

Nutrient Detail Report

District: Garden Grove Unified School District

School: Crosby Elementary

Menu: 2022-2023 Super Snack Menu

Date Range: February 01, 2023 - February 28, 2023



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 - 02/01/2023																			
2022-2023 Super Snack Menu																			
		Total	2000																
Trix Yogurt & Cheesy Focaccia Bread	2254414	1.00 serving	2000	236.000	11.500	5.500	4.000	0.000	24.000	278.000	N/A*	25.500	1.000	15.000	1.400	340.000	755.000	5.200	N/A*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low Fat Milk	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	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*

Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Mustard Packet	2197763	1.00 packet	100	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
Weighted Daily Average				497.373	20.250	6.872	4.513	0.000	31.750	497.329	69.405*	79.062	3.219	63.220	1.623*	677.064*	1791.859*	39.400*	0.625*
% of Calories					16.29%	12.43%	8.17%	0.00%				63.58%							

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 - 02/02/2023																			
2022-2023 Super Snack Menu																			
		Total	2000																
Chicken Enchilada Empanada	2254306	1.00 serving	2000	300.000	19.000	11.000	5.000	0.000	35.000	650.000	132.000	32.000	3.000	4.000	2.000	271.000	N/A*	N/A*	0.000
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*

1% Low Fat Milk	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	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*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	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				561.373	27.750	12.372	5.513	0.000	42.750	869.329	201.405*	85.562	5.219	52.220	2.223*	608.064*	1036.859*	34.200*	0.625*
% of Calories					19.77%	19.83%	8.84%	0.00%				60.97%							

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)
Fri - 02/03/2023																			
2022-2023 Super Snack Menu																			
		Total	2000																
Whole Muscle Breaded Chicken Bites	2226401	5.00 Pieces	2000	210.000	18.000	8.000	1.500	0.000	50.000	570.000	370.000	17.000	2.000	0.000	1.080	20.000	200.000	0.000	N/A*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*

Honey Roasted Sunflower Seeds & Jungle Crackers w/ Chocolate Cup	22497 55	1.00 serving	2000	470.000	9.000	29.000	2.500	0.000	0.000	288.000	0.000*	42.000	6.000	18.000	1.440	170.000	0.000*	0.000*	N/A*
Grab-it Carrots, 1/2 cup	25772 0	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	22511 29	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	26225 1	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	47102 7	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	22173 51	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low Fat Milk	22511 38	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	22511 26	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	19368 65	1.00 packet	100	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*
Ranch Dressing Cup	22527 62	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	21977 63	1.00 packet	100	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				731.373	17.750	30.372	3.013	0.000	7.750	507.329	69.405*	95.562	8.219	66.220	1.663*	507.064*	1036.859*	34.200*	0.625*
% of Calories					9.71%	37.37%	3.71%	0.00%				52.26%							

Mustard Packet	2197763	1.00 packet	100	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				583.873	29.750	11.372	4.513	0.000	35.250	971.829	69.405*	90.562	5.219	52.470	2.923*	799.564*	1536.859*	37.800*	0.625*	
% of Calories					20.38%	17.53%	6.96%	0.00%				62.04%								

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 - 02/08/2023																			
2022-2023 Super Snack Menu																			
		Total	2000																
Trix Yogurt & Cheesy Focaccia Bread	2254414	1.00 serving	2000	236.000	11.500	5.500	4.000	0.000	24.000	278.000	N/A*	25.500	1.000	15.000	1.400	340.000	755.000	5.200	N/A*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low Fat Milk	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500

Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	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*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	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				497.373	20.250	6.872	4.513	0.000	31.750	497.329	69.405*	79.062	3.219	63.220	1.623*	677.064*	1791.859*	39.400*	0.625*
% of Calories					16.29%	12.43%	8.17%	0.00%				63.58%							

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 - 02/09/2023																			
2022-2023 Super Snack Menu																			
		Total	2000																
Nacho Chips with Cheese Cup (Tabatchnick)	2249045	1.00 serving	1500	470.000	18.000	24.000	10.000	0.000	35.000	1010.000	0.000	44.000	4.000	2.000	0.720	80.000	10.000	0.000	0.000
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000

Assorted Fruit Cups	471027	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low Fat Milk	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	100	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*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	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				613.873	22.250	19.372	8.013	0.000		34.000	976.829	69.405*	86.562	5.219	49.720	0.763*	397.064*	1044.359*	34.200*	0.625*
% of Calories					14.50%	28.40%	11.75%	0.00%					56.40%							

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 - 02/10/2023																			
2022-2023 Super Snack Menu																			
		Total	2000																
Mini Chicken Corndogs	2226423	1.00 serving/6 pcs	1500	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	500	34.615	1.154	0.000	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low Fat Milk	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	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*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	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				463.873	16.250	10.372	3.138	0.000	0.000	37.750	526.829	69.405*	76.062	5.969	51.970	1.573*	449.564*	1036.859*	34.200*	0.625*
% of Calories					14.01%	20.12%	6.09%	0.00%					65.59%							

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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Weighted Daily Average	583.873	29.750	11.372	4.513	0.000	35.250	971.829	69.405*	90.562	5.219	52.470	2.923*	799.564*	1536.859*	37.800*	0.625*
% of Calories		20.38%	17.53%	6.96%	0.00%				62.04%							

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 - 02/15/2023																			
2022-2023 Super Snack Menu																			
		Total	2000																
Trix Yogurt w/ String Cheese & Goldfish Cheese Crackers	224613 4	1.00 serving	2000	280.000	12.000	10.000	5.000	0.000	25.000	440.000	N/A*	29.000	1.000	14.000	0.360	320.000	700.000	0.000	N/A*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	225112 9	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	221735 1	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low Fat Milk	225113 8	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	225112 6	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*

Ketchup Packet	193686 5	1.00 packet	100	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*	
Ranch Dressing Cup	225276 2	1.00 each	100	130.000	0.000	14.000	2.500	0.000	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	219776 3	1.00 packet	100	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				541.373	20.750	11.372	5.513	0.000	0.000	32.750	659.329	69.405*	82.562	3.219	62.220	0.583*	657.064*	1736.859*	34.200*	0.625*		
% of Calories					15.33%	18.91%	9.16%	0.00%					61.00%									

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 - 02/16/2023																			
2022-2023 Super Snack Menu																			
		Total	2000																
Chicken Enchilada Empanada	2254306	1.00 serving	2000	300.000	19.000	11.000	5.000	0.000	35.000	650.000	132.000	32.000	3.000	4.000	2.000	271.000	N/A*	N/A*	0.000
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*

Assorted Dried Fruit	2217351	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low Fat Milk	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	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*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	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				561.373	27.750	12.372	5.513	0.000	0.000	42.750	869.329	201.405*	85.562	5.219	52.220	2.223*	608.064*	1036.859*	34.200*	0.625*
% of Calories					19.77%	19.83%	8.84%	0.00%				60.97%								

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)
Fri - 02/17/2023																			
2022-2023 Super Snack Menu																			
		Total	2000																
Whole Muscle Breaded Chicken Bites	2226401	5.00 Pieces	2000	210.000	18.000	8.000	1.500	0.000	50.000	570.000	370.000	17.000	2.000	0.000	1.080	20.000	200.000	0.000	N/A*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*

Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low Fat Milk	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				471.373	26.750	9.372	2.013	0.000	57.750	789.329	439.405*	70.562	4.219	48.220	1.303*	357.064*	1236.859*	34.200*	0.625*	
% of Calories					22.70%	17.89%	3.84%	0.00%				59.88%								

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 - 02/21/2023																			
2022-2023 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	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low Fat Milk	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	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*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	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				583.873	29.750	11.372	4.513	0.000	35.250	971.829	69.405*	90.562	5.219	52.470	2.923*	799.564*	1536.859*	37.800*	0.625*

% of Calories		20.38%	17.53%	6.96%	0.00%					62.04%							
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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 - 02/22/2023																			
2022-2023 Super Snack Menu																			
		Total	2000																
Trix Yogurt & Cheesy Focaccia Bread	2254414	1.00 serving	2000	236.000	11.500	5.500	4.000	0.000	24.000	278.000	N/A*	25.500	1.000	15.000	1.400	340.000	755.000	5.200	N/A*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low Fat Milk	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	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*

Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	
Mustard Packet	2197763	1.00 packet	100	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	0.000	N/A*
Weighted Daily Average				497.373	20.250	6.872	4.513	0.000	31.750	497.329	69.405*	79.062	3.219	63.220	1.623*	677.064*	1791.859*	39.400*	0.625*		
% of Calories					16.29%	12.43%	8.17%	0.00%				63.58%									

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 - 02/23/2023																			
2022-2023 Super Snack Menu																			
		Total	2000																
Nacho Chips with Cheese Cup (Tabatchnick)	2249045	1.00 serving	1500	470.000	18.000	24.000	10.000	0.000	35.000	1010.000	0.000	44.000	4.000	2.000	0.720	80.000	10.000	0.000	0.000
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*

1% Low Fat Milk	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	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*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	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				613.873	22.250	19.372	8.013	0.000	34.000	976.829	69.405*	86.562	5.219	49.720	0.763*	397.064*	1044.359*	34.200*	0.625*
% of Calories					14.50%	28.40%	11.75%	0.00%				56.40%							

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 - 02/24/2023																			
2022-2023 Super Snack Menu																			
		Total	2000																
Mini Chicken Corndogs	2226423	1.00 serving/6 pcs	1500	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*

Turkey, Cheese, & Crackers Lunch Pack	2250016	1.00 serving	2000	380.000	21.000	17.000	5.000	0.000	35.000	960.000	314.000	39.000	4.000	12.000	10.800	200.000	N/A*	N/A*	0.000
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	2217351	1.00 each	500	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low Fat Milk	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	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*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	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				641.373	29.750	18.372	5.513	0.000	42.750	1179.329	383.405*	92.562	6.219	60.220	11.023*	537.064*	1036.859*	34.200*	0.625*
% of Calories					18.55%	25.78%	7.74%	0.00%				57.73%							

Mustard Packet	2197763	1.00 packet	100	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				583.873	29.750	11.372	4.513	0.000	35.250	971.829	69.405*	90.562	5.219	52.470	2.923*	799.564*	1536.859*	37.800*	0.625*	
% of Calories					20.38%	17.53%	6.96%	0.00%				62.04%								

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	553.484					
Protein (g)	24.111	17.42%				
Total Fat (g)	12.733	20.70%				
Saturated Fat (g)	4.610	7.50%				
Trans Fat (g)	0.000					
Cholesterol (mg)	36.889					
Sodium (mg)	780.551					
Potassium (mg)	142.627*					
Carbohydrates (g)	83.756	60.53%				
Fiber (g)	4.969					
Sugars (g)	55.136					
Iron (mg)	2.309*					
Calcium (mg)	586.342*					
Vitamin A (IU)	1335.748*					
Vitamin C (mg)	35.866*					
Vitamin D (mcg)	0.625*					

* = 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.