

Nutrient Detail Report

Organization: Gourmet Gorilla

Session: 2023-24 School Year

Menu: FSP Cold Pack Breakfast PRE-K, 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)	311.898					
Protein (g)	12.578*	16.131%				
Total Fat (g)	5.710	16.477%				
Saturated Fat (g)	2.265	6.537%				
Trans Fat (g)	0.000					
Carbohydrates (g)	51.385*	65.9%				
Cholesterol (mg)	23.198*					
Sodium (mg)	283.172					
Potassium (mg)	123.599*					
Fiber (g)	3.802*					
Sugars (g)	31.431*					
Iron (g)	1.937*					
Calcium (mg)	379.449*					
Vitamin A (IU)	1,070.129*					
Vitamin C (mg)	47.786*					
Vitamin D (mcg)	2.450*					

* 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)
Breakfast Entree							
Corn Flakes, 4 fl oz (Bulk)	1275782	0.5 cup	100	55.000	13.000	0.500	1.000
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
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	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				260.109	39.986	3.294	23.879
% of Calories					61.491%		

* 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							
Menu 008; Fruit, Appleberry Sauce, 1/2 Cup	82211	1/2 Cup	100	47.977	13.348	1.138	11.025
Grains							
Darlington Bar, Apple	1075176	1 each	100	280.000	46.000	2.000	18.000
Milk							
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	50	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				422.977	71.348	3.138	40.525
% of Calories					67.472%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-03-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Peach GrowYo, Bulk, 1/2 cup	288269	1/2 cup	100	90.000	17.000	0.000	8.000
Fruit							

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Grains							
HW English Muffin, 1/2 Each	82454	1/2 Each	100	60.000	13.500	2.500	1.000
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	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				355.109	57.486	5.294	31.879
% of Calories					64.753%		

* 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)
Breakfast Entree							
Menu 140; Apple Bread, Small, 40 Cut	349427	1 each	100	73.525	11.602	0.840	6.810
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
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	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				223.495	36.795	2.295	31.018
% of Calories					65.854%		

* 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							
Grain 016; Blueberry Muffin, Small	82476	1 EACH	100	177.460	27.516	2.455	14.006
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Milk							
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	50	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				317.32	50.843	3.452	35.624
% of Calories					64.091%		

* Indicates missing Nutrient Information.

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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							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
Grains							
Cereal, Toasted Oats, Bulk, 1/2 cup	1217350	1/2 cup	100	60.000	11.200	1.600	0.400
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	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				205	37.2	2.6	23.9
% of Calories					72.585%		

* Indicates missing Nutrient Information.

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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							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
Grains							
Small Strawberry Muffin	1007579	1 Each	100	147.994	23.176	2.514	9.409
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	50	110.000	13.000	0.000	12.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				285.087	45.053	4.546	27.869
% of Calories					63.213%		

* Indicates missing Nutrient Information.

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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)
Breakfast Entree							
Darlington Bar, Chocolate	82101	1 each	100	280.000	46.000	2.000	19.000
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Milk							
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	50	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				432.399	73.337	5.122	40.318
% of Calories					67.842%		

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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							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Grains							
WG Bagel, IW, 1 Each	1034987	1 Each	100	140.000	28.000	4.000	5.000
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	50	80.000	11.000	0.000	11.000
Misc.							
Menu 219; Cheese, Cream Cheese, 1 Tablespoon	82392	1 Tablespoon	100	44.444	0.988	0.000	0.494
Total			100				
Weighted Daily Average				324.305	52.315	4.997	27.112
% of Calories					64.526%		

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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							
Menu 258; Fruit, Fruit Salad, CHP, 1/2 Cup	84783	1/2 Cup	100	60.461	15.331	1.577	12.934
Milk							
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	50	110.000	13.000	0.000	12.000
Misc.							
Triple Berry Crunch Breakfast Bar, 1 each	1363194	1 serving	100	240.000	43.000	2.000	17.000
Total			100				
Weighted Daily Average				395.461	70.331	3.577	41.434
% of Calories					71.138%		

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Menu Detail

Date: 04-15-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Corn Flakes, 4 fl oz (Bulk)	1275782	0.5 cup	100	55.000	13.000	0.500	1.000
Fruit							
Menu 246; Fruit, Applesauce, Cup, 1 Each	82120	1 Each	100	50.000	14.000	1.000	12.000
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, Shelf Stable, 1%, Half Pint, 1 Each	86451	1 Each	50	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				200	39	1.5	24.5

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
% of Calories					78%		

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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							
Menu 008; Fruit, Appleberry Sauce, 1/2 Cup	82211	1/2 Cup	100	47.977	13.348	1.138	11.025
Grains							
Strawberry Banana Bread, Small,	1417173	1 EACH	100	133.271	19.102	1.710	9.011
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	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				276.247	44.45	2.848	31.536
% of Calories					64.363%		

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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							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Grains							
HW English Muffin, 1/2 Each	82454	1/2 Each	100	60.000	13.500	2.500	1.000
Milk							
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	50	110.000	13.000	0.000	12.000
Misc.							
Menu 310; Yogurt, Vanilla, 1/2 Cup	82932	1/2 cup	100	90.000	17.000	0.000	8.000
Total			100				
Weighted Daily Average				355.109	57.486	5.294	31.879
% of Calories					64.753%		

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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							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Grains							
Cherry Apple Crunch Breakfast Bar, 1 each	1363184	1 serving	100	240.000	43.000	2.000	17.000
Milk							
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	50	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				379.861	66.327	2.997	38.619
% of Calories					69.844%		

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Menu Detail

Date: 04-19-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
Grains							
Grow Bar, Apple Orchard, 1 each 2019	82235	1 each	100	161.114	23.809	2.338	9.828
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	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				298.208	45.687	4.37	28.288
% of Calories					61.282%		

* Indicates missing Nutrient Information.

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Date: 04-22-2024

Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
Grains							
Cereal, Toasted Oats, Bulk, 1/2 cup	1217350	1/2 cup	100	60.000	11.200	1.600	0.400
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	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				205	37.2	2.6	23.9
% of Calories					72.585%		

* Indicates missing Nutrient Information.

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Date: 04-23-2024

Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Grains							
Blueberry Lemon Muffin, Small, 1 Each	1175483	1 Each	100	148.270	19.306*	2.029*	7.860*
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	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				353.379	46.292*	4.823*	30.74*
% of Calories					52.399%		

* Indicates missing Nutrient Information.

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Date: 04-24-2024

Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
Grains							
WG Bagel, IW, 1 Each	1034987	1 Each	100	140.000	28.000	4.000	5.000
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	50	80.000	11.000	0.000	11.000
Misc.							
Menu 219; Cheese, Cream Cheese, 1 Tablespoon	82392	1 Tablespoon	100	44.444	0.988	0.000	0.494
Total			100				
Weighted Daily Average				321.538	50.865	6.032	23.954
% of Calories					63.277%		

* Indicates missing Nutrient Information.

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Date: 04-25-2024

Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Menu 109; Pineapple, CC, 1/2 Cup	82190	1/2 Cup	100	96.304	25.270	2.697	18.972
Grains							
HW English Muffin, 1/2 Each	82454	1/2 Each	100	60.000	13.500	2.500	1.000
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	50	80.000	11.000	0.000	11.000
Misc.							
Menu 301; Yogurt, Strawberry, 1/2 cup	82407	1/2 cup	100	90.000	17.000	0.000	8.000
Total			100				
Weighted Daily Average				341.304	67.77	5.197	39.472
% of Calories					79.425%		

* 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							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Grains							
Menu 143; Banana Bread, Small	82474	1 EACH	100	132.564	18.546	1.710	8.847
Milk							
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	50	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				272.424	41.873	2.707	30.465
% of Calories					61.483%		

* Indicates missing Nutrient Information.

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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)
Breakfast Entree							
Corn Flakes, 4 fl oz (Bulk)	1275782	0.5 cup	100	55.000	13.000	0.500	1.000
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
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	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				260.109	39.986	3.294	23.879
% of Calories					61.491%		

* Indicates missing Nutrient Information.

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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							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
Grains							
Darlington Bar, Apple	1075176	1 each	100	280.000	46.000	2.000	18.000
Milk							
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	50	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				417.094	67.877	4.032	36.46
% of Calories					65.096%		

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Menu Detail

Date: 05-01-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Peach GrowYo, Bulk, 1/2 cup	288269	1/2 cup	100	90.000	17.000	0.000	8.000
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Grains							
HW English Muffin, 1/2 Each	82454	1/2 Each	100	60.000	13.500	2.500	1.000
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	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				355.109	57.486	5.294	31.879
% of Calories					64.753%		

* 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)
Breakfast Entree							

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Menu 140; Apple Bread, Small, 40 Cut	349427	1 each	100	73.525	11.602	0.840	6.810
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
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	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				223.495	36.795	2.295	31.018
% of Calories					65.854%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 05-03-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Grain 016; Blueberry Muffin, Small	82476	1 EACH	100	177.460	27.516	2.455	14.006
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Milk							
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	50	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				317.32	50.843	3.452	35.624
% of Calories					64.091%		

* Indicates missing Nutrient Information.

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