

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

**Menu Name:** AFTERSCHOOL SNACK

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Wednesday - 11/01/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990889 Doritos Chili & Juice	Pack	1	232	212	*23	*N/A*	5.06	0.00	0	45.25	2.02	2.02
990887 Doritos Nacho & Juice	Pack	1	232	212	*23	*N/A*	5.06	0.00	0	45.25	2.02	2.02
990888 Doritos Ranch & Juice	Pack	1	230	160	23	*N/A*	5.00	0.00	0	45.00	2.00	2.00
Weighted Daily Average			693	585	*69	*0	15.12	0.00	0	135.50	6.05	6.05
% of Calories					*39.8%	*0%	19.6%	0.0%		78.2%		3.5%
Weekly Nutrient Guideline			0 - 0				<=0					

### Thursday - 11/02/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990927 CHEESE STICK AND FRUIT	1 pack	1	150	203	*10	*0	7.05	*0.00	*23	*16.46	1.77	6.74
Weighted Daily Average			150	203	*10	*0	7.05	*0.00	*23	*16.46	1.77	6.74
% of Calories					*26.7%	*0%	42.3%	*0.0%		*43.9%		18.0%
Weekly Nutrient Guideline			0 - 0				<=0					

### Friday - 11/03/2023

#### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990963 VANILLA WAFER AND JUICE	1 pack	1	*202	*60	*26	*7	*4.00	*0.00	*0	*42.00	*2.00	*2.00
Weighted Daily Average			*202	*60	*26	*7	*4.00	*0.00	*0	*42.00	*2.00	*2.00
% of Calories					*51.5%	*13.9%	*17.8%	*0.0%		*83.2%		*4.0%
Weekly Nutrient Guideline			0 - 0				<=0					

### Monday - 11/06/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990775 Nutrigrain Bar and Juice (Snack)	1 pack	1	259	142	*24	*N/A*	3.96	0.04	0	55.77	2.97	2.16
Weighted Daily Average			259	142	*24	*N/A*	3.96	0.04	0	55.77	2.97	2.16
% of Calories					*37.1%	*N/A*	13.8%	0.1%		86.1%		3.3%
Weekly Nutrient Guideline			0 - 0				<=0					

### Tuesday - 11/07/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990964 PEANUT BUTTER, APPLE, MILK	1 pack	1	*205	*157	*15	*N/A*	*2.76	*0.00	*12	*37.77	*3.73	*8.40

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## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	
990965	APPLE and MILK	1 pack	1	205	157	*15	*N/A*	2.76	*0.00	*12	37.77	*3.73	8.40
Weighted Daily Average				*411	*313	*30	*N/A*	*5.52	*0.00	*25	*75.54	*7.45	*16.80
% of Calories						*29.2%	*N/A*	*12.1%	*0.0%		*73.5%		*16.4%
Weekly Nutrient Guideline				0 - 0				<=0					

### Wednesday - 11/08/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	
990966	TORTILLA CHIPS, SALSA, 4 OZ JUICE	1 PACK	1	300	362	18	0	12.00	0.00	0	47.20	3.72	3.50
Weighted Daily Average				300	362	18	0	12.00	0.00	0	47.20	3.72	3.50
% of Calories						24.0%	0%	36.0%	0.0%		62.9%		4.7%
Weekly Nutrient Guideline				0 - 0				<=0					

### Thursday - 11/09/2023

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990860 CHEESE CRACKERS AND FRUIT CUP	1 pack	1	194	183	*19	*N/A*	3.50	0.00	5	36.82	2.34	3.00
Weighted Daily Average			194	183	*19	*N/A*	3.50	0.00	5	36.82	2.34	3.00
% of Calories					*39.2%	*N/A*	16.2%	0.0%		75.9%		6.2%
Weekly Nutrient Guideline			0 - 0				<=0					

### Monday - 11/13/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990928 Chex Mix (Straw) and Juice	1 pack	1	*120	*55	*6	*N/A*	*3.00	*0.00	*0	*23.00	*2.00	*2.00
990929 Chex Mix (Choc) and Juice	1 pack	1	*2080	*1040	*128	*N/A*	*64.00	*0.00	*0	*352.00	*32.00	*32.00
Weighted Daily Average			*2200	*1095	*134	*N/A*	*67.00	*0.00	*0	*375.00	*34.00	*34.00
% of Calories					*24.4%	*N/A*	*27.4%	*0.0%		*68.2%		*6.2%
Weekly Nutrient Guideline			0 - 0				<=0					

### Tuesday - 11/14/2023

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990893 COOKIE AND MILK	1 pack	1	172	186	17	*N/A*	4.79	0.00	5	26.47	0.66	6.65
Weighted Daily Average			172	186	17	0	4.79	0.00	5	26.47	0.66	6.65
% of Calories					39.5%	0%	25.1%	0.0%		61.6%		15.5%
Weekly Nutrient Guideline			0 - 0				<=0					

### Wednesday - 11/15/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990844 Sun Chips Ched & Juice	Pack	1	240	220	25	*N/A*	6.00	0.00	0	43.00	2.00	2.00
990845 Sun Chips Salsa & Juice	Pack	1	240	160	25	*N/A*	6.00	0.00	0	43.00	2.00	2.00
Weighted Daily Average			480	380	50	0	12.00	0.00	0	86.00	4.00	4.00
% of Calories					41.7%	0%	22.5%	0.0%		71.7%		3.3%
Weekly Nutrient Guideline			0 - 0				<=0					

### Thursday - 11/16/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990960 YOGURT AND GRANOLA	1 pack	1	242	162	24	0	4.25	0.00	5	42.10	2.20	8.30
990961 YOGURT AND GRANOLA BAR	1 pack	1	265	148	28	*N/A*	5.00	0.00	6	49.00	3.00	7.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990962 GRANOLA AND FRUIT CUP	1 pack	1	212	82	23	0	2.75	0.00	0	42.10	3.20	4.30
Weighted Daily Average			719	393	74	0	12.00	0.00	10	133.20	8.40	19.60
% of Calories					41.2%	0%	15.0%	0.0%		74.1%		10.9%
Weekly Nutrient Guideline			0 - 0				<=0					

### Friday - 11/17/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990924 BLUEBERRY CRACKERS AND JUICE	1 pack	1	*202	*70	*26	*7	*3.50	*0.00	*0	*42.00	*2.00	*2.00
Weighted Daily Average			*202	*70	*26	*7	*3.50	*0.00	*0	*42.00	*2.00	*2.00
% of Calories					*51.5%	*13.9%	*15.6%	*0.0%		*83.2%		*4.0%
Weekly Nutrient Guideline			0 - 0				<=0					

### Monday - 11/27/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990775 Nutrigrain Bar and Juice (Snack)	1 pack	1	259	142	*24	*N/A*	3.96	0.04	0	55.77	2.97	2.16
Weighted Daily Average			259	142	*24	*N/A*	3.96	0.04	0	55.77	2.97	2.16
% of Calories					*37.1%	*N/A*	13.8%	0.1%		86.1%		3.3%
Weekly Nutrient Guideline			0 - 0				<=0					

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

### Tuesday - 11/28/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990892 Crackers, Peanut Butter, Milk	1 pack	1	*272	*276	*26	*N/A*	*6.55	*0.00	*15	*40.25	*1.01	*10.02
990638 Crackers and Milk	1 pack	1	245	243	22	*N/A*	5.72	0.00	10	35.58	*1.01	10.02
Weighted Daily Average			*517	*519	*48	*0	*12.27	*0.00	*25	*75.83	*2.02	*20.05
% of Calories					*37.1%	*0%	*21.4%	*0.0%		*58.7%		*15.5%
Weekly Nutrient Guideline			0 - 0				<=0					

### Wednesday - 11/29/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990889 Doritos Chili & Juice	Pack	1	232	212	*23	*N/A*	5.06	0.00	0	45.25	2.02	2.02
990887 Doritos Nacho & Juice	Pack	1	232	212	*23	*N/A*	5.06	0.00	0	45.25	2.02	2.02
990888 Doritos Ranch & Juice	Pack	1	230	160	23	*N/A*	5.00	0.00	0	45.00	2.00	2.00
Weighted Daily Average			693	585	*69	*0	15.12	0.00	0	135.50	6.05	6.05
% of Calories					*39.8%	*0%	19.6%	0.0%		78.2%		3.5%
Weekly Nutrient Guideline			0 - 0				<=0					

### Thursday - 11/30/2023

#### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990927 CHEESE STICK AND FRUIT	1 pack	1	150	203	*10	*0	7.05	*0.00	*23	*16.46	1.77	6.74
Weighted Daily Average			150	203	*10	*0	7.05	*0.00	*23	*16.46	1.77	6.74
% of Calories					*26.7%	*0%	42.3%	*0.0%		*43.9%		18.0%
Weekly Nutrient Guideline			0 - 0				<=0					

	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	*475	*339	*40	*1	*11.80	*0.00	*7	*84.72	*5.51	*8.84
% of Calories			*33.7%	*0.8%	*22.4%	*0.0%		*71.3%		*7.4%

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.