

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: Dinner/Supper

Calculations displayed are Per Serving

Production Menu Nutrient Analysis

Date : 09/19/2022

Menu : 2022-23 COLD Supper 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
	HUMMUS, BULK, KRONOS	1.00 Each (4 oz)	320.000	24.000	.000	.000	.000	440.000	16.000	12.000	***	***	8.000	***	39.506	2.133	***	67.500	.000	20.000	10.000	***
	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	***
	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	***
	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	***
	SLUSH, COOL TROPICS TROPICAL TRIO	1.00 Each (4oz)	80.000	.000	.000	.000	.000	5.000	20.000	.000	***	***	.000	***	.000	.000	71.000	.000	.000	100.000	.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 : 09/20/2022

Menu : 2022-23 COLD Supper 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
	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	***
	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	***
	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	***
	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 : 09/21/2022

Menu : 2022-23 COLD Supper 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
	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	***
	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	***
	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	***
	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	50.000	5.000	1.000	.000	5.000	100.000	1.000	.000	***	***	.000	***	.000	.000	***	90.000	18.000	8.000	.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 : 09/22/2022

Menu : 2022-23 COLD Supper 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
	Sandwich, Turkey & Swiss, Kaiser Bun	1.00 Each	344.997	14.618	6.711	.000	58.842	1,021.839	31.838	3.340	***	***	23.007	***	271.819	2.072	***	38.135	17.507	36.914	26.675	***
	ORANGE, WHOLE	1.00 Each (88 count)	106.889	.247	.041	***	.000	.000	24.227	4.949	***	***	1.938	***	82.476	.206	***	2.083	.347	90.664	7.253	***
	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 : 09/23/2022

Menu : 2022-23 COLD Supper 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
	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	***
	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	***
	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	50.000	5.000	1.000	.000	5.000	100.000	1.000	.000	***	***	.000	***	.000	.000	***	90.000	18.000	8.000	.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	***