

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 Morning Break Cafe 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
	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	***
	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	***
	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	***
	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	***
	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 : 09/20/2022

Menu : 2022-23 Morning Break Cafe 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
	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	***
	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	***
	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	***
	STRAWBERRIES & VANILLA YOGURT PARFAIT	1.00 Each	304.369	6.907	1.199	.000	2.665	197.666	56.178	4.404	***	***	7.538	***	137.944	1.541	***	20.425	3.544	73.828	9.906	***
	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 : 09/21/2022

Menu : 2022-23 Morning Break Cafe 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
	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	***
	JUICE, CARTON, BERRY, 4 oz	1.00 Each (4oz)	55.000	.000	.000	.000	.000	.000	14.000	1.000	***	***	.000	***	7.176	.311	***	.000	.000	101.821	.000	***
	CHICKEN & WAFFLE, MAPLE IW	1.00 Each	170.000	7.000	.000	.000	25.000	280.000	20.000	.000	***	***	8.000	***	20.000	1.000	***	37.059	.000	47.059	18.824	***
	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	***
	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 : 09/22/2022

Menu : 2022-23 Morning Break Cafe 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
	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	***
	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	***
	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	***
	STRAWBERRIES & VANILLA YOGURT PARFAIT	1.00 Each	304.369	6.907	1.199	.000	2.665	197.666	56.178	4.404	***	***	7.538	***	137.944	1.541	***	20.425	3.544	73.828	9.906	***
	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 : 09/23/2022

Menu : 2022-23 Morning Break Cafe 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
	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	***
	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	***
	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	***
	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	***
	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	***