

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: After School Snack 21-22
Site: All Sites

Include Cost: No
Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 2227

	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)
001851 Yogurt Trix (1M)	Each	2226	80	0.00	60	9	0.50	0.00	5	15.00	0.00	4.00
001674 Juice, fruit punch 3/4c (veg)	Each	2226	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
Weighted Daily Average			170	0.00	100	27	0.50	0.00	5	35.98	0.00	4.00
% of Calories				0.00%		63.5%	2.6%	0.0%		84.7%		9.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 11/02/2021

Reimbursable Meal Total 2272

	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)
001527 Snack Chex Strawberry Yogurt (1WG)	Each	2271	120	1.00	55	6	3.00	0.00	0	23.00	2.00	2.00
001720 Juice Tropical 1/2c (veg)	Each	2271	60	0.00	5	13	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			180	1.00	60	19	3.00	0.00	0	35.98	2.00	2.00
% of Calories				5.00%		42.2%	15.0%	0.0%		80.0%		4.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 11/03/2021

Reimbursable Meal Total 2331

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 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)
000667 Cracker Goldfish (1WG)	each	2235	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
001720 Juice Tropical 1/2c (veg)	Each	2330	60	0.00	5	13	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			156	0.96	168	13	3.36	0.00	0	26.42	0.96	2.88
% of Calories				5.54%		33.3%	19.4%	0.0%		67.7%		7.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 11/04/2021

Reimbursable Meal Total 2285

	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)
000667 Cracker Goldfish (1WG)	each	2284	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
001720 Juice Tropical 1/2c (veg)	Each	2284	60	0.00	5	13	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			160	1.00	175	13	3.50	0.00	0	26.99	1.00	3.00
% of Calories				5.62%		32.5%	19.7%	0.0%		67.5%		7.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 11/05/2021

Reimbursable Meal Total 2321

	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)
000571 Doritos Nachos (1.5WG)	Bag	2320	130	1.00	200	0	5.00	0.00	0	20.00	2.00	2.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 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)
001674 Juice, fruit punch 3/4c (veg)	Each	2320	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
Weighted Daily Average			220	1.00	240	18	5.00	0.00	0	40.98	2.00	2.00
% of Calories				4.09%		32.7%	20.5%	0.0%		74.5%		3.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 11/08/2021

Reimbursable Meal Total 2267

	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)
000661 Wafers Vanilla Mini (1WG)	each	2164	140	0.50	85	8	7.00	0.00	0	19.00	2.00	1.00
001720 Juice Tropical 1/2c (veg)	Each	2266	60	0.00	5	13	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			194	0.48	86	21	6.68	0.00	0	31.13	1.91	0.95
% of Calories				2.23%		43.3%	31.0%	0.0%		64.2%		2.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 11/09/2021

Reimbursable Meal Total 2272

	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)
000667 Cracker Goldfish (1WG)	each	2271	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 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)
001674 Juice, fruit punch 3/4c (veg)	Each	2271	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
Weighted Daily Average			190	1.00	210	18	3.50	0.00	0	34.98	1.00	3.00
% of Calories				4.74%		37.9%	16.6%	0.0%		73.6%		6.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 11/10/2021

Reimbursable Meal Total 2321

	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)
001886 Grahams, Cinnamon Gripz (1WG)	Bag	2320	110	1.00	80	5	3.50	0.00	0	19.00	1.00	2.00
001720 Juice Tropical 1/2c (veg)	Each	2320	60	0.00	5	13	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			170	1.00	85	18	3.50	0.00	0	31.99	1.00	2.00
% of Calories				5.29%		42.4%	18.5%	0.0%		75.3%		4.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 11/12/2021

Reimbursable Meal Total 2201

	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)
001526 Snack Chex Choc Carmel (1WG)	Each	2200	120	1.00	65	7	4.00	0.00	0	21.00	2.00	2.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 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)
001720 Juice Tropical 1/2c (veg)	Each	2200	60	0.00	5	13	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			180	1.00	70	20	4.00	0.00	0	33.98	2.00	2.00
% of Calories				5.00%		44.4%	20.0%	0.0%		75.5%		4.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 11/15/2021

Reimbursable Meal Total 2267

	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)
001851 Yogurt Trix (1M)	Each	2266	80	0.00	60	9	0.50	0.00	5	15.00	0.00	4.00
001674 Juice, fruit punch 3/4c (veg)	Each	2266	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
Weighted Daily Average			170	0.00	100	27	0.50	0.00	5	35.98	0.00	4.00
% of Calories				0.00%		63.5%	2.6%	0.0%		84.7%		9.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 11/16/2021

Reimbursable Meal Total 2272

	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)
001527 Snack Chex Strawberry Yogurt (1WG)	Each	2271	120	1.00	55	6	3.00	0.00	0	23.00	2.00	2.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 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)
001720 Juice Tropical 1/2c (veg)	Each	2271	60	0.00	5	13	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			180	1.00	60	19	3.00	0.00	0	35.98	2.00	2.00
% of Calories				5.00%		42.2%	15.0%	0.0%		80.0%		4.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 11/17/2021

Reimbursable Meal Total 2201

	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)
000667 Cracker Goldfish (1WG)	each	2105	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
001720 Juice Tropical 1/2c (veg)	Each	2200	60	0.00	5	13	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			156	0.96	168	13	3.35	0.00	0	26.38	0.96	2.87
% of Calories				5.54%		33.3%	19.3%	0.0%		67.6%		7.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 11/18/2021

Reimbursable Meal Total 2285

	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)
000667 Cracker Goldfish (1WG)	each	2284	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 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)
001720 Juice Tropical 1/2c (veg)	Each	2284	60	0.00	5	13	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			160	1.00	175	13	3.50	0.00	0	26.99	1.00	3.00
% of Calories				5.62%		32.5%	19.7%	0.0%		67.5%		7.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 11/19/2021

Reimbursable Meal Total 2321

	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)
000571 Doritos Nachos (1.5WG)	Bag	2320	130	1.00	200	0	5.00	0.00	0	20.00	2.00	2.00
001674 Juice, fruit punch 3/4c (veg)	Each	2320	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
Weighted Daily Average			220	1.00	240	18	5.00	0.00	0	40.98	2.00	2.00
% of Calories				4.09%		32.7%	20.5%	0.0%		74.5%		3.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 11/29/2021

Reimbursable Meal Total 2267

	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)
000661 Wafers Vanilla Mini (1WG)	each	2164	140	0.50	85	8	7.00	0.00	0	19.00	2.00	1.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 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)
001720 Juice Tropical 1/2c (veg)	Each	2266	60	0.00	5	13	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			194	0.48	86	21	6.68	0.00	0	31.13	1.91	0.95
% of Calories				2.23%		43.3%	31.0%	0.0%		64.2%		2.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 11/30/2021

Reimbursable Meal Total 2272

	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)
000667 Cracker Goldfish (1WG)	each	2271	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
001674 Juice, fruit punch 3/4c (veg)	Each	2271	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00
Weighted Daily Average			190	1.00	210	18	3.50	0.00	0	34.98	1.00	3.00
% of Calories				4.74%		37.9%	16.6%	0.0%		73.6%		6.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

	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)
Weighted Averages	181	1	140	18	3.66	0.00	1	33.18	1.30	2.48
% of Calories		3.98%		39.8%	18.2%	0.0%		73.3%		5.5%

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.