

Production Menu Nutrient Analysis

Date Range : From 09/12/2022 to 09/16/2022

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 : 09/12/2022

Menu : 2022-23 Breakfast in Classroom 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
	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	***
	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	***
	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	***
	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, 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	***
	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	***

Production Menu Nutrient Analysis

Date : 09/13/2022

Menu : 2022-23 Breakfast in Classroom 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
	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	***
	APPLESAUCE CUP, STRAWBERRY	1.00 Each (1/2 cup, 4.5oz)	50.000	.000	.000	.000	.000	.000	13.000	.000	***	***	.000	***	5.000	.000	***	.000	.000	104.000	.000	***
	ROLL-UP, CURED TURKEY AND CHEESE, WGR, IW	1.00 Each	150.000	6.000	3.000	.000	20.000	380.000	15.000	1.000	***	***	10.000	***	200.000	1.080	***	36.000	18.002	40.001	26.667	***
	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	***
	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	***

Production Menu Nutrient Analysis

Date : 09/14/2022

Menu : 2022-23 Breakfast in Classroom 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
	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	***
	JUICE, CARTON, BERRY, 4 oz	1.00 Each (4oz)	55.000	.000	.000	.000	.000	.000	14.000	1.000	***	***	.000	***	7.176	.311	***	.000	.000	101.821	.000	***
	BAR, APPLE CINNAMON NUTRIGRAIN	1.00 Each (1.55)	160.000	4.000	.500	.000	.000	150.000	30.000	3.000	***	***	2.000	***	200.000	1.800	***	22.500	2.813	75.000	5.000	***
	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	***
	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	***
	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	***

Production Menu Nutrient Analysis

Date : 09/15/2022

Menu : 2022-23 Breakfast in Classroom 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
	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	***
	APPLE, SLICES, PKG	1.00 Each	34.000	.000	.000	.000	.000	25.000	7.000	1.000	***	***	.000	***	.000	.000	***	.000	.000	82.353	.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	***
	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, 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	***
	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	***

Production Menu Nutrient Analysis

Date : 09/16/2022

Menu : 2022-23 Breakfast in Classroom 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
	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	***
	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	***
	PANCAKES, MINI CONFETTI PANCAKES, IW	1.00 Each	220.000	7.000	1.000	.000	10.000	300.000	36.000	4.000	***	***	4.000	***	40.000	3.600	***	28.636	4.091	65.455	7.273	***
	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	***
	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	***