

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

Menu Name: AFTERSCHOOL SNACK **Include Cost:** No

Site:

Use Alternate Menu Name: No

Monday - 01/06/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/07/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990894 COOKIE AND MILK	1 pack	1	179	204	19	*N/A*	4.22	0.00	8	26.35	0.49	8.99
Weighted Daily Average			179	204	19	*N/A*	4.22	0.00	8	26.35	0.49	8.99
% of Calories					42.5%	*N/A*	21.2%	0.0%		58.9%		20.1%
Weekly Nutrient Guideline			0 - 0				<=0					

Wednesday - 01/08/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/09/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/10/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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

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Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/13/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/14/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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

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Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/15/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990966 TORTILLA CHIPS, 6 OZ JUICE	1 PACK	1	120	49	17	*N/A*	2.80	0.00	0	23.84	0.47	0.70
Weighted Daily Average			120	49	17	*N/A*	2.80	0.00	0	23.84	0.47	0.70
% of Calories					56.7%	*N/A*	21.0%	0.0%		79.5%		2.3%
Weekly Nutrient Guideline			0 - 0				<=0					

Thursday - 01/16/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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

Jan 6, 2025 thru Jan 31, 2025

Friday - 01/17/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/20/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/21/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/22/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/23/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/24/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/27/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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

Jan 6, 2025 thru Jan 31, 2025

Tuesday - 01/28/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990894 COOKIE AND MILK	1 pack	1	179	204	19	*N/A*	4.22	0.00	8	26.35	0.49	8.99
Weighted Daily Average			179	204	19	*N/A*	4.22	0.00	8	26.35	0.49	8.99
% of Calories					42.5%	*N/A*	21.2%	0.0%		58.9%		20.1%
Weekly Nutrient Guideline			0 - 0				<=0					

Wednesday - 01/29/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/30/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 01/31/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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					

	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	*211	*180	*22	*N/A*	*4.36	*0.00	*4	*39.00	*1.71	*4.47
% of Calories			*41.7%	*N/A*	*18.6%	*0.0%		*73.9%		*8.5%

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.