

# San Juan Unified School District

May 1, 2017 thru Jun 7, 2017

## Base Menu Spreadsheet

AFTER SCHOOL SNACK

### Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/01/2017												
AFTER SCHOOL SNACK	Total											
CHEESE, STRING (LAND O LAKES)	1 EACH	60	10	210	0.00	0.00	240.0	8.0	1.0	2.5	2.00	0.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	50	0	10	0.00	0.00	0.0	0.0	13.0	0.0	0.00	0.00
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
Weighted Daily Average		126	10	233	1.11	0.18	250.0	8.38	17.74	2.57	2.01	*0.00
% of Calories								26.6%	56.4%	18.4%	14.4%	*0.0%
Nutrient Guideline												

Tue - 05/02/2017												
AFTER SCHOOL SNACK	Total											
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	0	170	1.00	0.36	20.0	3.0	14.0	3.5	1.00	0.00
Weighted Daily Average		225	10	345	1.00	0.36	370.0	12.50	32.00	4.75	1.75	0.00
% of Calories								22.2%	56.9%	19.0%	7.0%	0.0%
Nutrient Guideline												

Wed - 05/03/2017												
AFTER SCHOOL SNACK	Total											
CREAM CHEESE PACKET (KRAFT)	1 PACKET	70	20	115	0.00	0.00	40.0	1.0	1.0	7.0	4.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BAGEL VARIETY (TONY ROBERTS)	1/2 BAGEL	155	0	159	1.50	1.20	8.7	5.75	31.5	0.63	0.13	0.00
Weighted Daily Average		350	30	449	1.50	1.20	398.7	16.25	50.50	8.87	4.87	0.00
% of Calories								18.6%	57.7%	22.8%	12.5%	0.0%
Nutrient Guideline												

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# San Juan Unified School District

May 1, 2017 thru Jun 7, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK

Portion Values - Detailed

Page 2

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/04/2017												
AFTER SCHOOL SNACK	Total											
CHEESE, STRING (LAND O LAKES)	1 EACH	60	10	210	0.00	0.00	240.0	8.0	1.0	2.5	2.00	0.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	50	0	10	0.00	0.00	0.0	0.0	13.0	0.0	0.00	0.00
ORANGES,FRESH (SNACK)	SVG (2 WE DGES)	29	0	0	1.50	0.06	24.9	0.59	7.33	0.07	0.01	*N/A*
Weighted Daily Average		139	10	220	1.50	0.06	264.9	8.59	21.33	2.57	2.01	*0.00
% of Calories								24.7%	61.2%	16.6%	13.0%	*0.0%
Nutrient Guideline												

Fri - 05/05/2017												
AFTER SCHOOL SNACK	Total											
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CORN STAR (DAVE'S BAKING)	1 EACH	148	11	91	1.50	1.10	15.0	2.8	23.0	5.0	0.90	0.00
Weighted Daily Average		273	21	266	1.50	1.10	365.0	12.30	41.00	6.25	1.65	0.00
% of Calories								18.0%	60.1%	20.6%	5.4%	0.0%
Nutrient Guideline												

Mon - 05/08/2017												
AFTER SCHOOL SNACK	Total											
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
GOLDFISH, PRETZEL (CAMPBELL'S)	1 PACKAGE	90	0	200	1.00	0.72	0.0	2.0	16.0	1.5	0.00	0.00
Weighted Daily Average		215	10	375	1.00	0.72	350.0	11.50	34.00	2.75	0.75	0.00
% of Calories								21.4%	63.3%	11.5%	3.1%	0.0%
Nutrient Guideline												

Tue - 05/09/2017												
AFTER SCHOOL SNACK	Total											
CHEESE, STRING (LAND O LAKES)	1 EACH	60	10	210	0.00	0.00	240.0	8.0	1.0	2.5	2.00	0.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	50	0	10	0.00	0.00	0.0	0.0	13.0	0.0	0.00	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# San Juan Unified School District

May 1, 2017 thru Jun 7, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK

Portion Values - Detailed

Page 3

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		126	10	233	1.11	0.18	250.0	8.38	17.74	2.57	2.01	*0.00
% of Calories								26.6%	56.4%	18.4%	14.4%	*0.0%
Nutrient Guideline												

Wed - 05/10/2017												
AFTER SCHOOL SNACK	Total											
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CHOCOLATE BEAR GRAHAMS (MJM)	1 PACKAGE	112	0	100	2.00	2.00	14.0	2.0	20.0	3.0	1.00	0.00
Weighted Daily Average		237	10	275	2.00	2.00	364.0	11.50	38.00	4.25	1.75	0.00
% of Calories								19.4%	64.1%	16.1%	6.6%	0.0%
Nutrient Guideline												

Thu - 05/11/2017												
AFTER SCHOOL SNACK	Total											
CHEESE, STRING (LAND O LAKES)	1 EACH	60	10	210	0.00	0.00	240.0	8.0	1.0	2.5	2.00	0.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	50	0	10	0.00	0.00	0.0	0.0	13.0	0.0	0.00	0.00
ORANGES, FRESH (SNACK)	SVG (2 WE DGES)	29	0	0	1.50	0.06	24.9	0.59	7.33	0.07	0.01	*N/A*
Weighted Daily Average		139	10	220	1.50	0.06	264.9	8.59	21.33	2.57	2.01	*0.00
% of Calories								24.7%	61.2%	16.6%	13.0%	*0.0%
Nutrient Guideline												

Fri - 05/12/2017												
AFTER SCHOOL SNACK	Total											
CREAM CHEESE PACKET (KRAFT)	1 PACKET	70	20	115	0.00	0.00	40.0	1.0	1.0	7.0	4.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BAGEL VARIETY (TONY ROBERTS)	1/2 BAGEL	155	0	159	1.50	1.20	8.7	5.75	31.5	0.63	0.13	0.00
Weighted Daily Average		350	30	449	1.50	1.20	398.7	16.25	50.50	8.87	4.87	0.00
% of Calories								18.6%	57.7%	22.8%	12.5%	0.0%
Nutrient Guideline												

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# San Juan Unified School District

May 1, 2017 thru Jun 7, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK

Portion Values - Detailed

Page 4

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/15/2017												
AFTER SCHOOL SNACK	Total											
CHEESE, STRING (LAND O LAKES)	1 EACH	60	10	210	0.00	0.00	240.0	8.0	1.0	2.5	2.00	0.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	50	0	10	0.00	0.00	0.0	0.0	13.0	0.0	0.00	0.00
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
Weighted Daily Average		126	10	233	1.11	0.18	250.0	8.38	17.74	2.57	2.01	*0.00
% of Calories								26.6%	56.4%	18.4%	14.4%	*0.0%
Nutrient Guideline												

Tue - 05/16/2017												
AFTER SCHOOL SNACK	Total											
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	0	170	1.00	0.36	20.0	3.0	14.0	3.5	1.00	0.00
Weighted Daily Average		225	10	345	1.00	0.36	370.0	12.50	32.00	4.75	1.75	0.00
% of Calories								22.2%	56.9%	19.0%	7.0%	0.0%
Nutrient Guideline												

Wed - 05/17/2017												
AFTER SCHOOL SNACK	Total											
CREAM CHEESE PACKET (KRAFT)	1 PACKET	70	20	115	0.00	0.00	40.0	1.0	1.0	7.0	4.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BAGEL VARIETY (TONY ROBERTS)	1/2 BAGEL	155	0	159	1.50	1.20	8.7	5.75	31.5	0.63	0.13	0.00
Weighted Daily Average		350	30	449	1.50	1.20	398.7	16.25	50.50	8.87	4.87	0.00
% of Calories								18.6%	57.7%	22.8%	12.5%	0.0%
Nutrient Guideline												

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# San Juan Unified School District

May 1, 2017 thru Jun 7, 2017

## Base Menu Spreadsheet

AFTER SCHOOL SNACK

### Portion Values - Detailed

Page 5

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/18/2017												
AFTER SCHOOL SNACK	Total											
CHEESE, STRING (LAND O LAKES)	1 EACH	60	10	210	0.00	0.00	240.0	8.0	1.0	2.5	2.00	0.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	50	0	10	0.00	0.00	0.0	0.0	13.0	0.0	0.00	0.00
ORANGES,FRESH (SNACK)	SVG (2 WE DGES)	29	0	0	1.50	0.06	24.9	0.59	7.33	0.07	0.01	*N/A*
Weighted Daily Average		139	10	220	1.50	0.06	264.9	8.59	21.33	2.57	2.01	*0.00
% of Calories								24.7%	61.2%	16.6%	13.0%	*0.0%
Nutrient Guideline												

Fri - 05/19/2017												
AFTER SCHOOL SNACK	Total											
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CORN STAR (DAVE'S BAKING)	1 EACH	148	11	91	1.50	1.10	15.0	2.8	23.0	5.0	0.90	0.00
Weighted Daily Average		273	21	266	1.50	1.10	365.0	12.30	41.00	6.25	1.65	0.00
% of Calories								18.0%	60.1%	20.6%	5.4%	0.0%
Nutrient Guideline												

Mon - 05/22/2017												
AFTER SCHOOL SNACK	Total											
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
GOLDFISH, PRETZEL (CAMPBELL'S)	1 PACKAGE	90	0	200	1.00	0.72	0.0	2.0	16.0	1.5	0.00	0.00
Weighted Daily Average		215	10	375	1.00	0.72	350.0	11.50	34.00	2.75	0.75	0.00
% of Calories								21.4%	63.3%	11.5%	3.1%	0.0%
Nutrient Guideline												

Tue - 05/23/2017												
AFTER SCHOOL SNACK	Total											
CHEESE, STRING (LAND O LAKES)	1 EACH	60	10	210	0.00	0.00	240.0	8.0	1.0	2.5	2.00	0.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	50	0	10	0.00	0.00	0.0	0.0	13.0	0.0	0.00	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*

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# San Juan Unified School District

May 1, 2017 thru Jun 7, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK

Portion Values - Detailed

Page 6

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		126	10	233	1.11	0.18	250.0	8.38	17.74	2.57	2.01	*0.00
% of Calories								26.6%	56.4%	18.4%	14.4%	*0.0%
Nutrient Guideline												

Wed - 05/24/2017												
AFTER SCHOOL SNACK	Total											
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CHOCOLATE BEAR GRAHAMS (MJM)	1 PACKAGE	112	0	100	2.00	2.00	14.0	2.0	20.0	3.0	1.00	0.00
Weighted Daily Average		237	10	275	2.00	2.00	364.0	11.50	38.00	4.25	1.75	0.00
% of Calories								19.4%	64.1%	16.1%	6.6%	0.0%
Nutrient Guideline												

Thu - 05/25/2017												
AFTER SCHOOL SNACK	Total											
CHEESE, STRING (LAND O LAKES)	1 EACH	60	10	210	0.00	0.00	240.0	8.0	1.0	2.5	2.00	0.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	50	0	10	0.00	0.00	0.0	0.0	13.0	0.0	0.00	0.00
ORANGES, FRESH (SNACK)	SVG (2 WE DGES)	29	0	0	1.50	0.06	24.9	0.59	7.33	0.07	0.01	*N/A*
Weighted Daily Average		139	10	220	1.50	0.06	264.9	8.59	21.33	2.57	2.01	*0.00
% of Calories								24.7%	61.2%	16.6%	13.0%	*0.0%
Nutrient Guideline												

Fri - 05/26/2017												
AFTER SCHOOL SNACK	Total											
CREAM CHEESE PACKET (KRAFT)	1 PACKET	70	20	115	0.00	0.00	40.0	1.0	1.0	7.0	4.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BAGEL VARIETY (TONY ROBERTS)	1/2 BAGEL	155	0	159	1.50	1.20	8.7	5.75	31.5	0.63	0.13	0.00
Weighted Daily Average		350	30	449	1.50	1.20	398.7	16.25	50.50	8.87	4.87	0.00
% of Calories								18.6%	57.7%	22.8%	12.5%	0.0%
Nutrient Guideline												

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**San Juan Unified School District**

**May 1, 2017 thru Jun 7, 2017**

Base Menu Spreadsheet

AFTER SCHOOL SNACK

Portion Values - Detailed

Page 7

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/30/2017												
AFTER SCHOOL SNACK	Total											
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	0	170	1.00	0.36	20.0	3.0	14.0	3.5	1.00	0.00
Weighted Daily Average		225	10	345	1.00	0.36	370.0	12.50	32.00	4.75	1.75	0.00
% of Calories								22.2%	56.9%	19.0%	7.0%	0.0%
Nutrient Guideline												

Wed - 05/31/2017												
AFTER SCHOOL SNACK	Total											
CREAM CHEESE PACKET (KRAFT)	1 PACKET	70	20	115	0.00	0.00	40.0	1.0	1.0	7.0	4.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BAGEL VARIETY (TONY ROBERTS)	1/2 BAGEL	155	0	159	1.50	1.20	8.7	5.75	31.5	0.63	0.13	0.00
Weighted Daily Average		350	30	449	1.50	1.20	398.7	16.25	50.50	8.87	4.87	0.00
% of Calories								18.6%	57.7%	22.8%	12.5%	0.0%
Nutrient Guideline												

Thu - 06/01/2017												
AFTER SCHOOL SNACK	Total											
CHEESE, STRING (LAND O LAKES)	1 EACH	60	10	210	0.00	0.00	240.0	8.0	1.0	2.5	2.00	0.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	50	0	10	0.00	0.00	0.0	0.0	13.0	0.0	0.00	0.00
ORANGES, FRESH (SNACK)	SVG (2 WE DGES)	29	0	0	1.50	0.06	24.9	0.59	7.33	0.07	0.01	*N/A*
Weighted Daily Average		139	10	220	1.50	0.06	264.9	8.59	21.33	2.57	2.01	*0.00
% of Calories								24.7%	61.2%	16.6%	13.0%	*0.0%
Nutrient Guideline												

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# San Juan Unified School District

May 1, 2017 thru Jun 7, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK

Portion Values - Detailed

Page 8

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 06/02/2017												
AFTER SCHOOL SNACK	Total											
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CORN STAR (DAVE'S BAKING)	1 EACH	148	11	91	1.50	1.10	15.0	2.8	23.0	5.0	0.90	0.00
Weighted Daily Average		273	21	266	1.50	1.10	365.0	12.30	41.00	6.25	1.65	0.00
% of Calories								18.0%	60.1%	20.6%	5.4%	0.0%
Nutrient Guideline												

Mon - 06/05/2017												
AFTER SCHOOL SNACK	Total											
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
GOLDFISH, PRETZEL (CAMPBELL'S)	1 PACKAGE	90	0	200	1.00	0.72	0.0	2.0	16.0	1.5	0.00	0.00
Weighted Daily Average		215	10	375	1.00	0.72	350.0	11.50	34.00	2.75	0.75	0.00
% of Calories								21.4%	63.3%	11.5%	3.1%	0.0%
Nutrient Guideline												

Tue - 06/06/2017												
AFTER SCHOOL SNACK	Total											
CHEESE, STRING (LAND O LAKES)	1 EACH	60	10	210	0.00	0.00	240.0	8.0	1.0	2.5	2.00	0.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	50	0	10	0.00	0.00	0.0	0.0	13.0	0.0	0.00	0.00
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
Weighted Daily Average		126	10	233	1.11	0.18	250.0	8.38	17.74	2.57	2.01	*0.00
% of Calories								26.6%	56.4%	18.4%	14.4%	*0.0%
Nutrient Guideline												

Wed - 06/07/2017												
AFTER SCHOOL SNACK	Total											
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CHOCOLATE BEAR GRAHAMS (MJM)	1 PACKAGE	112	0	100	2.00	2.00	14.0	2.0	20.0	3.0	1.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		237	10	275	2.00	2.00	364.0	11.50	38.00	4.25	1.75	0.00
% of Calories								19.4%	64.1%	16.1%	6.6%	0.0%
Nutrient Guideline												

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