

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Sep 30, 2025

Menu Name:	PRE-SCHOOL SNACK	Include Cost:	Yes
Site:			
Use Alternate Menu Name:	No		

Tuesday - 09/02/2025Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000267 VEG, CELERY STICKS	6 STICKS	500	29	0.00	86	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002572 PEANUT BUTTER, CUP	CUP	450	180	2.00	160	3	*N/A*	15.00	0.00	0	8.00	2.00	7.00	*N/A*	20.0	0.00	0.72	\$0.000
002605 SUNBUTTER CUP	Serving	50	200	2.00	120	3	*N/A*	17.00	0.00	0	7.00	4.00	7.00	*N/A*	20.0	0.00	1.44	\$0.000
Weighted Daily Average			211	2.00	242	3	*N/A*	15.20	0.00	0	7.90	2.20	7.00	0	20.0	0.00	0.79	\$0.000
% of Calories				8.53%		5.7%	*N/A*	64.8%	0.0%		15.0%		13.3%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Wednesday - 09/03/2025Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000465 SNACK, POPCORN CHEESE	SERVING (BAG)	500	70	1.50	55	*N/A*	*N/A*	4.00	*N/A*	0	8.00	2.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
002726 FRUIT, CRAISINS WATERMELON	BAG	500	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
Weighted Daily Average			180	1.50	55	*24	*N/A*	4.00	*0.00	0	35.00	4.00	1.00	*0	0.0	0.00	0.00	\$0.000
% of Calories				7.50%		*53.3%	*N/A*	20.0%	*0.0%		77.8%		2.2%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Sep 30, 2025

Thursday - 09/04/2025 Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003091 SNACK SUN CHIP GARDEN SALSA LARGE	SERVINGS	500	210	1.00	210	4	3	9.00	0.00	0	28.00	3.00	3.00	*N/A*	20.0	0.00	1.00	\$0.000
000064 FRUIT, APPLE FRESH	1/2 APPLE	300	50	0.00	1	10	*N/A*	0.00	0.00	0	12.65	2.02	0.01	*N/A*	10.2	4.58	0.18	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	90	0.11	1	12	0	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
Weighted Daily Average			272	1.02	211	*12	*3	9.07	0.00	0	43.76	5.42	3.57	*1	39.0	21.10	1.19	\$0.000
% of Calories				3.38%		*17.6%	*4.4%	30.0%	0.0%		64.4%		5.2%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Friday - 09/05/2025 Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003166 SNACK, CRACKER RITZ 2PK	2 PACKS	500	70	1.00	105	1	*N/A*	3.50	0.00	*N/A*	8.00	0.00	0.00	*N/A*	20.0	0.00	0.40	\$0.000
001355 FRUIT, STRAWBERRY	1/2 cup	500	23	0.01	1	4	0	0.22	0.00	0	5.53	1.44	0.48	1	11.5	42.34	0.30	\$0.000
Weighted Daily Average			93	1.01	106	5	*0	3.72	0.00	*0	13.53	1.44	0.48	*1	31.5	42.34	0.70	\$0.000
% of Calories				9.77%		21.5%	*0%	36.0%	0.0%		58.2%		2.1%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Monday - 09/08/2025 Reimbursable Meal Total 500

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002594 SNACK, PRETZEL STICKLETS	BAG	500	70	0.00	230	0	*N/A*	0.00	0.00	0	16.00	3.00	2.00	*N/A*	9.0	0.00	1.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	500	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
Weighted Daily Average			170	0.00	230	19	*N/A*	0.00	0.00	0	41.00	7.00	2.00	0	29.0	8.40	1.36	\$0.000
% of Calories				0.00%		44.7%	*N/A*	0.0%	0.0%		96.5%		4.7%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Tuesday - 09/09/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001280 SNACK, CHEX MIX CHEDDAR	EACH	500	110	0.50	150	2	0	2.50	0.00	0	20.00	2.00	2.00	*N/A*	40.0	0.00	0.70	\$0.000
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
Weighted Daily Average			240	2.00	310	17	*0	5.00	0.00	15	36.00	2.00	12.00	*0	440.0	1.20	0.70	\$0.000
% of Calories				7.50%		28.3%	*0%	18.8%	0.0%		60.0%		20.0%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Wednesday - 09/10/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003089 CRACKER WHEAT THIN	SERVINGS	500	220	0.50	320	7	0	8.00	0.00	0	35.00	5.00	3.00	*N/A*	50.0	0.00	1.40	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002791 CHEESE, MOZZARELLA STRING	EACH	500	80	3.00	200	0	*N/A*	6.00	0.00	20	1.00	0.00	6.00	*N/A*	220.0	0.00	0.00	\$0.000
Weighted Daily Average			300	3.50	520	7	*0	14.00	0.00	20	36.00	5.00	9.00	0	270.0	0.00	1.40	\$0.000
% of Calories				10.50 %		9.3%	*0%	42.0%	0.0%		48.0%		12.0%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Thursday - 09/11/2025 Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000833 GRAHAM, HONEY	PACK	500	97	0.47	132	*N/A*	*N/A*	3.12	*N/A*	0	18.04	2.48	1.44	*N/A*	4.4	3.02	1.69	\$0.000
000792 YOGURT, RASP 4 OZ DANIMAL	SERVING	500	130	2.00	85	*N/A*	*N/A*	3.00	0.00	15	20.00	0.00	6.00	*N/A*	150.0	0.00	0.00	\$0.000
Weighted Daily Average			227	2.47	217	*N/A*	*N/A*	6.12	*0.00	15	38.04	2.48	7.44	0	154.4	3.02	1.69	\$0.000
% of Calories				9.79%		*N/A*	*N/A*	24.3%	*0.0%		67.0%		13.1%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Friday - 09/12/2025 Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003092 CHIP TORTILLA SCOOPS BAKED	SERVINGS	500	110	0.00	95	0	0	3.00	0.00	0	19.01	2.00	2.00	*N/A*	30.0	0.00	0.30	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002490 SALSA, COMMODITY 1/4C	#16 SCOOP	500	18	0.00	62	*N/A*	*N/A*	0.00	0.00	0	3.54	1.77	0.00	*N/A*	0.0	0.00	0.00	\$0.000
Weighted Daily Average			128	0.00	157	*0	*0	3.00	0.00	0	22.56	3.77	2.00	0	30.0	0.00	0.30	\$0.000
% of Calories				0.00%		*0%	*0%	21.1%	0.0%		70.5%		6.2%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Monday - 09/15/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003090 SNACK SUN CHIP CHEDDAR LARGE	SERVINGS	500	210	1.00	260	3	3	9.00	0.00	0	28.00	4.00	3.00	*N/A*	20.0	0.90	0.90	\$0.000
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	200	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000982 JUICE, APPLE 4 OZ SUNCUP	SERVING	100	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	200	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
Weighted Daily Average			270	1.00	266	*8	*3	9.00	0.00	0	43.20	4.00	3.00	*0	96.0	0.90	0.90	\$0.000
% of Calories				3.33%		*11.9%	*4.4%	30.0%	0.0%		64.0%		4.4%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Tuesday - 09/16/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003094 CRACKER GRAHAM GOLD FISH CINNAMON	SERVINGS	500	120	1.00	140	7	0	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	2.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	500	90	0.11	1	12	0	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
Weighted Daily Average			210	1.11	141	19	0	4.33	0.00	0	42.07	3.63	2.10	3	105.0	8.79	2.26	\$0.000
% of Calories				4.76%		36.2%	0%	18.6%	0.0%		80.1%		4.0%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Wednesday - 09/17/2025 Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002140 SNACK, CHEEZ-IT WG	EACH	500	100	1.00	150	*N/A*	*N/A*	3.50	0.00	0	14.00	1.00	2.00	*N/A*	20.0	0.00	0.90	\$0.000
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
Weighted Daily Average			230	2.50	310	*15	*N/A*	6.00	0.00	15	30.00	1.00	12.00	*0	420.0	1.20	0.90	\$0.000
% of Calories				9.78%		*26.1%	*N/A*	23.5%	0.0%		52.2%		20.9%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Thursday - 09/18/2025 Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003093 CHEESE COTTAGE SM CURD 2% 4OZ	SERVINGS	500	101	1.52	354	0	0	2.53	0.00	15	6.07	0.00	13.16	*N/A*	151.8	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002493 FRUIT, PEACHES CAN USDA 1/4C	#16 SCOOP	500	30	0.00	2	6	*N/A*	0.00	0.00	0	7.00	0.50	0.00	*N/A*	3.0	1.90	0.00	\$0.000
Weighted Daily Average			131	1.52	357	6	*0	2.53	0.00	15	13.07	0.50	13.16	0	154.8	1.90	0.00	\$0.000
% of Calories				10.44 %		18.3%	*0%	17.4%	0.0%		39.9%		40.2%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Friday - 09/19/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003139 SNACK SUN CHIP ORIGINAL	BAG	500	197	0.94	160	3	0	8.46	0.00	0	26.31	3.76	2.82	*N/A*	9.4	0.00	0.94	\$0.000
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	200	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000982 JUICE, APPLE 4 OZ SUNCUP	SERVING	100	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	200	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
Weighted Daily Average			257	0.94	166	*8	*0	8.46	0.00	0	41.51	3.76	2.82	0	85.4	0.00	0.94	\$0.000
% of Calories				3.29%		*12.5%	*0%	29.6%	0.0%		64.6%		4.4%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Monday - 09/22/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000712 CEREAL, CINN TOASTERS 1 OZ	BOWL	200	121	0.51	132	9	*N/A*	3.54	0.00	0	22.27	0.00	1.01	*N/A*	101.2	6.08	9.11	\$0.000

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Portion Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000706 CEREAL, FRST FLAKES BOWL 1 OZ	BOWL	200	110	0.00	160	*N/A*	*N/A*	0.00	0.00	0	25.00	0.00	1.00	*N/A*	0.0	9.00	3.60	\$0.000
000707 CEREAL, HON TOASTY O'S 1 OZ	BOWL	100	113	0.00	198	*N/A*	*N/A*	1.42	0.00	0	22.68	1.89	2.84	*N/A*	94.5	5.67	8.50	\$0.000
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
Weighted Daily Average			245	1.70	316	*19	*N/A*	4.20	0.00	15	39.45	0.38	11.37	0	459.4	8.36	6.79	\$0.000
% of Calories				6.24%		*31.0%	*N/A*	15.4%	0.0%		64.4%		18.6%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Tuesday - 09/23/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000267 VEG, CELERY STICKS	6 STICKS	500	29	0.00	86	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002572 PEANUT BUTTER, CUP	CUP	450	180	2.00	160	3	*N/A*	15.00	0.00	0	8.00	2.00	7.00	*N/A*	20.0	0.00	0.72	\$0.000
002605 SUNBUTTER CUP	Serving	50	200	2.00	120	3	*N/A*	17.00	0.00	0	7.00	4.00	7.00	*N/A*	20.0	0.00	1.44	\$0.000
Weighted Daily Average			211	2.00	242	3	*N/A*	15.20	0.00	0	7.90	2.20	7.00	0	20.0	0.00	0.79	\$0.000
% of Calories				8.53%		5.7%	*N/A*	64.8%	0.0%		15.0%		13.3%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Wednesday - 09/24/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003217 POPCORN, CHEDDAR WHITE LRG SINGLE SVG (SYSCO)	SERVING	500	160	2.00	200	0	*N/A*	10.00	*N/A*	*N/A*	15.00	2.00	*N/A*	*N/A*	40.0	*N/A*	0.30	\$0.000
002726 FRUIT, CRAISINS WATERMELON	BAG	500	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
Weighted Daily Average			270	2.00	200	24	*N/A*	10.00	*0.00	*0	42.00	4.00	*0.00	*0	40.0	*0.00	0.30	\$0.000
% of Calories				6.67%		35.6%	*N/A*	33.3%	*0.0%		62.2%		*0.0%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Thursday - 09/25/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003091 SNACK SUN CHIP GARDEN SALSA LARGE	SERVINGS	500	210	1.00	210	4	3	9.00	0.00	0	28.00	3.00	3.00	*N/A*	20.0	0.00	1.00	\$0.000
000064 FRUIT, APPLE FRESH	1/2 APPLE	300	50	0.00	1	10	*N/A*	0.00	0.00	0	12.65	2.02	0.01	*N/A*	10.2	4.58	0.18	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	90	0.11	1	12	0	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
Weighted Daily Average			272	1.02	211	*12	*3	9.07	0.00	0	43.76	5.42	3.57	*1	39.0	21.10	1.19	\$0.000
% of Calories				3.38%		*17.6%	*4.4%	30.0%	0.0%		64.4%		5.2%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Friday - 09/26/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003166 SNACK, CRACKER RITZ 2PK	2 PACKS	500	70	1.00	105	1	*N/A*	3.50	0.00	*N/A*	8.00	0.00	0.00	*N/A*	20.0	0.00	0.40	\$0.000
001355 FRUIT, STRAWBERRY	1/2 cup	500	23	0.01	1	4	0	0.22	0.00	0	5.53	1.44	0.48	1	11.5	42.34	0.30	\$0.000
Weighted Daily Average			93	1.01	106	5	*0	3.72	0.00	*0	13.53	1.44	0.48	*1	31.5	42.34	0.70	\$0.000
% of Calories				9.77%		21.5%	*0%	36.0%	0.0%		58.2%		2.1%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Monday - 09/29/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002594 SNACK, PRETZEL STICKLETS	BAG	500	70	0.00	230	0	*N/A*	0.00	0.00	0	16.00	3.00	2.00	*N/A*	9.0	0.00	1.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	500	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
Weighted Daily Average			170	0.00	230	19	*N/A*	0.00	0.00	0	41.00	7.00	2.00	0	29.0	8.40	1.36	\$0.000
% of Calories				0.00%		44.7%	*N/A*	0.0%	0.0%		96.5%		4.7%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

Tuesday - 09/30/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001280 SNACK, CHEX MIX CHEDDAR	EACH	500	110	0.50	150	2	0	2.50	0.00	0	20.00	2.00	2.00	*N/A*	40.0	0.00	0.70	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
Weighted Daily Average			240	2.00	310	17	*0	5.00	0.00	15	36.00	2.00	12.00	*0	440.0	1.20	0.70	\$0.000
% of Calories				7.50%		28.3%	*0%	18.8%	0.0%		60.0%		20.0%					
Weekly Nutrient Guideline			350 - 0	<10	540			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		210	1	233	*12	*0	6.55	*0.00	*5	31.78	3.27	*5.43	*0	140	*8.11	1.19	\$0.000
% of Calories			6.17%		*22.9%	*0%	28.1%	*0.0%		60.5%		*10.3%					

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

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.