

MenuWorks Nutrition Analysis Report

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

Menus Included:	East China, Secondary Breakfast, NSLP, 2023-2024 SY	Nutrition Analysis:	Weighted
Days/Dates Included:	Apr 8, 2024 - Apr 12, 2024 Cost Analysis:		Sum All
Locations Included:		Menu Item Display: All Items	All Items
Meal Periods Included:	Breakfast	Report Details:	Report Details: Detailed Totals
Stations Included:	Breakfast		
Diets Included:			

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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Nutrient 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, data provided 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 Webtrition-trained associates and for internal use.



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Tuesday, April 9th

Breakfast - Breakfast

Menu Item Name *Maple Turkey Sausage Pancake (40463.7) *Blueberry Muffin (70560) Low Fat Mozzarella String Cheese (71198) *Lucky Charms Cereal Bowl (127303)	Portion Size 1 each 1 each 1 each 1 each 1 each	Weight (g) 80.8 56.7 28.3 56.7	CHO(g) 17 30 2 2	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 1 1 5 6 15 15 15 15 15 15 15 15 15 15 15 15 15	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		1 t t t t 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 1 1 P	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	I I I I I I I I I I I I I I I I I I I	1 1 1 5 1 1 5 1 1 1 1 1 1 1 1 1 1 1 1 1	. Item Co - 0.56 - 0.47 - 0.26
*Lucky Charms Cereal Bowl (127303)	1 each	56.7	46	•	İ	1	1	1	1	4	ī	1	1
*Trix Bar (69951)	1 each	40.3	29	ı	ı	ı	ı	1	1	*	t	ľ	
*Frosted Cinnamon Pop-Tart (69885)	1 each	99.8	76	•	2	ı	1	t	ŧ	t	1	1	1
*Raspberry Rainbow Yogurt (66749)	1 each	113.4	15	ŧ	s	ı	•	ŧ	ŧ	τ	ı	1	t
French Toast Goldfish Crackers (125454)	1 each	28.3	23	•	ı	ľ	ŧ	·	•	1	1	•	t
Fresh Whole Fruit (34507)	1 each	147.2	23.8	•	t	r	•	1	ı	'	•	ı	1
Assorted Fruit Juice (34497)	1 each	113.4	14.7	ı	t	ı	1	1	1	1	,	•	ı
1% Low-fat Milk (76631)	1 each	226.8	<u> </u>	•	ı	ı	•	•	t	r	I	1	•
Chocolate Skim Milk (78912)	1 each	226.8	18 8	ı	1	ļ	1	1		ŧ	ι	1	1
Strawberry Low Fat Milk (115464)	1 each	226.8	22	1	1	ı	1	1	•	•	İ	1	•
	Break	Breakfast Totals	76	•	ī	ı	,	ı	r	1	1	ı	,
	Break	Breakfast Totals	76	1	1	ı	1	1	1	•	:	t	•
	Daily Totals for Day 10	for Day 10	76	1	1	ļ	1	1	i	i	ŧ	t	1
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Thursday, April 11th

Breakfast - Breakfast

					Strawberry Low Fat Milk (115464)	Chocolate Skim Milk (78912)	1% Low-fat Milk (76631)	Assorted Fruit Juice (34497)	Fresh Whole Fruit (34507)	French Toast Goldfish Crackers (125454)	*Raspberry Rainbow Yogurt (66749)	*Frosted Cinnamon Pop-Tart (69885)	*Trix Bar (69951)	*Blueberry Chex Cereal Bowl (138169) 1 each	Low Fat Mozzarella String Cheese (71198)	*Blueberry Muffin (70560)	Menu Item Name *Sausage & Egg on Croissant (34539.200)
%		Daily Totals for Day 12	Break	Break	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	Portion Size 1 sandwich
% Daily Value	Daily Value	for Day 12	Breakfast Totals	Breakfast Totals	226.8	226.8	226.8	113.4	147.2	28.3	113.4	8.66	40.3	56.7	28.3	56.7	Weight (g) 155.4
1	ı	82.8	82.8	82,8	22	18	<u> </u>	14.7	23.8	21	15	76	29	46	2	30	СНО (g) 30.7
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í	•	5.75	5.75	5.75	0.27	0.27	0.27	0.27	0.33	0.26	0.39	0.73	0.40	0.58	0.26	0.47	Item Cost 1.22

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