

Planned Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 23, 2022

Menu Name: After School Snacks w/out 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
826341 JUICE SS, Frit Bld 100% 6oz Crt	Each	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			120	1.00	200	1	4.50	0.00	0	16.00	1.00	2.00	*0	20.0	*0.00	0.40
% of Calories				7.50%		3.3%	33.8%	0.0%		53.3%		6.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 12/02/2022

Reimbursable Meal Total 1750

	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	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
826348 JUICE SS, Orange 100% 6oz Cart	Each	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			190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00	*0	30.0	*0.00	0.90
% of Calories				9.47%		33.7%	28.4%	0.0%		63.2%		6.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 12/05/2022

Reimbursable Meal Total 1800

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	1800	110	0.00	75	8	2.50	0.00	0	21.00	2.00	2.00	0	40.0	0.00	0.72
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
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
% of Calories				0.00%		56.8%	11.8%	0.0%		86.3%		4.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 12/06/2022

Reimbursable Meal Total 1800

	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	1800	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	1800	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 1750

	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	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

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	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)
826341 JUICE SS, Frit 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
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
% of Calories				4.29%		51.4%	15.0%	0.0%		81.9%		3.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 12/08/2022

Reimbursable Meal Total 1800

	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
826348 JUICE SS, Orange 100% 6oz Cart	Each	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			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 12/09/2022

Reimbursable Meal Total 1775

	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)
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

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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)
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
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
% of Calories				0.00%		52.0%	18.0%	0.0%		80.0%		4.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 12/12/2022

Reimbursable Meal Total 1800

	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	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
826339 JUICE SS, Apple 100% 6oz Cart	Each	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			190	2.00	130	17	6.00	0.00	40	30.00	2.00	3.00	*0	30.0	*0.00	0.90
% of Calories				9.47%		35.8%	28.4%	0.0%		63.2%		6.3%				
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

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	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)
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 1775

	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)
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
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
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
% of Calories				0.00%		52.0%	18.0%	0.0%		80.0%		4.0%				
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)	Calcm (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

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Weighted Values

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	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 1800

	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	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
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
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
% of Calories				4.29%		49.5%	17.1%	0.0%		81.9%		5.7%				
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

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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)
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	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
Weighted Daily Average			70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	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 1800

	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	1800	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	1800	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 1900

	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	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

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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)
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
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
% of Calories				6.67%		50.4%	20.0%	0.0%		78.5%		5.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 12/22/2022

Reimbursable Meal Total 1800

	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	1800	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 1800

	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	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

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	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)
826339 JUICE SS, Apple 100% 6oz Cart	Each	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			150	0.50	150	14	3.50	0.00	0	30.00	3.00	2.00	*0	140.0	*0.00	1.90
% of Calories				3.00%		37.3%	21.0%	0.0%		80.0%		5.3%				
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	161	1	153	16	3.91	0.00	9	28.35	1.41	3.00	*102	74	*7.91	0.89
% of Calories		5.76%		39.8%	21.9%	0.0%		70.4%		7.5%				

- *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.