

# Menu Compliance - Nutrient Detail Report



District: Banning Unified School District

School: Florida Discovery Center

Menu: 2017-18 Florida St TK 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 TK Breakfast																	
		Total	50														
Yogurt w/ Graham Crackers	2145321	1.00 serving	25	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
Mini French Toast	2061533	1.00 each	25	220.000	3.000	7.000	1.000	0.000	5.000	380.000	37.000	2.000	11.000	1.080	60.000	0.000	0.000
Fresh Pear (150 count)	1681133	1.00 each	25	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
Apple Juice	2083509	4.00 Ounce	25	55.000	0.000	0.000	0.000	0.000	0.000	15.000	15.000	0.000	15.000	0.000	0.000	0.000	30.000
1% White Milk	1730129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730128	8.00 Ounce	25	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				389.030	13.699	6.328	1.262	0.000	12.500	445.553	71.425	3.715	44.894	1.000	494.979	813.829	19.479
% of Calories					14.09%	14.64%	2.92%	0.00%			73.44%						

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 TK Breakfast																	
		Total	50														
Blueberry Muffin	2086 450	3.20 ounce	25	270.0 00	6.000	7.000	1.500	0.000	35.00 0	280.0 00	45.00 0	2.000	21.00 0	1.800	20.00 0	0.000	0.000
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	25	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
Orange Juice	2083 512	4.00 Ounce	25	55.00 0	1.000	0.000	0.000	0.000	0.000	14.00 0	14.00 0	0.000	14.00 0	0.000	10.00 0	100.0 00	30.00 0
Fresh Banana, 150 count (1/2 cup)	16811 23	1/2 cup	25	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	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				438.5 69	16.18 7	6.458	1.571	0.000	27.50 0	395.1 30	80.88 9	3.638	51.70 5	1.424	478.1 50	890.3 20	22.58 1
% of Calories					14.76 %	13.25 %	3.22 %	0.00 %			73.78 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Carbohyd rates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 09/06/2017																	
2017-18 Florida St TK Breakfast																	
		Total	50														
Honey Bun	2061 582	1.00 each	25	230.0 00	6.000	7.000	2.000	0.000	0.000	340.0 00	39.00 0	3.000	10.00 0	2.700	80.00 0	200.0 00	0.000
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	25	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
Sliced Peaches, Canned (1/2 cup)	16811 18	1/2 cup	25	52.99 6	0.504	0.139	0.000	0.000	0.000	5.998	13.39 4	1.298	N/A*	0.378	5.998	339.9 98	3.805
Wild Berry Juice	2083 513	4.00 Ounce	25	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0

1% White Milk	1730 129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				391.4 98	15.25 2	6.320	1.750	0.000	10.00 0	427.9 99	70.69 7	3.149	39.00 0*	1.899	502.9 99	1069. 999	19.00 3
% of Calories					15.58 %	14.53 %	4.02 %	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)
Thu - 09/07/2017																	
2017-18 Florida St TK Breakfast																	
		Total	50														
Banana Benefit Bar	2146 629	1.00 Bar	25	280.0 00	5.000	8.000	3.000	0.000	15.00 0	220.0 00	48.00 0	3.000	23.00 0	1.800	20.00 0	0.000	0.000
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	25	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
Fresh Strawberries (1/2 cup)	16811 31	1/2 cup	25	27.91 3	0.584	0.262	0.013	0.000	0.000	0.872	6.699	1.745	4.266	0.358	13.95 7	10.46 8	51.29 1
Apple Juice	2083 509	4.00 Ounce	25	55.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				401.4 57	14.79 2	6.881	2.257	0.000	17.50 0	365.4 36	71.85 0	3.373	47.63 3	1.439	476.9 79	805.2 34	42.74 6
% of Calories					14.74 %	15.43 %	5.06 %	0.00 %			71.59 %						

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 - 09/08/2017																	
2017-18 Florida St TK Breakfast																	
		Total	50														
Pancake w/ Sausage Link	2145191	1.00 serving	25	220.000	10.000	7.000	2.000	0.000	32.000	660.000	31.000	4.000	5.000	1.800	60.000	100.000	0.000
Yogurt w/ Graham Crackers	2145321	1.00 serving	25	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
Fresh Oranges (1/2 cup)	1681127	1/2 cup	25	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
Wild Berry Juice	2083513	4.00 Ounce	25	60.000	0.000	0.000	0.000	0.000	0.000	15.000	15.000	0.000	15.000	0.000	0.000	0.000	30.000
1% White Milk	1730129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730128	8.00 Ounce	25	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				422.703	18.254	6.410	1.770	0.000	26.000	585.000	75.676	6.202	48.974	1.394	543.364	1150.171	88.074
% of Calories					17.27%	13.65%	3.77%	0.00%			71.61%						

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 - 09/11/2017																	
2017-18 Florida St TK Breakfast																	
		Total	50														
Yogurt w/ Graham Crackers	2145321	1.00 serving	25	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
Bagel Sliced	2138497	1.00 ounce	25	72.333	2.600	0.273	0.030	0.000	0.000	76.667	14.867	1.453	1.333	0.823	6.000	0.000	0.000
Cantaloupe Chunks, 18 count (1/2 cup)	1681147	1/2 cup	25	9.714	0.240	0.054	0.015	0.000	0.000	4.571	2.331	0.257	2.246	0.060	2.571	966.286	10.486

Orange Juice	2083 512	4.00 Ounce	25	55.00 0	1.000	0.000	0.000	0.000	0.000	14.00 0	14.00 0	0.000	14.00 0	0.000	10.00 0	100.0 00	30.00 0
1% White Milk	1730 129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				288.5 24	13.92 0	2.914	0.773	0.000	10.00 0	295.1 19	52.59 9	1.855	35.29 0	0.802	469.2 86	1333. 143	22.34 3
% of Calories					19.30 %	9.09 %	2.41 %	0.00 %			72.92 %						

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 - 09/12/2017																	
2017-18 Florida St TK Breakfast																	
		Total	50														
Cornbread Loaf	2146 263	1.40 oz	25	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*
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	25	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
Fresh Apples, 100 count (1/2 cup)	16811 21	1/2 cup	25	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
Wild Berry Juice	2083 513	4.00 Ounce	25	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				325.1 20	13.07 6	4.800	0.758	0.000	15.00 0	317.7 91	58.51 6	2.198	40.52 1	0.755	461.7 45*	815.7 02*	18.43 8*
% of Calories					16.09 %	13.29 %	2.10 %	0.00 %			71.99 %						



Sweet Potato Oatmeal Muffin	2146 163	1.00 muffin	25	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
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	25	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
Fresh Oranges (1/2 cup)	16811 27	1/2 cup	25	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
Apple Juice	2083 509	4.00 Ounce	25	55.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				450.5 18	16.26 1	6.919	1.021	0.000	22.52 8	370.2 60	84.23 0	5.706	56.99 8	1.215	523.3 87	1726. 581	89.27 7
% of Calories					14.44 %	13.82 %	2.04 %	0.00 %			74.78 %						

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 TK Breakfast																	
		Total	50														
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	25	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
Steel Cut Oatmeal	2153 645	1.00 bowl	25	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
Honeydew Chunks (1/2 cup)	16811 46	1/2 cup	25	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
Wild Berry Juice	2083 513	4.00 Ounce	25	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800

Weighted Daily Average	376.8 70	14.85 6	3.828	0.991	0.000	10.00 0	278.6 40	72.73 0	5.836	51.66 4	1.601	490.6 70	847.2 49	34.11 0
% of Calories		15.77 %	9.14 %	2.37 %	0.00 %			77.19 %						

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)
Mon - 09/18/2017																	
2017-18 Florida St TK Breakfast																	
		Total	50														
Cinnamon Crumb Loaf	2146 787	1.00 loaf	25	290.0 00	5.000	8.000	1.500	0.000	30.00 0	270.0 00	48.00 0	3.000	21.00 0	1.440	20.00 0	0.000	0.000
Yogurt w/ Graham Crackers	2145 321	1.00 serving	25	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	100.00 grams	25	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
Orange Juice	2083 512	4.00 Ounce	25	55.00 0	1.000	0.000	0.000	0.000	0.000	14.00 0	14.00 0	0.000	14.00 0	0.000	10.00 0	100.0 00	30.00 0
1% White Milk	1730 129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				432.5 00	15.00 0	6.750	1.500	0.000	25.00 0	389.5 00	77.50 0	3.500	51.00 0	1.080	475.0 00	1100. 000	23.10 0
% of Calories					13.87 %	14.05 %	3.12 %	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)
Tue - 09/19/2017																	



2017-18 Florida St TK Breakfast																	
		Total	50														
Fruit and Yogurt Parfait	2146 157	1.00 parfait	25	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*
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	25	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
Fresh Banana, 150 count (1/2 cup)	16811 23	1/2 cup	25	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
Apple Juice	2083 509	4.00 Ounce	25	55.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				499.8 66	19.57 9	6.664	1.763	0.000 *	17.50 0	348.1 29	93.47 3	4.494 *	60.57 3	1.568 *	493.4 58*	843.7 22*	39.25 1*
% of Calories					15.67 %	12.00 %	3.17 %	0.00 %*			74.80 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Carbohyd rates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 09/20/2017																	
2017-18 Florida St TK Breakfast																	
		Total	50														
Cherry Frudel	2061 566	1.00 each	25	210.0 00	5.000	6.000	1.500	0.000	0.000	290.0 00	37.00 0	2.000	11.00 0	1.080	0.000	0.000	0.000
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	25	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
Watermelon Chunks (1/2 cup)	16811 48	1/2 cup	25	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
Wild Berry Juice	2083 513	4.00 Ounce	25	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0

1% White Milk	1730 129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				358.8 00	14.57 8	5.769	1.502	0.000	10.00 0	400.1 27	63.95 7	2.051	40.28 6	0.931	460.8 87	872.0 74	18.12 6
% of Calories					16.25 %	14.47 %	3.77 %	0.00 %			71.30 %						

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 - 09/21/2017																	
2017-18 Florida St TK Breakfast																	
		Total	50														
Dutch Waffle	2147 039	83.00 gram s	25	300.0 00	4.000	13.00 0	3.000	0.000	20.00 0	350.0 00	43.00 0	3.000	12.00 0	1.800	40.00 0	0.000	0.000
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	25	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
Kiwi	2145 325	1.00 servin g	25	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
Orange Juice	2083 512	4.00 Ounc e	25	55.00 0	1.000	0.000	0.000	0.000	0.000	14.00 0	14.00 0	0.000	14.00 0	0.000	10.00 0	100.0 00	30.00 0
1% White Milk	1730 129	8.00 ounc e	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounc e	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				453.3 00	15.64 4	9.771	2.389	0.000 *	20.00 0*	432.2 90	78.73 4	4.360	49.71 2	1.530	503.6 00	916.9 60	115.1 22
% of Calories					13.80 %	19.40 %	4.74 %	0.00 %*			69.48 %						

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 TK Breakfast

		Total	50														
Omelet w/ Toast	2145 193	1.00 servin g	25	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
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	25	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
Diced Peaches, Canned (1/2 cup)	16811 08	1/2 cup	25	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
Wild Berry Juice	2083 513	4.00 Ounce	25	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				351.4 98	17.25 2	7.067	2.250	0.000	107.5 00	402.9 99	55.69 7	2.149	34.25 0*	1.179	517.9 99	1169. 999	19.00 3
% of Calories					19.63 %	18.09 %	5.76 %	0.00 %			63.38 %						

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 TK Breakfast																	
		Total	50														
Cinni Mini Cinnamon Rolls	2061 451	2.29 ounc e	25	310.0 00	7.000	10.00 0	3.000	0.000	0.000	390.0 00	51.00 0	3.000	19.00 0	2.000	53.00 0	0.000	0.000
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	25	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

Strawberry Cups	2060 942	1.00 each	25	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
Wild Berry Juice	2083 513	4.00 Ounc e	25	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounc e	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounc e	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				445.0 00	16.00 0	7.750	2.250	0.000	10.00 0	450.0 00	79.50 0	3.500	51.50 0	1.540	496.5 00	800.0 00	50.10 0
% of Calories					14.38 %	15.67 %	4.55 %	0.00 %			71.46 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Carbohyd rates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 09/26/2017																	
2017-18 Florida St TK Breakfast																	
		Total	50														
Z Loaf	2146 259	3.30 oz	25	280.0 00	5.000	7.000	1.500	0.000	35.00 0	280.0 00	48.00 0	2.000	24.00 0	4.500	20.00 0	750.0 00	1.200
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	25	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
Fresh Apples, 100 count (1/2 cup)	16811 21	1/2 cup	25	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
Orange Juice	2083 512	4.00 Ounce	25	55.00 0	1.000	0.000	0.000	0.000	0.000	14.00 0	14.00 0	0.000	14.00 0	0.000	10.00 0	100.0 00	30.00 0
1% White Milk	1730 129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				402.6 20	15.07 6	6.300	1.508	0.000	27.50 0	394.7 91	72.01 6	2.698	48.52 1	2.645	476.7 45	1240. 702	19.03 8



French Toast Benefit Bar	2147017	2.50 oz	25	290.000	5.000	9.000	2.500	0.000	25.000	200.000	47.000	3.000	21.000	1.800	40.000	0.000	0.000
Yogurt w/ Graham Crackers	2145321	1.00 serving	25	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
Fresh Oranges (1/2 cup)	1681127	1/2 cup	25	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
Wild Berry Juice	2083513	4.00 Ounce	25	60.000	0.000	0.000	0.000	0.000	0.000	15.000	15.000	0.000	15.000	0.000	0.000	0.000	30.000
1% White Milk	1730129	8.00 ounce	25	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
Nonfat Chocolate Milk	1730128	8.00 Ounce	25	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				457.703	15.754	7.410	2.020	0.000	22.500	355.000	83.676	5.702	56.974	1.394	533.364	1100.171	88.074
% of Calories					13.77%	14.57%	3.97%	0.00%			73.13%						

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)
Fri - 09/29/2017																	
2017-18 Florida St TK Breakfast																	
		Total	50														
Mini French Toast	2061533	1.00 each	25	220.000	3.000	7.000	1.000	0.000	5.000	380.000	37.000	2.000	11.000	1.080	60.000	0.000	0.000
Yogurt w/ Graham Crackers	2145321	1.00 serving	25	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
Fresh Pear (150 count)	1681133	1.00 each	25	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
Apple Juice	2083509	4.00 Ounce	25	55.000	0.000	0.000	0.000	0.000	0.000	15.000	15.000	0.000	15.000	0.000	0.000	0.000	30.000
1% White Milk	1730129	8.00 ounce	25	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

Nonfat Chocolate Milk	1730 128	8.00 Ounc e	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				389.0 30	13.69 9	6.328	1.262	0.000	12.50 0	445.5 53	71.42 5	3.715	44.89 4	1.000	494.9 79	813.8 29	19.47 9
% of Calories					14.09 %	14.64 %	2.92 %	0.00 %			73.44 %						

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	404.480		350/500	Pass		
Protein (g)	15.619	15.45%				
Total Fat (g)	6.446	14.34%				
Saturated Fat (g)	1.717	3.82%	<10	Pass		
Trans Fat (g)	0.000*					
Cholesterol (mg)	22.176*					
Sodium (mg)	395.441		<540	Pass		
Carbohydrates (g)	72.729	71.92%				
Fiber (g)	3.667*					
Sugars (g)	47.219*					
Iron (mg)	1.355*					
Calcium (mg)	498.454*					
Vitamin A (IU)	1025.484*					
Vitamin C (mg)	43.757*					

\* = Indicates missing Nutrient Information.

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