

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

Menu Name: After School Snacks w/Milk

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/15/2022

Reimbursable Meal Total 900

	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)
831306 BRD: MUF AP, Choc 2oz WG (1BG)	Muffin	900	190	2.00	130	17	6.00	0.00	35	33.00	2.00	3.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	900	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00
Weighted Daily Average			290	3.50	250	28	8.50	0.00	50	44.00	2.00	11.00
% of Calories				10.86%		38.6%	26.4%	0.0%		60.7%		15.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Tuesday - 08/16/2022

Reimbursable Meal Total 900

	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)
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	900	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	900	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00
Weighted Daily Average			190	5.00	360	0	11.00	0.00	20	14.00	1.00	9.00
% of Calories				23.68%		0%	52.1%	0.0%		29.5%		18.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Wednesday - 08/17/2022

Reimbursable Meal Total 900

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)
831159 BRD: BAR, Cereal CinnTst WG IW	Each	900	150	0.00	115	9	4.00	0.00	0	30.00	3.00	2.00
826348 JUICE SS, Orange 100% 6oz Cart	Each	900	80	0.00	20	17	0.00	0.00	0	20.00	0.00	1.00
Weighted Daily Average			230	0.00	135	26	4.00	0.00	0	50.00	3.00	3.00
% of Calories				0.00%		45.2%	15.7%	0.0%		87.0%		5.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Thursday - 08/18/2022

Reimbursable Meal Total 900

	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)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	900	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00
826339 JUICE SS, Apple 100% 6oz Cart	Each	900	80	0.00	20	19	0.00	0.00	0	20.00	0.00	0.00
Weighted Daily Average			170	0.00	220	19	1.50	0.00	0	36.00	1.00	2.00
% of Calories				0.00%		44.7%	7.9%	0.0%		84.7%		4.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Friday - 08/19/2022

Reimbursable Meal Total 900

	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)
831142 BRD: CRACK SS, Bug Bites CinWG	Package	900	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00

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Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	900	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00
Weighted Daily Average			220	2.50	235	19	6.00	0.00	15	32.00	1.00	10.00
% of Calories				10.23%		34.5%	24.5%	0.0%		58.2%		18.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Monday - 08/22/2022

Reimbursable Meal Total 747

	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)
831289 BRD: CRACK SS, Chz-It WG	Package	800	107	1.07	161	0	3.75	0.00	5	14.99	1.07	2.14
826341 JUICE SS, Frit Bld 100% 6oz Crt	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			107	1.07	161	0	3.75	0.00	5	14.99	1.07	2.14
% of Calories				9.00%		0%	31.5%	0.0%		56.0%		8.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Tuesday - 08/23/2022

Reimbursable Meal Total 747

	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)
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	800	129	1.07	123	9	3.75	0.00	0	22.49	1.07	2.14

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Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	747	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00
Weighted Daily Average			229	2.57	243	20	6.25	0.00	15	33.49	1.07	10.14
% of Calories				10.10%		34.9%	24.6%	0.0%		58.5%		17.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Wednesday - 08/24/2022

Reimbursable Meal Total 747

	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)
831267 SNACK: CHIP SS, Dorito NC RFWG	Package	800	139	0.54	214	0	5.35	0.00	0	21.42	2.14	2.14
826348 JUICE SS, Orange 100% 6oz Cart	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			139	0.54	214	0	5.35	0.00	0	21.42	2.14	2.14
% of Calories				3.50%		0%	34.6%	0.0%		61.6%		6.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Thursday - 08/25/2022

Reimbursable Meal Total 594

	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)
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	600	121	0.00	116	7	4.04	0.00	0	20.20	1.01	2.02

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Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	594	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00
Weighted Daily Average			221	1.50	236	18	6.54	0.00	15	31.20	1.01	10.02
% of Calories				6.11%		32.6%	26.6%	0.0%		56.5%		18.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Friday - 08/26/2022

Reimbursable Meal Total 18

	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)
833274 CHEESE, CH STICK 1EA 1.0	Stick	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Monday - 08/29/2022

Reimbursable Meal Total 81

	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)
990555 BRD: BAR, BENEFIT MINI MAPLE BROWN SUGAR WG IW	Each	81	130	1.00	110	9	4.00	0.00	0	23.00	3.00	2.00

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Aug 15, 2022 thru Aug 31, 2022

	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)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	81	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00
Weighted Daily Average			230	2.50	230	20	6.50	0.00	15	34.00	3.00	10.00
% of Calories				9.78%		34.8%	25.4%	0.0%		59.1%		17.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Tuesday - 08/30/2022

Reimbursable Meal Total 468

	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)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	468	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	468	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00
Weighted Daily Average			150	2.00	400	1	4.50	0.00	10	17.00	1.00	9.00
% of Calories				12.00%		2.7%	27.0%	0.0%		45.3%		24.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Wednesday - 08/31/2022

Reimbursable Meal Total 477

	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)
990369 Danimals, Strawberry Banana Yogurt	ea	477	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)
831142 BRD: CRACK SS, Bug Bites CinWG	Package	477	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00
Weighted Daily Average			190	1.00	185	17	3.50	0.00	5	33.00	1.00	6.00
% of Calories				4.74%		35.8%	16.6%	0.0%		69.5%		12.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=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	2	221	13	5.18	0.00	12	27.78	1.41	6.50
% of Calories				8.46%		28.6%	25.6%	0.0%		61.1%		14.3%

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.