

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: Breakfast Grades K-12

Calculations displayed are Per Serving

Production Menu Nutrient Analysis

Date : 09/19/2022

Menu : 2022-23 Kids Choice Breakfast 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 |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | CINNAMON ROLL, WG (DOUGH) | 1.00 Each | 270.000 | 12.000 | 5.000 | .000 | .000 | 360.000 | 36.000 | 3.000 | *** | *** | 6.000 | *** | .000 | 1.440 | *** | 40.000 | 16.667 | 53.333 | 8.889 | *** |
| | 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 | *** |
| | PEAR, CANNED, DICED | 1.00 Scoop#8 | 39.300 | .055 | .003 | *** | .000 | 3.144 | 10.171 | 1.258 | *** | *** | .267 | *** | 7.074 | .228 | *** | 1.260 | .072 | 103.520 | 2.720 | *** |

Production Menu Nutrient Analysis

Date : 09/20/2022

Menu : 2022-23 Kids Choice Breakfast 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 |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | ORANGE, WHOLE | 1.00 Serving (1/2cup-4 wedges) | 71.124 | .165 | .027 | *** | .000 | .000 | 16.121 | 3.293 | *** | *** | 1.290 | *** | 54.880 | .137 | *** | 2.083 | .347 | 90.664 | 7.253 | *** |
| | APPLESAUCE, CANNED, UNSWEETENED | 1.00 Scoop#8 | 57.203 | .000 | *** | *** | .000 | 9.533 | 14.301 | 1.906 | *** | *** | .000 | *** | .000 | 1.373 | *** | .000 | *** | 100.000 | .000 | *** |

Production Menu Nutrient Analysis

Date : 09/21/2022

Menu : 2022-23 Kids Choice Breakfast 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 |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | EGG, SCRAMBLED | 1.00 Scoop#12 | 87.476 | 5.832 | 1.968 | .000 | 184.672 | 252.709 | .000 | .000 | *** | *** | 5.832 | *** | 39.364 | 1.063 | *** | 60.000 | 20.250 | .000 | 26.667 | *** |
| | POTATO, ROUNDS (tater tots) | 1.00 8/# (2 oz) | 103.720 | 4.840 | .691 | .000 | .000 | 248.927 | 13.138 | 1.383 | *** | *** | 1.383 | *** | .000 | .249 | *** | 42.000 | 6.000 | 50.667 | 5.333 | *** |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | PEACHES, CANNED, DICED | 1.00 Scoop#8 | 51.605 | .000 | .000 | .000 | .000 | 10.322 | 12.385 | .000 | *** | *** | .000 | *** | .000 | .000 | *** | .000 | .000 | 95.995 | .000 | *** |

Production Menu Nutrient Analysis

Date : 09/22/2022

Menu : 2022-23 Kids Choice Breakfast 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 |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | BAR, APPLE FARMER'S MARKET, IW | 1.00 Each (2.9oz) | 268.000 | 8.800 | 2.200 | .000 | 25.400 | 194.800 | 45.600 | 4.700 | *** | *** | 4.200 | *** | 24.290 | 1.610 | 144.000 | 29.552 | 7.388 | 68.060 | 6.269 | *** |
| | APPLE, SLICES, BULK | 1.00 Scoop#8 | 29.474 | .096 | .018 | *** | .000 | .568 | 7.828 | 1.360 | *** | *** | .148 | *** | 3.401 | .068 | *** | 2.925 | .554 | 106.231 | 2.008 | *** |
| | FRUIT MIX, CANNED | 1.00 Scoop#8 | 45.360 | .000 | .000 | .000 | .000 | 3.780 | 11.340 | .756 | *** | *** | .000 | *** | .000 | .000 | *** | .000 | .000 | 100.000 | .000 | *** |

Production Menu Nutrient Analysis

Date : 09/23/2022

Menu : 2022-23 Kids Choice Breakfast 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 |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | 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 | *** |
| | Burrito (Sunrise), Egg, Potato and Cheese, 10" | 1.00 Each | 500.309 | 26.472 | 11.653 | .000 | 280.000 | 1,047.141 | 41.577 | 1.106 | *** | *** | 17.886 | *** | 417.333 | 3.457 | *** | 47.621 | 20.963 | 33.241 | 14.300 | *** |
| | SALSA, MILD | 1.00 Scoop#16 | 20.000 | .000 | .000 | *** | .000 | 320.000 | 4.000 | .000 | *** | *** | .000 | *** | .000 | .000 | *** | .000 | .000 | 80.000 | .000 | *** |
| | ORANGE, WHOLE | 1.00 Serving (1/2cup-4 wedges) | 71.124 | .165 | .027 | *** | .000 | .000 | 16.121 | 3.293 | *** | *** | 1.290 | *** | 54.880 | .137 | *** | 2.083 | .347 | 90.664 | 7.253 | *** |
| | PEACHES, CANNED, DICED | 1.00 Serving (1/2 cup) | 51.671 | .000 | .000 | .000 | .000 | 10.335 | 12.400 | .000 | *** | *** | .000 | *** | .000 | .000 | *** | .000 | .000 | 95.995 | .000 | *** |