

Menu Compliance - Nutrient Detail Report

District: Garden Grove Unified School District

School: Paine Elementary

Menu: 2017-2018 Super Snack Menu

Date Range: February 01, 2018 - February 28, 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)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 02/01/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Nacho Chips & Cheese Cup	2225 449	1.00 servin g	2000	460.0 00	13.00 0	25.00 0	7.500	0.000	30.00 0	790.0 00	45.00 0	3.000	10.00 0	0.720	40.00 0	0.000 *	0.000 *
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	1000	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000

Weighted Daily Average	676.3 13	22.75 0	27.45 9	8.138	0.000	38.75 0	985.1 12	85.43 8	5.782	42.94 6	1.119	174.3 37	3620. 950*	23.52 8*
% of Calories		13.46 %	36.54 %	10.83 %	0.00 %			50.53 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 02/02/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Papa John's Cheese Pizza	2225 643	1.00 slice	500	330.0 00	21.00 0	10.00 0	4.000	0.000	20.00 0	670.0 00	40.00 0	3.000	5.000	2.700	500.0 00	500.0 00	3.600
Papa John's Pepperoni Pizza	2225 647	1.00 slice	1500	320.0 00	21.00 0	10.00 0	4.000	0.000	30.00 0	780.0 00	36.00 0	3.000	4.000	2.700	450.0 00	500.0 00	3.600
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	1000	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400
Ranch Packet	1939 897	1.00 packet	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packet	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packet	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				538.8 13	30.75 0	12.45 9	4.638	0.000	36.25 0	947.6 12	77.43 8	5.782	37.19 6	3.099	596.8 37	4120. 950	27.12 8

% of Calories		22.83%	20.81%	7.75%	0.00%			57.49%									
---------------	--	--------	--------	-------	-------	--	--	--------	--	--	--	--	--	--	--	--	--

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Mon - 02/05/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
House Chicken with Steamed Brown Rice (Pick Up Stix)	2210031	1.00 serving	2000	300.000	16.000	10.000	2.000	0.000	50.000	370.000	35.000	2.000	8.000	1.440	20.000	0.000	0.000
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	8.000	2.000	5.000	0.360	20.000	6000.000	6.000
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.783	16.788	2.644	12.287	0.220	13.818	180.467	14.671
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	1.667	23.787	1.899	11.332	0.483	4.000	303.333	57.633
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.997	28.176	2.585	23.364	0.171	4.531	0.000	0.209
1% Low-fat Milk	257181	8.00 oz	500	120.000	11.000	2.500	1.500	0.000	15.000	150.000	16.000	0.000	14.000	0.000	400.000	500.000	2.400
Chocolate Milk, Fat-free	1878035	8.00 oz	1500	110.000	8.000	0.000	0.000	0.000	5.000	135.000	20.000	0.000	20.000	0.000	25.000	500.000	2.400
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	1.000	0.000	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	25.000	0.000	0.000	2.000	0.000	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	70.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				516.313	25.750	12.459	2.638	0.000	58.750	565.112	75.438	4.782	40.946	1.839	154.337	3620.950	23.528
% of Calories					19.95%	21.72%	4.60%	0.00%			58.44%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 02/06/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Turkey & Cheese Croissant Sandwich	2225 421	1.00 servin g	2000	311.2 05	18.47 8	14.58 8	6.808	0.000	34.03 8	894.7 15	25.28 5	1.945	3.890	2.626	243.1 29	486.2 58	0.000
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	500	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				518.7 68	27.97 8	17.04 7	7.446	0.000	42.78 8	1073. 577	63.72 3	4.227	35.58 6	2.935	372.4 66	2607. 208	22.02 8
% of Calories					21.57 %	29.57 %	12.92 %	0.00 %			49.13 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 02/07/2018																	

2017-2018 Super Snack Menu																	
		Total	2000														
Chicken Pretzel Hotdog	2214 947	1.00 servin g	2000	300.0 00	15.00 0	8.500	2.000	N/A*	20.00 0	600.0 00	40.50 0	5.000	5.000	0.540	80.00 0	6.000	100.0 00
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	1000	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				516.3 13	24.75 0	10.95 9	2.638	0.000 *	28.75 0	795.1 12	80.93 8	7.782	37.94 6	0.939	214.3 37	3626. 950	123.5 28
% of Calories					19.17 %	19.10 %	4.60 %	0.00 %*			62.70 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 02/08/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														

Trix Yogurt, Sunflower Seeds & Cereal Bar	2224 723	1.00 servin g	1000	420.0 00	9.500	17.50 0	2.500	0.000	5.000	248.0 00	58.00 0	5.000	24.75 0	2.520	320.0 00	575.0 00	4.800
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	1000	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				426.3 13	14.50 0	11.20 9	1.888	0.000	11.25 0	319.1 12	69.43 8	5.282	45.32 1	1.659	294.3 37	3908. 450	25.92 8
% of Calories					13.61 %	23.66 %	3.99 %	0.00 %			65.15 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 02/09/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Papa John's Cheese Pizza	2225 643	1.00 slice	500	330.0 00	21.00 0	10.00 0	4.000	0.000	20.00 0	670.0 00	40.00 0	3.000	5.000	2.700	500.0 00	500.0 00	3.600
Papa John's Pepperoni Pizza	2225 647	1.00 slice	1500	320.0 00	21.00 0	10.00 0	4.000	0.000	30.00 0	780.0 00	36.00 0	3.000	4.000	2.700	450.0 00	500.0 00	3.600

Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	500	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				530.0 63	30.50 0	12.45 9	4.638	0.000	36.25 0	931.3 62	75.43 8	5.282	35.94 6	3.009	591.8 37	2620. 950	25.62 8
% of Calories					23.02 %	21.15 %	7.88 %	0.00 %			56.93 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 02/13/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Pizza Lunch Pack	2224 731	1.00 servin g	2000	324.6 00	18.83 0	13.59 0	6.210	0.000	36.29 0	621.3 70	32.58 0	3.830	5.650	1.430	506.4 70	594.2 70	18.20 0
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	1000	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1

Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				540.9 13	28.58 0	16.04 9	6.848	0.000	45.04 0	816.4 82	73.01 8	6.612	38.59 6	1.829	640.8 07	4215. 220	41.72 8
% of Calories					21.13 %	26.70 %	11.39 %	0.00 %			54.00 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 02/14/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Turkey Ham & Cheese Wrap	2224 727	1.00 each	2000	290.0 00	18.00 0	12.00 0	7.000	0.000	60.00 0	820.0 00	26.00 0	2.000	2.000	2.700	250.0 00	300.0 00	2.400
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	1000	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209

1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Fat Free Milk	2205 231	8.00 oz	1	86.52 0	8.405	0.445	0.289	N/A*	4.944	128.5 44	11.98 9	0.000	11.98 9	0.099	504.2 88	1132. 176	2.472
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				423.8 56	21.75 4	14.45 9	7.638	0.000 *	65.00 2	913.9 26	51.44 4	4.782	19.95 2	3.099	365.8 39	3546. 516	24.12 9
% of Calories					20.53 %	30.70 %	16.22 %	0.00 %*			48.55 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 02/15/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Trix Yogurt, Sunflower Seeds & Cereal Bar	2224 723	1.00 servin g	2000	420.0 00	9.500	17.50 0	2.500	0.000	5.000	248.0 00	58.00 0	5.000	24.75 0	2.520	320.0 00	575.0 00	4.800
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	1000	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400

Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				636.3 13	19.25 0	19.95 9	3.138	0.000	13.75 0	443.1 12	98.43 8	7.782	57.69 6	2.919	454.3 37	4195. 950	28.32 8
% of Calories					12.10 %	28.23 %	4.44 %	0.00 %			61.88 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 02/16/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Papa John's Cheese Pizza	2225 643	1.00 slice	500	330.0 00	21.00 0	10.00 0	4.000	0.000	20.00 0	670.0 00	40.00 0	3.000	5.000	2.700	500.0 00	500.0 00	3.600
Papa John's Pepperoni Pizza	2225 647	1.00 slice	1500	320.0 00	21.00 0	10.00 0	4.000	0.000	30.00 0	780.0 00	36.00 0	3.000	4.000	2.700	450.0 00	500.0 00	3.600
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	1000	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000

Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				538.8 13	30.75 0	12.45 9	4.638	0.000	36.25 0	947.6 12	77.43 8	5.782	37.19 6	3.099	596.8 37	4120. 950	27.12 8
% of Calories					22.83 %	20.81 %	7.75 %	0.00 %			57.49 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 02/20/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Cheese Quesadilla	2225 639	1.00 servin g	2000	330.0 00	18.00 0	18.00 0	11.00 0	0.000	45.00 0	530.0 00	25.00 0	2.000	2.000	1.800	500.0 00	500.0 00	3.600
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	500	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000

Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				537.5 63	27.50 0	20.45 9	11.63 8	0.000	53.75 0	708.8 62	63.43 8	4.282	33.69 6	2.109	629.3 37	2620. 950	25.62 8
% of Calories					20.46 %	34.25 %	19.49 %	0.00 %			47.20 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 02/21/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	2224 513	1.00 servin g	2000	310.0 00	18.00 0	13.00 0	5.000	0.000	40.00 0	680.0 00	31.00 0	3.000	4.000	8.100	220.0 00	300.0 00*	0.000 *
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	1000	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000

Weighted Daily Average	526.3 13	27.75 0	15.45 9	5.638	0.000	48.75 0	875.1 12	71.43 8	5.782	36.94 6	8.499	354.3 37	3920. 950*	23.52 8*
% of Calories		21.09 %	26.43 %	9.64 %	0.00 %			54.29 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 02/22/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Nacho Chips & Cheese Cup	2225 449	1.00 servin g	2000	460.0 00	13.00 0	25.00 0	7.500	0.000	30.00 0	790.0 00	45.00 0	3.000	10.00 0	0.720	40.00 0	0.000 *	0.000 *
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	1000	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				676.3 13	22.75 0	27.45 9	8.138	0.000	38.75 0	985.1 12	85.43 8	5.782	42.94 6	1.119	174.3 37	3620. 950*	23.52 8*
% of Calories					13.46 %	36.54 %	10.83 %	0.00 %			50.53 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 02/23/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Papa John's Cheese Pizza	2225643	1.00 slice	500	330.000	21.000	10.000	4.000	0.000	20.000	670.000	40.000	3.000	5.000	2.700	500.000	500.000	3.600
Papa John's Pepperoni Pizza	2225647	1.00 slice	1500	320.000	21.000	10.000	4.000	0.000	30.000	780.000	36.000	3.000	4.000	2.700	450.000	500.000	3.600
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	8.000	2.000	5.000	0.360	20.000	6000.000	6.000
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.783	16.788	2.644	12.287	0.220	13.818	180.467	14.671
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	1.667	23.787	1.899	11.332	0.483	4.000	303.333	57.633
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.997	28.176	2.585	23.364	0.171	4.531	0.000	0.209
1% Low-fat Milk	257181	8.00 oz	500	120.000	11.000	2.500	1.500	0.000	15.000	150.000	16.000	0.000	14.000	0.000	400.000	500.000	2.400
Chocolate Milk, Fat-free	1878035	8.00 oz	1500	110.000	8.000	0.000	0.000	0.000	5.000	135.000	20.000	0.000	20.000	0.000	25.000	500.000	2.400
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	1.000	0.000	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	25.000	0.000	0.000	2.000	0.000	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	70.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				530.063	30.500	12.459	4.638	0.000	36.250	931.362	75.438	5.282	35.946	3.009	591.837	2620.950	25.628
% of Calories					23.02%	21.15%	7.88%	0.00%			56.93%						

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

Mon - 02/26/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
House Chicken with Steamed Brown Rice (Pick Up Stix)	2210031	1.00 serving	2000	300.000	16.000	10.000	2.000	0.000	50.000	370.000	35.000	2.000	8.000	1.440	20.000	0.000	0.000
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	8.000	2.000	5.000	0.360	20.000	6000.000	6.000
Assorted Fresh Fruit	262251	1.00 each	500	65.155	0.773	0.252	0.045	0.000	0.000	0.783	16.788	2.644	12.287	0.220	13.818	180.467	14.671
Assorted Fruit Cups	471027	0.50 cup	500	95.999	0.949	0.040	0.003	0.000	0.000	1.667	23.787	1.899	11.332	0.483	4.000	303.333	57.633
Assorted Dried Fruit	2217351	1.00 each	500	109.597	0.278	0.042	0.005	0.000	0.000	0.997	28.176	2.585	23.364	0.171	4.531	0.000	0.209
1% Low-fat Milk	257181	8.00 oz	500	120.000	11.000	2.500	1.500	0.000	15.000	150.000	16.000	0.000	14.000	0.000	400.000	500.000	2.400
Chocolate Milk, Fat-free	1878035	8.00 oz	1500	110.000	8.000	0.000	0.000	0.000	5.000	135.000	20.000	0.000	20.000	0.000	25.000	500.000	2.400
Ranch Packet	1939897	1.00 packet	500	70.000	0.000	7.000	1.000	0.000	5.000	75.000	1.000	0.000	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	25.000	0.000	0.000	2.000	0.000	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	70.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				516.313	25.750	12.459	2.638	0.000	58.750	565.112	75.438	4.782	40.946	1.839	154.337	3620.950	23.528
% of Calories					19.95%	21.72%	4.60%	0.00%			58.44%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 02/27/2018																	
2017-2018 Super Snack Menu																	

		Total	2000														
Turkey & Cheese Croissant Sandwich	2225 421	1.00 servin g	2000	311.2 05	18.47 8	14.58 8	6.808	0.000	34.03 8	894.7 15	25.28 5	1.945	3.890	2.626	243.1 29	486.2 58	0.000
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	1000	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Chocolate Milk, Fat-free	1878 035	8.00 oz	1500	110.0 00	8.000	0.000	0.000	0.000	5.000	135.0 00	20.00 0	0.000	20.00 0	0.000	25.00 0	500.0 00	2.400
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				527.5 18	28.22 8	17.04 7	7.446	0.000	42.78 8	1089. 827	65.72 3	4.727	36.83 6	3.025	377.4 66	4107. 208	23.52 8
% of Calories					21.40 %	29.08 %	12.70 %	0.00 %			49.84 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 02/28/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														

Chicken Pretzel Hotdog	2214 947	1.00 servin g	2000	300.0 00	15.00 0	8.500	2.000	N/A*	20.00 0	600.0 00	40.50 0	5.000	5.000	0.540	80.00 0	6.000	100.0 00
Grab-it Carrots, 1/2 cup	2577 20	0.50 cup	1000	35.00 0	1.000	0.000	0.000	0.000	0.000	65.00 0	8.000	2.000	5.000	0.360	20.00 0	6000. 000	6.000
Assorted Fresh Fruit	2622 51	1.00 each	500	65.15 5	0.773	0.252	0.045	0.000	0.000	0.783	16.78 8	2.644	12.28 7	0.220	13.81 8	180.4 67	14.67 1
Assorted Fruit Cups	4710 27	0.50 cup	500	95.99 9	0.949	0.040	0.003	0.000	0.000	1.667	23.78 7	1.899	11.33 2	0.483	4.000	303.3 33	57.63 3
Assorted Dried Fruit	2217 351	1.00 each	500	109.5 97	0.278	0.042	0.005	0.000	0.000	0.997	28.17 6	2.585	23.36 4	0.171	4.531	0.000	0.209
1% Low-fat Milk	2571 81	8.00 oz	500	120.0 00	11.00 0	2.500	1.500	0.000	15.00 0	150.0 00	16.00 0	0.000	14.00 0	0.000	400.0 00	500.0 00	2.400
Fat Free Milk	2205 231	8.00 oz	1	86.52 0	8.405	0.445	0.289	N/A*	4.944	128.5 44	11.98 9	0.000	11.98 9	0.099	504.2 88	1132. 176	2.472
Ranch Packet	1939 897	1.00 packe t	500	70.00 0	0.000	7.000	1.000	0.000	5.000	75.00 0	1.000	0.000	0.000	0.000	0.000	0.000	0.000
Ketchup Packet	1936 865	1.00 packe t	200	10.00 0	0.000	0.000	0.000	0.000	0.000	25.00 0	0.000	0.000	2.000	0.000	0.000	0.000	0.000
Mustard Packet	2197 763	1.00 packe t	50	5.000	0.000	0.000	0.000	0.000	0.000	70.00 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				433.8 56	18.75 4	10.95 9	2.638	0.000 *	25.00 2	693.9 26	65.94 4	7.782	22.95 2	0.939	195.8 39	3252. 516	121.7 29
% of Calories					17.29 %	22.73 %	5.47 %	0.00 %*			60.80 %						

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	533.929					
Protein (g)	25.475	19.08%				
Total Fat (g)	15.737	26.53%				
Saturated Fat (g)	5.392	9.09%				
Trans Fat (g)	0.000*					

Cholesterol (mg)	39.826					
Sodium (mg)	810.413					
Carbohydrates (g)	73.947	55.40%				
Fiber (g)	5.683					
Sugars (g)	37.755					
Iron (mg)	2.560					
Calcium (mg)	385.211					
Vitamin A (IU)	3553.862*					
Vitamin C (mg)	36.651*					

* = 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.