

Nutrient Detail Report

Organization: Gourmet Gorilla

Session: 2023-24 School Year

Menu: NSLP PM Snack SY 23-24

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)	238.994					
Protein (g)	7.105	11.891%				
Total Fat (g)	10.820	40.746%				
Saturated Fat (g)	3.194*	12.027%				
Trans Fat (g)	0.000					
Carbohydrates (g)	29.333	49.093%				
Cholesterol (mg)	20.172					
Sodium (mg)	249.741					
Potassium (mg)	65.327*					
Fiber (g)	3.278					
Sugars (g)	11.170					
Iron (g)	1.685*					
Calcium (mg)	95.603*					
Vitamin A (IU)	3,080.264*					
Vitamin C (mg)	16.671*					
Vitamin D (mcg)	0.000*					

* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 09-04-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Menu 317; Apple Slices, 3/4 Cup	339080	6 Slices	100	67.350	15.804	3.251	11.136
Grains							
Grow Bar, Apple Orchard, 1 each 2019	82235	1 each	100	161.114	23.809	2.338	9.828
Total			100				
Weighted Daily Average				228.464	39.613	5.589	20.964
% of Calories					69.356%		

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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)
Grains							
Menu 144; Banana Bread, Big	82352	1 EACH	100	169.387	23.698	2.185	11.304
Misc.							
Menu 301; Yogurt, Strawberry, 1/2 cup	82407	1/2 cup	100	90.000	17.000	0.000	8.000
Total			100				
Weighted Daily Average				259.387	40.698	2.185	19.304
% of Calories					62.76%		

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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							
WG Sunbutter & Jelly Sandwich, 1 Each	82111	1 each	100	476.520	39.000	7.300	9.420
Total			100				
Weighted Daily Average				476.52	39	7.3	9.42
% of Calories					32.737%		

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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)
Fruit							
Menu 256; CH Fruit Salad, CC, 3/4 Cup	88258	3/4 Cup	100	46.463	11.450	1.128	10.607
Grains							
WG Goldfish, 1 Each	82253	1 each	100	100.000	14.000	1.000	0.000
Total			100				
Weighted Daily Average				146.463	25.45	2.128	10.607
% of Calories					69.505%		

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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)
Grains							
Menu 156; Bread, Pita, WG, 1/2 Piece	82131	1/2 Piece	100	120.000	19.500	1.500	0.500
Misc.							
Menu 262; Mini Cheddar Cheese Slices	88530	1.5 slice	100	128.864	0.000	0.000	0.000
Total			100				
Weighted Daily Average				248.864	19.5	1.5	0.5
% of Calories					31.342%		

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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)
Grains							
Pumpkin Bread, Big, 1 Each	259988	1 slice	100	157.228	20.207	2.758	7.683
Misc.							
Menu 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				237.228	21.207	2.758	7.683
% of Calories					35.758%		

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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)
Vegetables							
Veg, Carrots, Baby, 3/4 Cup	1054889	3/4 cup	100	38.457	8.886	3.151	0.000
Grains							
BBQ Crisps, 4 Each	1341699	4 Each	100	99.804	15.121	2.006	0.114
Total			100				
Weighted Daily Average				138.261	24.007	5.157	0.114
% of Calories					69.456%		

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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)
Grains							
Zee Zee's Wheat Crackers	336831	1 each	100	90.000	15.000	1.000	2.000
Misc.							
Menu 262; Mini Cheddar Cheese Slices	88530	1.5 slice	100	128.864	0.000	0.000	0.000
Total			100				
Weighted Daily Average				218.864	15	1	2
% of Calories					27.414%		

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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)
Fruit							
Menu 124; Fruit, Cantaloupe, CC, 3/4 Cup	82466	³ / ₄ Cup	100	74.431	17.863	1.970	17.207
Grains							
Zucchini Bread, Big, 1 each	1350194	1 each	100	194.996	18.537	2.059	6.291
Total			100				
Weighted Daily Average				269.427	36.401	4.029	23.498
% of Calories					54.042%		

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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)
Fruit							
Menu 256; CH Fruit Salad, CC, 3/4 Cup	88258	³ / ₄ Cup	100	46.463	11.450	1.128	10.607
Grains							
Zee Zee Strawberry Grahams, 1 each	1316827	1 each	100	120.000	21.000	0.000	7.000
Total			100				
Weighted Daily Average				166.463	32.45	1.128	17.607
% of Calories					77.975%		

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