

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Menu Name: AFTERSCHOOL SNACK

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 03/01/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990890 Sun Chips Ched & Carrots	Pack	1	239	322	*0	14.17	5	29.20	5.72	2.93
990891 Sun Chips Salsa & Carrots	Pack	1	239	272	*2	12.17	5	28.20	4.72	2.93
Weighted Daily Average			478	594	*2	26.34	10	57.40	10.44	5.87
% of Calories					*1.7%	49.6%		48.0%		4.9%
Weekly Nutrient Guideline			0 - 0			<=0				

Thursday - 03/02/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990848 Chex Mix & Fruit Cup Chocolate	1 pack	1	231	69	*10	4.00	0	48.80	4.98	2.00
990861 Chex Mix & Fruit Cup Strawberry	1 pack	1	221	59	*8	3.00	0	49.80	4.98	2.00
Weighted Daily Average			451	127	*18	7.00	0	98.60	9.96	4.00
% of Calories					*16.0%	14.0%		87.5%		3.5%
Weekly Nutrient Guideline			0 - 0			<=0				

Friday - 03/03/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990887 Doritos Nacho & Juice	Pack	1	232	212	*23	5.06	0	45.25	2.02	2.02
990889 Doritos Chili & Juice	Pack	1	232	212	*23	5.06	0	45.25	2.02	2.02
990888 Doritos Ranch & Juice	Pack	1	230	160	23	5.00	0	45.00	2.00	2.00
Weighted Daily Average			693	585	*69	15.12	0	135.50	6.05	6.05
% of Calories					*39.8%	19.6%		78.2%		3.5%
Weekly Nutrient Guideline			0 - 0			<=0				

Monday - 03/06/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990857 Granola Bar & Juice, Chocolate	1 pack	1	250	145	33	3.00	0	54.00	2.00	2.00
990777 Granola Bar & Juice, Cookies	1 pack	1	240	12	30	4.00	1	52.00	4.00	2.00
Weighted Daily Average			490	156	63	7.00	1	106.00	6.00	4.00
% of Calories					51.4%	12.9%		86.5%		3.3%
Weekly Nutrient Guideline			0 - 0			<=0				

Tuesday - 03/07/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990893 Cookies and Milk	1 pack	1	272	295	28	7.60	10	42.03	*0.99	9.98
Weighted Daily Average			272	295	28	7.60	10	42.03	*0.99	9.98
% of Calories					41.2%	25.1%		61.8%		14.7%
Weekly Nutrient Guideline			0 - 0			<=0				

Wednesday - 03/08/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990639 Cheese Crackers and Juice (SNACK)	1 pack	1	200	160	24	3.50	*0	40.00	1.00	3.00
Weighted Daily Average			200	160	24	3.50	*0	40.00	1.00	3.00
% of Calories					48.0%	15.8%		80.0%		6.0%
Weekly Nutrient Guideline			0 - 0			<=0				

Thursday - 03/09/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990861 Chex Mix & Fruit Cup Strawberry	1 pack	1	221	59	*8	3.00	0	49.80	4.98	2.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990848 Chex Mix & Fruit Cup Chocolate	1 pack	1	231	69	*10	4.00	0	48.80	4.98	2.00
Weighted Daily Average			451	127	*18	7.00	0	98.60	9.96	4.00
% of Calories					*16.0%	14.0%		87.5%		3.5%
Weekly Nutrient Guideline			0 - 0			<=0				

Friday - 03/10/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990889 Doritos Chili & Juice	Pack	1	232	212	*23	5.06	0	45.25	2.02	2.02
990887 Doritos Nacho & Juice	Pack	1	232	212	*23	5.06	0	45.25	2.02	2.02
990888 Doritos Ranch & Juice	Pack	1	230	160	23	5.00	0	45.00	2.00	2.00
Weighted Daily Average			693	585	*69	15.12	0	135.50	6.05	6.05
% of Calories					*39.8%	19.6%		78.2%		3.5%
Weekly Nutrient Guideline			0 - 0			<=0				

Wednesday - 03/15/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990844 Sun Chips Ched & Juice	Pack	1	240	220	25	6.00	0	43.00	2.00	2.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990845 Sun Chips Salsa & Juice	Pack	1	240	160	25	6.00	0	43.00	2.00	2.00
Weighted Daily Average			480	380	50	12.00	0	86.00	4.00	4.00
% of Calories					41.7%	22.5%		71.7%		3.3%
Weekly Nutrient Guideline			0 - 0			<=0				

Thursday - 03/16/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990708 String Cheese & Fruit Cup	1 pack	1	222	190	*4	9.15	30	*29.62	4.25	7.24
Weighted Daily Average			222	190	*4	9.15	30	*29.62	4.25	7.24
% of Calories					*7.2%	37.1%		*53.4%		13.0%
Weekly Nutrient Guideline			0 - 0			<=0				

Friday - 03/17/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990888 Doritos Ranch & Juice	Pack	1	230	160	23	5.00	0	45.00	2.00	2.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990889 Doritos Chili & Juice	Pack	1	232	212	*23	5.06	0	45.25	2.02	2.02
Weighted Daily Average			462	372	*46	10.06	0	90.25	4.02	4.02
% of Calories					*39.8%	19.6%		78.1%		3.5%
Weekly Nutrient Guideline			0 - 0			<=0				

Monday - 03/20/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990775 Nutrigrain Bar and Juice (Snack)	1 pack	1	259	142	*24	3.96	0	55.77	2.97	2.16
Weighted Daily Average			259	142	*24	3.96	0	55.77	2.97	2.16
% of Calories					*37.1%	13.8%		86.1%		3.3%
Weekly Nutrient Guideline			0 - 0			<=0				

Tuesday - 03/21/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990892 Crackers, Peanut Butter, Milk	1 pack	1	*250	*320	*25	*5.50	*15	*40.00	*1.00	*10.00
Weighted Daily Average			*250	*320	*25	*5.50	*15	*40.00	*1.00	*10.00
% of Calories					*40.0%	*19.8%		*64.0%		*16.0%
Weekly Nutrient Guideline			0 - 0			<=0				

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Wednesday - 03/22/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990890 Sun Chips Ched & Carrots	Pack	1	239	322	*0	14.17	5	29.20	5.72	2.93
990891 Sun Chips Salsa & Carrots	Pack	1	239	272	*2	12.17	5	28.20	4.72	2.93
Weighted Daily Average			478	594	*2	26.34	10	57.40	10.44	5.87
% of Calories					*1.7%	49.6%		48.0%		4.9%
Weekly Nutrient Guideline			0 - 0			<=0				

Thursday - 03/23/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990848 Chex Mix & Fruit Cup Chocolate	1 pack	1	231	69	*10	4.00	0	48.80	4.98	2.00
990861 Chex Mix & Fruit Cup Strawberry	1 pack	1	221	59	*8	3.00	0	49.80	4.98	2.00
Weighted Daily Average			451	127	*18	7.00	0	98.60	9.96	4.00
% of Calories					*16.0%	14.0%		87.5%		3.5%
Weekly Nutrient Guideline			0 - 0			<=0				

Friday - 03/24/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990887 Doritos Nacho & Juice	Pack	1	232	212	*23	5.06	0	45.25	2.02	2.02
990889 Doritos Chili & Juice	Pack	1	232	212	*23	5.06	0	45.25	2.02	2.02
990888 Doritos Ranch & Juice	Pack	1	230	160	23	5.00	0	45.00	2.00	2.00
Weighted Daily Average			693	585	*69	15.12	0	135.50	6.05	6.05
% of Calories					*39.8%	19.6%		78.2%		3.5%
Weekly Nutrient Guideline			0 - 0			<=0				

Monday - 03/27/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990857 Granola Bar & Juice, Chocolate	1 pack	1	250	145	33	3.00	0	54.00	2.00	2.00
990777 Granola Bar & Juice, Cookies	1 pack	1	240	12	30	4.00	1	52.00	4.00	2.00
Weighted Daily Average			490	156	63	7.00	1	106.00	6.00	4.00
% of Calories					51.4%	12.9%		86.5%		3.3%
Weekly Nutrient Guideline			0 - 0			<=0				

Tuesday - 03/28/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990893 Cookies and Milk	1 pack	1	272	295	28	7.60	10	42.03	*0.99	9.98
Weighted Daily Average			272	295	28	7.60	10	42.03	*0.99	9.98
% of Calories					41.2%	25.1%		61.8%		14.7%
Weekly Nutrient Guideline			0 - 0			<=0				

Wednesday - 03/29/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990639 Cheese Crackers and Juice (SNACK)	1 pack	1	200	160	24	3.50	*0	40.00	1.00	3.00
Weighted Daily Average			200	160	24	3.50	*0	40.00	1.00	3.00
% of Calories					48.0%	15.8%		80.0%		6.0%
Weekly Nutrient Guideline			0 - 0			<=0				

Thursday - 03/30/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990861 Chex Mix & Fruit Cup Strawberry	1 pack	1	221	59	*8	3.00	0	49.80	4.98	2.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990848 Chex Mix & Fruit Cup Chocolate	1 pack	1	231	69	*10	4.00	0	48.80	4.98	2.00
Weighted Daily Average			451	127	*18	7.00	0	98.60	9.96	4.00
% of Calories					*16.0%	14.0%		87.5%		3.5%
Weekly Nutrient Guideline			0 - 0			<=0				

Friday - 03/31/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990889 Doritos Chili & Juice	Pack	1	232	212	*23	5.06	0	45.25	2.02	2.02
990887 Doritos Nacho & Juice	Pack	1	232	212	*23	5.06	0	45.25	2.02	2.02
990888 Doritos Ranch & Juice	Pack	1	230	160	23	5.00	0	45.00	2.00	2.00
Weighted Daily Average			693	585	*69	15.12	0	135.50	6.05	6.05
% of Calories					*39.8%	19.6%		78.2%		3.5%
Weekly Nutrient Guideline			0 - 0			<=0				

	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	*435	*317	*35	*10.38	*4	*82.33	*5.58	*5.40
% of Calories			*32.2%	*21.5%		*75.7%		*5.0%

**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.*