

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/01/2023															
Child Care PM Snacks	Total														
*Applesauce, Unsweetened Cups*	1 each	57	0	2	1.13	0.00	0.0	0	13.5	12	0.0	15.75	0.0	0.00	0.00
*Crackers, Animal 1 oz.*	1 Each	110	0	40	1.00	0.72	0.0	0	0.0	7	2.0	18.0	3.5	0.00	0.00
Weighted Daily Average		167	0	42	2.13	0.72	0.0	0	13.50	19	2.00	33.75	3.50	0.00	0.00
% of Calories										46.3%	4.8%	80.7%	18.8%	0.0%	0.0%
Nutrient Guideline		350		540											<10.00

Thu - 03/02/2023															
Child Care PM Snacks	Total														
*Cheese, String Mozz*	Serving	80	15	200	0.00	0.00	20.0	200	0.0	0	6.0	1.0	6.0	4.00	0.00
GRAPES, Fresh	.5 CUP	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
*Cracker, Scooby Doo Graham*	Pkg	130	0	125	1.00	0.72	100.0	500	0.0	*N/A*	2.0	22.0	4.0	0.00	0.00
Weighted Daily Average		241	15	326	1.41	0.85	126.4	746	1.84	*7	8.29	30.89	10.16	4.05	0.00
% of Calories										*12.4%	13.8%	51.3%	38.0%	15.1%	0.0%
Nutrient Guideline		350		540											<10.00

Fri - 03/03/2023															
Child Care PM Snacks	Total														
*Vanilla Breakfast Square	1 Each	260	20	180	1.00	0.72	60.0	0	0.0	20	5.0	36.0	7.0	2.00	0.00
*Apple Slices*	1 Each	50	0	5	2.00	0.36	60.0	100	36.0	9	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average		310	20	185	3.00	1.08	120.0	100	36.00	29	5.00	48.00	7.00	2.00	0.00
% of Calories										37.4%	6.5%	61.9%	20.3%	5.8%	0.0%
Nutrient Guideline		350		540											<10.00

Mon - 03/06/2023															
Child Care PM Snacks	Total														
*Muffin Top, Chocolate Chip*	1 Each	235	29	108	3.10	1.20	4.0	820	1.4	17	3.9	41.0	6.0	0.90	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Weighted Daily Average		355	39	258	3.10	1.20	354.0	1320	3.80	31	13.90	55.00	8.50	2.40	0.00
% of Calories										34.9%	15.7%	62.0%	21.5%	6.1%	0.0%
Nutrient Guideline		350		540											<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/07/2023															
Child Care PM Snacks	Total														
*Crackers, Animal 1 oz.*	1 Each	110	0	40	1.00	0.72	0.0	0	0.0	7	2.0	18.0	3.5	0.00	0.00
*Fruit, Cocktail, canned*	4 oz	65	0	7	1.13	0.33	6.8	236	2.15	16	0.45	16.93	0.08	0.01	*N/A*
Weighted Daily Average		175	0	47	2.13	1.05	6.8	236	2.15	23	2.45	34.93	3.58	0.01	*0.00
% of Calories										52.2%	5.6%	80.0%	18.4%	0.1%	*0.0%
Nutrient Guideline		350		540										<10.00	

Wed - 03/08/2023															
Child Care PM Snacks	Total														
*Apple Slices*	1 Each	50	0	5	2.00	0.36	60.0	100	36.0	9	0.0	12.0	0.0	0.00	0.00
*Cheese, String Mozz*	Serving	80	15	200	0.00	0.00	20.0	200	0.0	0	6.0	1.0	6.0	4.00	0.00
*Muffin, Apple Cinn. Mini*	1 Each	117	0	74	1.80	0.75	5.2	32	5.2	7	2.4	19.5	3.2	0.00	0.00
Weighted Daily Average		247	15	279	3.80	1.11	85.2	332	41.20	16	8.40	32.50	9.20	4.00	0.00
% of Calories										26.4%	13.6%	52.6%	33.5%	14.6%	0.0%
Nutrient Guideline		350		540										<10.00	

Thu - 03/09/2023															
Child Care PM Snacks	Total														
*Cracker,Grahams, Honey*	1 Each	60	0	65	0.00	0.36	60.0	300	0.0	3	1.0	11.0	1.5	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Weighted Daily Average		180	10	215	0.00	0.36	410.0	800	2.40	17	11.00	25.00	4.00	1.50	0.00
% of Calories										37.8%	24.4%	55.6%	20.0%	7.5%	0.0%
Nutrient Guideline		350		540										<10.00	

Fri - 03/10/2023															
Child Care PM Snacks	Total														
*Peach Cup, Frozen*	1 ea	80	0	0	1.00	0.36	0.0	299	161.66	16	1.0	18.96	0.0	0.00	0.00
*Muffin, Choc. Chip	1 Each	118	18	74	1.70	0.70	3.7	30	0.5	8	2.4	19.8	3.2	0.00	0.00
Weighted Daily Average		198	18	74	2.70	1.06	3.7	329	162.16	23	3.40	38.76	3.20	0.00	0.00
% of Calories										47.4%	6.9%	78.4%	14.6%	0.0%	0.0%
Nutrient Guideline		350		540										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 03/13/2023</b>															
Child Care PM Snacks	Total														
*Strawberry Cup (frozen)*	4.5 oz	91	0	0	2.03	0.60	11.1	25	41.8	18	1.01	22.29	0.0	0.00	0.00
*Cracker, Elf Graham Choc*	1 Each	120	0	125	2.00	1.08	100.0	500	0.0	7	2.0	20.0	4.0	1.00	0.00
Weighted Daily Average		211	0	125	4.03	1.68	111.1	525	41.80	25	3.01	42.29	4.00	1.00	0.00
% of Calories										47.8%	5.7%	80.1%	17.0%	4.3%	0.0%
Nutrient Guideline		350		540											<10.00
<b>Tue - 03/14/2023</b>															
Child Care PM Snacks	Total														
*Yogurt, Nonfat Raspberry*	1 Each	90	0	50	0.00	0.00	300.0	0	1.2	15	3.0	19.0	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Weighted Daily Average		137	0	51	1.88	0.18	318.5	194	27.18	*21	3.68	31.02	0.21	0.04	*0.00
% of Calories										*61.3%	10.7%	90.3%	1.4%	0.2%	*0.0%
Nutrient Guideline		350		540											<10.00
<b>Wed - 03/15/2023</b>															
Child Care PM Snacks	Total														
*Applesauce, Unsweetened Cups*	1 each	57	0	2	1.13	0.00	0.0	0	13.5	12	0.0	15.75	0.0	0.00	0.00
*Crackers, Animal 1 oz.*	1 Each	110	0	40	1.00	0.72	0.0	0	0.0	7	2.0	18.0	3.5	0.00	0.00
Weighted Daily Average		167	0	42	2.13	0.72	0.0	0	13.50	19	2.00	33.75	3.50	0.00	0.00
% of Calories										46.3%	4.8%	80.7%	18.8%	0.0%	0.0%
Nutrient Guideline		350		540											<10.00
<b>Thu - 03/16/2023</b>															
Child Care PM Snacks	Total														
*Apple Slices*	1 Each	50	0	5	2.00	0.36	60.0	100	36.0	9	0.0	12.0	0.0	0.00	0.00
*Cheese, String Mozz*	Serving	80	15	200	0.00	0.00	20.0	200	0.0	0	6.0	1.0	6.0	4.00	0.00
Weighted Daily Average		130	15	205	2.00	0.36	80.0	300	36.00	9	6.00	13.00	6.00	4.00	0.00
% of Calories										27.7%	18.5%	40.0%	41.5%	27.7%	0.0%
Nutrient Guideline		350		540											<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 03/17/2023</b>															
Child Care PM Snacks	Total														
*Vanilla Breakfast Square	1 Each	260	20	180	1.00	0.72	60.0	0	0.0	20	5.0	36.0	7.0	2.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Weighted Daily Average		380	30	330	1.00	0.72	410.0	500	2.40	34	15.00	50.00	9.50	3.50	0.00
% of Calories										35.8%	15.8%	52.6%	22.5%	8.3%	0.0%
Nutrient Guideline		350		540											<10.00
<b>Mon - 03/20/2023</b>															
Child Care PM Snacks	Total														
*Muffin Top, Chocolate Chip*	1 Each	235	29	108	3.10	1.20	4.0	820	1.4	17	3.9	41.0	6.0	0.90	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Weighted Daily Average		355	39	258	3.10	1.20	354.0	1320	3.80	31	13.90	55.00	8.50	2.40	0.00
% of Calories										34.9%	15.7%	62.0%	21.5%	6.1%	0.0%
Nutrient Guideline		350		540											<10.00
<b>Tue - 03/21/2023</b>															
Child Care PM Snacks	Total														
*Crackers, Animal 1 oz.*	1 Each	110	0	40	1.00	0.72	0.0	0	0.0	7	2.0	18.0	3.5	0.00	0.00
*Yogurt, Nonfat Recipe*	1 Each	90	0	51	0.00	0.00	300.0	0	0.9	15	3.0	19.0	0.0	0.00	0.00
Weighted Daily Average		200	0	91	1.00	0.72	300.0	0	0.90	22	5.00	37.00	3.50	0.00	0.00
% of Calories										43.5%	10.0%	74.0%	15.8%	0.0%	0.0%
Nutrient Guideline		350		540											<10.00
<b>Wed - 03/22/2023</b>															
Child Care PM Snacks	Total														
*Apple Slices*	1 Each	50	0	5	2.00	0.36	60.0	100	36.0	9	0.0	12.0	0.0	0.00	0.00
*Cheese, String Mozz*	Serving	80	15	200	0.00	0.00	20.0	200	0.0	0	6.0	1.0	6.0	4.00	0.00
*Muffin, Apple Cinnamon WG*	1 Each	250	25	270	2.00	*N/A*	20.0	0	0.0	17	4.0	44.0	7.0	0.50	0.00
Weighted Daily Average		380	40	475	4.00	*0.36	100.0	300	36.00	26	10.00	57.00	13.00	4.50	0.00
% of Calories										27.4%	10.5%	60.0%	30.8%	10.7%	0.0%
Nutrient Guideline		350		540											<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 03/23/2023</b>															
Child Care PM Snacks	Total														
*Peach Cup, Frozen*	1 ea	80	0	0	1.00	0.36	0.0	299	161.66	16	1.0	18.96	0.0	0.00	0.00
*Muffin, Choc. Chip	1 Each	118	18	74	1.70	0.70	3.7	30	0.5	8	2.4	19.8	3.2	0.00	0.00
Weighted Daily Average		198	18	74	2.70	1.06	3.7	329	162.16	23	3.40	38.76	3.20	0.00	0.00
% of Calories										47.4%	6.9%	78.4%	14.6%	0.0%	0.0%
Nutrient Guideline		350		540											<10.00
<b>Fri - 03/24/2023</b>															
Child Care PM Snacks	Total														
*Peach Cup, Frozen*	1 ea	80	0	0	1.00	0.36	0.0	299	161.66	16	1.0	18.96	0.0	0.00	0.00
*Muffin, Choc. Chip	1 Each	118	18	74	1.70	0.70	3.7	30	0.5	8	2.4	19.8	3.2	0.00	0.00
Weighted Daily Average		198	18	74	2.70	1.06	3.7	329	162.16	23	3.40	38.76	3.20	0.00	0.00
% of Calories										47.4%	6.9%	78.4%	14.6%	0.0%	0.0%
Nutrient Guideline		350		540											<10.00
<b>Mon - 03/27/2023</b>															
Child Care PM Snacks	Total														
*Strawberry Cup (frozen)*	4.5 oz	91	0	0	2.03	0.60	11.1	25	41.8	18	1.01	22.29	0.0	0.00	0.00
*Sandwich,Wowbutter/GrapeJelly	1 Each	280	0	200	4.00	1.80	100.0	0	0.0	12	9.0	28.0	14.0	3.00	0.00
Weighted Daily Average		371	0	200	6.03	2.40	111.1	25	41.80	30	10.01	50.29	14.00	3.00	0.00
% of Calories										32.6%	10.8%	54.2%	33.9%	7.3%	0.0%
Nutrient Guideline		350		540											<10.00
<b>Tue - 03/28/2023</b>															
Child Care PM Snacks	Total														
*Yogurt, Nonfat Raspberry*	1 Each	90	0	50	0.00	0.00	300.0	0	1.2	15	3.0	19.0	0.0	0.00	0.00
*Plum*	1 Each	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
Weighted Daily Average		120	0	50	0.92	0.11	304.0	228	7.47	22	3.46	26.54	0.18	0.01	0.00
% of Calories										71.6%	11.5%	88.2%	1.4%	0.0%	0.0%
Nutrient Guideline		350		540											<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 03/29/2023</b>															
Child Care PM Snacks	Total														
*Applesauce, Unsweetened Cups*	1 each	57	0	2	1.13	0.00	0.0	0	13.5	12	0.0	15.75	0.0	0.00	0.00
*Crackers, Animal 1 oz.*	1 Each	110	0	40	1.00	0.72	0.0	0	0.0	7	2.0	18.0	3.5	0.00	0.00
Weighted Daily Average		167	0	42	2.13	0.72	0.0	0	13.50	19	2.00	33.75	3.50	0.00	0.00
% of Calories										46.3%	4.8%	80.7%	18.8%	0.0%	0.0%
Nutrient Guideline		350		540											<10.00
<b>Thu - 03/30/2023</b>															
Child Care PM Snacks	Total														
*Cheese, String Mozz*	Serving	80	15	200	0.00	0.00	20.0	200	0.0	0	6.0	1.0	6.0	4.00	0.00
GRAPES, Fresh	.5 CUP	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
*Cracker, Scooby Doo Graham*	Pkg	130	0	125	1.00	0.72	100.0	500	0.0	*N/A*	2.0	22.0	4.0	0.00	0.00
Weighted Daily Average		241	15	326	1.41	0.85	126.4	746	1.84	*7	8.29	30.89	10.16	4.05	0.00
% of Calories										*12.4%	13.8%	51.3%	38.0%	15.1%	0.0%
Nutrient Guideline		350		540											<10.00
<b>Fri - 03/31/2023</b>															
Child Care PM Snacks	Total														
*Vanilla Breakfast Square	1 Each	260	20	180	1.00	0.72	60.0	0	0.0	20	5.0	36.0	7.0	2.00	0.00
*Apple Slices*	1 Each	50	0	5	2.00	0.36	60.0	100	36.0	9	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average		310	20	185	3.00	1.08	120.0	100	36.00	29	5.00	48.00	7.00	2.00	0.00
% of Calories										37.4%	6.5%	61.9%	20.3%	5.8%	0.0%
Nutrient Guideline		350		540											<10.00
Weighted Average		236	14	172	2.45	*0.90	149.9	381	36.94	*22	6.46	38.47	6.03	1.67	*0.00
										*84.1%	10.9%	65.1%	22.9%	6.4%	*0.0%

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	236		350	68%		114		Correction Required - Calories are Low								
Cholesterol (mg)	14															
Sodium (mg)	172		540													
Fiber (g)	2.45															
Iron (mg)	0.90				Missing											
Calcium (mg)	149.9															
Vitamin A (IU)	381															
Sugars (g)	22	37.39%			Missing											
Vitamin C (mg)	36.94															
Protein (g)	6.46	10.93%														
Carbohydrate (g)	38.47	65.08%														
Total Fat (g)	6.03	22.93%														
Saturated Fat (g)	1.67	6.36%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing											

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.