

# ABC UNIFIED SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

After School Snack

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/01/2017										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
SUNCHIPS	1 EACH	1	140	0	180	2.00	2.0	18.0	6.0	1.00
Weighted Daily Average			223	0	202	2.00	2.75	39.75	6.00	1.00
% of Calories							4.9%	71.5%	24.3%	4.0%
Nutrient Guideline			0						<=35.0	<10.00

Thu - 03/02/2017										
After School Snack	Total	1								
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	48	0	4	1.25	0.1	12.71	0.02	0.00
CHEESE STICK, COLBY JACK	SERVING	1	110	25	200	0.00	7.0	0.0	9.0	6.00
Weighted Daily Average			158	25	204	1.25	7.10	12.71	9.02	6.00
% of Calories							17.9%	32.1%	51.3%	34.2%
Nutrient Guideline			0						<=35.0	<10.00

Fri - 03/03/2017										
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 - 03/06/2017										
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
GRANOLA BAR, MAPLE BROWN SUGAR	BAR	1	140	0	120	1.00	2.0	28.0	2.5	1.00
Weighted Daily Average			260	10	270	1.00	12.00	42.00	5.00	2.50
% of Calories							18.5%	64.6%	17.3%	8.7%
Nutrient Guideline			0						<=35.0	<10.00

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Tue - 03/07/2017										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
SUNCHIPS	1 EACH	1	140	0	180	2.00	2.0	18.0	6.0	1.00
Weighted Daily Average			223	0	202	2.00	2.75	39.75	6.00	1.00
% of Calories							4.9%	71.5%	24.3%	4.0%
Nutrient Guideline			0						<=35.0	<10.00

Wed - 03/08/2017										
After School Snack	Total	1								
CHEESE STICK, COLBY JACK	SERVING	1	110	25	200	0.00	7.0	0.0	9.0	6.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	48	0	4	1.25	0.1	12.71	0.02	0.00
Weighted Daily Average			158	25	204	1.25	7.10	12.71	9.02	6.00
% of Calories							17.9%	32.1%	51.3%	34.2%
Nutrient Guideline			0						<=35.0	<10.00

Thu - 03/09/2017										
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 - 03/10/2017										
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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/13/2017										
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 - 03/14/2017										
After School Snack	Total	1								
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	48	0	4	1.25	0.1	12.71	0.02	0.00
CHEESE STICK, COLBY JACK	SERVING	1	110	25	200	0.00	7.0	0.0	9.0	6.00
Weighted Daily Average			158	25	204	1.25	7.10	12.71	9.02	6.00
% of Calories							17.9%	32.1%	51.3%	34.2%
Nutrient Guideline			0						<=35.0	<10.00

Wed - 03/15/2017										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
SUNCHIPS	1 EACH	1	140	0	180	2.00	2.0	18.0	6.0	1.00
Weighted Daily Average			223	0	202	2.00	2.75	39.75	6.00	1.00
% of Calories							4.9%	71.5%	24.3%	4.0%
Nutrient Guideline			0						<=35.0	<10.00

Thu - 03/16/2017										
After School Snack	Total	1								
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	48	0	4	1.25	0.1	12.71	0.02	0.00
CHEESE STICK, COLBY JACK	SERVING	1	110	25	200	0.00	7.0	0.0	9.0	6.00
Weighted Daily Average			158	25	204	1.25	7.10	12.71	9.02	6.00
% of Calories							17.9%	32.1%	51.3%	34.2%
Nutrient Guideline			0						<=35.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/17/2017										
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 - 03/20/2017										
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
GRANOLA BAR, MAPLE BROWN SUGAR	BAR	1	140	0	120	1.00	2.0	28.0	2.5	1.00
Weighted Daily Average			260	10	270	1.00	12.00	42.00	5.00	2.50
% of Calories							18.5%	64.6%	17.3%	8.7%
Nutrient Guideline			0						<=35.0	<10.00

Tue - 03/21/2017										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
SUNCHIPS	1 EACH	1	140	0	180	2.00	2.0	18.0	6.0	1.00
Weighted Daily Average			223	0	202	2.00	2.75	39.75	6.00	1.00
% of Calories							4.9%	71.5%	24.3%	4.0%
Nutrient Guideline			0						<=35.0	<10.00

Wed - 03/22/2017										
After School Snack	Total	1								
CHEESE STICK, COLBY JACK	SERVING	1	110	25	200	0.00	7.0	0.0	9.0	6.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	48	0	4	1.25	0.1	12.71	0.02	0.00
Weighted Daily Average			158	25	204	1.25	7.10	12.71	9.02	6.00
% of Calories							17.9%	32.1%	51.3%	34.2%
Nutrient Guideline			0						<=35.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/23/2017										
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 - 03/24/2017										
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 - 03/27/2017										
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 - 03/28/2017										
After School Snack	Total	1								
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	48	0	4	1.25	0.1	12.71	0.02	0.00
CHEESE STICK, COLBY JACK	SERVING	1	110	25	200	0.00	7.0	0.0	9.0	6.00
Weighted Daily Average			158	25	204	1.25	7.10	12.71	9.02	6.00
% of Calories							17.9%	32.1%	51.3%	34.2%
Nutrient Guideline			0						<=35.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/29/2017										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
SUNCHIPS	1 EACH	1	140	0	180	2.00	2.0	18.0	6.0	1.00
Weighted Daily Average			223	0	202	2.00	2.75	39.75	6.00	1.00
% of Calories							4.9%	71.5%	24.3%	4.0%
Nutrient Guideline			0						<=35.0	<10.00

Thu - 03/30/2017										
After School Snack	Total	1								
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	48	0	4	1.25	0.1	12.71	0.02	0.00
CHEESE STICK, COLBY JACK	SERVING	1	110	25	200	0.00	7.0	0.0	9.0	6.00
Weighted Daily Average			158	25	204	1.25	7.10	12.71	9.02	6.00
% of Calories							17.9%	32.1%	51.3%	34.2%
Nutrient Guideline			0						<=35.0	<10.00

Fri - 03/31/2017										
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

Weighted Average			208	12	212	1.49	6.53	29.45	7.51	2.75
							12.5%	56.6%	32.5%	11.9%

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Shortfall	Fiber (g) Overage	Protn (g) Overage	Carb (g) Error Messages (if any)	T-Fat (g)	S-Fat (g)
Calories	208		0									
Cholesterol (mg)	12											
Sodium (mg)	212							212				
Fiber (g)	1.49											
Protein (g)	6.53	12.55%										
Carbohydrate (g)	29.45	56.59%										
Total Fat (g)	7.51	32.46%	<=35.00%									
Saturated Fat (g)	2.75	11.90%	<10.00%							Correction Required - Sat. Fat too High		

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