

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 Grab N Go Lunch K-8 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
	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	***
	CHIP, TORTILLA, IW 2oz	1.00 Each (2oz)	270.000	15.000	1.500	.000	.000	220.000	31.000	3.018	***	***	3.000	***	2.912	.991	***	50.000	5.000	45.926	4.444	***
	HUMMUS, BULK, KRONOS	1.00 Each (4 oz)	320.000	24.000	.000	.000	.000	440.000	16.000	12.000	***	***	8.000	***	39.506	2.133	***	67.500	.000	20.000	10.000	***
	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	***
	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	***
	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	***
	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	***

Production Menu Nutrient Analysis

Date : 09/20/2022

Menu : 2022-23 Grab N Go Lunch K-8 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
	Sandwich, Turkey and American	1.00 Each	240.750	5.000	2.000	.000	32.812	885.625	31.038	3.000	1.000 !	***	17.125	***	164.000	1.535	***	18.692	7.477	51.568	28.453	.782 !
	Salad, Mediterranean Greek	1.00 Serving	226.909	12.624	4.141	.000 !	18.900	922.552	12.503	4.478	***	***	13.689	***	336.489	1.475	***	50.071	16.425	22.041	24.131	***
	BREAD, FLATBREAD	1.00 Each	160.000	4.000	.500	.000	.000	150.000	27.000	3.000	***	***	5.000	***	46.000	.800	***	22.500	2.812	67.500	12.500	***
	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	***
	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	***
	Seasoned Corn	1.00 Serving (#8 scoop)	119.066	1.508	.000	***	.000	705.684	20.588	1.545	***	***	1.522	***	8.466	.078	***	11.397	.002	69.166	5.113	***
	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 Grab N Go Lunch K-8 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, 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	***
	Salad, Garden Chicken	1.00 Serving	466.739	36.449	11.613	.000 !	147.325	822.111	11.831	3.665	***	***	24.315	***	218.979	1.536	***	70.283	22.392	10.140	20.839	***
	Bowl, Layered Mexican Bean	1.00 Serving	478.625	22.120	5.715	.000 !	18.500	1,080.668	55.896	5.038 !	***	***	12.962	***	186.292	3.144 !	***	41.595	10.747	46.714	10.833	***
	CHIP, TORTILLA, IW 2oz	1.00 Each (2oz)	270.000	15.000	1.500	.000	.000	220.000	31.000	3.018	***	***	3.000	***	2.912	.991	***	50.000	5.000	45.926	4.444	***
	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	***
	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	***
	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, 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 Grab N Go Lunch K-8 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
	Sandwich, Turkey & Swiss, 3.5" WWW BUN	1.00 Each	303.557	12.089	4.615	.000 !	54.467	721.985	26.774	2.580	1.120 !	***	23.604	***	138.461	1.703	***	35.842	13.682	35.280	31.103	.622 !
	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	***
	CHIP, TORTILLA, IW 2oz	1.00 Each (2oz)	270.000	15.000	1.500	.000	.000	220.000	31.000	3.018	***	***	3.000	***	2.912	.991	***	50.000	5.000	45.926	4.444	***
	HUMMUS, BULK, KRONOS	1.00 Each (4 oz)	320.000	24.000	.000	.000	.000	440.000	16.000	12.000	***	***	8.000	***	39.506	2.133	***	67.500	.000	20.000	10.000	***
	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	***
	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	***
	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 : 09/23/2022

Menu : 2022-23 Grab N Go Lunch K-8 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
	ROLL, SECONDARY DINNER ROLL, WWW	1.00 Each	120.000	1.000	.000	.000	.000	290.000	23.000	3.000	***	***	5.000	***	40.000	1.440	***	7.500	.000	76.667	16.667	***
	Salad, Caesar, Chicken	1.00 Serving	428.853	34.329	8.917	.000 !	142.139	909.095	7.937	3.189	***	***	23.057	***	234.255	1.642	***	72.044	18.713	7.403	21.506	***
	Sandwich, Vegetarian, 3.5" Bun	1.00 Each	354.354	19.274	9.668	.000 !	48.264	809.963	29.520	2.485	1.120 !	***	18.705	***	559.120	1.658	***	48.952	24.556	33.323	21.115	.680 !
	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	***
	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	***
	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	***
	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 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 9-12

Calculations displayed are Per Serving

Production Menu Nutrient Analysis

Date : 09/19/2022

Menu : 2022-23 Grab N Go Lunch 9-12 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
	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	***
	CHIP, TORTILLA, IW 2oz	1.00 Each (2oz)	270.000	15.000	1.500	.000	.000	220.000	31.000	3.018	***	***	3.000	***	2.912	.991	***	50.000	5.000	45.926	4.444	***
	HUMMUS, BULK, KRONOS	1.00 Each (4 oz)	320.000	24.000	.000	.000	.000	440.000	16.000	12.000	***	***	8.000	***	39.506	2.133	***	67.500	.000	20.000	10.000	***
	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	***
	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	***
	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	***
	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	***

Production Menu Nutrient Analysis

Date : 09/20/2022

Menu : 2022-23 Grab N Go Lunch 9-12 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
	Sandwich, Turkey and American	1.00 Each	240.750	5.000	2.000	.000	32.812	885.625	31.038	3.000	1.000 !	***	17.125	***	164.000	1.535	***	18.692	7.477	51.568	28.453	.782 !
	Salad, Mediterranean Greek	1.00 Serving	226.909	12.624	4.141	.000 !	18.900	922.552	12.503	4.478	***	***	13.689	***	336.489	1.475	***	50.071	16.425	22.041	24.131	***
	BREAD, FLATBREAD	1.00 Each	160.000	4.000	.500	.000	.000	150.000	27.000	3.000	***	***	5.000	***	46.000	.800	***	22.500	2.812	67.500	12.500	***
	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	***
	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	***
	Seasoned Corn	1.00 Serving (#8 scoop)	119.066	1.508	.000	***	.000	705.684	20.588	1.545	***	***	1.522	***	8.466	.078	***	11.397	.002	69.166	5.113	***
	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 Grab N Go Lunch 9-12 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, SECONDARY DINNER ROLL, WWW	1.00 Each	120.000	1.000	.000	.000	.000	290.000	23.000	3.000	***	***	5.000	***	40.000	1.440	***	7.500	.000	76.667	16.667	***
	Salad, Garden Chicken	1.00 Serving	466.739	36.449	11.613	.000 !	147.325	822.111	11.831	3.665	***	***	24.315	***	218.979	1.536	***	70.283	22.392	10.140	20.839	***
	Bowl, Layered Mexican Bean	1.00 Serving	478.625	22.120	5.715	.000 !	18.500	1,080.668	55.896	5.038 !	***	***	12.962	***	186.292	3.144 !	***	41.595	10.747	46.714	10.833	***
	CHIP, TORTILLA, IW 2oz	1.00 Each (2oz)	270.000	15.000	1.500	.000	.000	220.000	31.000	3.018	***	***	3.000	***	2.912	.991	***	50.000	5.000	45.926	4.444	***
	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	***
	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	***
	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, 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 Grab N Go Lunch 9-12 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
	Sandwich, Turkey & Swiss, Kaiser Bun	1.00 Each	344.997	14.618	6.711	.000	58.842	1,021.839	31.838	3.340	***	***	23.007	***	271.819	2.072	***	38.135	17.507	36.914	26.675	***
	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	***
	CHIP, TORTILLA, IW 2oz	1.00 Each (2oz)	270.000	15.000	1.500	.000	.000	220.000	31.000	3.018	***	***	3.000	***	2.912	.991	***	50.000	5.000	45.926	4.444	***
	HUMMUS, BULK, KRONOS	1.00 Each (4 oz)	320.000	24.000	.000	.000	.000	440.000	16.000	12.000	***	***	8.000	***	39.506	2.133	***	67.500	.000	20.000	10.000	***
	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	***
	CRANBERRIES, DRIED, IW (1.16 oz)	1.00 Pouch (1.16 oz)	110.000	.000	.000	***	.000	.000	28.000	3.000	***	***	.000	***	.000	.000	***	.000	.000	101.818	.000	***
	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 : 09/23/2022

Menu : 2022-23 Grab N Go Lunch 9-12 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
	ROLL, SECONDARY DINNER ROLL, WWW	1.00 Each	120.000	1.000	.000	.000	.000	290.000	23.000	3.000	***	***	5.000	***	40.000	1.440	***	7.500	.000	76.667	16.667	***
	Salad, Caesar, Chicken	1.00 Serving	428.853	34.329	8.917	.000	142.139	909.095	7.937	3.189	***	***	23.057	***	234.255	1.642	***	72.044	18.713	7.403	21.506	***
	Sub, Vegetarian, 6" WWW Kaiser Roll	1.00 Each	344.311	17.048	8.343	.000	41.622	827.324	31.815	3.609	***	***	17.693	***	566.692	2.002	***	44.561	21.808	36.960	20.554	***
	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	***
	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	***
	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	***
	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	***