

## Production Menu Nutrient Analysis

**Date Range :** From 08/17/2020 to 08/21/2020

**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 : 08/17/2020

Menu : 2020-21 Cold Curbside Breakfast K-12 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 (1/2 cup)	85.951	.230	.039	***	.000	.625	20.747	3.975	***	***	1.132	***	44.989	.178	***	2.408	.412	96.551	5.266	***
	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	***
	CEREAL, MULTIGRAIN CHEERIOS, BOWLPAK	1.00 Each	100.000	1.000	.000	***	.000	115.000	23.000	2.000	***	***	2.000	***	79.999	7.200	***	8.999	.000	92.000	8.000	***
	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 : 08/18/2020

Menu : 2020-21 Cold Curbside Breakfast K-12 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 (1/2 cup)	85.951	.230	.039	***	.000	.625	20.747	3.975	***	***	1.132	***	44.989	.178	***	2.408	.412	96.551	5.266	***
	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 NUTRIGRAIN	1.00 Each (1.55)	160.000	4.000	.500	.000	.000	150.000	30.000	3.000	***	***	2.000	***	200.000	1.800	***	22.500	2.813	75.000	5.000	***
	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 : 08/19/2020

Menu : 2020-21 Cold Curbside Breakfast K-12 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 (1/2 cup)	85.951	.230	.039	***	.000	.625	20.747	3.975	***	***	1.132	***	44.989	.178	***	2.408	.412	96.551	5.266	***
	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	***
	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	***
	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 : 08/20/2020

Menu : 2020-21 Cold Curbside Breakfast K-12 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 (1/2 cup)	85.951	.230	.039	***	.000	.625	20.747	3.975	***	***	1.132	***	44.989	.178	***	2.408	.412	96.551	5.266	***
	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	***
	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	***
	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 : 08/21/2020

Menu : 2020-21 Cold Curbside Breakfast K-12 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 (1/2 cup)	85.951	.230	.039	***	.000	.625	20.747	3.975	***	***	1.132	***	44.989	.178	***	2.408	.412	96.551	5.266	***
	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, BANANA CHOCOLATE CHIP	1.00 Each (2.9oz)	295.000	9.700	3.200	.000	37.500	185.800	49.000	3.200	***	***	4.500	***	24.290	1.610	144.000	29.593	9.763	66.441	6.102	***
	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	***