

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

Menu Name: Head Start Snack

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)	Protrn (g)	Vit-A (IU)	Calc ^m (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
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			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 - 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)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
001129 Juice, Apple/Cherry	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
Weighted Daily Average			78	0.00	10	19	0.06	0.00	0	20.82	0.84	0.09	95	2.5	6.32	0.05
% of Calories				0.00%		97.4%	0.7%	0.0%		106.8%		0.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

Monday - 12/06/2021

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990146 Goldfish Pretzels	Each	1	90	0.00	250	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
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			190	1.50	370	11	4.00	0.00	15	27.00	1.00	10.00	500	300.0	1.20	0.72
% of Calories				7.11%		23.2%	18.9%	0.0%		56.8%		21.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

Tuesday - 12/07/2021

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990227 Animal Crackers	Package	1	120	0.00	75	7	1.50	0.00	0	24.00	1.00	2.00	0	0.0	0.00	0.72
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
Weighted Daily Average			180	0.00	85	21	1.50	0.00	0	40.00	1.00	2.00	70	0.0	4.80	0.72
% of Calories				0.00%		46.7%	7.5%	0.0%		88.9%		4.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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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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)
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			172	1.51	124	*22	2.58	0.00	15	29.60	1.32	8.46	979	306.6	8.37	0.41
% of Calories				7.90%		*51.2%	13.5%	0.0%		68.8%		19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000701 Carrots, Baby	2 oz bag	1	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
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
Weighted Daily Average			80	0.01	54	17	0.07	0.00	0	20.67	1.64	0.36	7889	18.1	6.27	0.50
% of Calories				0.11%		85.0%	0.8%	0.0%		103.4%		1.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990143 Goldfish Cheddar Crackers	Each	1	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72

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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)
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			200	2.00	290	11	6.50	0.00	15	25.00	1.00	10.00	500	320.0	1.20	0.72
% of Calories				9.00%		22.0%	29.2%	0.0%		50.0%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000302 Cheese Stick	Each	1	80	4.00	200	0	6.00	0.00	15	1.00	0.00	6.00	200	200.0	0.00	0.00
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
Weighted Daily Average			140	4.00	210	14	6.00	0.00	15	17.00	0.00	6.00	270	200.0	4.80	0.00
% of Calories				25.71%		40.0%	38.6%	0.0%		48.6%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

Wednesday - 12/15/2021

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)	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

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	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)
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			340	3.00	390	25	9.49	0.00	15	50.95	3.00	12.00	500	330.0	1.20	1.44
% of Calories				7.94%		29.4%	25.1%	0.0%		59.9%		14.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
001129 Juice, Apple/Cherry	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
Weighted Daily Average			78	0.00	10	19	0.06	0.00	0	20.82	0.84	0.09	95	2.5	6.32	0.05
% of Calories				0.00%		97.4%	0.7%	0.0%		106.8%		0.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990144 Cheez Its	each	1	210	2.50	320	0	11.00	0.00	0	24.00	1.00	5.00	100	60.0	0.00	1.44

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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			310	4.00	440	11	13.50	0.00	15	35.00	1.00	13.00	600	360.0	1.20	1.44
% of Calories				11.61%		14.2%	39.2%	0.0%		45.2%		16.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

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)
990145 Teddy Grahams/Assorted Grahams	Each	1	90	0.00	0	5	3.00	0.00	0	16.00	1.00	1.00	0	100.0	0.00	0.00
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
Weighted Daily Average			150	0.00	10	19	3.00	0.00	0	32.00	1.00	1.00	70	100.0	4.80	0.00
% of Calories				0.00%		50.7%	18.0%	0.0%		85.3%		2.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35									

	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)
Weighted Averages	184	2	187	*18	4.69	0.00	9	29.99	1.14	6.08	1006	187	3.97	0.56
% of Calories		7.53%		*39.1%	22.9%	0.0%		65.2%		13.2%				

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.