

Menu Nutrient Analysis Report

Generated 10/30/2015 11:44:42 AM by Kristen Feaga

Menu: 2015-16 MTWP ELEM Breakfast Cold Items MONDAY
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
 Meal Type: Breakfast
 Serving Group: K-8
 Site Group: Elementary School

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
FE (Kcal)(1)	[400.00 - 500.00]	0.00	
Fat (g)		0.00	
Sfat (g)(1)	< 10.00 % of Calories	0.00	
TFat (g)(2)		0.00(M)	
Chol (mg)		0.00	
Na (mg)(1)	< 540.00	0.00	
Carb (g)		0.00	
TDF (g)		0.00	
Sugars (g)		0.00(M)	
Pro (g)		0.00	
Fe (mg)		0.00	
Ca (mg)		0.00	
A,IU		0.00	
VitC (mg)		0.00	
Mois (g)		0.00(M)	
Ash (g)		0.00(M)	

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 1.000	[1.000 - 1.500]	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	>= 1.000	[1.750 - 2.500]	
Non-WGR		0.000	
WGR		[1.750 - 2.500]	
Meat/MA		0.000	
MILK-F	>= 1.000	1.000	
Fruit-J		0.500	
Grain-D		0.000	
Vegetable-J		0.000	
MILK-V		Pass	

Legend

(M) Indicates missing values.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.

Item Name (Serving Size)	Plan Qty	FE (Kcal) (1)	Fat (g)	Sfat (g) (1)	TFat (g)(2)	Chol (mg)	Na (mg) (1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
2015-16 MTWP ELEM Breakfast Cold Items MONDAY	300																
Category: Grains; Choose: 1																	

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Bar, BeneFIT Oatmeal Chocolate Chip 2.5 oz, J&J Snack Foods, 40401, WGR - SR102962 (1 Bar (2.5oz))	0	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Bread, Banana, Whole Grain, Slices, IW, 3.4 oz, Bake Crafters, 2813, WG - SR107383 (1 slice)	0	320.00	10.00	1.50	0.00	0.00	220.00	53.00	2.00	17.00	4.00	1.44	100.00	0.00	0.00	(M)	(M)
Bread, Breakfast Buns, Whole Grain, RF, IW, 3 oz, Bake Crafters, 2003, WGR - SR105293 (1 bun)	0	300.00	10.00	4.50	0.00	0.00	280.00	48.00	3.00	21.00	6.00	1.80	100.00	100.00	36.00	(M)	(M)
Cinnamon Danish Twists, 3.1 oz (2 pack) WG - LR100150 (1 pkg.)	0	330.00	13.00	4.50	0.00	10.00	260.00	48.00	3.00	20.00	5.00	1.80	60.00	400.00	1.20	(M)	(M)
Cinnamon Roll, Hadley Farms 2.7 oz WG - LR100172 (1 pkg.)	0	230.00	7.00	5.00	0.00	0.00	230.00	38.00	5.00	12.00	5.00	1.44	40.00	1750.00	0.30	(M)	(M)
Muffins, Banana, Whole Grain, Fort., IW, 4 oz, Bake Crafters, 1324, WGR - SR106896 (1 ea.)	0	310.00	9.00	2.00	0.00	60.00	380.00	53.00	3.00	27.00	6.00	4.50	250.00	1000.00	2.40	(M)	(M)
Muffins, Blueberry, Whole Grain, RF, Fortified, IW, Bake Crafters, 1211, WGR - SR106898 (1 ea.)	0	280.00	8.00	1.50	0.00	65.00	340.00	46.00	3.00	23.00	6.00	4.50	250.00	1000.00	1.20	(M)	(M)
Muffins, Chocolate Chocolate, Whole Grain, Fortified, IW, 4 oz, Bake Crafters, 1325, WGR - SR106897 (1 ea.)	0	300.00	10.00	2.50	0.00	60.00	320.00	48.00	3.00	24.00	7.00	6.30	250.00	1000.00	1.20	(M)	(M)
Pastry, Kellogg's Pop Tarts WG Frosted Cinnamon, 2 count 3.53 oz - LR100171 (1 pkg.)	0	370.00	5.00	2.00	0.00	0.00	380.00	75.00	6.00	31.00	5.00	3.60	200.00	1000.00	0.00	(M)	(M)
Pop-Tarts, Frosted Fudge, Whole Grain, 2.25 oz. eq., Kellogg's - LR100173 (1 pkg.)	0	370.00	6.00	2.00	0.00	0.00	390.00	76.00	6.00	30.00	5.00	3.60	200.00	1000.00	0.00	(M)	(M)
Toaster Pastries, Pop-Tarts Whole Grain Frosted Strawberry, Kellogg's, 55133, WGR - SR107119 (1 pkg.)	0	360.00	4.50	2.00	0.00	0.00	360.00	75.00	6.00	30.00	4.00	3.60	200.00	1000.00	0.00	(M)	(M)

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Item Name (Serving Size)	Plan Qty	FE (Kcal) (1)	Fat (g)	Sfat (g) (1)	TFat (g)(2)	Chol (mg)	Na (mg) (1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	0	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Apples, raw, with skin, F - SR105078 (1/2 medium (3)	0	47.32	0.15	0.03	(M)	0.00	0.91	12.57	2.18	9.46	0.24	0.11	5.46	49.14	4.19	77.86	0.17
Bananas, raw - SR105089 (1 medium (7"))	0	105.02	0.39	0.13	(M)	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Juice, 100% Apple 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	0	50.00	0.00	0.00	0.00	0.00	10.00	13.00	0.00	12.00	0.00	0.18	0.00	0.00	1.20	(M)	(M)
Oranges; varieties include Navel, Valencia, Pineapple or Hamlin, raw [100283, A357] - SR105218 (1 piece)	0	62.00	0.16	0.03	0.00	0.00	0.00	15.39	3.10	(M)	1.23	0.13	51.99	295.00	69.70	(M)	(M)
Category: Milk; Choose: 1																	
Milk, 1%, Lowfat, Plain, Swiss Premium, MILK - SR101510 (8 fl. oz.)	0	110.00	2.50	1.50	(M)	10.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Fat Free Chocolate, TruMoo, Dean, MILK - SR101513 (8 fl. oz.)	0	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Fat Free Milk, Swiss Premium, MILK - SR104161 (1 Carton)	0	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Strawberry Fat Free TruMoo - LR100178 (1 Carton)	0	110.00	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	8.00	0.00	300.00	1750.00	1.20	(M)	(M)