

Menu Compliance - Nutrient Detail Report

District: Palos Verdes Peninsula USD

School: Miraleste Intermediate

Menu: Miraleste Breakfast 15/16

Date Range: March 14, 2016 - March 18, 2016



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Mon - 03/14/2016										
Miraleste Breakfast 15/16										
		Total	30							
Breakfast Pizza Bagel	2001639	1.00 each	5	192.000	12.000	6.000	3.000	363.000	23.000	4.000
Mini Pancakes	2001787	1.00 package	10	240.000	5.000	7.000	1.000	200.000	41.000	14.000
Cheerios Cereal Bowl	2001773	1.00 bowl	5	100.000	3.000	2.000	0.500	140.000	20.000	1.000
Sliced Pears, Canned (1/2 cup)	1277512	1/2 cup	10	57.995	0.384	0.124	N/A*	1.996	15.116	N/A*
Diced Peaches, Canned (1/2 cup)	1143510	1/2 cup	10	52.996	0.504	0.134	N/A*	5.998	13.394	N/A*
Fresh Orange Wedges	2000057	4.00 oz	5	53.671	1.066	0.136	0.023	N/A*	13.324	N/A*
Fresh Apples, 100 count	1673387	1.00 each	5	75.599	0.378	0.247	0.041	1.454	20.077	15.105
Giant Goldfish Graham	2005371	1.00 package	8	120.000	1.000	4.000	1.000	110.000	19.000	6.000
1% Milk	1944055	1/2 pint	10	102.480	8.223	2.367	1.545	107.360	12.176	12.688
Nonfat Chocolate Milk	1944056	1.00 carton	25	120.000	8.000	0.000	0.000	150.000	22.000	20.000
Weighted Daily Average				353.369	14.378	5.672	1.709*	343.527*	63.362	30.514*
% of Calories					16.27%	14.45%	4.35%*		71.72%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Tue - 03/15/2016										
Miraleste Breakfast 15/16										
		Total	25							
Cinnamon Roll	2001847	1.00 each	15	170.000	5.000	1.000	0.500	130.000	35.000	10.000
Breakfast Pizza Bagel	2001639	1.00 each	10	192.000	12.000	6.000	3.000	363.000	23.000	4.000
Cinnamon Toast Crunch Cereal Bowl	2001775	1.00 bowl	2	110.000	6.000	3.000	0.500	160.000	22.000	13.000
Turkey Sausage Patties & Waffle Sticks	2000045	1.00 Serving	5	140.000	4.000	2.000	0.000	250.000	27.000	5.000
Sliced Pears, Canned (1/2 cup)	1277512	1/2 cup	5	57.995	0.384	0.124	N/A*	1.996	15.116	N/A*
Diced Peaches, Canned (1/2 cup)	1143510	1/2 cup	5	52.996	0.504	0.134	N/A*	5.998	13.394	N/A*
Fresh Orange Wedges	2000057	4.00 oz	5	53.671	1.066	0.136	0.023	N/A*	13.324	N/A*
Fresh Apples, 100 count	1673387	1.00 each	5	75.599	0.378	0.247	0.041	1.454	20.077	15.105
Fresh Banana, 150 count (1/2 cup)	1310112	1/2 cup	5	112.138	1.373	0.416	0.141	1.260	28.778	15.410
Giant Goldfish Graham	2005371	1.00 package	12	120.000	1.000	4.000	1.000	110.000	19.000	6.000
1% Milk	1944055	1/2 pint	10	102.480	8.223	2.367	1.545	107.360	12.176	12.688
Nonfat Chocolate Milk	1944056	1.00 carton	25	120.000	8.000	0.000	0.000	150.000	22.000	20.000
Weighted Daily Average				504.672	21.590	6.718	2.679*	533.886*	91.488	43.698*

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
% of Calories					17.11%	11.98%	4.78%*		72.51%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Wed - 03/16/2016										
Miraleste Breakfast 15/16										
		Total	20							
Breakfast Pizza Bagel	2001639	1.00 each	8	192.000	12.000	6.000	3.000	363.000	23.000	4.000
French Toast Sticks w/ Omelet	2001781	1.00 serving	10	300.000	6.000	13.000	3.000	400.000	43.000	15.000
Frosted Flakes Cereal Bowl	2001771	1.00 bowl	2	100.000	8.000	0.500	0.000	190.000	24.000	4.000
Sliced Pears, Canned (1/2 cup)	1277512	1/2 cup	5	57.995	0.384	0.124	N/A*	1.996	15.116	N/A*
Diced Peaches, Canned (1/2 cup)	1143510	1/2 cup	5	52.996	0.504	0.134	N/A*	5.998	13.394	N/A*
Fresh Orange Wedges	2000057	4.00 oz	5	53.671	1.066	0.136	0.023	N/A*	13.324	N/A*
Fresh Apples, 100 count	1673387	1.00 each	5	75.599	0.378	0.247	0.041	1.454	20.077	15.105
Fresh Banana, 150 count (1/2 cup)	1310112	1/2 cup	5	112.138	1.373	0.416	0.141	1.260	28.778	15.410
Giant Goldfish Graham	2005371	1.00 package	10	120.000	1.000	4.000	1.000	110.000	19.000	6.000
1% Milk	1944055	1/2 pint	5	102.480	8.223	2.367	1.545	107.360	12.176	12.688
Nonfat Chocolate Milk	1944056	1.00 carton	20	120.000	8.000	0.000	0.000	150.000	22.000	20.000
Weighted Daily Average				530.520	20.082	11.806	3.638*	598.717*	90.316	43.301*
% of Calories					15.14%	20.03%	6.17%*		68.10%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Thu - 03/17/2016										
Miraleste Breakfast 15/16										
		Total	20							
Cinnamon Roll	2001847	1.00 each	5	170.000	5.000	1.000	0.500	130.000	35.000	10.000
Breakfast Pizza Bagel	2001639	1.00 each	5	192.000	12.000	6.000	3.000	363.000	23.000	4.000
Mini Pancakes	2001787	1.00 package	10	240.000	5.000	7.000	1.000	200.000	41.000	14.000
Raisin Bran Cereal Bowl	2001777	1.00 bowl	2	100.000	2.000	0.500	0.000	110.000	25.000	10.000
Sliced Pears, Canned (1/2 cup)	1277512	1/2 cup	5	57.995	0.384	0.124	N/A*	1.996	15.116	N/A*
Diced Peaches, Canned (1/2 cup)	1143510	1/2 cup	5	52.996	0.504	0.134	N/A*	5.998	13.394	N/A*
Fresh Orange Wedges	2000057	4.00 oz	5	53.671	1.066	0.136	0.023	N/A*	13.324	N/A*
Fresh Apples, 100 count	1673387	1.00 each	5	75.599	0.378	0.247	0.041	1.454	20.077	15.105
Fresh Banana, 150 count (1/2 cup)	1310112	1/2 cup	5	112.138	1.373	0.416	0.141	1.260	28.778	15.410
Giant Goldfish Graham	2005371	1.00 package	8	120.000	1.000	4.000	1.000	110.000	19.000	6.000
1% Milk	1944055	1/2 pint	10	102.480	8.223	2.367	1.545	107.360	12.176	12.688
Nonfat Chocolate Milk	1944056	1.00 carton	20	120.000	8.000	0.000	0.000	150.000	22.000	20.000
Weighted Daily Average				527.840	20.388	8.348	2.599*	484.607*	95.860	47.873*

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
% of Calories					15.45%	14.23%	4.43%*		72.64%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Fri - 03/18/2016										
Miraleste Breakfast 15/16										
		Total	20							
Breakfast Pizza Bagel	2001639	1.00 each	5	192.000	12.000	6.000	3.000	363.000	23.000	4.000
Turkey Sausage Patties & Waffle Sticks	2000045	1.00 Serving	15	140.000	4.000	2.000	0.000	250.000	27.000	5.000
Cheerios Cereal Bowl	2001773	1.00 bowl	2	100.000	3.000	2.000	0.500	140.000	20.000	1.000
Sliced Pears, Canned (1/2 cup)	1277512	1/2 cup	5	57.995	0.384	0.124	N/A*	1.996	15.116	N/A*
Diced Peaches, Canned (1/2 cup)	1143510	1/2 cup	5	52.996	0.504	0.134	N/A*	5.998	13.394	N/A*
Fresh Orange Wedges	2000057	4.00 oz	5	53.671	1.066	0.136	0.023	N/A*	13.324	N/A*
Fresh Apples, 100 count	1673387	1.00 each	5	75.599	0.378	0.247	0.041	1.454	20.077	15.105
Fresh Banana, 150 count (1/2 cup)	1310112	1/2 cup	5	112.138	1.373	0.416	0.141	1.260	28.778	15.410
Giant Goldfish Graham	2005371	1.00 package	20	120.000	1.000	4.000	1.000	110.000	19.000	6.000
1% Milk	1944055	1/2 pint	10	102.480	8.223	2.367	1.545	107.360	12.176	12.688
Nonfat Chocolate Milk	1944056	1.00 carton	15	120.000	8.000	0.000	0.000	150.000	22.000	20.000
Weighted Daily Average				512.340	18.338	8.648	2.624*	571.107*	92.260	39.823*
% of Calories					14.32%	15.19%	4.61%*		72.03%	

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	485.748		400/550	Pass		
Protein (g)	18.955	15.61%				
Total Fat (g)	8.238	15.26%				
Saturated Fat (g)	2.650*	4.91%*	<10	Pass		
Sodium (mg)	506.369*		<600	Pass		
Carbohydrates (g)	86.657	71.36%				
Sugars (g)	41.042*					

* = Indicates missing Nutrient Information.

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