

Nutrient Detail Report

Organization: Garden Grove USD

Session: 2023-24 School Year

Menu: 2023-2024 Afterschool Snack Menu

Number Source: Planned

Dates: 09-01-2023 to 09-29-2023

Nutrient Summary

Date(s): 09-01-2023 to 09-29-2023

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	210.315					
Protein (g)	2.525	4.801%				
Total Fat (g)	3.766	16.118%				
Saturated Fat (g)	1.167	4.993%				
Trans Fat (g)	0.000					
Carbohydrates (g)	41.646	79.208%				
Cholesterol (mg)	2.417					
Sodium (mg)	155.288					
Potassium (mg)	292.806*					
Fiber (g)	1.316					
Sugars (g)	26.354					
Iron (g)	0.646					
Calcium (mg)	77.993					
Vitamin A (IU)	78.750*					
Vitamin C (mg)	0.240					
Vitamin D (mcg)	0.000*					

* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 09-01-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Crackers, Assorted 1G	78763	1 each	5000	116.667	1.167	140.000
Total			5000			
Weighted Daily Average				213.333	1.167	153.333
% of Calories					4.922%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-05-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Sun Chips, Garden Salsa 1.25G	79116	1 each	5000	140.000	1.000	150.000
Total			5000			
Weighted Daily Average				236.667	1	163.333
% of Calories					3.803%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-06-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Crackers, Graham Sticks, Scooby, Cinnamon	78923	1 bag	5000	120.000	1.000	115.000
Total			5000			
Weighted Daily Average				216.667	1	128.333
% of Calories					4.154%	

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-07-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Misc.						
String Cheese 1M	78782	1 each	5000	80.000	3.500	210.000
Total			5000			
Weighted Daily Average				176.667	3.5	223.333
% of Calories					17.83%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-08-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Crackers, Assorted 1G	78763	1 each	5000	116.667	1.167	140.000
Total			5000			
Weighted Daily Average				213.333	1.167	153.333
% of Calories					4.922%	

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Menu Detail

Date: 09-11-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Heartzels Pretzels 1G	1214389	1 package	5000	79.820	0.000	199.550
Total			5000			
Weighted Daily Average				176.487	0	212.883
% of Calories					0%	

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Menu Detail

Date: 09-12-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Misc.						
Cheez-it Crackers 1G	78885	1 each	5000	100.000	1.000	150.000
Total			5000			
Weighted Daily Average				196.667	1	163.333
% of Calories					4.576%	

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Menu Detail

Date: 09-13-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Cinnamon Tiger Bites 1G	1231965	1 package	5000	120.000	1.000	105.000
Total			5000			
Weighted Daily Average				216.667	1	118.333
% of Calories					4.154%	

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Menu Detail

Date: 09-14-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Strawberry Chex Snack Mix 1G	1141496	1 package	5000	130.000	1.000	55.000
Total			5000			
Weighted Daily Average				226.667	1	68.333
% of Calories					3.971%	

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Menu Detail

Date: 09-15-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Crackers, Assorted 1G	78763	1 each	5000	116.667	1.167	140.000
Total			5000			
Weighted Daily Average				213.333	1.167	153.333
% of Calories					4.922%	

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Menu Detail

Date: 09-18-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Cereal Bar, Assorted 1G	78907	1 each	5000	150.000	0.500	110.000
Total			5000			
Weighted Daily Average				246.667	0.5	123.333
% of Calories					1.824%	

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Menu Detail

Date: 09-19-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Sun Chips Cheddar Chips 1.25G	79043	1 each	5000	140.000	1.000	210.000
Total			5000			
Weighted Daily Average				236.667	1	223.333
% of Calories					3.803%	

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Menu Detail

Date: 09-20-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Crackers, Graham Sticks, Scooby, Cinnamon	78923	1 bag	5000	120.000	1.000	115.000
Total			5000			
Weighted Daily Average				216.667	1	128.333
% of Calories					4.154%	

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Menu Detail

Date: 09-21-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Misc.						
String Cheese 1M	78782	1 each	5000	80.000	3.500	210.000
Total			5000			
Weighted Daily Average				176.667	3.5	223.333
% of Calories					17.83%	

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Menu Detail

Date: 09-22-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Crackers, Assorted 1G	78763	1 each	5000	116.667	1.167	140.000
Total			5000			
Weighted Daily Average				213.333	1.167	153.333
% of Calories					4.922%	

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Menu Detail

Date: 09-25-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Heartzels Pretzels 1G	1214389	1 package	5000	79.820	0.000	199.550
Total			5000			
Weighted Daily Average				176.487	0	212.883
% of Calories					0%	

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Menu Detail

Date: 09-26-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Misc.						
Cheeze-it Crackers 1G	78885	1 each	5000	100.000	1.000	150.000
Total			5000			
Weighted Daily Average				196.667	1	163.333
% of Calories					4.576%	

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Menu Detail

Date: 09-27-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Cinnamon Tiger Bites 1G	1231965	1 package	5000	120.000	1.000	105.000
Total			5000			
Weighted Daily Average				216.667	1	118.333
% of Calories					4.154%	

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Menu Detail

Date: 09-28-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Strawberry Chex Snack Mix 1G	1141496	1 package	5000	130.000	1.000	55.000
Total			5000			
Weighted Daily Average				226.667	1	68.333
% of Calories					3.971%	

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Menu Detail

Date: 09-29-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Sodium (mg)
Fruit						
Assorted Sun Cup Juice Box, 6.75 oz	1339741	1 each	5000	96.667	0.000	13.333
Grains						
Crackers, Assorted 1G	78763	1 each	5000	116.667	1.167	140.000
Total			5000			
Weighted Daily Average				213.333	1.167	153.333
% of Calories					4.922%	

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