

This Excel Spreadsheet contains the nutrition information for all After-School Snack Program (ASSP) food items. The items are listed by cycle date. The cycle date for the menu item is listed in the far left column. Please refer to the Cycle Dates Calendar (right) to determine which calendar date corresponds with a cycle date.

Cycle Dates 2018-2019

September 2018				
Mo	Tu	We	Th	Fr
	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

October 2018				
Mo	Tu	We	Th	Fr
1	2	3	4	5
6	7	8	9	10
11	12	13		
14	15	16	17	18
19	20	21	22	23
24	25	26	27	28
29	30	31		

November 2018				
Mo	Tu	We	Th	Fr
			1	2
			3	4
5	6	7	8	9
10	11	12	13	14
15	16	17	18	19
20	21	22	23	24
25	26	27	28	29
30	31			

December 2018				
Mo	Tu	We	Th	Fr
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

January 2019				
Mo	Tu	We	Th	Fr
		1	2	3
		4	5	6
7	8	9	10	11
12	13	14	15	16
17	18	19	20	21
22	23	24	25	26
27	28	29	30	31

February 2019				
Mo	Tu	We	Th	Fr
				1
				2
3	4	5	6	7
8	9	10	11	12
13	14	15	16	17
18	19	20	21	22
23	24	25	26	27
28	29	30	31	

March 2019				
Mo	Tu	We	Th	Fr
				1
2	3	4	5	6
7	8	9	10	11
12	13	14	15	16
17	18	19	20	21
22	23	24	25	26
27	28	29	30	31

April 2018				
Mo	Tu	We	Th	Fr
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22			

May/June 2018				
Mo	Tu	We	Th	Fr
		1	2	3
		4	5	6
7	8	9	10	11
12	13	14	15	16
17	18	19	20	21
22	23	24	25	26
27	28	29	30	31
32	33	34	35	36





RECIPE NUTRITIONAL SUMMARY - ASSP 18/19 SY

2018-08-28 12:10

Menu Cycle Date	Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
1	M52723	Double Chocolate Oat Bar	1 each (0 g)	150	45	5	1	0	15	115	24	3	8	2	0	0	0	6
1	M66677	1% Milk	1 carton (0 g)	110	25	2.5	1.5	0	10	130	13	0	12	8	10	4	30	0
2	M52643	Pretzels	1 package (0 g)	80	15	1.5	0	0	0	200	15	2	0	2	0	0	0	4
2	M54313	Dried Cranberries	1 each (0 g)	100	0	0	0	0	0	0	27	2	24	0	0	0	0	0
3	M52577	Apple Cinnamon Muffin	1 muffin (0 g)	190	50	6	2	0	40	130	30	2	16	3	2	0	4	6
3	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
4	M53799	Fresh Apple Slices	1 each (0 g)	30	0	0	0	0	0	0	7	1	6	0	0	35	0	0
4	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
5	M50348	Cheddar Goldfish Crackers	1 package (0 g)	100	35	4	0.5	0	0	170	14	1	0	2	0	0	2	4
5	M50721	Raisins	3/8 cup (0 g)	160	0	0	0	0	0	5	43	2	32	2	0	2	2	6
6	M51266	Banana Muffin	1 muffin (0 g)	190	50	6	2	0	40	130	31	2	17	3	2	0	4	4
6	M66677	1% Milk	1 carton (0 g)	110	25	2.5	1.5	0	10	130	13	0	12	8	10	4	30	0
7	M50348	Cheddar Goldfish Crackers	1 package (0 g)	100	35	4	0.5	0	0	170	14	1	0	2	0	0	2	4
7	M54313	Dried Cranberries	1 each (0 g)	100	0	0	0	0	0	0	27	2	24	0	0	0	0	0
8	M52580	Strawberry NG Bar	1 each (0 g)	160	35	4	0.5	0	0	150	29	3	14	2	15	0	20	10
8	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
9	M51267	Blueberry Muffin	1 muffin (0 g)	190	50	6	2	0	40	130	31	2	16	3	2	0	2	4
9	M50792	Strawberry Banana Yogurt	1 each (0 g)	80	0	0.5	0	0	<5	60	15	0	9	4	10	0	10	0
10	M50721	Raisins	3/8 cup (0 g)	160	0	0	0	0	0	5	43	2	32	2	0	2	2	6
10	M53626	Cheddar Cheese Cubes	1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0
11	M52723	Double Chocolate Oat Bar	1 each (0 g)	150	45	5	1	0	15	115	24	3	8	2	0	0	0	6



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2018-08-28 12:10

11	M66677	1% Milk	1 carton (0 g)	110	25	2.5	1.5	0	10	130	13	0	12	8	10	4	30	0
12	M54313	Dried Cranberries	1 each (0 g)	100	0	0	0	0	0	0	27	2	24	0	0	0	0	0
12	M53626	Cheddar Cheese Cubes	1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0
13	M52577	Apple Cinnamon Muffin	1 muffin (0 g)	190	50	6	2	0	40	130	30	2	16	3	2	0	4	6
13	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
14	M53799	Fresh Apple Slices	1 each (0 g)	30	0	0	0	0	0	0	7	1	6	0	0	35	0	0
14	M53626	Cheddar Cheese Cubes	1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0
15	M52770	Celery Sticks	1/2 cup (0 g)	10	0	0	0	0	0	50	2	<1	<1	0	6	4	2	0
15	M50285	Peanut Butter	1 each (0 g)	120	100	11	2	0	0	100	5	2	2	4	0	0	0	2
16	M51268	Chocolate Chip Muffin	1 muffin (0 g)	200	50	6	2	0	40	135	32	3	17	4	2	0	4	8
16	M66677	1% Milk	1 carton (0 g)	110	25	2.5	1.5	0	10	130	13	0	12	8	10	4	30	0
17	M54313	Dried Cranberries	1 each (0 g)	100	0	0	0	0	0	0	27	2	24	0	0	0	0	0
17	M50792	Strawberry Banana Yogurt	1 each (0 g)	80	0	0.5	0	0	<5	60	15	0	9	4	10	0	10	0
18	M52580	Strawberry NG Bar	1 each (0 g)	160	35	4	0.5	0	0	150	29	3	14	2	15	0	20	10
18	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
19	M53799	Fresh Apple Slices	1 each (0 g)	30	0	0	0	0	0	0	7	1	6	0	0	35	0	0
19	M53626	Cheddar Cheese Cubes	1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0
20	M51266	Banana Muffin	1 muffin (0 g)	190	50	6	2	0	40	130	31	2	17	3	2	0	4	4
20	M50721	Raisins	3/8 cup (0 g)	160	0	0	0	0	0	5	43	2	32	2	0	2	2	6
21	M51268	Chocolate Chip Muffin	1 muffin (0 g)	200	50	6	2	0	40	135	32	3	17	4	2	0	4	8
21	M66677	1% Milk	1 carton (0 g)	110	25	2.5	1.5	0	10	130	13	0	12	8	10	4	30	0
22	M54313	Dried Cranberries	1 each (0 g)	100	0	0	0	0	0	0	27	2	24	0	0	0	0	0
22	M50348	Cheddar Goldfish Crackers	1 package (0 g)	100	35	4	0.5	0	0	170	14	1	0	2	0	0	2	4



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23	M51267	Blueberry Muffin	1 muffin (0 g)	190	50	6	2	0	40	130	31	2	16	3	2	0	2	4
23	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
24	M52580	Strawberry NG Bar	1 each (0 g)	160	35	4	0.5	0	0	150	29	3	14	2	15	0	20	10
24	M53626	Cheddar Cheese Cubes	1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0
25	M53799	Fresh Apple Slices	1 each (0 g)	30	0	0	0	0	0	0	7	1	6	0	0	35	0	0
25	M50348	Cheddar Goldfish Crackers	1 package (0 g)	100	35	4	0.5	0	0	170	14	1	0	2	0	0	2	4