

Production Menu Nutrient Analysis

Date Range : From 06/20/2022 to 06/24/2022

Sites : *Dietitian's Menu Planning Site

Menus : All Menus

Serving Locations: All Serving Locations.

Age Group: Breakfast Grades K-12

Calculations displayed are Per Serving

Production Menu Nutrient Analysis

Date : 06/20/2022

Menu : 2022 Summer Breakfast K-12 D1

| Item Nutrition Composition Contribution - (***) = Missing nutrient Value) | | | | | | | | | | | | | | | | | | | | | | |
|---|-----------------------------------|----------------------|------------|---------|----------|-----------------|-----------|---------|----------|---------|----------------|------------------|---------|-------------|---------|---------|-------|-----------------|------------------|-------------------|-----------------|----------------------------|
| | Name | Serving Size | Cal (KCal) | Fat (g) | SFat (g) | Total Trans (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Tot Sugars (g) | Added Sugars (g) | Pro (g) | Vit D (mcg) | Ca (mg) | Fe (mg) | K(mg) | % Kcal From Fat | % Kcal From SFat | % Kcal From Carb. | % Kcal From Pro | % Weight from Total Sugars |
| | JUICE, CARTON, APPLE, 4 oz | 1.00 Each (4oz) | 55.000 | .000 | .000 | .000 | .000 | .000 | 14.000 | 1.000 | *** | *** | .000 | *** | 7.176 | .270 | *** | .000 | .000 | 101.821 | .000 | *** |
| | CRANBERRIES, DRIED, IW | 1.00 Pouch (1.16 oz) | 110.000 | .000 | .000 | *** | .000 | .000 | 28.000 | 3.000 | *** | *** | .000 | *** | .000 | .000 | *** | .000 | .000 | 101.818 | .000 | *** |
| | CEREAL, FRUITY CHEERIOS, BOWLPAK | 1.00 Each (1.12oz) | 120.000 | 1.500 | .000 | *** | .000 | 140.000 | 25.000 | 2.000 | *** | *** | 2.000 | *** | 100.000 | 4.500 | *** | 11.250 | .000 | 83.333 | 6.667 | *** |
| | CRACKERS, GRAHAM, TIGER BITES, IW | 1.00 Each | 120.000 | 4.000 | 1.000 | .000 | .000 | 110.000 | 19.000 | .000 | *** | *** | 1.000 | *** | 100.000 | .720 | *** | 30.000 | 7.499 | 63.332 | 3.333 | *** |
| | MILK, WHITE, NONFAT, CARTON | 1.00 Each (8oz) | 90.001 | .000 | .000 | .000 | 5.001 | 120.000 | 12.000 | .000 | *** | *** | 9.000 | *** | 300.011 | .000 | *** | .000 | .000 | 53.333 | 40.000 | *** |
| | MILK, WHITE, 1%, CARTON | 1.00 Each (8oz) | 120.000 | 2.499 | 1.499 | .000 | 15.001 | 150.001 | 16.001 | .000 | *** | *** | 11.000 | *** | 300.011 | .000 | *** | 18.745 | 11.244 | 53.336 | 36.666 | *** |

Production Menu Nutrient Analysis

Date : 06/21/2022

Menu : 2022 Summer Breakfast K-12 D2

| Item Nutrition Composition Contribution - (***) = Missing nutrient Value) | | | | | | | | | | | | | | | | | | | | | | |
|---|--------------------------------|-------------------|------------|---------|----------|-----------------|-----------|---------|----------|---------|----------------|------------------|---------|-------------|---------|---------|---------|-----------------|------------------|-------------------|-----------------|----------------------------|
| | Name | Serving Size | Cal (KCal) | Fat (g) | SFat (g) | Total Trans (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Tot Sugars (g) | Added Sugars (g) | Pro (g) | Vit D (mcg) | Ca (mg) | Fe (mg) | K(mg) | % Kcal From Fat | % Kcal From SFat | % Kcal From Carb. | % Kcal From Pro | % Weight from Total Sugars |
| | JUICE, CARTON, ORANGE, 4 oz | 1.00 Each (4oz) | 60.000 | .000 | .000 | .000 | .000 | .000 | 14.000 | .249 | *** | *** | 1.004 | *** | 12.450 | .212 | *** | .000 | .000 | 93.336 | 6.691 | *** |
| | Fruit Bowl Seasonal | 1.00 1 each | 74.183 | .300 | .036 | *** | .000 | .417 | 17.329 | 3.126 | *** | *** | 1.147 | *** | 26.257 | .248 | *** | 3.640 | .435 | 93.438 | 6.186 | *** |
| | BAR, BANANA CHOCOLATE CHIP, 1W | 1.00 Each (2.9oz) | 295.000 | 9.700 | 3.200 | .000 | 37.500 | 185.800 | 49.000 | 3.200 | *** | *** | 4.500 | *** | 24.290 | 1.610 | 144.000 | 29.593 | 9.763 | 66.441 | 6.102 | *** |
| | MILK, WHITE, NONFAT, CARTON | 1.00 Each (8oz) | 90.001 | .000 | .000 | .000 | 5.001 | 120.000 | 12.000 | .000 | *** | *** | 9.000 | *** | 300.011 | .000 | *** | .000 | .000 | 53.333 | 40.000 | *** |
| | MILK, WHITE, 1%, CARTON | 1.00 Each (8oz) | 120.000 | 2.499 | 1.499 | .000 | 15.001 | 150.001 | 16.001 | .000 | *** | *** | 11.000 | *** | 300.011 | .000 | *** | 18.745 | 11.244 | 53.336 | 36.666 | *** |

Production Menu Nutrient Analysis

Date : 06/22/2022

Menu : 2022 Summer Breakfast K-12 D3

| Item Nutrition Composition Contribution - (***) = Missing nutrient Value) | | | | | | | | | | | | | | | | | | | | | | |
|---|-------------------------------------|----------------------|------------|---------|----------|-----------------|-----------|---------|----------|---------|----------------|------------------|---------|-------------|------------|---------|-------|-----------------|------------------|-------------------|-----------------|----------------------------|
| | Name | Serving Size | Cal (KCal) | Fat (g) | SFat (g) | Total Trans (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Tot Sugars (g) | Added Sugars (g) | Pro (g) | Vit D (mcg) | Ca (mg) | Fe (mg) | K(mg) | % Kcal From Fat | % Kcal From SFat | % Kcal From Carb. | % Kcal From Pro | % Weight from Total Sugars |
| | JUICE, CARTON, APPLE, 4 oz | 1.00 Each (4oz) | 55.000 | .000 | .000 | .000 | .000 | .000 | 14.000 | 1.000 | *** | *** | .000 | *** | 7.176 | .270 | *** | .000 | .000 | 101.821 | .000 | *** |
| | CRANBERRIES, DRIED, IW | 1.00 Pouch (1.16 oz) | 110.000 | .000 | .000 | *** | .000 | .000 | 28.000 | 3.000 | *** | *** | .000 | *** | .000 | .000 | *** | .000 | .000 | 101.818 | .000 | *** |
| | CEREAL, CINNAMON RICE CHEX, BOWLPAK | 1.00 Each | 120.000 | 2.500 | .000 | *** | .000 | 170.000 | 22.000 | 1.000 | *** | *** | 1.000 | *** | 79.999 | 7.200 | *** | 18.750 | .000 | 73.333 | 3.333 | *** |
| | CHEESE, STRING, IW | 1.00 Each | 81.000 | 6.075 | 3.544 | .000 | 15.187 | 212.625 | .000 | .000 | *** | *** | 7.088 | *** | 20,250.122 | .000 | *** | 67.501 | 39.375 | .000 | 35.000 | *** |
| | MILK, WHITE, NONFAT, CARTON | 1.00 Each (8oz) | 90.001 | .000 | .000 | .000 | 5.001 | 120.000 | 12.000 | .000 | *** | *** | 9.000 | *** | 300.011 | .000 | *** | .000 | .000 | 53.333 | 40.000 | *** |
| | MILK, WHITE, 1%, CARTON | 1.00 Each (8oz) | 120.000 | 2.499 | 1.499 | .000 | 15.001 | 150.001 | 16.001 | .000 | *** | *** | 11.000 | *** | 300.011 | .000 | *** | 18.745 | 11.244 | 53.336 | 36.666 | *** |

Production Menu Nutrient Analysis

Date : 06/23/2022

Menu : 2022 Summer Breakfast K-12 D4

| Item Nutrition Composition Contribution - (***) = Missing nutrient Value) | | | | | | | | | | | | | | | | | | | | | | |
|---|-----------------------------------|------------------|------------|---------|----------|-----------------|-----------|---------|----------|---------|----------------|------------------|---------|-------------|---------|---------|-------|-----------------|------------------|-------------------|-----------------|----------------------------|
| | Name | Serving Size | Cal (KCal) | Fat (g) | SFat (g) | Total Trans (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Tot Sugars (g) | Added Sugars (g) | Pro (g) | Vit D (mcg) | Ca (mg) | Fe (mg) | K(mg) | % Kcal From Fat | % Kcal From SFat | % Kcal From Carb. | % Kcal From Pro | % Weight from Total Sugars |
| | JUICE, CARTON, ORANGE, 4 oz | 1.00 Each (4oz) | 60.000 | .000 | .000 | .000 | .000 | .000 | 14.000 | .249 | *** | *** | 1.004 | *** | 12.450 | .212 | *** | .000 | .000 | 93.336 | 6.691 | *** |
| | Fruit Bowl Seasonal | 1.00 1 each | 74.183 | .300 | .036 | *** | .000 | .417 | 17.329 | 3.126 | *** | *** | 1.147 | *** | 26.257 | .248 | *** | 3.640 | .435 | 93.438 | 6.186 | *** |
| | YOGURT, 4 OZ, STRAWBERRY BANANA | 1.00 Each (4 oz) | 80.000 | .500 | .000 | .000 | 5.000 | 60.000 | 15.000 | .000 | *** | *** | 4.000 | *** | 100.005 | *** | *** | 5.625 | .000 | 75.000 | 20.000 | *** |
| | CRACKERS, GRAHAM, TIGER BITES, IW | 1.00 Each | 120.000 | 4.000 | 1.000 | .000 | .000 | 110.000 | 19.000 | .000 | *** | *** | 1.000 | *** | 100.000 | .720 | *** | 30.000 | 7.499 | 63.332 | 3.333 | *** |
| | MILK, WHITE, NONFAT, CARTON | 1.00 Each (8oz) | 90.001 | .000 | .000 | .000 | 5.001 | 120.000 | 12.000 | .000 | *** | *** | 9.000 | *** | 300.011 | .000 | *** | .000 | .000 | 53.333 | 40.000 | *** |
| | MILK, WHITE, 1%, CARTON | 1.00 Each (8oz) | 120.000 | 2.499 | 1.499 | .000 | 15.001 | 150.001 | 16.001 | .000 | *** | *** | 11.000 | *** | 300.011 | .000 | *** | 18.745 | 11.244 | 53.336 | 36.666 | *** |

Production Menu Nutrient Analysis

Date : 06/24/2022

Menu : 2022 Summer Breakfast K-12 D5

| Item Nutrition Composition Contribution - (***) = Missing nutrient Value) | | | | | | | | | | | | | | | | | | | | | | |
|---|---------------------------------|----------------------|------------|---------|----------|-----------------|-----------|---------|----------|---------|----------------|------------------|---------|-------------|---------|---------|---------|-----------------|------------------|-------------------|-----------------|----------------------------|
| | Name | Serving Size | Cal (KCal) | Fat (g) | SFat (g) | Total Trans (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Tot Sugars (g) | Added Sugars (g) | Pro (g) | Vit D (mcg) | Ca (mg) | Fe (mg) | K(mg) | % Kcal From Fat | % Kcal From SFat | % Kcal From Carb. | % Kcal From Pro | % Weight from Total Sugars |
| | JUICE, CARTON, APPLE, 4 oz | 1.00 Each (4oz) | 55.000 | .000 | .000 | .000 | .000 | .000 | 14.000 | 1.000 | *** | *** | .000 | *** | 7.176 | .270 | *** | .000 | .000 | 101.821 | .000 | *** |
| | CRANBERRIES, DRIED, IW | 1.00 Pouch (1.16 oz) | 110.000 | .000 | .000 | *** | .000 | .000 | 28.000 | 3.000 | *** | *** | .000 | *** | .000 | .000 | *** | .000 | .000 | 101.818 | .000 | *** |
| | BAR, STRAWBERRY CRISP, ZEE ZEEs | 1.00 Each (2.2oz) | 250.000 | 8.000 | 2.500 | .000 | .000 | 75.000 | 41.000 | 2.000 | *** | *** | 4.000 | *** | 20.000 | 1.080 | 109.261 | 28.800 | 9.000 | 65.600 | 6.400 | *** |
| | MILK, WHITE, NONFAT, CARTON | 1.00 Each (8oz) | 90.001 | .000 | .000 | .000 | 5.001 | 120.000 | 12.000 | .000 | *** | *** | 9.000 | *** | 300.011 | .000 | *** | .000 | .000 | 53.333 | 40.000 | *** |
| | MILK, WHITE, 1%, CARTON | 1.00 Each (8oz) | 120.000 | 2.499 | 1.499 | .000 | 15.001 | 150.001 | 16.001 | .000 | *** | *** | 11.000 | *** | 300.011 | .000 | *** | 18.745 | 11.244 | 53.336 | 36.666 | *** |