

Production Menu Nutrient Analysis

Date Range : From 09/12/2022 to 09/16/2022

Sites : *Dietitian's Menu Planning Site

Menus : All Menus

Serving Locations: All Serving Locations.

Age Group: Snack

Calculations displayed are Per Serving

Production Menu Nutrient Analysis

Date : 09/12/2022

Menu : 2022-23 After School Snack 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
	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	***
	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	***

Production Menu Nutrient Analysis

Date : 09/13/2022

Menu : 2022-23 After School Snack 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
	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	***
	CHEESE, STRING, IW	1.00 String cheese	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	***

Production Menu Nutrient Analysis

Date : 09/14/2022

Menu : 2022-23 After School Snack 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
	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	***
	APPLE, WHOLE	1.00 Each (138 ct)	65.012	.213	.038	***	.000	1.250	17.266	3.001	***	***	.325	***	7.501	.150	***	2.942	.519	106.231	2.000	***
	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	***

Production Menu Nutrient Analysis

Date : 09/15/2022

Menu : 2022-23 After School Snack 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
	CHEESE, COLBY JACK, IW	1.00 Each	90.000	6.000	3.500	.000	15.000	210.000	.000	.000	***	***	8.000	***	199.998	.000	***	59.999	35.000	.000	35.556	***
	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	***

Production Menu Nutrient Analysis

Date : 09/16/2022

Menu : 2022-23 After School Snack 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
	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	***
	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	***