

Base Menu Spreadsheet

Weighted Values

Aug 1, 2022 thru Aug 31, 2022

Menu Name: AFTERSCHOOL SNACK

Include Cost: No

Site:

Report Style: Detailed

Thursday - 08/04/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990771 Crackers and Juice (Snack)	1 pack	1	212	0.67	123	31	3.00	0.00	0	46.17	1.33	2.00	*315	11.0	*3.33	2.00
Weighted Daily Average			212	0.67	123	31	3.00	0.00	0	46.17	1.33	2.00	*315	11.0	*3.33	2.00
% of Calories				2.84%		58.5%	12.7%	0.0%		87.1%		3.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 08/05/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990771 Crackers and Juice (Snack)	1 pack	1	212	0.67	123	31	3.00	0.00	0	46.17	1.33	2.00	*315	11.0	*3.33	2.00
Weighted Daily Average			212	0.67	123	31	3.00	0.00	0	46.17	1.33	2.00	*315	11.0	*3.33	2.00
% of Calories				2.84%		58.5%	12.7%	0.0%		87.1%		3.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 08/08/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Aug 1, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990638 Crackers and Milk	1 pack	1	213	1.67	242	19	4.67	0.00	8	33.33	1.33	10.00	815	311.0	5.73	2.00
Weighted Daily Average			213	1.67	242	19	4.67	0.00	8	33.33	1.33	10.00	815	311.0	5.73	2.00
% of Calories				7.06%		35.7%	19.7%	0.0%		62.6%		18.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 08/09/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990847 Peanut Butter and Jelly Sandwich - Snack	1 EACH	1	310	2.50	310	13	16.00	0.00	0	35.00	4.00	10.00	0	40.0	0.00	1.08
990843 Peanut Butter Cup and Celery	Pack	1	139	1.87	196	*2	10.16	*0.00	0	9.43	3.39	5.70	*150	56.2	*7.81	0.87
Weighted Daily Average			449	4.37	506	*15	26.16	*0.00	0	44.43	7.39	15.70	*150	96.2	*7.81	1.95
% of Calories				8.76%		*13.4%	52.4%	*0.0%		39.6%		14.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 08/10/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990844 Cheddar Sun Chips and Juice	Pack	1	240	1.00	220	25	6.00	0.00	0	43.00	2.00	2.00	*0	0.0	*0.00	0.36

Base Menu Spreadsheet

Weighted Values

Aug 1, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990845 Sun Chips, Salsa and Juice	Pack	1	240	1.00	160	25	6.00	0.00	0	43.00	2.00	2.00	*100	0.0	*0.00	0.36
Weighted Daily Average			480	2.00	380	50	12.00	0.00	0	86.00	4.00	4.00	*100	0.0	*0.00	0.72
% of Calories				3.75%		41.7%	22.5%	0.0%		71.7%		3.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 08/11/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990846 Yogurt and Peaches	1 pack	1	198	1.02	86	38	1.71	0.00	5	42.11	2.52	6.14	628	157.6	7.33	0.58
Weighted Daily Average			198	1.02	86	38	1.71	0.00	5	42.11	2.52	6.14	628	157.6	7.33	0.58
% of Calories				4.64%		76.8%	7.8%	0.0%		85.1%		12.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 08/12/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990639 Cheese Crackers and Juice (SNACK)	1 pack	1	190	1.00	170	*21	3.50	0.00	*2	37.00	1.00	3.00	*250	68.0	*0.00	1.00
Weighted Daily Average			190	1.00	170	*21	3.50	0.00	*2	37.00	1.00	3.00	*250	68.0	*0.00	1.00
% of Calories				4.74%		*44.2%	16.6%	0.0%		77.9%		6.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Base Menu Spreadsheet

Weighted Values

Aug 1, 2022 thru Aug 31, 2022

Monday - 08/15/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990847 Peanut Butter and Jelly Sandwich - Snack	1 EACH	1	310	2.50	310	13	16.00	0.00	0	35.00	4.00	10.00	0	40.0	0.00	1.08
Weighted Daily Average			310	2.50	310	13	16.00	0.00	0	35.00	4.00	10.00	0	40.0	0.00	1.08
% of Calories				7.26%		16.8%	46.5%	0.0%		45.2%		12.9%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 08/16/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990848 Chex Mix and Pears	1 pack	1	232	1.03	65	26	3.66	0.00	0	50.30	6.93	2.41	*29	*10.4	*5.76	0.93
Weighted Daily Average			232	1.03	65	26	3.66	0.00	0	50.30	6.93	2.41	*29	*10.4	*5.76	0.93
% of Calories				4.00%		44.8%	14.2%	0.0%		86.7%		4.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 08/17/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Aug 1, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990849 Animal Crackers and Juice	Pack	1	210	0.00	135	26	4.50	0.00	0	43.00	2.00	2.00	0	0.0	90.00	0.72
Weighted Daily Average			210	0.00	135	26	4.50	0.00	0	43.00	2.00	2.00	0	0.0	90.00	0.72
% of Calories				0.00%		49.5%	19.3%	0.0%		81.9%		3.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 08/18/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990850 Granola Bar and Carrots	Pack	1	258	2.03	296	*13	10.67	*0.00	5	40.97	5.65	2.91	25380	143.9	8.23	1.16
Weighted Daily Average			258	2.03	296	*13	10.67	*0.00	5	40.97	5.65	2.91	25380	143.9	8.23	1.16
% of Calories				7.08%		*20.2%	37.2%	*0.0%		63.5%		4.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 08/19/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990492 SNACK BREAK, Cheez-It Crackers , Fruit Juice	1 KIT	1	190	1.00	170	20	3.50	0.00	0	37.00	1.00	2.00	500	100.0	90.00	0.72

Base Menu Spreadsheet

Weighted Values

Aug 1, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990639 Cheese Crackers and Juice (SNACK)	1 pack	1	190	1.00	170	*21	3.50	0.00	*2	37.00	1.00	3.00	*250	68.0	*0.00	1.00
Weighted Daily Average			380	2.00	340	*41	7.00	0.00	*2	74.00	2.00	5.00	*750	168.0	*90.00	1.72
% of Calories				4.74%		*43.2%	16.6%	0.0%		77.9%		5.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 08/22/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990851 Brownie and Milk	1 pack	1	360	2.75	150	40	11.24	0.00	27	56.97	4.00	12.00	500	300.0	2.40	0.72
Weighted Daily Average			360	2.75	150	40	11.24	0.00	27	56.97	4.00	12.00	500	300.0	2.40	0.72
% of Calories				6.88%		44.4%	28.1%	0.0%		63.3%		13.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 08/23/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990843 Peanut Butter Cup and Celery	Pack	1	139	1.87	196	*2	10.16	*0.00	0	9.43	3.39	5.70	*150	56.2	*7.81	0.87

Base Menu Spreadsheet

Weighted Values

Aug 1, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990847 Peanut Butter and Jelly Sandwich - Snack	1 EACH	1	310	2.50	310	13	16.00	0.00	0	35.00	4.00	10.00	0	40.0	0.00	1.08
Weighted Daily Average			449	4.37	506	*15	26.16	*0.00	0	44.43	7.39	15.70	*150	96.2	*7.81	1.95
% of Calories				8.76%		*13.4%	52.4%	*0.0%		39.6%		14.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 08/24/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990844 Cheddar Sun Chips and Juice	Pack	1	240	1.00	220	25	6.00	0.00	0	43.00	2.00	2.00	*0	0.0	*0.00	0.36
990845 Sun Chips, Salsa and Juice	Pack	1	240	1.00	160	25	6.00	0.00	0	43.00	2.00	2.00	*100	0.0	*0.00	0.36
Weighted Daily Average			480	2.00	380	50	12.00	0.00	0	86.00	4.00	4.00	*100	0.0	*0.00	0.72
% of Calories				3.75%		41.7%	22.5%	0.0%		71.7%		3.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 08/25/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Aug 1, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990846 Yogurt and Peaches	1 pack	1	198	1.02	86	38	1.71	0.00	5	42.11	2.52	6.14	628	157.6	7.33	0.58
Weighted Daily Average			198	1.02	86	38	1.71	0.00	5	42.11	2.52	6.14	628	157.6	7.33	0.58
% of Calories				4.64%		76.8%	7.8%	0.0%		85.1%		12.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 08/26/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990639 Cheese Crackers and Juice (SNACK)	1 pack	1	190	1.00	170	*21	3.50	0.00	*2	37.00	1.00	3.00	*250	68.0	*0.00	1.00
990492 SNACK BREAK, Cheez-It Crackers , Fruit Juice	1 KIT	1	190	1.00	170	20	3.50	0.00	0	37.00	1.00	2.00	500	100.0	90.00	0.72
Weighted Daily Average			380	2.00	340	*41	7.00	0.00	*2	74.00	2.00	5.00	*750	168.0	*90.00	1.72
% of Calories				4.74%		*43.2%	16.6%	0.0%		77.9%		5.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 08/29/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Aug 1, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990638 Crackers and Milk	1 pack	1	213	1.67	242	19	4.67	0.00	8	33.33	1.33	10.00	815	311.0	5.73	2.00
Weighted Daily Average			213	1.67	242	19	4.67	0.00	8	33.33	1.33	10.00	815	311.0	5.73	2.00
% of Calories				7.06%		35.7%	19.7%	0.0%		62.6%		18.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 08/30/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990847 Peanut Butter and Jelly Sandwich - Snack	1 EACH	1	310	2.50	310	13	16.00	0.00	0	35.00	4.00	10.00	0	40.0	0.00	1.08
Weighted Daily Average			310	2.50	310	13	16.00	0.00	0	35.00	4.00	10.00	0	40.0	0.00	1.08
% of Calories				7.26%		16.8%	46.5%	0.0%		45.2%		12.9%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 08/31/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990844 Cheddar Sun Chips and Juice	Pack	1	240	1.00	220	25	6.00	0.00	0	43.00	2.00	2.00	*0	0.0	*0.00	0.36

Base Menu Spreadsheet

Weighted Values

Aug 1, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990845 Sun Chips, Salsa and Juice	Pack	1	240	1.00	160	25	6.00	0.00	0	43.00	2.00	2.00	*100	0.0	*0.00	0.36
Weighted Daily Average			480	2.00	380	50	12.00	0.00	0	86.00	4.00	4.00	*100	0.0	*0.00	0.72
% of Calories				3.75%		41.7%	22.5%	0.0%		71.7%		3.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	311	2	258	*30	9.33	*0.00	*3	51.82	3.44	6.60	*1589	*104.5	*16.74	1.27
% of Calories		5.38%		*38.6%	27.0%	*0.0%		66.6%		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.