

Nutrient Detail Report

Organization: Gourmet Gorilla

Session: 2023-24 School Year

Menu: NSLP Hot Packaged Breakfast, SY 23-24

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)	491.637		450 min / 500 max	Pass		
Protein (g)	15.511	12.62%				
Total Fat (g)	8.166	14.949%				
Saturated Fat (g)	3.183*	5.827%	< 10%	Pass		
Trans Fat (g)	0.000*					
Carbohydrates (g)	85.201	69.321%				
Cholesterol (mg)	61.653*					
Sodium (mg)	409.229		≤ 540	Pass		
Potassium (mg)	219.769*					
Fiber (g)	8.427*					
Sugars (g)	52.076					
Iron (g)	2.005*					
Calcium (mg)	465.273*					
Vitamin A (IU)	1,018.315*					
Vitamin C (mg)	44.906*					
Vitamin D (mcg)	0.813*					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 01-29-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Grain 025; Bread, English Muffin, WG, Each	82160	1 Each	100	120.000	23.000	3.000	1.000
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Misc.							
Jelly, Pckg, 1/2 Oz, Grape, 1 Each	82180	1 Each	100	35.000	9.000	0.000	8.000
Total			100				
Weighted Daily Average				402.998	77.949	8.619	43.615
% of Calories					77.369%		

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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)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Rich's WG French Toast Sticks, 3	1305165	3 each	100	202.500	26.250	2.250	8.250
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	98	120.000	20.000	0.000	18.000
Milk, Variety, Half Pint	82372	1 each	1	95.000	12.000	0.000	11.500
Total			100				
Weighted Daily Average				472.148	77.949	7.869	47.44
% of Calories					66.038%		

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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)
Fruit							

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Pumpkin Apple Bread, Big, 2 Each	1431472	2 slice	100	320.783	42.185	5.642	16.884
Milk							
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	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				590.281	93.875	11.261	56.069
% of Calories					63.613%		

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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)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Gingerbread Muffin, Big, 1 Each	1145093	1 Each	100	316.065	37.551	4.150*	13.061
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	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				585.562	89.24	9.769*	52.247
% of Calories					60.961%		

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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)
Breakfast Entree							
Menu 019; Cinnamon Oatmeal, 1/2 Cup	82188	1/2 Cup	100	133.648	28.957	1.114	13.365
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Granola Crumble, 1 oz	82137	1 oz	100	132.132	22.214	1.125	7.591
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Misc.							
Baked Apples, Cinnamon	1212588	1/2 cup	100	125.203	32.663	1.781	29.295
Total			100				
Weighted Daily Average				638.981	129.783	9.639	84.866
% of Calories					81.244%		

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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)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Menu 144; Banana Bread, Big	82352	1 EACH	100	169.387	23.698	2.185	11.304
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				417.385	69.647	7.804	45.919
% of Calories					66.746%		

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Variety, Half Pint	82372	1 each	50	95.000	12.000	0.000	11.500
Misc.							
Menu 098; WG Pancakes (2)	82057	2 Each	100	159.891	30.646	3.997	5.330
Syrup, Breakfast, Smuckers, Packet, 1 Each	82099	1 each	100	80.000	21.000	0.000	21.000
Total			100				
Weighted Daily Average				495.389	98.095	9.616	61.195
% of Calories					79.206%		

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Savory Toast- Tomato Breakfast Bake, 1 slice NSLP	1304320	1 slice	100	176.011	18.129	1.785	3.545
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				424.009	64.078	7.404	38.16
% of Calories					60.45%		

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Menu 019; Cinnamon Oatmeal, 1/2 Cup	82188	1/2 Cup	100	133.648	28.957	1.114	13.365
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Granola Crumble, 1 oz	82137	1 oz	100	132.132	22.214	1.125	7.591
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	20	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				512.778	96.42	7.858	54.971
% of Calories					75.214%		

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Burrito, Breakfast, 1 Each, WG	1346475	1 each	100	193.788	15.000	2.000	1.000
Vegetables							
Salsa, Scratch, 1/8 cup	82284	1/8 cup	100	6.744	1.366	0.272	0.800
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				448.529	62.315	7.891	36.415
% of Calories					55.573%		

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Menu 095; French Toast, Casserole, 1 Slice, NSLP	82115	1 Each	100	174.753	27.693	1.559	14.562
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				422.751	73.642	7.178	49.177
% of Calories					69.679%		

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Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Menu 103; WG Waffles (2)	82144	2 each	100	192.162	29.892	2.135	4.270
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Variety, Half Pint	82372	1 each	50	95.000	12.000	0.000	11.500
Misc.							
Syrup, Breakfast, Smuckers, Packet, 1 Each	82099	1 each	100	80.000	21.000	0.000	21.000
Total			100				
Weighted Daily Average				527.66	97.341	7.754	60.136
% of Calories					73.791%		

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Menu 140; Apple Bread,Big, 16 cut, 1 each	1204485	1 each	100	216.297	35.798	3.251	17.025
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Milk							
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	75	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	10	80.000	11.000	0.000	11.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				486.295	86.347	8.87	55.34
% of Calories					71.025%		

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Breakfast Entree							
Menu 019; Cinnamon Oatmeal, 1/2 Cup	82188	1/2 Cup	100	133.648	28.957	1.114	13.365
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Granola Crumble, 1 oz	82137	1 oz	100	132.132	22.214	1.125	7.591
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	20	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				512.778	96.42	7.858	54.971
% of Calories					75.214%		

* 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)
Breakfast Entree							
Menu 243; Eggs, Scrambled, 1/4 Cup	1020186	1/4 Cup	100	96.202	0.000	0.000	0.000
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				437.01	64.919	7.019	40.625
% of Calories					59.421%		

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