

## 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 Hot Supper OVS 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
	WAFFLES, VANILLA BELGIAN (1W)	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	***
	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 Hot Supper OVS 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
	CHEESEBURGER, SLIDERS, WGR, IW, TWIN PACK	1.00 Each	272.000	7.800	2.900	.000	.000	355.000	31.000	2.600	***	***	19.700	***	82.000	.504	***	25.809	9.596	45.588	28.971	***
	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 Hot Supper OVS 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
	CHEESY PULL APARTS, WGR, IW	1.00 Each	300.000	13.000	6.000	.000	30.000	520.000	32.000	2.000	***	***	14.000	.000	250.000	1.800	***	39.000	18.000	42.667	18.667	***
	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 Hot Supper OVS 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
	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	***
	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	***
	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	***
	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 Hot Supper OVS 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
	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	***
	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	***
	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	***