

Nutrient Detail Report

District: Garden Grove Unified School District

School: Crosby Elementary

Menu: 2019-2020 Afterschool Snack Menu

Date Range: October 01, 2019 - October 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) |
|----------------------------------|----------|--------------|----------|-----------------|-------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|-----------|------------|-----------|--------------|----------------|----------------|-----------------|
| Tue - 10/01/2019 | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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 | 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) |
|----------------------------------|----------|--------------|----------|-----------------|-------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|-----------|------------|-----------|--------------|----------------|----------------|-----------------|
| Wed - 10/02/2019 | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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 | 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 | 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% | | | | | | | |

| 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 - 10/03/2019 | | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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 - 10/04/2019 | | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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* |
| 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 | 84.000 | 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 - 10/07/2019 | | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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* | |
| Strawberry Shortbread Cookies | 2235260 | 1.00 package | 5000 | 120.000 | 2.000 | 4.500 | 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 | 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 - 10/08/2019 | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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 - 10/09/2019 | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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* |

| | | | | | | | | | | | | | | | | | | | | |
|--------------------------------|---------|-----------|------|---------|-------|--------|-------|-------|-------|---------|--------|--------|--------|---------|--------|---------|---------|---------|--------|------|
| 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* |
| 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 | 84.000 | 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 - 10/14/2019 | | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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* | |
| Sunflower Seeds, Honey Roasted, Package | 2201675 | 1.00 each | 5000 | 170.000 | 4.000 | 14.000 | 1.500 | 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 | 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 - 10/15/2019 | | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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* |
| 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 | 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) |
|----------------------------------|----------|--------------|----------|-----------------|-------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|-----------|------------|-----------|--------------|----------------|----------------|-----------------|
| Wed - 10/16/2019 | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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* |
| 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 - 10/17/2019 | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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 | | | | | 14.58% | 21.12% | 5.85% | 0.00% | | | | 66.71% | | | | | | | |

| 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 - 10/18/2019 | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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* |

| | | | | | | | | | | | | | | | | | | | | |
|--------------------------------|---------|-----------|------|---------|-------|--------|-------|-------|-------|-------|---------|------|--------|-------|---------|-------|---------|----------|--------|------|
| 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* |
| Scooby Graham Crackers | 1715289 | 1.00 bag | 5000 | 121.240 | 1.960 | 3.724 | 1.176 | 0.056 | 0.000 | 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 | 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 - 10/23/2019 | | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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* | |
| Honey Belly Bear Crackers | 2240027 | 1.00 package | 5000 | 130.000 | 2.000 | 4.000 | 0.000 | 0.000 | 0.000 | 100.000 | N/A* | 20.000 | 1.000 | 8.000 | 1.080 | 10.000 | 0.000 | 0.000 | N/A* | |
| Weighted Daily Average | | | | 270.000 | 2.900 | 4.000 | 0.000 | 0.000 | 0.000 | 130.000 | N/A* | 53.600 | 1.000 | 37.400 | 1.080 | 38.000 | 700.000 | 84.000 | N/A* | |
| % of Calories | | | | | 4.30% | 13.33% | 0.00% | 0.00% | | | | 79.41% | | | | | | | | |

| 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 - 10/24/2019 | | | | | | | | | | | | | | | | | | |
| 2019-2020 Afterschool Snack Menu | | | | | | | | | | | | | | | | | | |
| | | Total | 5000 | | | | | | | | | | | | | | | |
| Sugar Cookie | 2240059 | 1.00 each | 5000 | 150.000 | 2.000 | 4.500 | 1.500 | 0.000 | 0.000 | 105.000 | N/A* | 25.000 | 2.000 | 12.000 | 0.720 | 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 | |
| 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 | |
| Weighted Daily Average | | | | 262.000 | 10.600 | 5.000 | 1.800 | 0.000 | 7.000 | 243.000 | 0.000* | 44.200 | 2.000 | 30.800 | 0.720 | 100.000* | 500.000* | 2.400* |
| % of Calories | | | | | 16.18% | 17.18% | 6.18% | 0.00% | | | | 67.48% | | | | | | |

| 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 - 10/25/2019 | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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 - 10/28/2019 | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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* |
| Sunflower Seeds, Honey Roasted, Package | 2201675 | 1.00 each | 5000 | 170.000 | 4.000 | 14.000 | 1.500 | 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 | 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 - 10/29/2019 | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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 | 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) |
|----------------------------------|----------|--------------|----------|-----------------|-------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|-----------|------------|-----------|--------------|----------------|----------------|-----------------|
| Wed - 10/30/2019 | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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% | | | | | | | |

| 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 - 10/31/2019 | | | | | | | | | | | | | | | | | | | |
| 2019-2020 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% | | | | | | | |

| Nutrient | Menu AVG | % of Cals | Target | Pass/Fail | Shortfall/Overage | Notes/Errors |
|-------------------|----------|-----------|--------|-----------|-------------------|--------------|
| Calories (kcal) | 259.883 | | | | | |
| Protein (g) | 5.485 | 8.44% | | | | |
| Total Fat (g) | 5.098 | 17.66% | | | | |
| Saturated Fat (g) | 1.330 | 4.61% | | | | |
| Trans Fat (g) | 0.006 | | | | | |
| Cholesterol (mg) | 4.203 | | | | | |
| Sodium (mg) | 194.536 | | | | | |
| Potassium (mg) | 6.043* | | | | | |
| Carbohydrates (g) | 48.492 | 74.64% | | | | |
| Fiber (g) | 1.389 | | | | | |
| Sugars (g) | 31.962* | | | | | |
| Iron (mg) | 1.254 | | | | | |

| | | | | | | |
|-----------------|----------|--|--|--|--|--|
| Calcium (mg) | 114.202* | | | | | |
| Vitamin A (IU) | 817.666* | | | | | |
| Vitamin C (mg) | 66.995* | | | | | |
| 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.