

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

Menu Name:	AFTERSCHOOL SNACK	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 12/01/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991223 CHIPS, DORITOS CHILI	1oz	1	2	3	*N/A*	*N/A*	0.07	0.00	0	0.28	0.03	0.03
991224 JUICE, GRAPE (6 Oz)	6 oz	1	2	0	0.57	*N/A*	0.00	0.00	0	0.61	0.00	0.00
Weighted Daily Average			4	3	*0.57	*N/A*	0.07	0.00	0	0.89	0.03	0.03
% of Calories					*57.00 %	*N/A*	15.8%	0.0%		89.0%		3.0%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Tuesday - 12/02/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990483 BISCUIT, RICH'S, BISCUIT DOUGH	1 PIECE	1	200	690	2.00	*N/A*	9.00	0.00	0	26.00	1.00	3.00
991233 WHIP TOPPING	1oz	1	45	85	0.00	*N/A*	0.05	0.00	0	9.21	0.00	1.91
991242 STRAWBERRY, FROZEN 3/4c SNACK	3/4 cup	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			245	775	2.00	*0	9.05	0.00	0	35.21	1.00	4.91
% of Calories					3.27%	*N/A*	33.2%	0.0%		57.5%		8.0%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

Wednesday - 12/03/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	115	115	6.36	6.36	3.18	0.00	0	21.64	1.27	1.27
991190 PINEAPPLE, DICED 3/4C	3/4 cup	1	3	0	0.58	*N/A*	0.00	0.00	0	0.71	0.04	0.00
Weighted Daily Average			117	115	6.95	*6.36	3.18	0.00	0	22.34	1.32	1.27
% of Calories					23.76%	*21.76 %	24.5%	0.0%		76.4%		4.3%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Thursday - 12/04/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990276 CHIPS, TORTILLA IND. BAGS	1 BAG	1	210	170	0.00	*N/A*	12.00	0.00	0	25.00	2.00	3.00
991235 CUCUMBER 3/4C Snacks	3/4 cup	1	10	2	*N/A*	*N/A*	0.08	*N/A*	0	2.26	0.47	0.39
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60
Weighted Daily Average			299	436	*1.10	*N/A*	19.87	*0.12	6	29.13	2.56	3.99
% of Calories					*1.47%	*N/A*	59.8%	*0.4%		39.0%		5.3%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Friday - 12/05/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991215 JUICE, APPLE 6 oz	6 oz	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
991231 Chex Mix Strawb	1.03 OZ	1	2	1	0.10	*N/A*	0.05	0.00	0	0.38	0.03	0.03
Weighted Daily Average			2	1	0.10	*0	0.05	0.00	0	0.38	0.03	0.03
% of Calories					20.00%	*N/A*	22.5%	0.0%		76.0%		6.0%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Monday - 12/08/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991221 CHIPS, CHEETOS BAKED	.85	1	0	0	0.00	*N/A*	0.00	0.00	0	0.00	0.00	0.00
991222 JUICE, FRUIT (6OZ)	6 oz	1	2	0	0.43	*N/A*	0.00	0.00	0	0.46	0.00	0.00
Weighted Daily Average			2	0	0.43	*N/A*	0.00	0.00	0	0.46	0.00	0.00
% of Calories					86.00%	*N/A*	0.0%	0.0%		92.0%		0.0%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Tuesday - 12/09/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991120 APPLESAUCE 3/4 CUP	3/4 cup	1	90	15	*N/A*	*N/A*	0.00	0.00	0	22.50	3.00	0.00

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Dec 1, 2025 thru Dec 19, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7.00	*N/A*	3.00	0.00	0	20.00	2.00	2.00
Weighted Daily Average			200	115	*7.00	*N/A*	3.00	0.00	0	42.50	5.00	2.00
% of Calories					*14.00 %	*N/A*	13.5%	0.0%		85.0%		4.0%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Wednesday - 12/10/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991199 CHEESE, STRING CHEDDAR	1oz	1	1	1	0.00	*N/A*	0.05	0.00	0	*N/A*	0.00	0.04
991230 Turkey Stick	.6 OZ	1	70	400	6.00	*N/A*	2.00	0.00	*N/A*	6.00	0.00	*N/A*
991171 CRACKERS, WHEAT 1 OZ	1 BAG	1	91	127	2.03	*N/A*	3.04	0.00	0	15.21	1.01	2.03
Weighted Daily Average			162	528	8.03	*N/A*	5.10	0.00	*0	*21.21	1.01	*2.07
% of Calories					19.83%	*N/A*	28.3%	0.0%		*52.4%		*5.1%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Thursday - 12/11/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991201 PEAR, DICED	3/4 cup	1	4	0	*N/A*	*N/A*	0.00	0.00	0	1.07	0.15	0.00

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Dec 1, 2025 thru Dec 19, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991236 CHEX MIX CHOC	1oz	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			4	0	*0	*0	0.00	0.00	0	1.07	0.15	0.00
% of Calories					*0%	*N/A*	0.0%	0.0%		107.0%		0.0%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Friday - 12/12/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991224 JUICE, GRAPE (6 Oz)	6 oz	1	2	0	0.57	*N/A*	0.00	0.00	0	0.61	0.00	0.00
991234 CHIPS, PITA STACEY	Pack	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			2	0	0.57	*0	0.00	0.00	0	0.61	0.00	0.00
% of Calories					114.00 %	*N/A*	0.0%	0.0%		122.0%		0.0%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Monday - 12/15/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991232 CHIPS, SUNCHIPS	1oz	1	141	200	*0.15	*N/A*	8.00	0.00	0	19.17	3.00	2.00

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Dec 1, 2025 thru Dec 19, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991215 JUICE, APPLE 6 oz	6 oz	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			141	200	*0.15	*0	8.00	0.00	0	19.17	3.00	2.00
% of Calories					*0.43%	*N/A*	51.1%	0.0%		54.4%		5.7%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Tuesday - 12/16/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991206 CRACKERS, CHEE-ZIT	Pack	1	100	150	0.00	*N/A*	3.50	0.00	*N/A*	14.00	1.00	3.00
991208 FRUIT COCKTAIL 3/4C	3/4 cup	1	1	0	0.28	*N/A*	0.00	0.00	0	0.32	0.02	0.00
Weighted Daily Average			101	150	0.28	*N/A*	3.50	0.00	*0	14.32	1.02	3.00
% of Calories					1.11%	*N/A*	31.2%	0.0%		56.7%		11.9%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Wednesday - 12/17/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991193 Peanut Butter Cup 1oz	1oz	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
991237 RITZ CRACKERS WHOLE GRAIN	6 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Dec 1, 2025 thru Dec 19, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
Weighted Daily Average			*102	*120	*11.11	*0	*2.31	*0.00	*9	*12.03	*0.00	*7.41
% of Calories					*43.57 %	*N/A*	*20.4%	*0.0%		*47.2%		*29.1%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Thursday - 12/18/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001515 CARROT STICKS, 3/4 CUP	3/4 cup	1	38	31	*N/A*	*N/A*	0.17	*N/A*	0	8.97	2.65	0.91
990780 DRESSING, RANCH 1oz CUPS	1 oz cup	1	70	125	3.00	*N/A*	6.01	0.00	5	5.01	0.00	0.00
991238 APPLE SLICE 3/4C	3/4 cup	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			108	156	*3.00	*0	6.18	*0.00	5	13.98	2.65	0.91
% of Calories					*11.11 %	*N/A*	51.5%	*0.0%		51.8%		3.4%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

Friday - 12/19/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991195 CHIPS, FANTASTIX	1oz	1	130	200	*N/A*	*N/A*	5.00	0.00	0	19.00	2.00	2.00

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991222 JUICE, FRUIT (6OZ)	6 oz	1	2	0	0.43	*N/A*	0.00	0.00	0	0.46	0.00	0.00
Weighted Daily Average			132	200	*0.43	*N/A*	5.00	0.00	0	19.46	2.00	2.00
% of Calories					*1.30%	*N/A*	34.1%	0.0%		59.0%		6.1%
Weekly Nutrient Guideline			0 - 0			<0	<=0					

		Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages		*108	*187	*2.78	*0.42	*4.35	*0.01	*1	*15.52	*1.32	*1.97
% of Calories				*10.30 %	*N/A*	*36.2%	*0.1%		*57.5%		*7.3%

**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
Added Sugars target is informational only, with an effective date of July 1, 2027.

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.