



Nutrient Detail Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2022-2023 Afterschool Snack Menu

Date Range: December 01, 2022 - December 31, 2022

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 - 12/01/2022																			
2022-2023 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 Chex Snack Mix	2249500	1.00 package	5000	130.000	2.000	3.000	1.000	0.000	0.000	55.000	0.000	23.000	2.000	6.000	0.700	0.000	N/A*	N/A*	0.000
Weighted Daily Average				270.000	2.900	3.000	1.000	0.000	0.000	85.000	0.000*	56.600	2.000	35.400	0.700	28.000	700.000*	84.000*	0.000*
% of Calories					4.30%	10.00%	3.33%	0.00%				83.85%							

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 - 12/02/2022																			
2022-2023 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	116.667	2.000	3.667	1.167	0.000	1.667	140.000	16.667*	19.000	0.667	5.667	0.600	40.000	0.000*	0.000*	0.000*
Weighted Daily Average				256.667	2.900	3.667	1.167	0.000	1.667	170.000	16.667*	52.600	0.667	35.067	0.600	68.000	700.000*	84.000*	0.000*
% of Calories					4.52%	12.86%	4.09%	0.00%				81.97%							

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 - 12/05/2022																			
2022-2023 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	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	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 - 12/06/2022																			
2022-2023 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*
Garden Salsa Sun Chips	2217361	1.00 each	5000	140.000	2.000	6.000	1.000	0.000	0.000	0.000	150.000	N/A*	19.000	2.000	2.000	0.360	0.000	100.000	0.000	N/A*
Weighted Daily Average				280.000	2.900	6.000	1.000	0.000	0.000	0.000	180.000	N/A*	52.600	2.000	31.400	0.360	28.000	800.000	84.000	N/A*
% of Calories					4.14%	19.29%	3.21%	0.00%					75.14%							

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 - 12/07/2022																			
2022-2023 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*
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*
Weighted Daily Average				361.373	4.925	6.037	2.012	0.000	0.000	231.248	N/A*	75.862	4.025	43.487	6.037	56.175	1382.231	90.037	N/A*
% of Calories					5.45%	15.04%	5.01%	0.00%				83.97%							

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 - 12/08/2022																			
2022-2023 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)
Fri - 12/09/2022																			
2022-2023 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	116.667	2.000	3.667	1.167	0.000	1.667	140.000	16.667*	19.000	0.667	5.667	0.600	40.000	0.000*	0.000*	0.000*
Weighted Daily Average				256.667	2.900	3.667	1.167	0.000	1.667	170.000	16.667*	52.600	0.667	35.067	0.600	68.000	700.000*	84.000*	0.000*

% of Calories		4.52%	12.86%	4.09%	0.00%					81.97%							
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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)
Mon - 12/12/2022																			
2022-2023 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 - 12/13/2022																			
2022-2023 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)	
Wed - 12/14/2022																				
2022-2023 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*	
Cinnamon Tiger Bites	2251577	1.00 package	5000	120.000	2.000	4.000	1.000	N/A*	N/A*	105.000	50.000	21.000	2.000	8.000	0.800	0.000	0.000	0.000	0.000	
Weighted Daily Average				260.000	2.900	4.000	1.000	0.000*	0.000*	135.000	50.000*	54.600	2.000	37.400	0.800	28.000	700.000	84.000	0.000*	
% of Calories					4.46%	13.85%	3.46%	0.00%*				84.00%								

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)
Thu - 12/15/2022																			
2022-2023 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 Chex Snack Mix	2249500	1.00 package	5000	130.000	2.000	3.000	1.000	0.000	0.000	0.000	55.000	0.000	23.000	2.000	6.000	0.700	0.000	N/A*	N/A*	0.000
Weighted Daily Average				270.000	2.900	3.000	1.000	0.000	0.000	0.000	85.000	0.000*	56.600	2.000	35.400	0.700	28.000	700.000*	84.000*	0.000*
% of Calories					4.30%	10.00%	3.33%	0.00%					83.85%							

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 - 12/16/2022																			
2022-2023 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	116.667	2.000	3.667	1.167	0.000	1.667	140.000	16.667*	19.000	0.667	5.667	0.600	40.000	0.000*	0.000*	0.000*
Weighted Daily Average				256.667	2.900	3.667	1.167	0.000	1.667	170.000	16.667*	52.600	0.667	35.067	0.600	68.000	700.000*	84.000*	0.000*
% of Calories					4.52%	12.86%	4.09%	0.00%				81.97%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	272.615					
Protein (g)	3.694	5.42%				
Total Fat (g)	4.962	16.38%				
Saturated Fat (g)	1.334	4.41%				
Trans Fat (g)	0.000*					
Cholesterol (mg)	2.083*					
Sodium (mg)	158.687					
Potassium (mg)	8.333*					
Carbohydrates (g)	53.372	78.31%				
Fiber (g)	1.669					
Sugars (g)	34.720					
Iron (mg)	1.136					
Calcium (mg)	83.681					
Vitamin A (IU)	829.769*					
Vitamin C (mg)	84.903*					
Vitamin D (mcg)	0.000*					

* = Indicates missing Nutrient Information.

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