

# Nutrient Detail Report

District: Garden Grove Unified School District

School: Crosby Elementary

Menu: 2021-2022 Super Snack Menu

Date Range: January 01, 2022 - January 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)
Mon - 01/03/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Honey Roasted Sunflower Seeds & Jungle Crackers w/ Chocolate Cup	22497 55	1.00 serving	1000	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*
Honey Roasted Sunflower Seeds & Bunny Crackers w/ Chocolate Cup	22461 26	1.00 serving	1000	500.000	10.000	31.000	3.000	0.000	0.000	298.000	0.000*	46.000	8.000	19.000	1.080	220.000	0.000*	0.000*	N/A*
Grab-it Carrots, 1/2 cup	25772 0	0.50 cup	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	33663 4	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	26225 1	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	47102 7	0.50 cup	100	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	100	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	25718 1	8.00 oz	200	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	18780 35	8.00 oz	800	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	1194.827	29.090	60.521	5.805	0.000	7.000	782.575	28.022*	134.703	16.701	78.307	3.110*	512.213*	2019.610*	25.006*	0.000*
% of Calories		9.74%	45.59%	4.37%	0.00%				45.10%							

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 - 01/04/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Papa John's Cheese Pizza	2225643	1.00 slice	200	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	800	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	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	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	800	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				546.827	31.090	10.521	4.305	0.000	35.000	954.575	28.022*	83.503	5.701	45.507	3.290*	582.213*	2519.610*	28.606*	0.000*
% of Calories					22.74%	17.32%	7.09%	0.00%				61.08%							

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 - 01/05/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Trix Yogurt w/ String Cheese & Goldfish Cheese Crackers	224613 4	1.00 serving	1000	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	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	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	187803 5	8.00 oz	800	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				504.827	22.090	10.521	5.305	0.000	32.000	636.575	28.022*	75.703	3.701	55.307	0.950*	442.213*	2719.610*	25.006*	0.000*
% of Calories					17.50%	18.76%	9.46%	0.00%				59.98%							

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 - 01/06/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Nacho Chips with Cheese Cup (Tabatchnick)	2249045	1.00 serving	1000	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	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	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	800	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				694.827	28.090	24.521	10.305	0.000	42.000	1206.575	28.022*	90.703	6.701	43.307	1.310*	202.213*	2029.610*	25.006*	0.000*
% of Calories					16.17%	31.76%	13.35%	0.00%				52.22%							

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 - 01/07/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Mini Chicken Corndogs	2226423	1.00 serving/6 pcs	1000	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	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	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	800	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				494.827	20.090	12.521	3.805	0.000	47.000	606.575	28.022*	76.703	7.701	46.307	2.390*	272.213*	2019.610*	25.006*	0.000*
% of Calories					16.24%	22.77%	6.92%	0.00%				62.00%							

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)
Mon - 01/10/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Wowbutter & Grape Jelly Sandwich	2249798	1.00 serving	1000	540.000	18.000	29.000	6.000	N/A*	0.000	390.000	699.000	53.000	8.000	19.000	4.000	242.000	N/A*	N/A*	1.000
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	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	800	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				764.827	28.090	29.521	6.305	0.000*	7.000	586.575	727.022*	99.703	10.701	60.307	4.590*	364.213*	2019.610*	25.006*	1.000*
% of Calories					14.69%	34.74%	7.42%	0.00%*				52.14%							

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)
Tue - 01/11/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Papa John's Cheese Pizza	2225643	1.00 slice	200	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	800	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	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	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	800	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				546.827	31.090	10.521	4.305	0.000	35.000	954.575	28.022*	83.503	5.701	45.507	3.290*	582.213*	2519.610*	28.606*	0.000*
% of Calories					22.74%	17.32%	7.09%	0.00%				61.08%							

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 - 01/12/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Mango/Pineapple Smoothie & Cheesy Foccacia Bread	224950 2	1.00 serving	1000	266.000	13.500	5.000	3.500	0.000	19.000	293.000	460.000*	46.500	1.000*	21.000	1.760	400.000	855.000	11.200	1.000*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	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	187803 5	8.00 oz	800	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				490.827	23.590	5.521	3.805	0.000	26.000	489.575	488.022*	93.203	3.701*	62.307	2.350*	522.213*	2874.610*	36.206*	1.000*
% of Calories					19.23%	10.12%	6.98%	0.00%				75.96%							

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 - 01/13/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Chicken Pretzel Hotdog	2214947	1.00 serving	1000	300.000	15.000	8.500	2.000	N/A*	20.000	600.000	N/A*	40.500	5.000	5.000	0.540	80.000	6.000	100.000	N/A*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	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	800	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				524.827	25.090	9.021	2.305	0.000*	27.000	796.575	28.022*	87.203	7.701	46.307	1.130*	202.213*	2025.610*	125.006*	0.000*
% of Calories					19.12%	15.47%	3.95%	0.00%*				66.46%							

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 - 01/18/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Papa John's Cheese Pizza	2225643	1.00 slice	200	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	800	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	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	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	800	110.000	8.000	0.000	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				546.827	31.090	10.521	4.305	0.000	0.000	35.000	954.575	28.022*	83.503	5.701	45.507	3.290*	582.213*	2519.610*	28.606*	0.000*
% of Calories					22.74%	17.32%	7.09%	0.00%					61.08%							

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 - 01/19/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Trix Yogurt w/ String Cheese & Goldfish Cheese Crackers	2246134	1.00 serving	1000	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	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	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	187803 5	8.00 oz	800	110.000	8.000	0.000	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				504.827	22.090	10.521	5.305	0.000	0.000	32.000	636.575	28.022*	75.703	3.701	55.307	0.950*	442.213*	2719.610*	25.006*	0.000*
% of Calories					17.50%	18.76%	9.46%	0.00%					59.98%							

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 - 01/20/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Nacho Chips with Cheese Cup (Tabatchnick)	2249045	1.00 serving	1000	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	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	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	800	110.000	8.000	0.000	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				694.827	28.090	24.521	10.305	0.000	0.000	42.000	1206.575	28.022*	90.703	6.701	43.307	1.310*	202.213*	2029.610*	25.006*	0.000*
% of Calories					16.17%	31.76%	13.35%	0.00%					52.22%							

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 - 01/21/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Mini Chicken Corndogs	2226423	1.00 serving/6 pcs	1000	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	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	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	800	110.000	8.000	0.000	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				494.827	20.090	12.521	3.805	0.000	0.000	47.000	606.575	28.022*	76.703	7.701	46.307	2.390*	272.213*	2019.610*	25.006*	0.000*
% of Calories					16.24%	22.77%	6.92%	0.00%					62.00%							

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)
Mon - 01/24/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Honey Roasted Sunflower Seeds & Jungle Crackers w/ Chocolate Cup	22497 55	1.00 serving	1000	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	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	33663 4	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	26225 1	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	47102 7	0.50 cup	100	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	100	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	25718 1	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	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	18780 35	8.00 oz	800	110.000	8.000	0.000	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				694.827	19.090	29.521	2.805	0.000	0.000	7.000	484.575	28.022*	88.703	8.701	59.307	2.030*	292.213*	2019.610*	25.006*	0.000*
% of Calories					10.99%	38.24%	3.63%	0.00%					51.06%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 01/25/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Papa John's Cheese Pizza	2225643	1.00 slice	200	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	800	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	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000

Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	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	800	110.000	8.000	0.000	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				546.827	31.090	10.521	4.305	0.000	0.000	35.000	954.575	28.022*	83.503	5.701	45.507	3.290*	582.213*	2519.610*	28.606*	0.000*
% of Calories					22.74%	17.32%	7.09%	0.00%					61.08%							

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 - 01/26/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Mango/Pineapple Smoothie & Cheesy Foccacia Bread	224950 2	1.00 serving	1000	266.000	13.500	5.000	3.500	0.000	19.000	293.000	460.000*	46.500	1.000*	21.000	1.760	400.000	855.000	11.200	1.000*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000



Assorted Fruit Cups	471027	0.50 cup	100	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	221735 1	1.00 each	100	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	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	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	187803 5	8.00 oz	800	110.000	8.000	0.000	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				490.827	23.590	5.521	3.805	0.000	0.000	26.000	489.575	488.022*	93.203	3.701*	62.307	2.350*	522.213*	2874.610*	36.206*	1.000*
% of Calories					19.23%	10.12%	6.98%	0.00%					75.96%							

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 - 01/27/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Penne Pasta with Cheese & Meat Sauce	2245179	1.00 serving	1000	386.000	27.000	10.000	5.000	0.000	110.000	478.000	N/A*	38.000	1.000	2.400	4.670	33.400	247.000	4.000	N/A*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000

Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	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	800	110.000	8.000	0.000	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				610.827	37.090	10.521	5.305	0.000	0.000	117.000	674.575	28.022*	84.703	3.701	43.707	5.260*	155.613*	2266.610*	29.006*	0.000*
% of Calories					24.29%	15.50%	7.82%	0.00%					55.47%							

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 - 01/28/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Whole Muscle Breaded Chicken Bites	2226401	5.00 Pieces	1000	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	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000

Assorted Fruit Cups	471027	0.50 cup	100	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	100	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	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	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	800	110.000	8.000	0.000	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				434.827	28.090	8.521	1.805	0.000	0.000	57.000	766.575	398.022*	63.703	4.701	41.307	1.670*	142.213*	2219.610*	25.006*	0.000*
% of Calories					25.84%	17.64%	3.74%	0.00%					58.60%							

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)
Mon - 01/31/2022																			
2021-2022 Super Snack Menu																			
		Total	1000																
Honey Roasted Sunflower Seeds & Bunny Crackers w/ Chocolate Cup	2246126	1.00 serving	1000	500.000	10.000	31.000	3.000	0.000	0.000	298.000	0.000*	46.000	8.000	19.000	1.080	220.000	0.000*	0.000*	N/A*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	1000	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000

Assorted Fruit Cups	47102 7	0.50 cup	100	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	22173 51	1.00 each	100	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	25718 1	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	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	18780 35	8.00 oz	800	110.000	8.000	0.000	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				724.827	20.090	31.521	3.305	0.000	0.000	7.000	494.575	28.022*	92.703	10.701	60.307	1.670*	342.213*	2019.610*	25.006*	0.000*
% of Calories					11.09%	39.14%	4.10%	0.00%					51.16%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	605.669					
Protein (g)	26.248	17.34%				
Total Fat (g)	17.232	25.61%				
Saturated Fat (g)	4.805	7.14%				
Trans Fat (g)	0.000*					
Cholesterol (mg)	34.895					
Sodium (mg)	751.732					
Potassium (mg)	132.707*					
Carbohydrates (g)	87.266	57.63%				
Fiber (g)	6.806*					
Sugars (g)	51.897					

Iron (mg)	2.454*					
Calcium (mg)	379.866*					
Vitamin A (IU)	2313.452*					
Vitamin C (mg)	32.416*					
Vitamin D (mcg)	0.158*					

\* = Indicates missing Nutrient Information.

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