

# Nutrient Detail Report

District: Garden Grove Unified School District

School: Paine Elementary

Menu: 2017-2018 Super 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 Super Snack Menu																			
		Total	2000																
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	35.000	1.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.783	205.555	16.788	2.644	12.287	0.220	13.818	180.467	14.671	0.000
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	1.667	N/A*	23.787	1.899	11.332	0.483	4.000	303.333	57.633	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.997	67.878*	28.176	2.585	23.364	0.171	4.531	0.000	0.209	0.000*
1% Low-fat Milk	257181	8.00 oz	500	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	1500	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*
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*

Weighted Daily Average	216.313	9.750	2.459	0.638	0.000	8.750	195.112	68.358*	40.438	2.782	32.946	0.399	134.337	3620.950	23.528	0.000*
% of Calories		18.03%	10.23%	2.66%	0.00%				74.78%							

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 Super Snack Menu																			
		Total	2000																
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	35.000	1.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.783	205.555	16.788	2.644	12.287	0.220	13.818	180.467	14.671	0.000
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	1.667	N/A*	23.787	1.899	11.332	0.483	4.000	303.333	57.633	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.997	67.878*	28.176	2.585	23.364	0.171	4.531	0.000	0.209	0.000*
1% Low-fat Milk	257181	8.00 oz	500	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	1500	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*
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*

Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	
Weighted Daily Average				207.563	9.500	2.459	0.638	0.000	8.750	178.862	68.358*	38.438	2.282	31.696	0.309	129.337	2120.950	22.028	0.000*				
% of Calories					18.31%	10.66%	2.77%	0.00%				74.07%											

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 Super Snack Menu																			
		Total	2000																
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	35.000	1.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.783	205.555	16.788	2.644	12.287	0.220	13.818	180.467	14.671	0.000
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	1.667	N/A*	23.787	1.899	11.332	0.483	4.000	303.333	57.633	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.997	67.878*	28.176	2.585	23.364	0.171	4.531	0.000	0.209	0.000*
1% Low-fat Milk	257181	8.00 oz	500	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	1500	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*
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*

Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	N/A*	
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				216.313	9.750	2.459	0.638	0.000	8.750	195.112	68.358*	40.438	2.782	32.946	0.399	134.337	3620.950	23.528	0.000*			
% of Calories					18.03%	10.23%	2.66%	0.00%				74.78%										

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Thu - 04/12/2018																				
2017-2018 Super Snack Menu																				
		Total	2000																	
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	35.000	1.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*	
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.783	205.555	16.788	2.644	12.287	0.220	13.818	180.467	14.671	0.000	
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	1.667	N/A*	23.787	1.899	11.332	0.483	4.000	303.333	57.633	N/A*	
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.997	67.878*	28.176	2.585	23.364	0.171	4.531	0.000	0.209	0.000*	
1% Low-fat Milk	257181	8.00 oz	500	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	1500	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*	

Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				216.313	9.750	2.459	0.638	0.000	8.750	195.112	68.358*	40.438	2.782	32.946	0.399	134.337	3620.950	23.528	0.000*	
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Fri - 04/13/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	35.000	1.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
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Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				207.563	9.500	2.459	0.638	0.000	8.750	178.862	68.358*	38.438	2.282	31.696	0.309	129.337	2120.950	22.028	0.000*
% of Calories					18.31%	10.66%	2.77%	0.00%				74.07%							

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Mon - 04/16/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	35.000	1.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
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1% Low-fat Milk	257181	8.00 oz	500	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	1500	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*
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
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2017-2018 Super Snack Menu																			
		Total	2000																
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	35.000	1.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
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Wed - 04/18/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
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1% Low-fat Milk	257181	8.00 oz	500	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	1500	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*
Fat Free Milk	2205231	8.00 oz	1	86.520	8.405	0.445	0.289	N/A*	4.944	128.544	410.352	11.989	0.000	11.989	0.099	504.288	1132.176	2.472	2.966
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				216.356	9.754	2.459	0.638	0.000*	8.752	195.176	68.563*	40.444	2.782	32.952	0.399	134.589	3621.516	23.529	0.001*
% of Calories					18.03%	10.23%	2.66%	0.00%*				74.77%							

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 Super Snack Menu																			
		Total	2000																

Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	35.000	1.000	0.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.000	0.783	205.555	16.788	2.644	12.287	0.220	13.818	180.467	14.671	0.000
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	0.000	1.667	N/A*	23.787	1.899	11.332	0.483	4.000	303.333	57.633	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.000	0.997	67.878*	28.176	2.585	23.364	0.171	4.531	0.000	0.209	0.000*
1% Low-fat Milk	257181	8.00 oz	500	120.000	11.000	2.500	1.500	0.000	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	1500	110.000	8.000	0.000	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*
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				216.313	9.750	2.459	0.638	0.000	0.000	8.750	195.112	68.358*	40.438	2.782	32.946	0.399	134.337	3620.950	23.528	0.000*
% of Calories					18.03%	10.23%	2.66%	0.00%				74.78%								

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 Super Snack Menu																			

		Total	2000																	
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	35.000	1.000	0.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.000	0.783	205.555	16.788	2.644	12.287	0.220	13.818	180.467	14.671	0.000
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	0.000	1.667	N/A*	23.787	1.899	11.332	0.483	4.000	303.333	57.633	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.000	0.997	67.878*	28.176	2.585	23.364	0.171	4.531	0.000	0.209	0.000*
1% Low-fat Milk	257181	8.00 oz	500	120.000	11.000	2.500	1.500	0.000	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	1500	110.000	8.000	0.000	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*
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				216.313	9.750	2.459	0.638	0.000		8.750	195.112	68.358*	40.438	2.782	32.946	0.399	134.337	3620.950	23.528	0.000*
% of Calories					18.03%	10.23%	2.66%	0.00%					74.78%							

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 Super Snack Menu																					
		Total	2000																		
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	35.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.000	0.000	0.783	205.555	16.788	2.644	12.287	0.220	13.818	180.467	14.671	0.000
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	0.000	0.000	1.667	N/A*	23.787	1.899	11.332	0.483	4.000	303.333	57.633	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.000	0.000	0.997	67.878*	28.176	2.585	23.364	0.171	4.531	0.000	0.209	0.000*
1% Low-fat Milk	257181	8.00 oz	500	120.000	11.000	2.500	1.500	0.000	0.000	15.000	150.000	N/A*	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	1500	110.000	8.000	0.000	0.000	0.000	0.000	5.000	135.000	N/A*	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	0.000	5.000	75.000	N/A*	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				216.313	9.750	2.459	0.638	0.000	0.000	8.750	195.112	68.358*	40.438	2.782	32.946	0.399	134.337	3620.950	23.528	0.000*	
% of Calories					18.03%	10.23%	2.66%	0.00%					74.78%								

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)
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Tue - 04/24/2018																		
2017-2018 Super Snack Menu																		
		Total	2000															
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	35.000	1.000	0.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.000	0.783	205.555	16.788	2.644	12.287	0.220	13.818	180.467
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	0.000	1.667	N/A*	23.787	1.899	11.332	0.483	4.000	303.333
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.000	0.997	67.878*	28.176	2.585	23.364	0.171	4.531	0.000
1% Low-fat Milk	257181	8.00 oz	500	120.000	11.000	2.500	1.500	0.000	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000
Chocolate Milk, Fat-free	1878035	8.00 oz	1500	110.000	8.000	0.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				207.563	9.500	2.459	0.638	0.000	0.000	8.750	178.862	68.358*	38.438	2.282	31.696	0.309	129.337	2120.950
% of Calories					18.31%	10.66%	2.77%	0.00%					74.07%					

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 Super Snack Menu																			
		Total	2000																
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	35.000	1.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.783	205.555	16.788	2.644	12.287	0.220	13.818	180.467	14.671	0.000
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	1.667	N/A*	23.787	1.899	11.332	0.483	4.000	303.333	57.633	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.997	67.878*	28.176	2.585	23.364	0.171	4.531	0.000	0.209	0.000*
1% Low-fat Milk	257181	8.00 oz	500	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	1500	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*
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				216.313	9.750	2.459	0.638	0.000	8.750	195.112	68.358*	40.438	2.782	32.946	0.399	134.337	3620.950	23.528	0.000*
% of Calories					18.03%	10.23%	2.66%	0.00%				74.78%							

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 Super Snack Menu																			
		Total	2000																
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	35.000	1.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.783	205.555	16.788	2.644	12.287	0.220	13.818	180.467	14.671	0.000
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	1.667	N/A*	23.787	1.899	11.332	0.483	4.000	303.333	57.633	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.997	67.878*	28.176	2.585	23.364	0.171	4.531	0.000	0.209	0.000*
1% Low-fat Milk	257181	8.00 oz	500	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	1500	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*
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				216.313	9.750	2.459	0.638	0.000	8.750	195.112	68.358*	40.438	2.782	32.946	0.399	134.337	3620.950	23.528	0.000*
% of Calories					18.03%	10.23%	2.66%	0.00%			74.78%								

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 Super Snack Menu																			
		Total	2000																
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	35.000	1.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.783	205.555	16.788	2.644	12.287	0.220	13.818	180.467	14.671	0.000
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	1.667	N/A*	23.787	1.899	11.332	0.483	4.000	303.333	57.633	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.997	67.878*	28.176	2.585	23.364	0.171	4.531	0.000	0.209	0.000*
1% Low-fat Milk	257181	8.00 oz	500	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	1500	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*
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				207.563	9.500	2.459	0.638	0.000	8.750	178.862	68.358*	38.438	2.282	31.696	0.309	129.337	2120.950	22.028	0.000*
% of Calories					18.31%	10.66%	2.77%	0.00%			74.07%								



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 Super Snack Menu																			
		Total	2000																
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	35.000	1.000	0.000	0.000	0.000	0.000	65.000	N/A*	8.000	2.000	5.000	0.360	20.000	6000.000	6.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.783	205.555	16.788	2.644	12.287	0.220	13.818	180.467	14.671	0.000
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	1.667	N/A*	23.787	1.899	11.332	0.483	4.000	303.333	57.633	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.997	67.878*	28.176	2.585	23.364	0.171	4.531	0.000	0.209	0.000*
1% Low-fat Milk	257181	8.00 oz	500	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	1500	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*
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	N/A*	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	200	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				216.313	9.750	2.459	0.638	0.000	8.750	195.112	68.358*	40.438	2.782	32.946	0.399	134.337	3620.950	23.528	0.000*
% of Calories					18.03%	10.23%	2.66%	0.00%				74.78%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	214.128					
Protein (g)	9.688	18.10%				
Total Fat (g)	2.459	10.33%				
Saturated Fat (g)	0.638	2.68%				
Trans Fat (g)	0.000*					
Cholesterol (mg)	8.750					
Sodium (mg)	191.053					
Potassium (mg)	68.371*					
Carbohydrates (g)	39.938	74.61%				
Fiber (g)	2.657					
Sugars (g)	32.634					
Iron (mg)	0.376					
Calcium (mg)	133.103					
Vitamin A (IU)	3245.985					
Vitamin C (mg)	23.153					
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.