

Nutrient Detail Report

Organization: Gourmet Gorilla

Session: 2023-24 School Year

Menu: NSLP Lunch, CJA, SY 2023-2024

Number Source: Planned

Dates: 09-04-2023 to 09-15-2023

Nutrient Summary

Date(s): 09-04-2023 to 09-15-2023

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	609.010					
Protein (g)	32.126*	21.101%				
Total Fat (g)	18.766*	27.733%				
Saturated Fat (g)	5.985*	8.845%	< 10%	Pass		
Trans Fat (g)	0.100*					
Carbohydrates (g)	75.424*	49.539%				
Cholesterol (mg)	60.089*					
Sodium (mg)	1,028.312		≤ 1110	Pass		
Potassium (mg)	210.502*					
Fiber (g)	9.554*					
Sugars (g)	30.227*					
Iron (g)	3.810*					
Calcium (mg)	524.566*					
Vitamin A (IU)	3,516.901*					
Vitamin C (mg)	64.980*					
Vitamin D (mcg)	0.775*					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-04-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Sandwich, BBQ Chicken, WG Bun, 1 Each	82157	1 each	100	288.015	36.775	2.591*	12.400
Vegetables							
Green Beans, 1/2 Cup	82175	1/2 Cup	100	23.625	4.725	1.575	1.575
Pickle, Chips, Crinkle Cut, 1/4 cup	259898	1/4 cup	100	0.000	N/A*	N/A*	N/A*
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	30	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	10	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	60	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				514.749	68.986*	6.96*	37.354*
% of Calories					53.608%		

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Menu Detail

Date: 09-05-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Menu 051; Chicken, Nuggets, WG, 5 Each	82342	5 Each	100	247.826	16.522	3.098	1.033
Vegetables							
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
Vegetarian Baked Beans, 1/4 Cup	1343217	1/4 cup	100	70.829	12.365	3.833	5.183
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	13.000	2.000	9.000
Grains							
WG Bread, 1 Slice	82064	1 Slice	100	71.310	13.230	1.400	1.440
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	30	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	10	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	60	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				581.748	75.979	14.512	30.049
% of Calories					52.242%		

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Menu Detail

Date: 09-06-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Cheese Sauce, Scratch, 1/2 Cup	82560	1/2 Cup	100	236.548	6.467	0.053	4.316
Vegetables							
Menu 070; Veg, Broccoli, 1/2 Cup	82243	1/2 Cup	100	27.272	5.326	2.085	1.364
Lemony Chickpea Salad, 1/4 cup	1075166	1/4 Cup	100	89.228	8.204	2.526	0.553
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Grains							
WG Elbow Pasta, 3/4 Cup	82218	3/4 CUP	100	135.460	29.350	4.515	1.505
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	30	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	10	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	60	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				638.907	77.183	12.302	29.556
% of Calories					48.322%		

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Menu Detail

Date: 09-07-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Main 008; Chili, Turkey, 1/2 Cup NEW	584456	1/2 Cup	100	198.257	11.945	3.524	3.369
Vegetables							
French Fries, 1/2 Cup	1174074	0.5 Cup	100	114.400	19.360	1.760	0.000
Celery, 1/4 cup	1078402	0.25 cup	100	4.040	0.750	0.404	0.338
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Grains							
Cornbread, 1 Each (40 cut)	82632	1 Slice	100	163.721	17.831	1.942	5.795
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	30	110.000	13.000	0.000	12.000
Milk, Skim, Half Pint, Prime	82089	1 each	60	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	10	120.000	20.000	0.000	18.000
Total			100				
Weighted Daily Average				618.279	73.713	8.627	31.62
% of Calories					47.689%		

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Menu Detail

Date: 09-08-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Pizza, Cheese, Garlic Herb Breadstick Base	1305148	1 pizza	100	330.997	30.563	2.911	2.390
Vegetables							
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Red Pepper Strips, 1/4 Cup	84940	1/4 Cup	100	18.027	3.507	1.221	2.442
Fruit							
Menu 258; Fruit, Fruit Salad, CHP, 1/2 Cup	84783	1/2 Cup	100	54.552	13.627	1.379	12.064
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	30	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	10	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	60	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				522.173	66.112	7.609	28.896
% of Calories					50.644%		

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Menu Detail

Date: 09-11-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Beef Burger & American Cheese, 1 Each	1168773	1 Each	100	245.000	0.500	0.000	0.500
Vegetables							
Roasted Sweet Potatoes, 1/2 Cup	82410	1/2 Cup	100	134.792	24.082	3.591	5.003
Pickle, Chips, Crinkle Cut, 1/4 cup	259898	1/4 cup	100	0.000	N/A*	N/A*	N/A*
Fruit							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
Grains							
Menu 013; Bread, Bun, Hamburger, WG, 1 each	82047	1 each	100	143.683	25.876	2.591	3.304
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				656.269	73.446*	8.213*	28.847*
% of Calories					44.766%		

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Menu Detail

Date: 09-12-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Mojo Chicken Thigh, 3 oz	1255542	3 oz	100	306.526	0.699	0.047*	0.453
Vegetables							
Greek Cucumber Salad, 1/2 Cup	1341903	1/2 cup	100	14.708	3.042*	0.418*	1.395*
Chickpeas, 1/4 Cup	329882	1/4 Cup	100	45.000	8.000	2.500	0.500
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Grains							
Herbed Brown Rice, 3/4 cup	1359443	3/4 cup	100	163.763	34.679	0.963	0.000
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Total			100				
Weighted Daily Average				720.807	72.516*	6.723*	24.807*
% of Calories					40.241%		

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Menu Detail

Date: 09-13-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Mostaccioli,, WG, 1 cup	1298396	1 cup	100	347.659	38.775	5.796	4.932
Vegetables							
Steamed Carrots, Honey, 1/4 Cup	1362370	1/4 Cup	100	29.865	7.704	1.189	4.096
Menu 070; Veg, Broccoli, 1/2 Cup	82243	1/2 Cup	100	27.272	5.326	2.085	1.364
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Grains							
WG Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	0.000
Milk							
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				602.895	90.251	13.191	31.29
% of Calories					59.879%		

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Menu Detail

Date: 09-14-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Chicken Pozole, 1 cup, Green NEW	1275068	1 cup	100	158.049	10.294	1.880	1.217
Vegetables							
Green Cabbage, 1/2 cup	1265928	1/2 cup	100	11.000	2.500	1.000	1.500
Black Bean & Corn Salad, 1/4 cup	1304055	1/4 cup	100	66.935	12.237	3.789	0.895
Fruit							
Menu 109; Pineapple, CC, 1/2 Cup	82190	1/2 Cup	100	96.304	25.270	2.697	18.972
Grains							
WG Tortilla Chips, 11 Each	82158	11 each	100	150.000	21.000	2.000	0.000
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				562.988	82.411	11.366	33.664
% of Calories					58.552%		

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Menu Detail

Date: 09-15-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Main 026; Burrito, Chipotle Chicken, 1 Each, WG	90620	1 Each	100	432.274	31.043	2.606	0.801
Vegetables							
Roasted Potatoes, 1/2 Cup	82236	0.5 Cup	100	96.895	16.736	1.762	0.881
Cucumber Slices, 1/4 Cup	82220	1/4 Cup	100	6.446	1.560	0.215	0.718
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				671.284	73.642	6.038	26.187
% of Calories					43.881%		

* Indicates missing Nutrient Information.

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