

# Base Menu Spreadsheet

## Portion Values

<b>Menu Name:</b>	AFTERSCHOOL SNACK	<b>Include Cost:</b>	No
<b>Site:</b>		<b>Report Style:</b>	Detailed
<b>Use Alternate Menu Name:</b>	No		

### Friday - 09/01/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990924 Chocolate Crackers and Juice	1 pack	1	*192	*110	*26	*3.00	*0.00	*0	*41.00	*2.00	*2.00
Weighted Daily Average			*192	*110	*26	*3.00	*0.00	*0	*41.00	*2.00	*2.00
% of Calories					*54.2%	*14.1%	*0.0%		*85.4%		*4.2%
Weekly Nutrient Guideline			0 - 0			<=0					

### Wednesday - 09/06/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	6.00	0.00	0	43.00	2.00	2.00
990845 Sun Chips Salsa & Juice	Pack	1	240	160	25	6.00	0.00	0	43.00	2.00	2.00
Weighted Daily Average			480	380	50	12.00	0.00	0	86.00	4.00	4.00
% of Calories					41.7%	22.5%	0.0%		71.7%		3.3%
Weekly Nutrient Guideline			0 - 0			<=0					

### Thursday - 09/07/2023

#### Reimbursable Meal Total 1

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## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990925 Yogurt and Pineapple Cup	1 pack	1	204	93	36	1.50	0.00	5	41.82	1.34	5.00
Weighted Daily Average			204	93	36	1.50	0.00	5	41.82	1.34	5.00
% of Calories					70.6%	6.6%	0.0%		82.0%		9.8%
Weekly Nutrient Guideline			0 - 0			<=0					

### Friday - 09/08/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990639 Cheese Crackers and Juice (SNACK)	1 pack	1	200	160	24	3.50	0.00	*0	40.00	1.00	3.00
990926 Goldfish and Juice (SNACK)	1 pack	1	400	340	*48	7.00	0.00	*5	80.00	2.00	6.00
Weighted Daily Average			600	500	*72	10.50	0.00	*5	120.00	3.00	9.00
% of Calories					*48.0%	15.8%	0.0%		80.0%		6.0%
Weekly Nutrient Guideline			0 - 0			<=0					

### Monday - 09/11/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	*3.00	*0.00	*0	*23.00	*2.00	*2.00

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## Portion Values

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

### Tuesday - 09/12/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	4.79	0.00	5	26.47	0.66	6.65
Weighted Daily Average			172	186	17	4.79	0.00	5	26.47	0.66	6.65
% of Calories					39.5%	25.1%	0.0%		61.6%		15.5%
Weekly Nutrient Guideline			0 - 0			<=0					

### Wednesday - 09/13/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990930 DORITOS AND CARROTS	Pack	1	241	359	*3	11.23	*0.00	5	34.45	4.75	2.96
Weighted Daily Average			241	359	*3	11.23	*0.00	5	34.45	4.75	2.96
% of Calories					*5.0%	41.9%	*0.0%		57.2%		4.9%
Weekly Nutrient Guideline			0 - 0			<=0					

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

### Thursday - 09/14/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990927 CHEESE STICK AND GRANNY SMITH APPLE	1 pack	1	1520	1536	*4	62.48	0.00	200	*209.07	35.24	55.79
Weighted Daily Average			1520	1536	*4	62.48	0.00	200	*209.07	35.24	55.79
% of Calories					*1.1%	37.0%	0.0%		*55.0%		14.7%
Weekly Nutrient Guideline			0 - 0			<=0					

### Friday - 09/15/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990639 Cheese Crackers and Juice (SNACK)	1 pack	1	200	160	24	3.50	0.00	*0	40.00	1.00	3.00
Weighted Daily Average			200	160	24	3.50	0.00	*0	40.00	1.00	3.00
% of Calories					48.0%	15.8%	0.0%		80.0%		6.0%
Weekly Nutrient Guideline			0 - 0			<=0					

### Monday - 09/18/2023

### 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)	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	3.96	0.04	0	55.77	2.97	2.16
Weighted Daily Average			259	142	*24	3.96	0.04	0	55.77	2.97	2.16
% of Calories					*37.1%	13.8%	0.1%		86.1%		3.3%
Weekly Nutrient Guideline			0 - 0			<=0					

### Tuesday - 09/19/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990922 PEANUT BUTTER, PRETZELS, MILK	1 pack	1	*220	*380	*20	*4.00	*0.00	*15	*35.00	*2.00	*10.00
Weighted Daily Average			*220	*380	*20	*4.00	*0.00	*15	*35.00	*2.00	*10.00
% of Calories					*36.4%	*16.4%	*0.0%		*63.6%		*18.2%
Weekly Nutrient Guideline			0 - 0			<=0					

### Wednesday - 09/20/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	5.06	0.00	0	45.25	2.02	2.02
990887 Doritos Nacho & Juice	Pack	1	232	212	*23	5.06	0.00	0	45.25	2.02	2.02

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## Portion Values

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

### Thursday - 09/21/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990923 Snack Mix and Fruit Cup	1 pack	1	177	156	*14	3.00	0.00	0	37.87	2.97	1.50
Weighted Daily Average			177	156	*14	3.00	0.00	0	37.87	2.97	1.50
% of Calories					*31.6%	15.3%	0.0%		85.6%		3.4%
Weekly Nutrient Guideline			0 - 0			<=0					

### Friday - 09/22/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990924 Chocolate Crackers and Juice	1 pack	1	*192	*110	*26	*3.00	*0.00	*0	*41.00	*2.00	*2.00
Weighted Daily Average			*192	*110	*26	*3.00	*0.00	*0	*41.00	*2.00	*2.00
% of Calories					*54.2%	*14.1%	*0.0%		*85.4%		*4.2%
Weekly Nutrient Guideline			0 - 0			<=0					

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

### Monday - 09/25/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990857 Granola Bar & Juice, Chocolate	1 pack	1	250	145	33	3.00	0.00	0	54.00	2.00	2.00
990777 Granola Bar & Juice, Cookies	1 pack	1	240	12	30	4.00	0.00	1	52.00	4.00	2.00
Weighted Daily Average			490	156	63	7.00	0.00	1	106.00	6.00	4.00
% of Calories					51.4%	12.9%	0.0%		86.5%		3.3%
Weekly Nutrient Guideline			0 - 0			<=0					

### Tuesday - 09/26/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990847 Peanut Butter and Jelly Sandwich - Snack	1 EACH	1	*155	*155	*6	*8.00	*0.00	*0	*17.50	*2.00	*5.00
Weighted Daily Average			*155	*155	*6	*8.00	*0.00	*0	*17.50	*2.00	*5.00
% of Calories					*15.5%	*46.5%	*0.0%		*45.2%		*12.9%
Weekly Nutrient Guideline			0 - 0			<=0					

### Wednesday - 09/27/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	6.00	0.00	0	43.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

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

### Thursday - 09/28/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990925 Yogurt and Pineapple Cup	1 pack	1	204	93	36	1.50	0.00	5	41.82	1.34	5.00
Weighted Daily Average			204	93	36	1.50	0.00	5	41.82	1.34	5.00
% of Calories					70.6%	6.6%	0.0%		82.0%		9.8%
Weekly Nutrient Guideline			0 - 0			<=0					

### Friday - 09/29/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990639 Cheese Crackers and Juice (SNACK)	1 pack	1	200	160	24	3.50	0.00	*0	40.00	1.00	3.00



# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990926 Goldfish and Juice (SNACK)	1 pack	1	400	340	*48	7.00	0.00	*5	80.00	2.00	6.00
Weighted Daily Average			600	500	*72	10.50	0.00	*5	120.00	3.00	9.00
% of Calories					*48.0%	15.8%	0.0%		80.0%		6.0%
Weekly Nutrient Guideline			0 - 0			<=0					

	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	*488	*372	*39	*12.85	*0.00	*13	*86.86	*6.23	*9.01
% of Calories			*32.0%	*23.7%	*0.0%		*71.2%		*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.**