

Nutrient Detail Report

Organization: Gourmet Gorilla

Session: 2023-24 School Year

Menu: NSLP PM Snack 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)	218.742					
Protein (g)	6.475	11.84%				
Total Fat (g)	9.028	37.146%				
Saturated Fat (g)	2.333*	9.598%				
Trans Fat (g)	0.000*					
Carbohydrates (g)	28.942	52.925%				
Cholesterol (mg)	13.432					
Sodium (mg)	274.096					
Potassium (mg)	77.052*					
Fiber (g)	3.936					
Sugars (g)	11.149					
Iron (g)	1.743*					
Calcium (mg)	98.803*					
Vitamin A (IU)	2,204.260*					
Vitamin C (mg)	13.679*					
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: 01-29-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
Zee Zee Strawberry Grahams, 1 each	1316827	1 each	100	120.000	21.000	0.000	7.000
Misc.							
Menu 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				200	22	0	7
% of Calories					44%		

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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)
Grains							
Banana Cinnamon Bread, Big	1428538	1 EACH	100	169.388	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				259.388	40.698	2.185	19.304
% of Calories					62.76%		

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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							
Black Bean & Corn Salad, 3/8 cup, com	308589	3/8 cup	100	88.036	16.028	4.982	1.143
Grains							
Ranch Crisps, 4 Each	82261	4 Each	100	101.556	15.222	2.000	0.222
Total			100				
Weighted Daily Average				189.592	31.25	6.982	1.365
% of Calories					65.932%		

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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							
Menu 256; CH Fruit Salad, CC, 3/4 Cup	88258	3/4 Cup	100	73.209	18.041	1.778	16.712
Grains							
WG Cinnamon Goldfish, 1 Package	82375	1 Package	100	120.000	19.000	1.000	7.000
Total			100				
Weighted Daily Average				193.209	37.041	2.778	23.712
% of Calories					76.686%		

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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)
Vegetables							
Cucumber Slices, 3/4 Cup	1054896	3/4 Cup	100	19.357	4.684	0.645	2.155
Hummus, 1/4 , MMA	1485061	1/4 Cup	100	142.751	13.355	4.035	0.769
Total			100				
Weighted Daily Average				162.108	18.039	4.68	2.925
% of Calories					44.512%		

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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							
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: 02-06-2024

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: 02-07-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Menu 120; Fruit, Cantaloupe, 3/4 Cup	82285	3/4 Cup	100	74.633	17.912	1.976	17.253
Grains							
Cinnamon Crisps, 4 Each	82394	4 Each	100	100.515	15.315	2.000	0.315
Total			100				
Weighted Daily Average				175.147	33.227	3.976	17.568
% of Calories					75.883%		

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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							
WG Sunbutter & Jelly Sandwich, 1 Each	82111	1 each	100	372.620	41.460	6.800	13.880
Total			100				

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Weighted Daily Average				372.62	41.46	6.8	13.88
% of Calories					44.506%		

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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)
Vegetables							
Protein, Edamame, 1/4 Cup	1362146	1/4 Cup	100	59.898	4.901	2.723	1.089
Grains							
Zee Zee's Wheat Crackers	336831	1 each	100	90.000	15.000	1.000	2.000
Total			100				
Weighted Daily Average				149.898	19.901	3.723	3.089
% of Calories					53.105%		

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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)
Fruit							
Menu 317; Apple Slices, 3/4 Cup	339080	6 Slices	100	67.350	15.804	3.251	11.136
Misc.							
Sunbutter, 2 Tbsp	82191	2 Tbsp	100	200.000	7.000	4.000	3.000
Total			100				
Weighted Daily Average				267.35	22.804	7.251	14.136
% of Calories					34.119%		

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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)
Grains							
WG Crackers, 10 each	1182672	10 each	100	110.000	16.000	2.000	1.000
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				238.864	16	2	1
% of Calories					26.794%		

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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)
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	99.808	15.122	2.007	0.114
Total			100				
Weighted Daily Average				138.265	24.008	5.158	0.114
% of Calories					69.456%		

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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)
Vegetables							
Cucumber Slices, 3/4 Cup	1054896	3/4 Cup	100	19.357	4.684	0.645	2.155
Grains							
WG Goldfish, 1 Each	82253	1 each	100	100.000	14.000	1.000	0.000
Total			100				
Weighted Daily Average				119.357	18.684	1.645	2.155
% of Calories					62.617%		

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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)
Fruit							
Menu 133; Honeydew, CC, 3/4 Cup	82092	3/4 Cup	100	59.390	14.996	1.320	13.396
Grains							
Bread, Carrot, 1 each (32 cut)	91733	1 each	100	290.258	33.205	2.197	18.950
Total			100				
Weighted Daily Average				349.648	48.201	3.517	32.345
% of Calories					55.142%		

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