

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

**Menu Name:** Head Start Snack

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 03/02/2020

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
001266	Grahams, Teddy CACFP .18	28 gram pkg	100	120	1.00	125	8	4.00	0.00	0	21.00	1.00	2.00	500	100.0	0.00	0.72
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				220	2.50	245	19	6.50	0.00	15	32.00	1.00	10.00	1000	400.0	1.20	0.72
% of Calories				10.23%		34.5%	26.6%	0.0%		58.2%		18.2%					
Weekly Nutrient Guideline				550 - 650	<10	1230		<=35									

### Tuesday - 03/03/2020

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
001262	Co Jack Cheese CACFP .23	1 oz stick	100	90	4.00	200	0	6.00	0.00	20	1.00	0.00	7.00	500	150.0	0.00	0.00
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
Weighted Daily Average				150	4.00	215	13	6.00	0.00	20	16.00	0.00	7.00	1000	170.0	60.00	0.00
% of Calories				24.00%		34.7%	36.0%	0.0%		42.7%		18.7%					
Weekly Nutrient Guideline				550 - 650	<10	1230		<=35									

### Wednesday - 03/04/2020

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			145	1.50	120	21	2.50	0.00	15	23.44	0.89	8.00	536	300.0	1.20	0.00
% of Calories				9.31%		57.9%	15.5%	0.0%		64.7%		22.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

### Thursday - 03/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001265 Carrots, Baby CACFP .15	2 oz bag	100	25	0.00	55	3	0.00	0.00	0	6.00	2.00	1.00	9500	20.0	2.40	0.72
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
Weighted Daily Average			85	0.00	70	16	0.00	0.00	0	21.00	2.00	1.00	10000	40.0	62.40	0.72
% of Calories				0.00%		75.3%	0.0%	0.0%		98.8%		4.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

### Friday - 03/06/2020

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			550 - 650	<10	1230		<=35									

### Monday - 03/09/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001260 Goldfish Pretzels CACFP .19	1 oz bag	100	130	1.00	140	8	4.50	0.00	0	21.00	2.00	2.00	0	20.0	0.00	0.72
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			230	2.50	260	19	7.00	0.00	15	32.00	2.00	10.00	500	320.0	1.20	0.72
% of Calories				9.78%		33.0%	27.4%	0.0%		55.7%		17.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

### Tuesday - 03/10/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001267 Cheezits WG CACFP .22	21 gram pkg	100	130	1.00	200	0	4.00	0.00	5	19.00	2.00	3.00	500	100.0	0.00	1.08

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			190	1.00	215	13	4.00	0.00	5	34.00	2.00	3.00	1000	120.0	60.00	1.08
% of Calories				4.74%		27.4%	18.9%	0.0%		71.6%		6.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

### Wednesday - 03/11/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001268 Choc Chip Muffin CACFP .28	2 oz muffin	100	190	1.00	135	15	7.00	0.00	1	30.00	1.00	2.00	0	0.0	0.00	0.72
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			290	2.50	255	26	9.50	0.00	16	41.00	1.00	10.00	500	300.0	1.20	0.72
% of Calories				7.76%		35.9%	29.5%	0.0%		56.6%		13.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

### Thursday - 03/12/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			90	0.00	15	19	0.00	0.00	0	85.00	0.00	0.00	500	40.0	72.00	0.00
% of Calories				0.00%		84.4%	0.0%	0.0%		377.8%		0.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

### Friday - 03/13/2020

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			550 - 650	<10	1230		<=35									

### Monday - 03/16/2020

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			550 - 650	<10	1230		<=35									

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

### Tuesday - 03/17/2020

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			550 - 650	<10	1230		<=35									

### Wednesday - 03/18/2020

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			550 - 650	<10	1230		<=35									

### Thursday - 03/19/2020

#### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			550 - 650	<10	1230		<=35									

### Friday - 03/20/2020

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			550 - 650	<10	1230		<=35									

### Monday - 03/23/2020

#### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001260 Goldfish Pretzels CACFP .19	1 oz bag	100	130	1.00	140	8	4.50	0.00	0	21.00	2.00	2.00	0	20.0	0.00	0.72

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			230	2.50	260	19	7.00	0.00	15	32.00	2.00	10.00	500	320.0	1.20	0.72
% of Calories				9.78%		33.0%	27.4%	0.0%		55.7%		17.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

### Tuesday - 03/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001267 Cheezits WG CACFP .22	21 gram pkg	100	130	1.00	200	0	4.00	0.00	5	19.00	2.00	3.00	500	100.0	0.00	1.08
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
Weighted Daily Average			190	1.00	215	13	4.00	0.00	5	34.00	2.00	3.00	1000	120.0	60.00	1.08
% of Calories				4.74%		27.4%	18.9%	0.0%		71.6%		6.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

### Wednesday - 03/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001268 Choc Chip Muffin CACFP .28	2 oz muffin	100	190	1.00	135	15	7.00	0.00	1	30.00	1.00	2.00	0	0.0	0.00	0.72



# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			290	2.50	255	26	9.50	0.00	16	41.00	1.00	10.00	500	300.0	1.20	0.72
% of Calories				7.76%		35.9%	29.5%	0.0%		56.6%		13.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

### Thursday - 03/26/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			90	0.00	15	19	0.00	0.00	0	85.00	0.00	0.00	500	40.0	72.00	0.00
% of Calories				0.00%		84.4%	0.0%	0.0%		377.8%		0.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

### Friday - 03/27/2020

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			550 - 650	<10	1230		<=35									

### Monday - 03/30/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001266 Grahams, Teddy CACFP .18	28 gram pkg	100	120	1.00	125	8	4.00	0.00	0	21.00	1.00	2.00	500	100.0	0.00	0.72
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			220	2.50	245	19	6.50	0.00	15	32.00	1.00	10.00	1000	400.0	1.20	0.72
% of Calories				10.23%		34.5%	26.6%	0.0%		58.2%		18.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

### Tuesday - 03/31/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001262 Co Jack Cheese CACFP .23	1 oz stick	100	90	4.00	200	0	6.00	0.00	20	1.00	0.00	7.00	500	150.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			150	4.00	215	13	6.00	0.00	20	16.00	0.00	7.00	1000	170.0	60.00	0.00
% of Calories				24.00%		34.7%	36.0%	0.0%		42.7%		18.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	184	2	186	18	4.89	0.00	11	37.46	1.06	6.36	1395	217	32.49	0.51
% of Calories		9.24%		39.1%	23.9%	0.0%		81.4%		13.8%				

- \*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
- <sup>1</sup> - denotes required nutrient values
- <sup>2</sup> - 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.**