

Nutrient Detail Report

District: Garden Grove Unified School District

School: Rosita Elementary

Menu: 2017-2018 Super Snack Menu

Date Range: May 01, 2018 - May 31, 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)
Tue - 05/01/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
Cheese Quesadilla	2225639	1.00 serving	2000	330.000	18.000	18.000	11.000	0.000	45.000	530.000	N/A*	25.000	2.000	2.000	1.800	500.000	500.000	3.600	N/A*
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	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				546.313	27.750	20.459	11.638	0.000	53.750	725.112	68.358*	65.438	4.782	34.946	2.199	634.337	4120.950	27.128	0.000*			
% of Calories					20.32%	33.70%	19.17%	0.00%				47.91%										

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 - 05/02/2018																				
2017-2018 Super Snack Menu																				
		Total	2000																	
Mini Chicken Corndogs	2226423	1.00 serving	2000	270.000	10.000	12.000	3.500	0.000	40.000	410.000	N/A*	30.000	5.000	5.000	1.800	150.000	0.000	0.000	N/A*	
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*	
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	

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				486.356	19.754	14.459	4.138	0.000*	48.752	605.176	68.563*	70.444	7.782	37.952	2.199	284.589	3621.516	23.529	0.001*
% of Calories					16.25%	26.76%	7.66%	0.00%*				57.94%							

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 - 05/03/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	22254 49	1.00 serving	2000	630.000	17.000	39.000	9.000	0.000	30.000	878.000	N/A*	53.000	5.000	12.000	1.440	60.000	0.000*	0.000*	N/A*
Grab-it Carrots, 1/2 cup	25772 0	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	26225 1	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	47102 7	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	22173 51	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	25718 1	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	18780 35	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	19398 97	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	19368 65	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	21977 63	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				846.313	26.750	41.459	9.638	0.000	38.750	1073.112	68.358*	93.438	7.782	44.946	1.839	194.337	3620.950*	23.528*	0.000*
% of Calories					12.64%	44.09%	10.25%	0.00%				44.16%							

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 - 05/04/2018																			
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	N/A*	40.000	3.000	5.000	2.700	500.000	500.000	3.600	N/A*
Papa John's Pepperoni Pizza	2225647	1.00 slice	1500	320.000	21.000	10.000	4.000	0.000	30.000	780.000	N/A*	36.000	3.000	4.000	2.700	450.000	500.000	3.600	N/A*

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				538.813	30.750	12.459	4.638	0.000	0.000	36.250	947.612	68.358*	77.438	5.782	37.196	3.099	596.837	4120.950	27.128	0.000*
% 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)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 05/07/2018																			
2017-2018 Super Snack Menu																			

		Total	2000																
House Chicken with Steamed Brown Rice (Pick Up Stix)	221003 1	1.00 serving	2000	300.000	16.000	10.000	2.000	0.000	50.000	370.000	N/A*	35.000	2.000	8.000	1.440	20.000	0.000	0.000	N/A*
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	221735 1	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	187803 5	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	193989 7	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	193686 5	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	219776 3	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				516.313	25.750	12.459	2.638	0.000	58.750	565.112	68.358*	75.438	4.782	40.946	1.839	154.337	3620.950	23.528	0.000*
% 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)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 05/08/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
Turkey & Cheese Croissant Sandwich	2225421	1.00 serving	2000	310.972	20.063	12.038	6.019	0.000	40.125	812.540	N/A*	30.094	3.009	5.016	2.708	200.627	401.254	N/A*	N/A*
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				518.535	29.563	14.497	6.657	0.000	48.875	991.402	68.358*	68.532	5.291	36.712	3.017	329.964	2522.204	22.028*	0.000*

% of Calories		22.81%	25.16%	11.55%	0.00%							52.87%							
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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 - 05/09/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
Chicken Pretzel Hotdog	2214947	1.00 serving	2000	300.000	15.000	8.500	2.000	N/A*	20.000	600.000	N/A*	40.500	5.000	5.000	0.540	80.000	6.000	100.000	N/A*
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	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				516.313	24.750	10.959	2.638	0.000*	28.750	795.112	68.358*	80.938	7.782	37.946	0.939	214.337	3626.950	123.528	0.000*	
% 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)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 05/10/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
Trix Yougrt & Protein Granola Mix	2226427	1.00 serving	2000	280.000	12.000	7.000	1.000	0.000	5.000	100.000	N/A*	44.000	4.000	22.000	1.800	100.000	500.000	0.000	N/A*
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				496.313	21.750	9.459	1.638	0.000	13.750	295.112	68.358*	84.438	6.782	54.946	2.199	234.337	4120.950	23.528	0.000*	
% of Calories					17.53%	17.15%	2.97%	0.00%				68.05%								

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 - 05/11/2018																			
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	N/A*	40.000	3.000	5.000	2.700	500.000	500.000	3.600	N/A*
Papa John's Pepperoni Pizza	2225647	1.00 slice	1500	320.000	21.000	10.000	4.000	0.000	30.000	780.000	N/A*	36.000	3.000	4.000	2.700	450.000	500.000	3.600	N/A*
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	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				530.063	30.500	12.459	4.638	0.000	0.000	36.250	931.362	68.358*	75.438	5.282	35.946	3.009	591.837	2620.950	25.628	0.000*
% 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)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 05/14/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
House Chicken with Steamed Brown Rice (Pick Up Stix)	221003 1	1.00 serving	2000	300.000	16.000	10.000	2.000	0.000	50.000	370.000	N/A*	35.000	2.000	8.000	1.440	20.000	0.000	0.000	N/A*
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	0.000	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	221735 1	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	187803 5	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	193989 7	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	193686 5	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	219776 3	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				516.313	25.750	12.459	2.638	0.000	0.000	58.750	565.112	68.358*	75.438	4.782	40.946	1.839	154.337	3620.950	23.528	0.000*
% 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)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 05/15/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																

Pizza Lunch Pack	2224731	1.00 serving	2000	324.600	18.830	13.590	6.210	0.000	36.290	621.370	0.000	32.580	3.830	5.650	1.430	506.470	594.270	18.200	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	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				540.913	28.580	16.049	6.848	0.000	45.040	816.482	68.358*	73.018	6.612	38.596	1.829	640.807	4215.220	41.728	0.000*
% 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)	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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Wed - 05/16/2018																	
2017-2018 Super Snack Menu																	
		Total	2000														
Turkey Ham & Cheese Sandwich (Rose & Shore)	259711	1.00 each	2000	260.000	20.000	8.000	3.500	0.000	45.000	900.000	N/A*	30.000	3.000	4.000	2.700	350.000	100.000
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	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	0.783	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	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	0.997	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	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000
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
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
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
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
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
Weighted Daily Average				476.356	29.754	10.459	4.138	0.000*	53.752	1095.176	68.563*	70.444	5.782	36.952	3.099	484.589	3721.516

% of Calories		24.98%	19.76%	7.82%	0.00%*					59.15%								
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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 - 05/17/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
Whole Muscle Breaded Chicken Bites	2226401	5.00 Pieces	2000	208.000	19.000	8.000	1.000	0.000	42.000	457.000	N/A*	15.000	2.000	1.000	1.000	20.000	178.000	0.000	N/A*
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	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				424.313	28.750	10.459	1.638	0.000	50.750	662.112	68.358*	55.438	4.782	33.946	1.399	154.337	3798.950	23.528	0.000*			
% of Calories					27.10%	22.18%	3.47%	0.00%				52.26%										

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 - 05/18/2018																				
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	N/A*	40.000	3.000	5.000	2.700	500.000	500.000	3.600	N/A*	
Papa John's Pepperoni Pizza	2225647	1.00 slice	1500	320.000	21.000	10.000	4.000	0.000	30.000	780.000	N/A*	36.000	3.000	4.000	2.700	450.000	500.000	3.600	N/A*	
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				538.813	30.750	12.459	4.638	0.000	36.250	947.612	68.358*	77.438	5.782	37.196	3.099	596.837	4120.950	27.128	0.000*
% 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)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 05/21/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
House Chicken with Steamed Brown Rice (Pick Up Stix)	221003 1	1.00 serving	2000	300.000	16.000	10.000	2.000	0.000	50.000	370.000	N/A*	35.000	2.000	8.000	1.440	20.000	0.000	0.000	N/A*
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	221735 1	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	187803 5	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	193989 7	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	193686 5	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	219776 3	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				516.313	25.750	12.459	2.638	0.000	58.750	565.112	68.358*	75.438	4.782	40.946	1.839	154.337	3620.950	23.528	0.000*
% 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)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 05/22/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
Cheese Quesadilla	2225639	1.00 serving	2000	330.000	18.000	18.000	11.000	0.000	45.000	530.000	N/A*	25.000	2.000	2.000	1.800	500.000	500.000	3.600	N/A*
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	0.000	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				537.563	27.500	20.459	11.638	0.000	0.000	53.750	708.862	68.358*	63.438	4.282	33.696	2.109	629.337	2620.950	25.628	0.000*
% 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)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 05/23/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																

Mini Chicken Corndogs	2226423	1.00 serving	2000	270.000	10.000	12.000	3.500	0.000	40.000	410.000	N/A*	30.000	5.000	5.000	1.800	150.000	0.000	0.000	N/A*
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				486.313	19.750	14.459	4.138	0.000	48.750	605.112	68.358*	70.438	7.782	37.946	2.199	284.337	3620.950	23.528	0.000*
% of Calories					16.24%	26.76%	7.66%	0.00%				57.94%							

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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Thu - 05/24/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	22254 49	1.00 serving	2000	630.000	17.000	39.000	9.000	0.000	30.000	878.000	N/A*	53.000	5.000	12.000	1.440	60.000	0.000*	0.000*	N/A*
Grab-it Carrots, 1/2 cup	25772 0	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	26225 1	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	47102 7	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	22173 51	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	25718 1	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	18780 35	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	19398 97	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	19368 65	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	21977 63	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				846.313	26.750	41.459	9.638	0.000	38.750	1073.112	68.358*	93.438	7.782	44.946	1.839	194.337	3620.950*	23.528*	0.000*
% of Calories					12.64%	44.09%	10.25%	0.00%				44.16%							

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 - 05/25/2018																			
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	N/A*	40.000	3.000	5.000	2.700	500.000	500.000	3.600	N/A*
Papa John's Pepperoni Pizza	2225647	1.00 slice	1500	320.000	21.000	10.000	4.000	0.000	30.000	780.000	N/A*	36.000	3.000	4.000	2.700	450.000	500.000	3.600	N/A*
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	530.063	30.500	12.459	4.638	0.000	36.250	931.362	68.358*	75.438	5.282	35.946	3.009	591.837	2620.950	25.628	0.000*
% 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)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 05/29/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
Turkey & Cheese Croissant Sandwich	2225421	1.00 serving	2000	310.972	20.063	12.038	6.019	0.000	40.125	812.540	N/A*	30.094	3.009	5.016	2.708	200.627	401.254	N/A*	N/A*
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				527.285	29.813	14.497	6.657	0.000	48.875	1007.652	68.358*	70.532	5.791	37.962	3.107	334.964	4022.204	23.528*	0.000*				
% of Calories					22.62%	24.74%	11.36%	0.00%				53.51%											

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 - 05/30/2018																				
2017-2018 Super Snack Menu																				
		Total	2000																	
Chicken Pretzel Hotdog	2214947	1.00 serving	2000	300.000	15.000	8.500	2.000	N/A*	20.000	600.000	N/A*	40.500	5.000	5.000	0.540	80.000	6.000	100.000	N/A*	
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*	

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
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				516.356	24.754	10.959	2.638	0.000*	28.752	795.176	68.563*	80.944	7.782	37.952	0.939	214.589	3627.516	123.529	0.001*
% of Calories					19.18%	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)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 05/31/2018																			
2017-2018 Super Snack Menu																			
		Total	2000																
Trix Yougrt & Protein Granola Mix	2226427	1.00 serving	2000	280.000	12.000	7.000	1.000	0.000	5.000	100.000	N/A*	44.000	4.000	22.000	1.800	100.000	500.000	0.000	N/A*
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	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				496.313	21.750	9.459	1.638	0.000		13.750	295.112	68.358*	84.438	6.782	54.946	2.199	234.337	4120.950	23.528	0.000*
% of Calories					17.53%	17.15%	2.97%	0.00%					68.05%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	543.116					
Protein (g)	26.703	19.67%				
Total Fat (g)	15.762	26.12%				
Saturated Fat (g)	5.081	8.42%				
Trans Fat (g)	0.000*					
Cholesterol (mg)	42.548					

Sodium (mg)	772.141					
Potassium (mg)	68.386*					
Carbohydrates (g)	75.337	55.49%				
Fiber (g)	6.093					
Sugars (g)	39.705					
Iron (mg)	2.220					
Calcium (mg)	359.268					
Vitamin A (IU)	3606.790*					
Vitamin C (mg)	34.156*					
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.