

Nutrient Detail Report

District: Garden Grove Unified School District

School: Crosby Elementary

Menu: 2021-2022 Super 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 Super Snack Menu																			
		Total	1000																
Strawberry Chex Snack Mix & Large Cheese Stick	224950 1	1.00 serving	1000	330.000	14.000	19.000	13.000	0.000*	50.000	775.000	46.000	25.000	2.000	6.000	0.700	366.000	N/A*	N/A*	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	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				554.827	24.090	19.521	13.305	0.000*	57.000	971.575	74.022*	71.703	4.701	47.307	1.290*	488.213*	2019.610*	25.006*	0.000*

% of Calories		17.37%	31.67%	21.58%	0.00%*					51.69%							
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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 - 11/02/2021																			
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 - 11/03/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Mango/Pineapple Smoothie & Cheesy Focaccia 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 - 11/04/2021																			
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)
Mon - 11/08/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
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	724.827	20.090	31.521	3.305	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%							

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 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 - 11/10/2021																			
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)
Fri - 11/12/2021																			
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	0.398	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				434.827	28.090	8.521	1.805	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 - 11/15/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Strawberry Chex Snack Mix & Large Cheese Stick	224950 1	1.00 serving	1000	330.000	14.000	19.000	13.000	0.000*	50.000	775.000	46.000	25.000	2.000	6.000	0.700	366.000	N/A*	N/A*	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	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				554.827	24.090	19.521	13.305	0.000*	57.000	971.575	74.022*	71.703	4.701	47.307	1.290*	488.213*	2019.610*	25.006*	0.000*
% of Calories					17.37%	31.67%	21.58%	0.00%*				51.69%							

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 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 - 11/17/2021																			
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 - 11/18/2021																			
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 - 11/19/2021																			
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 - 11/29/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Strawberry Chex Snack Mix & Large Cheese Stick	224950 1	1.00 serving	1000	330.000	14.000	19.000	13.000	0.000*	50.000	775.000	46.000	25.000	2.000	6.000	0.700	366.000	N/A*	N/A*	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	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				554.827	24.090	19.521	13.305	0.000*	57.000	971.575	74.022*	71.703	4.701	47.307	1.290*	488.213*	2019.610*	25.006*	0.000*
% of Calories					17.37%	31.67%	21.58%	0.00%*				51.69%							

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 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%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	558.827					
Protein (g)	26.024	18.63%				
Total Fat (g)	14.921	24.03%				
Saturated Fat (g)	6.638	10.69%				
Trans Fat (g)	0.000*					
Cholesterol (mg)	39.333					
Sodium (mg)	841.975					
Potassium (mg)	123.222*					
Carbohydrates (g)	81.717	58.49%				
Fiber (g)	5.634*					
Sugars (g)	49.227					
Iron (mg)	2.069*					
Calcium (mg)	429.413*					

Vitamin A (IU)	2328.277*					
Vitamin C (mg)	27.459*					
Vitamin D (mcg)	0.133*					

* = Indicates missing Nutrient Information.

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