

Nutrient Detail Report

Organization: Gourmet Gorilla
Session: 2023-24 School Year
Menu: FSP Comfort Menu 2023-24
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)	633.304		600 min / 650 max	Pass		
Protein (g)	29.666*	18.738%				
Total Fat (g)	19.757*	28.078%				
Saturated Fat (g)	7.056*		< 10%			
Trans Fat (g)	0.222*					
Carbohydrates (g)	81.731*	51.622%				
Cholesterol (mg)	43.745*					
Sodium (mg)	1,005.236		≤ 1110	Pass		
Potassium (mg)	229.484*					
Fiber (g)	10.362*					
Sugars (g)	33.659*					
Iron (g)	4.247*					
Calcium (mg)	533.942*					
Vitamin A (IU)	3,974.854*					
Vitamin C (mg)	71.868*					
Vitamin D (mcg)	0.088*					

* 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)
Lunch Entree							
Menu 051; Chicken, Nuggets, WG, 5 Each	82342	5 Each	100	247.826	16.522	3.098	1.033
Vegetables							
Cucumber Salad, 1/4 cup	327021	1/4 cup	100	8.892	2.159	0.210	1.336
Roasted Potatoes, 1/2 Cup	82236	0.5 Cup	100	58.454	13.393	0.962	0.459
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	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Total			100				
Weighted Daily Average				519.276	68.291	7.702	24.308
% of Calories					52.605%		

* 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)
Lunch Entree							
MMA 009; Beef, Burger, 1 Each	82053	1 Each	100	242.425	0.000	0.000	0.000
Vegetables							
Pickle, Chips, Crinkle Cut, 2 each	1362865	2 each	100	0.000	N/A*	N/A*	N/A*
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
Veg, Carrots, Baby, 1/4 Cup	82244	1/4 Cup	100	12.799	2.957	1.049	0.000
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
Grains							
Menu 013; Bread, Bun, Hamburger, WG, 1 each	82047	1 each	100	143.683	25.876	2.591	3.304
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	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	98	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				588.39	64.307*	8.821*	29.778*
% of Calories					43.717%		

* 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)
Vegetables							
Jicama and Cucumber Relish, 1/2 cup	1481447	1/2 cup	100	44.125	10.283	3.765	3.138
Beans, Black, Seasoned, 1/4 cup	1365660	1/4 cup	100	107.067	8.852	2.212	0.357
Menu 188; Sauce, Marinara, Scratch, 3/8 Cup	82201	3/8 Cup	100	44.615	7.159	1.431	3.741
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Grains							
WG Penne Pasta, 3/4 Cup	82263	3/4 CUP	100	170.165	30.871	4.518	1.506
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Shredded Mozzarella Cheese, 1.5 oz	82277	1.5 Ounce	100	136.685	1.519	0.000	0.000
Total			100				
Weighted Daily Average				640.755	85.129	15.046	29.64
% of Calories					53.143%		

* 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 023; Beef, Hot Dog, 1 Each	82156	1 Each	100	180.000	1.000	0.000	1.000
Vegetables							
Veg, Salad, Three Bean, 1/4 Cup	82584	1/4 Cup	100	118.406	12.295	4.400	1.960
Roasted Sweet Potatoes, 1/2 Cup	82410	1/2 Cup	100	134.792	24.082	3.591	5.003
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Grains							
WG Hot Dog Bun, 1 Each	82142	1 each	100	149.258	27.017	2.686	3.571
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				718.017	88.831	11.673	34.732
% of Calories					49.487%		

* 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)
Lunch Entree							
Cheese Sauce, Scratch, 1/2 Cup	82560	1/2 Cup	100	236.548	6.467	0.053	4.316
Vegetables							
Broccoli Lemon, 1/2 Cup	1481367	1/2 Cup	100	27.272	5.326	2.085	1.364
Red Pepper Strips, 1/4 Cup	84940	1/4 Cup	100	18.027	3.507	1.221	2.442
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 Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	0.000
WG Elbow Pasta, 3/4 Cup	82218	3/4 CUP	100	135.460	29.350	4.515	1.505

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	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	19	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	80	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				625.668	84.71	10.453	34.901
% of Calories					54.157%		

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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)
Lunch Entree							
Menu 023; Beef, Hot Dog, 1 Each	82156	1 Each	100	180.000	1.000	0.000	1.000
Vegetables							
Roasted Potatoes, 1/2 Cup	82236	0.5 Cup	100	58.454	13.393	0.962	0.459
Veg, Coleslaw, GF/DF/EF 1/4 cup	91391	1/4 cup	100	16.417	4.260	0.679	3.308
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Grains							
WG Hot Dog Bun, 1 Each	82142	1 each	100	149.258	27.017	2.686	3.571
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.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				622.238	76.756	7.121	35.017
% of Calories					49.342%		

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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)
Vegetables							
Menu 188; Sauce, Marinara, Scratch, 3/8 Cup	82201	3/8 Cup	100	44.615	7.159	1.431	3.741
Black Bean & Corn Salad, 3/8 cup	1357893	3/8 cup	100	88.859	14.190	2.830	0.938
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Grains							
WG Penne Pasta, 3/4 Cup	82263	3/4 CUP	100	170.165	30.871	4.518	1.506
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Misc.							
Shredded Mozzarella Cheese, 1.5 oz	82277	1.5 Ounce	100	136.685	1.519	0.000	0.000
Total			100				
Weighted Daily Average				642.821	94.829	13.997	33.873
% of Calories					59.008%		

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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)
Lunch Entree							
Menu 051; Chicken, Nuggets, WG, 5 Each	82342	5 Each	100	247.826	16.522	3.098	1.033
Vegetables							
Green Beans Garlic, 1/2 cup	1473451	1/2 cup	100	23.625	4.725	1.575	1.575
Veg, Tomato, Cherry, 1/4 cup (4 each)	82096	4 Each	100	6.705	1.449	0.447	0.980
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
Grains							
WG Bread, 1 Slice	82064	1 Slice	100	71.310	13.230	1.400	1.440
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	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Total			100				
Weighted Daily Average				528.966	71.766	7.52	36.897
% of Calories					54.269%		

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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)
Lunch Entree							
Beef Burger, Premade, 1 Each	1156361	1 Each	100	190.000	0.000	0.000	0.000
Vegetables							
Pickle, Chips, Crinkle Cut, 2 each	1362865	2 each	100	0.000	N/A*	N/A*	N/A*
Menu 070; Veg, Broccoli, 1/2 Cup	82243	1/2 Cup	100	27.272	5.326	2.085	1.364
Italian Chickpea Salad, 1/4 cup	1481379	1/4 cup	100	152.479	8.364	2.602*	0.668*
Fruit							
Menu 109; Pineapple, CC, 1/2 Cup	82190	1/2 Cup	100	96.304	25.270	2.697	18.972
Grains							
Menu 013; Bread, Bun, Hamburger, WG, 1 each	82047	1 each	100	143.683	25.876	2.591	3.304
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				739.239	86.676*	9.974*	44.177*
% of Calories					46.9%		

* Indicates missing Nutrient Information.

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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)
Lunch Entree							
Cheese Sauce, Scratch, 1/2 Cup	82560	1/2 Cup	100	236.548	6.467	0.053	4.316
Vegetables							
Roasted Potatoes, 1/2 Cup	82236	0.5 Cup	100	58.454	13.393	0.962	0.459
Green Pepper Strips, 1/4 Cup	82241	1/4 Cup	100	14.175	3.289	1.205	1.701
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
Grains							
WG Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	0.000
WG Elbow Pasta, 3/4 Cup	82218	3/4 CUP	100	135.460	29.350	4.515	1.505
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				679.106	97.53	9.19	38.558
% of Calories					57.446%		

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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)
Lunch Entree							
Beef Burger, Premade, 1 Each	1156361	1 Each	100	190.000	0.000	0.000	0.000
Vegetables							
Pickle, Chips, Crinkle Cut, 2 each	1362865	2 each	100	0.000	N/A*	N/A*	N/A*
Peppers & Onions, 1/2 Cup	82203	1/2 Cup	100	37.463	3.122	0.780	0.000
Veg, Carrots, Baby, 1/4 Cup	82244	1/4 Cup	100	12.799	2.957	1.049	0.000
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
Menu 013; Bread, Bun, Hamburger, WG, 1 each	82047	1 each	100	143.683	25.876	2.591	3.304
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	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	69	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				596.354	62.662*	7.214*	29.793*
% of Calories					42.03%		

* Indicates missing Nutrient Information.

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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)
Lunch Entree							
Menu 023; Beef, Hot Dog, 1 Each	82156	1 Each	100	180.000	1.000	0.000	1.000
Vegetables							
Lemony Chickpea Salad, 1/4 cup	1075166	1/4 Cup	100	89.228	8.204	2.526	0.553
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Grains							
WG Hot Dog Bun, 1 Each	82142	1 each	100	149.258	27.017	2.686	3.571
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				654.168	81.76	12.515	36.206
% of Calories					49.993%		

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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)
Lunch Entree							
Cheese Sauce, Scratch, 1/2 Cup	82560	1/2 Cup	100	236.548	6.467	0.053	4.316
Vegetables							
Veg, Corn Salad, 1/2 Cup	82321	1/2 Cup	100	97.483	14.819	0.914	0.318
Beans, Black, Seasoned, 1/4 cup	1365660	1/4 cup	100	107.067	8.852	2.212	0.357
Fruit							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
Grains							
WG Elbow Pasta, 3/4 Cup	82218	3/4 CUP	100	135.460	29.350	4.515	1.505
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				738.151	89.204	9.726	31.325
% of Calories					48.339%		

* Indicates missing Nutrient Information.

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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)
Lunch Entree							
Menu 051; Chicken, Nuggets, WG, 5 Each	82342	5 Each	100	247.826	16.522	3.098	1.033
Vegetables							
Menu 070; Veg, Broccoli, 1/2 Cup	82243	1/2 Cup	100	27.272	5.326	2.085	1.364
Red Pepper Strips, 1/4 Cup	84940	1/4 Cup	100	18.027	3.507	1.221	2.442
Fruit							

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
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	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Total			100				
Weighted Daily Average				548.904	73.617	9.26	38.856
% of Calories					53.646%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-19-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Vegetables							
Menu 188; Sauce, Marinara, Scratch, 3/8 Cup	82201	3/8 Cup	100	44.615	7.159	1.431	3.741
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Veg, Corn, 1/4 Cup	82273	1/4 Cup	100	36.287	8.619	0.453	0.000
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 Penne Pasta, 3/4 Cup	82263	3/4 CUP	100	170.165	30.871	4.518	1.506
WG Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	0.000
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Misc.							
Shredded Mozzarella Cheese, 2 oz	82294	2 Ounce	100	182.247	2.025	0.000	0.000
Total			100				
Weighted Daily Average				698.873	101.759	11.076	36.051
% of Calories					58.242%		

* Indicates missing Nutrient Information.

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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)
Lunch Entree							
Menu 023; Beef, Hot Dog, 1 Each	82156	1 Each	100	180.000	1.000	0.000	1.000
Vegetables							
Veg, Salad, Three Bean, 1/4 Cup	82584	1/4 Cup	100	118.406	12.295	4.400	1.960
Veg, Sweet Potato, Fries, 1/2 Cup	82297	1/2 Cup	100	111.944	17.591	2.399	3.998
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Grains							
WG Hot Dog Bun, 1 Each	82142	1 each	100	149.258	27.017	2.686	3.571
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				760.417	85.999	12.278	34.988
% of Calories					45.238%		

* Indicates missing Nutrient Information.

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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)
Vegetables							
Green Beans, 1/2 Cup	82175	1/2 Cup	100	23.625	4.725	1.575	1.575
Veg, Edamame, 1/4 Cup	82141	1/4 Cup	100	43.013	3.519	1.955	0.782
Menu 188; Sauce, Marinara, Scratch, 3/8 Cup	82201	3/8 Cup	100	44.615	7.159	1.431	3.741

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							
WG Penne Pasta, 3/4 Cup	82263	3/4 CUP	100	170.165	30.871	4.518	1.506
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Shredded Mozzarella Cheese, 1.5 oz	82277	1.5 Ounce	100	136.685	1.519	0.000	0.000
Total			100				
Weighted Daily Average				546.779	72.25	10.616	29.709
% of Calories					52.855%		

* 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)
Lunch Entree							
Beef Burger, Premade, 1 Each	1156361	1 Each	100	190.000	0.000	0.000	0.000
Vegetables							
Pickle, Chips, Crinkle Cut, 2 each	1362865	2 each	100	0.000	N/A*	N/A*	N/A*
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
Steamed Carrots, Honey, 1/4 Cup	1362370	1/4 Cup	100	29.865	7.704	1.189	4.096
Fruit							
Fruit, Pearsauce, 1/2 Cup	87872	1/2 Cup	100	99.387	26.549	4.683	18.271
Grains							
Menu 013; Bread, Bun, Hamburger, WG, 1 each	82047	1 each	100	143.683	25.876	2.591	3.304
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Misc.							
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Total			100				
Weighted Daily Average				602.419	81.601*	12.643*	40.145*
% of Calories					54.183%		

* Indicates missing Nutrient Information.

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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)
Lunch Entree							
Menu 051; Chicken, Nuggets, WG, 5 Each	82342	5 Each	100	247.826	16.522	3.098	1.033
Vegetables							
Veg, Corn, 1/2 Cup	82127	1/2 Cup	100	60.443	14.356	0.755	0.000
Pineapple & Jicama, Pico De Gallo, 1/4 cup	1453474	1/4 cup	100	46.089	11.558	2.516	6.729
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
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	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Total			100				
Weighted Daily Average				571.336	81.969	9.224	34.989
% of Calories					57.387%		

* 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)
Lunch Entree							
Cheese Sauce, Scratch, 1/2 Cup	82560	1/2 Cup	100	236.548	6.467	0.053	4.316

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Vegetables							
Menu 070; Veg, Broccoli, 1/2 Cup	82243	1/2 Cup	100	27.272	5.326	2.085	1.364
Cucumber Slices, 1/4 Cup	82220	1/4 Cup	100	6.446	1.560	0.215	0.718
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 Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	0.000
WG Elbow Pasta, 3/4 Cup	82218	3/4 CUP	100	135.460	29.350	4.515	1.505
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				606.887	81.144	9.446	31.916
% of Calories					53.482%		

* 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)
Lunch Entree							
Menu 051; Chicken, Nuggets, WG, 5 Each	82342	5 Each	100	247.826	16.522	3.098	1.033
Vegetables							
Cucumber Salad, 1/4 cup	327021	1/4 cup	100	8.892	2.159	0.210	1.336
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
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	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Total			100				
Weighted Daily Average				494.326	64.936	7.805	28.889
% of Calories					52.545%		

* 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)
Lunch Entree							
MMA 009; Beef, Burger, 1 Each	82053	1 Each	100	242.425	0.000	0.000	0.000
Vegetables							
Celery, 1/4 cup	1078402	0.25 cup	100	4.040	0.750	0.404	0.338
Pickle, Chips, Crinkle Cut, 2 each	1362865	2 each	100	0.000	N/A*	N/A*	N/A*
Roasted Potatoes, 1/2 Cup	82236	0.5 Cup	100	58.454	13.393	0.962	0.459
Fruit							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
Grains							
Menu 013; Bread, Bun, Hamburger, WG, 1 each	82047	1 each	100	143.683	25.876	2.591	3.304
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				581.396	63.006*	5.989*	24.141*
% of Calories					43.348%		

* 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)
Vegetables							
Jicama and Cucumber Relish, 1/2 cup	1481447	1/2 cup	100	44.125	10.283	3.765	3.138
Beans, Black, Seasoned, 1/4 cup	1365660	1/4 cup	100	107.067	8.852	2.212	0.357
Menu 188; Sauce, Marinara, Scratch, 3/8 Cup	82201	3/8 Cup	100	44.615	7.159	1.431	3.741
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Grains							
Menu 013; Bread, Bun, Hamburger, WG, 1 each	82047	1 each	100	143.683	25.876	2.591	3.304
WG Penne Pasta, 3/4 Cup	82263	3/4 CUP	100	170.165	30.871	4.518	1.506
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Shredded Mozzarella Cheese, 1.5 oz	82277	1.5 Ounce	100	136.685	1.519	0.000	0.000
Total			100				
Weighted Daily Average				784.439	111.005	17.637	32.944
% of Calories					56.604%		

* 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 023; Beef, Hot Dog, 1 Each	82156	1 Each	100	180.000	1.000	0.000	1.000
Vegetables							
Veg, Salad, Three Bean, 1/4 Cup	82584	1/4 Cup	100	118.406	12.295	4.400	1.960
Roasted Sweet Potatoes, 1/2 Cup	82410	1/2 Cup	100	134.792	24.082	3.591	5.003
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Grains							
WG Hot Dog Bun, 1 Each	82142	1 each	100	149.258	27.017	2.686	3.571
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				718.017	88.831	11.673	34.732
% of Calories					49.487%		

* 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)
Lunch Entree							
Cheese Sauce, Scratch, 1/2 Cup	82560	1/2 Cup	100	236.548	6.467	0.053	4.316
Vegetables							
Broccoli Lemon, 1/2 Cup	1481367	1/2 Cup	100	27.272	5.326	2.085	1.364
Red Pepper Strips, 1/4 Cup	84940	1/4 Cup	100	18.027	3.507	1.221	2.442
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 Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	0.000
WG Elbow Pasta, 3/4 Cup	82218	3/4 CUP	100	135.460	29.350	4.515	1.505
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	19	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	80	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				625.668	84.71	10.453	34.901
% of Calories					54.157%		

* Indicates missing Nutrient Information.

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