

Nutrient Detail Report

Organization: Gourmet Gorilla
Session: 2023-24 School Year
Menu: FSP PM Snack 2023-2024
Number Source: Planned
Dates: 03-04-2024 to 03-29-2024

Nutrient Summary

Date(s): 03-04-2024 to 03-29-2024

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	259.350					
Protein (g)	6.052	9.334%				
Total Fat (g)	9.191	31.896%				
Saturated Fat (g)	2.181*	7.568%				
Trans Fat (g)	0.000*					
Carbohydrates (g)	36.018	55.551%				
Cholesterol (mg)	13.029					
Sodium (mg)	249.839					
Potassium (mg)	113.009*					
Fiber (g)	4.127					
Sugars (g)	16.197					
Iron (g)	1.844*					
Calcium (mg)	97.749*					
Vitamin A (IU)	2,269.583*					
Vitamin C (mg)	34.482*					
Vitamin D (mcg)	0.038*					

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-04-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
Snack Mix, NSLP	1472721	4 fl oz	100	319.677	80.841	4.142	48.120
Total			100				
Weighted Daily Average				319.677	80.841	4.142	48.12
% of Calories					101.153%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-05-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Orange Slices, 6 Slices	82345	6 Each	100	165.577	22.535	4.202	17.112
Grains							
Menu 144; Banana Bread, Big	82352	1 EACH	100	169.387	23.698	2.185	11.304
Total			100				
Weighted Daily Average				334.964	46.233	6.386	28.415
% of Calories					55.21%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-06-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Sunbutter & Jelly Sandwich, 1 Each	82111	1 each	100	372.620	41.460	6.800	13.880
Total			100				
Weighted Daily Average				372.62	41.46	6.8	13.88
% of Calories					44.506%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-07-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Menu 115; Fruit, Applesauce, 3/4 Cup	82293	3/4 Cup	100	75.012	21.003	1.500	18.003
Grains							
Cinnamon Crisps, 4 Each	82394	4 Each	100	100.515	15.315	2.000	0.315
Total			100				
Weighted Daily Average				175.526	36.318	3.5	18.318
% of Calories					82.764%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-08-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
WG Animal Crackers, 1 Each	82128	1 each	100	130.000	21.000	2.000	8.000
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				220	38	2	16
% of Calories					69.091%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-11-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Menu 148; Blueberry Bread, Big	82143	1 EACH	100	177.460	27.516	2.455	14.006
Misc.							
Menu 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				257.46	28.516	2.455	14.006
% of Calories					44.303%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-12-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Orange Slices, 6 Slices	82345	6 Each	100	165.577	22.535	4.202	17.112
Grains							
Pretzel Goldfish	1056765	1 each	100	90.000	16.000	1.000	0.000
Total			100				
Weighted Daily Average				255.577	38.535	5.202	17.112
% of Calories					60.311%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-13-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Vegetables							
Veg, Carrots, Baby, 3/4 Cup	1054889	3/4 cup	100	38.457	8.886	3.151	0.000
Grains							
Zee Zee's Wheat Crackers	336831	1 each	100	90.000	15.000	1.000	2.000
Total			100				
Weighted Daily Average				128.457	23.886	4.151	2
% of Calories					74.38%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-14-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Menu 120; Fruit, Cantaloupe, 3/4 Cup	82285	3/4 Cup	100	74.633	17.912	1.976	17.253

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
Bread, Carrot, 1 each (32 cut)	91733	1 each	100	290.258	33.205	2.197	18.950
Total			100				
Weighted Daily Average				364.89	51.116	4.173	36.203
% of Calories					56.035%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-15-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
Zee Zee's Graham Crackers	336832	1 each	100	130.000	21.000	0.000	8.000
Misc.							
Sunbutter, 2 Tbsp	82191	2 Tbsp	100	200.000	7.000	4.000	3.000
Total			100				
Weighted Daily Average				330	28	4	11
% of Calories					33.939%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-18-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Vegetables							
Veg, Carrots, Baby, 3/4 Cup	1054889	3/4 cup	100	38.457	8.886	3.151	0.000
Grains							
Grow Bar, Apple Orchard, 1 each 2019	82235	1 each	100	161.114	23.809	2.338	9.828
Total			100				
Weighted Daily Average				199.571	32.696	5.489	9.828
% of Calories					65.532%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-19-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Orange Slices, 6 Slices	82345	6 Each	100	165.577	22.535	4.202	17.112
Grains							
Zucchini Bread, Big, 1 each	1350194	1 each	100	194.922	18.563	2.011	6.414
Total			100				
Weighted Daily Average				360.499	41.099	6.212	23.525
% of Calories					45.602%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-20-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
WG Crackers, 10 each	1182672	10 each	100	110.000	16.000	2.000	1.000
Misc.							
Menu 262; Mini Cheddar Cheese Slices	88530	1.5 slice	100	128.864	0.000	0.000	0.000
Total			100				
Weighted Daily Average				238.864	16	2	1
% of Calories					26.794%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-21-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Menu 317; Apple Slices, 3/4 Cup	339080	6 Slices	100	67.350	15.804	3.251	11.136
Grains							
Sna 002; Blueberry Lemon Crispy Bites	90378	1 each	100	120.000	21.000	2.000	8.000
Total			100				
Weighted Daily Average				187.35	36.804	5.251	19.136

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
% of Calories					78.578%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-22-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
Menu 156; Bread, Pita, WG, 1/2 Piece	82131	1/2 Piece	100	120.000	19.500	1.500	0.500
Misc.							
Buffalo Hummus, 1/4 cup	295488	1/4 cup	100	166.575	11.329	3.382	0.716
Total			100				
Weighted Daily Average				286.575	30.829	4.882	1.216
% of Calories					43.03%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-25-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
Zee Zee Strawberry Grahams, 1 each	1316827	1 each	100	120.000	21.000	0.000	7.000
Misc.							
Menu 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				200	22	0	7
% of Calories					44%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-26-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
WG Graham Crackers, 2 Packs	82252	2 Each	100	120.000	22.000	N/A*	6.000
Misc.							
Sunbutter, 2 Tbsp	82191	2 Tbsp	100	200.000	7.000	4.000	3.000
Total			100				
Weighted Daily Average				320	29	4	9
% of Calories					36.25%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-27-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Orange Slices, 6 Slices	82345	6 Each	100	165.577	22.535	4.202	17.112
Grains							
Chocolate Chip Banana Bread, Big	1307148	1 EACH	100	175.268	24.538	2.269	11.976
Total			100				
Weighted Daily Average				340.846	47.074	6.47	29.088
% of Calories					55.243%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-28-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Menu 256; CH Fruit Salad, CC, 3/4 Cup	88258	3/4 Cup	100	73.209	18.041	1.778	16.712
Grains							
Ranch Crisps, 4 Each	82261	4 Each	100	101.556	15.222	2.000	0.222
Total			100				
Weighted Daily Average				174.765	33.263	3.778	16.935
% of Calories					76.133%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 03-29-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Vegetables							
Cucumber Slices, 3/4 Cup	1054896	³ / ₄ Cup	100	19.357	4.684	0.645	2.155
Grains							
WG Goldfish, 1 Each	82253	1 each	100	100.000	14.000	1.000	0.000
Total			100				
Weighted Daily Average				119.357	18.684	1.645	2.155
% of Calories					62.617%		

* Indicates missing Nutrient Information.

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