

Nutrient Detail Report

Organization: Gourmet Gorilla
Session: 2023-24 School Year
Menu: FSP PM Snack 2023-2024
Number Source: Planned
Dates: 10-02-2023 to 11-03-2023

Nutrient Summary

Date(s): 10-02-2023 to 11-03-2023

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	223.346					
Protein (g)	5.390	9.653%				
Total Fat (g)	7.466	30.084%				
Saturated Fat (g)	2.565*	10.334%				
Trans Fat (g)	0.000					
Carbohydrates (g)	33.159	59.385%				
Cholesterol (mg)	15.302					
Sodium (mg)	221.483					
Potassium (mg)	101.929*					
Fiber (g)	3.584					
Sugars (g)	15.585					
Iron (g)	1.397*					
Calcium (mg)	106.914*					
Vitamin A (IU)	791.838*					
Vitamin C (mg)	19.279*					
Vitamin D (mcg)	0.000*					

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 10-02-2023

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							
WG Animal Crackers, 1 Each	82128	1 each	100	130.000	21.000	2.000	8.000
Total			100				
Weighted Daily Average				197.35	36.804	5.251	19.136
% of Calories					74.596%		

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Menu Detail

Date: 10-03-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
Menu 144; Banana Bread, Big	82352	1 EACH	100	169.387	23.698	2.185	11.304
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				259.387	40.698	2.185	19.304
% of Calories					62.76%		

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Menu Detail

Date: 10-04-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Sunbutter & Jelly Sandwich, 1/2 Each	82438	1 each	100	186.310	20.730	3.400	6.940
Total			100				
Weighted Daily Average				186.31	20.73	3.4	6.94
% of Calories					44.506%		

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Menu Detail

Date: 10-05-2023

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	46.463	11.450	1.128	10.607
Grains							
WG Cinnamon Goldfish, 1 Package	82375	1 Package	100	120.000	19.000	1.000	7.000
Total			100				
Weighted Daily Average				166.463	30.45	2.128	17.607
% of Calories					73.169%		

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Menu Detail

Date: 10-06-2023

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.							
Menu 262; Mini Cheddar Cheese Slices, 1.5 oz	1187084	1 Each	100	128.864	0.000	0.000	0.000
Total			100				
Weighted Daily Average				248.864	19.5	1.5	0.5
% of Calories					31.342%		

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Menu Detail

Date: 10-09-2023

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%		

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Menu Detail

Date: 10-10-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Pear Slices, 6 each	88649	6 Each	100	85.670	22.890	4.659	14.654
Grains							
BBQ Crisps, 4 Each	1341699	4 Each	100	99.804	15.121	2.006	0.114
Total			100				
Weighted Daily Average				185.474	38.011	6.665	14.768
% of Calories					81.977%		

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Menu Detail

Date: 10-11-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
Zee Zee's Wheat Crackers	336831	1 each	100	90.000	15.000	1.000	2.000
Misc.							
Menu 262; Mini Cheddar Cheese Slices, 1.5 oz	1187084	1 Each	100	128.864	0.000	0.000	0.000
Total			100				
Weighted Daily Average				218.864	15	1	2
% of Calories					27.414%		

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Menu Detail

Date: 10-12-2023

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
Grains							
Zucchini Bread, Big, 1 each	1350194	1 each	100	194.996	18.537	2.059	6.291
Total			100				
Weighted Daily Average				269.629	36.449	4.035	23.544
% of Calories					54.073%		

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Menu Detail

Date: 10-13-2023

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	46.463	11.450	1.128	10.607
Grains							
Zee Zee Strawberry Grahams, 1 each	1316827	1 each	100	120.000	21.000	0.000	7.000
Total			100				
Weighted Daily Average				166.463	32.45	1.128	17.607
% of Calories					77.975%		

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Menu Detail

Date: 10-16-2023

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
Misc.							
Menu 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				147.35	16.804	3.251	11.136
% of Calories					45.616%		

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Menu Detail

Date: 10-17-2023

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							
Apple Cinnamon Bread, 1 Each (NSLP)	83074	1 Each	100	162.210	22.780	2.199	10.671
Total			100				
Weighted Daily Average				327.787	45.315	6.401	27.783
% of Calories					55.298%		

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Menu Detail

Date: 10-18-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Peach GrowYo Cup, 1 Each	82260	1 each	100	90.000	17.000	0.000	8.000
Grains							
Pretzel Goldfish	1056765	1 each	100	90.000	16.000	1.000	0.000
Total			100				
Weighted Daily Average				180	33	1	8
% of Calories					73.333%		

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Menu Detail

Date: 10-19-2023

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	19.503	3.000	13.502
Grains							
Sna 002; Blueberry Lemon Crispy Bites	90378	1 each	100	120.000	21.000	2.000	8.000
Total			100				
Weighted Daily Average				195.012	40.503	5	21.502
% of Calories					83.078%		

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Menu Detail

Date: 10-20-2023

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							
WG Crackers, 10 each	1182672	10 each	100	110.000	16.000	2.000	1.000
Total			100				
Weighted Daily Average				275.577	38.535	6.202	18.112
% of Calories					55.934%		

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Menu Detail

Date: 10-23-2023

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	371.520	36.500	5.800	8.920
Total			100				
Weighted Daily Average				371.52	36.5	5.8	8.92
% of Calories					39.298%		

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Menu Detail

Date: 10-24-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Pear Slices, 6 each	88649	6 Each	100	85.670	22.890	4.659	14.654
Grains							
Cinnamon Crisps, 4 Each	82394	4 Each	100	100.515	15.315	2.000	0.315
Total			100				
Weighted Daily Average				186.185	38.205	6.659	14.969
% of Calories					82.081%		

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Menu Detail

Date: 10-25-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Raisin, Box, 1.3oz, 2 each	1296514	2 each	100	220.000	58.000	4.000	48.000
Grains							
Menu 144; Chocolate Chip Banana Bread, Big	1307148	1 EACH	100	178.208	24.958	2.311	12.312
Total			100				
Weighted Daily Average				398.208	82.958	6.311	60.312
% of Calories					83.332%		

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Menu Detail

Date: 10-26-2023

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	46.463	11.450	1.128	10.607
Grains							
Ranch Crisps, 4 Each	82261	4 Each	100	101.556	15.222	2.000	0.222
Total			100				
Weighted Daily Average				148.018	26.672	3.128	10.829
% of Calories					72.077%		

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Menu Detail

Date: 10-27-2023

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 Cinnamon Goldfish, 1 Package	82375	1 Package	100	120.000	19.000	1.000	7.000
Total			100				
Weighted Daily Average				139.357	23.684	1.645	9.155
% of Calories					67.982%		

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Menu Detail

Date: 10-30-2023

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							
WG Animal Crackers, 1 Each	82128	1 each	100	130.000	21.000	2.000	8.000
Total			100				
Weighted Daily Average				197.35	36.804	5.251	19.136
% of Calories					74.596%		

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Menu Detail

Date: 10-31-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
Menu 144; Banana Bread, Big	82352	1 EACH	100	169.387	23.698	2.185	11.304
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				259.387	40.698	2.185	19.304
% of Calories					62.76%		

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Menu Detail

Date: 11-01-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Sunbutter & Jelly Sandwich, 1/2 Each	82438	1 each	100	186.310	20.730	3.400	6.940
Total			100				
Weighted Daily Average				186.31	20.73	3.4	6.94
% of Calories					44.506%		

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Menu Detail

Date: 11-02-2023

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	46.463	11.450	1.128	10.607
Grains							
WG Cinnamon Goldfish, 1 Package	82375	1 Package	100	120.000	19.000	1.000	7.000
Total			100				
Weighted Daily Average				166.463	30.45	2.128	17.607
% of Calories					73.169%		

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Menu Detail

Date: 11-03-2023

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.							
Menu 262; Mini Cheddar Cheese Slices, 1.5 oz	1187084	1 Each	100	128.864	0.000	0.000	0.000
Total			100				
Weighted Daily Average				248.864	19.5	1.5	0.5
% of Calories					31.342%		

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