



Nutrient Detail Report

District: Garden Grove Unified School District

School: Crosby Elementary

Menu: 2018-2019 Afterschool Snack Menu

Date Range: May 01, 2019 - May 31, 2019

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 - 05/01/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Goldfish Snack Crackers, Cheddar	1716445	1.00 Bag	5000	100.000	2.000	3.500	1.000	0.000	5.000	180.000	N/A*	14.000	1.000	0.000	0.360	20.000	0.000	0.000	N/A*
Weighted Daily Average				240.000	2.900	3.500	1.000	0.000	5.000	210.000	N/A*	47.600	1.000	29.400	0.360	48.000	700.000	84.000	N/A*
% of Calories					4.83%	13.13%	3.75%	0.00%				79.33%							

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 - 05/02/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Chocolate Bear Grahams	2199953	1.00 each	5000	221.373	4.025	6.037	2.012	0.000	0.000	201.248	N/A*	42.262	4.025	14.087	6.037	28.175	682.231	6.037	N/A*

1% Low-fat Milk	257181	8.00 oz	1000	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*	
Chocolate Milk, Fat-free	1878035	8.00 oz	4000	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*	
Weighted Daily Average				333.373	12.625	6.537	2.312	0.000	7.000	339.248	0.000*	61.462	4.025	32.887	6.037	128.175	1182.231	8.437	0.000*	
% of Calories					15.15%	17.65%	6.24%	0.00%				73.75%								

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 - 05/03/2019																				
2018-2019 Afterschool Snack Menu																				
		Total	5000																	
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*	
Assorted Crackers	422083	1.00 each	5000	117.080	1.987	3.741	1.225	0.019	1.667	140.120	N/A*	19.000	0.772	3.000*	0.640	73.329	166.693	0.000	N/A*	
Weighted Daily Average				257.080	2.887	3.741	1.225	0.019	1.667	170.120	N/A*	52.600	0.772	32.400*	0.640	101.329	866.693	84.000	N/A*	
% of Calories					4.49%	13.10%	4.29%	0.07%				81.84%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	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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Mon - 05/06/2019																				
2018-2019 Afterschool Snack Menu																				
		Total	5000																	
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Strawberry Shortbread Cookies	2235260	1.00 package	5000	120.000	2.000	4.500	0.000	0.000	0.000	0.000	115.000	0.000	20.000	2.000	6.000	0.720	0.000	0.000	0.000	0.000
Weighted Daily Average				260.000	2.900	4.500	0.000	0.000	0.000	0.000	145.000	0.000*	53.600	2.000	35.400	0.720	28.000	700.000	84.000	0.000*
% of Calories					4.46%	15.58%	0.00%	0.00%					82.46%							

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 - 05/07/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Goldfish Pretzel Crackers	2200033	1.00 each	5000	90.000	2.000	1.500	0.000	0.000	0.000	200.000	N/A*	16.000	1.000	0.000	0.720	0.000	0.000	0.000	N/A*
Weighted Daily Average				230.000	2.900	1.500	0.000	0.000	0.000	230.000	N/A*	49.600	1.000	29.400	0.720	28.000	700.000	84.000	N/A*
% of Calories					5.04%	5.87%	0.00%	0.00%				86.26%							

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)
Wed - 05/08/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Pizza Crackers	2235265	1.00 package	5000	80.000	2.000	2.000	0.000	0.000	0.000	190.000	119.000	15.000	2.000	2.000	3.000	10.000	0.000	0.000	0.000
Weighted Daily Average				220.000	2.900	2.000	0.000	0.000	0.000	220.000	119.000*	48.600	2.000	31.400	3.000	38.000	700.000	84.000	0.000*
% of Calories					5.27%	8.18%	0.00%	0.00%				88.36%							

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 - 05/09/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Mini Chocolate Chip Cookies	2217419	1.00 serving	5000	140.000	2.000	5.000	1.000	0.000	0.000	140.000	N/A*	24.000	2.000	11.000	1.080	N/A*	N/A*	N/A*	N/A*
1% Low-fat Milk	257181	8.00 oz	1000	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	4000	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*

Weighted Daily Average	252.000	10.600	5.500	1.300	0.000	7.000	278.000	0.000*	43.200	2.000	29.800	1.080	100.000*	500.000*	2.400*	0.000*
% of Calories		16.83%	19.64%	4.64%	0.00%				68.57%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 05/10/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Assorted Crackers	422083	1.00 each	5000	117.080	1.987	3.741	1.225	0.019	1.667	140.120	N/A*	19.000	0.772	3.000*	0.640	73.329	166.693	0.000	N/A*
Weighted Daily Average				257.080	2.887	3.741	1.225	0.019	1.667	170.120	N/A*	52.600	0.772	32.400*	0.640	101.329	866.693	84.000	N/A*
% of Calories					4.49%	13.10%	4.29%	0.07%				81.84%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 05/13/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																

Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Sunflower Seeds, Honey Roasted, Package	2201675	1.00 each	5000	170.000	4.000	14.000	1.500	0.000	0.000	0.000	88.000	N/A*	8.000	2.000	2.000	0.720	20.000	0.000	0.000	N/A*
Weighted Daily Average				310.000	4.900	14.000	1.500	0.000	0.000	0.000	118.000	N/A*	41.600	2.000	31.400	0.720	48.000	700.000	84.000	N/A*
% of Calories					6.32%	40.65%	4.35%	0.00%					53.68%							

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 - 05/14/2019																				
2018-2019 Afterschool Snack Menu																				
		Total	5000																	
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*	
String Cheese	383647	1.00 each	5000	80.000	7.000	6.000	3.500	0.000	15.000	210.000	N/A*	0.000	0.000	0.000	0.000	200.000	200.000	0.000	N/A*	
Weighted Daily Average				220.000	7.900	6.000	3.500	0.000	15.000	240.000	N/A*	33.600	0.000	29.400	0.000	0.000	228.000	900.000	84.000	N/A*
% of Calories					14.36%	24.55%	14.32%	0.00%				61.09%								

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 - 05/15/2019																				
2018-2019 Afterschool Snack Menu																				
		Total	5000																	
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Cheez-it Crackers	2217005	1.00 each	5000	100.000	2.000	3.500	1.000	0.000	5.000	150.000	N/A*	14.000	1.000	0.000	0.720	100.000	500.000	0.000	N/A*	
Weighted Daily Average				240.000	2.900	3.500	1.000	0.000	5.000	180.000	N/A*	47.600	1.000	29.400	0.720	128.000	1200.000	84.000	N/A*	
% of Calories					4.83%	13.13%	3.75%	0.00%				79.33%								

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 - 05/16/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Chocolate Chip Cookie (Bonzer)	2201365	1.00 each	5000	165.000	1.500	6.000	1.500	0.000	5.000	105.000	N/A*	27.000	1.500	14.000	0.720	N/A*	N/A*	N/A*	N/A*
1% Low-fat Milk	257181	8.00 oz	1000	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	4000	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				277.000	10.100	6.500	1.800	0.000	12.000	243.000	0.000*	46.200	1.500	32.800	0.720	100.000*	500.000*	2.400*	0.000*

% of Calories		14.56%	21.12%	5.85%	0.00%					66.71%							
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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)
Fri - 05/17/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Assorted Crackers	422083	1.00 each	5000	117.080	1.987	3.741	1.225	0.019	1.667	140.120	N/A*	19.000	0.772	3.000*	0.640	73.329	166.693	0.000	N/A*
Weighted Daily Average				257.080	2.887	3.741	1.225	0.019	1.667	170.120	N/A*	52.600	0.772	32.400*	0.640	101.329	866.693	84.000	N/A*
% of Calories					4.49%	13.10%	4.29%	0.07%				81.84%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 05/20/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*

Cereal Bar, Assorted	2208875	1.00 each	5000	150.000	2.500	3.000	0.500	0.000	0.000	0.000	110.000	N/A*	30.000	3.000	8.750	1.800	200.000	75.000	4.800	N/A*
Weighted Daily Average				290.000	3.400	3.000	0.500	0.000	0.000	0.000	140.000	N/A*	63.600	3.000	38.150	1.800	228.000	775.000	88.800	N/A*
% of Calories					4.69%	9.31%	1.55%	0.00%					87.72%							

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 - 05/21/2019																				
2018-2019 Afterschool Snack Menu																				
		Total	5000																	
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*	
Scooby Graham Crackers	1715289	1.00 bag	5000	121.240	1.960	3.724	1.176	0.056	0.000	115.360	N/A*	21.000	1.316	N/A*	0.840	99.988	500.080	0.000	N/A*	
Weighted Daily Average				261.240	2.860	3.724	1.176	0.056	0.000	145.360	N/A*	54.600	1.316	29.400*	0.840	127.988	1200.080	84.000	N/A*	
% of Calories					4.38%	12.83%	4.05%	0.19%				83.60%								

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 - 05/22/2019																				
2018-2019 Afterschool Snack Menu																				

		Total	5000																	
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Goldfish Snack Crackers, Cheddar	1716445	1.00 Bag	5000	100.000	2.000	3.500	1.000	0.000	5.000	180.000	N/A*	14.000	1.000	0.000	0.360	20.000	0.000	0.000	N/A*	
Weighted Daily Average				240.000	2.900	3.500	1.000	0.000	5.000	210.000	N/A*	47.600	1.000	29.400	0.360	48.000	700.000	84.000	N/A*	
% of Calories					4.83%	13.13%	3.75%	0.00%				79.33%								

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 - 05/23/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Mini Vanilla Wafers	2235011	1.00 package	5000	140.000	1.000	7.000	0.500	0.000	0.000	85.000	N/A*	19.000	2.000	8.000	0.360	0.000	0.000	0.000	N/A*
1% Low-fat Milk	257181	8.00 oz	1000	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	4000	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				252.000	9.600	7.500	0.800	0.000	7.000	223.000	0.000*	38.200	2.000	26.800	0.360	100.000	500.000	2.400	0.000*
% of Calories					15.24%	26.79%	2.86%	0.00%				60.63%							

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 - 05/24/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Assorted Crackers	422083	1.00 each	5000	117.080	1.987	3.741	1.225	0.019	1.667	140.120	N/A*	19.000	0.772	3.000*	0.640	73.329	166.693	0.000	N/A*
Weighted Daily Average				257.080	2.887	3.741	1.225	0.019	1.667	170.120	N/A*	52.600	0.772	32.400*	0.640	101.329	866.693	84.000	N/A*
% of Calories					4.49%	13.10%	4.29%	0.07%				81.84%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 05/28/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Keebler Elf Grahams	1715113	1.00 bag	5000	90.000	1.000	2.500	0.500	0.000	0.000	100.000	N/A*	16.000	0.000	5.000	0.720	100.000	0.000	0.000	N/A*
Weighted Daily Average				230.000	1.900	2.500	0.500	0.000	0.000	130.000	N/A*	49.600	0.000	34.400	0.720	128.000	700.000	84.000	N/A*

% of Calories		3.30%	9.78%	1.96%	0.00%					86.26%								
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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 - 05/29/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Goldfish Snack Crackers, Cheddar	1716445	1.00 Bag	5000	100.000	2.000	3.500	1.000	0.000	5.000	180.000	N/A*	14.000	1.000	0.000	0.360	20.000	0.000	0.000	N/A*
Weighted Daily Average				240.000	2.900	3.500	1.000	0.000	5.000	210.000	N/A*	47.600	1.000	29.400	0.360	48.000	700.000	84.000	N/A*
% of Calories					4.83%	13.13%	3.75%	0.00%				79.33%							

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 - 05/30/2019																			
2018-2019 Afterschool Snack Menu																			
		Total	5000																
Chocolate Bear Grahams	2199953	1.00 each	5000	221.373	4.025	6.037	2.012	0.000	0.000	201.248	N/A*	42.262	4.025	14.087	6.037	28.175	682.231	6.037	N/A*

1% Low-fat Milk	257181	8.00 oz	1000	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*	
Chocolate Milk, Fat-free	1878035	8.00 oz	4000	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*	
Weighted Daily Average				333.373	12.625	6.537	2.312	0.000	7.000	339.248	0.000*	61.462	4.025	32.887	6.037	128.175	1182.231	8.437	0.000*	
% of Calories					15.15%	17.65%	6.24%	0.00%				73.75%								

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 - 05/31/2019																				
2018-2019 Afterschool Snack Menu																				
		Total	5000																	
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*	
Assorted Crackers	422083	1.00 each	5000	117.080	1.987	3.741	1.225	0.019	1.667	140.120	N/A*	19.000	0.772	3.000*	0.640	73.329	166.693	0.000	N/A*	
Weighted Daily Average				257.080	2.887	3.741	1.225	0.019	1.667	170.120	N/A*	52.600	0.772	32.400*	0.640	101.329	866.693	84.000	N/A*	
% of Calories					4.49%	13.10%	4.29%	0.07%				81.84%								

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
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Calories (kcal)	259.745					
Protein (g)	5.057	7.79%				
Total Fat (g)	4.659	16.14%				
Saturated Fat (g)	1.174	4.07%				
Trans Fat (g)	0.007					
Cholesterol (mg)	3.788					
Sodium (mg)	202.339					
Potassium (mg)	5.409*					
Carbohydrates (g)	49.942	76.91%				
Fiber (g)	1.488					
Sugars (g)	31.533*					
Iron (mg)	1.262					
Calcium (mg)	99.499*					
Vitamin A (IU)	812.409*					
Vitamin C (mg)	66.222*					
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.