

Production Menu Nutrient Analysis

Date Range : From 09/26/2022 to 09/30/2022

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 : 09/26/2022

Menu : PM Snack 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
	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	***

Production Menu Nutrient Analysis

Date : 09/27/2022

Menu : PM Snack 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
	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	***
	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 : 09/28/2022

Menu : PM Snack 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
	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	***
	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 : 09/29/2022

Menu : PM Snack 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
	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	***
	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 : 09/30/2022

Menu : PM Snack 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
	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	***
	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	***