



# Nutrient Detail Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2017-2018 Afterschool Snack Menu

Date Range: April 09, 2018 - April 30, 2018

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 04/09/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	0.000	N/A*
Cereal Bar, Assorted	2208875	1.00 each	5000	150.000	2.500	3.000	0.500	0.000	0.000	110.000	N/A*	30.000	3.000	8.750	1.800	200.000	75.000	4.800	N/A*
Weighted Daily Average				210.000	2.500	3.000	0.500	0.000	0.000	125.000	0.000	47.000	3.000	24.750	1.800	200.000	75.000	4.800	0.000
% of Calories					4.76%	12.86%	2.14%	0.00%				89.52%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 04/10/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	0.000	N/A*

Scooby Graham Crackers	1715289	1.00 bag	5000	121.240	1.960	3.724	1.176	0.056	0.000	115.360	N/A*	21.000	1.316	N/A*	0.840	99.988	500.080	0.000	N/A*
Weighted Daily Average				181.240	1.960	3.724	1.176	0.056	0.000	130.360	0.000	38.000	1.316	16.000*	0.840	99.988	500.080	0.000	0.000
% of Calories					4.33%	18.49%	5.84%	0.28%				83.87%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 04/11/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	0.000	N/A*
Goldfish Snack Crackers, Cheddar	1716445	1.00 Bag	5000	100.000	2.000	3.500	1.000	0.000	5.000	180.000	N/A*	14.000	1.000	0.000	0.360	20.000	0.000	0.000	N/A*
Weighted Daily Average				160.000	2.000	3.500	1.000	0.000	5.000	195.000	0.000	31.000	1.000	16.000	0.360	20.000	0.000	0.000	0.000
% of Calories					5.00%	19.69%	5.63%	0.00%				77.50%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 04/12/2018																			
2017-2018 Afterschool Snack Menu																			

		Total	5000																
1% Low-fat Milk	257181	8.00 oz	1000	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	4000	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Shortbread Cookies	2217009	1.00 package	5000	150.000	2.000	9.000	6.000	0.000	25.000	110.000	N/A*	18.000	2.000	6.000	4.000	0.000	300.000	0.000	N/A*
Weighted Daily Average				262.000	10.600	9.500	6.300	0.000	32.000	248.000	0.000	37.200	2.000	24.800	4.000	100.000	800.000	2.400	0.000
% of Calories					16.18%	32.63%	21.64%	0.00%				56.79%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 04/13/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	0.000	N/A*
Assorted Crackers	422083	1.00 each	5000	110.250	1.825	3.475	1.050	0.000	0.625	118.750	N/A*	17.925	0.850	5.375	1.014	75.000	62.375	0.495	N/A*
Weighted Daily Average				170.250	1.825	3.475	1.050	0.000	0.625	133.750	0.000	34.925	0.850	21.375	1.014	75.000	62.375	0.495	0.000
% of Calories					4.29%	18.37%	5.55%	0.00%				82.06%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 04/16/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	0.000	N/A*
Chocolate Sports Bites Crackers	2225921	1.00 package	5000	110.000	2.000	3.000	0.500	0.000	0.000	100.000	100.000	20.000	2.000	7.000	2.000	14.000	280.000	3.000	0.000
Weighted Daily Average				170.000	2.000	3.000	0.500	0.000	0.000	115.000	100.000	37.000	2.000	23.000	2.000	14.000	280.000	3.000	0.000
% of Calories					4.71%	15.88%	2.65%	0.00%				87.06%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 04/17/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	0.000	N/A*
Goldfish Pretzel Crackers	2200033	1.00 each	5000	90.000	2.000	1.500	0.000	0.000	0.000	200.000	N/A*	16.000	1.000	0.000	0.720	0.000	0.000	0.000	N/A*
Weighted Daily Average				150.000	2.000	1.500	0.000	0.000	0.000	215.000	0.000	33.000	1.000	16.000	0.720	0.000	0.000	0.000	0.000

% of Calories		5.33%	9.00%	0.00%	0.00%					88.00%							
---------------	--	-------	-------	-------	-------	--	--	--	--	--------	--	--	--	--	--	--	--

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 04/18/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	0.000	N/A*
Cereal Bar, Assorted	2208875	1.00 each	5000	150.000	2.500	3.000	0.500	0.000	0.000	110.000	N/A*	30.000	3.000	8.750	1.800	200.000	75.000	4.800	N/A*
Weighted Daily Average				210.000	2.500	3.000	0.500	0.000	0.000	125.000	0.000	47.000	3.000	24.750	1.800	200.000	75.000	4.800	0.000
% of Calories					4.76%	12.86%	2.14%	0.00%				89.52%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 04/19/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Mini Chocolate Chip Cookies	2217419	1.00 serving	5000	140.000	2.000	5.000	1.000	0.000	0.000	140.000	N/A*	24.000	2.000	11.000	1.080	N/A*	N/A*	N/A*	N/A*

1% Low-fat Milk	257181	8.00 oz	1000	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	4000	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				252.000	10.600	5.500	1.300	0.000	7.000	278.000	0.000	43.200	2.000	29.800	1.080	100.000*	500.000*	2.400*	0.000
% of Calories					16.83%	19.64%	4.64%	0.00%				68.57%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 04/20/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	0.000	N/A*
Assorted Crackers	422083	1.00 each	5000	110.250	1.825	3.475	1.050	0.000	0.625	118.750	N/A*	17.925	0.850	5.375	1.014	75.000	62.375	0.495	N/A*
Weighted Daily Average				170.250	1.825	3.475	1.050	0.000	0.625	133.750	0.000	34.925	0.850	21.375	1.014	75.000	62.375	0.495	0.000
% of Calories					4.29%	18.37%	5.55%	0.00%				82.06%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
-------------	----------	--------------	----------	-----------------	-------------	---------------	-------------------	---------------	------------------	-------------	----------------	-------------------	-----------	------------	-----------	--------------	----------------	----------------	-----------------

Mon - 04/23/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	
Strawberry Dino Bites	2199977	1.00 each	5000	120.000	2.000	3.000	0.500	0.000	0.000	0.000	95.000	N/A*	21.000	1.000	7.000	2.000	15.000	352.000	4.000
Weighted Daily Average				180.000	2.000	3.000	0.500	0.000	0.000	0.000	110.000	0.000	38.000	1.000	23.000	2.000	15.000	352.000	4.000
% of Calories					4.44%	15.00%	2.50%	0.00%					84.44%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 04/24/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	0.000	N/A*
Keebler Elf Grahams	1715113	1.00 bag	5000	90.000	1.000	2.500	0.500	0.000	0.000	100.000	N/A*	16.000	0.000	5.000	0.720	100.000	0.000	0.000	N/A*
Weighted Daily Average				150.000	1.000	2.500	0.500	0.000	0.000	115.000	0.000	33.000	0.000	21.000	0.720	100.000	0.000	0.000	0.000
% of Calories					2.67%	15.00%	3.00%	0.00%				88.00%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 04/25/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	0.000	N/A*
Cheez-it Crackers	2217005	1.00 each	5000	100.000	2.000	3.500	1.000	0.000	5.000	150.000	N/A*	14.000	1.000	0.000	0.720	100.000	500.000	0.000	N/A*
Weighted Daily Average				160.000	2.000	3.500	1.000	0.000	5.000	165.000	0.000	31.000	1.000	16.000	0.720	100.000	500.000	0.000	0.000
% of Calories					5.00%	19.69%	5.63%	0.00%				77.50%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 04/26/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Chocolate Chip Cookie (Fat Cat)	2200835	1.00 each	5000	146.900	2.300	4.900	1.500	0.000	20.400	166.300	N/A*	24.200	1.600	10.800	0.900	10.000	50.000	0.000	N/A*
1% Low-fat Milk	257181	8.00 oz	1000	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	4000	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*



Weighted Daily Average	258.900	10.900	5.400	1.800	0.000	27.400	304.300	0.000	43.400	1.600	29.600	0.900	110.000	550.000	2.400	0.000
% of Calories		16.84%	18.77%	6.26%	0.00%				67.05%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 04/27/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	0.000	N/A*
Assorted Crackers	422083	1.00 each	5000	110.250	1.825	3.475	1.050	0.000	0.625	118.750	N/A*	17.925	0.850	5.375	1.014	75.000	62.375	0.495	N/A*
Weighted Daily Average				170.250	1.825	3.475	1.050	0.000	0.625	133.750	0.000	34.925	0.850	21.375	1.014	75.000	62.375	0.495	0.000
% of Calories					4.29%	18.37%	5.55%	0.00%				82.06%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 04/30/2018																			
2017-2018 Afterschool Snack Menu																			
		Total	5000																

Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	17.000	0.000	16.000	0.000	0.000	0.000	0.000	N/A*	
Cereal Bar, Assorted	2208875	1.00 each	5000	150.000	2.500	3.000	0.500	0.000	0.000	0.000	110.000	N/A*	30.000	3.000	8.750	1.800	200.000	75.000	4.800	N/A*	
Weighted Daily Average				210.000	2.500	3.000	0.500	0.000	0.000	0.000	125.000	0.000	47.000	3.000	24.750	1.800	200.000	75.000	4.800	0.000	
% of Calories					4.76%	12.86%	2.14%	0.00%					89.52%								

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	191.556					
Protein (g)	3.627	7.57%				
Total Fat (g)	3.784	17.78%				
Saturated Fat (g)	1.170	5.50%				
Trans Fat (g)	0.004					
Cholesterol (mg)	4.892					
Sodium (mg)	165.744					
Potassium (mg)	6.250					
Carbohydrates (g)	38.161	79.69%				
Fiber (g)	1.529					
Sugars (g)	22.098*					
Iron (mg)	1.361					
Calcium (mg)	92.749*					
Vitamin A (IU)	243.388*					
Vitamin C (mg)	1.880*					

Vitamin D (mcg)	0.000					
-----------------	-------	--	--	--	--	--

\* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.