

# Nutrient Detail Report

District: Garden Grove Unified School District

School: Crosby Elementary

Menu: 2022-2023 Afterschool Snack Menu

Date Range: March 01, 2023 - March 31, 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 - 03/01/2023																			
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*
Scooby Graham Crackers	1715289	1.00 bag	5000	120.000	2.000	3.500	1.000	0.000	0.000	115.000	50.000	21.000	1.000	8.000	0.720	0.000	N/A*	N/A*	0.000
Weighted Daily Average				260.000	2.900	3.500	1.000	0.000	0.000	145.000	50.000*	54.600	1.000	37.400	0.720	28.000	700.000*	84.000*	0.000*
% of Calories					4.46%	12.12%	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 - 03/02/2023																			
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 - 03/03/2023																			
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 - 03/06/2023																			
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*
Sunflower Seeds, Honey Roasted, Package	2201675	1.00 each	5000	170.000	4.000	14.000	1.500	0.000	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	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 - 03/07/2023																			
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 - 03/08/2023																			
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 - 03/09/2023																			
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%								
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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)
Fri - 03/10/2023																			
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 - 03/13/2023																			
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	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	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 - 03/14/2023																				
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*	
Sun Chips Cheddar Chips	2201723	1.00 each	5000	140.000	2.000	6.000	1.000	0.000	0.000	210.000	N/A*	19.000	2.000	2.000	0.360	0.000	0.000	0.000	N/A*	
Weighted Daily Average				280.000	2.900	6.000	1.000	0.000	0.000	240.000	N/A*	52.600	2.000	31.400	0.360	28.000	700.000	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 - 03/15/2023																				
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*
Scooby Graham Crackers	1715289	1.00 bag	5000	120.000	2.000	3.500	1.000	0.000	0.000	0.000	115.000	50.000	21.000	1.000	8.000	0.720	0.000	N/A*	N/A*	0.000
Weighted Daily Average				260.000	2.900	3.500	1.000	0.000	0.000	0.000	145.000	50.000*	54.600	1.000	37.400	0.720	28.000	700.000*	84.000*	0.000*
% of Calories					4.46%	12.12%	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 - 03/16/2023																			
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 - 03/17/2023																			
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 - 03/20/2023																			
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%								
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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)
Tue - 03/21/2023																			
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 - 03/22/2023																			
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 - 03/23/2023																			
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 - 03/24/2023																			
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*
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)	262.037					
Protein (g)	3.706	5.66%				
Total Fat (g)	5.093	17.49%				
Saturated Fat (g)	1.343	4.61%				
Trans Fat (g)	0.000*					
Cholesterol (mg)	2.593*					
Sodium (mg)	159.222					
Potassium (mg)	14.815*					
Carbohydrates (g)	50.211	76.65%				
Fiber (g)	1.315					
Sugars (g)	33.923					
Iron (mg)	0.660					
Calcium (mg)	83.556					
Vitamin A (IU)	781.944*					

Vitamin C (mg)	84.267*					
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.