Jan 1, 2021 thru Jan 31, 2021

Base Menu Spreadsheet Portion Values - Detailed **ECE SNACK**

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat
Mon - 01/04/2021		, ,	, ,,	,		,	,
ECE SNACK	Total						
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	0	2.0	14.0	4.0
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
RAISINS ,USDA	1BOX	120	5	27	1.0	29.0	0.0
	IBOX						*4.00
Weighted Daily Average		280	*175	39	*3.00	57.00	
% of Calories				55.7%	*4.3%	81.4%	*12.9%
Nutrient Guideline		0					
Tue - 01/05/2021							
ECE SNACK	Total						
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	12	2.8	23.0	5.0
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
CARROTS, FRG	2.0 OZ PK 1/2C	32	20	IN/A	0.76	7.47	0.14
Weighted Daily Average		220	127	*20	3.56	39.47	5.14
% of Calories				*36.8%	6.5%	71.9%	21.1%
Nutrient Guideline		0					
Wed - 01/06/2021							
ECE SNACK	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average	616 (1/2 661)	309	166	*52	*12.85	59.95	*2.76
		309	100				
% of Calories				*67.3%	*16.6%	77.5%	*8.0%
Nutrient Guideline		0					
Thu - 01/07/2021							
ECE SNACK	Total						
MUFFIN VARIETY (SM)	1 EACH	118	74	7	2.4	19.5	3.25
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	11	0.03	14.0	0.20
	TEACH						
Weighted Daily Average		228	77	*28	*3.25	48.45	*3.51
% of Calories				*50.0%	*5.7%	85.1%	*13.9%
Nutrient Guideline		0					
Trainent Galacinic					l l		
Fri - 01/08/2021							
ECE SNACK	Total						
		400	170	0	2.0	440	4.0
GOLDFISH, CHEDDAR (CAMPBELL'S)	PACKAGE	100	170	0	2.0	14.0	4.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
Weighted Daily Average		172	206	*8	2.76	30.47	4.14
% of Calories				*18.6%	6.4%	71.0%	21.7%
Nutrient Guideline		0					

^{*}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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Base Menu Spreadsheet

ECE SNACK

Portion Values - Detailed

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	Portion	Cals	Sodm	Sugars	Protn	Carb	T-Fat
	Size	(kcal)	(mg)	(g)	(g)	(g)	(g)
Mon - 01/11/2021							
ECE SNACK	Total						
MUFFIN VARIETY (SM)	1 EACH	118	74	7	2.4	19.5	3.25
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
Weighted Daily Average		297	80	*44	*4.25	63.45	*3.51
% of Calories				*59.9%	*5.7%	85.5%	*10.7%
Nutrient Guideline		0					
Tue - 01/12/2021							
ECE SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	0	7.0	1.0	3.0
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average	,	239	206	*37	*8.85	44.95	*3.26
% of Calories				*61.9%	*14.8%	75.1%	*12.3%
Nutrient Guideline		0					
Wed - 01/13/2021							
ECE SNACK	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
Weighted Daily Average		202	196	*23	11.76	32.47	2.64
% of Calories				*45.6%	23.3%	64.4%	11.8%
Nutrient Guideline		0					
Nutrient Guidenne	I	0					
Th 04/44/2024	I						
Thu - 01/14/2021 ECE SNACK	Total						
		400	470	0	0.0	440	4.0
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	0	2.0	14.0	4.0
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
APPLESAUCE IW CUP (USDA)	1 EACH	51	*470	11	0.0	14.0	0.0
Weighted Daily Average		211	*172	23	*2.00	42.00	*4.00
% of Calories				43.6%	*3.8%	79.6%	*17.1%
Nutrient Guideline		0					
Fri 04/45/2024							
Fri - 01/15/2021 ECE SNACK	Total						
CORN STAR (DAVE'S BAKING)	Total 1 EACH	440	04	40	2.0	22.0	
		148	91	12 *N//^*	2.8	23.0	5.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	*20	0.0	9.0	0.0
Weighted Daily Average		220	127	*20	3.56	39.47	5.14
% of Calories				*36.8%	6.5%	71.9%	21.1%
Nutrient Guideline		0					
Tradition Odidonno	1						

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Base Menu Spreadsheet Portion Values - Detailed **ECE SNACK**

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (a)	Carb (g)	T-Fat
Tue - 01/19/2021		, ,	, 0,	,	,	,	,
ECE SNACK	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average		309	166	*52	*12.85	59.95	*2.76
% of Calories				*67.3%	*16.6%	77.5%	*8.0%
Nutrient Guideline		0					
Wed - 01/20/2021							
ECE SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	0	7.0	1.0	3.0
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
Weighted Daily Average		132	236	*8	7.76	17.47	3.14
% of Calories		102	200	*24.3%	23.6%	53.1%	21.5%
Nutrient Cuideline		0					
Nutrient Guideline		0					
Thu. 04/24/2024							
Thu - 01/21/2021	Total						
ECE SNACK	Total	400	450		2.0	440	2.5
CHEEZ ITS (KELLOGG'S)	PACKAGE	100	150	0	2.0	14.0	3.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
Weighted Daily Average		279	156	*37	*3.85	57.95	*3.76
% of Calories				*53.1%	*5.5%	83.0%	*12.1%
Nutrient Guideline		0					
Fri - 01/22/2021							
ECE SNACK	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
Weighted Daily Average	1 = 1 1 2 1 1	202	196	*23	11.76	32.47	2.64
% of Calories		202	100	*45.6%	23.3%	64.4%	11.8%
Nutrient Guideline		0					
Nutrient Guideilne		U					
Man 01/25/2021							
Mon - 01/25/2021	Total						
ECE SNACK	Total	400	470	_	2.0	440	4.0
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	0	2.0	14.0	4.0
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
RAISINS ,USDA	1BOX	120	5	27	1.0	29.0	0.0
Weighted Daily Average		280	*175	39	*3.00	57.00	*4.00
% of Calories				55.7%	*4.3%	81.4%	*12.9%
Nutrient Guideline		0					

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Base Menu Spreadsheet

ECE SNACK

Portion Values - Detailed

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Tue - 01/28/2021 ECE SNACK CORN STAR (DAVE'S BAKING) CARROTS, PKG 1 EACH CORN STAR (DAVE'S BAKING) CARROTS, PKG 2.6 OZ PK 1/2C 2.6 OZ PK 1/2C 2.6 OZ PK 1/2C 2.7 127 20 3.56 39.47 5.14 Weighted Daily Average		Portion Size	Cals (kcal)	Sodm (mg)	Sugars (a)	Protn (g)	Carb (g)	T-Fat
CORN STAR (DAVE'S BAKING)	Tue - 01/26/2021		\		\3/	\3/	\3/	
JUICE, PARADISE PUNCH (SUNCUP) 2.6 OZ PK 1/2C 2.6 OZ PK 1/2C 2.6 OZ PK 1/2C 2.7 *20 3.56 *30.47 *5.14 2.1.1% Veighted Daily Average ***Of Calories ***Of Calories ***Divide Daily Average ***Divide Daily Average ***Of Calories ***Divide Daily Average	ECE SNACK	Total						
CARROTS, PKG 2.6 OZ PK 1/2C 32 26	CORN STAR (DAVE'S BAKING)	1 EACH	148	91	12	2.8	23.0	5.0
CARROTS, PKG 2.6 OZ PK 1/2C 32 26	JUICE, PARADISE PUNCH (SÚNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
Weighted Daily Average		2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
Wed - O1/27/2021					,	• • • •		
Wed - O1/27/2021	Weighted Daily Average		220	127	*20	3.56	39.47	5.14
Nutrient Guideline					*36.8%	6.5%	71.9%	21.1%
Wed - 01/27/2021 ECE SNACK								
ECE SNACK Total 1 CARTON 130 160 15 11.0 16.0 2.5 2.7 1.0 2.9.0 0.0	Nutrient Guideline		0					
ECE SNACK Total 1 CARTON 130 160 15 11.0 16.0 2.5 2.7 1.0 2.9.0 0.0								
ECE SNACK Total 1 CARTON 130 160 15 11.0 16.0 2.5 2.7 1.0 2.9.0 0.0	Wed - 01/27/2021							
RAISINS_USDA BOX 120 5 27 1.0 29.0 0.0	ECE SNACK	Total						
RAISINS_USDA BOX 120 5 27 1.0 29.0 0.0	MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
FRUIT, FRESH VARIETY SVG (1/2 CUP) 59		BOX	120	5	27	1.0	29.0	0.0
Weighted Daily Average		SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Nutrient Guideline			309	166	*52	*12.85	59.95	*2.76
Thu - 01/28/2021 ECE SNACK Total	% of Calories				*67.3%	*16.6%	77.5%	*8.0%
Thu - 01/28/2021 ECE SNACK Total								
Total	Nutrient Guideline		0					
Total								
Total	Thu - 01/28/2021							
MUFFIN VARIETY (SM) FRUIT, FRESH VARIETY SVG (1/2 CUP) SPUIT, FRESH VARIETY SVG (1/2 CUP) SPUIT, FRESH VARIETY SVG (1/2 CUP) SPUIT (1/2 CUP) S		Total						
FRUIT, FRESH VARIETY APPLESAUCE IW CUP (USDA) Weighted Daily Average Soft Calories Nutrient Guideline Fri - 01/29/2021 ECE SNACK GOLDFISH, CHEDDAR (CAMPBELL'S) CARROTS, PKG JUICE, PARADISE PUNCH (SUNCUP) Weighted Daily Average Total GOLDFISH, CHEDDAR (SUNCUP) TEACH TOTAL JUICE, PARADISE PUNCH (SUNCUP) Weighted Daily Average Total TEACH Total To			118	74	7	2.4	19.5	3.25
APPLESAUCE IW CUP (USDA)			- 1					
Weighted Daily Average 228 77 *28 *3.25 48.45 *3.51 % of Calories 0 *50.0% *5.7% 85.1% *13.9% Nutrient Guideline 0 0 *5.7% 85.1% *13.9% Fri - 01/29/2021 ECE SNACK Total 0 2.0 14.0 4.0 GOLDFISH, CHEDDAR (CAMPBELL'S) PACKAGE 100 170 0 2.0 14.0 4.0 CARROTS, PKG 2.6 OZ PK 1/2C 32 26 *N/A* 0.76 7.47 0.14 JUICE, PARADISE PUNCH (SUNCUP) 1 EACH 40 10 8 0.0 9.0 0.0 Weighted Daily Average 172 206 *8 2.76 30.47 4.14 % of Calories *18.6% 6.4% 71.0% 21.7% Nutrient Guideline 0 *30 *6.18 45.31 *3.68	•							
% of Calories *50.0% *5.7% 85.1% *13.9% Nutrient Guideline 0 *50.0% *5.7% 85.1% *13.9% Fri - 01/29/2021 CCE SNACK Total 0 2.0 14.0 4.0 GOLDFISH, CHEDDAR (CAMPBELL'S) PACKAGE 100 170 0 2.0 14.0 4.0 CARROTS, PKG 2.6 OZ PK 1/2C 32 26 *N/A* 0.76 7.47 0.14 JUICE, PARADISE PUNCH (SUNCUP) 1 EACH 40 10 8 0.0 9.0 0.0 Weighted Daily Average 172 206 *8 2.76 30.47 4.14 % of Calories *18.6% 6.4% 71.0% 21.7% Nutrient Guideline 0 *30 *6.18 45.31 *3.68		1 2/(011						
Nutrient Guideline 0	, ,			• • •	_			
Fri - 01/29/2021 Total DACKAGE 100 170 0 2.0 14.0 4.0 GOLDFISH, CHEDDAR (CAMPBELL'S) PACKAGE 100 170 0 2.0 14.0 4.0 CARROTS, PKG 2.6 OZ PK 1/2C 32 26 *N/A* 0.76 7.47 0.14 JUICE, PARADISE PUNCH (SUNCUP) 1 EACH 40 10 8 0.0 9.0 0.0 Weighted Daily Average 172 206 *8 2.76 30.47 4.14 % of Calories *18.6% 6.4% 71.0% 21.7% Nutrient Guideline 0 *30 *6.18 45.31 *3.68	70 of Galorics				00.070	0.7 70	00.170	10.070
Fri - 01/29/2021 ECE SNACK Total PACKAGE 100 170 0 2.0 14.0 4.0	Nutrient Guideline		0					
Total PACKAGE 100 170 0 2.0 14.0 4.0 4.0 CARROTS, PKG 2.6 OZ PK 1/2C 32 26 *N/A* 0.76 7.47 0.14 JUICE, PARADISE PUNCH (SUNCUP) 1 EACH 40 10 8 0.0 9.0 0.0 Weighted Daily Average 172 206 *8 2.76 30.47 4.14 % of Calories 172 206 *18.6% 6.4% 71.0% 21.7% Nutrient Guideline 0 Weighted Average 237 *160 *30 *6.18 45.31 *3.68 3.68		-				1		
GOLDFISH, CHEDDAR (CAMPBELL'S) PACKAGE 100 170 0 2.0 14.0 4.0 CARROTS, PKG 2.6 OZ PK 1/2C 32 26 *N/A* 0.76 7.47 0.14 JUICE, PARADISE PUNCH (SUNCUP) 1 EACH 40 10 8 0.0 9.0 0.0 Weighted Daily Average 172 206 *8 2.76 30.47 4.14 % of Calories 0 *18.6% 6.4% 71.0% 21.7% Nutrient Guideline 0 *30 *6.18 45.31 *3.68	Fri - 01/29/2021							
GOLDFISH, CHEDDAR (CAMPBELL'S) PACKAGE 100 170 0 2.0 14.0 4.0 CARROTS, PKG 2.6 OZ PK 1/2C 32 26 *N/A* 0.76 7.47 0.14 JUICE, PARADISE PUNCH (SUNCUP) 1 EACH 40 10 8 0.0 9.0 0.0 Weighted Daily Average 172 206 *8 2.76 30.47 4.14 % of Calories 0 *18.6% 6.4% 71.0% 21.7% Nutrient Guideline 0 *30 *6.18 45.31 *3.68		Total						
CARROTS, PKG 2.6 OZ PK 1/2C 32 26 *N/A* 0.76 7.47 0.14 JUICE, PARADISE PUNCH (SUNCUP) 1 EACH 40 10 8 0.0 9.0 0.0 Weighted Daily Average 172 206 *8 2.76 30.47 4.14 % of Calories 0 *18.6% 6.4% 71.0% 21.7% Nutrient Guideline 0 *30 *6.18 45.31 *3.68	GOLDFISH, CHEDDAR (CAMPBELL'S)	PACKAGE	100	170	0	2.0	14.0	4.0
Weighted Daily Average 172 206 *8 2.76 30.47 4.14 % of Calories 0 *18.6% 6.4% 71.0% 21.7% Nutrient Guideline 0 *30 *6.18 45.31 *3.68		2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
Weighted Daily Average 172 206 *8 2.76 30.47 4.14 % of Calories 0 *18.6% 6.4% 71.0% 21.7% Nutrient Guideline 0 *30 *6.18 45.31 *3.68	JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
% of Calories *18.6% 6.4% 71.0% 21.7% Nutrient Guideline 0 *30 *6.18 45.31 *3.68			172	206	*8		30.47	
Nutrient Guideline 0 Weighted Average 237 *160 *30 *6.18 45.31 *3.68			_			-		
Weighted Average 237 *160 *30 *6.18 45.31 *3.68								
	Nutrient Guideline		0					
<u>*112.5 *10.4% 76.4% *14.0%</u>	Weighted Average		237	*160			45.31	
					*112.5	*10.4%	76.4%	*14.0%

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^{* -} denotes combined nutrient totals with either missing or incomplete nutrient data

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Base Menu Spreadsheet

ECE SNACK

Portion Values - Detailed

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			Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target		Shortfall		erage	Error Messages (if
				_				_	any)
Calories	237		0						
Sodium 1 (mg)	160				Missing			160	
Sodium 2 (mg)	160				Missing			160	
Sugars (g)	30	49.98%			Missing				
Protein (g)	6.18	10.42%			Missing				
Carbohydrate (g)	45.31	76.40%							
Total Fat (g)	3.68	13.97%			Missing				

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