

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: Childcare Snack 21-22

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 346

	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)
000660 Graham Crackers,	each	346	40	0.00	35	1	1.50	0.00	0	6.00	1.00	1.00
990047 Juice, Paradise Punch (1/2c. V-J)	container	346	60	0.00	5	13	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			100	0.00	40	14	1.50	0.00	0	20.00	1.00	1.00
% of Calories				0.00%		56.0%	13.5%	0.0%		80.0%		4.0%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Tuesday - 11/02/2021

Reimbursable Meal Total 346

	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	346	120	1.00	65	7	4.00	0.00	0	21.00	2.00	2.00
000377 Milk, Non-Fat Carton	Carton	344	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			209	1.00	184	19	4.00	0.00	5	32.93	2.00	10.95
% of Calories				4.31%		36.4%	17.2%	0.0%		63.0%		21.0%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Wednesday - 11/03/2021

Reimbursable Meal Total 346

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)
000661 Wafers Vanilla Mini (1WG)	each	346	140	0.50	85	8	7.00	0.00	0	19.00	2.00	1.00
001851 Yogurt Trix (1M)	Each	344	80	0.00	60	9	0.50	0.00	5	15.00	0.00	4.00
Weighted Daily Average			220	0.50	145	17	7.50	0.00	5	33.91	2.00	4.98
% of Calories				2.05%		30.9%	30.7%	0.0%		61.7%		9.1%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Thursday - 11/04/2021

Reimbursable Meal Total 346

	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)
001436 Cereal, Rice Krispies	Each	346	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
000377 Milk, Non-Fat Carton	Carton	344	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			189	0.00	289	13	0.50	0.00	5	34.93	1.00	10.95
% of Calories				0.00%		27.5%	2.4%	0.0%		73.9%		23.2%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Friday - 11/05/2021

Reimbursable Meal Total 308

	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)
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	307	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00

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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)
990042 Juice, Kiwi Strawberry, 4oz, Cool Tropics 1/2c.F-J	Pouch (4 fl. oz	308	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
Weighted Daily Average			140	3.49	214	12	5.98	0.00	15	16.00	0.00	6.98
% of Calories				22.44%		34.3%	38.4%	0.0%		45.7%		19.9%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Monday - 11/08/2021

Reimbursable Meal Total 320

	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)
000660 Graham Crackers,	each	320	40	0.00	35	1	1.50	0.00	0	6.00	1.00	1.00
000875 Orange Juice 4 oz (1/2c.F)	Each	320	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
Weighted Daily Average			100	0.00	45	13	1.50	0.00	0	20.00	1.00	2.00
% of Calories				0.00%		52.0%	13.5%	0.0%		80.0%		8.0%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Tuesday - 11/09/2021

Reimbursable Meal Total 321

	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	321	140	0.50	85	8	7.00	0.00	0	19.00	2.00	1.00

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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)
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	319	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
Weighted Daily Average			220	3.98	284	8	12.96	0.00	15	19.99	2.00	7.96
% of Calories				16.28%		14.5%	53.0%	0.0%		36.3%		14.5%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Wednesday - 11/10/2021

Reimbursable Meal Total 321

	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	321	120	1.00	65	7	4.00	0.00	0	21.00	2.00	2.00
000377 Milk, Non-Fat Carton	Carton	319	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			209	1.00	184	19	4.00	0.00	5	32.93	2.00	10.94
% of Calories				4.31%		36.4%	17.2%	0.0%		63.0%		20.9%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Friday - 11/12/2021

Reimbursable Meal Total 308

	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)
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	306	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00

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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)
001611 Strawberry/blueberry Frzn	1/2 Cup	308	42	0.00	0	8	0.50	0.00	0	10.78	2.33	0.44
Weighted Daily Average			122	3.48	199	8	6.46	0.00	15	11.77	2.33	7.40
% of Calories				25.67%		26.2%	47.7%	0.0%		38.6%		24.3%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Monday - 11/15/2021

Reimbursable Meal Total 321

	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	321	120	1.00	55	6	3.00	0.00	0	23.00	2.00	2.00
000377 Milk, Non-Fat Carton	Carton	279	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			198	1.00	159	16	3.00	0.00	4	33.43	2.00	9.82
% of Calories				4.55%		32.3%	13.6%	0.0%		67.5%		19.8%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Tuesday - 11/16/2021

Reimbursable Meal Total 321

	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	321	140	0.50	85	8	7.00	0.00	0	19.00	2.00	1.00

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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)
000377 Milk, Non-Fat Carton	Carton	279	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			218	0.50	189	18	7.00	0.00	4	29.43	2.00	8.82
% of Calories				2.06%		33.0%	28.9%	0.0%		54.0%		16.2%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Wednesday - 11/17/2021

Reimbursable Meal Total 321

	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)
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	321	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	319	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001544 Cracker, Graham	each	321	40	0.00	35	1	1.50	0.00	0	6.00	1.00	1.00
Weighted Daily Average			175	3.48	249	14	7.46	0.00	15	20.49	1.00	7.96
% of Calories				17.90%		32.0%	38.4%	0.0%		46.8%		18.2%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Thursday - 11/18/2021

Reimbursable Meal Total 321

	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)
001414 Strawberries, Diced FZ	Each	321	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00

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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)
000665 Goldfish Crackers	1 Pouch	321	100	1.00	170	0	3.50	0.00	5	14.00	1.00	3.00
Weighted Daily Average			190	1.00	170	18	3.50	0.00	5	36.00	3.00	4.00
% of Calories				4.74%		37.9%	16.6%	0.0%		75.8%		8.4%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Friday - 11/19/2021

Reimbursable Meal Total 313

	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)
001440 Cereal, Cheerios	Each	313	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
000377 Milk, Non-Fat Carton	Carton	271	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			178	0.50	244	11	2.00	0.00	4	30.39	3.00	10.79
% of Calories				2.53%		24.7%	10.1%	0.0%		68.3%		24.2%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Monday - 11/29/2021

Reimbursable Meal Total 347

	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)
000660 Graham Crackers,	each	347	40	0.00	35	1	1.50	0.00	0	6.00	1.00	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)
990047 Juice, Paradise Punch (1/2c. V-J)	container	347	60	0.00	5	13	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			100	0.00	40	14	1.50	0.00	0	20.00	1.00	1.00
% of Calories				0.00%		56.0%	13.5%	0.0%		80.0%		4.0%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Tuesday - 11/30/2021

Reimbursable Meal Total 347

	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	347	120	1.00	65	7	4.00	0.00	0	21.00	2.00	2.00
000377 Milk, Non-Fat Carton	Carton	305	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			199	1.00	170	18	4.00	0.00	4	31.55	2.00	9.91
% of Calories				4.52%		36.2%	18.1%	0.0%		63.4%		19.9%
Weekly Nutrient Guideline			0 - 0	<0			<=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	173	1	175	14	4.55	0.00	6	26.48	1.71	7.22
% of Calories		6.82%		32.4%	23.7%	0.0%		61.2%		16.7%

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.