

Planned Menu Spreadsheet

Portion Values

Jan 3, 2022 thru Jan 31, 2022

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

Include Cost: No
Report Style: Detailed

Monday - 01/03/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831289 BRD: CRACK SS, Chz-It WG	Package	1700	100	1.00	150	0	3.50	0.00	14.00	1.00	2.00
826341 JUICE SS, Frit Bld 100% 6oz Crt	Each	1700	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			190	1.00	170	19	3.50	0.00	35.00	1.00	2.00
% of Calories				4.74%		40.0%	16.6%	0.0%	73.7%		4.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Tuesday - 01/04/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1700	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1700	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			220	2.50	235	19	6.00	0.00	32.00	1.00	10.00
% of Calories				10.23%		34.5%	24.5%	0.0%	58.2%		18.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Wednesday - 01/05/2022

Reimbursable Meal Total 1700

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Portion Values

Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831269 SNACK: CHIP SS, Dorito CR RFWG	Package	1700	130	1.00	160	1	5.00	0.00	19.00	2.00	2.00
826348 JUICE SS, Orange 100% 6oz Cart	Each	1700	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			210	1.00	180	18	5.00	0.00	39.00	2.00	3.00
% of Calories				4.29%		34.3%	21.4%	0.0%	74.3%		5.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Thursday - 01/06/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	1700	160	0.50	150	14	4.00	0.00	29.00	3.00	2.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1700	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			260	2.00	270	25	6.50	0.00	40.00	3.00	10.00
% of Calories				6.92%		38.5%	22.5%	0.0%	61.5%		15.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Friday - 01/07/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1700	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00

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Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1700	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			230	1.50	240	19	6.50	0.00	32.00	1.00	10.00
% of Calories				5.87%		33.0%	25.4%	0.0%	55.7%		17.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Monday - 01/10/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	1700	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1700	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			290	3.50	250	27	8.50	0.00	41.00	2.00	11.00
% of Calories				10.86%		37.2%	26.4%	0.0%	56.6%		15.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Tuesday - 01/11/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831264 SNACK: CHIP SS, Cheeto Bkd Cru	Package	1700	120	1.00	200	1	4.50	0.00	16.00	1.00	2.00

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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)	Carb (g)	Fiber (g)	Protn (g)
826339 JUICE SS, Apple 100% 6oz Cart	Each	1700	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			200	1.00	220	20	4.50	0.00	36.00	1.00	2.00
% of Calories				4.50%		40.0%	20.2%	0.0%	72.0%		4.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Wednesday - 01/12/2022

Reimbursable Meal Total 860

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	860	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	860	60	2.00	210	0	2.50	0.00	1.00	0.00	8.00
Weighted Daily Average			150	2.00	410	0	4.00	0.00	17.00	1.00	10.00
% of Calories				12.00%		0%	24.0%	0.0%	45.3%		26.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Thursday - 01/13/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990555 BRD: BAR, BENEFIT MINI MAPLE BROWN SUGAR WG IW	Each	1700	130	1.00	110	9	4.00	0.00	23.00	3.00	2.00

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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)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1700	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			230	2.50	230	20	6.50	0.00	34.00	3.00	10.00
% of Calories				9.78%		34.8%	25.4%	0.0%	59.1%		17.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Friday - 01/14/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990369 Danimals, Strawberry Banana Yogurt	ea	1700	70	0.00	55	10	0.00	0.00	14.00	0.00	4.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1700	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
Weighted Daily Average			190	1.00	170	18	3.50	0.00	35.00	1.00	6.00
% of Calories				4.74%		37.9%	16.6%	0.0%	73.7%		12.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Tuesday - 01/18/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1700	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00

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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)	Carb (g)	Fiber (g)	Protn (g)
826339 JUICE SS, Apple 100% 6oz Cart	Each	1700	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			200	1.00	135	27	3.50	0.00	41.00	1.00	2.00
% of Calories				4.50%		54.0%	15.8%	0.0%	82.0%		4.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Wednesday - 01/19/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831285 BRD: CRACK SS, Animal WG	Package	1700	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1700	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			220	2.50	235	19	6.00	0.00	33.00	2.00	10.00
% of Calories				10.23%		34.5%	24.5%	0.0%	60.0%		18.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Thursday - 01/20/2022

Reimbursable Meal Total 1600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	1600	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00

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Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
833274 CHEESE, CH STICK 1EA 1.0	Stick	1600	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
Weighted Daily Average			190	5.00	370	0	11.00	0.00	14.00	1.00	9.00
% of Calories				23.68%		0%	52.1%	0.0%	29.5%		18.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Friday - 01/21/2022

Reimbursable Meal Total 1600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990620 SNACK: CHIP SS, DORITO WHITE NACHO RF WG	Package	1600	130	1.00	170	1	5.00	0.00	20.00	2.00	2.00
826341 JUICE SS, Frit Bld 100% 6oz Crt	Each	1600	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			220	1.00	190	20	5.00	0.00	41.00	2.00	2.00
% of Calories				4.09%		36.4%	20.5%	0.0%	74.5%		3.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Monday - 01/24/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990382 BRD: CRACK SS, CHURRO CRUNCHER 1OZ WG (1BG)	Package	1700	110	0.00	75	8	2.50	0.00	21.00	2.00	2.00

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Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826339 JUICE SS, Apple 100% 6oz Cart	Each	1700	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			190	0.00	95	27	2.50	0.00	41.00	2.00	2.00
% of Calories				0.00%		56.8%	11.8%	0.0%	86.3%		4.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Tuesday - 01/25/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831289 BRD: CRACK SS, Chz-It WG	Package	1700	100	1.00	150	0	3.50	0.00	14.00	1.00	2.00
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1700	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			190	1.00	170	19	3.50	0.00	35.00	1.00	2.00
% of Calories				4.74%		40.0%	16.6%	0.0%	73.7%		4.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Wednesday - 01/26/2022

Reimbursable Meal Total 1600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	1600	160	0.50	130	14	4.00	0.00	30.00	3.00	2.00

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Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1600	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			260	2.00	250	25	6.50	0.00	41.00	3.00	10.00
% of Calories				6.92%		38.5%	22.5%	0.0%	63.1%		15.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Thursday - 01/27/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990598 BRD: CRACK SS, GOLDFISH GRAHAM GIANT VANILLA WG	Package	1700	120	1.00	105	7	4.00	0.00	19.00	1.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1700	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			220	2.50	225	18	6.50	0.00	30.00	1.00	9.00
% of Calories				10.23%		32.7%	26.6%	0.0%	54.5%		16.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Friday - 01/28/2022

Reimbursable Meal Total 1600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
832162 SNACK: CHIP SS, SNACK MIX WG	Package	1600	110	0.00	180	2	3.50	0.00	17.00	2.00	2.00

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Jan 3, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826339 JUICE SS, Apple 100% 6oz Cart	Each	1600	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			190	0.00	200	21	3.50	0.00	37.00	2.00	2.00
% of Calories				0.00%		44.2%	16.6%	0.0%	77.9%		4.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Monday - 01/31/2022

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)	Carb (g)	Fiber (g)	Protn (g)
831306 BRD: MUF AP, Choc 2oz WG (1BG)	Muffin	1800	200	2.00	135	17	6.00	0.00	32.00	3.00	4.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1800	100	1.50	120	11	2.50	0.00	11.00	0.00	8.00
Weighted Daily Average			300	3.50	255	28	8.50	0.00	43.00	3.00	12.00
% of Calories				10.50%		37.3%	25.5%	0.0%	57.3%		16.0%
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)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	218	2	225	19	5.55	0.00	34.85	1.70	6.70
% of Calories		7.51%		34.9%	22.9%	0.0%	63.9%		12.3%

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

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.