

Nutrient Detail Report

Organization: Gourmet Gorilla

Session: 2023-24 School Year

Menu: FSP Hot Packaged Breakfast PREK, 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)	306.890					
Protein (g)	12.809*	16.695%				
Total Fat (g)	6.555	19.223%				
Saturated Fat (g)	2.736	8.023%				
Trans Fat (g)	0.000*					
Carbohydrates (g)	47.308*	61.661%				
Cholesterol (mg)	52.923*					
Sodium (mg)	325.011					
Potassium (mg)	114.696*					
Fiber (g)	3.688*					
Sugars (g)	30.828*					
Iron (g)	1.225*					
Calcium (mg)	411.052*					
Vitamin A (IU)	1,191.843*					
Vitamin C (mg)	49.351*					
Vitamin D (mcg)	2.500*					

* 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							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
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				337.673	45.532	4.504	31.726
% of Calories					53.936%		

* 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							
Menu 102; WG Waffle (1)	82528	1 each	100	96.081	14.946	1.068	2.135
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.							
Blueberry Compote, 1/8 Cup	1433045	1/8 Cup	100	19.099	4.677	0.819	3.549
Total			100				
Weighted Daily Average				258.157	44.971	3.024	28.209
% of Calories					69.68%		

* 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)
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							
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
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				353.103	50.162	5.308	32.288
% of Calories					56.824%		

* 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 096; French Toast, Casserole, 1 Slice, Prek	85946	1 Each	100	129.003	19.274	1.247	8.769
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				278.972	44.467	2.702	32.977
% of Calories					63.758%		

* 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, 1/2 Cup	82188	1/2 Cup	100	133.648	28.957	1.114	13.365
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
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				273.509	52.284	2.111	34.983
% of Calories					76.465%		

* 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							
Menu 097; WG Pancake (1)	82448	1 Each	100	79.946	15.323	1.999	2.665
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.							
Blueberry Compote, 1/8 Cup	1070658	1/8 Cup	100	19.099	4.677	0.819	3.549
Total			100				
Weighted Daily Average				244.045	46	3.818	29.713
% of Calories					75.396%		

* 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							
Snack'n Waffles, Blueberry	1059686	1 Each	100	250.000	37.000	2.000	15.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
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				387.094	58.877	4.032	33.46
% of Calories					60.841%		

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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							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Grains							
Menu 143; Banana Bread, Small	82474	1 EACH	100	132.564	18.546	1.710	8.847
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				284.963	45.883	4.832	30.165
% of Calories					64.405%		

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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							
Pumpkin Apple Bread, Small, 1 Each	1429782	1 slice	100	128.313	16.874	2.257	6.754
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				268.174	40.202	3.254	28.372
% of Calories					59.963%		

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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
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	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.							
Frittata Egg Muffin, Original, 1 Each	1197530	1 each	100	112.894	0.759	0.260*	0.206*
Total			100				
Weighted Daily Average				339.665	41.32	3.238*	26.08*
% of Calories					48.66%		

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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							
Grain 016; Blueberry Muffin, Small	82476	1 EACH	100	177.460	27.516	2.455	14.006
Fruit							
Menu 246; Fruit, Applesauce, Cup, 1 Each	82120	1 Each	100	50.000	14.000	1.000	12.000
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Total			100				
Weighted Daily Average				322.46	53.516	3.455	37.506
% of Calories					66.384%		

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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							
Menu 102; WG Waffle (1)	82528	1 each	100	96.081	14.946	1.068	2.135
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 233; Compote, Strawberry, 2 Tbsp	82604	2 Tbsp	100	19.851	5.222	0.742	3.607
Total			100				
Weighted Daily Average				258.909	45.516	2.948	28.267
% of Calories					70.319%		

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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)
Breakfast Entree							
Cinnamon Muffin, Small	336187	1 each	100	167.850	17.957	1.962	5.991
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				372.959	44.943	4.756	28.871
% of Calories					48.201%		

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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							
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	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				342.361	49.577	3.247	29.869
% of Calories					57.924%		

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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)
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							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
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	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				333.273	41.675	3.904	20.125
% of Calories					50.02%		

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Menu Detail

Date: 04-22-2024

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							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
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				395	63	3	38.5
% of Calories					63.797%		

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Menu Detail

Date: 04-23-2024

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							
Menu 097; WG Pancake (1)	82448	1 Each	100	79.946	15.323	1.999	2.665
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 233; Compote, Strawberry, 2 Tbsp	82604	2 Tbsp	100	19.851	5.222	0.742	3.607
Total			100				
Weighted Daily Average				304.906	47.531	5.535	29.151
% of Calories					62.355%		

* Indicates missing Nutrient Information.

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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)
Breakfast Entree							
Menu 140; Apple Bread, Small, 40 Cut	349427	1 each	100	73.525	11.602	0.840	6.810
Fruit							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
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				210.619	33.48	2.872	25.27
% of Calories					63.584%		

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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)
Breakfast Entree							
Strawberry French Toast, Casserole, 1 Slice, Prek	1471995	1 Each	100	131.453	19.913	1.394	9.089
Fruit							
Menu 109; Pineapple, CC, 1/2 Cup	82190	1/2 Cup	100	96.304	25.270	2.697	18.972
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				322.757	57.183	4.091	39.561

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
% of Calories					70.869%		

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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							
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				288.131	42.633*	3.026*	29.479*
% of Calories					59.186%		

* 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)
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
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				337.673	45.532	4.504	31.726
% of Calories					53.936%		

* 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							
Menu 102; WG Waffle (1)	82528	1 each	100	96.081	14.946	1.068	2.135
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.							
Blueberry Compote, 1/8 Cup	1433045	1/8 Cup	100	19.099	4.677	0.819	3.549
Total			100				
Weighted Daily Average				252.274	41.5	3.919	24.144
% of Calories					65.802%		

* Indicates missing Nutrient Information.

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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)
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
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
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				353.103	50.162	5.308	32.288
% of Calories					56.824%		

* 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 096; French Toast, Casserole, 1 Slice, Prek	85946	1 Each	100	129.003	19.274	1.247	8.769
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				278.972	44.467	2.702	32.977
% of Calories					63.758%		

* 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, 1/2 Cup	82188	1/2 Cup	100	133.648	28.957	1.114	13.365
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
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				273.509	52.284	2.111	34.983
% of Calories					76.465%		

* Indicates missing Nutrient Information.

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