

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

Menu Name: Head Start Lunch

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 12/01/2021

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)
000149 Cheeseburger on Bun	each	1	265	3.99	403	*1	12.30	0.00	44	20.92	2.00	19.45	152	154.1	0.00	2.06
008044 Peas, Seasoned	1/2 cup	1	73	0.60	60	4	1.11	0.00	2	12.04	3.77	4.30	1785	20.2	8.26	1.27
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
000222 Ketchup packet	packet	1	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			488	6.09	608	*25	15.90	0.00	61	55.46	7.27	32.26	2497	504.3	48.46	3.34
% of Calories				11.23%		*20.5%	29.3%	0.0%		45.5%		26.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Thursday - 12/02/2021

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)
000613 Spaghetti & Meatballs	servings	1	371	3.50	703	4	11.68	0.00	36	46.47	4.06	18.91	597	108.2	7.87	4.48
008096 Green Beans, Seasoned	1/2 cup	1	43	1.17	217	2	1.84	0.00	5	5.03	3.14	1.60	377	31.6	1.89	0.58
001216 Applesauce	1/2 cup	1	49	0.00	2	11	0.00	0.00	0	13.51	0.96	0.96	77	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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	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			563	6.17	1042	27	16.02	0.00	56	76.02	8.17	29.48	1551	439.7	10.95	5.06
% of Calories				9.86%		19.2%	25.6%	0.0%		54.0%		20.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Monday - 12/06/2021

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)
001000 Chicken Nuggets	serving/5	1	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
000505 Mashed Potatoes	1/2 cup	1	164	0.46	627	3	1.72	0.00	0	34.93	2.56	3.72	13	40.4	58.95	0.54
008047 Gravy, Brown Fat Free	2 oz	1	25	0.00	143	1	1.01	0.00	0	4.05	0.00	0.00	5	1.1	0.00	0.00
000098 Strawberries: frozen	1/2 cup	1	73	0.00	1	14	0.00	0.00	0	18.63	1.62	0.00	117	16.2	17.01	0.29
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			562	3.96	1292	28	15.23	0.00	50	81.61	6.18	26.72	735	377.7	155.16	2.64
% of Calories				6.34%		19.9%	24.4%	0.0%		58.1%		19.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Tuesday - 12/07/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
001251 Tacos, Beef Hard Shells (Crumbles)	2 tacos each	1	253	7.73	419	3	15.39	*0.00	34	16.92	3.15	12.33	715	101.1	2.36	1.53
001167 Spanish Rice	1/2 cup	1	46	0.12	145	*1	0.77	*0.00	0	8.46	0.06	0.48	691	1.7	8.29	1.80
001021 Pears, Chilled	1/2 cup	1	78	0.00	6	16	0.00	0.00	0	20.76	2.60	0.00	71	0.0	1.56	0.47
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			477	9.35	690	*31	18.66	*0.00	49	57.14	5.81	20.80	1977	402.7	13.40	3.79
% of Calories				17.64%		*26.0%	35.2%	*0.0%		47.9%		17.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Wednesday - 12/08/2021

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)
990224 Pepperoni Pizza Rippers	oz	1	72	1.25	138	1	3.25	0.00	6	6.75	0.75	4.00	0	3.8	0.00	2.50
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000437 Peaches: canned, light syrup	1/2 cup	1	76	0.00	13	14	0.00	0.00	0	17.76	0.00	0.00	381	0.0	1.52	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
000418 Dressing, Ranch RC	TBSP	1	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			321	3.28	443	*29	9.37	0.00	26	43.84	3.21	13.96	10824	355.0	15.18	4.07
% of Calories				9.20%		*36.1%	26.3%	0.0%		54.6%		17.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

Thursday - 12/09/2021

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 (mg)	Vit-C (mg)	Iron (mg)
000277 Macaroni & Cheese	Cup	1	563	16.26	876	7	29.09	*0.00	79	48.62	2.04	23.71	1158	466.4	0.00	1.86
008044 Peas, Seasoned	1/2 cup	1	73	0.60	60	4	1.11	0.00	2	12.04	3.77	4.30	1785	20.2	8.26	1.27
000419 Fruit Cocktail:canned,lt syrup	1/2 cup	1	64	0.00	5	13	0.00	0.00	0	16.10	1.07	1.07	215	0.0	1.29	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			801	18.36	1062	35	32.70	*0.00	97	87.76	6.88	37.09	3657	786.6	10.75	3.13
% of Calories				20.63%		17.5%	36.7%	*0.0%		43.8%		18.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Monday - 12/13/2021

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 (mg)	Vit-C (mg)	Iron (mg)
001000 Chicken Nuggets	serving/5	1	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
008096 Green Beans, Seasoned	1/2 cup	1	43	1.17	217	2	1.84	0.00	5	5.03	3.14	1.60	377	31.6	1.89	0.58
000927 Frozen Swirl Cup	each	1	70	0.00	5	16	0.00	0.00	0	19.00	3.00	0.00	200	80.0	60.00	0.36

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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	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			413	4.67	742	29	14.34	0.00	55	48.03	8.14	24.60	1177	431.6	141.09	2.74
% of Calories				10.18%		28.1%	31.2%	0.0%		46.5%		23.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Tuesday - 12/14/2021

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)
000470 Chicken Patty/Bun	sandwich	1	390	2.00	700	2	12.00	0.00	50	44.00	4.00	25.00	200	108.0	0.00	3.08
001003 Corn, Seasoned	1/2 cup	1	80	1.12	15	3	2.75	0.00	5	14.86	1.98	1.98	109	3.1	2.07	0.28
000422 Grapes,Fresh	1/2 cup	1	33	0.00	5	7	0.00	0.00	0	8.40	0.36	0.00	37	7.3	0.44	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
000222 Ketchup packet	packet	1	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			613	4.62	865	25	17.25	0.00	70	80.26	6.35	34.98	855	418.4	3.71	3.36
% of Calories				6.78%		16.3%	25.3%	0.0%		52.4%		22.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Wednesday - 12/15/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
000890 Pizza, Big Daddy, Cheese	slice	1	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
990153 Celery Sticks	1	1	7	0.02	40	1	0.09	0.00	0	1.50	0.81	0.35	227	20.2	1.57	0.10
008039 Applesauce, Rosey	1/2 cup	1	64	0.00	116	*11	0.00	*0.00	0	14.90	0.96	3.26	77	0.1	20.35	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
000418 Dressing, Ranch RC	TBSP	1	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			606	11.02	982	*31	23.09	*0.00	60	69.90	3.77	30.61	1304	570.3	23.12	2.80
% of Calories				16.37%		*20.5%	34.3%	*0.0%		46.1%		20.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Thursday - 12/16/2021

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)
000661 Bosco Sticks/Marinara Sauce	serving 2	1	472	7.00	780	5	14.81	0.00	30	59.63	3.60	24.01	0	444.2	0.00	4.00
000433 Mixed Vegetables	4 oz	1	74	0.89	82	4	1.40	0.00	4	12.30	2.29	3.05	813	0.2	3.66	0.28
001021 Pears, Chilled	1/2 cup	1	78	0.00	6	16	0.00	0.00	0	20.76	2.60	0.00	71	0.0	1.56	0.47
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			724	9.39	988	36	18.71	0.00	49	103.69	8.49	35.06	1384	744.4	6.41	4.75
% of Calories				11.67%		19.9%	23.3%	0.0%		57.3%		19.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

Monday - 12/20/2021

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)
000722 Meatball Grinder	sandwiches	1	349	4.08	543	5	13.70	0.00	36	35.52	3.75	19.92	306	142.6	6.78	3.98
000620 Fresh Vegetables with Dip	4 oz	1	39	0.06	63	3	0.31	0.00	0	8.37	2.73	1.84	9530	36.4	42.29	0.50
000419 Fruit Cocktail:canned,lt syrup	1/2 cup	1	64	0.00	5	13	0.00	0.00	0	16.10	1.07	1.07	215	0.0	1.29	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			553	5.64	731	32	16.52	0.00	51	71.00	7.55	30.83	10550	479.0	51.56	4.48
% of Calories				9.18%		23.1%	26.9%	0.0%		51.4%		22.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Tuesday - 12/21/2021

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)
000149 Cheeseburger on Bun	each	1	265	3.99	403	*1	12.30	0.00	44	20.92	2.00	19.45	152	154.1	0.00	2.06
000863 Baked Chips, small bag	1 oz	1	130	0.50	180	0	5.00	0.00	0	19.50	2.00	2.00	50	20.0	0.00	0.36
000092 Pineapple tidbit:canned,lt syr	1/2 cup	1	73	0.00	1	17	0.00	0.00	0	19.60	1.22	0.00	61	12.2	11.76	0.44
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
000222 Ketchup packet	packet	1	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			578	5.99	729	*32	19.80	0.00	59	73.02	5.22	29.45	773	486.4	12.96	2.86
% of Calories				9.33%		*22.1%	30.8%	0.0%		50.5%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

	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	558	7	848	*30	18.13	*0.00	57	70.64	6.42	28.82	3107	500	41.06	3.58
% of Calories		11.90%		*21.5%	29.2%	*0.0%		50.6%		20.7%				

- *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.