

Production Menu Nutrient Analysis

Date Range : From 09/19/2022 to 09/23/2022

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 : 09/19/2022

Menu : 2022-23 Cold Breakfast 3-5yr 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	***
	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	***
	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 : 09/20/2022

Menu : 2022-23 Cold Breakfast 3-5yr 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
	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	***
	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, 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 : 09/21/2022

Menu : 2022-23 Cold Breakfast 3-5yr 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, 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	***
	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	***
	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 : 09/22/2022

Menu : 2022-23 Cold Breakfast 3-5yr 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
	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	***
	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, 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 : 09/23/2022

Menu : 2022-23 Cold Breakfast 3-5yr 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, 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	***
	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	***
	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	***