



October Snack



Monday	Tuesday	Wednesday	Thursday	Friday
pretzel goldfish cheese stick 28	hummus multigrain SunChips 29	cinnamon goldfish graham yogurt 30	wheat crackers cheese stick 1	blueberry lemon crackers yogurt 2
pretzel goldfish cheese stick 5	beef salami slices cheese crackers 6	blueberry lemon crackers yogurt 7	wheat crackers cheese stick 8	cinnamon goldfish graham yogurt 9
no school 12	no school 13	cinnamon goldfish graham yogurt 14	wheat crackers cheese stick 15	blueberry lemon crackers yogurt 16
pretzel goldfish cheese stick 19	beef salami slices cheese crackers 20	blueberry lemon crackers yogurt 21	wheat crackers cheese stick 22	cinnamon goldfish graham yogurt 23
pretzel goldfish cheese stick 26	hummus multigrain SunChips 27	cinnamon goldfish graham yogurt 28	wheat crackers cheese stick 29	no school 30

All grains served are whole grain rich

Menu subject to change based on availability.

USDA is an equal opportunity provider, employer, and lender.

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Menu Name:

Snack

Include Cost:

No

Site:

Use Alternate Menu Name:

Alternate Menu Name 1

Monday - 09/28/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990788 pretzel goldfish	1 ea	1	90	0.00	200	0.00	0.00	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
999091 cheese stick	1 ea	1	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
Weighted Daily Average			200	6.00	390	0.00	0.00	10.50	0.00	25	16.00	1.00	9.00	*N/A*	*200.0	*N/A*	*0.00
% of Calories				27.00 %		0.00%	0.00%	47.2%	0.0%		32.0%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Tuesday - 09/29/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999079 hummus	1 ea	1	160	2.00	220	1.00	0.00	12.00	0.00	0	7.00	4.00	4.00	*N/A*	26.0	*N/A*	1.08
999175 multigrain SunChips	1 bag	1	140	0.50	140	2.00	2.00	6.00	0.00	0	19.00	2.00	2.00	0	10.0	0.00	0.60
Weighted Daily Average			300	2.50	360	3.00	2.00	18.00	0.00	0	26.00	6.00	6.00	*0	36.0	*0.00	1.68
% of Calories				7.50%		4.00%	2.67%	54.0%	0.0%		34.7%		8.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Wednesday - 09/30/2026Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000989 cinnamon goldfish graham	1 ea	1	120	1.00	140	7.00	7.00	4.00	0.00	0	19.00	1.00	1.00	*N/A*	80.0	0.00	1.80
990703 yogurt	1 ea/4oz	1	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
Weighted Daily Average			202	1.00	209	19.00	14.00	4.00	0.00	0	35.00	1.00	4.00	*N/A*	392.5	0.30	1.80
% of Calories				4.46%		37.62%	27.72%	17.8%	0.0%		69.3%		7.9%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 10/01/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999075 wheat crackers	1 ea	1	110	0.50	160	2.00	2.00	3.50	0.00	0	19.00	2.00	2.00	*N/A*	5.0	*N/A*	5.00
999261 cheese stick	ea	1	80	3.00	20	1.00	0.00	6.00	20.00	200	1.00	0.00	6.00	0	220.0	0.00	0.00
Weighted Daily Average			190	3.50	180	3.00	2.00	9.50	20.00	200	20.00	2.00	8.00	*0	225.0	*0.00	5.00
% of Calories				16.58 %		6.32%	4.21%	45.0%	94.7%		42.1%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 10/02/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999174 blueberry lemon crackers	1 bag	1	121	0.51	61	8.10	8.10	3.54	0.00	0	21.26	2.02	2.02	0	5.1	0.00	1.01

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 yogurt	1 ea/4oz	1	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
Weighted Daily Average			204	0.51	129	20.10	15.10	3.54	0.00	0	37.26	2.02	5.02	*0	317.6	0.30	1.01
% of Calories				2.25%		39.41%	29.61%	15.6%	0.0%		73.1%		9.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Saturday - 10/03/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000673 fresh apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
999030 cheese crackers	1 ea	1	110	1.00	180	0.00	0.00	3.50	0.00	0	17.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			205	1.05	182	18.91	0.00	3.81	0.00	0	42.13	6.37	3.47	*0	*10.9	*8.37	*0.22
% of Calories				4.61%		36.90%	0.00%	16.7%	0.0%		82.2%		6.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Monday - 10/05/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990788 pretzel goldfish	1 ea	1	90	0.00	200	0.00	0.00	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990991 cheese stick	1 ea	1	91	4.56	192	0.00	0.00	7.09	0.00	20	1.01	0.00	7.09	*N/A*	202.5	0.00	0.00
Weighted Daily Average			181	4.56	392	0.00	0.00	8.59	0.00	20	17.01	1.00	9.09	*N/A*	*202.5	*0.00	*0.00
% of Calories				22.67 %		0.00%	0.00%	42.7%	0.0%		37.6%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Tuesday - 10/06/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991037 beef salami slices	1ea	1	120	4.00	440	0.00	0.00	10.00	0.00	25	0.00	0.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
999030 cheese crackers	1 ea	1	110	1.00	180	0.00	0.00	3.50	0.00	0	17.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			230	5.00	620	0.00	0.00	13.50	0.00	25	17.00	2.00	9.00	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories				19.57 %		0.00%	0.00%	52.8%	0.0%		29.6%		15.7%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Wednesday - 10/07/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999174 blueberry lemon crackers	1 bag	1	121	0.51	61	8.10	8.10	3.54	0.00	0	21.26	2.02	2.02	0	5.1	0.00	1.01

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 yogurt	1 ea/4oz	1	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
Weighted Daily Average			204	0.51	129	20.10	15.10	3.54	0.00	0	37.26	2.02	5.02	*0	317.6	0.30	1.01
% of Calories				2.25%		39.41%	29.61%	15.6%	0.0%		73.1%		9.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 10/08/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999075 wheat crackers	1 ea	1	110	0.50	160	2.00	2.00	3.50	0.00	0	19.00	2.00	2.00	*N/A*	5.0	*N/A*	5.00
999261 cheese stick	ea	1	80	3.00	20	1.00	0.00	6.00	20.00	200	1.00	0.00	6.00	0	220.0	0.00	0.00
Weighted Daily Average			190	3.50	180	3.00	2.00	9.50	20.00	200	20.00	2.00	8.00	*0	225.0	*0.00	5.00
% of Calories				16.58 %		6.32%	4.21%	45.0%	94.7%		42.1%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 10/09/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000989 cinnamon goldfish graham	1 ea	1	120	1.00	140	7.00	7.00	4.00	0.00	0	19.00	1.00	1.00	*N/A*	80.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 yogurt	1 ea/4oz	1	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
Weighted Daily Average			202	1.00	209	19.00	14.00	4.00	0.00	0	35.00	1.00	4.00	*N/A*	392.5	0.30	1.80
% of Calories				4.46%		37.62%	27.72%	17.8%	0.0%		69.3%		7.9%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Saturday - 10/10/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000673 fresh apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
999030 cheese crackers	1 ea	1	110	1.00	180	0.00	0.00	3.50	0.00	0	17.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			205	1.05	182	18.91	0.00	3.81	0.00	0	42.13	6.37	3.47	*0	*10.9	*8.37	*0.22
% of Calories				4.61%		36.90%	0.00%	16.7%	0.0%		82.2%		6.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Monday - 10/12/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990788 pretzel goldfish	1 ea	1	90	0.00	200	0.00	0.00	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999091 cheese stick	1 ea	1	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
Weighted Daily Average			200	6.00	390	0.00	0.00	10.50	0.00	25	16.00	1.00	9.00	*N/A*	*200.0	*N/A*	*0.00
% of Calories				27.00 %		0.00%	0.00%	47.2%	0.0%		32.0%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Tuesday - 10/13/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999079 hummus	1 ea	1	160	2.00	220	1.00	0.00	12.00	0.00	0	7.00	4.00	4.00	*N/A*	26.0	*N/A*	1.08
999175 multigrain SunChips	1 bag	1	140	0.50	140	2.00	2.00	6.00	0.00	0	19.00	2.00	2.00	0	10.0	0.00	0.60
Weighted Daily Average			300	2.50	360	3.00	2.00	18.00	0.00	0	26.00	6.00	6.00	*0	36.0	*0.00	1.68
% of Calories				7.50%		4.00%	2.67%	54.0%	0.0%		34.7%		8.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Wednesday - 10/14/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000989 cinnamon goldfish graham	1 ea	1	120	1.00	140	7.00	7.00	4.00	0.00	0	19.00	1.00	1.00	*N/A*	80.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 yogurt	1 ea/4oz	1	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
Weighted Daily Average			202	1.00	209	19.00	14.00	4.00	0.00	0	35.00	1.00	4.00	*N/A*	392.5	0.30	1.80
% of Calories				4.46%		37.62%	27.72%	17.8%	0.0%		69.3%		7.9%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 10/15/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999075 wheat crackers	1 ea	1	110	0.50	160	2.00	2.00	3.50	0.00	0	19.00	2.00	2.00	*N/A*	5.0	*N/A*	5.00
999261 cheese stick	ea	1	80	3.00	20	1.00	0.00	6.00	20.00	200	1.00	0.00	6.00	0	220.0	0.00	0.00
Weighted Daily Average			190	3.50	180	3.00	2.00	9.50	20.00	200	20.00	2.00	8.00	*0	225.0	*0.00	5.00
% of Calories				16.58 %		6.32%	4.21%	45.0%	94.7%		42.1%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 10/16/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999174 blueberry lemon crackers	1 bag	1	121	0.51	61	8.10	8.10	3.54	0.00	0	21.26	2.02	2.02	0	5.1	0.00	1.01

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 yogurt	1 ea/4oz	1	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
Weighted Daily Average			204	0.51	129	20.10	15.10	3.54	0.00	0	37.26	2.02	5.02	*0	317.6	0.30	1.01
% of Calories				2.25%		39.41%	29.61%	15.6%	0.0%		73.1%		9.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Saturday - 10/17/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000673 fresh apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
999030 cheese crackers	1 ea	1	110	1.00	180	0.00	0.00	3.50	0.00	0	17.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			205	1.05	182	18.91	0.00	3.81	0.00	0	42.13	6.37	3.47	*0	*10.9	*8.37	*0.22
% of Calories				4.61%		36.90%	0.00%	16.7%	0.0%		82.2%		6.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Monday - 10/19/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990788 pretzel goldfish	1 ea	1	90	0.00	200	0.00	0.00	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990991 cheese stick	1 ea	1	91	4.56	192	0.00	0.00	7.09	0.00	20	1.01	0.00	7.09	*N/A*	202.5	0.00	0.00
Weighted Daily Average			181	4.56	392	0.00	0.00	8.59	0.00	20	17.01	1.00	9.09	*N/A*	*202.5	*0.00	*0.00
% of Calories				22.67 %		0.00%	0.00%	42.7%	0.0%		37.6%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Tuesday - 10/20/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991037 beef salami slices	1ea	1	120	4.00	440	0.00	0.00	10.00	0.00	25	0.00	0.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
999030 cheese crackers	1 ea	1	110	1.00	180	0.00	0.00	3.50	0.00	0	17.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			230	5.00	620	0.00	0.00	13.50	0.00	25	17.00	2.00	9.00	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories				19.57 %		0.00%	0.00%	52.8%	0.0%		29.6%		15.7%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Wednesday - 10/21/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999174 blueberry lemon crackers	1 bag	1	121	0.51	61	8.10	8.10	3.54	0.00	0	21.26	2.02	2.02	0	5.1	0.00	1.01

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 yogurt	1 ea/4oz	1	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
Weighted Daily Average			204	0.51	129	20.10	15.10	3.54	0.00	0	37.26	2.02	5.02	*0	317.6	0.30	1.01
% of Calories				2.25%		39.41%	29.61%	15.6%	0.0%		73.1%		9.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 10/22/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999075 wheat crackers	1 ea	1	110	0.50	160	2.00	2.00	3.50	0.00	0	19.00	2.00	2.00	*N/A*	5.0	*N/A*	5.00
999261 cheese stick	ea	1	80	3.00	20	1.00	0.00	6.00	20.00	200	1.00	0.00	6.00	0	220.0	0.00	0.00
Weighted Daily Average			190	3.50	180	3.00	2.00	9.50	20.00	200	20.00	2.00	8.00	*0	225.0	*0.00	5.00
% of Calories				16.58 %		6.32%	4.21%	45.0%	94.7%		42.1%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 10/23/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000989 cinnamon goldfish graham	1 ea	1	120	1.00	140	7.00	7.00	4.00	0.00	0	19.00	1.00	1.00	*N/A*	80.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 yogurt	1 ea/4oz	1	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
Weighted Daily Average			202	1.00	209	19.00	14.00	4.00	0.00	0	35.00	1.00	4.00	*N/A*	392.5	0.30	1.80
% of Calories				4.46%		37.62%	27.72%	17.8%	0.0%		69.3%		7.9%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Saturday - 10/24/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000673 fresh apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
999030 cheese crackers	1 ea	1	110	1.00	180	0.00	0.00	3.50	0.00	0	17.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			205	1.05	182	18.91	0.00	3.81	0.00	0	42.13	6.37	3.47	*0	*10.9	*8.37	*0.22
% of Calories				4.61%		36.90%	0.00%	16.7%	0.0%		82.2%		6.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Monday - 10/26/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990788 pretzel goldfish	1 ea	1	90	0.00	200	0.00	0.00	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999091 cheese stick	1 ea	1	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
Weighted Daily Average			200	6.00	390	0.00	0.00	10.50	0.00	25	16.00	1.00	9.00	*N/A*	*200.0	*N/A*	*0.00
% of Calories				27.00 %		0.00%	0.00%	47.2%	0.0%		32.0%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Tuesday - 10/27/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999079 hummus	1 ea	1	160	2.00	220	1.00	0.00	12.00	0.00	0	7.00	4.00	4.00	*N/A*	26.0	*N/A*	1.08
999175 multigrain SunChips	1 bag	1	140	0.50	140	2.00	2.00	6.00	0.00	0	19.00	2.00	2.00	0	10.0	0.00	0.60
Weighted Daily Average			300	2.50	360	3.00	2.00	18.00	0.00	0	26.00	6.00	6.00	*0	36.0	*0.00	1.68
% of Calories				7.50%		4.00%	2.67%	54.0%	0.0%		34.7%		8.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Wednesday - 10/28/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000989 cinnamon goldfish graham	1 ea	1	120	1.00	140	7.00	7.00	4.00	0.00	0	19.00	1.00	1.00	*N/A*	80.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 yogurt	1 ea/4oz	1	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
Weighted Daily Average			202	1.00	209	19.00	14.00	4.00	0.00	0	35.00	1.00	4.00	*N/A*	392.5	0.30	1.80
% of Calories				4.46%		37.62%	27.72%	17.8%	0.0%		69.3%		7.9%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 10/29/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999075 wheat crackers	1 ea	1	110	0.50	160	2.00	2.00	3.50	0.00	0	19.00	2.00	2.00	*N/A*	5.0	*N/A*	5.00
999261 cheese stick	ea	1	80	3.00	20	1.00	0.00	6.00	20.00	200	1.00	0.00	6.00	0	220.0	0.00	0.00
Weighted Daily Average			190	3.50	180	3.00	2.00	9.50	20.00	200	20.00	2.00	8.00	*0	225.0	*0.00	5.00
% of Calories				16.58 %		6.32%	4.21%	45.0%	94.7%		42.1%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 10/30/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999174 blueberry lemon crackers	1 bag	1	121	0.51	61	8.10	8.10	3.54	0.00	0	21.26	2.02	2.02	0	5.1	0.00	1.01

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 yogurt	1 ea/4oz	1	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
Weighted Daily Average			204	0.51	129	20.10	15.10	3.54	0.00	0	37.26	2.02	5.02	*0	317.6	0.30	1.01
% of Calories				2.25%		39.41%	29.61%	15.6%	0.0%		73.1%		9.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		211	2.55	262	10.18	5.57	7.94	3.45	40	28.41	2.68	6.21	*0	*201.1	*1.26	*1.55
% of Calories			10.88%		19.30%	10.56%	33.9%	14.7%		53.9%		11.8%				

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.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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