

## 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)
000559 Apple Juice Cup 4oz.	Each	113	60	0.00 0.0%	0.00 0.0%	0	15	14.00 93.3%	0.00	13.00 86.7%	0.00 0.0%	0	0.0	0	0.00
000319 Apple Slices, Fresh	each	57	29	0.10 3.1%	0.02 0.6%	0	1	7.83 108.0%	1.40	8.00 110.3%	0.15 2.1%	31	30.0	3	0.07
000064 APPLES,Fresh	Each	138	72	0.23 2.9%	0.04 0.5%	0	1	19.06 106.2%	3.31	14.34 79.9%	0.36 2.0%	75	6.3	8	0.17
000124 Applesauce Unsweetened, Can	Each	122	51	0.00 0.0%	0.00 0.0%	0	2	14.00 109.8%	1.00	11.00 86.3%	0.00 0.0%	11	15.7	4	0.35
000419 FRUIT COCKTAIL:canned,lt syr	1/2 Cup	125	71	0.09 1.1%	0.01 0.2%	0	8	18.69 104.8%	1.25	17.44 97.8%	0.50 2.8%	260	2.4	8	0.36
000560 Juice, Fruit Punch 4 oz. Cup	Each	113	60	0.00 0.0%	0.00 0.0%	0	10	14.00 93.3%	0.00	13.00 86.7%	0.00 0.0%	0	3.6	0	0.00
000607 Mandarine Orange, Fresh	each	88	47	0.30 5.7%	0.00 0.0%	0	2	12.00 102.1%	1.60	9.00 76.6%	0.70 6.0%	550	31.2	0	0.18
000266 Orange Juice Cup, 4 oz.	Each	113	50	0.00 0.0%	0.00 0.0%	0	15	13.00 104.0%	0.00	11.00 88.0%	1.00 8.0%	0	30.0	0	0.00
000086 ORANGES	Each	96	45	0.12 2.3%	0.01 0.3%	0	0	11.28 100.0%	2.30	8.98 79.6%	0.90 8.0%	216	51.1	38	0.10
000085 ORANGES HALVES	1/2 Each	96	45	0.12 2.3%	0.01 0.3%	0	0	11.28 100.0%	2.30	8.98 79.6%	0.90 8.0%	216	51.1	38	0.10
000123 Peaches, Canned	1/2 Cup	126	60	0.00 0.0%	0.00 0.0%	0	5	14.00 93.3%	1.00	13.00 86.7%	0.00 0.0%	131	15.2	3	0.29
000122 Pears, Canned	1/2 Cup	124	60	0.00 0.0%	0.00 0.0%	0	5	16.00 106.7%	2.00	12.00 80.0%	0.00 0.0%	0	16.1	5	0.22
000090 PEARS,FRESH	Each	148	84	0.21 2.2%	0.03 0.3%	0	1	22.54 106.9%	4.59	14.43 68.4%	0.53 2.5%	37	6.4	13	0.27
000562 Petite Banana	Each	126	110	0.00 0.0%	0.00 0.0%	0	0	30.00 109.1%	3.00	19.00 69.1%	1.00 3.6%	100	9.0	0	0.36
000417 Strawberry Cups 4.5	Cup	128	80	0.00 0.0%	0.00 0.0%	0	0	19.00 95.0%	2.00	16.00 80.0%	1.00 5.0%	0	66.0	20	0.36

\*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.