



April Snack Menu

SNACK

What do the colors on the menu mean?

GREEN = locally-sourced

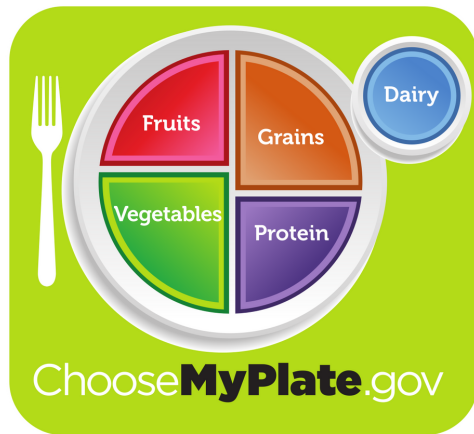
= vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider



Healthy Snacks for Active Students!
To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> • cheez-its • cheese stick 	2 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	3 <ul style="list-style-type: none"> • cinnamon goldfish graham • applesauce 	4 <ul style="list-style-type: none"> • cheese stick • cucumber coins • ranch dressing 	5 no school
8 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	9 <ul style="list-style-type: none"> • muffin top • cheese stick 	10 <ul style="list-style-type: none"> • cinnamon goldfish graham • chilled pears 	11 <ul style="list-style-type: none"> • red pepper slices • ranch dressing • cheez-its 	12 <ul style="list-style-type: none"> • pretzel goldfish • canned peaches
15 no school 	16 no school 	17 no school 	18 no school 	19 no school
22 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	23 <ul style="list-style-type: none"> • muffin top • cheese stick 	24 <ul style="list-style-type: none"> • cinnamon goldfish graham • chilled pears 	25 <ul style="list-style-type: none"> • red pepper slices • ranch dressing • cheez-its 	26 <ul style="list-style-type: none"> • pretzel goldfish • canned peaches
29 <ul style="list-style-type: none"> • cheez-its • cheese stick 	30 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	1 <ul style="list-style-type: none"> • cinnamon goldfish graham • applesauce 	2 <ul style="list-style-type: none"> • cheese stick • cucumber coins • ranch dressing 	3 <ul style="list-style-type: none"> • cornbread muffin • chilled pineapple

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

Menu Name: DCPS Snack

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 04/01/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000990 Cheez-Its	1 each	1	100	1.00	150	0	*N/A*	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			181	4.04	342	*0	*0	8.56	0.00	20	14.00	1.00	9.09	702	302.5	0.00	0.72
% of Calories				20.09 %		*0%	*0%	42.6%	0.0%		30.9%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 04/02/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 04/03/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000989 Cinnamon Graham	1 each	1	120	1.00	140	7	*N/A*	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			201	1.02	144	*7	*0	4.19	*0.00	0	40.74	3.12	1.33	56	87.7	1.93	2.24
% of Calories				4.57%		*13.9%	*0%	18.8%	*0.0%		81.1%		2.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 04/04/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990352 Cucumber Coins	.75 C	1	16	0.04	2	2	*N/A*	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			115	3.10	276	*3	*0	5.29	0.00	15	8.01	0.62	7.85	319	222.8	3.09	0.33
% of Calories				24.26 %		*10.4%	*0%	41.4%	0.0%		27.9%		27.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 04/05/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 04/08/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 04/09/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			241	3.54	287	*13	*0	10.06	0.00	35	26.00	1.00	10.09	202	216.5	0.00	1.00
% of Calories				13.22 %		*21.6%	*0%	37.6%	0.0%		43.2%		16.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 04/10/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000989 Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	*N/A*	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80
990862 chilled pears	.75	1	79	0.00	0	16	*N/A*	0.00	0.00	0	19.01	1.58	1.58	*N/A*	14.3	*N/A*	0.00
Weighted Daily Average			199	1.00	140	23	0	4.00	0.00	0	38.01	2.58	2.58	*0	94.3	*0.00	1.80
% of Calories				4.52%		46.2%	0%	18.1%	0.0%		76.4%		5.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 04/11/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990619 Red Pepper Strips - .75 C	.75 C	1	24	0.06	4	4	*N/A*	0.28	0.00	0	5.64	1.96	0.93	2929	6.5	119.47	0.40
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000990 Cheez-Its	1 each	1	100	1.00	150	0	*N/A*	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72
Weighted Daily Average			142	1.07	235	5	0	3.89	0.00	5	23.67	3.03	2.98	3430	109.3	119.48	1.14
% of Calories				6.78%		14.1%	0%	24.7%	0.0%		66.7%		8.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 04/12/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990788 Pretzel Goldfish	1 bag	1	90	0.00	200	0	*N/A*	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	*N/A*	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			189	0.00	200	20	0	1.50	0.00	0	39.77	2.98	3.98	*N/A*	*17.8	*N/A*	*0.00
% of Calories				0.00%		42.3%	0%	7.1%	0.0%		84.2%		8.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 04/15/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 04/16/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 04/17/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

Thursday - 04/18/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000145 NO SCHOOL TODAY																		
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	
% of Calories				0%		0%	0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Friday - 04/19/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000145 NO SCHOOL TODAY																		
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	
% of Calories				0%		0%	0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Monday - 04/22/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 04/23/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			241	3.54	287	*13	*0	10.06	0.00	35	26.00	1.00	10.09	202	216.5	0.00	1.00
% of Calories				13.22 %		*21.6%	*0%	37.6%	0.0%		43.2%		16.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 04/24/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000989 Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	*N/A*	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990862 chilled pears	.75	1	79	0.00	0	16	*N/A*	0.00	0.00	0	19.01	1.58	1.58	*N/A*	14.3	*N/A*	0.00
Weighted Daily Average			199	1.00	140	23	0	4.00	0.00	0	38.01	2.58	2.58	*0	94.3	*0.00	1.80
% of Calories				4.52%		46.2%	0%	18.1%	0.0%		76.4%		5.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990619 Red Pepper Strips - .75 C	.75 C	1	24	0.06	4	4	*N/A*	0.28	0.00	0	5.64	1.96	0.93	2929	6.5	119.47	0.40
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02
000990 Cheez-Its	1 each	1	100	1.00	150	0	*N/A*	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72
Weighted Daily Average			142	1.07	235	5	0	3.89	0.00	5	23.67	3.03	2.98	3430	109.3	119.48	1.14
% of Calories				6.78%		14.1%	0%	24.7%	0.0%		66.7%		8.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 04/26/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990788 Pretzel Goldfish	1 bag	1	90	0.00	200	0	*N/A*	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	*N/A*	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			189	0.00	200	20	0	1.50	0.00	0	39.77	2.98	3.98	*N/A*	*17.8	*N/A*	*0.00
% of Calories				0.00%		42.3%	0%	7.1%	0.0%		84.2%		8.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 04/29/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000990 Cheez-Its	1 each	1	100	1.00	150	0	*N/A*	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			181	4.04	342	*0	*0	8.56	0.00	20	14.00	1.00	9.09	702	302.5	0.00	0.72
% of Calories				20.09 %		*0%	*0%	42.6%	0.0%		30.9%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 04/30/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 05/01/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000989 Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	*N/A*	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			201	1.02	144	*7	*0	4.19	*0.00	0	40.74	3.12	1.33	56	87.7	1.93	2.24
% of Calories				4.57%		*13.9%	*0%	18.8%	*0.0%		81.1%		2.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 05/02/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990352 Cucumber Coins	.75 C	1	16	0.04	2	2	*N/A*	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			115	3.10	276	*3	*0	5.29	0.00	15	8.01	0.62	7.85	319	222.8	3.09	0.33
% of Calories				24.26 %		*10.4%	*0%	41.4%	0.0%		27.9%		27.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 05/03/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000850 WG Cornbread Muffin - Small	1 each	1	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
990326 Chilled Pineapple	.75 C	1	81	0.01	1	19	*N/A*	0.15	0.00	0	21.12	1.76	0.69	68	21.7	12.76	0.38
Weighted Daily Average			231	0.51	91	28	0	5.15	0.00	15	44.12	2.76	3.69	68	41.7	12.76	1.10
% of Calories				1.99%		48.5%	0%	20.1%	0.0%		76.4%		6.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
Weighted Averages	197	1	190	*14	*2	5.34	*0.00	9	31.78	1.97	5.46	*499	*177.1	*13.86	*1.04
% of Calories		6.76%		*28.4%	*4.1%	24.4%	*0.0%		64.5%		11.1%				

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.

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