

Nutrient Detail Report

Organization: Garden Grove USD

Session: 2023-24 School Year

Menu: 2023-2024 Afterschool Snack Menu

Number Source: Planned

Dates: 02-01-2024 to 02-29-2024

Nutrient Summary

Date(s): 02-01-2024 to 02-29-2024

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	210.166					
Protein (g)	2.816	5.359%				
Total Fat (g)	4.035	17.279%				
Saturated Fat (g)	1.351	5.785%				
Trans Fat (g)	0.000					
Carbohydrates (g)	40.735	77.529%				
Cholesterol (mg)	3.246					
Sodium (mg)	155.941					
Potassium (mg)	287.003*					
Fiber (g)	1.245					
Sugars (g)	26.232					
Iron (g)	0.607					
Calcium (mg)	87.628					
Vitamin A (IU)	93.421*					
Vitamin C (mg)	0.253					
Vitamin D (mcg)	0.000*					

* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 02-01-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Misc.							
String Cheese 1M	78782	1 each	5000	80.000	3.500	0.000	210.000
Total			5000				
Weighted Daily Average				176.667	3.5	24	223.333
% of Calories					17.83%	54.34%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-02-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Crackers, Assorted 1G	78763	1 each	5000	116.667	1.167	19.000	140.000
Total			5000				
Weighted Daily Average				213.333	1.167	43	153.333
% of Calories					4.922%	80.625%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-05-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Heartzels Pretzels 1G	1214389	1 package	5000	79.820	0.000	15.964	199.550
Total			5000				
Weighted Daily Average				176.487	0	39.964	212.883
% of Calories					0%	90.577%	

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Menu Detail

Date: 02-06-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Misc.							
Cheez-it Crackers 1G	78885	1 each	5000	100.000	1.000	14.000	150.000
Total			5000				
Weighted Daily Average				196.667	1	38	163.333
% of Calories					4.576%	77.288%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-07-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Cinnamon Tiger Bites 1G	1231965	1 package	5000	120.000	1.000	21.000	105.000
Total			5000				
Weighted Daily Average				216.667	1	45	118.333
% of Calories					4.154%	83.077%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-08-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Strawberry Chex Snack Mix 1G	1141496	1 package	5000	130.000	1.000	23.000	55.000
Total			5000				
Weighted Daily Average				226.667	1	47	68.333
% of Calories					3.971%	82.941%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-09-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Crackers, Assorted 1G	78763	1 each	5000	116.667	1.167	19.000	140.000
Total			5000				
Weighted Daily Average				213.333	1.167	43	153.333
% of Calories					4.922%	80.625%	

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Menu Detail

Date: 02-13-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Sun Chips, Garden Salsa 1.25G	79116	1 each	5000	140.000	1.000	19.000	150.000
Total			5000				
Weighted Daily Average				236.667	1	43	163.333
% of Calories					3.803%	72.676%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-14-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Crackers, Graham Sticks, Scooby, Cinnamon	78923	1 bag	5000	120.000	1.000	21.000	115.000
Total			5000				
Weighted Daily Average				216.667	1	45	128.333
% of Calories					4.154%	83.077%	

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Menu Detail

Date: 02-15-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Misc.							
String Cheese 1M	78782	1 each	5000	80.000	3.500	0.000	210.000
Total			5000				
Weighted Daily Average				176.667	3.5	24	223.333
% of Calories					17.83%	54.34%	

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Menu Detail

Date: 02-16-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Crackers, Assorted 1G	78763	1 each	5000	116.667	1.167	19.000	140.000
Total			5000				
Weighted Daily Average				213.333	1.167	43	153.333
% of Calories					4.922%	80.625%	

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Menu Detail

Date: 02-20-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Misc.							
Cheez-it Crackers 1G	78885	1 each	5000	100.000	1.000	14.000	150.000
Total			5000				
Weighted Daily Average				196.667	1	38	163.333
% of Calories					4.576%	77.288%	

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Menu Detail

Date: 02-21-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Cinnamon Tiger Bites 1G	1231965	1 package	5000	120.000	1.000	21.000	105.000
Total			5000				
Weighted Daily Average				216.667	1	45	118.333
% of Calories					4.154%	83.077%	

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Menu Detail

Date: 02-22-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Strawberry Chex Snack Mix 1G	1141496	1 package	5000	130.000	1.000	23.000	55.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Total			5000				
Weighted Daily Average				226.667	1	47	68.333
% of Calories					3.971%	82.941%	

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Menu Detail

Date: 02-23-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Crackers, Assorted 1G	78763	1 each	5000	116.667	1.167	19.000	140.000
Total			5000				
Weighted Daily Average				213.333	1.167	43	153.333
% of Calories					4.922%	80.625%	

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Menu Detail

Date: 02-26-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Cereal Bar, Assorted 1G (BKF)	81234	1 each	5000	150.000	0.500	30.000	110.000
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Total			5000				
Weighted Daily Average				246.667	0.5	54	123.333
% of Calories					1.824%	87.568%	

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Menu Detail

Date: 02-27-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Sun Chips Cheddar Chips 1.25G	79043	1 each	5000	140.000	1.000	19.000	210.000
Total			5000				
Weighted Daily Average				236.667	1	43	223.333
% of Calories					3.803%	72.676%	

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Menu Detail

Date: 02-28-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Grains							
Crackers, Graham Sticks, Scooby, Cinnamon	78923	1 bag	5000	120.000	1.000	21.000	115.000
Total			5000				
Weighted Daily Average				216.667	1	45	128.333
% of Calories					4.154%	83.077%	

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Menu Detail

Date: 02-29-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit							
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	24.000	13.333
Misc.							
String Cheese 1M	78782	1 each	5000	80.000	3.500	0.000	210.000
Total			5000				
Weighted Daily Average				176.667	3.5	24	223.333

	Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
% of Calories						17.83%	54.34%	

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