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	400	4	0.00	7	1	0.00	0.00	0	0.61	0.00	0.26	24	9.3	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	95	1	0.01	1	0	0.02	0.00	0	0.08	0.00	0.06	6	2.2	*N/A*	0.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.1	*N/A*	0.00
Weighted Daily Average			431	5.37	625	26	16.92	0.00	72	57.71	7.16	17.49	*22398	250.9	*3.04	2.57
% of Calories				11.21%		24.1%	35.3%	0.0%		53.6%		16.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

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			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			431	5	625	26	16.92	0.00	72	57.71	7.16	17.49	*22398	251	*3.04	2.57
% of Calories				11.21%		24.1%	35.3%	0.0%		53.6%		16.2%				

**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.