

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

**Menu Name:** After School Snacks w/out Milk  
**Site:**

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

### Monday - 08/15/2022 Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831306 BRD: MUF AP, Choc 2oz WG (1BG)	Muffin	1900	190	2.00	130	17	6.00	0.00	35	33.00	2.00	3.00
826348 JUICE SS, Orange 100% 6oz Cart	Each	1900	80	0.00	20	17	0.00	0.00	0	20.00	0.00	1.00
Weighted Daily Average			270	2.00	150	34	6.00	0.00	35	53.00	2.00	4.00
% of Calories				6.67%		50.4%	20.0%	0.0%		78.5%		5.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Tuesday - 08/16/2022 Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	1900	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	1900	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00
Weighted Daily Average			190	5.00	360	0	11.00	0.00	20	14.00	1.00	9.00
% of Calories				23.68%		0%	52.1%	0.0%		29.5%		18.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Wednesday - 08/17/2022 Reimbursable Meal Total 1900

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831159 BRD: BAR, Cereal CinnTst WG IW	Each	1900	150	0.00	115	9	4.00	0.00	0	30.00	3.00	2.00
826348 JUICE SS, Orange 100% 6oz Cart	Each	1900	80	0.00	20	17	0.00	0.00	0	20.00	0.00	1.00
Weighted Daily Average			230	0.00	135	26	4.00	0.00	0	50.00	3.00	3.00
% of Calories				0.00%		45.2%	15.7%	0.0%		87.0%		5.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Thursday - 08/18/2022

### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	1900	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00
826339 JUICE SS, Apple 100% 6oz Cart	Each	1900	80	0.00	20	19	0.00	0.00	0	20.00	0.00	0.00
Weighted Daily Average			170	0.00	220	19	1.50	0.00	0	36.00	1.00	2.00
% of Calories				0.00%		44.7%	7.9%	0.0%		84.7%		4.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Friday - 08/19/2022

### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1900	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00

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## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1900	90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00
Weighted Daily Average			210	1.00	135	27	3.50	0.00	0	42.00	1.00	2.00
% of Calories				4.29%		51.4%	15.0%	0.0%		80.0%		3.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Monday - 08/22/2022

Reimbursable Meal Total 1577

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831289 BRD: CRACK SS, Chz-It WG	Package	1700	108	1.08	162	0	3.77	0.00	5	15.09	1.08	2.16
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			108	1.08	162	0	3.77	0.00	5	15.09	1.08	2.16
% of Calories				9.00%		0%	31.4%	0.0%		55.9%		8.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Tuesday - 08/23/2022

Reimbursable Meal Total 1577

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1600	122	1.01	117	8	3.55	0.00	0	21.31	1.01	2.03

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
826339 JUICE SS, Apple 100% 6oz Cart	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			122	1.01	117	8	3.55	0.00	0	21.31	1.01	2.03
% of Calories				7.45%		26.2%	26.2%	0.0%		69.9%		6.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Wednesday - 08/24/2022

Reimbursable Meal Total 1577

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831267 SNACK: CHIP SS, Dorito NC RFWG	Package	800	66	0.25	101	0	2.54	0.00	0	10.15	1.01	1.01
826348 JUICE SS, Orange 100% 6oz Cart	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			66	0.25	101	0	2.54	0.00	0	10.15	1.01	1.01
% of Calories				3.41%		0%	34.6%	0.0%		61.5%		6.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Thursday - 08/25/2022

Reimbursable Meal Total 1254

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1300	124	0.00	119	7	4.15	0.00	0	20.73	1.04	2.07

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## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			124	0.00	119	7	4.15	0.00	0	20.73	1.04	2.07
% of Calories				0.00%		22.6%	30.1%	0.0%		66.9%		6.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Friday - 08/26/2022

### Reimbursable Meal Total 38

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
833274 CHEESE, CH STICK 1EA 1.0	Stick	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Monday - 08/29/2022

### Reimbursable Meal Total 171

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990555 BRD: BAR, BENEFIT MINI MAPLE BROWN SUGAR WG IW	Each	171	130	1.00	110	9	4.00	0.00	0	23.00	3.00	2.00

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Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
826339 JUICE SS, Apple 100% 6oz Cart	Each	171	80	0.00	20	19	0.00	0.00	0	20.00	0.00	0.00
Weighted Daily Average			210	1.00	130	28	4.00	0.00	0	43.00	3.00	2.00
% of Calories				4.29%		53.3%	17.1%	0.0%		81.9%		3.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Tuesday - 08/30/2022

Reimbursable Meal Total 988

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	988	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	988	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00
Weighted Daily Average			150	2.00	400	1	4.50	0.00	10	17.00	1.00	9.00
% of Calories				12.00%		2.7%	27.0%	0.0%		45.3%		24.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Wednesday - 08/31/2022

Reimbursable Meal Total 1007

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990369 Danimals, Strawberry Banana Yogurt	ea	1007	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00

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## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1007	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00
Weighted Daily Average			190	1.00	185	17	3.50	0.00	5	33.00	1.00	6.00
% of Calories				4.74%		35.8%	16.6%	0.0%		69.5%		12.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			157	1	170	13	4.00	0.00	6	27.33	1.32	3.41
% of Calories				6.31%		33.1%	22.9%	0.0%		69.6%		8.7%

- \*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.**