

Nutrient Detail Report

District: Garden Grove Unified School District

School: Crosby Elementary

Menu: 2022-2023 Super Snack Menu

Date Range: October 03, 2022 - October 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 - 10/03/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Turkey, Cheese, & Crackers Lunch Pack	2250016	1.00 serving	2000	380.000	21.000	17.000	5.000	0.000	35.000	960.000	314.000	39.000	4.000	12.000	10.800	200.000	N/A*	N/A*	0.000
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*

Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				641.373	29.750	18.372	5.513	0.000	42.750	1179.329	383.405*	92.562	6.219	60.220	11.023*	537.064*	1036.859*	34.200*	0.625*		
% of Calories					18.55%	25.78%	7.74%	0.00%				57.73%									

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 - 10/04/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Papa John's Cheese Pizza	2225643	1.00 slice	500	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	1500	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				583.873	29.750	11.372	4.513	0.000	0.000	35.250	971.829	69.405*	90.562	5.219	52.470	2.923*	799.564*	1536.859*	37.800*	0.625*
% of Calories					20.38%	17.53%	6.96%	0.00%					62.04%							

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 - 10/05/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Trix Yogurt w/ String Cheese & Goldfish Cheese Crackers	224613 4	1.00 serving	2000	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*

Juice, Assorted, 4 oz	225112 9	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	225113 8	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	225112 6	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	193686 5	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	225276 2	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	219776 3	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				541.373	20.750	11.372	5.513	0.000	32.750	659.329	69.405*	82.562	3.219	62.220	0.583*	657.064*	1736.859*	34.200*	0.625*	
% of Calories					15.33%	18.91%	9.16%	0.00%				61.00%								

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 - 10/06/2022																			
2022-2023 Super Snack Menu																			

		Total	2000																
Philly Cheese Steak Sandwich	2226581	1.00 serving	2000	366.572	22.975	13.923	5.777	0.118	56.352	926.449	1156.281*	35.351	3.295	6.950	2.654	198.940	168.251	0.294	0.000*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				627.945	31.725	15.295	6.290	0.118	64.102	1145.778	1225.686*	88.913	5.514	55.170	2.877*	536.004*	1205.110*	34.494*	0.625*
% of Calories					20.21%	21.92%	9.01%	0.17%				56.64%							

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 - 10/07/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Whole Muscle Breaded Chicken Bites	2226401	5.00 Pieces	2000	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*

Weighted Daily Average	471.373	26.750	9.372	2.013	0.000	57.750	789.329	439.405*	70.562	4.219	48.220	1.303*	357.064*	1236.859*	34.200*	0.625*
% of Calories		22.70%	17.89%	3.84%	0.00%				59.88%							

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 - 10/10/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Honey Roasted Sunflower Seeds & Jungle Crackers w/ Chocolate Cup	2249755	1.00 serving	2000	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	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*

Ketchup Packet	19368 65	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	N/A*	
Ranch Dressing Cup	22527 62	1.00 each	100	130.000	0.000	14.000	2.500	0.000	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	21977 63	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				731.373	17.750	30.372	3.013	0.000	7.750	507.329	69.405*	95.562	8.219	66.220	1.663*	507.064*	1036.859*	34.200*	0.625*			
% of Calories					9.71%	37.37%	3.71%	0.00%				52.26%										

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 - 10/11/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Papa John's Cheese Pizza	2225643	1.00 slice	500	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	1500	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000

Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	0.000	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				583.873	29.750	11.372	4.513	0.000	0.000	35.250	971.829	69.405*	90.562	5.219	52.470	2.923*	799.564*	1536.859*	37.800*	0.625*
% of Calories					20.38%	17.53%	6.96%	0.00%					62.04%							

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 - 10/12/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Mango/Pineapple Smoothie & Cheesy Foccacia Bread	224950 2	1.00 serving	2000	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	500	34.615	1.154	0.000	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	225112 9	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	225113 8	1.00 each	500	120.000	10.000	2.500	1.500	0.000	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	225112 6	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	193686 5	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	225276 2	1.00 each	100	130.000	0.000	14.000	2.500	0.000	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	219776 3	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				527.373	22.250	6.372	4.013	0.000	0.000	26.750	512.329	529.405*	100.062	3.219*	69.220	1.983*	737.064*	1891.859*	45.400*	1.625*
% of Calories					16.88%	10.87%	6.85%	0.00%					75.89%							

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)
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Thu - 10/13/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Nacho Chips with Cheese Cup (Tabatchnick)	2249045	1.00 serving	1500	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	
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				613.873	22.250	19.372	8.013	0.000	34.000	976.829	69.405*	86.562	5.219	49.720	0.763*	397.064*	1044.359*	34.200*	0.625*

% of Calories		14.50%	28.40%	11.75%	0.00%					56.40%								
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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)
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Fri - 10/14/2022

2022-2023 Super Snack Menu

		Total	2000																
Mini Chicken Corndogs	2226423	1.00 serving/6 pcs	1500	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*

Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*		
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	
Weighted Daily Average				463.873	16.250	10.372	3.138	0.000	37.750	526.829	69.405*	76.062	5.969	51.970	1.573*	449.564*	1036.859*	34.200*	0.625*			
% of Calories					14.01%	20.12%	6.09%	0.00%				65.59%										

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 - 10/17/2022																				
2022-2023 Super Snack Menu																				
		Total	2000																	
Turkey, Cheese, & Crackers Lunch Pack	2250016	1.00 serving	2000	380.000	21.000	17.000	5.000	0.000	35.000	960.000	314.000	39.000	4.000	12.000	10.800	200.000	N/A*	N/A*	0.000	
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*	
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*	
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000	
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				641.373	29.750	18.372	5.513	0.000	42.750	1179.329	383.405*	92.562	6.219	60.220	11.023*	537.064*	1036.859*	34.200*	0.625*
% of Calories					18.55%	25.78%	7.74%	0.00%				57.73%							

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 - 10/18/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Papa John's Cheese Pizza	2225643	1.00 slice	500	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	1500	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*

Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				583.873	29.750	11.372	4.513	0.000	35.250	971.829	69.405*	90.562	5.219	52.470	2.923*	799.564*	1536.859*	37.800*	0.625*	
% of Calories					20.38%	17.53%	6.96%	0.00%				62.04%								

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 - 10/19/2022																			
2022-2023 Super Snack Menu																			

		Total	2000																
Trix Yogurt w/ String Cheese & Goldfish Cheese Crackers	224613 4	1.00 serving	2000	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	225112 9	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	225113 8	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	225112 6	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	193686 5	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	225276 2	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	219776 3	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				541.373	20.750	11.372	5.513	0.000	32.750	659.329	69.405*	82.562	3.219	62.220	0.583*	657.064*	1736.859*	34.200*	0.625*
% of Calories					15.33%	18.91%	9.16%	0.00%				61.00%							

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 - 10/20/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Philly Cheese Steak Sandwich	2226581	1.00 serving	2000	366.572	22.975	13.923	5.777	0.118	56.352	926.449	1156.281*	35.351	3.295	6.950	2.654	198.940	168.251	0.294	0.000*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*

Weighted Daily Average	627.945	31.725	15.295	6.290	0.118	64.102	1145.778	1225.686*	88.913	5.514	55.170	2.877*	536.004*	1205.110*	34.494*	0.625*
% of Calories		20.21%	21.92%	9.01%	0.17%				56.64%							

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 - 10/21/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Whole Muscle Breaded Chicken Bites	2226401	5.00 Pieces	2000	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*

Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	N/A*	
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				471.373	26.750	9.372	2.013	0.000	0.000	57.750	789.329	439.405*	70.562	4.219	48.220	1.303*	357.064*	1236.859*	34.200*	0.625*		
% of Calories					22.70%	17.89%	3.84%	0.00%					59.88%									

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 - 10/24/2022																				
2022-2023 Super Snack Menu																				
		Total	2000																	
Honey Roasted Sunflower Seeds & Jungle Crackers w/ Chocolate Cup	22497 55	1.00 serving	2000	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*	
Juice, Assorted, 4 oz	22511 29	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*	
Assorted Fresh Fruit	26225 1	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000	
Assorted Fruit Cups	47102 7	0.50 cup	500	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	500	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	22511 38	1.00 each	500	120.000	10.000	2.500	1.500	0.000	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	22511 26	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	19368 65	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	22527 62	1.00 each	100	130.000	0.000	14.000	2.500	0.000	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	21977 63	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				731.373	17.750	30.372	3.013	0.000	0.000	7.750	507.329	69.405*	95.562	8.219	66.220	1.663*	507.064*	1036.859*	34.200*	0.625*
% of Calories					9.71%	37.37%	3.71%	0.00%					52.26%							

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 - 10/25/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Papa John's Cheese Pizza	2225643	1.00 slice	500	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	1500	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	500	34.615	1.154	0.000	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				583.873	29.750	11.372	4.513	0.000	0.000	35.250	971.829	69.405*	90.562	5.219	52.470	2.923*	799.564*	1536.859*	37.800*	0.625*
% of Calories					20.38%	17.53%	6.96%	0.00%					62.04%							

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)
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Wed - 10/26/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Mango/Pineapple Smoothie & Cheesy Foccacia Bread	224950 2	1.00 serving	2000	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	225112 9	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	225113 8	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	225112 6	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	193686 5	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	225276 2	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	219776 3	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				527.373	22.250	6.372	4.013	0.000	26.750	512.329	529.405*	100.062	3.219*	69.220	1.983*	737.064*	1891.869*	45.400*	1.625*

% of Calories		16.88%	10.87%	6.85%	0.00%					75.89%							
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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)
Thu - 10/27/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Nacho Chips with Cheese Cup (Tabatchnick)	2249045	1.00 serving	1500	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*

Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				613.873	22.250	19.372	8.013	0.000	34.000	976.829	69.405*	86.562	5.219	49.720	0.763*	397.064*	1044.359*	34.200*	0.625*
% of Calories					14.50%	28.40%	11.75%	0.00%				56.40%							

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 - 10/28/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Mini Chicken Corndogs	2226423	1.00 serving/6 pcs	1500	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	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				463.873	16.250	10.372	3.138	0.000	37.750	526.829	69.405*	76.062	5.969	51.970	1.573*	449.564*	1036.859*	34.200*	0.625*
% of Calories					14.01%	20.12%	6.09%	0.00%				65.59%							

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 - 10/31/2022																			
2022-2023 Super Snack Menu																			
		Total	2000																
Turkey, Cheese, & Crackers Lunch Pack	2250016	1.00 serving	2000	380.000	21.000	17.000	5.000	0.000	35.000	960.000	314.000	39.000	4.000	12.000	10.800	200.000	N/A*	N/A*	0.000
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	34.615	1.154	0.000	0.000	0.000	0.000	63.462	0.000	8.077	2.308	5.769	0.346	23.077	1730.769	6.923	N/A*
Juice, Assorted, 4 oz	2251129	1.00 each	2000	60.000	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	14.000	0.000	0.000	0.000	14.000	N/A*

Assorted Fresh Fruit	262251	1.00 each	500	65.179	0.663	0.188	0.050	0.000	0.000	0.000	0.872	205.120	16.724	2.220	11.762	0.204	20.179	86.666	22.276	0.000
Assorted Fruit Cups	471027	0.50 cup	500	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	500	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	2251138	1.00 each	500	120.000	10.000	2.500	1.500	0.000	15.000	135.000	N/A*	N/A*	16.000	0.000	16.000	0.000	400.000	750.000	0.000	2.500
Chocolate Milk, Fat-free	2251126	8.00 fl oz	1500	120.000	7.000	0.000	0.000	0.000	5.000	200.000	N/A*	N/A*	23.000	0.000	22.000	0.000	300.000	500.000	2.400	N/A*
Ketchup Packet	1936865	1.00 packet	100	10.000	0.000	0.000	0.000	0.000	0.000	25.000	N/A*	N/A*	0.000	0.000	2.000	0.000	0.000	0.000	0.000	N/A*
Ranch Dressing Cup	2252762	1.00 each	100	130.000	0.000	14.000	2.500	0.000	5.000	220.000	0.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mustard Packet	2197763	1.00 packet	100	5.000	0.000	0.000	0.000	0.000	0.000	70.000	N/A*	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				641.373	29.750	18.372	5.513	0.000	42.750	1179.329	383.405*	92.562	6.219	60.220	11.023*	537.064*	1036.859*	34.200*	0.625*	
% of Calories					18.55%	25.78%	7.74%	0.00%				57.73%								

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	581.618					
Protein (g)	24.938	17.15%				
Total Fat (g)	14.555	22.52%				
Saturated Fat (g)	4.694	7.26%				

Trans Fat (g)	0.011					
Cholesterol (mg)	37.664					
Sodium (mg)	840.990					
Potassium (mg)	303.432*					
Carbohydrates (g)	87.643	60.28%				
Fiber (g)	5.271*					
Sugars (g)	56.953					
Iron (mg)	3.155*					
Calcium (mg)	575.773*					
Vitamin A (IU)	1315.978*					
Vitamin C (mg)	35.980*					
Vitamin D (mcg)	0.720*					

* = Indicates missing Nutrient Information.

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