

Menu Compliance - Nutrient Detail Report



District: Banning Unified School District

School: Florida Discovery Center

Menu: 2017-18 Florida St PK Breakfast

Date Range: September 01, 2017 - September 30, 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)
Fri - 09/01/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Omelet w/ Toast	2145193	1.00 serving	50	150.000	10.000	8.500	3.000	0.000	195.000	290.000	9.000	1.000	0.500	1.260	110.000	400.000	0.000
Fresh Pear (150 count)	1681133	1.00 each	50	63.060	0.398	0.155	0.024	0.000	0.000	1.106	16.849	3.430	10.787	0.199	9.957	27.658	4.757
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				333.060	20.398	11.155	4.524	0.000	205.000	441.106	39.849	4.430	25.287	1.459	469.957	927.658	7.157
% of Calories					24.50%	30.14%	12.22%	0.00%			47.86%						

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 - 09/05/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Cheerios	2151303	1.00 cup	50	100.000	3.000	2.000	0.500	0.000	0.000	140.000	20.000	3.000	1.000	N/A*	N/A*	N/A*	N/A*

Yogurt w/ Graham Crackers	2145 321	1.00 servin g	50	200.0 00	6.000	3.000	0.000	0.000	5.000	195.0 00	38.00 0	2.000	19.00 0	0.720	270.0 00	600.0 00	0.000
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				400.0 00	16.00 0	5.500	1.500	0.000	15.00 0	345.0 00	71.00 0	4.000	47.00 0	0.720	620.0 00	1600. 000	14.40 0
% of Calories					16.00 %	12.38 %	3.38 %	0.00 %			71.00 %						

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 - 09/14/2017																	
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 - 09/15/2017																	
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
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				338.0 39	21.02 1	11.26 5	4.572	0.000	205.0 00	474.0 19	40.18 0	2.512	29.84 7	1.581	471.3 40	994.4 98	36.41 9
% of Calories					24.87 %	29.99 %	12.17 %	0.00 %			47.54 %						

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 - 09/18/2017																	
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 - 09/19/2017																	

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*
Banana	4261 63	1.00 each	50	89.89 0	1.101	0.333	0.113	0.000	0.000	1.010	23.06 8	2.626	12.35 2	0.263	5.050	64.64 0	8.787
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				602.4 84	24.88 5	10.24 4	3.497	0.000	25.00 0	336.0 08	106.2 35	6.337	64.08 8	2.351	415.6 66*	571.4 44*	44.52 6*
% of Calories					16.52 %	15.30 %	5.22 %	0.00 %*			70.53 %						

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 - 09/20/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Bagelful with Cinnamon/Brown Sugar Cream Cheese	2060 998	1.00 each	50	180.0 00	5.000	4.500	2.500	0.000	15.00 0	190.0 00	30.00 0	2.000	8.000	1.800	100.0 00	100.0 00	1.200
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				307.6 00	15.15 5	7.038	4.004	0.000	25.00 0	340.2 53	45.91 3	2.101	23.57 1	1.861	451.7 73	744.1 47	5.652
% of Calories					19.71 %	20.59 %	11.72 %	0.00 %			59.70 %						

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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Thu - 09/21/2017

2017-18 Florida St PK Breakfast

		Total	50														
French Toast Benefit Bar	2147 017	2.50 oz	50	290.0 00	5.000	9.000	2.500	0.000	25.00 0	200.0 00	47.00 0	3.000	21.00 0	1.800	40.00 0	0.000	0.000
Kiwi	2145 325	1.00 servin g	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 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				521.6 00	17.28 8	12.54 2	4.277	0.000 *	35.00 0*	355.5 80	87.46 8	6.720	55.42 3	2.339	427.2 00	633.9 20	198.4 44
% of Calories					13.26 %	21.64 %	7.38 %	0.00 %*			67.08 %						

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 - 09/22/2017

2017-18 Florida St PK Breakfast

		Total	50														
Steel Cut Oatmeal	2153 645	1.00 bowl	50	185.7 00	4.690	1.890	0.410	0.000	0.000	13.26 0	39.28 0	8.160	19.98 0	2.160	50.00 0	0.000	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				358.6 96	15.19 4	4.524	1.910	0.000	10.00 0	169.2 58	66.67 4	9.458	33.98 0*	2.538	405.9 98	839.9 98	6.205
% of Calories					16.94 %	11.35 %	4.79 %	0.00 %			74.35 %						

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 - 09/25/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Apple Oatmeal Bar	2146971	1.00 bar	50	220.000	3.000	8.000	1.500	0.000	0.000	95.000	36.000	3.000	18.000	0.720	20.000	0.000	4.800
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	600	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				1687.913	123.584	38.262	19.513	0.000	120.000	1895.872	210.699	4.745	190.266	1.078	4233.957	6010.468	84.891
% of Calories					29.29%	20.40%	10.40%	0.00%			49.93%						

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 - 09/26/2017																	
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 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
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				371.523	13.508	4.007	1.657	0.000	10.000	330.444	75.615	7.649	38.429	8.435	508.624	1108.158	21.990

% of Calories		14.54%	9.71%	4.01%	0.00%			81.41%									
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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 - 09/27/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Yogurt w/ Graham Crackers	2145321	1.00 serving	50	200.000	6.000	3.000	0.000	0.000	5.000	195.000	38.000	2.000	19.000	0.720	270.000	600.000	0.000
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				372.996	16.504	5.639	1.500	0.000	15.000	350.998	65.394	3.298	33.000*	1.098	625.998	1439.998	6.205
% of Calories					17.70%	13.61%	3.62%	0.00%			70.13%						

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 - 09/28/2017																	
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 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	405.405	15.508	7.320	1.540	0.000	25.000	280.000	72.351	8.404	50.948	0.987	476.728	1850.342	145.548
% of Calories		15.30%	16.25%	3.42%	0.00%			71.39%						

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 - 09/29/2017																	
2017-18 Florida St PK Breakfast																	
		Total	50														
Omelet w/ Toast	2145193	1.00 serving	50	150.000	10.000	8.500	3.000	0.000	195.000	290.000	9.000	1.000	0.500	1.260	110.000	400.000	0.000
Fresh Pear (150 count)	1681133	1.00 each	50	63.060	0.398	0.155	0.024	0.000	0.000	1.106	16.849	3.430	10.787	0.199	9.957	27.658	4.757
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				333.060	20.398	11.155	4.524	0.000	205.000	441.106	39.849	4.430	25.287	1.459	469.957	927.658	7.157
% of Calories					24.50%	30.14%	12.22%	0.00%			47.86%						

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	458.432					
Protein (g)	22.721	19.83%				
Total Fat (g)	9.143	17.95%				
Saturated Fat (g)	3.659	7.18%				
Trans Fat (g)	0.000*					

Cholesterol (mg)	51.753*					
Sodium (mg)	411.673					
Carbohydrates (g)	73.520	64.15%				
Fiber (g)	5.518*					
Sugars (g)	46.901*					
Iron (mg)	2.178*					
Calcium (mg)	656.361*					
Vitamin A (IU)	1325.875*					
Vitamin C (mg)	50.622*					

* = Indicates missing Nutrient Information.

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