

Nutrient Detail Report

Organization: Gourmet Gorilla
Session: 2023-24 School Year
Menu: FSP Cold Pack 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)	544.150		450 min / 500 max			
Protein (g)	16.277*	11.965%				
Total Fat (g)	8.917	14.749%				
Saturated Fat (g)	3.904	6.457%	< 10%	Pass		
Trans Fat (g)	0.000					
Carbohydrates (g)	95.066*	69.882%				
Cholesterol (mg)	33.166*					
Sodium (mg)	396.028		≤ 540	Pass		
Potassium (mg)	304.220*					
Fiber (g)	9.943*					
Sugars (g)	58.283*					
Iron (g)	3.477*					
Calcium (mg)	479.946*					
Vitamin A (IU)	1,275.946*					
Vitamin C (mg)	91.091*					
Vitamin D (mcg)	1.171*					

* 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, 1 cup	1192391	1 cup	100	110.000	26.000	1.000	2.000
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
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 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				548.107	87.935	9.413	47.994
% of Calories					64.174%		

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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
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, 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				575.974	105.297	8.757	63.64
% of Calories					73.126%		

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Menu Detail

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
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, 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				579.239	99.449	9.538	60.985
% of Calories					68.675%		

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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,Big, 32 cut, 2 each	365171	2 each	100	241.609	35.798	3.251	17.025
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
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				544.576	94.94	10.325	64.348
% of Calories					69.735%		

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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)
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
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				530.259	94.122	9.921	63.417
% of Calories					71%		

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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
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Cereal, Toasted Oats, Bulk, 1 cup	1207704	1 cup	100	120.000	22.400	3.200	0.800
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 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				497.998	83.349	9.819	47.415

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
% of Calories					66.947%		

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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
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, 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				487.393	86.721	11.002	54.116
% of Calories					71.171%		

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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
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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				584.397	106.586	10.741	62.834
% of Calories					72.954%		

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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
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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	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.							
Menu 219; Cheese, Cream Cheese, 1 Tablespoon	82392	1 Tablespoon	100	44.444	0.988	0.000	0.494
Total			100				
Weighted Daily Average				477.303	86.264	10.616	50.228
% of Calories					72.293%		

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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
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

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
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				548.459	104.28	9.196	64.549
% of Calories					76.053%		

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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, 1 cup	1192391	1 cup	100	110.000	26.000	1.000	2.000
Fruit							
Menu 246; Fruit, Applesauce, Cup, 1 Each	82120	1 Each	100	50.000	14.000	1.000	12.000
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 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				487.998	86.949	7.619	48.615
% of Calories					71.27%		

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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
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Strawberry Banana Bread, Big, 2 each	1418551	2 EACH	100	348.777	49.285	4.370	23.497
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				644.751	108.583	11.127	69.138
% of Calories					67.364%		

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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
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, 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
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				579.239	99.449	9.538	60.985
% of Calories					68.675%		

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Menu Detail

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
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Cherry Apple Crunch Breakfast Bar, 1 each	1363184	1 serving	100	240.000	43.000	2.000	17.000
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				532.859	100.276	8.616	61.734
% of Calories					75.274%		

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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
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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	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				451.205	79.636	9.989	51.403
% of Calories					70.598%		

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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
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 cup	1207704	1 cup	100	120.000	22.400	3.200	0.800
Milk							
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
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Misc.							
Menu 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				497.998	83.349	9.819	47.415
% of Calories					66.947%		

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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
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
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	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				591.109	91.274*	11.602*	58.347*
% of Calories					61.764%		

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Menu Detail

Date: 04-24-2024

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
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	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 219; Cheese, Cream Cheese, 1 Tablespoon	82392	1 Tablespoon	100	44.444	0.988	0.000	0.494
Total			100				
Weighted Daily Average				474.536	84.814	11.651	47.069
% of Calories					71.492%		

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Menu Detail

Date: 04-25-2024

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
Menu 109; Pineapple, CC, 1/2 Cup	82190	1/2 Cup	100	96.304	25.270	2.697	18.972
Grains							
Granola Crumble, 1 oz	82137	1 oz	100	132.132	22.214	1.125	7.591
Milk							
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
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
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				566.434	110.433	9.441	69.178
% of Calories					77.985%		

* 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
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Grains							
Banana Bread, Big, 2 each	365173	2 EACH	100	338.774	47.396	4.370	22.608
Milk							
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
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				631.632	104.672	10.986	67.342
% of Calories					66.287%		

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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, 1 cup	1192391	1 cup	100	110.000	26.000	1.000	2.000
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
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 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				548.107	87.935	9.413	47.994
% of Calories					64.174%		

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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
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Darlington Bar, Apple	1075176	1 each	100	280.000	46.000	2.000	18.000
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				570.091	101.827	9.651	59.575
% of Calories					71.446%		

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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
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, 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				579.239	99.449	9.538	60.985
% of Calories					68.675%		

* 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							
Menu 140; Apple Bread,Big, 32 cut, 2 each	365171	2 each	100	241.609	35.798	3.251	17.025
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
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				544.576	94.94	10.325	64.348
% of Calories					69.735%		

* 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)
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
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				530.259	94.122	9.921	63.417
% of Calories					71%		

* Indicates missing Nutrient Information.

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