

Menu Compliance - Nutrient Detail Report



District: Banning Unified School District

School: Florida Discovery Center

Menu: 2017-18 Florida St PK Breakfast

Date Range: August 08, 2017 - August 31, 2017

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 08/08/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Fruit and Yogurt Parfait	2146157	1.00 parfait	50	392.594	13.784	7.411	1.884	0.000*	15.000	184.998	69.167	3.711*	37.736	2.088*	60.616*	6.804*	33.339*
Fresh Banana, 150 count (1/2 cup)	1681123	1/2 cup	50	112.138	1.373	0.416	0.141	0.000	0.000	1.260	28.778	3.276	15.410	0.328	6.300	80.639	10.962
1% White Milk	1730129	8.00 ounce	50	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Weighted Daily Average				624.732	25.157	10.327	3.525	0.000*	25.000	336.258	111.945	6.987*	67.146	2.416*	416.916*	587.443*	46.701*
% of Calories					16.11%	14.88%	5.08%	0.00%*			71.68%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 08/09/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Kix Cereal	2151299	30.00 grams	50	109.146	1.984	0.992	0.000	0.000	0.000	178.602	24.806	2.977	2.977	8.037	148.835	496.116	5.953

Sliced Peaches, Canned (1/2 cup)	1681118	1/2 cup	50	52.996	0.504	0.139	0.000	0.000	0.000	5.998	13.394	1.298	N/A*	0.378	5.998	339.998	3.805
1% White Milk	1730129	8.00 ounce	50	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Weighted Daily Average				282.142	12.488	3.631	1.500	0.000	10.000	334.600	52.200	4.275	16.977*	8.415	504.833	1336.114	12.158
% of Calories					17.70%	11.58%	4.78%	0.00%			74.01%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 08/10/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Blueberry Oatmeal Muffin	2149799	1.80 oz	50	160.000	3.000	4.500	0.000	0.000	15.000	130.000	27.000	2.000	12.000	0.720	20.000	750.000	1.200
Fresh Strawberries (1/2 cup)	1681131	1/2 cup	50	27.913	0.584	0.262	0.013	0.000	0.000	0.872	6.699	1.745	4.266	0.358	13.957	10.468	51.291
1% White Milk	1730129	8.00 ounce	50	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Weighted Daily Average				307.913	13.584	7.262	1.513	0.000	25.000	280.872	47.699	3.745	30.266	1.078	383.957	1260.468	54.891
% of Calories					17.65%	21.23%	4.42%	0.00%			61.96%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 08/11/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Oatmeal Bowl	2146117	6.00 oz	50	300.000	12.000	4.000	1.500	N/A*	5.000	90.000	57.000	4.000	32.000	1.800	250.000	N/A*	N/A*

Fresh Oranges (1/2 cup)	16811 27	1/2 cup	50	125.4 05	2.508	0.320	0.040	0.000	0.000	0.000	31.35 1	6.404	24.94 8	0.267	106.7 28	600.3 42	141.9 48
1% White Milk	1730 129	8.00 ounce	50	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Weighted Daily Average				545.4 05	24.50 8	6.820	3.040	0.000 *	15.00 0	240.0 00	102.3 51	10.40 4	70.94 8	2.067	706.7 28	1100. 342*	144.3 48*
% of Calories					17.97 %	11.25 %	5.02 %	0.00 %*			75.06 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Mon - 08/14/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Bagel with cream cheese	2146 149	1.00 bagel	50	316.0 00	9.800	10.82 0	6.090	0.000 *	31.00 0*	314.0 00	45.60 0	4.360	4.000	0.360 *	20.00 0*	400.0 00*	0.000 *
Cantaloupe Chunks, 18 count (1/2 cup)	16811 47	1/2 cup	50	9.714	0.240	0.054	0.015	0.000	0.000	4.571	2.331	0.257	2.246	0.060	2.571	966.2 86	10.48 6
1% White Milk	1730 129	8.00 ounce	50	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Weighted Daily Average				445.7 14	20.04 0	13.37 4	7.605	0.000 *	41.00 0*	468.5 71	61.93 1	4.617	20.24 6	0.420 *	372.5 71*	1866. 286*	12.88 6*
% of Calories					17.98 %	27.01 %	15.36 %	0.00 %*			55.58 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 08/15/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Cheerios	2151 303	1.00 cup	50	100.0 00	3.000	2.000	0.500	0.000	0.000	140.0 00	20.00 0	3.000	1.000	N/A*	N/A*	N/A*	N/A*

Fresh Apples, 100 count (1/2 cup)	16811 21	1/2 cup	50	30.23 9	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.40 3	2.675
1% White Milk	1730 129	8.00 ounce	50	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Weighted Daily Average				250.2 39	13.15 1	4.599	2.016	0.000	10.00 0	290.5 82	42.03 1	4.396	21.04 2	0.070 *	353.4 89*	531.4 03*	5.075 *
% of Calories					21.02 %	16.54 %	7.25 %	0.00 %			67.19 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 08/16/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Fruit and Yogurt Parfait	2146 157	1.00 parfait	50	392.5 94	13.78 4	7.411	1.884	0.000 *	15.00 0	184.9 98	69.16 7	3.711 *	37.73 6	2.088 *	60.61 6*	6.804 *	33.33 9*
Mango	2146 725	100.00 grams	50	80.00 0	0.000	0.000	0.000	0.000	0.000	0.000	19.00 0	2.000	14.00 0	0.000	0.000	500.0 00	12.00 0
1% White Milk	1730 129	8.00 ounce	50	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Weighted Daily Average				592.5 94	23.78 4	9.911	3.384	0.000 *	25.00 0	334.9 98	102.1 67	5.711 *	65.73 6	2.088 *	410.6 16*	1006. 804*	47.73 9*
% of Calories					16.05 %	15.05 %	5.14 %	0.00 %*			68.96 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 08/17/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														

Sweet Potato Oatmeal Muffin	2146 163	1.00 muffin	50	280.6 31	6.014	8.018	0.501	0.000	25.05 6	230.5 19	48.10 8	3.007	21.04 7	1.443	20.04 5	1252. 819	2.405
Fresh Oranges (1/2 cup)	16811 27	1/2 cup	50	125.4 05	2.508	0.320	0.040	0.000	0.000	0.000	31.35 1	6.404	24.94 8	0.267	106.7 28	600.3 42	141.9 48
1% White Milk	1730 129	8.00 ounce	50	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Weighted Daily Average				526.0 36	18.52 2	10.83 8	2.041	0.000	35.05 6	380.5 19	93.45 9	9.411	59.99 5	1.710	476.7 73	2353. 161	146.7 53
% of Calories					14.08 %	18.54 %	3.49 %	0.00 %			71.07 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 08/18/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Pancake w/ Sausage Link	2145 191	1.00 servin g	50	220.0 00	10.00 0	7.000	2.000	0.000	32.00 0	660.0 00	31.00 0	4.000	5.000	1.800	60.00 0	100.0 00	0.000
Honeydew Chunks (1/2 cup)	16811 46	1/2 cup	50	68.03 9	1.021	0.265	0.072	0.000	0.000	34.01 9	17.18 0	1.512	15.34 7	0.321	11.34 0	94.49 8	34.01 9
1% White Milk	1730 129	8.00 ounce	50	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Weighted Daily Average				408.0 39	21.02 1	9.765	3.572	0.000	42.00 0	844.0 19	62.18 0	5.512	34.34 7	2.121	421.3 40	694.4 98	36.41 9
% of Calories					20.61 %	21.54 %	7.88 %	0.00 %			60.95 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Mon - 08/21/2017																	
2017-18 Florida St PK Breakfast																	

		Total	50														
Kix Cereal	2151 299	30.00 gram s	50	109.1 46	1.984	0.992	0.000	0.000	0.000	178.6 02	24.80 6	2.977	2.977	8.037	148.8 35	496.1 16	5.953
Mango	2146 725	100.0 0 gram s	50	80.00 0	0.000	0.000	0.000	0.000	0.000	0.000	19.00 0	2.000	14.00 0	0.000	0.000	500.0 00	12.00 0
1% White Milk	1730 129	8.00 ounc e	50	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Weighted Daily Average				309.1 46	11.98 4	3.492	1.500	0.000	10.00 0	328.6 02	57.80 6	4.977	30.97 7	8.037	498.8 35	1496. 116	20.35 3
% of Calories					15.51 %	10.17 %	4.37 %	0.00 %			74.79 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 08/22/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Fruit and Yogurt Parfait	2146 157	1.00 parfait	50	392.5 94	13.78 4	7.411	1.884	0.000	15.00 0	184.9 98	69.16 7	3.711 *	37.73 6	2.088 *	60.61 6*	6.804 *	33.33 9*
Fresh Banana, 150 count (1/2 cup)	16811 23	1/2 cup	50	112.1 38	1.373	0.416	0.141	0.000	0.000	1.260	28.77 8	3.276	15.41 0	0.328	6.300	80.63 9	10.96 2
1% White Milk	1730 129	8.00 ounce	50	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Weighted Daily Average				624.7 32	25.15 7	10.32 7	3.525	0.000	25.00 0	336.2 58	111.9 45	6.987 *	67.14 6	2.416 *	416.9 16*	587.4 43*	46.70 1*
% of Calories					16.11 %	14.88 %	5.08 %	0.00 %*			71.68 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 08/23/2017																	

2017-18 Florida St PK Breakfast																	
		Total	1200														
Cheerios	2151 303	1.00 cup	50	100.0 00	3.000	2.000	0.500	0.000	0.000	140.0 00	20.00 0	3.000	1.000	N/A*	N/A*	N/A*	N/A*
Watermelon Chunks (1/2 cup)	16811 48	1/2 cup	50	7.600	0.155	0.038	0.004	0.000	0.000	0.253	1.913	0.101	1.571	0.061	1.773	144.1 47	2.052
1% White Milk	1730 129	8.00 ounce	50	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Weighted Daily Average				9.483	0.548	0.189	0.084	0.000	0.417	12.09 4	1.496	0.129	0.690	0.003 *	14.65 7*	26.83 9*	0.186 *
% of Calories					23.12 %	17.94 %	7.92 %	0.00 %			63.12 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 08/24/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Cornbread Loaf	2146 263	1.40 oz	50	120.0 00	2.000	4.000	0.000	0.000	10.00 0	125.0 00	20.00 0	1.000	7.000	0.720	N/A*	N/A*	N/A*
Kiwi	2145 325	1.00 serving	50	111.6 00	2.288	1.042	0.277	N/A*	N/A*	5.580	26.46 8	3.720	20.42 3	0.539	37.20 0	133.9 20	196.0 44
1% White Milk	1730 129	8.00 ounce	50	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Weighted Daily Average				351.6 00	14.28 8	7.542	1.777	0.000 *	20.00 0*	280.5 80	60.46 8	4.720	41.42 3	1.259	387.2 00*	633.9 20*	198.4 44*
% of Calories					16.25 %	19.31 %	4.55 %	0.00 %*			68.79 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
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Fri - 08/25/2017

2017-18 Florida St PK Breakfast

		Total	50														
Omelet w/ Toast	2145 193	1.00 servin g	50	150.0 00	10.00 0	8.500	3.000	0.000	195.0 00	290.0 00	9.000	1.000	0.500	1.260	110.0 00	400.0 00	0.000
Diced Peaches, Canned (1/2 cup)	16811 08	1/2 cup	50	52.99 6	0.504	0.134	0.000	0.000	0.000	5.998	13.39 4	1.298	N/A*	0.378	5.998	339.9 98	3.805
1% White Milk	1730 129	8.00 ounce	50	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Weighted Daily Average				322.9 96	20.50 4	11.13 4	4.500	0.000	205.0 00	445.9 98	36.39 4	2.298	14.50 0*	1.638	465.9 98	1239. 998	6.205
% of Calories					25.39 %	31.02 %	12.54 %	0.00 %			45.07 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
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Mon - 08/28/2017

2017-18 Florida St PK Breakfast

		Total	50														
Bagel Sliced	2138 497	1.00 ounc e	50	72.33 3	2.600	0.273	0.030	0.000	0.000	76.66 7	14.86 7	1.453	1.333	0.823	6.000	0.000	0.000
Strawberry Cups	2060 942	1.00 each	50	80.00 0	1.000	0.000	0.000	0.000	0.000	0.000	19.00 0	2.000	16.00 0	0.360	20.00 0	0.000	66.00 0
1% White Milk	1730 129	8.00 ounc e	50	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Weighted Daily Average				272.3 33	13.60 0	2.773	1.530	0.000	10.00 0	226.6 67	47.86 7	3.453	31.33 3	1.183	376.0 00	500.0 00	68.40 0
% of Calories					19.98 %	9.16 %	5.06 %	0.00 %			70.31 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 08/29/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Kix Cereal	2151299	30.00 grams	50	109.146	1.984	0.992	0.000	0.000	0.000	178.602	24.806	2.977	2.977	8.037	148.835	496.116	5.953
Fresh Apples, 100 count (1/2 cup)	1681121	1/2 cup	50	30.239	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.403	2.675
1% White Milk	1730129	8.00 ounce	50	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Weighted Daily Average				259.385	12.135	3.591	1.516	0.000	10.000	329.184	46.837	4.373	23.019	8.107	502.324	1027.519	11.028
% of Calories					18.71%	12.46%	5.26%	0.00%			72.23%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 08/30/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Bagelful with Cinnamon/Brown Sugar Cream Cheese	2060998	1.00 each	50	180.000	5.000	4.500	2.500	0.000	15.000	190.000	30.000	2.000	8.000	1.800	100.000	100.000	1.200
Peach Cups	2060906	1.00 each	50	80.000	1.000	0.000	0.000	0.000	0.000	0.000	19.000	1.000	16.000	0.360	0.000	300.000	162.000
1% White Milk	1730129	8.00 ounce	50	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Weighted Daily Average				380.000	16.000	7.000	4.000	0.000	25.000	340.000	63.000	3.000	38.000	2.160	450.000	900.000	165.600
% of Calories					16.84%	16.58%	9.47%	0.00%			66.32%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 08/31/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Apple Muffin Top	2146177	1.00 muffin	50	200.000	3.000	7.000	0.500	N/A*	20.000	160.000	33.000	2.000	14.000	1.080	N/A*	N/A*	N/A*
Fresh Oranges (1/2 cup)	1681127	1/2 cup	50	125.405	2.508	0.320	0.040	0.000	0.000	0.000	31.351	6.404	24.948	0.267	106.728	600.342	141.948
1% White Milk	1730129	8.00 ounce	50	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Weighted Daily Average				445.405	15.508	9.820	2.040	0.000*	30.000	310.000	78.351	8.404	52.948	1.347	456.728*	1100.342*	144.348*
% of Calories					13.93%	19.84%	4.12%	0.00%*			70.36%						

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	386.550					
Protein (g)	16.777	17.36%				
Total Fat (g)	7.355	17.13%				
Saturated Fat (g)	2.704	6.30%				
Trans Fat (g)	0.000*					
Cholesterol (mg)	31.304*					
Sodium (mg)	339.989					
Carbohydrates (g)	65.563	67.84%				

Fiber (g)	5.189*					
Sugars (g)	38.152*					
Iron (mg)	2.585*					
Calcium (mg)	423.105*					
Vitamin A (IU)	1013.816*					
Vitamin C (mg)	64.902*					

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.