

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 School Lunch 9-12 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	***
	CHEESE, COLBY JACK, IW	1.00 Each	91.125	6.075	3.544	.000	15.188	212.625	.000	.000	***	***	8.100	***	202.498	.000	***	59.999	35.000	.000	35.556	***
	CHIP, TORTILLA, IW 2oz	1.00 Each (2oz)	270.000	15.000	1.500	.000	.000	220.000	31.000	3.018	***	***	3.000	***	2.912	.991	***	50.000	5.000	45.926	4.444	***
	HUMMUS DIPPER CUP, SABRA	1.00 Each (2 oz)	150.000	11.000	1.500	.000	.000	240.000	9.000	3.000	***	***	4.000	***	20.000	1.080	***	66.000	9.000	24.000	10.667	***
	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	***
	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	***
	KETCHUP, PACKET	1.00 Packet	10.000	.000	.000	.000	.000	100.000	2.000	.000	***	***	.000	***	.000	.000	***	.000	.000	79.999	.000	***
	MUSTARD, YELLOW, PACKET	1.00 Each	5.000	.000	.000	.000	.000	50.000	.625	.000	***	***	.625	***	.000	.000	***	.000	.000	50.002	50.002	***

Production Menu Nutrient Analysis

Date : 06/21/2022

Menu : 2022 Summer School Lunch 9-12 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	***
	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	***
	Sandwich, Sunflower Butter & Jelly	1.00 Each	401.501	18.137	1.996	.000	.000	423.112	48.207	6.159	***	***	11.320	***	19.963	2.997	***	40.656	4.475	48.026	11.278	***
	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	***
	KETCHUP, PACKET	1.00 Packet	10.000	.000	.000	.000	.000	100.000	2.000	.000	***	***	.000	***	.000	.000	***	.000	.000	79.999	.000	***
	MUSTARD, YELLOW, PACKET	1.00 Each	5.000	.000	.000	.000	.000	50.000	.625	.000	***	***	.625	***	.000	.000	***	.000	.000	50.002	50.002	***

Production Menu Nutrient Analysis

Date : 06/22/2022

Menu : 2022 Summer School Lunch 9-12 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
	Burger, Cheeseburger, 4" WWW Bun	1.00 Each	310.000	10.900	4.300	.000	37.500	720.000	33.500	5.600	1.000 !	***	22.900	***	207.000	3.670	***	31.645	12.484	43.226	29.548	.640 !
	CHEESE, COLBY JACK, IW	1.00 Each	91.125	6.075	3.544	.000	15.188	212.625	.000	.000	***	***	8.100	***	202.498	.000	***	59.999	35.000	.000	35.556	***
	CHIP, TORTILLA, IW 2oz	1.00 Each (2oz)	270.000	15.000	1.500	.000	.000	220.000	31.000	3.018	***	***	3.000	***	2.912	.991	***	50.000	5.000	45.926	4.444	***
	HUMMUS DIPPER CUP, SABRA	1.00 Each (2 oz)	150.000	11.000	1.500	.000	.000	240.000	9.000	3.000	***	***	4.000	***	20.000	1.080	***	66.000	9.000	24.000	10.667	***
	Salad, Lettuce and Pickle	1.00 Scoop#12	4.034	.034	.004	.000 !	.000	123.985	.716	.289	***	***	.217	***	4.338	.099	***	7.527	.968	70.968	21.505	***
	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	***
	MUSTARD, YELLOW, PACKET	1.00 Each	5.000	.000	.000	.000	.000	50.000	.625	.000	***	***	.625	***	.000	.000	***	.000	.000	50.002	50.002	***

Production Menu Nutrient Analysis

Date : 06/23/2022

Menu : 2022 Summer School Lunch 9-12 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	***
	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	***
	Sandwich, Sunflower Butter & Jelly	1.00 Each	401.501	18.137	1.996	.000	.000	423.112	48.207	6.159	***	***	11.320	***	19.963	2.997	***	40.656	4.475	48.026	11.278	***
	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	***
	KETCHUP, PACKET	1.00 Packet	10.000	.000	.000	.000	.000	100.000	2.000	.000	***	***	.000	***	.000	.000	***	.000	.000	79.999	.000	***
	MUSTARD, YELLOW, PACKET	1.00 Each	5.000	.000	.000	.000	.000	50.000	.625	.000	***	***	.625	***	.000	.000	***	.000	.000	50.002	50.002	***

Production Menu Nutrient Analysis

Date : 06/24/2022

Menu : 2022 Summer School Lunch 9-12 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, WEDGE, CHEESE	1.00 Slice (4.67 oz)	260.000	7.000	4.000	.000	20.000	750.000	32.000	5.000	***	***	18.000	***	300.000	2.700	***	24.231	13.846	49.231	27.692	***
	WAFFLES, VANILLA BELGIAN (IW)	1.00 Each	240.000	9.000	2.500	.000	20.000	200.000	37.000	2.000	***	***	4.000	***	.000	.000	***	33.750	9.375	61.667	6.667	***
	SUNFLOWER BUTTER, USDA	1.00 Scoop#16	400.000	32.000	4.000	.000	.000	240.000	14.000	8.000	***	***	14.000	***	40.000	2.880	***	72.000	9.000	14.000	14.000	***
	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	***
	KETCHUP, PACKET	1.00 Packet	10.000	.000	.000	.000	.000	100.000	2.000	.000	***	***	.000	***	.000	.000	***	.000	.000	79.999	.000	***
	MUSTARD, YELLOW, PACKET	1.00 Each	5.000	.000	.000	.000	.000	50.000	.625	.000	***	***	.625	***	.000	.000	***	.000	.000	50.002	50.002	***