



May Snack Menu

DC PUBLIC SCHOOLS

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

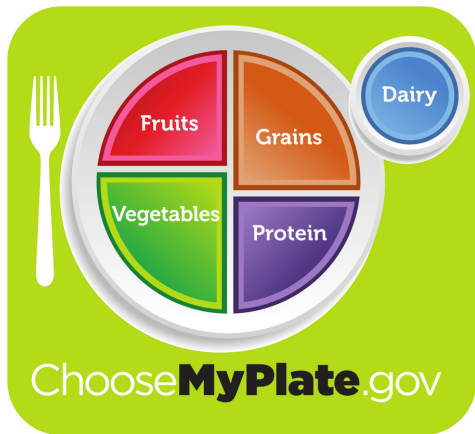
ORANGE = Fresh Feature Friday Winner!

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



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
2 <ul style="list-style-type: none"> whole grain animal crackers chilled pineapple 	3 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	4 <ul style="list-style-type: none"> yogurt whole grain granola 	5 <ul style="list-style-type: none"> cheddar cheese slices dried cranberries 	6 <ul style="list-style-type: none"> whole grain crackers mozzarella cheese stick
9 <ul style="list-style-type: none"> whole grain cheeze-its chilled pineapple 	10 <ul style="list-style-type: none"> sunbutter cup whole grain graham crackers 	11 <ul style="list-style-type: none"> yogurt whole grain granola 	12 <ul style="list-style-type: none"> cheddar cheese slices fresh apple 	13 <ul style="list-style-type: none"> chilled applesauce mozzarella cheese stick
16 <ul style="list-style-type: none"> whole grain animal crackers chilled pineapple 	17 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	18 <ul style="list-style-type: none"> yogurt whole grain granola 	19 <ul style="list-style-type: none"> cheddar cheese slices dried cranberries 	20 <ul style="list-style-type: none"> whole grain crackers mozzarella cheese stick
23 <ul style="list-style-type: none"> whole grain cheeze-its chilled pineapple 	24 <ul style="list-style-type: none"> sunbutter cup whole grain graham crackers 	25 <ul style="list-style-type: none"> yogurt whole grain granola 	26 <ul style="list-style-type: none"> cheddar cheese slices fresh apple 	27 <ul style="list-style-type: none"> chilled applesauce mozzarella cheese stick
30 no school memorial day	31 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	6/1 <ul style="list-style-type: none"> yogurt whole grain granola 	6/2 <ul style="list-style-type: none"> cheddar cheese slices dried cranberries 	6/3 <ul style="list-style-type: none"> whole grain crackers mozzarella cheese stick

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru Jun 3, 2022

Menu Name: DCPS Snack

Include Cost: No

Site:

Report Style: Detailed

Monday - 05/02/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (IU)	Calc ^m (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 - 05/03/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (IU)	Calc ^m (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
990165 Orange Wedges	.75 C	1	65	0.02	0	13	0.17	0.00	0	16.22	3.31	1.30	310	55.2	73.42	0.14
Weighted Daily Average			165	1.02	150	13	3.67	0.00	5	30.22	4.31	3.30	810	155.2	73.42	0.86
% of Calories				5.56%		31.5%	20.0%	0.0%		73.3%		8.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 05/04/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru Jun 3, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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 - 05/05/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990410 Cheddar Cheese Slices	8 each	1	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00	300	200.0	0.00	0.00
001032 Dried Cranberries	.375 C	1	152	0.00	1	*N/A*	1.23	0.00	0	40.68	2.46	0.00	0	0.0	0.00	0.22
Weighted Daily Average			242	4.50	191	*0	8.23	0.00	20	40.68	2.46	7.00	300	200.0	0.00	0.22
% of Calories				16.74%		*0%	30.6%	0.0%		67.2%		11.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 05/06/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990624 Whole Wheat Crackers	1 each	1	110	0.00	140	3	3.00	0.00	0	19.00	2.00	3.00	0	50.0	0.00	0.80

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru Jun 3, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			191	3.04	332	*3	8.06	0.00	15	19.00	2.00	10.09	202	252.5	0.00	0.80
% of Calories				14.32%		*6.3%	38.0%	0.0%		39.8%		21.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 05/09/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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
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			181	1.01	151	19	3.65	0.00	5	35.12	2.76	2.69	568	121.7	12.76	1.10
% of Calories				5.02%		42.0%	18.1%	0.0%		77.6%		5.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 05/10/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990706 Sunbutter Pouch	1.1 oz	1	200	3.00	120	4	17.00	0.00	0	7.00	2.00	7.00	0	22.0	0.00	1.40

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru Jun 3, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000233 Graham Crackers	1 each	1	90	0.00	95	5	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72
Weighted Daily Average			290	3.00	215	9	19.50	0.00	0	24.00	3.00	9.00	500	122.0	0.00	2.12
% of Calories				9.31%		12.4%	60.5%	0.0%		33.1%		12.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 05/11/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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 - 05/12/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990410 Cheddar Cheese Slices	8 each	1	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00	300	200.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru Jun 3, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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			206	4.56	192	23	7.38	0.00	20	30.80	5.35	7.58	420	213.4	10.26	0.27
% of Calories				19.92%		44.7%	32.2%	0.0%		59.8%		14.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 05/13/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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									

Monday - 05/16/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru Jun 3, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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 - 05/17/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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
990165 Orange Wedges	.75 C	1	65	0.02	0	13	0.17	0.00	0	16.22	3.31	1.30	310	55.2	73.42	0.14
Weighted Daily Average			165	1.02	150	13	3.67	0.00	5	30.22	4.31	3.30	810	155.2	73.42	0.86
% of Calories				5.56%		31.5%	20.0%	0.0%		73.3%		8.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 05/18/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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

May 2, 2022 thru Jun 3, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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 - 05/19/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990410 Cheddar Cheese Slices	8 each	1	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00	300	200.0	0.00	0.00
001032 Dried Cranberries	.375 C	1	152	0.00	1	*N/A*	1.23	0.00	0	40.68	2.46	0.00	0	0.0	0.00	0.22
Weighted Daily Average			242	4.50	191	*0	8.23	0.00	20	40.68	2.46	7.00	300	200.0	0.00	0.22
% of Calories				16.74%		*0%	30.6%	0.0%		67.2%		11.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 05/20/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990624 Whole Wheat Crackers	1 each	1	110	0.00	140	3	3.00	0.00	0	19.00	2.00	3.00	0	50.0	0.00	0.80

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru Jun 3, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			191	3.04	332	*3	8.06	0.00	15	19.00	2.00	10.09	202	252.5	0.00	0.80
% of Calories				14.32%		*6.3%	38.0%	0.0%		39.8%		21.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 05/23/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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
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			181	1.01	151	19	3.65	0.00	5	35.12	2.76	2.69	568	121.7	12.76	1.10
% of Calories				5.02%		42.0%	18.1%	0.0%		77.6%		5.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 05/24/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990706 Sunbutter Pouch	1.1 oz	1	200	3.00	120	4	17.00	0.00	0	7.00	2.00	7.00	0	22.0	0.00	1.40

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru Jun 3, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000233 Graham Crackers	1 each	1	90	0.00	95	5	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72
Weighted Daily Average			290	3.00	215	9	19.50	0.00	0	24.00	3.00	9.00	500	122.0	0.00	2.12
% of Calories				9.31%		12.4%	60.5%	0.0%		33.1%		12.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 05/25/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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 - 05/26/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990410 Cheddar Cheese Slices	8 each	1	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00	300	200.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru Jun 3, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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			206	4.56	192	23	7.38	0.00	20	30.80	5.35	7.58	420	213.4	10.26	0.27
% of Calories				19.92%		44.7%	32.2%	0.0%		59.8%		14.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 05/27/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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									

Monday - 05/30/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru Jun 3, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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 - 05/31/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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
990165 Orange Wedges	.75 C	1	65	0.02	0	13	0.17	0.00	0	16.22	3.31	1.30	310	55.2	73.42	0.14
Weighted Daily Average			165	1.02	150	13	3.67	0.00	5	30.22	4.31	3.30	810	155.2	73.42	0.86
% of Calories				5.56%		31.5%	20.0%	0.0%		73.3%		8.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 06/01/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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

May 2, 2022 thru Jun 3, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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 - 06/02/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990410 Cheddar Cheese Slices	8 each	1	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00	300	200.0	0.00	0.00
001032 Dried Cranberries	.375 C	1	152	0.00	1	*N/A*	1.23	0.00	0	40.68	2.46	0.00	0	0.0	0.00	0.22
Weighted Daily Average			242	4.50	191	*0	8.23	0.00	20	40.68	2.46	7.00	300	200.0	0.00	0.22
% of Calories				16.74%		*0%	30.6%	0.0%		67.2%		11.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 06/03/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990624 Whole Wheat Crackers	1 each	1	110	0.00	140	3	3.00	0.00	0	19.00	2.00	3.00	0	50.0	0.00	0.80

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru Jun 3, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			191	3.04	332	*3	8.06	0.00	15	19.00	2.00	10.09	202	252.5	0.00	0.80
% of Calories				14.32%		*6.3%	38.0%	0.0%		39.8%		21.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
Weighted Averages	207	2	179	*11	6.12	*0.00	8	33.83	3.02	6.21	316	206	12.32	0.88
% of Calories		9.52%		*21.3%	26.6%	*0.0%		65.4%		12.0%				

- *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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