

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: Head Start Snack

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)	Protrn (g)	Vit-A (IU)	Calc ^m (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			0 - 0	<10	1230		<=35									

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)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990111 Blueberry Muffin CACFP .30	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
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			0 - 0	<10	1230		<=35									

Thursday - 09/05/2019

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)
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			0 - 0	<10	1230		<=35									

Friday - 09/06/2019

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)
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			0 - 0	<10	1230		<=35									

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)
001266 Grahams, Elf 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

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)
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			0 - 0	<10	1230		<=35									

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)	Calcm (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			0 - 0	<10	1230		<=35									

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)	Calcm (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

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			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			0 - 0	<10	1230		<=35									

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)
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			0 - 0	<10	1230		<=35									

Friday - 09/13/2019

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			0 - 0	<10	1230		<=35									

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990110 Blueberry Lemon Bites CACFP	each	100	120	0.50	70	8	4.00	0.00	0	21.00	2.00	2.00	0	10.0	0.00	1.00
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			220	2.00	190	19	6.50	0.00	15	32.00	2.00	10.00	500	310.0	1.20	1.00
% of Calories				8.18%		34.5%	26.6%	0.0%		58.2%		18.2%				
Weekly Nutrient Guideline			0 - 0	<10	1230		<=35									

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)
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

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)
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			0 - 0	<10	1230		<=35									

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)
990111 Blueberry Muffin CACFP .30	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
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			0 - 0	<10	1230		<=35									

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)
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

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)
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			0 - 0	<10	1230		<=35									

Friday - 09/20/2019

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)
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			0 - 0	<10	1230		<=35									

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)
001266 Grahams, Elf 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

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)
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			0 - 0	<10	1230		<=35									

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)	Calcm (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			0 - 0	<10	1230		<=35									

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)	Calcm (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

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			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			0 - 0	<10	1230		<=35									

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)
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			0 - 0	<10	1230		<=35									

Friday - 09/27/2019

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			0 - 0	<10	1230		<=35									

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990110 Blueberry Lemon Bites CACFP	each	100	120	0.50	70	8	4.00	0.00	0	21.00	2.00	2.00	0	10.0	0.00	1.00
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			220	2.00	190	19	6.50	0.00	15	32.00	2.00	10.00	500	310.0	1.20	1.00
% of Calories				8.18%		34.5%	26.6%	0.0%		58.2%		18.2%				
Weekly Nutrient Guideline			0 - 0	<10	1230		<=35									

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.