

Nutrient Detail Report

Organization: Gourmet Gorilla

Session: 2023-24 School Year

Menu: FSP Hot Packaged Breakfast, SY 23-24

Number Source: Planned

Dates: 04-01-2024 to 05-03-2024

Nutrient Summary

Date(s): 04-01-2024 to 05-03-2024

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	486.225		450 min / 500 max	Pass		
Protein (g)	15.160*	12.471%				
Total Fat (g)	8.632	15.977%				
Saturated Fat (g)	3.346	6.193%	< 10%	Pass		
Trans Fat (g)	0.000					
Carbohydrates (g)	83.681*	68.841%				
Cholesterol (mg)	62.250*					
Sodium (mg)	427.470		≤ 540	Pass		
Potassium (mg)	232.839*					
Fiber (g)	8.311*					
Sugars (g)	51.751*					
Iron (g)	1.909*					
Calcium (mg)	456.910*					
Vitamin A (IU)	888.476*					
Vitamin C (mg)	45.579*					
Vitamin D (mcg)	1.140*					

* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 04-01-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Menu 144; Banana Bread, Big	82352	1 EACH	100	169.387	23.698	2.185	11.304
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				417.385	69.647	7.804	45.919
% of Calories					66.746%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-02-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Menu 103; WG Waffles (2)	82144	2 each	100	192.162	29.892	2.135	4.270
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Misc.							
Syrup, Breakfast, Smuckers, Packet, 1 Each	82099	1 each	100	80.000	21.000	0.000	21.000
Total			100				
Weighted Daily Average				520.16	96.841	7.754	59.886
% of Calories					74.47%		

* Indicates missing Nutrient Information.

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Big Strawberry Muffin	1003494	1 Each	100	197.301	30.895	3.351	12.541
Milk							
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	20	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	30	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				444.299	76.144	8.97	46.556
% of Calories					68.552%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-04-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Menu 095; French Toast, Casserole, 1 Slice, NSLP	82115	1 Each	100	174.753	27.693	1.559	14.562
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Total			100				
Weighted Daily Average				422.751	73.642	7.178	49.177
% of Calories					69.679%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-05-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Menu 019; Cinnamon Oatmeal, 3/4 Cup	1346004	³ / ₄ Cup	100	200.503	43.442	1.671	20.050
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Granola Crumble, 1 oz	82137	1 oz	100	132.132	22.214	1.125	7.591
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				580.633	111.605	8.415	62.256
% of Calories					76.885%		

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Menu Detail

Date: 04-08-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Misc.							
Menu 098; WG Pancakes (2)	82057	2 Each	100	159.891	30.646	3.997	5.330
Syrup, Breakfast, Smuckers, Packet, 1 Each	82099	1 each	100	80.000	21.000	0.000	21.000
Total			100				
Weighted Daily Average				487.889	97.595	9.616	60.945
% of Calories					80.014%		

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Menu Detail

Date: 04-09-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Snack'n Waffles, Blueberry	1059686	1 Each	100	250.000	37.000	2.000	15.000
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				497.998	82.949	7.619	49.615
% of Calories					66.626%		

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Menu Detail

Date: 04-10-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Chocolate Chip Banana Bread, Big	1307148	1 EACH	100	175.268	24.538	2.269	11.976
Milk							
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	20	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	30	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				422.266	69.787	7.888	45.992
% of Calories					66.107%		

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Menu Detail

Date: 04-11-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Pumpkin Apple Bread, Big, 2 Each	1431472	2 slice	100	320.783	42.185	5.642	16.884
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Total			100				
Weighted Daily Average				568.781	88.135	11.261	51.499
% of Calories					61.981%		

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Menu Detail

Date: 04-12-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
WG Bread, 1 Slice	82064	1 Slice	100	71.310	13.230	1.400	1.440
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Misc.							
Frittata Egg Muffin, Original, 1 Each	1197530	1 each	100	112.894	0.759	0.260*	0.206*
Total			100				
Weighted Daily Average				432.202	59.938	7.279*	36.262*
% of Calories					55.472%		

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Grain 017; Blueberry Muffin, Big	82103	1 EACH	100	237.400	36.845	3.305	18.684
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				485.398	82.794	8.925	53.299
% of Calories					68.228%		

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Menu Detail

Date: 04-16-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Menu 103; WG Waffles (2)	82144	2 each	100	192.162	29.892	2.135	4.270
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Misc.							
Syrup, Breakfast, Smuckers, Packet, 1 Each	82099	1 each	100	80.000	21.000	0.000	21.000
Total			100				
Weighted Daily Average				520.16	96.841	7.754	59.886
% of Calories					74.47%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-17-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Cinnamon Muffin, Big	321859	1 each	100	337.491	35.914	3.924	11.983
Milk							
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	20	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	30	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				584.488	81.163	9.543	45.998
% of Calories					55.544%		

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Menu Detail

Date: 04-18-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Rich's WG French Toast Sticks, 3	1305165	3 each	100	202.500	26.250	2.250	8.250
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Misc.							
Syrup, Breakfast, Smuckers, Packet, 1 Each	82099	1 each	100	80.000	21.000	0.000	21.000
Total			100				
Weighted Daily Average				530.498	93.199	7.869	63.865
% of Calories					70.273%		

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Menu 243; Eggs, Scrambled, 1/4 Cup	1020186	1/4 Cup	100	96.202	0.000	0.000	0.000
Vegetables							
Roasted Potatoes, 1/4 Cup	85458	0.25 Cup	100	28.667	6.568	0.472	0.225
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
WG Bread, 1 Slice	82064	1 Slice	100	71.310	13.230	1.400	1.440
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				444.177	65.747	7.491	36.28
% of Calories					59.208%		

* Indicates missing Nutrient Information.

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Snack'n Waffles, Maple, 1 Each	1034854	1 Each	100	250.000	37.000	2.000	15.000
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	50	110.000	13.000	0.000	12.000
Milk, Skim, Half Pint, Prime	82089	1 each	20	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Total			100				
Weighted Daily Average				506.998	83.549	7.619	49.915
% of Calories					65.917%		

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Half Pint, Prime	82089	1 each	30	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	50	120.000	20.000	0.000	18.000
Misc.							
Menu 098; WG Pancakes (2)	82057	2 Each	100	159.891	30.646	3.997	5.330
Syrup, Breakfast, Smuckers, Packet, 1 Each	82099	1 each	100	80.000	21.000	0.000	21.000
Total			100				
Weighted Daily Average				495.889	99.395	9.616	62.345
% of Calories					80.175%		

* Indicates missing Nutrient Information.

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Menu 140; Apple Bread,Big, 32 cut, 2 each	365171	2 each	100	241.609	35.798	3.251	17.025
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				489.607	81.747	8.87	51.64
% of Calories					66.786%		

* Indicates missing Nutrient Information.

Menu Detail

Date: 04-25-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Strawberry French Toast, Casserole, 1 Slice, NSLP	1471996	1 Each	100	177.816	28.492	1.743	14.961
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Half Pint, Prime	82089	1 each	30	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	50	120.000	20.000	0.000	18.000
Total			100				
Weighted Daily Average				433.814	76.241	7.362	50.976
% of Calories					70.298%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-26-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Blueberry Lemon Muffin, Big, 1 Each	1171899	1 Each	100	233.002	30.338*	3.189*	12.352*
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	40	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	40	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				485	77.188*	8.808*	47.668*
% of Calories					63.66%		

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Menu Detail

Date: 04-29-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Menu 144; Banana Bread, Big	82352	1 EACH	100	169.387	23.698	2.185	11.304
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				417.385	69.647	7.804	45.919
% of Calories					66.746%		

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Menu Detail

Date: 04-30-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Menu 103; WG Waffles (2)	82144	2 each	100	192.162	29.892	2.135	4.270
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Misc.							
Syrup, Breakfast, Smuckers, Packet, 1 Each	82099	1 each	100	80.000	21.000	0.000	21.000
Total			100				
Weighted Daily Average				520.16	96.841	7.754	59.886
% of Calories					74.47%		

* Indicates missing Nutrient Information.

Menu Detail

Date: 05-01-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Big Strawberry Muffin	1003494	1 Each	100	197.301	30.895	3.351	12.541
Milk							
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	20	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	30	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				444.299	76.144	8.97	46.556
% of Calories					68.552%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 05-02-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Menu 095; French Toast, Casserole, 1 Slice, NSLP	82115	1 Each	100	174.753	27.693	1.559	14.562
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Total			100				
Weighted Daily Average				422.751	73.642	7.178	49.177
% of Calories					69.679%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 05-03-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Menu 019; Cinnamon Oatmeal, 3/4 Cup	1346004	3/4 Cup	100	200.503	43.442	1.671	20.050
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Granola Crumble, 1 oz	82137	1 oz	100	132.132	22.214	1.125	7.591
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				580.633	111.605	8.415	62.256
% of Calories					76.885%		

* Indicates missing Nutrient Information.

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