

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Menu Name: Head Start Grab & Go

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/02/2020

Reimbursable Meal Total 100

	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)
990108 Pancake Bites	-serving/3	100	191	2.65	386	3	9.76	0.00	15	20.33	2.78	5.29	0	42.0	0.00	1.58
001112 Juice, Fruit (box)	carton	100	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000544 Milk, 1% White	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			351	4.15	521	27	12.26	0.00	30	46.33	2.78	13.29	1000	362.0	61.20	1.58
% of Calories				10.64%		30.8%	31.4%	0.0%		52.8%		15.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Tuesday - 03/03/2020

Reimbursable Meal Total 100

	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)
990107 Bacon Scramble Burrito	Each	100	225	4.32	339	1	9.86	0.00	75	23.09	3.45	11.95	319	159.4	3.82	0.34
990112 Strawberry Cup	4.5 oz cup	100	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00	100	0.0	12.00	0.00

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Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000544 Milk, 1% White	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			415	5.82	459	30	12.36	0.00	90	56.09	5.45	20.95	919	459.4	17.02	0.34
% of Calories				12.62%		28.9%	26.8%	0.0%		54.1%		20.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Wednesday - 03/04/2020

Reimbursable Meal Total 100

	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)
990087 Breakfast Scramble Pizza	3 oz	100	244	2.25	398	4	9.96	0.00	45	28.33	2.98	10.49	2	15.0	0.00	10.18
990123 CRANBERRIES DRIED INDIV PORTIONS	Each	100	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00
000544 Milk, 1% White	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			454	3.75	518	39	12.46	0.00	60	67.33	5.98	18.49	502	315.0	1.20	10.18
% of Calories				7.43%		34.4%	24.7%	0.0%		59.3%		16.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Thursday - 03/05/2020

Reimbursable Meal Total 100

	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)
990104 Cinnamon Toast Crunch Filled Bar	Each	100	250	3.00	280	14	8.00	0.00	5	40.00	2.00	6.00	100	20.0	0.00	1.44
990073 Orange Smiles *RESIZED*	1/4 EACH	100	20	0.00	0	4	0.00	0.00	0	4.75	0.75	0.25	25	15.0	19.50	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000544 Milk, 1% White	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			370	4.50	400	28	10.50	0.00	20	55.75	2.75	14.25	625	335.0	20.70	1.44
% of Calories				10.95%		30.3%	25.5%	0.0%		60.3%		15.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Friday - 03/06/2020

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)
000145 NO SCHOOL TODAY																
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			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Monday - 03/09/2020

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)
000237 Choc Chocolate Chip Muffin	each	100	190	1.00	135	15	7.00	0.00	1	30.00	1.00	2.00	0	0.0	0.00	0.72
001264 Applesauce, Cup CACFP .14	4.5 oz cup	100	45	0.00	0	10	0.00	0.00	0	12.44	0.89	0.00	36	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
001261 LF White Milk CACFP .27	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			33533	250.00	25500	3578	950.00	0.00	1600	5344.44	188.90	1000.00	53556	30000.0	120.00	72.00
% of Calories				6.71%		42.7%	25.5%	0.0%		63.8%		11.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Tuesday - 03/10/2020

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)
001237 Yogurt/Cinnamon Toast Crunch	each	100	287	1.83	258	27	4.83	0.00	8	58.00	3.00	7.00	537	450.0	5.60	3.60
001263 100% Juice CACFP .15	4.23 oz carton	100	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
001261 LF White Milk CACFP .27	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			44667	333.33	39333	5067	733.33	0.00	2333	8400.00	300.00	1500.00	153667	77000.0	6680.00	360.00
% of Calories				6.72%		45.4%	14.8%	0.0%		75.2%		13.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Wednesday - 03/11/2020

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)
008092 Long John	each	100	321	8.32	369	12	17.88	*0.00	0	35.95	3.25	5.23	152	24.4	0.00	1.54
000959 Raisels	Each	100	130	0.00	0	28	0.00	0.00	0	35.00	1.00	1.00	140	20.0	102.00	0.72

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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)
001261 LF White Milk CACFP .27	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			55064	982.14	48936	5141	2037.87	*0.00	1506	8194.95	424.90	1422.80	79242	34444.7	10320.00	225.90
% of Calories				16.05%		37.3%	33.3%	*0.0%		59.5%		10.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Thursday - 03/12/2020

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)
000958 French Toast Minis	Each	100	210	1.50	270	11	6.00	0.00	0	36.00	4.00	5.00	500	100.0	0.00	2.70
001269 Apples, Sliced CACFP .26	2 oz pkg	100	30	0.00	0	6	0.00	0.00	0	70.00	0.00	0.00	0	20.0	12.00	0.00
001261 LF White Milk CACFP .27	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			34000	300.00	39000	2800	850.00	0.00	1500	11700.00	400.00	1300.00	100000	42000.0	1320.00	270.00
% of Calories				7.94%		32.9%	22.5%	0.0%		137.6%		15.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Friday - 03/13/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000145 NO SCHOOL TODAY																
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			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Monday - 03/16/2020

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)
000145 NO SCHOOL TODAY																
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			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Tuesday - 03/17/2020

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)
000145 NO SCHOOL TODAY																
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			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Wednesday - 03/18/2020

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)
000145 NO SCHOOL TODAY																
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			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Thursday - 03/19/2020

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)
000145 NO SCHOOL TODAY																
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			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Friday - 03/20/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000145 NO SCHOOL TODAY																
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			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Monday - 03/23/2020

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000237 Choc Chocolate Chip Muffin	each	100	190	1.00	135	15	7.00	0.00	1	30.00	1.00	2.00	0	0.0	0.00	0.72
001264 Applesauce, Cup CACFP .14	4.5 oz cup	100	45	0.00	0	10	0.00	0.00	0	12.44	0.89	0.00	36	0.0	0.00	0.00
001261 LF White Milk CACFP .27	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			33533	250.00	25500	3578	950.00	0.00	1600	5344.44	188.90	1000.00	53556	30000.0	120.00	72.00
% of Calories				6.71%		42.7%	25.5%	0.0%		63.8%		11.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Tuesday - 03/24/2020

Reimbursable Meal Total 100

	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)
000948 Confetti Pancake Minis	Pouch	100	220	1.00	300	11	7.00	0.00	10	36.00	4.00	4.00	1000	40.0	0.00	3.60
990043 Strawberries: frozen *RESIZED*	1/4 cup	100	66	0.00	0	14	0.00	0.00	0	15.50	1.00	0.50	72	10.0	10.50	0.18

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Mar 1, 2020 thru Mar 31, 2020

	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)
000544 Milk, 1% White	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			386	2.50	420	36	9.50	0.00	25	62.50	5.00	12.50	1572	350.0	11.70	3.78
% of Calories				5.83%		37.3%	22.2%	0.0%		64.8%		13.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Wednesday - 03/25/2020

Reimbursable Meal Total 100

	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)
990087 Breakfast Scramble Pizza	3 oz	100	244	2.25	398	4	9.96	0.00	45	28.33	2.98	10.49	2	15.0	0.00	10.18
001263 100% Juice CACFP .15	4.23 oz carton	100	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000544 Milk, 1% White	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			404	3.75	533	28	12.46	0.00	60	54.33	2.98	18.49	1002	335.0	61.20	10.18
% of Calories				8.35%		27.7%	27.8%	0.0%		53.8%		18.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Thursday - 03/26/2020

Reimbursable Meal Total 100

	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)
001086 Cinnaminis	bag	100	240	2.00	300	15	8.00	0.00	0	40.00	2.00	5.00	75	40.0	0.00	1.44
000594 Apples, sliced, fresh	2 oz	100	18	0.00	0	5	0.06	0.00	0	4.82	0.84	0.09	25	2.5	1.52	0.04

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Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000544 Milk, 1% White	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			358	3.50	420	31	10.56	0.00	15	55.82	2.84	13.09	600	342.5	2.72	1.48
% of Calories				8.80%		34.6%	26.5%	0.0%		62.4%		14.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Friday - 03/27/2020

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)
000145 NO SCHOOL TODAY																
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			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Monday - 03/30/2020

Reimbursable Meal Total 100

	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)
990099 Apple Oatmeal Bar	Each	100	140	0.50	90	9	4.50	0.00	5	23.00	1.00	2.00	0	10.0	0.00	1.00
001264 Applesauce, Cup CACFP .14	4.5 oz cup	100	45	0.00	0	10	0.00	0.00	0	12.44	0.89	0.00	36	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
001261 LF White Milk CACFP .27	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			285	2.00	210	30	7.00	0.00	20	46.44	1.89	10.00	536	310.0	1.20	1.00
% of Calories				6.32%		42.1%	22.1%	0.0%		65.2%		14.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

Tuesday - 03/31/2020

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990103 Filled Crescent Roll, Chocolate	Each	100	230	2.00	270	10	8.00	0.00	0	37.00	2.00	6.00	0	20.0	0.00	1.44
001263 100% Juice CACFP .15	4.23 oz carton	100	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
001261 LF White Milk CACFP .27	half pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			39000	350.00	40500	3400	1050.00	0.00	1500	6300.00	200.00	1400.00	100000	34000.0	6120.00	144.00
% of Calories				8.08%		34.9%	24.2%	0.0%		64.6%		14.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

	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	17344	178	15875	1701	475.59	*0.00	740	3266.32	123.74	553.13	39056	17875	1775.50	83.85
% of Calories		9.25%		39.2%	24.7%	*0.0%		75.3%		12.8%				

Base Menu Spreadsheet

Lee's Summit R-7 School District

Portion Values

Mar 1, 2020 thru Mar 31, 2020

**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.*