

# Nutrient Detail Report

District: Genuine Foods DC

School: Learn DC

Menu: 22/23 DC Base Breakfast K-12

Date Range: June 01, 2023 - June 30, 2023



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 06/01/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
BYO Yogurt Parfait (IW Yogurt + Granola) 1MMA 1WG	2176	1.00 serving	100	237.077	6.824	8.296	0.720	0.000	5.000	70.618	261.804	33.302	1.938	13.959	0.957	109.689	0.000	0.000	2.000
Craisins/Raisins, Assorted Flavors - 1/2 F	5344	1.00 packet	100	114.020	0.200	0.000	0.000*	0.000*	0.000*	0.000	N/A*	28.805	2.401	24.204	N/A*	N/A*	N/A*	N/A*	N/A*
100% Apple Juice, 4 oz	703	1.00 count	100	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	50	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				511.097	15.024	9.546	1.470*	0.000*	12.500*	215.618	461.804*	89.107	4.339	63.163	0.957*	409.689*	250.000*	1.200*	3.250*
% of Calories					11.76%	16.81%	2.59%*	0.00%*				69.74%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 06/02/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
French Toast, WG Stick Cooked, Frozen (Richs) 2.25WG	606	4.00 pieces	75	260.000	6.000	10.000	1.500	0.000	0.000	300.000	150.000	38.000	3.000	9.000	2.000	40.000	N/A*	N/A*	0.000
Scooters, SS Bowl	584	1.00 count	25	110.000	3.000	1.500	0.000	0.000	0.000	140.000	94.000	21.000	3.000	0.000	5.400	100.000	N/A*	N/A*	0.000
Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Blueberry Nutrigrain Bar, IW	643	1.00 count	100	149.801	1.997	3.495	0.499	0.000	0.000	134.821	109.854	29.960	2.996	13.981	1.897	139.815	499.338	N/A*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	50	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1009	1.00 container	50	110.000	0.000	0.000	0.000	0.000	0.000	20.000	N/A*	29.000	0.000	22.000	0.000	0.000	N/A*	N/A*	0.000
Weighted Daily Average				623.560	15.495	12.822	2.392	0.000	7.500	536.591	490.741*	115.405	9.512	56.114*	4.824*	500.842*	782.007*	4.003*	1.250*
% of Calories					9.94%	18.51%	3.45%	0.00%				74.03%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 06/05/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
WG Waffles, Thaw & Serve, 2WG	596	2.00 count	100	130.000	4.000	3.500	0.500	0.000	5.000	360.000	N/A*	23.000	3.000	4.000	1.080	40.000	N/A*	N/A*	N/A*
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	7451	1.00 each	100	185.000	8.000	4.500	2.500	0.000	15.000	260.000	N/A*	30.000	4.000	6.000	1.800*	40.000*	0.000*	0.000*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	50	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Sausage Patty (Jimmy Dean) .75 MMA	5376	1.00 patty	100	75.000	6.000	5.000	1.500	0.000	25.000	200.000	220.000	0.500	0.000	0.500	0.500	14.000	0.000	0.000	0.000
Weighted Daily Average				586.259	26.248	14.452	5.268	0.000	52.500	951.770	464.887*	90.695	10.516	34.883*	3.457*	400.027*	282.669*	4.003*	1.250*
% of Calories					17.91%	22.19%	8.09%	0.00%				61.88%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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				Calo	Pro	Tot	Satur	Trans	Chole	Sod	Potas	Carbol	Fi	Su	Iron	Calc	Vitam	Vitam	Vitam
Tue - 06/06/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
BYO Yogurt Parfait (IW Yogurt + Granola) 1MMA 1WG	2176	1.00 serving	100	237.077	6.824	8.296	0.720	0.000	5.000	70.618	261.804	33.302	1.938	13.959	0.957	109.689	0.000	0.000	2.000
100% Orange Juice, SS Cup	711	1.00 count	100	50.000	1.000	0.000	0.000	0.000	0.000	15.000	190.000	13.000	1.000	11.000	0.000	0.000	0.000	30.000	0.000
Apple Slices 1/2 cup	17615	0.50 cup	100	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Blueberry Nutrigrain Bar, IW	643	1.00 count	100	149.801	1.997	3.495	0.499	0.000	0.000	134.821	109.854	29.960	2.996	13.981	1.897	139.815	499.338	N/A*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	50	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				580.820	17.956	13.190	1.969	0.000	12.500	350.439	828.988*	99.751	7.351	59.587	2.860	553.048	749.338*	31.200*	3.250*
% of Calories					12.37%	20.44%	3.05%	0.00%				68.70%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 06/07/2023																			

22/23 DC Base Breakfast K-12																	
		Total	100														
Breakfast Sandwich (Egg & Cheese on English Muffin) 2WG 1.5MMA	1052	1.00 sandwich	50	230.624	10.531	9.556	4.031	0.000	107.656	593.121	46.000*	25.012	3.000*	1.506	1.440*	128.624	1.000*
Assorted Muffins (Muffin Town) 1WG	974	1.00 muffin	25	160.000	2.500	4.750	0.500	0.000	17.500	97.500	27.500*	26.500	1.000	13.500	0.540*	10.000*	N/A*
Cinnamon Chex, SS Bowl	578	1.00 count	25	120.000	1.000	2.500	0.000	0.000	0.000	170.000	0.000	23.000	1.000	6.000	7.600	90.000	1.200
Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	N/A*
Assorted Fruit (1/2 cup)	4218	1/2 cup	100	74.289	0.599	0.172	0.034	0.000	0.000	2.645	113.987*	18.727	2.992	9.424*	0.272*	18.814*	0.000*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	50	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	2.500
Jelly, Grape, SS Cup	834	1.00 count	100	35.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	9.000	0.000	5.000	N/A*	N/A*	N/A*
Weighted Daily Average				490.860	14.988	8.215	2.943	0.000	65.703	497.851	388.749*	89.803	8.508*	44.435*	3.104*	414.153*	2.050*
% of Calories					12.21%	15.06%	5.40%	0.00%				73.18%					

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Sugar (g)	Fiber (g)	Monounsaturated (g)	Polyunsaturated (g)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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				Cal	P	Tc	Satu	Tr	Chol	So	Pote	Carb	I	S	I	Ca	Vit	Vita	Vital
Thu - 06/08/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Blueberry Muffin Top	7449	3.00 ounce	50	317.771	3.570	8.363	4.131	0.000	4.121	461.873	143.866	58.105	4.184	26.760	1.093	26.943	19.980*	3.589*	0.000*
BYO Yogurt Parfait (IW Yogurt + Granola) 1MMA 1WG	2176	1.00 serving	50	237.077	6.824	8.296	0.720	0.000	5.000	70.618	261.804	33.302	1.938	13.959	0.957	109.689	0.000	0.000	2.000
100% Apple Juice, 4 oz	703	1.00 count	100	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Orange, Choice 138 CT - 1/2 cup	741	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	50	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				481.624	13.970	9.735	3.176	0.000	12.061	418.870	543.987*	82.749	4.761	52.572	1.303	404.892	259.990*	53.222*	2.250*
% of Calories					11.60%	18.19%	5.93%	0.00%				68.72%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 06/09/2023																			

22/23 DC Base Breakfast K-12																		
		Total	100															
WG Pancakes (Hilltop Hearth 1.2 oz) 1WG	2891	1.00 count	50	66.705	2.001	1.001	0.167	0.000	1.668	123.404	0.000	12.674	1.334	3.002	0.000	N/A*	N/A*	N/A*
Scooters, SS Bowl	584	1.00 count	50	110.000	3.000	1.500	0.000	0.000	0.000	140.000	94.000	21.000	3.000	0.000	5.400	100.000	N/A*	0.000
Apple, variety, 125 CT - 1 each	720	1.00 each	50	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	50	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	13.000	0.000	8.000	N/A*	N/A*	N/A*	N/A*
Blueberry Nutrigrain Bar, IW	643	1.00 count	100	149.801	1.997	3.495	0.499	0.000	0.000	134.821	109.854	29.960	2.996	13.981	1.897	139.815	499.338	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	50	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	2.500
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1009	1.00 container	100	110.000	0.000	0.000	0.000	0.000	0.000	20.000	N/A*	29.000	0.000	22.000	0.000	0.000	N/A*	0.000
Weighted Daily Average				521.283	12.622	6.097	1.342	0.000	8.334	422.408	379.298*	107.395	6.921	59.674*	4.636*	492.829*	765.673*	2.602*
% of Calories					9.68%	10.53%	2.32%	0.00%				82.41%						

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
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Calories (kcal)	542.215		450/500	Fail	42.21	Too much calories
Protein (g)	16.615	12.26%				
Total Fat (g)	10.579	17.56%				
Saturated Fat (g)	2.651*	4.40%*	<10	Pass		
Trans Fat (g)	0.000*					
Cholesterol (mg)	24.443*					
Sodium (mg)	484.792		≤ 540	Pass		
Potassium (mg)	508.351*					
Carbohydrates (g)	96.415	71.13%				
Fiber (g)	7.415*					
Sugars (g)	52.918*					
Iron (mg)	3.020*					
Calcium (mg)	453.640*					
Vitamin A (IU)	494.759*					
Vitamin C (mg)	17.179*					
Vitamin D (mcg)	2.079*					

\* = Indicates missing Nutrient Information.

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