

Nutrient Detail Report

District: Garden Grove Unified School District

School: Crosby Elementary

Menu: 2021-2022 Afterschool Snack Menu

Date Range: November 01, 2021 - November 30, 2021



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 - 11/01/2021																			
2021-2022 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Cereal Bar, Assorted	2208875	1.00 each	5000	150.000	2.500	3.000	0.500	0.000	0.000	110.000	N/A*	30.000	3.000	8.750	1.800	200.000	75.000	4.800	N/A*
Weighted Daily Average				290.000	3.400	3.000	0.500	0.000	0.000	140.000	N/A*	63.600	3.000	38.150	1.800	228.000	775.000	88.800	N/A*
% of Calories					4.69%	9.31%	1.55%	0.00%				87.72%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 11/02/2021																			
2021-2022 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*

Pizza Crackers	2235265	1.00 package	5000	80.000	2.000	2.000	0.000	0.000	0.000	0.000	190.000	119.000	15.000	2.000	2.000	3.000	10.000	0.000	0.000	0.000
Weighted Daily Average				220.000	2.900	2.000	0.000	0.000	0.000	0.000	220.000	119.000*	48.600	2.000	31.400	3.000	38.000	700.000	84.000	0.000*
% of Calories					5.27%	8.18%	0.00%	0.00%					88.36%							

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 - 11/03/2021																				
2021-2022 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*	
Keebler Bug Bites	1719900	1.00 container	5000	130.000	2.000	4.000	1.500	0.000	0.000	125.000	N/A*	22.000	0.000	9.000	0.720	100.000	0.000	0.000	N/A*	
Weighted Daily Average				270.000	2.900	4.000	1.500	0.000	0.000	155.000	0.000*	55.600	0.000	38.400	0.720	128.000	700.000	84.000	0.000*	
% of Calories					4.30%	13.33%	5.00%	0.00%				82.37%								

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 - 11/04/2021																				
2021-2022 Afterschool Snack Menu																				

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 - 11/09/2021																			
2021-2022 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*
Goldfish Snack Crackers, Cheddar	1716445	1.00 Bag	5000	100.000	2.000	3.500	1.000	0.000	5.000	180.000	N/A*	14.000	1.000	0.000	0.360	20.000	0.000	0.000	N/A*
Weighted Daily Average				240.000	2.900	3.500	1.000	0.000	5.000	210.000	N/A*	47.600	1.000	29.400	0.360	48.000	700.000	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 - 11/10/2021																			
2021-2022 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 - 11/11/2021																			
2021-2022 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Chocolate Chip Cookie (Bonzer)	2201365	1.00 each	5000	165.000	1.500	6.000	1.500	0.000	5.000	105.000	N/A*	27.000	1.500	14.000	0.720	N/A*	N/A*	N/A*	N/A*
1% Low-fat Milk	257181	8.00 oz	1000	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	4000	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				417.000	11.000	6.500	1.800	0.000	12.000	273.000	0.000*	79.800	1.500	62.200	0.720	128.000*	1200.000*	86.400*	0.000*
% of Calories					10.55%	14.03%	3.88%	0.00%				76.55%							

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 - 11/12/2021																			
2021-2022 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	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	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 - 11/15/2021																			
2021-2022 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Cereal Bar, Assorted	2208875	1.00 each	5000	150.000	2.500	3.000	0.500	0.000	0.000	110.000	N/A*	30.000	3.000	8.750	1.800	200.000	75.000	4.800	N/A*
Weighted Daily Average				290.000	3.400	3.000	0.500	0.000	0.000	140.000	N/A*	63.600	3.000	38.150	1.800	228.000	775.000	88.800	N/A*
% of Calories					4.69%	9.31%	1.55%	0.00%				87.72%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 11/16/2021																			
2021-2022 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*
Pizza Crackers	2235265	1.00 package	5000	80.000	2.000	2.000	0.000	0.000	0.000	190.000	119.000	15.000	2.000	2.000	3.000	10.000	0.000	0.000	0.000
Weighted Daily Average				220.000	2.900	2.000	0.000	0.000	0.000	220.000	119.000*	48.600	2.000	31.400	3.000	38.000	700.000	84.000	0.000*
% of Calories					5.27%	8.18%	0.00%	0.00%				88.36%							

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 - 11/17/2021																			
2021-2022 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*
Keebler Bug Bites	1719900	1.00 container	5000	130.000	2.000	4.000	1.500	0.000	0.000	125.000	N/A*	22.000	0.000	9.000	0.720	100.000	0.000	0.000	N/A*
Weighted Daily Average				270.000	2.900	4.000	1.500	0.000	0.000	155.000	0.000*	55.600	0.000	38.400	0.720	128.000	700.000	84.000	0.000*

% of Calories		4.30%	13.33%	5.00%	0.00%					82.37%							
---------------	--	-------	--------	-------	-------	--	--	--	--	--------	--	--	--	--	--	--	--

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 - 11/18/2021																				
2021-2022 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*	
Snickerdoodle Cookie	2244888	1.00 each	5000	140.000	1.900	4.200	1.300	0.000	14.200	94.500	47.180	24.700	1.400	12.400	0.790	47.020	N/A*	N/A*	0.030	
1% Low-fat Milk	257181	8.00 oz	1000	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	4000	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				392.000	11.400	4.700	1.600	0.000	21.200	262.500	47.180*	77.500	1.400	60.600	0.790	175.020	1200.000*	86.400*	0.030*	
% of Calories					11.63%	10.79%	3.67%	0.00%				79.08%								

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)
Fri - 11/19/2021																			
2021-2022 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	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	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 - 11/29/2021																			
2021-2022 Afterschool Snack Menu																			
		Total	5000																
Assorted Apple & Eve Juice Box	2233273	1.00 each	5000	140.000	0.900	0.000	0.000	0.000	0.000	30.000	N/A*	33.600	0.000	29.400	0.000	28.000	700.000	84.000	N/A*
Sunflower Seeds, Honey Roasted, Package	2201675	1.00 each	5000	170.000	4.000	14.000	1.500	0.000	0.000	88.000	N/A*	8.000	2.000	2.000	0.720	20.000	0.000	0.000	N/A*
Weighted Daily Average				310.000	4.900	14.000	1.500	0.000	0.000	118.000	N/A*	41.600	2.000	31.400	0.720	48.000	700.000	84.000	N/A*
% of Calories					6.32%	40.65%	4.35%	0.00%				53.68%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 11/30/2021																			
2021-2022 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*
Goldfish Snack Crackers, Cheddar	1716445	1.00 Bag	5000	100.000	2.000	3.500	1.000	0.000	5.000	180.000	N/A*	14.000	1.000	0.000	0.360	20.000	0.000	0.000	N/A*
Weighted Daily Average				240.000	2.900	3.500	1.000	0.000	5.000	210.000	N/A*	47.600	1.000	29.400	0.360	48.000	700.000	84.000	N/A*
% of Calories					4.83%	13.13%	3.75%	0.00%				79.33%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	289.646					
Protein (g)	4.781	6.60%				
Total Fat (g)	4.983	15.48%				
Saturated Fat (g)	1.083	3.37%				
Trans Fat (g)	0.000					
Cholesterol (mg)	4.233					
Sodium (mg)	185.563					
Potassium (mg)	25.981*					
Carbohydrates (g)	56.788	78.42%				

Fiber (g)	1.415					
Sugars (g)	39.277					
Iron (mg)	1.089					
Calcium (mg)	101.378*					
Vitamin A (IU)	803.125*					
Vitamin C (mg)	85.050*					
Vitamin D (mcg)	0.004*					

* = 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.