

Menu Calendar Nutrient Analysis Report - July, 2019

Site: Penn High School
 Date: 07/01/2019 - 07/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SFSP Snack W2 Mon :3194 - ServingDate: 07/01/2019								
Tostitos Chips - LR-1555 (1 Bag)	100	120.00	4.50	0.50	0.00	100.00	18.00	2.00
Berry Juice - LR-1556 (1 ea.)	100	100.00	0.00	0.00	0.00	15.00	24.00	0.00
SFSP Snack W2 Tues :3194 - ServingDate: 07/02/2019								
Fresh Apple Slices - LR-1018 (1/2 c.)	100	30.00	0.00	0.00	0.00	0.00	9.60	0.00
Chocolate Milk - LR-1103 (1 ea.)	100	120.00	0.00	0.00	0.00	180.00	20.00	8.00
SFSP Snack W2 Wed :3194 - ServingDate: 07/03/2019								
Grahams Bunnies Annies - LR-1512 (1 pkg.)	100	160.00	6.00	3.00	0.00	140.00	24.00	3.00
Chocolate Milk - LR-1103 (1 ea.)	100	120.00	0.00	0.00	0.00	180.00	20.00	8.00
SFSP Snack W2 Fri :3194 - ServingDate: 07/05/2019								
Oatmeal Chocolate Chip Bar - LR-1557 (1 ea.)	100	150.00	4.50	1.00	0.00	105.00	24.00	2.00
Chocolate Milk - LR-1103 (1 ea.)	100	120.00	0.00	0.00	0.00	180.00	20.00	8.00
SFSP Snack W3 Mon :3194 - ServingDate: 07/08/2019								
Heartzels - LR-1479 (1 Bag)	100	80.00	1.00	0.00	0.00	200.00	16.00	2.00
Apple Juice - LR-1553 (6 3/4 fl oz 1 po)	100	90.00	0.00	0.00	0.00	5.00	21.00	0.00
SFSP Snack W3 Tues :3194 - ServingDate: 07/09/2019								
Bug Bites Grahams Bag - LR-1509 (1 Bag)	100	120.00	3.50	1.00	0.00	115.00	21.00	2.00
Capri Sun - LR-1552 (6 fl oz, 1 p)	100	540.00	0.00	0.00	0.00	150.00	132.00	0.00

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SFSP Snack W3 Wed :3194 - ServingDate: 07/10/2019								
Goldfish Crackers - LR-1477 (1 Bag)	100	100.00	4.00	0.50	0.00	170.00	14.00	2.00
Berry Juice - LR-1556 (1 ea.)	100	100.00	0.00	0.00	0.00	15.00	24.00	0.00
SFSP Snack W3 Thur :3194 - ServingDate: 07/11/2019								
Banana - LR-1032 (1 ea.)	100	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Chocolate Milk - LR-1103 (1 ea.)	100	120.00	0.00	0.00	0.00	180.00	20.00	8.00
SFSP Snack W3 Fri :3194 - ServingDate: 07/12/2019								
Chex Mix Strawberry - LR-1476 (1 Bag)	100	120.00	3.00	1.00	0.00	55.00	23.00	2.00
Capri Sun - LR-1552 (6 fl oz, 1 p)	100	540.00	0.00	0.00	0.00	150.00	132.00	0.00
SFSP Snack W1 Mon :3194 - ServingDate: 07/15/2019								
Banana Muffin - LR-1424 (1 ea.)	100	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Chocolate Milk - LR-1103 (1 ea.)	100	120.00	0.00	0.00	0.00	180.00	20.00	8.00
SFSP Snack W1 Tues :3194 - ServingDate: 07/16/2019								
Chex Mix Cheddar Bag - LR-1513 (1 Bag)	100	110.00	2.50	0.50	0.00	125.00	20.00	2.00
Capri Sun - LR-1552 (6 fl oz, 1 p)	100	540.00	0.00	0.00	0.00	150.00	132.00	0.00
SFSP Snack W1 Wed :3194 - ServingDate: 07/17/2019								
Graham Goldfish - LR-1508 (1 pkg.)	100	120.00	4.00	1.00	0.00	70.00	19.00	2.00
Apple Juice - LR-1553 (6 3/4 fl oz 1 po)	100	90.00	0.00	0.00	0.00	5.00	21.00	0.00

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SFSP Snack W1 Thurs :3194 - ServingDate: 07/18/2019								
Yogurt Strawberry Smash Dannon - LR-1505 (1 ea.)	100	70.00	0.00	0.00	0.00	60.00	14.00	4.00
Capri Sun - LR-1552 (6 fl oz, 1 p)	100	540.00	0.00	0.00	0.00	150.00	132.00	0.00
SFSP Snack W1 Frid :3194 - ServingDate: 07/19/2019								
Scooby Snack - LR-1554 (1 Bag)	100	120.00	3.50	1.00	0.00	115.00	21.00	2.00
Chocolate Milk - LR-1103 (1 ea.)	100	120.00	0.00	0.00	0.00	180.00	20.00	8.00
SFSP Snack W2 Mon :3194 - ServingDate: 07/22/2019								
Tostitos Chips - LR-1555 (1 Bag)	100	120.00	4.50	0.50	0.00	100.00	18.00	2.00
Berry Juice - LR-1556 (1 ea.)	100	100.00	0.00	0.00	0.00	15.00	24.00	0.00
SFSP Snack W2 Tues :3194 - ServingDate: 07/23/2019								
Fresh Apple Slices - LR-1018 (1/2 c.)	100	30.00	0.00	0.00	0.00	0.00	9.60	0.00
Chocolate Milk - LR-1103 (1 ea.)	100	120.00	0.00	0.00	0.00	180.00	20.00	8.00
SFSP Snack W2 Wed :3194 - ServingDate: 07/24/2019								
Grahams Bunnies Annies - LR-1512 (1 pkg.)	100	160.00	6.00	3.00	0.00	140.00	24.00	3.00
Chocolate Milk - LR-1103 (1 ea.)	100	120.00	0.00	0.00	0.00	180.00	20.00	8.00
SFSP Snack W2 Thur :3194 - ServingDate: 07/25/2019								
Snack Cheez-it - LR-1482 (1 Bag)	100	100.00	3.50	1.00	0.00	150.00	14.00	3.00
Capri Sun - LR-1552 (6 fl oz, 1 p)	100	540.00	0.00	0.00	0.00	150.00	132.00	0.00

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SFSP Snack W2 Fri :3194 - ServingDate: 07/26/2019								
Oatmeal Chocolate Chip Bar - LR-1557 (1 ea.)	100	150.00	4.50	1.00	0.00	105.00	24.00	2.00
Chocolate Milk - LR-1103 (1 ea.)	100	120.00	0.00	0.00	0.00	180.00	20.00	8.00
SFSP Snack W3 Mon :3194 - ServingDate: 07/29/2019								
Heartzels - LR-1479 (1 Bag)	100	80.00	1.00	0.00	0.00	200.00	16.00	2.00
Apple Juice - LR-1553 (6 3/4 fl oz 1 po)	100	90.00	0.00	0.00	0.00	5.00	21.00	0.00
SFSP Snack W3 Tues :3194 - ServingDate: 07/30/2019								
Bug Bites Grahams Bag - LR-1509 (1 Bag)	100	120.00	3.50	1.00	0.00	115.00	21.00	2.00
Capri Sun - LR-1552 (6 fl oz, 1 p)	100	540.00	0.00	0.00	0.00	150.00	132.00	0.00
SFSP Snack W3 Wed :3194 - ServingDate: 07/31/2019								
Goldfish Crackers - LR-1477 (1 Bag)	100	100.00	4.00	0.50	0.00	170.00	14.00	2.00
Berry Juice - LR-1556 (1 ea.)	100	100.00	0.00	0.00	0.00	15.00	24.00	0.00

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Snack
 Site Group: High
 Menu Line: Summer Snack
 Serving Group: Ages 6-18
 Nutrients Option: Expanded