

Production Menu Nutrient Analysis

Date Range : From 11/14/2022 to 11/18/2022

Sites : *Dietitian's Menu Planning Site

Menus : All Menus

Serving Locations: All Serving Locations.

Age Group: Lunch Age 3-4 (Preschool)

Calculations displayed are Per Serving

Production Menu Nutrient Analysis

Date : 11/14/2022

Menu : 2022-23 Soft Foods Lunch 3-5yr 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
	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	***
	CARROTS, RAW, STICKS	1.00 Serving(4 sticks)	16.275	.095	.016	.000	.000	27.390	3.803	1.111	***	***	.369	***	13.099	.119	***	5.268	.878	93.463	9.073	***
	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	***
	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 : 11/15/2022

Menu : 2022-23 Soft Foods Lunch 3-5yr 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
	BREADSTICK, MOZZARELLA CHEESE, BULK	1.00 Serving (2 stick)	300.000	12.000	4.000	.000	10.000	740.007	34.000	4.000	***	***	14.000	***	300.005	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	***
	CORN, WHOLE KERNAL, CANNED	1.00 Scoop#12	53.333	.667	.000	***	.000	200.000	9.333	.667	***	***	.667	***	3.333	.000	***	11.250	.000	70.000	5.000	***
	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	***
	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 : 11/16/2022

Menu : 2022-23 Soft Foods Lunch 3-5yr 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
	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, 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	***
	BEANS, GREEN, CANNED	1.00 Scoop#12	13.333	.000	.000	***	.000	193.333	2.667	1.333	***	***	.356	***	13.333	.480	***	.000	.000	80.000	10.667	***
	Harvest of the Month	1.00 1 Plum	33.624	.221	.000	.000	.000	.000	8.318	1.018	***	***	.531	***	4.380	.133	***	5.921	.000	98.947	6.316	***
	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 : 11/17/2022

Menu : 2022-23 Soft Foods Lunch 3-5yr 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
	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 !
	CARROTS, RAW, STICKS	1.00 Serving(4 sticks)	16.275	.095	.016	.000	.000	27.390	3.803	1.111	***	***	.369	***	13.099	.119	***	5.268	.878	93.463	9.073	***
	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	***
	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 : 11/18/2022

Menu : 2022-23 Soft Foods Lunch 3-5yr 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
	CHICKEN, NUGGETS	1.00 Serving (4 nuggets)	147.200	6.400	2.400	.000	26.400	303.999	10.400	1.600	***	***	12.000	***	16.000	1.600	***	39.130	14.674	28.261	32.609	***
	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, GREEN, CANNED	1.00 Scoop#12	13.333	.000	.000	***	.000	193.333	2.667	1.333	***	***	.356	***	13.333	.480	***	.000	.000	80.000	10.667	***
	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	***
	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	***