



MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS  
Run Date: 10/13/2023  
Eurest Sector (F00000)

Report Parameters	
Menus Included:	*2023 Core - Eurest Culinary Core Standard Menu - FDA (Master)
Days/Dates Included:	1 - 7
Meal Periods Included:	Breakfast, Lunch
Stations Included:	Breakfast - A La Carte, Omelet Bar, Breakfast - Upgrades, Grab & Go, Yogurt Bar, Hot Cereal, Cold Cereal, Pastries & Breads, Breakfast - Condiments, Fruit - Whole, Fruit - Cut, Coffee Bar, Coffee Gourmet - Hot, Coffee Gourmet - Cold, Coffee Gourmet - Tea/Chocolate, Coffee Gourmet - Milk/Alternates, Coffee Gourmet - Syrups, Coffee Gourmet - Toppings, Fountain Beverage

Purpose of the Report:

The purpose of the FDA Menu Labeling Additional Information Report is to provide menu nutrition information using FDA guidelines as found on nutrition labels.

2000 calories a day is used for general nutrition advice, but calorie needs vary.  
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Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Breakfast - Breakfast - A La Carte															
EUR: Brux Brussels Waffle Mix	104467	1 serving(s)	6.5oz	184.27g	440	24	14	0+	49	5	0+	65	9	1	400
EUR: Buttermilk Biscuit, 2.2 oz. frozen	3872.1	1 each	2.28oz	64.73g	210	9	5	0+	25	2	1+	5	4	less than 1 gram	430
EUR: Buttermilk Pancakes (krusteaz mix)	616.28	1 each	3.76oz	106.61g	170	1.5	0	0	33	7	0+	0	4	1	490
EUR: Egg (Cooked to Order)	5306.1	1 each	1.73oz	48.97g	100	9	1.5	0	0	0	-	165	6	0	180
EUR: Egg White (Cooked to Order)	5306.8	1 each	1.32oz	37.54g	60	4.5	0	0+	0	0	-	0	4	0	55
EUR: French Toast (Texas Toast)	8251	2 slice	5.97oz	169.21g	370	19	10	0+	38	6	-	195	13	3	420
EUR: Fresh Cut Melon, Strawberry, & Pineapple	15799.2	1 cup	6oz	170.1g	70	0	0	0	18	14	-	0	1	2	10
EUR: Hash Browns with Peppers & Onions	40189	1 cup	4.94oz	139.96g	190	10	5	0+	21	1	0+	20	3	3	160
EUR: Home Fries (breakfast potatoes)	8377	1 cup	21.57oz	611.63g	320	11	6	0+	52	5+	0+	25	6	6	1040
EUR: Multigrain Pancakes (using mix)	23375.10	1 each	4.13oz	117.07g	200	3.5	0	0	37	7	0+	0	6	5	360
EUR: Multigrain Waffles	36845.11	1 each	9.2oz	260.89g	450	7	1	0	82	14	0+	0	12	10	810
EUR: Sausage Link, 1 oz	118717	1 each	0.75oz	21.26g	100	10	3.5	0	less than 1 gram	0	0	15	2	0	125
EUR: Scrambled Egg White (liquid)	622.20	1/2 cup	4.45oz	126.04g	100	4.5	0	0+	less than 1 gram	less than 1 gram	-	0	13	0	200
EUR: Scrambled Eggs (shell)	622.3	2 each	3.77oz	106.81g	200	16	3.5	0	less than 1 gram	0	-	370	13	0	140
EUR: Shredded Hash Browns (oil)	57572.1	1 cup	5.3oz	150.36g	310	21	1.5	0	26	0	0+	0	3	3	0
EUR: Sweet Potato Tots (fried)	93780	1 cup	4.31oz	122.11g	250	14	1	0	31	11	-	0	2	3	300
EUR: Tater Tots (baked)	68287	1 cup	3oz	85.05g	180	10	1.5	0	22	0	0	0	1	1	500
EUR: Tater Tots (fried)	8414.1	1 cup	3.5oz	99.22g	320	25	2.5	0	22	0	0	0	1	1	500
EUR: Two Biscuits with Sausage Gravy (2.2 oz frozen)	95648.1	1 serving(s)	14.45oz	409.78g	780	39	18	0+	84	12	2+	40	16	1	2090

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Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Bacon, Applewood, Sliced	608.19	1 slice	0.4oz	11.34g	50	4	1.5	0	0	0	-	10	4	0	190
Ingredient: Sausage Link, Pork, 2 oz	1125.1	1 each	1.5oz	42.52g	200	20	7	0	1	less than 1 gram	-	35	5	0	260
Ingredient: Sausage Link, Turkey, 1 oz	57570	1 each	1oz	28.35g	50	3.5	1	0	0	0	0	20	4	0	180
Ingredient: Sausage Patty, Pork, 1.5 oz, Cooked	1125.10	1 each	1.5oz	42.52g	180	17	6	0	less than 1 gram	0	0	25	5	0	320
Ingredient: Sausage Patty, Turkey, 1.5 oz	57570.1	1 each	1.29oz	36.55g	60	3.5	1	0	0	0	0	30	7	0	240
Ingredient: Sausage Patty, Turkey, FC, 1.4 oz	57570.3	1 each	1.41oz	39.97g	70	5	1.5	0	0	0	0	30	7	0	260
Breakfast - Breakfast - Condiments															
Butter, Salted, Whipped, PC	33212	1 each	0.35oz	10g	70	8	4.5	0	0	0	-	25	0	0	60
Cream Cheese, 1 oz, PC	1955	1 each	1oz	28.35g	100	10	6	0	2	1	-	30	2	0	90
Cream Cheese, Fat Free, .75 oz, PC	1953	1 each	0.75oz	21.26g	20	0	0	-	2	1	-	less than 5 milligrams	3	0	150
Cream Cheese, Light, 1 oz, PC	33217	1 each	1oz	28.35g	60	4.5	3	-	2	less than 1 gram	-	15	2	0	90
Cream Cheese, Neufchatel, 1 oz, PC	33218	1 each	1oz	28.35g	70	6	3.5	-	1	less than 1 gram	-	20	3	0	95
Cream Cheese, Strawberry Spread, 1 oz, PC	20472	1 each	1oz	28.35g	80	8	5	-	less than 1 gram	less than 1 gram	-	25	2	0	125
EUR: Blueberry Cream Cheese	88645.1	1 tbsp	1oz	28.35g	80	7	4	0+	5	5	0+	20	1	0	60
EUR: Strawberry Cream Cheese	66197	1 tbsp	0.58oz	16.54g	60	5	3	0+	2	2	-	15	less than 1 gram	0	45
Grape Jelly, Smucker, PC	3378	1 each	0.5oz	14.17g	40	0	0	-	10	7	-	0	0	0	0
Honey, PC	32009	1 each	0.32oz	9g	25	0	0	-	7	7	-	0	0	0	0
Ingredient: Butter, Unsalted	66191	1 tbsp	0.5oz	14.19g	100	12	7	-	0	0	-	30	0	0	0
Ingredient: Cream Cheese, Bulk	79282.1	1 tbsp	0.51oz	14.5g	50	5	3	0	less than 1 gram	less than 1 gram	-	15	less than 1 gram	0	45

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Ingredient: Cream Cheese, Bulk	63391	1 tbsp	0.51oz	14.5g	50	5	3	0	less than 1 gram	less than 1 gram	-	15	less than 1 gram	0	45
Ingredient: Cream Cheese, Fat Free	63390	1 tbsp	0.51oz	14.5g	15	0	0	-	1	less than 1 gram	-	0	2	0	100
Ingredient: Cream Cheese, Neufchatel	79884	1 tbsp	0.56oz	15.95g	40	3.5	2	-	less than 1 gram	less than 1 gram	-	10	1	0	55
Ingredient: Honey	63610	2 tbsp	1.49oz	42.37g	130	0	0	-	35	35	-	0	0	0	0
Ingredient: Jelly, Apple	63393.1	1 tbsp	0.77oz	21.87g	60	0	0	-	15	11	-	0	0	0	5
Ingredient: Jelly, Grape	63393	1 tbsp	0.74oz	21g	60	0	0	-	15	11	-	0	0	0	5
Ingredient: Marmalade, Orange	63389	1 tbsp	0.73oz	20.83g	50	0	0	-	14	12	-	0	0	0	10
Ingredient: Nutella	63112	1 tbsp	0.65oz	18.5g	100	6	5	-	12	10	-	0	1	less than 1 gram	10
Ingredient: Peanut Butter, Creamy	63396	1 tbsp	0.57oz	16.12g	100	8	1.5	0	4	2	-	0	4	less than 1 gram	70
Ingredient: Preserves, Strawberry Jelly, Canned	47957.19	1 tbsp	0.71oz	20g	60	0	0	-	14	10	-	0	0	0	5
Ingredient: Sauce, Salsa, Picante, Mild	1264	2 tbsp	1.14oz	32.37g	10	0	0	-	2	1	-	0	0	less than 1 gram	230
Ingredient: Syrup, Maple, 100%	66297	2 tbsp	1.42oz	40.25g	100	0	0	-	27	24	-	0	0	0	0
Ingredient: Syrup, Pancake & Waffle	63429	2 tbsp	1.38oz	39.25g	90	0	0	-	24	8	-	0	0	0	30
Ingredient: Whipped Topping	28295	1 tbsp	0.14oz	4g	10	1	0.5	-	0	0	-	less than 5 milligrams	0	0	0
Jam, Strawberry, PC	97261	1 each	0.5oz	14.17g	40	0	0	-	10	7	-	0	0	0	0
Jelly, Apple, PC	97262	1 each	0.5oz	14.17g	40	0	0	-	10	7	-	0	0	0	0
Jelly, Assorted, PC	97260	1 each	0.5oz	14.17g	40	0	0	-	10	7	-	0	0	0	0
Jelly, Strawberry, Sugar Free, PC	34080	1 each	0.39oz	11g	15	0	0	-	3	0	-	0	0	0	0
Peanut Butter, .75 oz, Jif, PC	10955	1 each	0.75oz	21.26g	130	11	2	0	5	2	-	0	5	1	90
Breakfast - Breakfast - Upgrades															
EUR: Country Style Sausage Gravy (mix)	95648	1/2 cup	4.94oz	140.16g	180	11	3.5	0	17	4	0	15	4	0	610

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Ingredient: Avocado, Quartered, Fresh	65294	1 each	1.11oz	31.45g	50	4.5	0.5	0	3	0	-	0	less than 1 gram	2	0
Ingredient: Cheese, American, Sliced, .5 oz	1748.7	1 slice	0.5oz	14.17g	50	4.5	2.5	0	less than 1 gram	0	-	15	3	0	240
Ingredient: Cheese, Cheddar, Mild, Loaf, Sliced .75 oz	43037.6	3/4 ounce	0.75oz	21.26g	90	7	4	-	less than 1 gram	0	-	20	5	0	140
Ingredient: Cheese, Cheddar, Mild, Pre-Shredded	3664.7	2 tbsp	0.5oz	14.12g	60	4.5	2.5	-	0	0	-	15	3	0	90
Ingredient: Cheese, Mozzarella, Part Skim, Shredded	3664.3	2 tbsp	0.5oz	14.12g	40	3	1.5	0	less than 1 gram	0	-	10	3	0	95
Ingredient: Cheese, Pepper Jack, Sliced	43037.2	3/4 ounce	0.75oz	21.26g	80	6	4	-	0	0	-	20	5	0	130
Ingredient: Cheese, Provolone, Sliced	13404.12	3/4 ounce	0.75oz	21.26g	70	6	3.5	-	0	0	-	15	5	0	150
Ingredient: Cheese, Swiss, Sliced	75797.1	3/4 ounce	0.75oz	21.26g	80	7	4	0	0	0	-	20	6	0	40
Breakfast - Coffee Bar															
Beverage: Coffee	81275	12 floz	12.53oz	355.2g	0	0	0	0	0	0	-	0	0	0	5
Beverage: Coffee	81275	16 floz	16.71oz	473.6g	0	0	0	0	0	0	-	0	less than 1 gram	0	10
Beverage: Coffee	81275	20 floz	20.88oz	592g	5	0	0	0	0	0	-	0	less than 1 gram	0	10
Beverage: Cream, Half & Half	119104.1	1 floz	1.07oz	30.25g	40	3.5	2	0	1	1	-	10	less than 1 gram	0	20
Beverage: Milk, 2%	57683.6	1 floz	1.08oz	30.5g	15	0.5	0	0	1	2	-	less than 5 milligrams	1	0	15
Beverage: Milk, Almond, Unsweetened	57683.15	1 floz	1.06oz	30g	0	0	0	0	0	0	0	0	0	0	15
Beverage: Milk, Skim	57683.5	1 floz	1.08oz	30.62g	10	0	0	-	2	2	-	0	1	0	15
Beverage: Milk, Soy	57683.7	1 floz	1.07oz	30.38g	15	0.5	0	0	2	1	-	0	less than 1 gram	0	15
Beverage: Milk, Whole	57683.12	1 floz	1.08oz	30.5g	20	1	0.5	-	1	2	-	less than 5 milligrams	less than 1 gram	0	15

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HC Beverage: Coffee, Decaf	16603	12 floz	12.52oz	355.07g	0	0	0	0	0	0	0+	0	0	0	10
HC Beverage: Coffee, Decaf	16603	16 floz	16.7oz	473.43g	0	0	0	0	0	0	0+	0	0	0	15
HC Beverage: Coffee, Decaf	16603	20 floz	20.87oz	591.78g	0	0	0	0	0	0	0+	0	0	0	20
Honey, PC	32009	1 each	0.32oz	9g	25	0	0	-	7	7	-	0	0	0	0
Mix, Hot Cocoa, Ind Packet, PC	3926	1 each	0.71oz	20.11g	80	2	1.5	0	15	12	10	0	less than 1 gram	less than 1 gram	190
Sugar Substitute, Aspartame, Equal, Blue, PC	7488	1 each	0.04oz	1g	0	0	0	-	less than 1 gram	less than 1 gram	-	0	0	0	0
Sugar Substitute, Splenda, Yellow, PC	7490	1 each	0.04oz	1g	0	0	0	-	less than 1 gram	less than 1 gram	-	0	0	0	0
Sugar Substitute, Sweet n Low, Pink, PC	104797	1 each	0.04oz	1g	0	0	0	-	less than 1 gram	less than 1 gram	-	0	0	0	0
Sugar, PC	7494	1 each	0.1oz	2.84g	15	0	0	-	4	4	-	0	0	0	0
Tea Bag, Hot, Decaf, PC	7518	1 each	0.02oz	0.7g	0	0	0	0	0	0	-	0	0	0	0
Tea Bag, Hot, PC	7519	1 each	0.02oz	0.7g	0	0	0	0	0	0	-	0	0	0	0
Breakfast - Coffee Gourmet - Cold															
Beverage: Coffee, Iced Caffè Latte, 2%, 16 fl oz	79066.2	16 floz	12.32oz	349.14g	90	3.5	2	0	9	8	-	15	6	0	90
Beverage: Coffee, Iced Caffè Latte, 2%, 20 fl oz	79066.3	20 floz	20.54oz	582.2g	150	6	3.5	0	15	15	-	25	10	0	150
Beverage: Coffee, Iced Caffè Mocha, 2%, 16 fl oz	79075.2	16 floz	15.92oz	451.32g	200	4	2.5	0	35	34	-	15	6	0	105
Beverage: Coffee, Iced Caffè Mocha, 2%, 20 fl oz	79075.3	20 floz	19.89oz	563.89g	260	4.5	3	0	46	44	-	20	8	0	130
Beverage: Coffee, Iced White Chocolate Mocha, 2%, 16 fl oz	79081.2	16 floz	16.44oz	466.14g	290	7	6	0	48	47	-	15	9	0	190
Beverage: Coffee, Iced White Chocolate Mocha, 2%, 20 fl oz	79081.3	20 floz	20.59oz	583.64g	370	9	8	0	63	61	-	20	12	0	240
Beverage: Iced Coffee	16604.1	16 floz	16.63oz	471.44g	0	0	0	0	5	0+	0	0	1	0	170
Beverage: Iced Coffee	16604.1	20 floz	20.79oz	589.3g	0	0	0	0	6	0+	0	0	2	0	210
EUR: Caramel Macchiato, 16 floz, cold	118865.4	16 floz	24.83oz	703.93g	270	7	4.5	0	42	37	5+	30	11	0	220

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EUR: Caramel Macchiato, 24 floz, cold	118865.5	24 floz	35.54oz	1,007.52g	380	10	6	0	58	53	5+	40	16	0	290
EUR: Coffee Blended Beverage, 16 oz, cold	118898	16 floz	17.72oz	502.24g	250	4	2.5	0+	47	46	0+	10	4	0	230
EUR: Coffee Blended Beverage, 24 oz, cold	118898.1	24 floz	23.9oz	677.5g	360	5	3	0+	70	69	0+	15	5	0	330
Breakfast - Coffee Gourmet - Hot															
Beverage: Coffee	81275	12 floz	12.53oz	355.2g	0	0	0	0	0	0	-	0	0	0	5
Beverage: Coffee	81275	16 floz	16.71oz	473.6g	0	0	0	0	0	0	-	0	less than 1 gram	0	10
Beverage: Coffee	81275	20 floz	20.88oz	592g	5	0	0	0	0	0	-	0	less than 1 gram	0	10
Beverage: Coffee Espresso Shot	78903	2 floz	2.09oz	59.2g	5	0	0	0	less than 1 gram	0	-	0	0	0	10
Beverage: Coffee, Caffè Americano, 12 fl oz	78962	12 floz	12.54oz	355.45g	5	0	0	0	less than 1 gram	0	0+	0	0	0	15
Beverage: Coffee, Caffè Americano, 16 fl oz	78962.1	16 floz	16.72oz	473.92g	10	0	0	0	1	0	0+	0	0	0	25
Beverage: Coffee, Caffè Americano, 20 fl oz	78962.2	20 floz	20.9oz	592.39g	10	0	0	0	2	0	0+	0	0	0	30
Beverage: Coffee, Caffè Latte, 2%, 12 fl oz	79047.3	12 floz	7.47oz	211.7g	80	3	2	0	8	8	-	10	5	0	80
Beverage: Coffee, Caffè Latte, 2%, 16 fl oz	79047.4	16 floz	10.13oz	287.05g	110	4	2.5	0	11	10	-	15	7	0	105
Beverage: Coffee, Caffè Latte, 2%, 20 fl oz	79047.5	20 floz	12.78oz	362.4g	130	5	3	0	14	12	-	20	8	0	130
Beverage: Coffee, Caffè Mocha, 2%, 12 fl oz	79050.3	12 floz	7.64oz	216.57g	140	3	2	0	24	23	-	10	5	0	75
Beverage: Coffee, Caffè Mocha, 2%, 16 fl oz	79050.4	16 floz	10.38oz	294.36g	200	3.5	2.5	0	35	33	-	15	6	0	95
Beverage: Coffee, Caffè Mocha, 2%, 20 fl oz	79050.5	20 floz	13.13oz	372.14g	250	4.5	3	0	46	44	-	15	7	0	115

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Beverage: Coffee, Cappuccino, 2%, 12 fl oz	78966.3	12 floz	7.47oz	211.7g	80	3	2	0	8	8	-	10	5	0	80
Beverage: Coffee, Cappuccino, 2%, 16 fl oz	78966.4	16 floz	10.63oz	301.4g	100	4	2.5	0	11	9	-	15	6	0	105
Beverage: Coffee, Cappuccino, 2%, 20 fl oz	78966.5	20 floz	13.8oz	391.1g	120	4.5	3	0	13	11	-	15	7	0	125
Beverage: Coffee, White Chocolate Mocha, 2%, 12 fl oz	79053.3	12 floz	7.99oz	226.45g	200	5	4.5	0	32	32	-	10	7	0	130
Beverage: Coffee, White Chocolate Mocha, 2%, 16 fl oz	79053.4	16 floz	10.91oz	309.17g	280	7	6	0	47	46	-	15	9	0	180
Beverage: Coffee, White Chocolate Mocha, 2%, 20 fl oz	79053.5	20 floz	13.82oz	391.9g	370	9	8	0	62	60	-	15	11	0	230
EUR: Caramel Macchiato, 12 floz, hot	118865	12 floz	11.71oz	331.86g	210	5	3.5	0	32	28	5+	20	8	0	170
EUR: Caramel Macchiato, 16 floz, hot	118865.1	16 floz	17.17oz	486.71g	270	7	4.5	0	42	37	5+	30	11	0	220
EUR: Caramel Macchiato, 20 floz, hot	118865.2	20 floz	20.63oz	584.79g	340	9	6	0	51	47	5+	35	14	0	260
HC Beverage: Coffee, Decaf	16603	12 floz	12.52oz	355.07g	0	0	0	0	0	0	0+	0	0	0	10
HC Beverage: Coffee, Decaf	16603	16 floz	16.7oz	473.43g	0	0	0	0	0	0	0+	0	0	0	15
HC Beverage: Coffee, Decaf	16603	20 floz	20.87oz	591.78g	0	0	0	0	0	0	0+	0	0	0	20
Breakfast - Coffee Gourmet - Milk/Alternates															
Beverage: Milk, 2%	57683.6	1 floz	1.08oz	30.5g	15	0.5	0	0	1	2	-	less than 5 milligrams	1	0	15
Beverage: Milk, Almond, Unsweetened	57683.15	1 floz	1.06oz	30g	0	0	0	0	0	0	0	0	0	0	15
Beverage: Milk, Skim	57683.5	1 floz	1.08oz	30.62g	10	0	0	-	2	2	-	0	1	0	15
Beverage: Milk, Soy	57683.7	1 floz	1.07oz	30.38g	15	0.5	0	0	2	1	-	0	less than 1 gram	0	15
Beverage: Milk, Whole	57683.12	1 floz	1.08oz	30.5g	20	1	0.5	-	1	2	-	less than 5 milligrams	less than 1 gram	0	15
EUR: Beverage: Milk, Lowfat, 1%	97018	1 floz	1.08oz	30.5g	15	0	0	-	2	2	-	0	1	0	15

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Coconut Milk, Sumatra, Starbucks	57683.17	1 floz	1oz	28.25g	0	0	0	0	0	0	-	0	0	0	5
Ingredient: Cream, Whipping, Heavy	90260	1 floz	1.05oz	29.75g	100	11	7	0	less than 1 gram	less than 1 gram	-	35	less than 1 gram	0	10
Breakfast - Coffee Gourmet - Syrups															
Ingredient: Coffee Syrup, Almond	81010	1 floz	1.06oz	30g	70	0	0	0	18	18	-	0	0	0	0
Ingredient: Coffee Syrup, Amaretto	81010.1	1 floz	1.06oz	30g	80	0	0	0	19	19	-	0	0	0	0
Ingredient: Coffee Syrup, Apple	81010.23	1 floz	1oz	28.35g	70	0	0	0	18	17	-	0	0	0	0
Ingredient: Coffee Syrup, Blueberry	81010.26	1 floz	1oz	28.35g	90	0	0	0	23	23	-	0	0	0	0
Ingredient: Coffee Syrup, Caramel	81010.2	1 floz	1.36oz	38.6g	100	0	0	0	24	24	24	0	0	0	0
Ingredient: Coffee Syrup, Caramel, Sugar Free	81010.3	1 floz	1.06oz	30g	0	0	0	0	0	0	0	0	0	0	25
Ingredient: Coffee Syrup, Cherry	81010.4	1 floz	1.06oz	30g	70	0	0	0	18	18	-	0	0	0	0
Ingredient: Coffee Syrup, Chocolate Cherry	81010.5	1 floz	1.36oz	38.6g	100	0	0	0	25	24	-	-	0	0	30
Ingredient: Coffee Syrup, Chocolate, Dark	81010.6	1 floz	0.71oz	20.12g	70	0	0	0	17	16	-	0	0	0	0
Ingredient: Coffee Syrup, Cinnamon	81010.7	1 floz	1.06oz	30g	80	0	0	0	21	21	-	0	0	0	0
Ingredient: Coffee Syrup, Classic	81010.8	1 floz	1.06oz	30g	80	0	0	0	20	20	-	0	0	0	0
Ingredient: Coffee Syrup, Coconut	81010.31	1 floz	1.36oz	38.6g	80	0	0	0	19	19	19	0	0	0	0
Ingredient: Coffee Syrup, Granny Smith Apple	81010.24	1 floz	1oz	28.35g	70	0	0	0	17	17	-	0	0	0	0
Ingredient: Coffee Syrup, Hazelnut	81010.10	1 floz	1.06oz	30g	80	0	0	0	19	19	-	0	0	0	0
Ingredient: Coffee Syrup, Irish Creme	81010.11	1 floz	1.06oz	30g	70	0	0	0	19	19	-	0	0	0	0
Ingredient: Coffee Syrup, Orange Tangerine	81010.12	1 floz	1.37oz	38.8g	100	0	0	0	24	24	-	0	0	0	0
Ingredient: Coffee Syrup, Peach	81010.13	1 floz	1.06oz	30g	80	0	0	0	20	20	-	0	0	0	5
Ingredient: Coffee Syrup, Peppermint	81010.14	1 floz	0.71oz	20.12g	50	0	0	0	12	12	-	0	0	0	0

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Coffee Syrup, Pomegranate	81010.27	1 floz	1oz	28.35g	70	0	0	0	16	16	-	0	0	0	0
Ingredient: Coffee Syrup, Pumpkin Spice	81010.25	1 floz	1oz	28.35g	70	0	0	0	17	17	-	0	0	0	0
Ingredient: Coffee Syrup, Raspberry	81010.15	1 floz	1.06oz	30g	90	0	0	0	23	23	-	0	0	0	5
Ingredient: Coffee Syrup, Strawberry	81010.16	1 floz	1.06oz	30g	80	0	0	0	19	19	-	0	0	0	0
Ingredient: Coffee Syrup, Toffee Nut	81010.17	1 floz	1.06oz	30g	70	0	0	0	17	16	-	0	0	0	125
Ingredient: Coffee Syrup, Vanilla	81010.18	1 floz	1.06oz	30g	70	0	0	0	20	20	-	0	0	0	0
Ingredient: Coffee Syrup, Vanilla, Monin	81010.19	1 floz	0.71oz	20.12g	50	0	0	0	13	13	-	0	0	0	0
Ingredient: Coffee Syrup, Vanilla, Sugar Free	81010.20	1 floz	1.06oz	30g	0	0	0	0	0	0	0	0	0	0	5
Ingredient: Coffee Syrup, Watermelon	81010.28	1 floz	1oz	28.35g	70	0	0	0	19	18	18	0	0	0	0
Ingredient: Coffee Syrup, White Chocolate	81010.21	1 floz	0.71oz	20.12g	70	0	0	0	18	18	18	0	0	0	0
Ingredient: Coffee Syrup, White Chocolate Mocha	81010.22	1 floz	1.06oz	30g	120	2	2.5	0	25	25	-	0	2	0	55
Breakfast - Coffee Gourmet - Tea/Chocolate															
Beverage: Coffee, Tea, Chai Latte, 2%, 12 fl oz	79058.3	12 floz	12.46oz	353.09g	210	3.5	2.5	0	39	35	-	15	6	0	130
Beverage: Coffee, Tea, Chai Latte, 2%, 16 fl oz	79058.4	16 floz	16.61oz	470.79g	280	5	3	0	51	46	-	20	8	0	170
Beverage: Coffee, Tea, Chai Latte, 2%, 20 oz	79058.5	20 floz	20.76oz	588.49g	350	6	4	0	64	58	-	25	10	0	210
Beverage: Hot Cocoa	81231	12 floz	12.67oz	359.06g	190	2	1	0+	40	31	0+	0	3	2	250
Tea Bag, Hot, PC	7519	1 each	0.02oz	0.7g	0	0	0	0	0	0	-	0	0	0	0
Breakfast - Coffee Gourmet - Toppings															
Ingredient: Caramel Sauce	76972	1 floz	1.45oz	41g	130	1.5	1	0	27	17	16	5	1	0	130
Ingredient: Syrup, Chocolate	63487	1 floz	1.32oz	37.5g	100	0	0	-	24	19	-	0	less than 1 gram	less than 1 gram	25

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS  
Run Date: 10/13/2023  
Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Whipped Topping	28295	2 tbsp	0.28oz	8g	20	2	1	-	less than 1 gram	less than 1 gram	-	5	0	0	0
Breakfast - Cold Cereal															
Beverage: Milk, 2%	57683.6	8 floz	8.61oz	244g	120	5	3	0	12	12	-	20	8	0	115
Beverage: Milk, Almond, Unsweetened	57683.15	8 floz	8.47oz	240g	30	2.5	0	0	1	1	0	0	1	0	130
Beverage: Milk, Skim	57683.5	8 floz	8.64oz	245g	80	0	0	-	12	12	-	less than 5 milligrams	8	0	105
Beverage: Milk, Soy	57683.7	8 floz	8.57oz	243g	130	4.5	0	0	15	10	-	0	8	1	125
Beverage: Milk, Whole	57683.12	8 floz	8.61oz	244g	150	8	4.5	-	12	12	-	25	8	0	105
EUR: Almond Cranberry Granola (scratch)	10443.4	1/2 cup	2.3oz	65.11g	260	9	1	0+	42	21	-	0	6	5	25
EUR: Beverage: Milk, Lowfat, 1%	97018	8 floz	8.61oz	244g	100	2.5	1.5	-	12	13	-	10	8	0	105
Ingredient: Cereal, Apple Jacks, Bulk	82071	1 cup	0.99oz	28g	110	1	0	0	24	9	9	0	1	1	150
Ingredient: Cereal, Bran Flakes, Bulk	63313.1	1 cup	2.19oz	62g	200	1.5	0	0	50	12	-	0	6	11	330
Ingredient: Cereal, Cap'n Crunch's Crunch Berries, Bulk	87450	1 cup	0.92oz	26g	100	1.5	1	0	22	11	-	0	1	less than 1 gram	190
Ingredient: Cereal, Cheerios, Bulk	63313.2	1 cup	0.99oz	28g	100	2	0	0	20	1	-	0	3	3	140
Ingredient: Cereal, Cheerios, Honey Nut, Bulk	82256.5	1 cup	0.99oz	28g	110	1.5	0	0	22	9	-	0	2	2	160
Ingredient: Cereal, Cinnamon Toast Crunch, Bulk	82256.3	1 cup	1.46oz	41.33g	170	4	0.5	0	33	12	-	0	1	3	240
Ingredient: Cereal, Cocoa Krispies, Bulk	63313.3	1 cup	1.46oz	41.33g	160	1	1	0	36	16	-	0	2	less than 1 gram	180
Ingredient: Cereal, Cocoa Puffs, Bulk	63313.12	1 cup	1.27oz	36g	140	2	0	0	30	13	-	0	2	2	200
Ingredient: Cereal, Cookie Crisp, Bulk	63313.15	1 cup	1.22oz	34.67g	130	1.5	0	0	29	12	-	0	1	1	160
Ingredient: Cereal, Corn Chex, Bulk	63313.4	1 cup	1.09oz	31g	120	1	0	0	26	3	3	0	2	2	220

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Cereal, Corn Flakes, Bulk	63313.5	1 cup	1.16oz	33g	120	0.5	0	0	27	3	3	0	2	2	250
Ingredient: Cereal, Corn Pops, Bulk	82071.1	1 cup	1.06oz	30g	120	0	0	0	27	9	-	0	less than 1 gram	0	105
Ingredient: Cereal, Froot Loops, Bulk	82071.2	1 cup	1.02oz	29g	110	1	0	0	25	9	9	0	1	1	160
Ingredient: Cereal, Frosted Flakes, Bulk	63313.7	1 cup	1.41oz	40g	150	0	0	0	36	15	-	0	1	1	190
Ingredient: Cereal, Frosted Mini Wheats, Bulk	82071.8	1 cup	1.8oz	51g	180	1.5	0	0	43	10	10	0	4	5	10
Ingredient: Cereal, Golden Grahams, Bulk	63313.13	1 cup	1.41oz	40g	160	1	0	0	34	12	12	0	2	2	300
Ingredient: Cereal, Granola with Fruit, Low Fat, Bulk	82256	1/2 cup	0.97oz	27.5g	110	2	0	0	21	9	7	0	-	2	45
Ingredient: Cereal, Granola with Raisins and Almonds, Low Fat, Bulk	82256.1	1/2 cup	1.59oz	45g	170	1.5	0	0	37	13	10	0	0	4	105
Ingredient: Cereal, Granola, No Raisins, Almonds, Low Fat, Bulk	82256.2	1/2 cup	1.73oz	49.09g	240	12	2	0	26	10	-	0	7	4	15
Ingredient: Cereal, Granola, Udi's, Bulk	82071.7	1/2 cup	2.12oz	60g	270	9	0	0	39	10	9	0	8	5	0
Ingredient: Cereal, Grape-Nuts, Bulk	88257	1 cup	4.09oz	116g	420	2	0	0	93	10	0	0	13	15	540
Ingredient: Cereal, Kashi, Go Lean Crunch, Bulk	82071.3	1 cup	2.49oz	70.67g	260	4.5	0.5	0	50	17	-	0	12	10	130
Ingredient: Cereal, Kashi, Heart to Heart, Bulk	82071.4	1 cup	1.55oz	44g	160	2.5	0	0	36	7	7	0	4	5	120
Ingredient: Cereal, Life, Bulk	82071.11	1 cup	1.13oz	32g	120	1.5	0	0	25	6	-	0	3	2	160
Ingredient: Cereal, Life, Cinnamon, Bulk	82071.10	1 cup	1.13oz	32g	120	1.5	0	0	25	8	-	0	3	2	150
Ingredient: Cereal, Lucky Charms, Bulk	82256.4	1 cup	1.27oz	36g	140	1.5	0	0	30	12	12	0	3	2	230
Ingredient: Cereal, Oat Bran, Bulk	63313.16	1 cup	3.32oz	94g	230	7	1	-	62	1	-	0	16	14	0

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Run Date: 10/13/2023  
Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Cereal, Raisin Bran, Bulk	82071.5	1 cup	2.08oz	59g	190	1	0	0	47	17	9	0	5	7	200
Ingredient: Cereal, Rice Chex, Bulk	82071.9	1 cup	0.95oz	27g	110	0.5	0	0	23	2	2	0	2	1	220
Ingredient: Cereal, Rice Krispies, Bulk	63313.8	1 cup	0.99oz	28g	100	0	0	0	25	3	3	0	2	0	140
Ingredient: Cereal, Shredded Wheat, Bulk	63313.10	1 cup	1.73oz	49g	170	1	0	0	40	0	-	0	6	6	0
Ingredient: Cereal, Special K with Red Berries, Bulk	82071.6	1 cup	1.09oz	31g	110	0	0	0	27	9	8	0	2	2	200
Ingredient: Cereal, Special K, Bulk	63313.11	1 cup	1.09oz	31g	120	0	0	0	23	4	3	0	6	0	210
Ingredient: Cereal, Total Raisin Bran, Bulk	82256.6	1 cup	1.87oz	53g	180	1	0	0	45	18	10	0	3	5	220
Ingredient: Coconut Milk, Sumatra, Starbucks	57683.17	8 floz	7.97oz	225.99g	35	2	2	0	4	3	-	0	0	0	45
Breakfast - Fountain Beverage															
Beverage: Drink, Pomegranate, SoBe, Fountain	119104	20 floz	20oz	566.99g	0	0	0	0	0	0	0	-	0	-	75
Beverage: Fruit Punch, Tropicana, Fountain	81221.1	20 floz	20oz	566.99g	280	0	0	0	75	75	-	0	0	0	60
Beverage: Gatorade, Fruit Punch, Fountain	82373	20 floz	21.66oz	614g	150	0	0	0	37	35	-	0	0	0	270
Beverage: Gatorade, G2, Fruit Punch, Fountain	82373.9	20 floz	20oz	566.99g	50	0	0	0	13	12	-	0	0	0	270
Beverage: Gatorade, Grape, Fountain	82366	20 floz	21.66oz	614g	130	0	0	0	35	35	-	0	0	0	270
Beverage: Gatorade, Lemon Lime, Fountain	82368	20 floz	21.66oz	614g	150	0	0	0	38	35	-	0	0	0	270
Beverage: Gatorade, Orange, Fountain	82372	20 floz	21.66oz	614g	150	0	0	0	40	38	-	0	0	0	300
Beverage: Lemonade, Light, Fountain	85814.7	20 floz	20oz	566.99g	35	0	0	0	10	5	-	0	0	0	35
Beverage: Lemonade, Pink, Tropicana, Fountain	85814.3	20 floz	20oz	566.99g	110	0	0	0	28	27	27	0	0	0	270

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Beverage: Lemonade, Tropicana, Fountain	85814.4	20 floz	20oz	566.99g	110	0	0	0	28	27	27	0	0	0	270
Beverage: Powerade, Fruit Punch, Fountain	82373.1	20 floz	20oz	566.99g	150	0	-	-	36	35	35	0	0	-	190
Beverage: Powerade, Grape, Fountain	82373.2	20 floz	20oz	566.99g	160	0	-	-	42	42	42	-	0	-	190
Beverage: Powerade, Lemon Lime, Fountain	82373.3	20 floz	20oz	566.99g	150	0	-	-	36	35	35	-	0	-	200
Beverage: Powerade, Melon, Fountain	82373.4	20 floz	20oz	566.99g	130	0	-	-	35	35	-	-	0	-	250
Beverage: Powerade, Mountain Berry, Fountain	82373.5	20 floz	20oz	566.99g	150	0	-	-	36	36	36	-	0	-	190
Beverage: Powerade, Orange, Fountain	82373.6	20 floz	20oz	566.99g	160	0	-	-	42	42	42	-	0	-	190
Beverage: Powerade, Strawberry Lemonade, Fountain	82373.7	20 floz	20oz	566.99g	130	0	-	-	37	35	-	-	0	-	250
Beverage: Powerade, White Cherry, Fountain	82373.8	20 floz	20oz	566.99g	130	0	-	-	35	35	-	-	0	-	250
Beverage: Soda, Coca-Cola, Cherry, Fountain	81253	20 floz	21.66oz	614g	270	0	0	0	70	70	70	0	0	0	70
Beverage: Soda, Coca-Cola, Fountain	80448	20 floz	21.66oz	614g	260	0	0	0	66	66	66	0	0	0	60
Beverage: Soda, Coke, Diet, Caffeine Free, Fountain	80873	20 floz	20.88oz	592g	0	0	0	0	0	0	0	0	0	0	80
Beverage: Soda, Coke, Diet, Fountain	80871	20 floz	20.88oz	592g	0	0	0	0	0	0	0	0	0	0	80
Beverage: Soda, Coke, Zero, Fountain	81253.1	20 floz	20oz	566.99g	0	0	0	0	0	0	0	0	0	0	70
Beverage: Soda, Dr. Pepper, Diet, Fountain	80874	20 floz	20.88oz	592g	10	0	0	0	2	0	-	0	less than 1 gram	0	45
Beverage: Soda, Dr. Pepper, Fountain	80875	20 floz	21.66oz	614g	250	0.5	0	0	64	-	-	0	0	0	60

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Beverage: Soda, Ginger Ale, Fountain	80877	20 floz	21.52oz	610g	210	0	0	0	53	54	-	0	0	0	45
Beverage: Soda, Mountain Dew, Code Red, Diet, Fountain	80888.4	20 floz	20oz	566.99g	290	0	-	-	77	77	-	-	0	-	85
Beverage: Soda, Mountain Dew, Code Red, Fountain	80888.3	20 floz	20oz	566.99g	290	0	-	-	77	77	-	-	0	-	85
Beverage: Soda, Mountain Dew, Diet, Fountain	80880	20 floz	20.85oz	591.19g	0	0	0	0	0	0	0	0	0	0	270
Beverage: Soda, Mountain Dew, Fountain	80881	20 floz	20.85oz	591.19g	290	0	0	0	76	76	-	0	0	0	105
Beverage: Soda, Orange Fanta, Fountain	80878	20 floz	21.87oz	620g	260	0	0	0	68	66	66	0	0	0	70
Beverage: Soda, Pepsi, Caffeine Free, Fountain	82365	20 floz	21.66oz	614g	250	0	0	0	68	68	-	0	0	0	50
Beverage: Soda, Pepsi, Diet, Caffeine Free, Fountain	82364	20 floz	21.66oz	614g	0	0	0	0	0	0	0	0	0	0	90
Beverage: Soda, Pepsi, Diet, Fountain	82362	20 floz	21.66oz	614g	0	0	0	0	0	0	0	0	0	0	90
Beverage: Soda, Pepsi, Fountain	82329	20 floz	21.66oz	614g	250	0	0	0	68	68	-	0	0	0	50
Beverage: Soda, Pepsi, Wild Cherry, Fountain	82374	20 floz	21.66oz	614g	270	0	0	0	70	70	-	0	0	0	50
Beverage: Soda, Pibb Xtra, Fountain	81253.2	20 floz	20oz	566.99g	280	0	-	-	62	62	62	-	0	0	90
Beverage: Soda, Root Beer, Barq's, Fountain	80888	20 floz	21.73oz	616g	290	0	0	0	73	73	73	0	0	0	85
Beverage: Soda, Root Beer, Mug, Fountain	80888.1	20 floz	20oz	566.99g	250	0	0	0	65	65	-	0	0	0	75
Beverage: Soda, Sprite Zero, Fountain	80887	20 floz	20.88oz	592g	0	0	0	0	0	0	0	0	0	0	75
Beverage: Soda, Sprite, Fountain	80876	20 floz	21.73oz	616g	250	0	0	0	61	61	61	0	0	0	110
Beverage: Soda, Starry, Fountain	82375	20 floz	21.73oz	616g	250	0	0	0	65	65	65	0	0	0	60
Beverage: Tea, Green, Iced, Peach, Brisk, Fountain	87452.8	20 floz	20oz	566.99g	5	0	0	0	0	0	0	0	0	0	180

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Beverage: Tea, Iced, Diet, Gold Peak, Fountain	87452	20 floz	20.86oz	591.39g	0	0	0	0	0	0	0	0	0	0	75
Beverage: Tea, Iced, Green with Citrus, Lipton, Fountain	82376	20 floz	21.66oz	614g	180	0	0	0	48	48	-	0	0	0	170
Beverage: Tea, Iced, Green, Gold Peak, Fountain	87452.1	20 floz	20.86oz	591.39g	180	0	0	0	40	40	40	0	0	0	80
Beverage: Tea, Iced, Lemon, Gold Peak, Fountain	87452.2	20 floz	20.86oz	591.39g	190	0	0	0	49	49	49	0	0	0	55
Beverage: Tea, Iced, Lemonade, Brisk, Fountain	87452.11	20 floz	20oz	566.99g	240	0	0	0	63	62	-	0	0	0	135
Beverage: Tea, Iced, Lemonade, Gold Peak, Fountain	87452.3	20 floz	20.86oz	591.39g	260	0	0	0	57	57	57	0	0	0	80
Beverage: Tea, Iced, Peach, Gold Peak, Fountain	87452.4	20 floz	20.86oz	591.39g	160	0	0	0	38	36	36	0	0	0	80
Beverage: Tea, Iced, Raspberry, Brisk, Fountain	87452.9	20 floz	20oz	566.99g	130	0	0	0	33	33	-	0	0	0	70
Beverage: Tea, Iced, Raspberry, Gold Peak, Fountain	87452.5	20 floz	20.86oz	591.39g	130	0	0	0	31	31	31	0	0	0	55
Beverage: Tea, Iced, Sweet, Gold Peak, Fountain	87452.6	20 floz	20.86oz	591.39g	230	0	0	0	52	52	52	0	0	0	80
Beverage: Tea, Iced, Sweetened, Lipton, Fountain	82377	20 floz	21.66oz	614g	180	0	0	0	48	48	-	0	0	0	75
Beverage: Tea, Iced, Unsweetened, Gold Peak, Fountain	87452.7	20 floz	20.86oz	591.39g	0	0	0	0	0	0	0	0	0	0	80
Beverage: Tea, Iced, Unsweetened, Lipton, Fountain	82378	20 floz	21.66oz	614g	0	0	0	0	0	0	0	0	0	0	200
Beverage: Tea, Raspberry, Fountain	87452.10	20 floz	20oz	566.99g	160	0	0	0	39	37	37	0	0	0	80
Beverage: Water, Flavored, Citrus, SoBe, Fountain	85814.5	20 floz	20oz	566.99g	270	0	-	-	71	71	-	-	0	-	60
Beverage: Water, Flavored, Cranberry Grapefruit, SoBe, Fountain	85814.6	20 floz	20oz	566.99g	0	0	-	-	1	0	0	-	0	-	60

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Beverage: Water, Flavored, Enhanced, Blueberry Pomegranate, Sunkist, Fountain	87672	20 floz	20.88oz	592.02g	0	0	0	0	0	0	0	0	0	0	55
Beverage: Water, Flavored, Enhanced, Strawberry Kiwi, Sunkist, Fountain	87672.1	20 floz	20.88oz	592.02g	0	0	0	0	0	0	0	0	0	0	65
Beverage: Water, Flavored, Enhanced, Tropical Mango, Sunkist, Fountain	87672.2	20 floz	20.88oz	591.97g	0	0	0	0	0	0	0	0	0	0	20
Beverage: Water, Flavored, Enhanced, Watermelon, Sunkist, Fountain	87672.3	20 floz	20.88oz	592.02g	0	0	0+	0	0	0	0	0	0	0	20
Breakfast - Fruit - Cut															
Ingredient: Apple, Diced, Fresh	63583	1/2 cup	2.2oz	62.5g	30	0	0	0	9	6	-	0	0	1	0
Ingredient: Banana, Sliced, Fresh	18480	1/2 cup	2.08oz	59g	50	0	0	0	13	7	-	0	less than 1 gram	2	0
Ingredient: Blackberries, Fresh	63398	1/4 cup	1.27oz	36g	15	0	0	0	3	2	-	0	less than 1 gram	2	0
Ingredient: Blueberries, Fresh	13170	1/2 cup	2.48oz	70.3g	40	0	0	0	10	7	-	0	less than 1 gram	2	0
Ingredient: Cantaloupe, Cubed, Fresh	1175	1/2 cup	2.82oz	80g	25	0	0	0	7	6	-	0	less than 1 gram	less than 1 gram	15
Ingredient: Grapefruit, Fresh, Peeled, Sections	1124.1	1/2 cup	3.75oz	106.31g	35	0	0	0	9	8	-	0	less than 1 gram	1	0
Ingredient: Grapes, Green Seedless, Fresh	63376.2	1/2 cup	2.82oz	80g	60	0	0	0	14	12	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Grapes, Red Seedless, Fresh	63376	1/2 cup	2.77oz	78.64g	50	0	0	0	14	12	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Honeydew Melon, Cubed, Fresh	1117	1/2 cup	3oz	85g	30	0	0	0	8	7	-	0	0	less than 1 gram	15
Ingredient: Mango, Chunks, Frozen	63580	1/2 cup	2.91oz	82.5g	50	0	0	0	12	11	-	0	less than 1 gram	1	0

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Orange, Mandarin Sections, Canned	53890	1/2 cup	4.22oz	119.52g	45	0	0	0	11	11	-	0	less than 1 gram	less than 1 gram	5
Ingredient: Orange, Peeled, Quartered, Fresh	20257.1	1/2 cup	3oz	85.01g	40	0	0	0	10	8	-	0	less than 1 gram	2	0
Ingredient: Peach, Sliced, Fresh	63639	1/2 cup	2.72oz	77.01g	30	0	0	0	7	6	-	0	less than 1 gram	1	0
Ingredient: Peach, Sliced, Frozen	63627	1/2 cup	3.28oz	93g	35	0	0	0	9	8	-	0	less than 1 gram	1	0
Ingredient: Pears, Bartlett, 110 Count, Fresh, Diced	1548.8	1/2 cup	2.61oz	74.06g	40	0	0	0	11	7	-	0	0	2	0
Ingredient: Pineapple, Cubed, Fresh	31969	1/2 cup	2.91oz	82.5g	40	0	0	0	11	8	-	0	0	1	0
Ingredient: Pomegranate Seeds	80980	1 tbsp	0.38oz	10.87g	10	0	0	0	2	1	-	0	0	0	0
Ingredient: Raspberries, Fresh	29187.6	1/2 cup	2.17oz	61.5g	30	0	0	0	7	3	-	0	less than 1 gram	4	0
Ingredient: Strawberries, Quartered, Fresh	66194	1/2 cup	2.68oz	76g	25	0	0	0	6	4	-	0	less than 1 gram	2	0
Ingredient: Watermelon, Cubed, Fresh	88	1/2 cup	2.08oz	58.97g	20	0	0	0	4	4	-	0	0	0	0
Breakfast - Fruit - Whole															
Ingredient: Apple, 88 Count, Fresh	23999	1 each	6.55oz	185.56g	100	0	0	0	26	19	-	0	0	4	0
Ingredient: Apple, Golden Delicious, Fresh	1638.9	1 each	4.61oz	130.63g	70	0	0	0	18	14	-	0	0	3	0
Ingredient: Apple, Granny Smith, 88 Count, Fresh	34124.8	1 each	6.55oz	185.56g	100	0	0	0	26	19	-	0	0	4	0
Ingredient: Banana, Fresh	40362	1 each	4.16oz	118g	110	0	0	0	27	14	-	0	1	3	0
Ingredient: Grapefruit, Ruby Red, Fresh	1124.2	1 each	4.08oz	115.64g	50	0	0	0	12	8	-	0	less than 1 gram	2	0
Ingredient: Orange, 113 Count, Fresh	64062	1 each	4.14oz	117.42g	60	0	0	0	14	11	-	0	1	3	0
Ingredient: Orange, Clementine, Fresh	20257.10	1 each	2.01oz	56.98g	25	0	-	0	7	5	-	-	0	less than 1 gram	0

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Run Date: 10/13/2023  
Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Pear, Anjou, 110 Count, Fresh	20015.1	1 each	5.65oz	160.2g	90	0	0	0	24	16	-	0	less than 1 gram	5	0
Ingredient: Pear, Bartlett, 110 Count, Fresh	1548	1 each	5.39oz	152.72g	90	0	0	0	23	15	-	0	less than 1 gram	5	0
Ingredient: Pear, Bosc, 110 Count, Fresh	20015	1 each	5.65oz	160.2g	90	0	0	0	24	16	-	0	less than 1 gram	5	0
Breakfast - Grab & Go															
EUR: Ham Egg & Cheese on WW English Muffin	8595.2	1 sandwich	6.34oz	179.8g	390	22	6	0+	26	5	-	215	24	4	840
EUR: Bacon & Egg Biscuit Sandwich	8381.40	1 sandwich	4.58oz	129.94g	380	22	8	0	26	2	1+	180	16	less than 1 gram	920
EUR: Bacon Egg & Cheese Biscuit Sandwich	8381.1	1 sandwich	5.08oz	144.11g	430	27	10	0	26	2	1+	195	18	less than 1 gram	1160
EUR: Bacon Egg & Cheese Burrito	9308.2	1 each	12.85oz	364.4g	810	42	16	0+	64	14	1+	460	46	3	1620
EUR: Bacon Egg & Cheese English Muffin	8381.15	1 sandwich	4.87oz	138.01g	370	21	7	0	26	2	-	195	19	2	850
EUR: Black Forest Ham & Egg Biscuit	37699.3	1 sandwich	5.79oz	164.21g	380	20	6	0+	27	3	1+	195	18	1	930
EUR: Black Forest Ham Egg & Cheese Biscuit Sandwich	37699.4	1 sandwich	6.31oz	178.81g	430	25	9	0+	28	3	1+	210	21	1	1280
EUR: Black Forest Ham Egg & Cheese on English Muffin	8595.1	1 sandwich	6oz	170.17g	330	14	4.5	0+	28	3	0+	210	22	3	970
EUR: Chicken Biscuit Sandwich	18449	1 sandwich	5.85oz	165.79g	430	21	6	0	40	4	1+	35	18	less than 1 gram	1050
EUR: Egg & Cheese Biscuit Sandwich	8381.41	1 sandwich	4.43oz	125.51g	350	20	8	0	26	2	1+	180	12	less than 1 gram	840
EUR: Egg & Cheese English Muffin	8381.14	1 sandwich	4.21oz	119.41g	280	14	4.5	0	26	2	-	180	13	2	540
EUR: Ham Egg and Cheese Burrito (Coffee Bar)	9308.1	1 each	13.32oz	377.61g	790	45	15	0+	57	5	1+	510	39	3	2120
EUR: Sausage & Egg Biscuit Sandwich	17350	1 sandwich	5.43oz	153.86g	470	33	12	0	26	2	1+	190	14	less than 1 gram	920

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Sausage Egg & Cheese Biscuit Sandwich	17350.27	1 sandwich	5.91oz	167.61g	520	37	14	0	27	2	1+	205	17	less than 1 gram	1050
EUR: Sausage Egg & Cheese Burrito	9308.3	1 each	9.27oz	262.82g	730	53	20	0+	34	7	less than 1 gram+	275	30	1	1220
EUR: Sausage Egg & Cheese on English Muffin	8383.3	1 sandwich	5.71oz	161.94g	460	31	11	0	27	2	0+	205	18	2	860
EUR: Vegetable Breakfast Burrito with Peppers and Hash Browns	44577	1 sandwich	10.42oz	295.45g	630	33	14	0+	62	4	1+	235	23	4	950
Breakfast - Hot Cereal															
EUR: Cream of Wheat	610.10	1/2 cup	4.15oz	117.65g	70	0	0	0+	14	0	0+	0	2	less than 1 gram	0
EUR: Grits	48753.4	1/2 cup	5.1oz	144.5g	100	0	0	0+	21	0	0+	0	2	1	0
EUR: Oatmeal (old fashioned)	3428.18	1/2 cup	5.54oz	157.15g	70	1	0	0+	13	0	0+	0	2	2	5
EUR: Oatmeal (quick cooking)	3428.1	1/2 cup	5.31oz	150.56g	70	1	0	0+	13	0	0+	0	2	2	5
EUR: Oatmeal (Steel Cut)	3428.27	1/2 cup	4.73oz	134.1g	60	1	0	0+	10	0+	0+	0	3	2	0
Honey, PC	32009	1 each	0.32oz	9g	25	0	0	-	7	7	-	0	0	0	0
Ingredient: Butter, Unsalted	66191	1 tbsp	0.5oz	14.19g	100	12	7	-	0	0	-	30	0	0	0
Ingredient: Cereal, Granola with Raisins and Almonds, Low Fat, Bulk	82256.1	1 tbsp	0.2oz	5.62g	20	0	0	0	5	2	1	0	0	0	15
Ingredient: Cereal, Granola, No Raisins, Almonds, Low Fat, Bulk	82256.2	1 tbsp	0.22oz	6.14g	30	1.5	0	0	3	1	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Cheese, Cheddar, Mild, Shredded	62344	1 tbsp	0.25oz	7.06g	30	2.5	1.5	-	0	0	-	5	2	0	45
Ingredient: Coconut, Sweeteened, Shredded, Toasted	61182	1 tbsp	0.5oz	14.17g	70	5	4.5	-	7	6	-	0	0	less than 1 gram	35
Ingredient: Cranberries, Dried	62347	1 tbsp	0.32oz	9.06g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Honey	63610	1 tbsp	0.75oz	21.19g	60	0	0	-	17	17	-	0	0	0	0
Ingredient: Nuts, Almonds, Slivered, Toasted	33991	1 tbsp	0.24oz	6.77g	40	3.5	0	0	1	0	-	0	1	less than 1 gram	0
Ingredient: Nuts, Pecans, Pieces, Toasted	33991.2	1 tbsp	0.24oz	6.81g	45	5	0	-	less than 1 gram	0	-	0	less than 1 gram	less than 1 gram	0

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS  
Run Date: 10/13/2023  
Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Nuts, Walnuts, Halves & Pieces, Toasted	33991.1	1 tbsp	0.27oz	7.56g	50	5	0	-	1	0	-	0	1	less than 1 gram	0
Ingredient: Raisins	62348	1 tbsp	0.32oz	9.06g	25	0	0	0	7	6	-	0	0	0	0
Ingredient: Raisins, Golden	64579	1 tbsp	0.36oz	10.31g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Seeds, Flax, Whole	63624	1 tbsp	0.37oz	10.5g	60	4.5	0	-	3	0	-	0	2	3	0
Ingredient: Seeds, Pumpkin, Hulled	71070.3	1 tbsp	0.5oz	14.19g	80	7	1	0	2	0	-	0	4	less than 1 gram	0
Ingredient: Spice, Chia Seeds	63113.1	1 tbsp	0.53oz	15g	70	4.5	0	0	6	-	-	0	2	5	0
Ingredient: Spice, Cinnamon, Ground	63613	1 tsp	0.09oz	2.6g	5	0	0	0	2	0	-	0	0	1	0
Ingredient: Sugar, Brown, Light	15576	1 tbsp	0.49oz	13.75g	50	0	0	-	13	13	-	0	0	0	0
Margarine, Smart Balance, 5g, PC	104683	1 each	0.18oz	5g	30	3	1	0	0	0	0	0	0	0	30
Breakfast - Omelet Bar															
EUR: Egg White Omelet	31516.4	1 each	3.99oz	113.05g	170	14	1	0+	less than 1 gram	less than 1 gram	-	0	11	0	280
EUR: Three Egg Omelet	31516	1 each	5.15oz	146.05g	310	26	5	0	1	0	-	490	17	0	300
EUR: Two Egg Omelet	49566.1	1 each	3.48oz	98.65g	220	19	3.5	0	less than 1 gram	0	-	325	11	0	240
Ingredient: Bacon, Diced	14901	2 tbsp	0.66oz	18.6g	90	7	2	0	0	0	-	20	6	0	310
Ingredient: Cheese, Cheddar, Mild, Pre-Shredded	3664.7	2 tbsp	0.5oz	14.12g	60	4.5	2.5	-	0	0	-	15	3	0	90
Ingredient: Cheese, Mozzarella, Part Skim, Shredded	3664.3	2 tbsp	0.5oz	14.12g	40	3	1.5	0	less than 1 gram	0	-	10	3	0	95
Ingredient: Cheese, Parmesan, Shredded	63313	2 tbsp	0.35oz	10g	40	2.5	1.5	-	0	0	-	5	4	0	170
Ingredient: Mushrooms, Sliced, Fresh	62338	1/4 cup	0.62oz	17.5g	0	0	0	0	less than 1 gram	0	-	0	less than 1 gram	0	0
Ingredient: Onions, Green, Scallion, Chopped, Fresh	63606	1 tbsp	0.22oz	6.25g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Onions, Yellow, Diced, 1/4", Fresh	13404.3	1/4 cup	1.41oz	40g	15	0	0	0	4	2	-	0	0	less than 1 gram	0

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Report Run By: AMY LUCAS  
Run Date: 10/13/2023  
Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Peppers, Bell, Green, Sliced, Fresh	62342	1/4 cup	0.81oz	23g	0	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Peppers, Bell, Red, Diced, Fresh	63107	1/4 cup	1.31oz	37.25g	10	0	0	0	2	2	-	0	0	less than 1 gram	0
Ingredient: Peppers, Chili, Jalapeno, Chopped, Fresh	14891.1	1 tbsp	0.26oz	7.5g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Peppers, Chili, Jalapeno, Sliced, Canned	13404.4	1 tbsp	0.53oz	15g	0	0	0	0	less than 1 gram	0	-	0	0	0	250
Ingredient: Pork, Ham, Black Forest, Diced	48144.29	2 tbsp	0.75oz	21.26g	35	2	0	-	less than 1 gram	0	-	10	4	0	170
Ingredient: Pork, Ham, Diced	14899	2 tbsp	0.62oz	17.5g	20	0.5	0	0	1	0	-	10	3	0	220
Ingredient: Sausage Link, Turkey, 1 oz	57570	1 ounce	1oz	28.35g	50	3.5	1	0	0	0	0	20	4	0	180
Ingredient: Sausage Patty, Pork, 1.5 oz, Cooked	1125.10	1 ounce	1oz	28.35g	120	11	4	0	less than 1 gram	0	0	15	3	0	210
Ingredient: Sausage, Chorizo	76680.1	1 ounce	1oz	28.35g	60	5	1.5	0	less than 1 gram	0	-	10	3	0	150
Ingredient: Sausage, Italian, Crumbles	14903	2 tbsp	0.36oz	10.31g	35	2.5	1	0	0	0	-	10	2	0	85
Ingredient: Spinach, Baby, Fresh	47960.1	1/2 cup	0.53oz	15g	0	0	0	0	less than 1 gram	0	-	0	0	0	10
Ingredient: Tomatoes, Diced, Fresh	14890	1/4 cup	1.59oz	45g	10	0	0	0	2	1	-	0	0	less than 1 gram	0
Ingredient: Turkey, Breast, Diced	63563	2 tbsp	0.71oz	20g	25	1	0	0	0	0	0	15	3	0	160
Breakfast - Pastries & Breads															
EUR: Apple Cinnamon Scone, 1.8 oz (Place and Bake Cut in Half)	40149.1	1/2 each	0.94oz	26.58g	100	4.5	2.5	0	14	7	6	0	1	0	85
EUR: Banana Muffin, 1.75 oz, using mix	60242.15	1 each	1.76oz	49.78g	100	1.5	0.5	0	21	11	0+	5	1	0+	170
EUR: Banana Muffin, 3.5 oz, using mix	60242	1 each	3.51oz	99.56g	200	2.5	1.5	0	43	22	0+	15	3	0+	350
EUR: Banana Muffin, 5 oz, using mix	60242.18	1 each	4.92oz	139.39g	290	3.5	2	0	60	31	0+	20	4	less than 1 gram+	490

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Report Run By: AMY LUCAS  
Run Date: 10/13/2023  
Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Banana Nut Muffin, 1.75 oz, batter	119245	1 each	1.76oz	49.78g	170	7	1	0	23	12	10	15	2	0	200
EUR: Banana Nut Muffin, 3.5 oz, batter	119245.9	1 each	3.51oz	99.57g	340	15	2	0	47	24	20	30	4	less than 1 gram	410
EUR: Banana Nut Muffin, 5 oz, batter	119245.1	1 each	5.05oz	143.24g	490	21	3	0	67	34	29	45	6	1	590
EUR: Blueberry Muffin, 1.75 oz, batter	119245.1	1 each	1.76oz	49.78g	150	7	1	0	22	12	11	20	1	0	130
EUR: Blueberry Muffin, 1.75 oz, using mix	60242.12	1 each	1.76oz	50.02g	100	1.5	0.5	0	21	11	0+	5	1	0+	170
EUR: Blueberry Muffin, 3.5 oz, batter	119245.1	1 each	3.51oz	99.57g	310	14	2.5	0	44	25	23	45	3	less than 1 gram	260
EUR: Blueberry Muffin, 3.5 oz, using mix	60242.6	1 each	3.53oz	100.04g	200	2.5	1.5	0	41	22	0+	15	3	0+	350
EUR: Blueberry Muffin, 5 oz, batter	119245.1	1 each	5.05oz	143.24g	440	20	3.5	0	63	36	33	65	4	1	370
EUR: Blueberry Muffin, 5 oz, using mix	60242.14	1 each	4.94oz	140.05g	280	3.5	2	0	58	30	0+	20	4	less than 1 gram+	490
EUR: Blueberry Scone, 1.8 oz (Place and Bake Cut in Half)	40148.1	1/2 each	0.94oz	26.58g	100	4.5	2	0	13	6	5	0	1	0	90
EUR: Buttermilk Biscuit, 2.2 oz. frozen	3872.1	1 each	2.28oz	64.73g	210	9	5	0+	25	2	1+	5	4	less than 1 gram	430
EUR: Cappuccino Chocolate Chunk Muffin, 1.75 oz, batter	119245.2	1 each	1.76oz	49.78g	180	8	2	0	25	16	16	20	1	less than 1 gram	135
EUR: Cappuccino Chocolate Chunk Muffin, 3.5 oz, batter	119245.1	1 each	3.51oz	99.57g	370	17	4.5	0	51	33	32	40	3	1	270
EUR: Cappuccino Chocolate Chunk Muffin, 5 oz, batter	119245.1	1 each	5.05oz	143.24g	530	24	6	0	73	47	46	55	4	2	390
EUR: Chocolate Chip Muffin, 1.75 oz, using mix	60242.22	1 each	3.57oz	101.28g	270	7	4	0+	50	29	0+	15	3	less than 1 gram+	350
EUR: Chocolate Chip Muffin, 3.5 oz, using mix	60242.7	1 each	3.57oz	101.28g	270	7	4	0+	50	29	0+	15	3	less than 1 gram+	350
EUR: Chocolate Chip Muffin, 5 oz, using mix	60242.19	1 each	5oz	141.79g	380	10	6	0+	70	41	0+	20	5	1+	490

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Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Corn Muffin, 1.75 oz, batter	119245.4	1 each	1.76oz	49.78g	180	8	1	0	24	9	9	10	2	0	160
EUR: Corn Muffin, 3.5 oz, batter	119245.1	1 each	3.51oz	99.57g	360	17	2.5	0	48	19	19	25	5	less than 1 gram	320
EUR: Corn Muffin, 5 oz, batter	119245.1	1 each	5.05oz	143.24g	520	24	3.5	0	69	27	27	35	7	1	460
EUR: Cranberry Nut Muffin, 1.75 oz, batter	119245.5	1 each	1.76oz	49.78g	160	8	1	0	20	11	11	20	1	less than 1 gram	120
EUR: Cranberry Nut Muffin, 3.5 oz, batter	119245.1	1 each	3.51oz	99.57g	320	16	2.5	0	41	23	22	40	3	1	240
EUR: Cranberry Nut Muffin, 5 oz, batter	119245.2	1 each	5.05oz	143.24g	460	23	3.5	0	59	33	32	55	4	2	340
EUR: Cranberry Orange Muffin, 1.75 oz, using mix	60242.16	1 each	1.67oz	47.45g	100	1.5	0.5	0	20	10+	0+	5	1	0+	170
EUR: Cranberry Orange Muffin, 3.5 oz, using mix	60242.9	1 each	3.35oz	94.9g	200	2.5	1.5	0	41	21+	0+	15	3	0+	350
EUR: Cranberry Orange Muffin, 5 oz, using mix	60242.21	1 each	4.69oz	132.85g	270	3.5	2	0	57	29+	0+	20	4	less than 1 gram+	490
EUR: Double Chocolate Chip Muffin, 1.75 oz, batter	119245.3	1 each	1.76oz	49.78g	170	7	2	0	23	14	14	15	2	less than 1 gram	160
EUR: Double Chocolate Chip Muffin, 3.5 oz, batter	119245.1	1 each	3.51oz	99.57g	340	15	4	0	46	28	28	30	4	2	330
EUR: Double Chocolate Chip Muffin, 5 oz, batter	119245.1	1 each	5.05oz	143.24g	490	21	6	0	66	40	40	45	6	3	470
EUR: Glazed Donut	96780.4	2-1/8 oz portion	5.53oz	156.63g	660	35	16	0+	77	29	0+	0	9	2	620
EUR: Lemon Poppyseed Muffin, 1.75 oz, batter	119245.7	1 each	1.76oz	49.78g	170	7	1	0	23	13	12	20	2	0	125
EUR: Lemon Poppyseed Muffin, 3.5 oz, batter	119245.2	1 each	3.51oz	99.57g	340	15	2.5	0	46	26	25	45	4	less than 1 gram	250
EUR: Lemon Poppyseed Muffin, 5 oz, batter	119245.2	1 each	5.05oz	143.24g	490	21	3.5	0	66	37	36	65	6	1	360
EUR: Peanut Butter Chocolate Chip Muffin, 1.75 oz, using mix	60242.17	1 each	1.77oz	50.25g	140	4.5	1.5	0+	23	12	0+	5	2	0+	190

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Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Peanut Butter Chocolate Chip Muffin, 3.5 oz, using mix	60242.8	1 each	3.54oz	100.49g	280	9	3.5	0+	46	25	0+	15	5	less than 1 gram+	390
EUR: Peanut Butter Chocolate Chip Muffin, 5 oz, using mix	60242.20	1 each	4.96oz	140.69g	390	13	4.5	0+	64	35	0+	20	7	1+	540
EUR: Raisin Bran Muffin, 1.75 oz, batter	119245.6	1 each	1.76oz	49.78g	160	6	1	0	23	12	9	10	2	2	210
EUR: Raisin Bran Muffin, 3.5 oz, batter	119245.2	1 each	3.51oz	99.57g	330	13	2	0	47	25	19	25	5	4	430
EUR: Raisin Bran Muffin, 5 oz, batter	119245.2	1 each	5.05oz	143.24g	470	19	3	0	67	36	27	35	7	6	620
EUR: Sunrise Walnut Muffin, 1.75 oz, batter	119245.8	1 each	1.76oz	49.78g	170	9	1.5	0	20	12	-	15	2	less than 1 gram	150
EUR: Sunrise Walnut Muffin, 3.5 oz, batter	119245.2	1 each	3.51oz	99.57g	350	19	3.5	0	40	24	-	30	5	2	310
EUR: Sunrise Walnut Muffin, 5 oz, batter	119245.2	1 each	5.05oz	143.24g	500	27	5	0	57	34	-	45	7	3	440
Ingredient: Bagel, Asiago, 4 oz	63651.22	1 each	4oz	113.4g	310	3	1.5	0	60	7	-	less than 5 milligrams	12	2	520
Ingredient: Bagel, Blueberry, 4 oz	63651	1 each	4oz	113.4g	290	1.5	0	0	59	11	10	0	9	2	640
Ingredient: Bagel, Cinnamon Raisin, 4 oz	63651.1	1 each	4oz	113.4g	280	1	0	0	60	10	-	0	9	2	530
Ingredient: Bagel, Egg, 4 oz	63651.15	1 each	4oz	113.4g	290	1.5	0	0	62	4	-	less than 5 milligrams	11	2	510
Ingredient: Bagel, Everything, 4 oz	63651.2	1 each	4oz	113.4g	300	2	0	0	61	7	-	0	11	3	560
Ingredient: Bagel, Honey Wheat, 4 oz	63651.4	1 each	4oz	113.4g	310	1.5	0	0	65	10	-	0	11	4	450
Ingredient: Bagel, Onion, 4 oz	63651.5	1 each	4oz	113.4g	290	1	0	-	61	-	-	0	10	2	570
Ingredient: Bagel, Plain, 3 oz, Frozen	1110	1 each	3oz	85.05g	240	1	0	0	47	3	2	0	8	2	370
Ingredient: Bagel, Plain, 4 oz, Fresh	63651.6	1 each	4oz	113.4g	300	2	0	0	60	4	0	0	9	2	300
Ingredient: Bagel, Plain, 4 oz, Frozen	63651.24	1 each	4oz	113.4g	300	1.5	0	0	59	10	-	0	12	2	480

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS  
Run Date: 10/13/2023  
Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Bagel, Sesame Seed, 4 oz, Fresh	63651.8	1 each	4oz	113.4g	290	3	0	0	54	3	2	0	10	2	420
Ingredient: Bagel, Whole Wheat, 4 oz	63651.10	1 each	4oz	113.4g	280	1.5	0	0	55	7	-	0	12	5	500
Ingredient: Bread, Honey Wheat, Sliced, 1.78 oz	1251.3	1 slice	1.78oz	50.4g	140	2.5	0	0	24	3	-	0	5	2	240
Ingredient: Bread, Marble Rye, Loaf, Sliced, 1.69 oz	1646.18	1 slice	1.69oz	48g	100	1	0	0	22	0	0	0	3	0	280
Ingredient: Bread, Multigrain, Loaf, Sliced, 1.48 oz	1646.16	1 slice	1.41oz	39.97g	90	1	0	0	18	less than 1 gram	less than 1 gram	0	3	0	140
Ingredient: Bread, Texas Toast, Sliced, 1.27 oz	62272.4	1 slice	1.2oz	34g	90	1	0	0	17	2	-	0	3	less than 1 gram	170
Ingredient: Bread, White, Sliced, 1 oz	1251	1 slice	1.08oz	30.62g	80	1	0	0	15	2	-	0	3	less than 1 gram	150
Ingredient: Croissant, Sliced, 2 oz	5147	1 each	2oz	56.7g	190	8	3.5	0	26	4	4	0	4	0	200
Ingredient: Danish, Apple Coronet, Mini, 1.5 oz	84294	1 each	1.5oz	42.52g	120	7	1.5	0	14	5	4	5	1	0	75
Ingredient: Danish, Apple, 3.5 oz	63654	1 each	3.5oz	99.22g	280	15	6	0	33	12	11	30	4	less than 1 gram	90
Ingredient: Danish, Cheese, 3.5 oz	63654.1	1 each	3.28oz	93g	290	18	11	0	28	5	-	20	4	less than 1 gram	170
Ingredient: Danish, Cinnamon Swirl, 3.1 oz	63654.3	1 each	3.1oz	87.88g	300	17	7	-	34	12	11	20	4	1	90
Ingredient: Danish, Cinnamon Swirl, Mini, 1.5 oz	84294.4	1 each	1.5oz	42.52g	150	9	3.5	0	15	4	4	10	2	0	45
Ingredient: Danish, Maple Pecan Plait, 3.4 oz	63654.4	1 each	3.4oz	96.39g	360	23	10	0	34	11	11	25	4	less than 1 gram	115
Ingredient: Danish, Maple Pecan Plait, Mini, 1.5 oz	84294.3	1 each	1.5oz	42.52g	160	11	4.5	0	14	6	6	15	2	0	65
Ingredient: Danish, Raspberry Crown, Mini, 1.5 oz	84294.1	1 each	1.5oz	42.52g	130	7	3	0	15	5	5	5	2	1	40
Ingredient: Danish, Raspberry, 3.5 oz	63654.5	1 each	3.5oz	99.22g	280	17	8	0	29	12	11	25	4	2	80

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: English Muffin, Honey Wheat, 2 oz	63633.2	1 each	2oz	56.7g	120	1	0	-	23	5	-	0	5	4	210
Ingredient: English Muffin, Plain, 2 oz	63633	1 each	2oz	56.7g	130	1	0	0	25	2	-	0	5	2	240
Ingredient: English Muffin, Whole Wheat, 2.2 oz	63633.1	1 each	2oz	56.7g	120	1	0	-	23	5	-	0	5	4	210
Ingredient: Flatbread, White, 5.3 oz	62275	1/2 each	2.65oz	75.13g	230	7	1.5	0	35	3	-	0	6	1	410
Ingredient: Flatbread, Whole Grain, 5.3 oz	62276	1/2 each	2.66oz	75.35g	230	9	1.5	0	33	2	-	0	7	6	340
Ingredient: Scone, Apple Cinnamon, RTB, 3.75 oz	74821	1 each	3.75oz	106.31g	390	18	9	0	54	28	24	0	5	1	330
Ingredient: Scone, Blueberry, RTB, 3.75 oz	74821.1	1 each	3.75oz	106.31g	390	17	8	0	53	25	20	0	5	1	360
Ingredient: Scone, Brown Sugar Cinnamon, RTB, 3.75 oz	74821.2	1 each	3.75oz	106.31g	420	18	10	0	58	30	26	0	5	1	360
Ingredient: Scone, Chocolate Chunk, RTB, 3.75 oz	74821.3	1 each	3.75oz	106.31g	430	19	10	0	58	31	27	0	5	2	330
Ingredient: Scone, Cranberry Orange, RTB, 3.75 oz	74821.4	1 each	3.75oz	106.31g	360	16	8	0	50	23	19	0	5	2	340
Ingredient: Scone, White Chunk Raspberry, RTB, 3.75 oz	58024	1 each	3.75oz	106.31g	410	18	10	0	56	28	24	0	5	1	360
Ingredient: Tortilla Wrap, Whole Wheat, 12", 3.67 oz	63512	1 each	3.42oz	97g	290	9	4	0	47	4	0	0	7	5	440
Breakfast - Yogurt Bar															
Honey, PC	32009	1 each	0.32oz	9g	25	0	0	-	7	7	-	0	0	0	0
Ingredient: Blueberries, Fresh	13170	1/4 cup	1.24oz	35.15g	20	0	0	0	5	4	-	0	0	less than 1 gram	0
Ingredient: Cantaloupe, Cubed, Fresh	1175	1/4 cup	1.41oz	40g	15	0	0	0	3	3	-	0	0	0	5
Ingredient: Cereal, Granola with Raisins and Almonds, Low Fat, Bulk	82256.1	1/4 cup	0.79oz	22.5g	80	1	0	0	19	6	5	0	0	2	50
Ingredient: Cereal, Granola, No Raisins, Almonds, Low Fat, Bulk	82256.2	1/4 cup	0.87oz	24.55g	120	6	1	0	13	5	-	0	3	2	5

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS  
Run Date: 10/13/2023  
Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Coconut, Sweetened, Shredded, Toasted	61182	1 tbsp	0.5oz	14.17g	70	5	4.5	-	7	6	-	0	0	less than 1 gram	35
Ingredient: Cottage Cheese, Fat Free	1746.7	1/2 cup	2.56oz	72.5g	50	0	0	-	5	1	-	5	7	0	270
Ingredient: Cottage Cheese, Low Fat, 2% SB6	62324	1/2 cup	3.99oz	113g	90	2.5	1.5	0	5	5	-	15	12	0	350
Ingredient: Cranberries, Dried	62347	1 tbsp	0.32oz	9.06g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Grapes, Green Seedless, Fresh	63376.2	1/4 cup	1.41oz	40g	30	0	0	0	7	6	-	0	0	0	0
Ingredient: Grapes, Red Seedless, Fresh	63376	1/4 cup	1.39oz	39.32g	25	0	0	0	7	6	-	0	0	0	0
Ingredient: Honey	63610	1 tbsp	0.75oz	21.19g	60	0	0	-	17	17	-	0	0	0	0
Ingredient: Honeydew Melon, Cubed, Fresh	1117	1/4 cup	1.5oz	42.5g	15	0	0	0	4	3	-	0	0	0	10
Ingredient: Nuts, Almonds, Slivered, Toasted	33991	1 tbsp	0.24oz	6.77g	40	3.5	0	0	1	0	-	0	1	less than 1 gram	0
Ingredient: Nuts, Pecans, Pieces, Toasted	33991.2	1 tbsp	0.24oz	6.81g	45	5	0	-	less than 1 gram	0	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Nuts, Walnuts, Halves & Pieces, Toasted	33991.1	1 tbsp	0.27oz	7.56g	50	5	0	-	1	0	-	0	1	less than 1 gram	0
Ingredient: Orange, Mandarin Sections, Canned	53890	1/4 cup	2.11oz	59.76g	20	0	0	0	6	5	-	0	0	0	0
Ingredient: Pineapple, Cubed, Fresh	31969	1/4 cup	1.46oz	41.25g	20	0	0	0	5	4	-	0	0	less than 1 gram	0
Ingredient: Raisins	62348	1 tbsp	0.32oz	9.06g	25	0	0	0	7	6	-	0	0	0	0
Ingredient: Raisins, Golden	64579	1 tbsp	0.36oz	10.31g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Raspberries, Fresh	29187.6	1/4 cup	1.08oz	30.75g	15	0	0	0	4	1	-	0	0	2	0
Ingredient: Seeds, Flax, Whole	63624	1 tbsp	0.37oz	10.5g	60	4.5	0	-	3	0	-	0	2	3	0
Ingredient: Seeds, Pumpkin, Hulled	71070.3	1 tbsp	0.5oz	14.19g	80	7	1	0	2	0	-	0	4	less than 1 gram	0
Ingredient: Spice, Chia Seeds	63113.1	1 tbsp	0.53oz	15g	70	4.5	0	0	6	-	-	0	2	5	0

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Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Strawberries, Quartered, Fresh	66194	1/4 cup	1.34oz	38g	10	0	0	0	3	2	-	0	0	less than 1 gram	0
Ingredient: Yogurt, Plain, Greek, Fat Free, Oikos, Stonyfield	63080.5	1/2 cup	4.32oz	122.5g	70	0	0	0	4	4	-	5	12	0	45
Ingredient: Yogurt, Strawberry, Low Fat	58254.1	1/2 cup	4oz	113.5g	110	1.5	1	-	21	21	-	5	5	0	60
Ingredient: Yogurt, Vanilla, Low Fat	4592	1/2 cup	4oz	113.4g	100	1.5	1	-	16	16	-	5	6	0	75

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