

## 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:**

**Calculations displayed are Per Serving**

## Production Menu Nutrient Analysis

Date : 06/20/2022

Menu : 2022 Summer P&R Lunch K-8 W1D1

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
	CHICKEN, NUGGETS	1.00 Serving (6 nuggets)	220.798	9.600	3.600	.000	39.600	455.996	15.600	2.400	***	***	18.000	***	24.000	2.400	***	39.130	14.674	28.261	32.609	***
	ROLL, ELEMENTARY DINNER ROLL, WWW	1.00 Each	70.000	1.000	.000	.000	.000	135.000	13.000	1.000	***	***	2.000	***	20.000	.720	***	12.857	.000	74.286	11.429	***
	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	***
	SLUSH, COOL TROPICS BERRY BERRY BLUE	1.00 Each ( 4oz)	80.000	.000	.000	.000	.000	11.000	19.000	.000	***	***	.000	***	.000	.000	71.000	.000	.000	95.000	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	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 P&R Lunch K-8 W1D2

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
	TAMALE, PINTO BEAN AND CHEESE (IW)	1.00 Each (5.1 oz)	315.000	15.000	3.000	.000	29.000	590.000	49.471	5.000	***	***	13.000	***	230.000	2.340	***	42.857	8.571	62.820	16.508	***
	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	***
	Seasoned Corn	1.00 Serving (#8 scoop)	119.066	1.508	.000	***	.000	705.684	20.588	1.545	***	***	1.522	***	8.466	.078	***	11.397	.002	69.166	5.113	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	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 P&R Lunch K-8 W1D3

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
	CORN DOG, WG CHICKEN, WGR, IW	1.00 Each	238.000	9.200	2.500	.000	40.000	690.000	27.800	2.300	***	***	11.600	***	25.000	1.400	***	34.790	9.454	46.723	19.496	***
	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	***
	CARROTS, RAW, BABY, IW	1.00 Each	29.767	.111	.020	***	.000	66.339	7.008	2.466	***	***	.544	***	27.216	.757	***	3.343	.591	94.171	7.314	***
	DRESSING, SALAD, RANCH, PACKET	1.00 Each	60.000	7.000	1.000	.000	5.000	100.000	1.000	.000	***	***	.000	***	.000	.000	***	105.000	15.000	6.667	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	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	***
	KETCHUP, PACKET	1.00 Packet	10.000	.000	.000	.000	.000	100.000	2.000	.000	***	***	.000	***	.000	.000	***	.000	.000	79.999	.000	***

## Production Menu Nutrient Analysis

Date : 06/23/2022

Menu : 2022 Summer P&R Lunch K-8 W1D4

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
	QUESADILLA, CHEESE, WGR, IW	1.00 Each	330.000	18.000	11.000	.000	45.000	530.000	25.000	.000	***	***	18.000	.000	500.000	1.800	***	49.091	30.000	30.303	21.818	***
	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	***
	CHICKPEA, ROASTED, PIZZA, IW (Go'Bonzo's)	1.00 Each	180.000	4.000	.000	.000	.000	200.000	27.000	16.000	***	***	9.000	***	20.000	1.080	***	20.000	.000	60.000	20.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	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 P&R Lunch K-8 W1D5

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
	PIZZA, FRENCH BREAD, TURKEY PEPPERONI (1W)	1.00 Individual Pizza (5.29 oz)	314.000	10.100	5.200	.000	35.000	599.000	32.000	2.300	***	***	2.000	***	366.000	1.160	***	28.949	14.904	40.764	2.548	***
	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	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	DRESSING, SALAD, RANCH, PACKET	1.00 Each	60.000	7.000	1.000	.000	5.000	100.000	1.000	.000	***	***	.000	***	.000	.000	***	105.000	15.000	6.667	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	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	***