

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

Menu Name: Childcare Snack 21-22

Include Cost: No

Site:

Report Style: Detailed

Friday - 10/01/2021

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)
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	1	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001611 Strawberry/blueberry Frzn	1/2 Cup	1	42	0.00	0	8	0.50	0.00	0	10.78	2.33	0.44
Weighted Daily Average			122	3.50	200	8	6.50	0.00	15	11.78	2.33	7.44
% of Calories				25.82%		26.2%	48.0%	0.0%		38.6%		24.4%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Monday - 10/04/2021

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)
001527 Snack Chex Strawberry Yogurt (1WG)	Each	1	120	1.00	55	6	3.00	0.00	0	23.00	2.00	2.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			210	1.00	175	18	3.00	0.00	5	35.00	2.00	11.00
% of Calories				4.29%		34.3%	12.9%	0.0%		66.7%		21.0%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Tuesday - 10/05/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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	1	140	0.50	85	8	7.00	0.00	0	19.00	2.00	1.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			230	0.50	205	20	7.00	0.00	5	31.00	2.00	10.00
% of Calories				1.96%		34.8%	27.4%	0.0%		53.9%		17.4%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Wednesday - 10/06/2021

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)
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	1	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001544 Cracker, Graham	each	1	40	0.00	35	1	1.50	0.00	0	6.00	1.00	1.00
Weighted Daily Average			175	3.50	250	14	7.50	0.00	15	20.50	1.00	8.00
% of Calories				18.00%		32.0%	38.6%	0.0%		46.9%		18.3%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Thursday - 10/07/2021

Reimbursable Meal Total 1

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Portion Values

Oct 1, 2021 thru Oct 29, 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)
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000665 Goldfish Crackers	1 Pouch	1	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 - 10/08/2021

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)
001440 Cereal, Cheerios	Each	1	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			190	0.50	260	13	2.00	0.00	5	32.00	3.00	12.00
% of Calories				2.37%		27.4%	9.5%	0.0%		67.4%		25.3%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Monday - 10/11/2021

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)
000660 Graham Crackers,	each	1	40	0.00	35	1	1.50	0.00	0	6.00	1.00	1.00

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Oct 1, 2021 thru Oct 29, 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	1	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 - 10/12/2021

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)
001526 Snack Chex Choc Carmel (1WG)	Each	1	120	1.00	65	7	4.00	0.00	0	21.00	2.00	2.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			210	1.00	185	19	4.00	0.00	5	33.00	2.00	11.00
% of Calories				4.29%		36.2%	17.1%	0.0%		62.9%		21.0%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Wednesday - 10/13/2021

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

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Oct 1, 2021 thru Oct 29, 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)
001851 Yogurt Trix (1M)	Each	1	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	34.00	2.00	5.00
% of Calories				2.05%		30.9%	30.7%	0.0%		61.8%		9.1%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Thursday - 10/14/2021

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)
001436 Cereal, Rice Krispies	Each	1	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			190	0.00	290	13	0.50	0.00	5	35.00	1.00	11.00
% of Calories				0.00%		27.4%	2.4%	0.0%		73.7%		23.2%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Friday - 10/15/2021

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

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Oct 1, 2021 thru Oct 29, 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	1	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
Weighted Daily Average			140	3.50	215	12	6.00	0.00	15	16.00	0.00	7.00
% of Calories				22.50%		34.3%	38.6%	0.0%		45.7%		20.0%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Monday - 10/18/2021

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)
000660 Graham Crackers,	each	1	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	1	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 - 10/19/2021

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

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Oct 1, 2021 thru Oct 29, 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	1	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
Weighted Daily Average			220	4.00	285	8	13.00	0.00	15	20.00	2.00	8.00
% of Calories				16.36%		14.5%	53.2%	0.0%		36.4%		14.5%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Wednesday - 10/20/2021

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)
001526 Snack Chex Choc Carmel (1WG)	Each	1	120	1.00	65	7	4.00	0.00	0	21.00	2.00	2.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			210	1.00	185	19	4.00	0.00	5	33.00	2.00	11.00
% of Calories				4.29%		36.2%	17.1%	0.0%		62.9%		21.0%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Thursday - 10/21/2021

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)
001436 Cereal, Rice Krispies	Each	1	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00

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Oct 1, 2021 thru Oct 29, 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	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			190	0.00	290	13	0.50	0.00	5	35.00	1.00	11.00
% of Calories				0.00%		27.4%	2.4%	0.0%		73.7%		23.2%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Friday - 10/22/2021

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)
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	1	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001611 Strawberry/blueberry Frzn	1/2 Cup	1	42	0.00	0	8	0.50	0.00	0	10.78	2.33	0.44
Weighted Daily Average			122	3.50	200	8	6.50	0.00	15	11.78	2.33	7.44
% of Calories				25.82%		26.2%	48.0%	0.0%		38.6%		24.4%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Monday - 10/25/2021

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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			210	1.00	175	18	3.00	0.00	5	35.00	2.00	11.00
% of Calories				4.29%		34.3%	12.9%	0.0%		66.7%		21.0%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Tuesday - 10/26/2021

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)
000661 Wafers Vanilla Mini (1WG)	each	1	140	0.50	85	8	7.00	0.00	0	19.00	2.00	1.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			230	0.50	205	20	7.00	0.00	5	31.00	2.00	10.00
% of Calories				1.96%		34.8%	27.4%	0.0%		53.9%		17.4%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Wednesday - 10/27/2021

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)
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	1	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00

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Portion Values

Oct 1, 2021 thru Oct 29, 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)
001544 Cracker, Graham	each	1	40	0.00	35	1	1.50	0.00	0	6.00	1.00	1.00
Weighted Daily Average			175	3.50	250	14	7.50	0.00	15	20.50	1.00	8.00
% of Calories				18.00%		32.0%	38.6%	0.0%		46.9%		18.3%
Weekly Nutrient Guideline			0 - 0	<0			<=0					

Thursday - 10/28/2021

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)
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000665 Goldfish Crackers	1 Pouch	1	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 - 10/29/2021

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)
001440 Cereal, Cheerios	Each	1	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
Weighted Daily Average			190	0.50	260	13	2.00	0.00	5	32.00	3.00	12.00
% of Calories				2.37%		27.4%	9.5%	0.0%		67.4%		25.3%
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			182	1	200	15	4.64	0.00	7	27.55	1.84	8.18
% of Calories				7.07%		33.0%	22.9%	0.0%		60.5%		18.0%

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.