



## Snack (K-12) Menu

June 2015

Did you know—If you see it in **green**, it's **local** and if you see it in **blue**, it has international influence!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Fresh Broccoli florets w/ Light Dressing	Whole Grain Strawberry Bar	Turkey & Cheese Slider on <b>Whole Grain Roll</b>	Whole Grain Blueberry Muffin	<b>Whole Wheat Bagel</b> Half w/ Sunbutter Cup
String Cheese	100% Apple Juice		<b>Fresh Local Apple</b>	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Whole Grain Graham Crackers	Whole Grain Golden Graham Cereal Bowls	Whole Grain Cheddar Goldfish Crackers	Fresh Baby Carrots w/ Light Dressing	Whole Grain Pretzel Sticks
String Cheese	<b>1% Milk</b>	100% Orange Juice	Hummus	<b>Fresh Local Apple</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>Last Day of School 19</b>
Whole Grain Cheddar Goldfish Crackers	Whole Grain Blueberry Muffin	Fresh Broccoli Florets w/ Light Dressing	Sunbutter Cup	Fresh Cucumber Coins w/ Light Dressing
String Cheese	100% Apple Juice	String Cheese	<b>Fresh Local Apple</b>	Whole Grain Pretzel Sticks



### Food Focus: Cruciferous Veggies

Broccoli, arugula, collard greens and kale are considered in this veggie group. These foods are packed with healthy disease fighting nutrients and may even prevent certain cancers.

## Summer Meals

Just because school ends doesn't mean student meals do—**FREE breakfast and lunch** is available to all children and youth 18 and younger across the city all summer long, starting June 22! Free meals can be found at parks and recreation centers, churches, community based organizations, and **SCHOOLS!** Visit [dcsummermeals.dc.gov](http://dcsummermeals.dc.gov) to find a site nearest you!



Administered by the DC Office of the State Superintendent of Education

**June through August**

To find out meal times or locations near you

Call: 1-866-3-HUNGRY or text **FOOD** to 877-877 or Visit: [dcsummermeals.dc.gov](http://dcsummermeals.dc.gov)



To find food for your family call: 1-866-3-HUNGRY

#Meals4DCKids

# Chartwells District of Columbia

Jun 1, 2015 thru Jun 20, 2015 Spreadsheet - Portion Values

May 27, 2015

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Snack Cycle SY 14-15

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 06/01/2015															
Snack Cycle SY 14-15	Total														
Broccoli, Fresh, Snack	3/4 Cup	22	0	22	1.72	0.48	31.0	411	102	58.87	1.86	4.38	0.24	0.03	0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
String Cheese	1 oz	60	10	210	0.00	0.00	200.0	200	40	0.0	8.0	1.0	2.5	2.00	0.00
Weighted Daily Average		94	10	334	1.77	0.49	233.3	617	143	58.91	9.92	7.90	2.80	2.04	0.00
% of Calories											42.4%	33.8%	26.9%	19.6%	0.0%

Tue - 06/02/2015															
Snack Cycle SY 14-15	Total														
Strawberry Bar WG	1 Each	130	0	180	2.00	0.36	20.0	0	0	12.0	2.0	23.0	3.0	1.00	0.00
Juice, Apple 4oz	1 each	60	0	15	0.00	0.00	0.0	0	0	30.0	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average		190	0	195	2.00	0.36	20.0	0	0	42.00	3.00	36.00	3.00	1.00	0.00
% of Calories											6.3%	75.8%	14.2%	4.7%	0.0%

Wed - 06/03/2015															
Snack Cycle SY 14-15	Total														
Turkey & Cheese WW Slider Snac	1 Each	170	25	590	3.28	1.24	46.5	2513	143	1.12	15.37	21.45	4.43	1.32	0.00
Weighted Daily Average		170	25	590	3.28	1.24	46.5	2513	143	1.12	15.37	21.45	4.43	1.32	0.00
% of Calories											36.1%	50.3%	23.4%	6.9%	0.0%

Thu - 06/04/2015															
Snack Cycle SY 14-15	Total														
Blueberry Muffin Square WG	1 Each	241	44	437	3.72	1.05	51.6	129	37	0.26	7.14	43.26	4.82	0.81	0.00
Apple, Fresh	1 each	95	0	2	4.37	0.22	10.9	98	9	8.37	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		335	44	439	8.09	1.27	62.5	227	46	8.64	7.61	68.40	5.13	0.86	0.00
% of Calories											9.1%	81.6%	13.8%	2.3%	0.0%

Fri - 06/05/2015															
Snack Cycle SY 14-15	Total														
Bagel Half WG	1/2 Bagel	105	0	146	1.50	0.72	20.0	0	0	0.0	2.5	17.0	1.0	0.00	0.00
SunButter Cup	1 Each	200	0	120	4.50	1.44	20.0	0	0	0.0	7.5	5.0	17.0	2.00	0.00
Weighted Daily Average		305	0	266	6.00	2.16	40.0	0	0	0.00	10.00	22.00	18.00	2.00	0.00
% of Calories											13.1%	28.9%	53.1%	5.9%	0.0%

\*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

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

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# Chartwells District of Columbia

Jun 1, 2015 thru Jun 20, 2015 Spreadsheet - Portion Values

May 27, 2015

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Snack Cycle SY 14-15

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 06/08/2015															
Snack Cycle SY 14-15	Total														
Golden Grahams Cereal	1 Each	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
Milk, 1%	1 Cup	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		220	15	355	1.00	3.60	380.0	900	180	6.00	10.00	37.00	3.50	1.50	0.00
% of Calories											18.2%	67.3%	14.3%	6.1%	0.0%

Tue - 06/09/2015															
Snack Cycle SY 14-15	Total														
Golden Grahams Cereal	1 Each	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
Milk, 1%	1 Cup	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		220	15	355	1.00	3.60	380.0	900	180	6.00	10.00	37.00	3.50	1.50	0.00
% of Calories											18.2%	67.3%	14.3%	6.1%	0.0%

Wed - 06/10/2015															
Snack Cycle SY 14-15	Total														
Cheddar GoldFish	1 Each	100	5	170	1.00	0.36	20.0	0	0	0.0	3.0	14.0	3.5	1.00	0.00
Juice, Orange 4oz	4 oz	60	0	0	0.00	0.00	0.0	0	0	*N/A*	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average		160	5	170	1.00	0.36	20.0	0	0	*0.00	3.00	27.00	3.50	1.00	0.00
% of Calories											7.5%	67.5%	19.7%	5.6%	0.0%

Thu - 06/11/2015															
Snack Cycle SY 14-15	Total														
Baby Carrots, Snack	3/4 Cup	41	0	34	2.88	0.48	25.9	27004	2700	8.93	0.99	9.73	0.0	0.00	0.00
Dressing Packets, Salad	2 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Hummus	1/4 cup	132	0	302	3.78	*N/A*	37.8	0	0	9.07	5.67	15.12	7.56	0.95	0.00
Weighted Daily Average		185	0	438	6.71	*0.49	66.0	27010	2702	18.04	6.72	27.37	7.61	0.96	0.00
% of Calories											14.5%	59.3%	37.1%	4.7%	0.0%

Fri - 06/12/2015															
Snack Cycle SY 14-15	Total														
Whole Grain Pretzel Sticks	1 each	80	0	200	3.00	1.08	0.0	0	0	0.0	2.0	17.0	1.0	0.00	0.00
Apple, Fresh	1 each	95	0	2	4.37	0.22	10.9	98	9	8.37	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		175	0	202	7.37	1.30	10.9	98	9	8.37	2.47	42.13	1.31	0.05	0.00
% of Calories											5.7%	96.5%	6.7%	0.3%	0.0%

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# Chartwells District of Columbia

Jun 1, 2015 thru Jun 20, 2015 Spreadsheet - Portion Values

May 27, 2015

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Snack Cycle SY 14-15

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 06/15/2015</b>															
Snack Cycle SY 14-15	Total														
Cheddar GoldFish	1 Each	100	5	170	1.00	0.36	20.0	0	0	0.0	3.0	14.0	3.5	1.00	0.00
String Cheese	1 oz	60	10	210	0.00	0.00	200.0	200	40	0.0	8.0	1.0	2.5	2.00	0.00
Weighted Daily Average		160	15	380	1.00	0.36	220.0	200	40	0.00	11.00	15.00	6.00	3.00	0.00
% of Calories											27.5%	37.5%	33.7%	16.9%	0.0%
<b>Tue - 06/16/2015</b>															
Snack Cycle SY 14-15	Total														
Blueberry Muffin Square WG	1 Each	241	44	437	3.72	1.05	51.6	129	37	0.26	7.14	43.26	4.82	0.81	0.00
Juice, Apple 4oz	1 each	60	0	15	0.00	0.00	0.0	0	0	30.0	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average		301	44	452	3.72	1.05	51.6	129	37	30.26	8.14	56.26	4.82	0.81	0.00
% of Calories											10.8%	74.8%	14.4%	2.4%	0.0%
<b>Wed - 06/17/2015</b>															
Snack Cycle SY 14-15	Total														
Broccoli, Fresh, Snack	3/4 Cup	22	0	22	1.72	0.48	31.0	411	102	58.87	1.86	4.38	0.24	0.03	0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
String Cheese	1 oz	60	10	210	0.00	0.00	200.0	200	40	0.0	8.0	1.0	2.5	2.00	0.00
Weighted Daily Average		94	10	334	1.77	0.49	233.3	617	143	58.91	9.92	7.90	2.80	2.04	0.00
% of Calories											42.4%	33.8%	26.9%	19.6%	0.0%
<b>Thu - 06/18/2015</b>															
Snack Cycle SY 14-15	Total														
Apple, Fresh	1 each	95	0	2	4.37	0.22	10.9	98	9	8.37	0.47	25.13	0.31	0.05	0.00
SunButter Cup	1 Each	200	0	120	4.50	1.44	20.0	0	0	0.0	7.5	5.0	17.0	2.00	0.00
Weighted Daily Average		295	0	122	8.87	1.66	30.9	98	9	8.37	7.97	30.13	17.31	2.05	0.00
% of Calories											10.8%	40.9%	52.9%	6.3%	0.0%
<b>Fri - 06/19/2015</b>															
Snack Cycle SY 14-15	Total														
Cucumber Coins, Snack	3/4 cup	12	0	2	0.39	0.22	12.5	82	16	2.18	0.51	2.83	0.09	0.03	0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Whole Grain Pretzel Sticks	1 each	80	0	200	3.00	1.08	0.0	0	0	0.0	2.0	17.0	1.0	0.00	0.00
Weighted Daily Average		103	0	304	3.44	1.31	14.8	88	18	2.23	2.57	22.35	1.14	0.05	0.00
% of Calories											10.0%	86.9%	10.0%	0.4%	0.0%

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# Chartwells District of Columbia

**Jun 1, 2015 thru Jun 20, 2015 Spreadsheet - Portion Values**  
**Snack Cycle SY 14-15**

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Average		200	12	329	3.80	*1.32	120.7	2227	243	*16.59	7.85 15.7%	30.53 60.9%	5.66 25.4%	1.35 6.0%	0.00 0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	200		600 - 650	33%		400		Correction Required - Calories are Low  *Target effective with 2014-2015 School Year!
Cholesterol (mg)	12							
Sodium (mg)	329		1230					
Fiber (g)	3.80							
Iron (mg)	1.32				Missing			
Calcium (mg)	120.7							
Vitamin A (IU)	2227							
Vitamin A (RE)	243							
Vitamin C (mg)	16.59				Missing			
Protein (g)	7.85	15.66%						
Carbohydrate (g)	30.53	60.93%						
Total Fat (g)	5.66	25.40%						
Saturated Fat (g)	1.35	6.04%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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