

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: Lunch Grades K-8

Calculations displayed are Per Serving

Production Menu Nutrient Analysis

Date : 09/19/2022

Menu : 2022-23 Kids Choice Lunch K-8 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
	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	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	PIZZA, WEDGE, CHEESE	1.00 Slice (4.67 oz)	260.000	7.000	4.000	.000	20.000	750.000	32.000	5.000	***	***	18.000	***	300.000	2.700	***	24.231	13.846	49.231	27.692	***
	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	***
	CRACKERS, GOLDFISH, CHEDDAR, IW	1.00 Each	100.000	3.500	1.000	.000	2.500	170.000	14.000	1.000	***	***	3.000	***	20.000	.360	***	31.501	9.000	56.000	12.000	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	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 : 09/20/2022

Menu : 2022-23 Kids Choice Lunch K-8 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
	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	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	Taco, Beef, Soft	1.00 Each	341.765	15.833	8.562	.000	42.890	626.758	31.736	1.052	***	***	14.692	***	317.322	3.198	***	41.695	22.548	37.144	17.195	***
	BREADSTICK, MOZZARELLA CHEESE, BULK	2.00 Each (1 stick)	299.997	12.000	4.000	.000	10.000	740.000	34.000	4.000	***	***	13.999	***	300.002	2.160	***	36.000	12.000	45.334	18.666	***
	SAUCE, MARINARA, CANNED	1.00 Scoop#16	40.320	1.512	.000	.000	.000	297.360	6.048	.000	***	***	1.008	***	20.160	.544	***	33.750	.000	60.000	10.000	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	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 Lunch K-8 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
	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	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	Sandwich, Chicken Patty, 3.5" WWW Bun	1.00 Each	318.400	10.240	2.000	.000	33.000	635.600	37.640	4.240	1.120 !	***	19.480	***	20.000	3.210	***	28.945	5.653	47.286	24.472	.787 !
	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	***
	STRAWBERRY & VANILLA YOGURT PARFAIT, ELEM	1.00 Each	145.747	.923	.533	.000 !	2.665	58.013	31.174	2.474	***	***	4.225	***	125.135	.845	***	5.701	3.294	85.557	11.595	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	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 : 09/22/2022

Menu : 2022-23 Kids Choice Lunch K-8 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
	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	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	Burger, Cheeseburger, 3.5" WWW Bun	1.00 Each	304.400	12.740	4.500	.000 !	52.500	617.600	28.640	3.240	1.120 !	***	18.480	***	162.589	2.830	***	37.668	13.305	37.635	24.284	.847 !
	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	***
	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	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW (1/2 cup) slices	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	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 : 09/23/2022

Menu : 2022-23 Kids Choice Lunch K-8 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
	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	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	CHICKEN, NUGGETS	1.00 Serving (5 nuggets)	184.000	8.000	3.000	.000	33.000	380.000	13.000	2.000	***	***	15.000	***	20.000	2.000	***	39.130	14.674	28.261	32.609	***
	CHILI, 3 BEAN CHILI	1.00 Scoop #8 (4 oz)	124.000	4.000	.000	.000	.000	261.000	18.000	13.000	***	***	6.000	***	56.000	3.000	***	29.032	.000	58.065	19.355	***
	ROLL, ELEMENTARY DINNER ROLL, WWW	1.00 Each	70.000	1.000	.000	.000	.000	135.000	13.000	1.000	***	***	2.000	***	20.000	.720	***	12.857	.000	74.286	11.429	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	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	***