

ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

After School Snack

Portion Values - Detailed

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Generated on: 9/20/2017 11:06:30 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/02/2017										
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
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 - 10/03/2017										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
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 - 10/04/2017										
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	69	0	6	1.50	0.4	16.85	0.0	0.00
Weighted Daily Average			159	20	207	1.50	7.40	16.85	6.00	4.00
% of Calories							18.6%	42.3%	33.9%	22.6%
Nutrient Guideline			0						<=35.0	<10.00

Thu - 10/05/2017										
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

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

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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 - 10/06/2017										
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
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 - 10/09/2017										
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 - 10/10/2017										
After School Snack	Total	1								
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	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			159	20	207	1.50	7.40	16.85	6.00	4.00
% of Calories							18.6%	42.3%	33.9%	22.6%
Nutrient Guideline			0						<=35.0	<10.00

Wed - 10/11/2017										
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

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Thu - 10/12/2017										
After School Snack	Total	1								
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	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			159	20	207	1.50	7.40	16.85	6.00	4.00
% of Calories							18.6%	42.3%	33.9%	22.6%
Nutrient Guideline			0						<=35.0	<10.00

Fri - 10/13/2017										
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 - 10/16/2017										
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
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 - 10/17/2017										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
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

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Wed - 10/18/2017										
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	69	0	6	1.50	0.4	16.85	0.0	0.00
Weighted Daily Average			159	20	207	1.50	7.40	16.85	6.00	4.00
% of Calories							18.6%	42.3%	33.9%	22.6%
Nutrient Guideline			0						<=35.0	<10.00

Thu - 10/19/2017										
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 - 10/20/2017										
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
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 - 10/23/2017										
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

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Tue - 10/24/2017										
After School Snack	Total	1								
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	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			159	20	207	1.50	7.40	16.85	6.00	4.00
% of Calories							18.6%	42.3%	33.9%	22.6%
Nutrient Guideline			0						<=35.0	<10.00

Wed - 10/25/2017										
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 - 10/26/2017										
After School Snack	Total	1								
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	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			159	20	207	1.50	7.40	16.85	6.00	4.00
% of Calories							18.6%	42.3%	33.9%	22.6%
Nutrient Guideline			0						<=35.0	<10.00

Fri - 10/27/2017										
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

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Mon - 10/30/2017										
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
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 - 10/31/2017										
After School Snack	Total	1								
JUICE - ASSORTED 6oz	1	1	83	0	22	0.00	0.75	21.75	0.0	0.00
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			208	11	198	1.65	7.05	32.22	6.05	2.04
							13.6%	62.0%	26.2%	8.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	208		0					
Cholesterol (mg)	11							
Sodium (mg)	198						198	
Fiber (g)	1.65							
Protein (g)	7.05	13.57%						
Carbohydrate (g)	32.22	61.99%						
Total Fat (g)	6.05	26.19%	<=35.00%					
Saturated Fat (g)	2.04	8.81%	<10.00%					

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