

**Base Menu Spreadsheet**

Portion Values

Sep 30, 2024 thru Oct 31, 2024

**Menu Name:** AFTERSCHOOL SNACK  
**Site:**  
**Use Alternate Menu Name:** No

**Include Cost:** No  
**Report Style:** Detailed

**Monday - 09/30/2024 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
Weighted Daily Average			*120	*55	*6	*N/A*	*3.00	*0.00	*0	*23.00	*2.00	*2.00
% of Calories					*20.0%	*N/A*	*22.5%	*0.0%		*76.7%		*6.7%
Weekly Nutrient Guideline			0 - 0				<=0					

**Tuesday - 10/01/2024 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)
990894 COOKIE AND MILK	1 pack	1	100	130	12	*N/A*	1.25	0.00	8	13.00	0.00	8.00
Weighted Daily Average			100	130	12	*N/A*	1.25	0.00	8	13.00	0.00	8.00
% of Calories					48.0%	*N/A*	11.2%	0.0%		52.0%		32.0%
Weekly Nutrient Guideline			0 - 0				<=0					

**Wednesday - 10/02/2024 Reimbursable Meal Total 1**

# Base Menu Spreadsheet

## Portion Values

Sep 30, 2024 thru Oct 31, 2024

	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					

### Thursday - 10/03/2024

### 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)
991033 DORITOS	Pack	1	132	202	*N/A*	*N/A*	5.06	0.00	0	20.25	2.02	2.02
990866 APPLESAUCE, GRANNY	HALF CUP	1	74	20	16	*N/A*	0.00	0.00	0	19.49	0.99	0.32
Weighted Daily Average			205	222	*16	*N/A*	5.06	0.00	0	39.74	3.02	2.34
% of Calories					*31.2%	*N/A*	22.2%	0.0%		77.5%		4.6%
Weekly Nutrient Guideline			0 - 0				<=0					

### Friday - 10/04/2024

### 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)
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	*N/A*	3.00	0.00	0	20.00	1.00	2.00

# Base Menu Spreadsheet

## Portion Values

Sep 30, 2024 thru Oct 31, 2024

	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)
990519 JUICE (SNACK), 6 OZ VERY BERRY, SHELF STABLE	juice	1	100	10	24	*N/A*	0.00	0.00	0	26.00	0.00	0.00
Weighted Daily Average			210	150	31	*N/A*	3.00	0.00	0	46.00	1.00	2.00
% of Calories					59.0%	*N/A*	12.9%	0.0%		87.6%		3.8%
Weekly Nutrient Guideline			0 - 0				<=0					

### Monday - 10/07/2024

### 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
Weighted Daily Average			240	220	25	*N/A*	6.00	0.00	0	43.00	2.00	2.00
% of Calories					41.7%	*N/A*	22.5%	0.0%		71.7%		3.3%
Weekly Nutrient Guideline			0 - 0				<=0					

### Tuesday - 10/08/2024

### 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)
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Sep 30, 2024 thru Oct 31, 2024

	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)
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			355	373	34	*N/A*	8.22	0.00	20	48.58	*1.01	18.02
% of Calories					38.3%	*N/A*	20.8%	0.0%		54.7%		20.3%
Weekly Nutrient Guideline			0 - 0				<=0					

### Wednesday - 10/09/2024

### 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 - 10/10/2024

### 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)
990846 YOGURT AND FRUIT CUP	1 pack	1	183	64	*15	*N/A*	1.12	0.00	4	41.05	2.98	3.75
Weighted Daily Average			183	64	*15	*N/A*	1.12	0.00	4	41.05	2.98	3.75
% of Calories					*32.8%	*N/A*	5.5%	0.0%		89.7%		8.2%
Weekly Nutrient Guideline			0 - 0				<=0					

# Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

## Friday - 10/11/2024

### 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)
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	*N/A*	3.00	0.00	0	20.00	2.00	2.00
990518 JUICE (SNACK), 6 OZ FRUIT PUNCH, SHELF STABLE	juice	1	100	10	23	*N/A*	0.00	0.00	0	25.00	0.00	0.00
Weighted Daily Average			210	110	30	*N/A*	3.00	0.00	0	45.00	2.00	2.00
% of Calories					57.1%	*N/A*	12.9%	0.0%		85.7%		3.8%
Weekly Nutrient Guideline			0 - 0				<=0					

## Monday - 10/14/2024

### 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
Weighted Daily Average			232	212	*23	*N/A*	5.06	0.00	0	45.25	2.02	2.02
% of Calories					*39.7%	*N/A*	19.6%	0.0%		78.0%		3.5%
Weekly Nutrient Guideline			0 - 0				<=0					

## Tuesday - 10/15/2024

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 30, 2024 thru Oct 31, 2024

	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					

### Wednesday - 10/16/2024

### 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)
990974 PEANUT BUTTER, CRACKERS, MILK	1 pack	1	*257	*251	*23	*N/A*	*6.55	*0.00	*12	*36.75	*1.01	*10.02
Weighted Daily Average			*257	*251	*23	*N/A*	*6.55	*0.00	*12	*36.75	*1.01	*10.02
% of Calories					*35.8%	*N/A*	*22.9%	*0.0%		*57.2%		*15.6%
Weekly Nutrient Guideline			0 - 0				<=0					

### Thursday - 10/17/2024

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 30, 2024 thru Oct 31, 2024

	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)
990636 Cheese Stick & Juice	1 pack	1	140	205	15	*N/A*	6.00	0.00	20	17.00	0.00	6.00
Weighted Daily Average			140	205	15	*N/A*	6.00	0.00	20	17.00	0.00	6.00
% of Calories					42.9%	*N/A*	38.6%	0.0%		48.6%		17.1%
Weekly Nutrient Guideline			0 - 0				<=0					

### Friday - 10/18/2024

### 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)
990926 Goldfish and Juice (SNACK)	1 pack	1	400	340	*48	*N/A*	7.00	0.00	*5	80.00	2.00	6.00
Weighted Daily Average			400	340	*48	*N/A*	7.00	0.00	*5	80.00	2.00	6.00
% of Calories					*48.0%	*N/A*	15.8%	0.0%		80.0%		6.0%
Weekly Nutrient Guideline			0 - 0				<=0					

### Monday - 10/21/2024

### 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
Weighted Daily Average			*120	*55	*6	*N/A*	*3.00	*0.00	*0	*23.00	*2.00	*2.00
% of Calories					*20.0%	*N/A*	*22.5%	*0.0%		*76.7%		*6.7%
Weekly Nutrient Guideline			0 - 0				<=0					

# Base Menu Spreadsheet

## Portion Values

Sep 30, 2024 thru Oct 31, 2024

### Tuesday - 10/22/2024

#### 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)
990894 COOKIE AND MILK	1 pack	1	100	130	12	*N/A*	1.25	0.00	8	13.00	0.00	8.00
Weighted Daily Average			100	130	12	*N/A*	1.25	0.00	8	13.00	0.00	8.00
% of Calories					48.0%	*N/A*	11.2%	0.0%		52.0%		32.0%
Weekly Nutrient Guideline			0 - 0				<=0					

### Wednesday - 10/23/2024

#### 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)
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					

### Thursday - 10/24/2024

#### 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)
991033 DORITOS	Pack	1	132	202	*N/A*	*N/A*	5.06	0.00	0	20.25	2.02	2.02



# Base Menu Spreadsheet

## Portion Values

Sep 30, 2024 thru Oct 31, 2024

	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)
990866 APPLESAUCE, GRANNY	HALF CUP	1	74	20	16	*N/A*	0.00	0.00	0	19.49	0.99	0.32
Weighted Daily Average			205	222	*16	*N/A*	5.06	0.00	0	39.74	3.02	2.34
% of Calories					*31.2%	*N/A*	22.2%	0.0%		77.5%		4.6%
Weekly Nutrient Guideline			0 - 0				<=0					

### Friday - 10/25/2024

### 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)
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	*N/A*	3.00	0.00	0	20.00	1.00	2.00
990519 JUICE (SNACK), 6 OZ VERY BERRY, SHELF STABLE	juice	1	100	10	24	*N/A*	0.00	0.00	0	26.00	0.00	0.00
Weighted Daily Average			210	150	31	*N/A*	3.00	0.00	0	46.00	1.00	2.00
% of Calories					59.0%	*N/A*	12.9%	0.0%		87.6%		3.8%
Weekly Nutrient Guideline			0 - 0				<=0					

### Monday - 10/28/2024

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 30, 2024 thru Oct 31, 2024

	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
Weighted Daily Average			240	220	25	*N/A*	6.00	0.00	0	43.00	2.00	2.00
% of Calories					41.7%	*N/A*	22.5%	0.0%		71.7%		3.3%
Weekly Nutrient Guideline			0 - 0				<=0					

### Tuesday - 10/29/2024

### 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)
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
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			355	373	34	*N/A*	8.22	0.00	20	48.58	*1.01	18.02
% of Calories					38.3%	*N/A*	20.8%	0.0%		54.7%		20.3%
Weekly Nutrient Guideline			0 - 0				<=0					

### Wednesday - 10/30/2024

### 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)
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 - 10/31/2024

### 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)
990846 YOGURT AND FRUIT CUP	1 pack	1	183	64	*15	*N/A*	1.12	0.00	4	41.05	2.98	3.75
Weighted Daily Average			183	64	*15	*N/A*	1.12	0.00	4	41.05	2.98	3.75
% of Calories					*32.8%	*N/A*	5.5%	0.0%		89.7%		8.2%
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	*221	*199	*21	*0	*4.91	*0.00	*5	*39.86	*1.92	*4.89
% of Calories			*38.0%	*0%	*20.0%	*0.0%		*72.1%		*8.9%

\*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.