

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

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

Include Cost: No
Report Style: Detailed

Thursday - 12/01/2022

Reimbursable Meal Total 950

	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)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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
% of Calories				4.50%		40.0%	20.2%	0.0%		72.0%		4.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 12/02/2022

Reimbursable Meal Total 950

	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)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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
% of Calories				10.86%		37.2%	26.4%	0.0%		56.6%		15.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 12/05/2022

Reimbursable Meal Total 900

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	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)
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
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
Weighted Daily Average			210	1.50	195	19	5.00	0.00	15	32.00	2.00	10.00	750	330.0	*0.00	0.82
% of Calories				6.43%		36.2%	21.4%	0.0%		61.0%		19.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 12/06/2022

Reimbursable Meal Total 950

	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)
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
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
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
% of Calories				12.00%		2.7%	27.0%	0.0%		45.3%		24.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 12/07/2022

Reimbursable Meal Total 1

	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)
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

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	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)
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
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
% of Calories				10.23%		34.5%	24.5%	0.0%		60.0%		18.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 12/08/2022

Reimbursable Meal Total 900

	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)
831267 SNACK: CHIP SS, Dorito NC RFWG	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
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
Weighted Daily Average			90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00
% of Calories				0.00%		84.4%	0.0%	0.0%		93.3%		0.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 12/09/2022

Reimbursable Meal Total 925

	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)
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

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
% of Calories				6.14%		32.7%	26.6%	0.0%		56.4%		18.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 12/12/2022

Reimbursable Meal Total 900

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
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
% of Calories				13.50%		44.0%	22.5%	0.0%		44.0%		32.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 12/13/2022

Reimbursable Meal Total 900

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	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)
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
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
% of Calories				4.74%		40.0%	16.6%	0.0%		73.7%		4.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 12/14/2022

Reimbursable Meal Total 500

	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)
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
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
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
% of Calories				10.23%		34.5%	24.5%	0.0%		58.2%		18.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 12/15/2022

Reimbursable Meal Total 900

	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)
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

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	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)
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			110	0.00	180	2	3.50	0.00	0	17.00	2.00	2.00	100	20.0	0.00	2.70
% of Calories				0.00%		7.3%	28.6%	0.0%		61.8%		7.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 12/16/2022

Reimbursable Meal Total 950

	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)
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
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
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
% of Calories				9.78%		34.8%	25.4%	0.0%		59.1%		17.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 12/19/2022

Reimbursable Meal Total 850

	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)
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

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	*N/A*	0.00
Weighted Daily Average			70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*0	100.0	*N/A*	0.00
% of Calories				0.00%		51.4%	0.0%	0.0%		68.6%		22.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 12/20/2022

Reimbursable Meal Total 900

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
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
% of Calories				23.68%		0%	52.1%	0.0%		29.5%		18.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 12/21/2022

Reimbursable Meal Total 900

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
% of Calories				10.86%		38.6%	26.4%	0.0%		60.7%		15.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 12/22/2022

Reimbursable Meal Total 900

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
831267 SNACK: CHIP SS, Dorito NC RFWG	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
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
Weighted Daily Average			90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00
% of Calories				0.00%		84.4%	0.0%	0.0%		93.3%		0.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 12/23/2022

Reimbursable Meal Total 925

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
833274 CHEESE, CH STICK 1EA 1.0	Stick	925	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
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
% of Calories				18.75%		23.3%	39.4%	0.0%		50.0%		15.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

			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			817	9	886	70	22.41	0.00	58	122.24	7.06	35.71	*2625	1049	*0.85	3.46
% of Calories				10.08%		34.3%	24.7%	0.0%		59.8%		17.5%				

- *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
- 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.