

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

|                          |                   |               |    |
|--------------------------|-------------------|---------------|----|
| Menu Name:               | AFTERSCHOOL SNACK | Include Cost: | No |
| Site:                    |                   |               |    |
| Use Alternate Menu Name: | No                |               |    |

Wednesday - 08/05/2026Reimbursable Meal Total 1

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991293 PASTA SALAD        | 3/4 CUP      | 1         | 127                      | 143                    | 2.56             | *0.00                         | 2.57      | *0.00      | 0           | 21.93    | 2.17      | 3.60      |
| 991238 APPLE SLICE 3/4C   | 3/4 cup      | 1         | *N/A*                    | *N/A*                  | *N/A*            | *N/A*                         | *N/A*     | *N/A*      | *N/A*       | *N/A*    | *N/A*     | *N/A*     |
| Weighted Daily Average    |              |           | 127                      | 143                    | 2.56             | *0.00                         | 2.57      | *0.00      | 0           | 21.93    | 2.17      | 3.60      |
| % of Calories             |              |           |                          |                        | 8.06%            | *0.00%                        | 18.2%     | *0.0%      |             | 69.1%    |           | 11.3%     |
| Weekly Nutrient Guideline |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Thursday - 08/06/2026Reimbursable Meal Total 1

|                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991217 Yogurt, Vanilla 4oz | 4 OZ         | 1         | 260                      | 90                     | 30.06            | 23.96                         | 8.99      | 0.00       | 41          | 42.04    | 0.00      | 4.00      |
| 991294 Blueberries         | 3/4 cup      | 1         | *N/A*                    | *N/A*                  | *N/A*            | *N/A*                         | *N/A*     | *N/A*      | *N/A*       | *N/A*    | *N/A*     | *N/A*     |
| Weighted Daily Average     |              |           | 260                      | 90                     | 30.06            | 23.96                         | 8.99      | 0.00       | 41          | 42.04    | 0.00      | 4.00      |
| % of Calories              |              |           |                          |                        | 46.25%           | 36.86%                        | 31.1%     | 0.0%       |             | 64.7%    |           | 6.2%      |
| Weekly Nutrient Guideline  |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Friday - 08/07/2026Reimbursable Meal Total 1

|                                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991195 CHIPS, FANTASTIX                              | 1oz          | 1         | 130                      | 200                    | *N/A*            | *N/A*                         | 5.00      | 0.00       | 0           | 19.00    | 2.00      | 2.00      |
| 990518 JUICE (SNACK), 6 OZ FRUIT PUNCH, SHELF STABLE | juice        | 1         | 100                      | 10                     | 23.00            | *N/A*                         | 0.00      | 0.00       | 0           | 25.00    | 0.00      | 0.00      |
| Weighted Daily Average                               |              |           | 230                      | 210                    | *23.00           | *N/A*                         | 5.00      | 0.00       | 0           | 44.00    | 2.00      | 2.00      |
| % of Calories                                        |              |           |                          |                        | *40.00 %         | *N/A*                         | 19.6%     | 0.0%       |             | 76.5%    |           | 3.5%      |
| Weekly Nutrient Guideline                            |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Monday - 08/10/2026                      Reimbursable Meal Total 1

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991223 CHIPS, DORITOS CHILI | 1oz          | 1         | 2                        | 3                      | *N/A*            | *N/A*                         | 0.07      | 0.00       | 0           | 0.28     | 0.03      | 0.03      |
| 991224 JUICE, GRAPE (6 Oz)  | 6 oz         | 1         | 2                        | 0                      | 0.57             | *N/A*                         | 0.00      | 0.00       | 0           | 0.61     | 0.00      | 0.00      |
| Weighted Daily Average      |              |           | 4                        | 3                      | *0.57            | *N/A*                         | 0.07      | 0.00       | 0           | 0.89     | 0.03      | 0.03      |
| % of Calories               |              |           |                          |                        | *57.00 %         | *N/A*                         | 15.8%     | 0.0%       |             | 89.0%    |           | 3.0%      |
| Weekly Nutrient Guideline   |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Tuesday - 08/11/2026                      Reimbursable Meal Total 1

|                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991081 ORANGES, WEDGES | EACH         | 1         | 76                       | 0                      | 15.11            | 0.00                          | 0.19      | 0.00       | 0           | 18.99    | 3.88      | 1.52      |

Portion Values

Aug 3, 2026 thru Aug 31, 2026

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 990854 MUFFIN, BLUEBERRY, 2 OZ EQ. | 1 MUFFIN     | 1         | 223                      | 115                    | 16.50            | *N/A*                         | 6.00      | 0.00       | 30          | 38.50    | 3.30      | 3.90      |
| Weighted Daily Average             |              |           | 299                      | 115                    | 31.61            | *0.00                         | 6.19      | 0.00       | 30          | 57.49    | 7.18      | 5.42      |
| % of Calories                      |              |           |                          |                        | 42.29%           | *0.00%                        | 18.6%     | 0.0%       |             | 76.9%    |           | 7.3%      |
| Weekly Nutrient Guideline          |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Wednesday - 08/12/2026      Reimbursable Meal Total 1

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991230 Turkey Stick              | .6 OZ        | 1         | 70                       | 400                    | 6.00             | *N/A*                         | 2.00      | 0.00       | *N/A*       | 6.00     | 0.00      | *N/A*     |
| 991199 CHEESE, STRING CHEDDAR    | 1oz          | 1         | 1                        | 1                      | 0.00             | *N/A*                         | 0.05      | 0.00       | 0           | *N/A*    | 0.00      | 0.04      |
| 991237 RITZ CRACKERS WHOLE GRAIN | 6 each       | 1         | *N/A*                    | *N/A*                  | *N/A*            | *N/A*                         | *N/A*     | *N/A*      | *N/A*       | *N/A*    | *N/A*     | *N/A*     |
| Weighted Daily Average           |              |           | 71                       | 401                    | 6.00             | *0                            | 2.05      | 0.00       | *0          | *6.00    | 0.00      | *0.04     |
| % of Calories                    |              |           |                          |                        | 33.80%           | *0%                           | 26.0%     | 0.0%       |             | *33.8%   |           | *0.2%     |
| Weekly Nutrient Guideline        |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Thursday - 08/13/2026      Reimbursable Meal Total 1

|                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991189 PEACHES, DICED 3/4C | 3/4 cup      | 1         | 59                       | 7                      | 3.96             | *N/A*                         | 0.00      | 0.00       | 0           | 18.49    | 1.32      | 0.00      |

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991236 CHEX MIX CHOC      | 1oz          | 1         | *N/A*                    | *N/A*                  | *N/A*            | *N/A*                         | *N/A*     | *N/A*      | *N/A*       | *N/A*    | *N/A*     | *N/A*     |
| Weighted Daily Average    |              |           | 59                       | 7                      | 3.96             | *0                            | 0.00      | 0.00       | 0           | 18.49    | 1.32      | 0.00      |
| % of Calories             |              |           |                          |                        | 26.85%           | *0%                           | 0.0%      | 0.0%       |             | 125.4%   |           | 0.0%      |
| Weekly Nutrient Guideline |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Friday - 08/14/2026                      Reimbursable Meal Total 1

|                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991196 CHIPS, DORITOS COOL | 1oz          | 1         | 2                        | 2                      | 0.00             | *N/A*                         | 0.07      | 0.00       | 0           | 0.28     | 0.03      | 0.03      |
| 991215 JUICE, APPLE 6 oz   | 6 oz         | 1         | *N/A*                    | *N/A*                  | *N/A*            | *N/A*                         | *N/A*     | *N/A*      | *N/A*       | *N/A*    | *N/A*     | *N/A*     |
| Weighted Daily Average     |              |           | 2                        | 2                      | 0.00             | *0                            | 0.07      | 0.00       | 0           | 0.28     | 0.03      | 0.03      |
| % of Calories              |              |           |                          |                        | 0.00%            | *0%                           | 31.5%     | 0.0%       |             | 56.0%    |           | 6.0%      |
| Weekly Nutrient Guideline  |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Monday - 08/17/2026                      Reimbursable Meal Total 1

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991221 CHIPS, CHEETOS BAKED | .85          | 1         | 0                        | 0                      | 0.00             | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     | 0.00      | 0.00      |

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991222 JUICE, FRUIT (6OZ) | 6 oz         | 1         | 2                        | 0                      | 0.43             | *N/A*                         | 0.00      | 0.00       | 0           | 0.46     | 0.00      | 0.00      |
| Weighted Daily Average    |              |           | 2                        | 0                      | 0.43             | *N/A*                         | 0.00      | 0.00       | 0           | 0.46     | 0.00      | 0.00      |
| % of Calories             |              |           |                          |                        | 86.00%           | *N/A*                         | 0.0%      | 0.0%       |             | 92.0%    |           | 0.0%      |
| Weekly Nutrient Guideline |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Tuesday - 08/18/2026 Reimbursable Meal Total 1

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 990276 CHIPS, TORTILLA IND. BAGS | 1 BAG        | 1         | 210                      | 170                    | 0.00             | *N/A*                         | 12.00     | 0.00       | 0           | 25.00    | 2.00      | 3.00      |
| 990333 PEARS, DICED CANNED       | 1/2 cup      | 1         | 119                      | 0                      | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 29.15    | 3.98      | 0.00      |
| Weighted Daily Average           |              |           | 329                      | 170                    | *0.00            | *N/A*                         | 12.00     | 0.00       | 0           | 54.15    | 5.98      | 3.00      |
| % of Calories                    |              |           |                          |                        | *0.00%           | *N/A*                         | 32.8%     | 0.0%       |             | 65.8%    |           | 3.6%      |
| Weekly Nutrient Guideline        |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Wednesday - 08/19/2026 Reimbursable Meal Total 1

|                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 990046 CRACKERS, CHOCOLATE BEAR GRAHAMS | PACKS        | 1         | 110                      | 100                    | 7.00             | *N/A*                         | 3.00      | 0.00       | 0           | 20.00    | 2.00      | 2.00      |

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

|                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991226 PINEAPPLE, DICED 3/4C | 3/4 cup      | 1         | 10818                    | 180                    | 2605.38          | 0.00                          | 14.42     | 0.00       | 0           | 2830.75  | 144.24    | 75.73     |
| Weighted Daily Average       |              |           | 10928                    | 280                    | 2612.38          | *0.00                         | 17.42     | 0.00       | 0           | 2850.75  | 146.24    | 77.73     |
| % of Calories                |              |           |                          |                        | 95.62%           | *0.00%                        | 1.4%      | 0.0%       |             | 104.3%   |           | 2.8%      |
| Weekly Nutrient Guideline    |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Thursday - 08/20/2026                      Reimbursable Meal Total 1

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991217 Yogurt, Vanilla 4oz       | 4 OZ         | 1         | 260                      | 90                     | 30.06            | 23.96                         | 8.99      | 0.00       | 41          | 42.04    | 0.00      | 4.00      |
| 991188 ORANGES, MANDARIN 3/4 CUP | 3/4 cup      | 1         | 120                      | 8                      | 22.50            | *N/A*                         | 0.00      | 0.00       | 0           | 27.00    | 3.00      | *N/A*     |
| Weighted Daily Average           |              |           | 380                      | 98                     | 52.56            | *23.96                        | 8.99      | 0.00       | 41          | 69.04    | 3.00      | *4.00     |
| % of Calories                    |              |           |                          |                        | 55.33%           | *25.22 %                      | 21.3%     | 0.0%       |             | 72.7%    |           | *4.2%     |
| Weekly Nutrient Guideline        |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Friday - 08/21/2026                      Reimbursable Meal Total 1

|                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991197 CHIPS, DORITOS NACHOS | 1oz          | 1         | 2                        | 3                      | *N/A*            | *N/A*                         | 0.07      | 0.00       | 0           | 0.28     | 0.03      | 0.03      |

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

|                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991224 JUICE, GRAPE (6 Oz) | 6 oz         | 1         | 2                        | 0                      | 0.57             | *N/A*                         | 0.00      | 0.00       | 0           | 0.61     | 0.00      | 0.00      |
| Weighted Daily Average     |              |           | 4                        | 3                      | *0.57            | *N/A*                         | 0.07      | 0.00       | 0           | 0.89     | 0.03      | 0.03      |
| % of Calories              |              |           |                          |                        | *57.00 %         | *N/A*                         | 15.8%     | 0.0%       |             | 89.0%    |           | 3.0%      |
| Weekly Nutrient Guideline  |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Monday - 08/24/2026 Reimbursable Meal Total 1

|                                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-----------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991295 BBQ Chips                                    | 1oz          | 1         | *N/A*                    | *N/A*                  | *N/A*            | *N/A*                         | *N/A*     | *N/A*      | *N/A*       | *N/A*    | *N/A*     | *N/A*     |
| 990519 JUICE (SNACK), 6 OZ VERY BERRY, SHELF STABLE | juice        | 1         | 100                      | 10                     | 24.00            | *N/A*                         | 0.00      | 0.00       | 0           | 26.00    | 0.00      | 0.00      |
| Weighted Daily Average                              |              |           | 100                      | 10                     | 24.00            | *0                            | 0.00      | 0.00       | 0           | 26.00    | 0.00      | 0.00      |
| % of Calories                                       |              |           |                          |                        | 96.00%           | *0%                           | 0.0%      | 0.0%       |             | 104.0%   |           | 0.0%      |
| Weekly Nutrient Guideline                           |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Tuesday - 08/25/2026 Reimbursable Meal Total 1

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 001515 CARROT STICKS, 3/4 CUP   | 3/4 cup      | 1         | 38                       | 31                     | *N/A*            | *N/A*                         | 0.17      | *N/A*      | 0           | 8.97     | 2.65      | 0.91      |
| 990780 DRESSING, RANCH 1oz CUPS | 1 oz cup     | 1         | 70                       | 125                    | 3.00             | *N/A*                         | 6.01      | 0.00       | 5           | 5.01     | 0.00      | 0.00      |

# Base Menu Spreadsheet

Richmond County Board of Education

## Portion Values

Aug 3, 2026 thru Aug 31, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991120 APPLESAUCE 3/4 CUP | 3/4 cup      | 1         | 90                       | 15                     | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 22.50    | 3.00      | 0.00      |
| Weighted Daily Average    |              |           | 198                      | 171                    | *3.00            | *N/A*                         | 6.18      | *0.00      | 5           | 36.48    | 5.65      | 0.91      |
| % of Calories             |              |           |                          |                        | *6.06%           | *N/A*                         | 28.1%     | *0.0%      |             | 73.7%    |           | 1.8%      |
| Weekly Nutrient Guideline |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

## Wednesday - 08/26/2026

## Reimbursable Meal Total 1

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991296 pepperoni, sliced         | 1oz          | 1         | 13                       | 26                     | 0.00             | *N/A*                         | 1.22      | 0.00       | 4           | 0.10     | 0.00      | 0.51      |
| 991198 CHEESE STRING MOZ         | 1oz          | 1         | 0                        | 1                      | 0.01             | *N/A*                         | 0.04      | 0.00       | 0           | 0.01     | 0.00      | 0.04      |
| 990949 CRACKERS, IW, WHOLE WHEAT | 1 IW BAG     | 1         | 180                      | 250                    | 4.00             | 3.00                          | 6.00      | 0.00       | 0           | 30.00    | 3.00      | 3.00      |
| Weighted Daily Average           |              |           | 194                      | 278                    | 4.01             | *3.00                         | 7.25      | 0.00       | 4           | 30.11    | 3.00      | 3.54      |
| % of Calories                    |              |           |                          |                        | 8.27%            | *6.19%                        | 33.6%     | 0.0%       |             | 62.1%    |           | 7.3%      |
| Weekly Nutrient Guideline        |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

## Thursday - 08/27/2026

## Reimbursable Meal Total 1

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991206 CRACKERS, CHEE-ZIT | Pack         | 1         | 100                      | 150                    | 0.00             | *N/A*                         | 3.50      | 0.00       | *N/A*       | 14.00    | 1.00      | 3.00      |

Portion Values

Aug 3, 2026 thru Aug 31, 2026

|                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991208 FRUIT COCKTAIL 3/4C | 3/4 cup      | 1         | 1                        | 0                      | 0.28             | *N/A*                         | 0.00      | 0.00       | 0           | 0.32     | 0.02      | 0.00      |
| Weighted Daily Average     |              |           | 101                      | 150                    | 0.28             | *N/A*                         | 3.50      | 0.00       | *0          | 14.32    | 1.02      | 3.00      |
| % of Calories              |              |           |                          |                        | 1.11%            | *N/A*                         | 31.2%     | 0.0%       |             | 56.7%    |           | 11.9%     |
| Weekly Nutrient Guideline  |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Friday - 08/28/2026                      Reimbursable Meal Total 1

|                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991194 CHIPS, FUNYUNS                   | 1oz          | 1         | 142                      | 283                    | 1.01             | *N/A*                         | 6.07      | 0.00       | 0           | 19.24    | 1.01      | 2.02      |
| 990484 JUICE, FRUIT PUNCH, SHELF STABLE | 1/2 CUP      | 1         | 60                       | 5                      | 14.00            | *N/A*                         | 0.00      | 0.00       | 0           | 15.00    | 0.00      | 0.00      |
| Weighted Daily Average                  |              |           | 202                      | 288                    | 15.01            | *N/A*                         | 6.07      | 0.00       | 0           | 34.24    | 1.01      | 2.02      |
| % of Calories                           |              |           |                          |                        | 29.72%           | *N/A*                         | 27.0%     | 0.0%       |             | 67.8%    |           | 4.0%      |
| Weekly Nutrient Guideline               |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

Monday - 08/31/2026                      Reimbursable Meal Total 1

|                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991195 CHIPS, FANTASTIX | 1oz          | 1         | 130                      | 200                    | *N/A*            | *N/A*                         | 5.00      | 0.00       | 0           | 19.00    | 2.00      | 2.00      |

Portion Values

Aug 3, 2026 thru Aug 31, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| 991215 JUICE, APPLE 6 oz  | 6 oz         | 1         | *N/A*                    | *N/A*                  | *N/A*            | *N/A*                         | *N/A*     | *N/A*      | *N/A*       | *N/A*    | *N/A*     | *N/A*     |
| Weighted Daily Average    |              |           | 130                      | 200                    | *0               | *0                            | 5.00      | 0.00       | 0           | 19.00    | 2.00      | 2.00      |
| % of Calories             |              |           |                          |                        | *0%              | *0%                           | 34.6%     | 0.0%       |             | 58.5%    |           | 6.2%      |
| Weekly Nutrient Guideline |              |           | 0 - 0                    | <=0                    |                  | <0                            |           |            |             |          |           |           |

|                   |  | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------|--|--------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|
| Weighted Averages |  | 717                      | 138                    | *147.89          | *2.68                         | 4.81      | *0.00      | *6          | *175.08  | 9.51      | *5.86     |
| % of Calories     |  |                          |                        | *82.50 %         | *1.50%                        | 6.0%      | *0.0%      |             | *97.7%   |           | *3.3%     |

\*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  
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.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.