

Monroe Township Board of Education

Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000576 Bagel WG 2oz.	Each	56	130	0.00 0.0%	0.00 0.0%	0	230	25.00 76.9%	5.00	10.00 30.8%	9.00 27.7%	0	0.0	100	2.70
000577 Bagel, WW 4oz	Each	113	263	0.00 0.0%	0.00 0.0%	0	466	50.62 76.9%	10.13	20.25 30.8%	18.22 27.7%	0	0.0	202	5.47
000458 Breadstick	Portion	28	70	1.00 12.9%	0.00 0.0%	0	65	14.00 80.0%	1.00	0.75 4.3%	2.00 11.4%	0	0.0	0	0.72
000459 Breadstick, Garlic	Portion	33	97	3.97 36.8%	0.54 5.0%	0	96	14.00 57.7%	1.00	0.75 3.1%	2.00 8.2%	134	0.0	0	0.72
000408 Buttermilk Biscuit WW, 1oz.	Each	28	80	1.99 22.5%	0.99 11.3%	0	179	13.43 67.5%	0.99	2.98 15.0%	2.49 12.5%	0	0.0	50	0.72
000590 Dinner Roll 2oz. 7002	Each	57	140	2.00 12.9%	0.00 0.0%	0	270	27.00 77.1%	3.00	1.00 2.9%	5.00 14.3%	0	2.4	20	1.80
000365 Dinner Roll Jr. WG 0445	Each	34	90	1.00 10.0%	0.40 4.0%	0	180	17.00 75.6%	2.00	2.00 8.9%	4.00 17.8%	0	0.0	30	1.08
000402 Pretzel Rod WW	Each	28	70	0.50 6.4%	0.00 0.0%	0	65	14.00 80.0%	1.00	0.00 0.00%	2.00 11.4%	0	0.0	0	0.72
000208 Whole Wheat Bread Sliced	Slice	28	60	1.00 15.0%	0.00 0.0%	0	115	13.00 86.7%	1.00	1.00 6.7%	2.00 13.3%	0	0.0	20	0.72

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.