



# October Snack Menu

## DC PUBLIC SCHOOLS

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

All grains served are whole grain rich

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

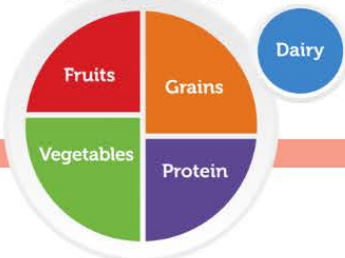
Menu subject to change based on availability

This institution is an equal opportunity provider

### WHAT'S NEW?

Try our **homemade hummus** on October 21st and November 4th!

Remember, to create a healthy snack at home, include at least two of the five food groups on MyPlate.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <ul style="list-style-type: none"> <li>whole grain goldfish</li> <li>sliced peaches</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>strawberry oatmeal bar</li> <li>fresh apple</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>whole grain granola</li> </ul>	<b>6</b> <p>no school</p> <p>parent teacher conferences</p>	<b>7</b> <p>no school</p> <p>professional development day</p>
<b>10</b> <p>no school</p> <p>indigenous peoples' day</p>	<b>11</b> <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh orange</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>goldfish grahams</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>whole grain pretzel goldfish</li> <li>sliced peaches</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>sliced cucumbers</li> <li>ranch dressing</li> <li>mozzarella cheese stick</li> </ul>
<b>17</b> <ul style="list-style-type: none"> <li>whole grain goldfish</li> <li>sliced peaches</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>strawberry oatmeal bar</li> <li>fresh apple</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>whole grain granola</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>chilled applesauce</li> <li>mozzarella cheese stick</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>whole grain pretzel goldfish</li> <li>hummus dip</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li>whole grain animal crackers</li> <li>chilled pineapple</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh orange</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>gold fish grahams</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>whole grain pretzel goldfish</li> <li>sliced peaches</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>sliced cucumbers</li> <li>ranch dressing</li> <li>mozzarella cheese stick</li> </ul>
<b>31</b> <ul style="list-style-type: none"> <li>whole grain goldfish</li> <li>sliced peaches</li> </ul>	<b>11/1</b> <ul style="list-style-type: none"> <li>strawberry oatmeal bar</li> <li>fresh apple</li> </ul>	<b>11/2</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>whole grain granola</li> </ul>	<b>11/3</b> <ul style="list-style-type: none"> <li>chilled applesauce</li> <li>mozzarella cheese stick</li> </ul>	<b>11/4</b> <ul style="list-style-type: none"> <li>whole grain pretzel goldfish</li> <li>hummus dip</li> </ul>

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

Menu Name: DCPS Snack

Include Cost: No

Site:

Report Style: Detailed

### Monday - 10/03/2022

#### Reimbursable Meal Total 1

	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)	Protrn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000988 WG Goldfish	1 each	1	100	1.00	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			199	1.00	170	20	4.00	0.00	0	37.77	2.98	3.98	*0	37.8	*0.00	0.72
% of Calories				4.52%		40.2%	18.1%	0.0%		75.9%		8.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Tuesday - 10/04/2022

#### Reimbursable Meal Total 1

	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)	Protrn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000893 Whole Grain Strawberry Oatmeal Bar	1 each	1	140	1.50	85	10	4.50	0.00	5	23.00	1.00	2.00	0	0.0	6.00	1.08
000673 Fresh Apple	1 each	1	116	0.06	2	23	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
Weighted Daily Average			256	1.56	87	33	4.88	0.00	5	53.80	6.35	2.58	120	13.4	16.26	1.35
% of Calories				5.48%		51.6%	17.2%	0.0%		84.1%		4.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 10/05/2022

#### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
990426 Whole Grain Granola	.375 C	1	124	0.23	54	*N/A*	1.46	0.00	0	26.78	2.50	2.86	2	8.8	0.00	0.94
Weighted Daily Average			214	0.23	109	*14	1.46	0.00	0	46.78	2.50	5.86	2	298.8	0.00	0.94
% of Calories				0.97%		*26.2%	6.1%	0.0%		87.4%		11.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 10/06/2022

### Reimbursable Meal Total 1

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	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%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 10/07/2022

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	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%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 10/10/2022

#### Reimbursable Meal Total 1

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	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%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Tuesday - 10/11/2022

#### Reimbursable Meal Total 1

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000990 WG Cheez-Its	1 each	1	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990470 Fresh Orange	1 each	1	86	0.03	0	17	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
Weighted Daily Average			186	1.03	150	17	3.72	0.00	5	35.62	5.42	3.73	914	173.6	97.89	0.90
% of Calories				4.98%		36.6%	18.0%	0.0%		76.6%		8.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 10/12/2022

### Reimbursable Meal Total 1

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
000989 WG Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80
Weighted Daily Average			210	1.00	195	21	4.00	0.00	0	39.00	1.00	4.00	0	370.0	0.00	1.80
% of Calories				4.29%		40.0%	17.1%	0.0%		74.3%		7.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 10/13/2022

### Reimbursable Meal Total 1

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000814 WG Pretzels	1 each	1	80	0.00	200	0	1.50	0.00	0	15.00	2.00	2.00	0	0.0	0.00	1.08

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			179	0.00	200	20	1.50	0.00	0	38.77	3.98	3.98	*0	17.8	*0.00	1.08
% of Calories				0.00%		44.7%	7.5%	0.0%		86.6%		8.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 10/14/2022

### Reimbursable Meal Total 1

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990352 Cucumber Coins	.75 C	1	16	0.04	2	2	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
990473 Ranch Dressing	1 each	1	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03
Weighted Daily Average			147	4.08	295	*3	10.18	0.00	20	3.98	0.55	7.80	*318	222.1	*3.07	0.34
% of Calories				24.98%		*8.2%	62.3%	0.0%		10.8%		21.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 10/17/2022

### Reimbursable Meal Total 1

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000988 WG Goldfish	1 each	1	100	1.00	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			199	1.00	170	20	4.00	0.00	0	37.77	2.98	3.98	*0	37.8	*0.00	0.72
% of Calories				4.52%		40.2%	18.1%	0.0%		75.9%		8.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Tuesday - 10/18/2022

#### Reimbursable Meal Total 1

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000893 Whole Grain Strawberry Oatmeal Bar	1 each	1	140	1.50	85	10	4.50	0.00	5	23.00	1.00	2.00	0	0.0	6.00	1.08
000673 Fresh Apple	1 each	1	116	0.06	2	23	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
Weighted Daily Average			256	1.56	87	33	4.88	0.00	5	53.80	6.35	2.58	120	13.4	16.26	1.35
% of Calories				5.48%		51.6%	17.2%	0.0%		84.1%		4.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 10/19/2022

#### Reimbursable Meal Total 1

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990426 Whole Grain Granola	.375 C	1	124	0.23	54	*N/A*	1.46	0.00	0	26.78	2.50	2.86	2	8.8	0.00	0.94
Weighted Daily Average			214	0.23	109	*14	1.46	0.00	0	46.78	2.50	5.86	2	298.8	0.00	0.94
% of Calories				0.97%		*26.2%	6.1%	0.0%		87.4%		11.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 10/20/2022

### Reimbursable Meal Total 1

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			162	3.05	196	*N/A*	5.26	*0.00	15	21.74	2.12	7.42	258	210.2	1.93	0.44
% of Calories				16.94%		*N/A*	29.2%	*0.0%		53.7%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 10/21/2022

### Reimbursable Meal Total 1

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990788 Pretzel Goldfish	1 bag	1	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*



# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990623 Hummus Dip	.25 C	1	94	0.88	213	*1	6.47	*0.00	0	7.20	1.81	2.95	8	25.9	1.76	0.89
Weighted Daily Average			184	0.88	413	*1	7.97	*0.00	0	23.20	2.81	4.95	*8	*25.9	*1.76	*0.89
% of Calories				4.30%		*2.2%	39.0%	*0.0%		50.4%		10.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 10/24/2022

#### Reimbursable Meal Total 1

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000815 WW Animal Crackers	1 each	1	129	1.25	111	*N/A*	3.94	0.06	0	21.40	1.88	1.91	2	128.5	0.00	1.07
990326 Chilled Pineapple	.75 C	1	81	0.01	1	19	0.15	0.00	0	21.12	1.76	0.69	68	21.7	12.76	0.38
Weighted Daily Average			210	1.26	112	*19	4.09	0.06	0	42.52	3.65	2.61	70	150.2	12.76	1.45
% of Calories				5.40%		*36.2%	17.5%	0.3%		81.0%		5.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Tuesday - 10/25/2022

#### Reimbursable Meal Total 1

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000990 WG Cheez-Its	1 each	1	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990470 Fresh Orange	1 each	1	86	0.03	0	17	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
Weighted Daily Average			186	1.03	150	17	3.72	0.00	5	35.62	5.42	3.73	914	173.6	97.89	0.90
% of Calories				4.98%		36.6%	18.0%	0.0%		76.6%		8.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 10/26/2022

### Reimbursable Meal Total 1

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
000989 WG Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80
Weighted Daily Average			210	1.00	195	21	4.00	0.00	0	39.00	1.00	4.00	0	370.0	0.00	1.80
% of Calories				4.29%		40.0%	17.1%	0.0%		74.3%		7.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 10/27/2022

### Reimbursable Meal Total 1

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000814 WG Pretzels	1 each	1	80	0.00	200	0	1.50	0.00	0	15.00	2.00	2.00	0	0.0	0.00	1.08

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			179	0.00	200	20	1.50	0.00	0	38.77	3.98	3.98	*0	17.8	*0.00	1.08
% of Calories				0.00%		44.7%	7.5%	0.0%		86.6%		8.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 10/28/2022

### Reimbursable Meal Total 1

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990352 Cucumber Coins	.75 C	1	16	0.04	2	2	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
990473 Ranch Dressing	1 each	1	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03
Weighted Daily Average			147	4.08	295	*3	10.18	0.00	20	3.98	0.55	7.80	*318	222.1	*3.07	0.34
% of Calories				24.98%		*8.2%	62.3%	0.0%		10.8%		21.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 10/31/2022

### Reimbursable Meal Total 1

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000988 WG Goldfish	1 each	1	100	1.00	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			199	1.00	170	20	4.00	0.00	0	37.77	2.98	3.98	*0	37.8	*0.00	0.72
% of Calories				4.52%		40.2%	18.1%	0.0%		75.9%		8.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Tuesday - 11/01/2022

### Reimbursable Meal Total 1

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000893 Whole Grain Strawberry Oatmeal Bar	1 each	1	140	1.50	85	10	4.50	0.00	5	23.00	1.00	2.00	0	0.0	6.00	1.08
000673 Fresh Apple	1 each	1	116	0.06	2	23	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
Weighted Daily Average			256	1.56	87	33	4.88	0.00	5	53.80	6.35	2.58	120	13.4	16.26	1.35
% of Calories				5.48%		51.6%	17.2%	0.0%		84.1%		4.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 11/02/2022

### Reimbursable Meal Total 1

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990426 Whole Grain Granola	.375 C	1	124	0.23	54	*N/A*	1.46	0.00	0	26.78	2.50	2.86	2	8.8	0.00	0.94
Weighted Daily Average			214	0.23	109	*14	1.46	0.00	0	46.78	2.50	5.86	2	298.8	0.00	0.94
% of Calories				0.97%		*26.2%	6.1%	0.0%		87.4%		11.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 11/03/2022

#### Reimbursable Meal Total 1

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			162	3.05	196	*N/A*	5.26	*0.00	15	21.74	2.12	7.42	258	210.2	1.93	0.44
% of Calories				16.94%		*N/A*	29.2%	*0.0%		53.7%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 11/04/2022

#### Reimbursable Meal Total 1

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990788 Pretzel Goldfish	1 bag	1	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990623 Hummus Dip	.25 C	1	94	0.88	213	*1	6.47	*0.00	0	7.20	1.81	2.95	8	25.9	1.76	0.89
Weighted Daily Average			184	0.88	413	*1	7.97	*0.00	0	23.20	2.81	4.95	*8	*25.9	*1.76	*0.89
% of Calories				4.30%		*2.2%	39.0%	*0.0%		50.4%		10.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	198	1	187	*16	4.56	*0.00	4	35.55	3.22	4.71	*156	*147.2	*12.31	*0.97
% of Calories		6.14%		*32.3%	20.7%	*0.0%		71.8%		9.5%				

- \*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
- <sup>1</sup> - denotes required nutrient values
- <sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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