

ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

After School Snack

Portion Values - Detailed

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Generated on: 12/4/2017 7:32:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/08/2018										
After School Snack	Total	1								
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
CRISPS-CINNAMON	PKG	1	150	0	140	2.00	3.0	25.0	5.0	0.50
Weighted Daily Average			270	10	290	2.00	13.00	39.00	7.50	2.00
% of Calories							19.3%	57.8%	25.0%	6.7%
Nutrient Guideline			0						<=35.0	<10.00

Tue - 01/09/2018										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
CHEX, SIMPLY-CHOCOLATE CARAMEL	POUCH	1	120	0	65	2.00	2.0	21.0	4.0	1.00
Weighted Daily Average			203	0	87	2.00	2.75	42.75	4.00	1.00
% of Calories							5.4%	84.4%	17.8%	4.4%
Nutrient Guideline			0						<=35.0	<10.00

Wed - 01/10/2018										
After School Snack	Total	1								
CHEESE STICK, RF, COLBY JACK	1 EACH	1	90	20	200	0.00	7.0	0.0	6.0	4.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	74	0	9	1.20	0.52	18.24	0.0	0.00
Weighted Daily Average			164	20	209	1.20	7.52	18.24	6.00	4.00
% of Calories							18.4%	44.5%	33.0%	22.0%
Nutrient Guideline			0						<=35.0	<10.00

Thu - 01/11/2018										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
CRACKER, GOLDFISH PRETZELS	1 EACH	1	90	0	200	1.00	2.0	16.0	1.5	0.00
Weighted Daily Average			173	0	222	1.00	2.75	37.75	1.50	0.00
% of Calories							6.4%	87.5%	7.8%	0.0%
Nutrient Guideline			0						<=35.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Fri - 01/12/2018										
After School Snack	Total	1								
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MUFFIN - CHOCOLATE	1 EACH	1	113	31	185	1.70	2.5	17.0	4.3	0.90
Weighted Daily Average			233	41	335	1.70	12.50	31.00	6.80	2.40
% of Calories							21.5%	53.2%	26.3%	9.3%
Nutrient Guideline			0						<=35.0	<10.00

Tue - 01/16/2018										
After School Snack	Total	1								
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	74	0	9	1.20	0.52	18.24	0.0	0.00
CHEESE STICK, RF, COLBY JACK	1 EACH	1	90	20	200	0.00	7.0	0.0	6.0	4.00
Weighted Daily Average			164	20	209	1.20	7.52	18.24	6.00	4.00
% of Calories							18.4%	44.5%	33.0%	22.0%
Nutrient Guideline			0						<=35.0	<10.00

Wed - 01/17/2018										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
CHEX, SIMPLY-CHOCOLATE CARAMEL	POUCH	1	120	0	65	2.00	2.0	21.0	4.0	1.00
Weighted Daily Average			203	0	87	2.00	2.75	42.75	4.00	1.00
% of Calories							5.4%	84.4%	17.8%	4.4%
Nutrient Guideline			0						<=35.0	<10.00

Thu - 01/18/2018										
After School Snack	Total	1								
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	1	74	0	9	1.20	0.52	18.24	0.0	0.00
CHEESE STICK, RF, COLBY JACK	1 EACH	1	90	20	200	0.00	7.0	0.0	6.0	4.00
Weighted Daily Average			164	20	209	1.20	7.52	18.24	6.00	4.00
% of Calories							18.4%	44.5%	33.0%	22.0%
Nutrient Guideline			0						<=35.0	<10.00

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Fri - 01/19/2018										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
SUNFLOWER KERNELS, HONEY ROAST	SERVING	1	170	0	65	2.00	4.0	7.0	15.0	1.50
Weighted Daily Average			253	0	87	2.00	4.75	28.75	15.00	1.50
% of Calories							7.5%	45.5%	53.5%	5.3%
Nutrient Guideline			0						<=35.0	<10.00

Mon - 01/22/2018										
After School Snack	Total	1								
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
CRISPS-CINNAMON	PKG	1	150	0	140	2.00	3.0	25.0	5.0	0.50
Weighted Daily Average			270	10	290	2.00	13.00	39.00	7.50	2.00
% of Calories							19.3%	57.8%	25.0%	6.7%
Nutrient Guideline			0						<=35.0	<10.00

Tue - 01/23/2018										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
CHEX, SIMPLY-CHOCOLATE CARAMEL	POUCH	1	120	0	65	2.00	2.0	21.0	4.0	1.00
Weighted Daily Average			203	0	87	2.00	2.75	42.75	4.00	1.00
% of Calories							5.4%	84.4%	17.8%	4.4%
Nutrient Guideline			0						<=35.0	<10.00

Wed - 01/24/2018										
After School Snack	Total	1								
CHEESE STICK, RF, COLBY JACK	1 EACH	1	90	20	200	0.00	7.0	0.0	6.0	4.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	74	0	9	1.20	0.52	18.24	0.0	0.00
Weighted Daily Average			164	20	209	1.20	7.52	18.24	6.00	4.00
% of Calories							18.4%	44.5%	33.0%	22.0%
Nutrient Guideline			0						<=35.0	<10.00

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Thu - 01/25/2018										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
CRACKER, GOLDFISH PRETZELS	1 EACH	1	90	0	200	1.00	2.0	16.0	1.5	0.00
Weighted Daily Average			173	0	222	1.00	2.75	37.75	1.50	0.00
% of Calories							6.4%	87.5%	7.8%	0.0%
Nutrient Guideline			0						<=35.0	<10.00

Fri - 01/26/2018										
After School Snack	Total	1								
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MUFFIN - CHOCOLATE	1 EACH	1	113	31	185	1.70	2.5	17.0	4.3	0.90
Weighted Daily Average			233	41	335	1.70	12.50	31.00	6.80	2.40
% of Calories							21.5%	53.2%	26.3%	9.3%
Nutrient Guideline			0						<=35.0	<10.00

Mon - 01/29/2018										
After School Snack	Total	1								
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
CRACKER, GOLDFISH GRAHAM, CINN	1 EACH	1	120	0	110	1.00	1.0	19.0	4.0	1.00
Weighted Daily Average			240	5	260	1.00	9.00	41.00	4.00	1.00
% of Calories							15.0%	68.3%	15.0%	3.7%
Nutrient Guideline			0						<=35.0	<10.00

Tue - 01/30/2018										
After School Snack	Total	1								
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	74	0	9	1.20	0.52	18.24	0.0	0.00
CHEESE STICK, RF, COLBY JACK	1 EACH	1	90	20	200	0.00	7.0	0.0	6.0	4.00
Weighted Daily Average			164	20	209	1.20	7.52	18.24	6.00	4.00
% of Calories							18.4%	44.5%	33.0%	22.0%
Nutrient Guideline			0						<=35.0	<10.00

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Wed - 01/31/2018										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
CHEX, SIMPLY-CHOCOLATE CARAMEL	POUCH	1	120	0	65	2.00	2.0	21.0	4.0	1.00
Weighted Daily Average			203	0	87	2.00	2.75	42.75	4.00	1.00
% of Calories							5.4%	84.4%	17.8%	4.4%
Nutrient Guideline			0						<=35.0	<10.00

Weighted Average			204	12	202	1.55	6.99	32.20	5.68	2.08
							13.7%	63.1%	25.0%	9.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	204		0					
Cholesterol (mg)	12							
Sodium (mg)	202						202	
Fiber (g)	1.55							
Protein (g)	6.99	13.69%						
Carbohydrate (g)	32.20	63.05%						
Total Fat (g)	5.68	25.03%	<=35.00%					
Saturated Fat (g)	2.08	9.15%	<10.00%					

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