Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Nov 2, 2026 thru Nov 30, 2026

Menu Name: AFTERSCHOOL SNACK **Include Cost:** No

Site:

Use Alternate Menu Name: No

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

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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
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 - 11/03/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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 - 11/04/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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
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 - 11/05/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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	9.00	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	9.00	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 - 11/06/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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 - 11/09/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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 - 11/10/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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

	Portion Size	Reimb Qty	Cals[1] (kcal)	Sodm[1] (mg)	Total Sugars (g)	Added Sugars[1] (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						

Thursday - 11/12/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals[1] (kcal)	Sodm[1] (mg)	Total Sugars (g)	Added Sugars[1] (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
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 - 11/13/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals[1] (kcal)	Sodm[1] (mg)	Total Sugars (g)	Added Sugars[1] (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*	6.08	0.00	0	19.24	1.01	2.02

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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*	6.08	0.00	0	34.24	1.01	2.02
% of Calories					29.72%	*N/A*	27.1%	0.0%		67.8%		4.0%
Weekly Nutrient Guideline			0 - 0	<=0		<0						

Monday - 11/16/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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
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						

Tuesday - 11/17/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991193 Peanut Butter Cup 1oz	1oz	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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*
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18.00	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
Weighted Daily Average			*352	*425	*46.11	*6.00	*4.81	*0.00	*29	*50.03	*0.00	*23.41
% of Calories					*52.40 %	*6.82%	*12.3%	*0.0%		*56.9%		*26.6%
Weekly Nutrient Guideline			0 - 0	<=0		<0						

Wednesday - 11/18/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991238 APPLE SLICE 3/4C	3/4 cup	1	67	47	*N/A*	*N/A*	0.00	*N/A*	0	17.53	0.76	0.00
991217 Yogurt, Vanilla 4oz	4 OZ	1	260	90	30.06	23.96	9.00	0.00	41	42.04	0.00	4.00
Weighted Daily Average			327	138	*30.06	*23.96	9.00	*0.00	41	59.57	0.76	4.00
% of Calories					*36.77 %	*29.31 %	24.8%	*0.0%		72.9%		4.9%
Weekly Nutrient Guideline			0 - 0	<=0		<0						

Thursday - 11/19/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991198 CHEESE STRING MOZ	1oz	1	0	1	0.01	*N/A*	0.04	0.00	0	0.01	0.00	0.04
991171 CRACKERS, WHEAT 1 OZ	1 BAG	1	91	127	2.03	*N/A*	3.04	0.00	0	15.21	1.01	2.03
Weighted Daily Average			105	154	2.03	*N/A*	4.29	0.00	4	15.32	1.01	2.57
% of Calories					7.73%	*N/A*	36.8%	0.0%		58.4%		9.8%
Weekly Nutrient Guideline			0 - 0	<=0		<0						

Friday - 11/20/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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 - 11/30/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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*

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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
Weighted Daily Average			0	0	0.00	*0	0.00	0.00	0	0.00	0.00	0.00
% of Calories					0%	*0%	0%	0%		0%		0%
Weekly Nutrient Guideline			0 - 0	<=0		<0						

		Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages		*893	*153	*187.30	*3.59	*5.49	*0.00	*8	*218.28	*11.25	*8.31
% of Calories				*83.90 %	*1.61%	*5.5%	*0.0%		*97.8%		*3.7%

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.

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.