



MenuWorks Nutrition Analysis Report

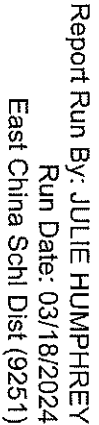
Report Run By: JULIE HUMPHREY
Run Date: 03/18/2024
East China Schl Dist (9251)

Report Parameters			
Menus Included:	East China, Elementary Lunch, K12, NSLP 23-24 SY		
Days/Dates Included:	Apr 2, 2024 - Apr 6, 2024		
Locations Included:	Gearing Elementary School		
Meal Periods Included:	Lunch		
Stations Included:	Lunch, Sides for All Meals, Milk & Condiments, null		
Diets Included:			
		Nutrition Analysis:	Weighted
		Cost Analysis:	Sum All
		Menu Item Display:	All Items
		Report Details:	Detailed Totals

Purpose of the Report:

The purpose of the MenuWorks Nutrient Analysis Report is to provide menu nutrition information and evaluate nutrition compliance against dietary standards assigned to the menu.

* Indicates Main/Non-Select Item
(+) indicates partial nutritional value (-) indicates no nutritional value available
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Tuesday, April 2nd

Wednesday, April 3rd

Wednesday, April 3rd

Lunch Totals**Lunch Totals**

Item Cost:

When planning menus for or treating individuals with medical conditions. This report is for use by Webnutrition-trained associates and for internal use.

MenuWorks Nutrition Analysis Report

Report Run By: JULIE HUMPHREY
Run Date: 03/18/2024
East China SchI Dist (9251)

Thursday, April 4th

Lunch - Lunch

Menu Item Name	Portion Size	Weight (g)	CHO (g)																	Item Cost
*Cheddar Cheese Sauce (68827.2)	3 fl oz	93	5.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.44
Soft Baked Pretzel (44777.4)	1 each	62.4	30	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.25
Lunch Totals			33.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.66

Lunch - Sides for All Meals

Menu Item Name	Portion Size	Weight (g)	CHO (g)																	Item Cost
Tater Tots (34680.33)	2-1/2 ounce	70.9	14.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.26
Fresh Caesar Salad (34815.94)	1 cup	54.7	3.6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.15
Fresh Whole Fruit (34507)	1 each	147.2	23.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.33
Blue Raspberry Lemon Frozen SideKicks (105298)	1 each	124.7	23	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.39
Corn Salad with Ranch (35338.34)	1/2 cup	87.4	16.2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.36
Assorted Chilled Fruit (34505.1)	1/2 cup	123.3	14.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.40
Sides for All Meals Totals			31.9	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.88

Lunch - Milk & Condiments

Menu Item Name	Portion Size	Weight (g)	CHO (g)																Item Cost
1% Low-fat Milk (69531)	1 each	244	11.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
Strawberry Low Fat Milk (115464)	1 each	226.8	22	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
Chocolate Low Fat Milk (115465)	1 each	226.8	20	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
Ketchup (34928)	1 tbsp	15.6	4.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.04
Mustard Packet (99246)	1 each	5.5	0.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.01
Ranch Dressing (132565)	1 each	12.4	0.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.10
Milk & Condiments Totals			19	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.97
Lunch Totals			84.2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4.52

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MenuWorks Nutrition Analysis Report

Report Run By: JULIE HUMPHREY
Run Date: 03/18/2024
East China Schl Dist (9251)

Menu Name: East China, Elementary Lunch, K12, NSLP 23-24 SY
Location Name: Gearing Elementary School

Displaying Nutrient Set (1 of 1)

Lunch - Lunch

[illegible]

Lunch - Sides for All Meals

[illegible]

Lunch - Milk & Condiments

Menu Item Name	Portion Size	Weight (g)	CHO (g)	-	-	-	-	-	-	Item Cost
1% Low-Fat Milk (69531)	1 each	244	11.3	-	-	-	-	-	-	0.27
Chocolate Low Fat Milk (115465)	1 each	226.8	20	-	-	-	-	-	-	0.27
Strawberry Low Fat Milk (115464)	1 each	226.8	22	-	-	-	-	-	-	0.27
Ketchup Packet (77319)	1 each	9	2.5	-	-	-	-	-	-	0.04
Mustard Packet (99246)	1 each	5.5	0.3	-	-	-	-	-	-	0.01

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MenuWorks Nutrition Analysis Report

Report Run By: JULIE HUMPHREY
Run Date: 03/18/2024
East China Schl Dist (9251)

Tuesday, April 9th

Lunch - Sides for All Meals

Sides for All Meals Totals	28.1	-	-	-	-	-	-	-	-	2.27
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Lunch - Milk & Condiments

Menu Item Name	Portion Size	Weight (g)	CHO (g)							Item Cost
1% Low-fat Milk (69531)	1 each	244	11.3	-	-	-	-	-	-	0.27
Chocolate Low Fat Milk (115465)	1 each	226.8	20	-	-	-	-	-	-	0.27
Strawberry Low Fat Milk (115464)	1 each	226.8	22	-	-	-	-	-	-	0.27
Ketchup Packet (77319)	1 each	9	2.5	-	-	-	-	-	-	0.04
Mustard Packet (99246)	1 each	5.5	0.3	-	-	-	-	-	-	0.01
Ranch Dressing (132565)	1 each	12.4	0.8	-	-	-	-	-	-	0.10
Milk & Condiments Totals			18.6	-	-	-	-	-	-	0.97
Lunch Totals			103.5	-	-	-	-	-	-	5.92
Daily Totals for Day 10			103.5	-	-	-	-	-	-	5.92
Daily Value			-	-	-	-	-	-	-	-
% Daily Value			-	-	-	-	-	-	-	-

Wednesday, April 10th

Lunch - Lunch

Menu Item Name	Portion Size	Weight (g)	CHO (g)							Item Cost
*Scrambled Eggs (39851.4)	2 ounce	56.7	2	-	-	-	-	-	-	0.41
Whole Grain Pancake Bites (34512.87)	6 each	86.7	38	-	-	-	-	-	-	0.72
*Ham & Turkey Chef Salad (39888.177)	1 each	248.9	9.3	-	-	-	-	-	-	0.76
Chat Snacks Vanilla Grahams (130051)	1 each	28	21	-	-	-	-	-	-	0.29

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Thursday, April 11th

Lunch - Lunch

Menu Item Name	Portion Size	Weight (g)	CHO (g)																	Item Cost
*Classic Cheeseburger (34925.1298)	1 sandwich	165.9	28.2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.13
Penne Pasta (39393.7)	1/2 cup	52.3	15.7	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.10
*Muffin, Goldfish & Yogurt Fun Lunch (37742.188)	1 serving(s)	219.3	64	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.34

Lunch - Sides for All Meals

Menu Item Name	Portion Size	Weight (g)	CHO (g)																Item Cost
Cinnamon Glazed Carrots (23818.2)	1/2 cup	119.3	14.4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.17
Vegetable Pasta Salad (34656.4)	1/2 cup	90.6	19.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.20
Salad with Strawberry & Citrus (40243.14)	1/2 cup	90.9	7.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.38
Fresh Whole Fruit (34507)	1 each	147.2	23.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.33
Chilled Pineapple Chunks (33761.3)	1/2 cup	122	14	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.36
Fresh Red Seedless Grapes (39952)	1/2 cup	78.6	14.2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.53
Sides for All Meals Totals																			1.98

Lunch - Milk & Condiments

Menu Item Name	Portion Size	Weight (g)	CHO (g)																Item Cost
1% Low-fat Milk (69531)	1 each	244	11.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
Chocolate Low Fat Milk (115465)	1 each	226.8	20	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
Strawberry Low Fat Milk (115464)	1 each	226.8	22	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
Ketchup Packet (77319)	1 each	9	2.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.04
Mustard Packet (99246)	1 each	5.5	0.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.01
Ranch Dressing (132565)	1 each	12.4	0.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.10

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Menu Name: East China, Elementary Lunch, K12, NSLP 23-24 SY
Location Name: Gearing Elementary School

Displaying Nutrient Set (1 of 1)

Monday, April 15th

Lunch - Lunch

Menu Item Name	Portion Size	Weight (g)	CHO (g)								Item Cost
*Strawberry Parfait with Granola (34510.22)	1 serving(s)	491.1	124.9	-	-	-	-	-	-	-	2.38
*Chicken Nuggets (35365.12)	5 each	85	16	-	-	-	-	-	-	-	0.51
Dinner Roll (70574)	1 each	31.2	15	-	-	-	-	-	-	-	0.17
Lunch Totals			78	-	-	-	-	-	-	-	3.05

Lunch - Sides for All Meals

Menu Item Name	Portion Size	Weight (g)	CHO (g)								Item Cost
Broccoli (34855.35)	1/2 cup	65	4.7	-	-	-	-	-	-	-	0.29
Fresh Grape Tomatoes (41125)	1/2 cup	67.8	2.6	-	-	-	-	-	-	-	0.64
Fresh Red Seedless Grapes (39952)	1/2 cup	78.6	14.2	-	-	-	-	-	-	-	0.53
Fresh Whole Fruit (34507)	1 each	147.2	23.8	-	-	-	-	-	-	-	0.33
Spinach & Romaine Salad (34815.11)	1 cup	49.1	2	-	-	-	-	-	-	-	0.13
Chilled Diced Pears (33761.2)	1/2 cup	123.7	15.6	-	-	-	-	-	-	-	0.38
Sides for All Meals Totals			19.3	-	-	-	-	-	-	-	2.30

Lunch - Milk & Condiments

Menu Item Name	Portion Size	Weight (g)	CHO (g)								Item Cost
1% Low-fat Milk (69531)	1 each	244	11.3	-	-	-	-	-	-	-	0.27
Chocolate Low Fat Milk (115465)	1 each	226.8	20	-	-	-	-	-	-	-	0.27
Strawberry Low Fat Milk (115464)	1 each	226.8	22	-	-	-	-	-	-	-	0.27
Ketchup Packet (77319)	1 each	9	2.5	-	-	-	-	-	-	-	0.04

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MenuWorks Nutrition Analysis Report

Report Run By: JULIE HUMPHREY
Run Date: 03/18/2024
East China SchI Dist (9251)

Tuesday, April 16th

Lunch - Sides for All Meals

Menu Item Name	Portion Size	Weight (g)	CHO (g)																Item Cost
Fresh Orange Wedges (34123.1)	4 wedge	97.4	11.4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.23
Sides for All Meals Totals			24.4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.55

Lunch - Milk & Condiments

Menu Item Name	Portion Size	Weight (g)	CHO (g)																Item Cost
1% Low-fat Milk (69531)	1 each	244	11.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
Chocolate Low Fat Milk (115465)	1 each	226.8	20	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
Strawberry Low Fat Milk (115464)	1 each	226.8	22	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
Ketchup Packet (77319)	1 each	9	2.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.04
Mustard Packet (99246)	1 each	5.5	0.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.01
Ranch Dressing (132565)	1 each	12.4	0.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.10
Milk & Condiments Totals			18.6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.97
Lunch Totals			76.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4.20
Daily Totals for Day 17			76.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4.20
Daily Value			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
% Daily Value			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Wednesday, April 17th

Lunch - Lunch

Menu Item Name	Portion Size	Weight (g)	CHO (g)																Item Cost
*Pork Sausage Patty (34513.26)	2 each	56.7	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.46
Mini Confetti Pancakes (42468.12)	1 serving(s)	85.9	36	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.58
*Muffin, Goldfish & Yogurt Fun Lunch (37742.188)	1 serving(s)	219.3	64	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.34
Lunch Totals			50.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2.38

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Lunch - Lunch

Menu Item Name	Portion Size	Weight (g)	CHO (g)							Item Cost
*Macaroni and Cheese (36236)	2/3 cup	181.3	24.7	-	-	-	-	-	-	0.51
Cheddar Goldfish Crackers (69961)	1 each	21.3	14	-	-	-	-	-	-	0.23
*Ham and Cheese Hoagie (40421.28)	1 sandwich	207.1	34.2	-	-	-	-	-	-	1.14

Lunch - Sides for All Meals

[illegible]

Lunch - Milk & Condiments

[illegible]

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MenuWorks Nutrition Analysis Report

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Run Date: 03/18/2024
East China SchI Dist (9251)

Tuesday, April 23rd

Lunch - Sides for All Meals

Menu Item Name	Portion Size	Weight (g)	CHO (g)																Item Cost
Marinated Tomato & Cucumber Salad (36008)	1/2 cup	111.7	4.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.24
Sliced Cucumbers (39949)	1/2 cup	59.5	2.2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.08
Assorted Chilled Fruit (34505.1)	1/2 cup	123.3	14.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.40
Sides for All Meals Totals			15.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.80

Lunch - Milk & Condiments

Menu Item Name	Portion Size	Weight (g)	CHO (g)																Item Cost
1% Low-fat Milk (69531)	1 each	244	11.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
Strawberry Low Fat Milk (115464)	1 each	226.8	22	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
Chocolate Low Fat Milk (115465)	1 each	226.8	20	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
Ketchup Packet (77319)	1 each	9	2.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.04
Mustard Packet (99246)	1 each	5.5	0.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.01
Ranch Dressing (132565)	1 each	12.4	0.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.10
Milk & Condiments Totals			18.6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.97

Lunch Totals			83.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.84
Daily Totals for Day 24			83.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.84
Daily Value			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
% Daily Value			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Wednesday, April 24th

Lunch - Lunch

Menu Item Name	Portion Size	Weight (g)	CHO (g)																Item Cost
*Strawberry Parfait with Granola (34510.22)	1 serving(s)	491.1	124.9	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2.38

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MenuWorks Nutrition Analysis Report

Report Run By: JULIE HUMPHREY

Run Date: 03/18/2024

East China Schl Dist (9251)

	Wednesday, April 24th							
Daily Value	-	-	-	-	-	-	-	-
% Daily Value	-	-	-	-	-	-	-	-

Lunch - Lunch

Menu Item Name	Portion Size	Weight (g)	CHO (g)							Item Cost
*Spaghetti with Italian Meat Sauce (35978.59)	1 serving(s)	245.6	43.2	-	-	-	-	-	-	1.09
Garlic Twist (41161.14)	1 each	38.2	14.4	-	-	-	-	-	-	0.20
Grated Parmesan Cheese (39386.2)	1 tbsp	5	1	-	-	-	-	-	-	0.06
*Muffin, Goldfish & Yogurt Fun Lunch (37742.188)	1 serving(s)	219.3	64	-	-	-	-	-	-	1.34

Lunch - Sides for All Meals

[illegible]

Lunch - Milk & Condiments

Menu Item Name	Portion Size	Weight (g)	CHO (g)							Item Cost
1% Low-Fat Milk (69531)	1 each	244	11.3	-	-	-	-	-	-	0.27
Strawberry Low Fat Milk (115464)	1 each	226.8	22	-	-	-	-	-	-	0.27

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

All values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, nutrient values in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webnutrition-trained associates and for internal use data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions.

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