

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

**Menu Name:** Head Start Grab & Go

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Wednesday - 12/01/2021

### 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000237 Choc Chocolate Chip Muffin	each	1	190	1.00	135	15	7.00	0.00	1	30.00	1.00	2.00	0	0.0	0.00	0.72
000005 Applesauce, Cup	each	1	45	0.00	0	10	0.00	0.00	0	12.44	0.89	0.00	36	0.0	0.00	0.00
000544 Milk, 1% White	half pint	1	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			335	2.50	255	36	9.50	0.00	16	53.44	1.89	10.00	536	300.0	1.20	0.72
% of Calories				6.72%		43.0%	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

### Thursday - 12/02/2021

### 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990171 Breakfast Bagel Pizza-Cheese	each	1	220	3.00	430	3	6.00	0.00	15	30.00	4.00	14.00	6	20.0	15.00	8.00
000594 Apples, sliced, fresh	2 oz	1	18	0.00	0	5	0.06	0.00	0	4.82	0.84	0.09	25	2.5	1.52	0.05

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## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
000544 Milk, 1% White	half pint	1	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			338	4.50	550	19	8.56	0.00	30	45.82	4.84	22.09	531	322.5	17.72	8.05
% of Calories				11.98%		22.5%	22.8%	0.0%		54.2%		26.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

### Monday - 12/06/2021

### 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000948 Confetti Pancake Minis	Pouch	1	220	1.00	300	11	7.00	0.00	10	36.00	4.00	4.00	1000	40.0	0.00	3.60
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000544 Milk, 1% White	half pint	1	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	2.50	430	36	9.50	0.00	25	63.00	4.00	12.00	1570	340.0	6.00	3.60
% of Calories				5.92%		37.9%	22.5%	0.0%		66.3%		12.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

### Tuesday - 12/07/2021

### 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990157 GoGurt/Cinnamon Toast Crunch Pouch	1	1	285	0.00	350	21	6.50	0.00	5	52.00	2.00	4.00	808	128.0	7.20	5.40
000754 Fruit Cup-Canned/Frozen	1/2 cup	1	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
000544 Milk, 1% White	half pint	1	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			457	1.51	474	*43	9.08	0.00	20	81.60	3.32	12.46	1787	434.6	15.57	5.81
% of Calories				2.97%		*37.6%	17.9%	0.0%		71.4%		10.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

### Wednesday - 12/08/2021

### 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001086 Cinnaminis	Each	1	240	1.50	270	14	6.99	0.00	0	39.95	3.00	4.00	0	30.0	0.00	1.44
000085 Orange Smiles	1/2 EACH	1	40	0.00	0	7	0.00	0.00	0	9.50	1.50	0.50	50	30.0	39.00	0.00
000544 Milk, 1% White	half pint	1	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	3.00	390	32	9.49	0.00	15	60.45	4.50	12.50	550	360.0	40.20	1.44
% of Calories				7.11%		33.7%	22.5%	0.0%		63.6%		13.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

### Thursday - 12/09/2021

### 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000958 French Toast Minis	Each	1	210	1.50	270	11	6.00	0.00	0	36.00	4.00	5.00	500	100.0	0.00	2.70
000959 Raisels	Each	1	177	0.00	6	34	0.00	0.00	0	40.95	2.21	1.11	0	22.1	0.00	0.40

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Dec 1, 2021 thru Dec 21, 2021

	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)
000544 Milk, 1% White	half pint	1	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			487	3.00	396	56	8.50	0.00	15	87.95	6.21	14.11	1000	422.1	1.20	3.10
% of Calories				5.54%		46.0%	15.7%	0.0%		72.2%		11.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

### Monday - 12/13/2021

#### 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)
990155 Strawberry Mini Bagel	Each	1	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00	2	2.0	0.00	8.00
000754 Fruit Cup-Canned/Frozen	1/2 cup	1	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000544 Milk, 1% White	half pint	1	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			402	3.51	314	*35	8.58	0.00	25	71.60	3.32	14.46	981	308.6	8.37	8.41
% of Calories				7.86%		*34.8%	19.2%	0.0%		71.2%		14.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

### Tuesday - 12/14/2021

#### 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)
990104 Cinnamon Toast Crunch Filled Bar	Each	1	250	3.00	280	14	8.00	0.00	5	40.00	2.00	6.00	100	20.0	0.00	1.44
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00

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Dec 1, 2021 thru Dec 21, 2021

	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)
000544 Milk, 1% White	half pint	1	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			410	4.50	410	39	10.50	0.00	20	67.00	2.00	14.00	670	320.0	6.00	1.44
% of Calories				9.88%		38.0%	23.0%	0.0%		65.4%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

### Wednesday - 12/15/2021

### 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000799 Sausage Biscuit	each	1	487	12.52	977	2	33.63	0.00	40	32.30	1.52	12.52	10	80.0	0.00	1.44
000688 Peach Cup	Serving	1	118	0.00	8	16	0.16	0.00	0	29.98	2.20	0.79	355	4.0	117.80	0.46
000544 Milk, 1% White	half pint	1	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			705	14.02	1105	29	36.29	0.00	55	73.28	3.72	21.31	865	384.0	119.00	1.90
% of Calories				17.90%		16.5%	46.3%	0.0%		41.6%		12.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

### Thursday - 12/16/2021

### 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000557 Poptart, S'mores	Pkg 2 ct	1	400	1.00	400	*N/A*	12.00	0.00	0	75.00	1.00	4.00	500	0.0	0.00	1.80
000594 Apples, sliced, fresh	2 oz	1	18	0.00	0	5	0.06	0.00	0	4.82	0.84	0.09	25	2.5	1.52	0.05

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
000544 Milk, 1% White	half pint	1	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			518	2.50	520	*16	14.56	0.00	15	90.82	1.84	12.09	1025	302.5	2.72	1.85
% of Calories				4.34%		*12.4%	25.3%	0.0%		70.1%		9.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

### Monday - 12/20/2021

#### 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000237 Choc Chocolate Chip Muffin	each	1	190	1.00	135	15	7.00	0.00	1	30.00	1.00	2.00	0	0.0	0.00	0.72
000005 Applesauce, Cup	each	1	45	0.00	0	10	0.00	0.00	0	12.44	0.89	0.00	36	0.0	0.00	0.00
000544 Milk, 1% White	half pint	1	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			335	2.50	255	36	9.50	0.00	16	53.44	1.89	10.00	536	300.0	1.20	0.72
% of Calories				6.72%		43.0%	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 - 12/21/2021

#### 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001284 Chicken Breakfast Biscuit	each	1	300	5.00	650	2	14.00	0.00	20	31.00	1.00	12.00	10	80.0	42.00	2.16
000754 Fruit Cup-Canned/Frozen	1/2 cup	1	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41

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## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
000544 Milk, 1% White	half pint	1	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			472	6.51	774	*24	16.58	0.00	35	60.60	2.32	20.46	989	386.6	50.37	2.57
% of Calories				12.41%		*20.3%	31.6%	0.0%		51.4%		17.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					6.00	625	200.00	11.25	2.50

			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			435	4	489	*33	12.55	0.00	24	67.42	3.32	14.62	920	348	22.46	3.30
% of Calories				8.71%		*30.3%	26.0%	0.0%		62.0%		13.4%				

- \*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.**