November Snack

Monday	Tuesday	Wednesday	Thursday	Friday
2 no school	3 no school	4 cinnamon goldfish graham yogurt	5 wheat crackers cheese stick	6 blueberry lemon crackers yogurt
9 pretzel goldfish cheese stick	10 beef salami slices cheese crackers	11 no school	12 wheat crackers cheese stick	13 cinnamon goldfish graham yogurt
16 pretzel goldfish cheese stick	17 hummus multigrain SunChips	18 cinnamon goldfish graham yogurt	19 wheat crackers cheese stick	20 blueberry lemon crackers yogurt
23 pretzel goldfish cheese stick	24 beef salami slices cheese crackers	25 no school	26 no school	27 no school
30 pretzel goldfish cheese stick	1 hummus multigrain SunChips	2 cinnamon goldfish graham yogurt	3 wheat crackers cheese stick	4 blueberry lemon crackers yogurt

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

DC Central Kitchen

Portion Values

Nov 2, 2026 thru Dec 4, 2026

Menu Name: Snack

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 11/02/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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 Colby Jack 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 - 11/03/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999079 Little Sesame Hummus Cup	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 Sunchip Multigrain Garden Salsa	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 - 11/04/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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 Nonfat Yogurt Cup	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 - 11/05/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999075 Whole Grain 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 Mozzarella 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 - 11/06/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999174 Appleways Blueberry Lemon Crispy Bites	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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt Cup	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 - 11/07/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000673 Fresh Whole 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 - 11/09/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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*

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990991 Cheddar 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 - 11/10/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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 - 11/11/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999174 Appleways Blueberry Lemon Crispy Bites	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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt Cup	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 - 11/12/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999075 Whole Grain 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 Mozzarella 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 - 11/13/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt Cup	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 - 11/14/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000673 Fresh Whole 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 - 11/16/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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*

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999091 Colby Jack 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 - 11/17/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999079 Little Sesame Hummus Cup	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 Sunchip Multigrain Garden Salsa	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 - 11/18/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt Cup	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 - 11/19/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999075 Whole Grain 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 Mozzarella 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 - 11/20/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999174 Appleways Blueberry Lemon Crispy Bites	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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt Cup	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 - 11/21/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000673 Fresh Whole 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 - 11/23/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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*

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990991 Cheddar 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 - 11/24/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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 - 11/25/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999174 Appleways Blueberry Lemon Crispy Bites	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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt Cup	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 - 11/26/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999075 Whole Grain 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 Mozzarella 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 - 11/27/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt Cup	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 - 11/28/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000673 Fresh Whole 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 - 11/30/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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*

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999091 Colby Jack 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 - 12/01/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999079 Little Sesame Hummus Cup	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 Sunchip Multigrain Garden Salsa	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 - 12/02/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt Cup	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 - 12/03/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999075 Whole Grain 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 Mozzarella 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 - 12/04/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999174 Appleways Blueberry Lemon Crispy Bites	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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt Cup	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										

		Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-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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