

# Menu Compliance - Nutrient Detail Report

District: Garden Grove Unified School District

School: Woodbury Elementary

Menu: 2017-2018 Afterschool Snack Menu

Date Range: November 01, 2017 - November 30, 2017

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 - 11/01/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	17.000	0.000	16.000	0.000	0.000	0.000	0.000
Goldfish Snack Crackers, Cheddar	1716445	1.00 Bag	5000	100.000	2.000	3.500	1.000	0.000	5.000	180.000	14.000	1.000	0.000	0.360	20.000	0.000	0.000
Weighted Daily Average				160.000	2.000	3.500	1.000	0.000	5.000	195.000	31.000	1.000	16.000	0.360	20.000	0.000	0.000
% of Calories					5.00%	19.69%	5.63%	0.00%			77.50%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 11/02/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
1% Low-fat Milk	257181	8.00 oz	1000	120.000	11.000	2.500	1.500	0.000	15.000	150.000	16.000	0.000	14.000	0.000	400.000	500.000	2.400
Chocolate Milk, Fat-free	1878035	8.00 oz	4000	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

Shortbread Cookies	2217009	1.00 package	5000	150.000	2.000	9.000	6.000	0.000	25.000	110.000	18.000	2.000	6.000	4.000	0.000	300.000	0.000
Weighted Daily Average				262.000	10.600	9.500	6.300	0.000	32.000	248.000	37.200	2.000	24.800	4.000	100.000	800.000	2.400
% of Calories					16.18%	32.63%	21.64%	0.00%			56.79%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 11/03/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	17.000	0.000	16.000	0.000	0.000	0.000	0.000
Assorted Crackers	422083	1.00 each	5000	110.250	1.825	3.475	1.050	0.000	0.625	118.750	17.925	0.850	5.375	1.014	75.000	62.375	0.495
Weighted Daily Average				170.250	1.825	3.475	1.050	0.000	0.625	133.750	34.925	0.850	21.375	1.014	75.000	62.375	0.495
% of Calories					4.29%	18.37%	5.55%	0.00%			82.06%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Mon - 11/06/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	17.000	0.000	16.000	0.000	0.000	0.000	0.000
Vanilla Sound Bites Crackers	2217939	1.00 package	5000	110.000	2.000	3.500	1.000	0.000	0.000	135.000	20.000	1.000	7.000	2.000	12.000	284.000	3.000

Weighted Daily Average	170.00	2.000	3.500	1.000	0.000	0.000	150.00	37.00	1.000	23.00	2.000	12.00	284.00	3.000
% of Calories		4.71%	18.53%	5.29%	0.00%			87.06%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
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Tue - 11/07/2017

2017-2018 Afterschool Snack Menu

			Total	5000														
Assorted Capri Sun	1734570	1.00 pouch	5000	60.00	0.000	0.000	0.000	0.000	0.000	15.00	17.00	0.000	16.00	0.000	0.000	0.000	0.000	
Goldfish Pretzel Crackers	2200033	1.00 each	5000	90.00	2.000	1.500	0.000	0.000	0.000	200.00	16.00	1.000	0.000	0.720	0.000	0.000	0.000	
Weighted Daily Average				150.00	2.000	1.500	0.000	0.000	0.000	215.00	33.00	1.000	16.00	0.720	0.000	0.000	0.000	
% of Calories					5.33%	9.00%	0.00%	0.00%			88.00%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
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Wed - 11/08/2017

2017-2018 Afterschool Snack Menu

			Total	5000														
Assorted Capri Sun	1734570	1.00 pouch	5000	60.00	0.000	0.000	0.000	0.000	0.000	15.00	17.00	0.000	16.00	0.000	0.000	0.000	0.000	
Cereal Bar, Assorted	2208875	1.00 each	5000	150.00	2.500	3.000	0.500	0.000	0.000	110.00	30.00	3.000	8.750	1.800	200.00	75.00	4.800	
Weighted Daily Average				210.00	2.500	3.000	0.500	0.000	0.000	125.00	47.00	3.000	24.75	1.800	200.00	75.00	4.800	

% of Calories		4.76%	12.86%	2.14%	0.00%			89.52%									
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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)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 11/09/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
Mini Chocolate Chip Cookies	2217419	1.00 serving	5000	140.000	2.000	5.000	1.000	0.000	0.000	140.000	24.000	2.000	11.000	1.080	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	16.000	0.000	14.000	0.000	400.000	500.000	2.400
Chocolate Milk, Fat-free	1878035	8.00 oz	4000	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
Weighted Daily Average				252.000	10.600	5.500	1.300	0.000	7.000	278.000	43.200	2.000	29.800	1.080	100.000*	500.000*	2.400*
% 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)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Mon - 11/13/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	17.000	0.000	16.000	0.000	0.000	0.000	0.000
Cereal Bar, Assorted	2208875	1.00 each	5000	150.000	2.500	3.000	0.500	0.000	0.000	110.000	30.000	3.000	8.750	1.800	200.000	75.000	4.800
Weighted Daily Average				210.000	2.500	3.000	0.500	0.000	0.000	125.000	47.000	3.000	24.750	1.800	200.000	75.000	4.800

% of Calories		4.76%	12.86%	2.14%	0.00%			89.52%									
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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)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 11/14/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	17.000	0.000	16.000	0.000	0.000	0.000	0.000
Keebler Elf Grahams	1715113	1.00 bag	5000	90.000	1.000	2.500	0.500	0.000	0.000	100.000	16.000	0.000	5.000	0.720	100.000	0.000	0.000
Weighted Daily Average				150.000	1.000	2.500	0.500	0.000	0.000	115.000	33.000	0.000	21.000	0.720	100.000	0.000	0.000
% of Calories					2.67%	15.00%	3.00%	0.00%			88.00%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 11/15/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	17.000	0.000	16.000	0.000	0.000	0.000	0.000
Goldfish Snack Crackers, Cheddar	1716445	1.00 Bag	5000	100.000	2.000	3.500	1.000	0.000	5.000	180.000	14.000	1.000	0.000	0.360	20.000	0.000	0.000
Weighted Daily Average				160.000	2.000	3.500	1.000	0.000	5.000	195.000	31.000	1.000	16.000	0.360	20.000	0.000	0.000
% of Calories					5.00%	19.69%	5.63%	0.00%			77.50%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 11/16/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
Chocolate Bear Grahams	2199 953	1.00 each	5000	110.0 00	2.000	3.000	1.000	0.000	0.000	100.0 00	21.00 0	2.000	7.000	3.000	14.00 0	339.0 00	3.000
1% Low-fat Milk	2571 81	8.00 oz	1000	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	4000	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
Weighted Daily Average				222.0 00	10.60 0	3.500	1.300	0.000	7.000	238.0 00	40.20 0	2.000	25.80 0	3.000	114.0 00	839.0 00	5.400
% of Calories					19.10 %	14.19 %	5.27 %	0.00 %			72.43 %						

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 - 11/17/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
Assorted Capri Sun	1734 570	1.00 pouch	5000	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	17.00 0	0.000	16.00 0	0.000	0.000	0.000	0.000
Assorted Crackers	4220 83	1.00 each	5000	110.2 50	1.825	3.475	1.050	0.000	0.625	118.7 50	17.92 5	0.850	5.375	1.014	75.00 0	62.37 5	0.495
Weighted Daily Average				170.2 50	1.825	3.475	1.050	0.000	0.625	133.7 50	34.92 5	0.850	21.37 5	1.014	75.00 0	62.37 5	0.495
% of Calories					4.29 %	18.37 %	5.55 %	0.00 %			82.06 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 11/28/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	17.000	0.000	16.000	0.000	0.000	0.000	0.000
Strawberry Dino Bites	2199977	1.00 each	5000	120.000	2.000	3.000	0.500	0.000	0.000	95.000	21.000	1.000	7.000	2.000	15.000	352.000	4.000
Weighted Daily Average				180.000	2.000	3.000	0.500	0.000	0.000	110.000	38.000	1.000	23.000	2.000	15.000	352.000	4.000
% of Calories					4.44%	15.00%	2.50%	0.00%			84.44%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 11/29/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
Assorted Capri Sun	1734570	1.00 pouch	5000	60.000	0.000	0.000	0.000	0.000	0.000	15.000	17.000	0.000	16.000	0.000	0.000	0.000	0.000
Cheez-it Crackers	2217005	1.00 each	5000	100.000	2.000	3.500	1.000	0.000	5.000	150.000	14.000	1.000	0.000	0.720	100.000	500.000	0.000
Weighted Daily Average				160.000	2.000	3.500	1.000	0.000	5.000	165.000	31.000	1.000	16.000	0.720	100.000	500.000	0.000
% of Calories					5.00%	19.69%	5.63%	0.00%			77.50%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
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Thu - 11/30/2017																	
2017-2018 Afterschool Snack Menu																	
		Total	5000														
Assorted Capri Sun	1734 570	1.00 pouc h	5000	60.00 0	0.000	0.000	0.000	0.000	0.000	0.000	15.00 0	17.00 0	0.000	16.00 0	0.000	0.000	0.000
Weighted Daily Average				60.00 0	0.000	0.000	0.000	0.000	0.000	0.000	15.00 0	17.00 0	0.000	16.00 0	0.000	0.000	0.000
% of Calories					0.00 %	0.00 %	0.00 %	0.00 %					113.3 3%				

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	179.100					
Protein (g)	3.563	7.96%				
Total Fat (g)	3.497	17.57%				
Saturated Fat (g)	1.133	5.70%				
Trans Fat (g)	0.000					
Cholesterol (mg)	4.150					
Sodium (mg)	162.767					
Carbohydrates (g)	35.697	79.72%				
Fiber (g)	1.313					
Sugars (g)	21.310					
Iron (mg)	1.373					



Calcium (mg)	75.400*					
Vitamin A (IU)	236.650*					
Vitamin C (mg)	1.853*					

\* = 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.