

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: Head Start Grab & Go

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 09/03/2019

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)
001235 Turkey bacon/egg/cheese Bosco	Each	100	170	3.00	380	1	7.00	0.00	60	17.00	0.00	9.00	200	150.0	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
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	4.50	500	16	9.50	0.00	75	32.75	0.75	17.25	725	465.0	20.70	1.44
% of Calories				13.97%		22.1%	29.5%	0.0%		45.2%		23.8%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Wednesday - 09/04/2019

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)
990100 Cereal Bar, Fruity Cheerios	Each	100	150	1.00	95	9	4.00	0.00	0	29.00	3.00	3.00	200	200.0	1.20	1.80
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

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			390	1.00	222	55	4.00	0.00	3	83.00	4.00	12.00	840	520.0	104.40	2.52
% of Calories				2.31%		56.4%	9.2%	0.0%		85.1%		12.3%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Thursday - 09/05/2019

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)	Vlt-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
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
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			390	3.00	407	38	8.00	0.00	8	129.00	2.00	14.00	600	340.0	13.20	1.44
% of Calories				6.92%		39.0%	18.5%	0.0%		132.3%		14.4%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Friday - 09/06/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Monday - 09/09/2019

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)
000237 Blueberry 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
008039 Applesauce, Rosey	1/2 cup	100	64	0.00	116	*11	0.00	*0.00	0	14.90	0.96	3.26	77	0.1	20.35	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			399	2.50	371	*46	9.50	*0.00	16	68.34	2.85	13.26	613	300.1	21.55	0.72
% of Calories				5.64%		*46.1%	21.4%	*0.0%		68.5%		13.3%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Tuesday - 09/10/2019

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)
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

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
990049 Mandarin Oranges *RESIZED*	1/4 cup	100	39	0.00	4	10	0.00	0.00	0	10.30	0.64	0.00	547	0.0	12.75	0.23
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			359	2.50	424	32	9.50	0.00	25	57.30	4.64	12.00	2047	340.0	13.95	3.83
% of Calories				6.27%		35.7%	23.8%	0.0%		63.8%		13.4%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Wednesday - 09/11/2019

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)
990101 Cereal Bar, Golden Grahams	Each	100	150	0.00	110	9	3.00	0.00	0	30.00	3.00	2.00	100	200.0	0.00	1.44
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
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			380	1.50	230	48	5.50	0.00	15	76.00	4.00	11.00	740	520.0	103.20	2.16
% of Calories				3.55%		50.5%	13.0%	0.0%		80.0%		11.6%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Thursday - 09/12/2019

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)
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

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
000688 Peach Cup	Serving	100	118	0.00	8	16	0.16	0.00	0	29.98	2.20	0.79	355	4.0	117.80	0.46
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			428	3.00	398	38	8.66	0.00	15	76.98	6.20	13.79	1355	404.0	119.00	3.16
% of Calories				6.31%		35.5%	18.2%	0.0%		71.9%		12.9%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Friday - 09/13/2019

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)
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			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Monday - 09/16/2019

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)
990097 Blueberry Pomegranate Oatmeal Bar	each	100	140	0.50	75	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

Sep 3, 2019 thru Sep 30, 2019

	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			285	2.00	195	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			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Tuesday - 09/17/2019

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)
001235 Turkey bacon/egg/cheese Bosco	Each	100	170	3.00	380	1	7.00	0.00	60	17.00	0.00	9.00	200	150.0	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
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	4.50	500	16	9.50	0.00	75	32.75	0.75	17.25	725	465.0	20.70	1.44
% of Calories				13.97%		22.1%	29.5%	0.0%		45.2%		23.8%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Wednesday - 09/18/2019

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)
990100 Cereal Bar, Fruity Cheerios	Each	100	150	1.00	95	9	4.00	0.00	0	29.00	3.00	3.00	200	200.0	1.20	1.80
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

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			390	1.00	222	55	4.00	0.00	3	83.00	4.00	12.00	840	520.0	104.40	2.52
% of Calories				2.31%		56.4%	9.2%	0.0%		85.1%		12.3%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Thursday - 09/19/2019

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
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
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			390	3.00	407	38	8.00	0.00	8	129.00	2.00	14.00	600	340.0	13.20	1.44
% of Calories				6.92%		39.0%	18.5%	0.0%		132.3%		14.4%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Friday - 09/20/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Monday - 09/23/2019

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)
000237 Blueberry 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
008039 Applesauce, Rosey	1/2 cup	100	64	0.00	116	*11	0.00	*0.00	0	14.90	0.96	3.26	77	0.1	20.35	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			399	2.50	371	*46	9.50	*0.00	16	68.34	2.85	13.26	613	300.1	21.55	0.72
% of Calories				5.64%		*46.1%	21.4%	*0.0%		68.5%		13.3%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Tuesday - 09/24/2019

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)
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

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
990049 Mandarin Oranges *RESIZED*	1/4 cup	100	39	0.00	4	10	0.00	0.00	0	10.30	0.64	0.00	547	0.0	12.75	0.23
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			359	2.50	424	32	9.50	0.00	25	57.30	4.64	12.00	2047	340.0	13.95	3.83
% of Calories				6.27%		35.7%	23.8%	0.0%		63.8%		13.4%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Wednesday - 09/25/2019

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)
990101 Cereal Bar, Golden Grahams	Each	100	150	0.00	110	9	3.00	0.00	0	30.00	3.00	2.00	100	200.0	0.00	1.44
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
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			380	1.50	230	48	5.50	0.00	15	76.00	4.00	11.00	740	520.0	103.20	2.16
% of Calories				3.55%		50.5%	13.0%	0.0%		80.0%		11.6%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Thursday - 09/26/2019

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)
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

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
000688 Peach Cup	Serving	100	118	0.00	8	16	0.16	0.00	0	29.98	2.20	0.79	355	4.0	117.80	0.46
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			428	3.00	398	38	8.66	0.00	15	76.98	6.20	13.79	1355	404.0	119.00	3.16
% of Calories				6.31%		35.5%	18.2%	0.0%		71.9%		12.9%				
Weekly Nutrient Guideline			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Friday - 09/27/2019

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)
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			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

Monday - 09/30/2019

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)
990097 Blueberry Pomegranate Oatmeal Bar	each	100	140	0.50	75	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

Sep 3, 2019 thru Sep 30, 2019

	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			285	2.00	195	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			450 - 0	<10			<=30					6.00	625	200.00	11.25	2.50

- *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.