

Nutrient Detail Report

Organization: Gourmet Gorilla

Session: 2023-24 School Year

Menu: NSLP Lunch, CJA, SY 2023-2024

Number Source: Planned

Dates: 01-29-2024 to 02-16-2024

Nutrient Summary

Date(s): 01-29-2024 to 02-16-2024

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	657.587		600 min / 650 max	Fail	7.587	Too much Calories (min: 657.59 of 600) (max: 657.59 of 650)
Protein (g)	34.112*	20.75%				
Total Fat (g)	20.654*	28.269%				
Saturated Fat (g)	6.521*	8.925%	< 10%	Pass		
Trans Fat (g)	0.067*					
Carbohydrates (g)	82.623	50.258%				
Cholesterol (mg)	59.464*					
Sodium (mg)	885.253		≤ 1110	Pass		
Potassium (mg)	237.972*					
Fiber (g)	9.488*					
Sugars (g)	32.123*					
Iron (g)	3.473*					
Calcium (mg)	534.203*					
Vitamin A (IU)	4,120.268*					
Vitamin C (mg)	73.120*					
Vitamin D (mcg)	0.128*					

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 01-29-2024

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							
Vegetarian Baked Beans, 1/4 Cup	1343217	1/4 cup	100	72.097	12.875	3.755	5.311
Veg, Sweet Potato, Fries, 1/2 Cup	82297	1/2 Cup	100	111.944	17.591	2.399	3.998
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
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, 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				763.533	82.938	11.538	35.573
% of Calories					43.45%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 01-30-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Sweet & Sour Chicken Breast, 2 oz	85364	2 ounce	100	130.287	5.568	0.254*	4.034*
Vegetables							
Celery, 1/4 cup	1078402	0.25 cup	100	4.040	0.750	0.404	0.338
Green Beans, 1/2 Cup	82175	1/2 Cup	100	23.625	4.725	1.575	1.575
Fruit							
Fruit, Pearsauce, 1/2 Cup	87872	1/2 Cup	100	99.387	26.549	4.683	18.271
Grains							
(not so) Fried Rice, 3/4 Cup	258424	3/4 cup	100	279.025	58.425	2.672	3.400
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				617.064	107.127	9.588*	38.699*
% of Calories					69.443%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 01-31-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Vegetables							
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
Veg, Carrots, Baby, 1/4 Cup	82244	1/4 Cup	100	12.799	2.957	1.049	0.000
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
Grains							
WG Rotini Pasta, 3/4 Cup	82269	3/4 CUP	100	145.455	29.818	4.364	1.455
WG Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	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
Misc.							
Shredded Mozzarella Cheese, 1.5 oz	82277	1.5 Ounce	100	136.685	1.519	0.000	0.000
Creamy Garlic Sauce, 2 fl oz	1303624	2 fl oz	100	64.883	5.070	0.223	2.830
Total			100				
Weighted Daily Average				599.304	84.837	11.817	28.758
% of Calories					56.624%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-01-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Pozole, 1 cup, Red	1275013	1 cup	100	229.255	14.447	2.310	1.960
Vegetables							
Green Cabbage, 1/2 cup	1265928	1/2 cup	100	11.000	2.500	1.000	1.500
Beans, Black, Seasoned, 1/4 cup	1365660	1/4 cup	100	107.067	8.852	2.212	0.357
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
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				622.882	69.236	8.519	25.015
% of Calories					44.462%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-02-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
BBQ Chicken Drumsticks, 2 Each	82393	2 Each	100	375.975	10.899	0.000*	9.096
Vegetables							
Cucumber Slices, 1/4 Cup	82220	1/4 Cup	100	6.446	1.560	0.215	0.718
Veg 008; Collard Greens, 1/2 cup	90177	1/2 cup	100	39.376	5.971	2.474	1.039
Fruit							
Menu 258; Fruit, Fruit Salad, CHP, 1/2 Cup	84783	1/2 Cup	100	60.461	15.331	1.577	12.934
Grains							
Menu 036; Rice, Brown, 1 Cup	1031554	1 Cup	100	198.665	42.070	1.169	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				761.623	86.942	5.435*	34.867
% of Calories					45.661%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-05-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Sweet Chipotle - Chicken Patty, 1 Each	1453501	1 each	100	244.639	15.838	3.051*	1.487*
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							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
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, 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				697.571	87.92	10.6*	27.588*
% of Calories					50.415%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-06-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Chicken Chili, 1 cup	1454540	1 cup	100	196.311	15.447	4.352	3.054
Vegetables							
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Veg, Corn Salad, 1/4 Cup	82319	1/4 Cup	100	48.742	7.409	0.457	0.159
Fruit							
Menu 008; Fruit, Appleberry Sauce, 1/2 Cup	82211	1/2 Cup	100	47.977	13.348	1.138	11.025
Grains							
Cornbread, 1 Each (40 cut)	82632	1 Slice	100	163.721	17.831	1.942	5.795
WG Tortilla Chips, 6 Each	82176	6 each	100	81.818	11.455	1.091	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
Misc.							
Menu 261; Cheese, Cheddar, Shredded, 1/2 Oz	88225	1/2 Ounce	100	55.687	0.000	0.000	0.000
Total			100				
Weighted Daily Average				700.552	82.515	11.077	31.112
% of Calories					47.114%		

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Menu Detail

Date: 02-07-2024

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
Roasted Zucchini, 1/4 cup	1072165	1/4 Cup	100	45.553	1.016	0.327*	0.817*
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
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				495.302	59.92	6.207*	26.614*
% of Calories					48.39%		

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Menu Detail

Date: 02-08-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
MMA 022; Chicken Thigh, Adobo, 2 Oz	1153913	2 Ounce	100	192.444	4.549	0.610	3.329
Vegetables							

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Menu 070; Veg, Broccoli, 1/2 Cup	82243	1/2 Cup	100	27.272	5.326	2.085	1.364
Beans, Black, Seasoned, 1/4 cup	1365660	1/4 cup	100	107.067	8.852	2.212	0.357
Fruit							
Menu 109; Pineapple, CC, 1/2 Cup	82190	1/2 Cup	100	96.304	25.270	2.697	18.972
Grains							
Spanish Rice, 3/4 Cup	1362005	3/4 Cup	100	199.284	33.423	1.060	0.877
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				703.071	88.53	8.664	35.978
% of Calories					50.368%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-09-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Pizza, Ground Turkey & Pepper, Garlic Herb Breadstick Base	1430469	1 pizza	100	314.785	31.393	3.642	3.271*
Vegetables							
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
Chickpeas, 1/4 Cup	329882	1/4 Cup	100	45.000	8.000	2.500	0.500
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				544.238	72.059	11.778	28.953*
% of Calories					52.961%		

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Menu Detail

Date: 02-12-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Beef Sloppy Joe, 3/8 Cup	260071	3/8 Cup	100	408.113	11.183	0.583	7.901
Vegetables							
Steamed Carrots, Honey, 1/4 Cup	1362370	1/4 Cup	100	29.865	7.704	1.189	4.096
Mashed Sweet Potatoes, 1/2 Cup	84220	1/2 Cup	100	134.021	23.416	3.313	5.812
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
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, 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				906.491	94.275	10.469	43.573
% of Calories					41.6%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-13-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Chicken Tinga + Cheese, Nacho 2 oz MMA	1468636	2 oz	100	222.392	0.793	0.148	0.406
Vegetables							
Veg, Corn, 1/2 Cup	82127	1/2 Cup	100	60.443	14.356	0.755	0.000
Pineapple & Jicama, Pico De Gallo, 1/4 cup	1453474	1/4 cup	100	46.089	11.558	2.516	6.729
Fruit							
Menu 008; Fruit, Appleberry Sauce, 1/2 Cup	82211	1/2 Cup	100	47.977	13.348	1.138	11.025
Grains							
WG Tortilla Chips, 11 Each	82158	11 each	100	150.000	21.000	2.000	0.000
WG Roll, 1 Each	82281	1 Each	100	75.500	13.300	1.500	1.200
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
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				683.1	85.466	8.056	30.44
% of Calories					50.046%		

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Menu Detail

Date: 02-14-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Cheese Sauce, Scratch, 3/8 Cup	82240	3/8 Cup	100	170.019	4.648	0.038	3.102
Vegetables							
Green Beans, 1/2 Cup	82175	1/2 Cup	100	23.625	4.725	1.575	1.575
Vegetarian Baked Beans, 1/4 Cup	1343217	1/4 cup	100	72.097	12.875	3.755	5.311
Fruit							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
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	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				523.994	72.585	11.915	29.533
% of Calories					55.409%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-15-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Kung Pao Chicken, 2 oz	1019114	2 oz	100	190.081	3.834	0.019*	3.106*
Vegetables							
Veg, Edamame, 1/4 Cup	82141	1/4 Cup	100	43.013	3.519	1.955	0.782
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
Grains							
(not so) Fried Rice, 3/4 Cup	258424	3/4 cup	100	279.025	58.425	2.672	3.400
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				673.385	95.996	8.199*	31.076*
% of Calories					57.023%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-16-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Grilled Cheese, Mozzarella & YA, 1 each	1422047	1 each	100	337.620	26.960	2.800	2.880
Vegetables							
Menu 070; Veg, Broccoli, 1/2 Cup	82243	1/2 Cup	100	27.272	5.326	2.085	1.364
Fruit							
Menu 258; Fruit, Fruit Salad, CHP, 1/2 Cup	84783	1/2 Cup	100	60.461	15.331	1.577	12.934
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
Misc.							
Tomato Soup, 3/4 Cup	85637	3/4 Cup	100	65.645	10.273	2.000	5.804
Total			100				
Weighted Daily Average				571.698	69	8.463	34.061
% of Calories					48.277%		

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