



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:	Dessert - Cookies, Dessert - Bars, Dessert - Cake/Pie, Dessert - Ice Cream, Dessert - Frozen Yogurt, Dessert - Toppings

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)
Lunch - Dessert - Bars															
Brownie, Chocolate Chunk, Sweet Street	112766	1 slice	2.86oz	81g	360	20	11	0	43	29	-	65	4	3	115
EUR: Brownie (mix)	76506.2	1 each	4.64oz	131.61g	470	14	2.5	0	81	56	0+	0	3	3	390
EUR: Brownie (scratch)	10654.3	1 each	3.53oz	100.14g	410	20	12	0+	58	41	-	85	5	3	125
EUR: Cherry Apricot Walnut Flax Granola Bar	38144.9	1 each	2.08oz	58.91g	240	10	1	0+	36	18	0+	0	5	5	10
EUR: Chia Cardamom Sunflower Seed Raisin Granola Bar	38144.10	1 each	2.21oz	62.59g	250	8	1	0+	41	22+	0+	0	6	5	5
EUR: Chocolate Peanut Butter Krispie Treats	9036.3	1 each	2.09oz	59.15g	290	15	9	0+	37	26	14+	0	4	2	130
EUR: Cran Raisin Apricot Maple Flax Granola Bars	11073.1	1 serving(s)	1.93oz	54.62g	200	4.5	0	0+	38	18	less than 1 gram+	0	4	4	150
EUR: Honey Pecan Sunflower Raisin Granola Bar	84898.1	1 serving(s)	2.94oz	83.47g	380	20	4	0+	48	30	-	10	6	5	25
EUR: Lemon Bars (Sweet Street)	83443.1	2 oz portion	2oz	56.7g	210	11	6	0	24	16	-	70	2	0	85
EUR: M&M Rice Krispie Treats	4649.1	1 each	3.85oz	109.18g	440	13	8+	0+	79	41+	3+	30	4	0	210
EUR: Pumpkin Seed Sunflower Chia Maple Granola Bar	38144.8	1 serving(s)	2.19oz	62.03g	240	8	1	0+	39	19+	-	0	6	5	65
EUR: Rice Krispie Treat (scratch)	5618.2	1 2" x 3"	3.01oz	85.37g	330	9	6+	0+	62	29+	3+	25	3	0	180
Lunch - Dessert - Cake/Pie															
Cake, Classic Coffee Cake, Sweet Street	112660	1 slice	4oz	113.4g	440	20	9	0	61	37	-	50	5	1	200
EUR: 10" Pecan Pie (T&S) 8 cut	84769	1 slice	5.75oz	163.01g	660	32	11	0	89	41	-	90	6	1	720
EUR: House Baked Pumpkin Pie (8 cut)	55947.2	1 slice	4.25oz	120.62g	230	8	4	0+	35	22	-	65	4	2	290
EUR: Tres Leches	41576.1	1 slice	8.85oz	250.81g	750	38	23	0+	91	57	0+	160	13	1	170
Ingredient: Cake, Gourmet, Tres Leches	89457.28	1 slice	5.93oz	168g	610	34	15	0	69	42	40	105	7	0	410
Ingredient: Cheesecake, New York	89457.15	1 slice	5.01oz	142g	460	31	18	0	40	29	25	105	4	0	270

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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)
Ingredient: Pie, Apple, Clements	89457.30	1 slice	3.88oz	110g	310	14	4.5	0	43	19	15	0	2	1	270
Ingredient: Pie, Banana Cream, Clements	89457.31	1 slice	4.16oz	118g	270	14	9	0	35	15	13	0	2	less than 1 gram	250
Ingredient: Pie, Blueberry, Clements	89457.32	1 slice	4.23oz	120g	330	12	4	0	51	27	23	0	3	0	250
Ingredient: Pie, Boston Cream, Clements	89457.39	1 slice	4.16oz	118g	390	21	10	0	45	25	22	20	-	0	340
Ingredient: Pie, Cherry, Clements	89457.33	1 slice	4.13oz	117g	330	14	4.5	0	48	24	19	0	3	less than 1 gram	240
Ingredient: Pie, Coconut Cream, Clements	89457.34	1 slice	4.76oz	135g	490	33	16	0	44	19	19	0	2	2	390
Ingredient: Pie, Key Lime, Clements	89457.36	1 slice	4.41oz	125g	410	16	8	0	61	50	42	25	7	less than 1 gram	200
Ingredient: Pie, Lemon Meringue, Clements	89457.37	1 slice	4.16oz	118g	290	10	4	0	49	28	28	0	3	0	250
Ingredient: Pie, Pecan, Clements	89457.38	1 slice	3oz	85g	360	21	6	0	40	20	19	50	4	1	190
Lunch - Dessert - Cookies															
EUR: Dough, Cookie, Butter Sugar, Gourmet, 2 oz, Frozen	98739.3	2 ounce	2oz	56.7g	240	11	6	0	36	18	17	40	3	less than 1 gram	110
EUR: Dough, Cookie, Butter Sugar, Gourmet, 2 oz, Frozen	98739.3	4 ounce	4oz	113.4g	490	21	13	1	71	35	35	75	5	1	220
EUR: Dough, Cookie, Chunky Chocolate Supreme, Gourmet, 2 oz, Frozen	98739.1	2 ounce	2oz	56.7g	260	12	8	0	33	18	-	30	2	1	220
EUR: Dough, Cookie, Chunky Chocolate Supreme, Gourmet, 2 oz, Frozen	98739.1	4 ounce	4oz	113.4g	510	25	15	0.5	66	37	-	55	5	2	430
EUR: Dough, Cookie, Oatmeal Raisin, Gourmet, 2 oz, Frozen	98739.2	2 ounce	2oz	56.7g	240	10	6	0	34	17	-	30	3	1	240
EUR: Dough, Cookie, Oatmeal Raisin, Gourmet, 2 oz, Frozen	98739.2	4 ounce	4oz	113.4g	470	20	12	0.5	68	34	-	55	5	3	480
Ingredient: Cookie, White Chocolate Macadamia Nut, Gourmet, RTB, 1.5 oz, Rich's	127598	1 each	1.5oz	42.52g	200	11	6	0	24	13	-	25	2	1	130

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Ingredient: Cookie, White Chocolate Macadamia Nut, Gourmet, RTB, 1.5 oz, Rich's	127598	2 each	3oz	85.05g	400	22	12	0	48	26	-	50	4	2	260
Ingredient: Cookies, Chocolate Chip, RTB, 1.5 oz	74040	1 each	1.5oz	42.52g	200	10	5	0	25	14	-	5	2	less than 1 gram	120
Ingredient: Cookies, Chocolate Chip, RTB, 1.5 oz	74040	3 ounce	3oz	85.05g	400	20	10	0	51	28	-	10	3	2	240
Ingredient: Cookies, Oatmeal Raisin, RTB, 1.5 oz	74040.1	1 each	1.5oz	42.52g	180	7	3	0	26	13	-	less than 5 milligrams	2	1	150
Ingredient: Cookies, Oatmeal Raisin, RTB, 1.5 oz	74040.1	3 ounce	3oz	85.05g	350	15	6	0	51	26	-	5	4	2	290
Ingredient: Cookies, Peanut Butter, RTB, 1.5 oz	74042	1 each	1.5oz	42.52g	210	13	5	0	21	12	-	10	3	less than 1 gram	135
Ingredient: Cookies, Peanut Butter, RTB, 1.5 oz	74042	3 ounce	3oz	85.05g	420	26	10	0	42	24	-	15	6	2	270
Ingredient: Cookies, Sugar, RTB, 1.5 oz	74040.3	1 each	1.5oz	42.52g	210	12	5	0	23	11	-	5	1	0	240
Ingredient: Cookies, Sugar, RTB, 1.5 oz	74040.3	3 ounce	3oz	85.05g	420	25	10	0	46	23	-	15	3	less than 1 gram	470
Ingredient: Cookies, White Chocolate Macadamia Nut, RTB, 1.5 oz, Rich's	74040.4	1 each	1.5oz	42.52g	200	11	5	0	24	13	-	5	2	0	130
Ingredient: Cookies, White Chocolate Macadamia Nut, RTB, 1.5 oz, Rich's	74040.4	3 ounce	3oz	85.05g	410	23	10	0	48	26	-	10	3	less than 1 gram	260
Lunch - Dessert - Frozen Yogurt															
Ingredient: Cone, Ice Cream, Cake, 4.5 g	118846	1 each	0.16oz	4.5g	20	0	0	-	4	0	-	0	0	0	10
Ingredient: Cone, Ice Cream, Sugar, 12 g	118846.1	1 each	0.42oz	12g	50	1	0	-	9	less than 1 gram	-	0	less than 1 gram	0	30
Ingredient: Cone, Ice Cream, Waffle, 12 g	118846.2	1 each	0.42oz	12g	50	1	0	-	9	less than 1 gram	-	0	less than 1 gram	0	30

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Ingredient: Frozen Yogurt, Dulce de Leche, Low Fat	76974	1/2 cup	3.6oz	102.07g	130	1.5	1	0	27	22	-	20	3	0	85
Ingredient: Frozen Yogurt, French Vanilla, Non Fat	76974.1	1/2 cup	3.6oz	102.07g	120	0.5	0	0	25	20	-	10	4	0	90
Ingredient: Yogurt, Vanilla, French, Nonfat, Frozen	63629	1/2 cup	1.27oz	36g	45	0	0	0	10	7	-	0	less than 1 gram	0	25
Lunch - Dessert - Ice Cream															
Ingredient: Cone, Ice Cream, Cake, 4.5 g	118846	1 each	0.16oz	4.5g	20	0	0	-	4	0	-	0	0	0	10
Ingredient: Cone, Ice Cream, Sugar, 12 g	118846.1	1 each	0.42oz	12g	50	1	0	-	9	less than 1 gram	-	0	less than 1 gram	0	30
Ingredient: Cone, Ice Cream, Waffle, 12 g	118846.2	1 each	0.42oz	12g	50	1	0	-	9	less than 1 gram	-	0	less than 1 gram	0	30
Ingredient: Ice Cream, Chocolate, Hershey	76973.2	1/2 cup	2.52oz	71.46g	140	8	5	0	15	13	-	30	3	0	55
Ingredient: Ice Cream, Cookies & Cream, Hershey	76973.3	1/2 cup	2.52oz	71.46g	160	9	6	0	16	15	-	35	2	0	70
Ingredient: Ice Cream, Strawberry	4592.3	1/2 cup	2.33oz	66g	130	6	3.5	-	18	-	-	20	2	less than 1 gram	40
Ingredient: Ice Cream, Strawberry, Hershey	76973.9	1/2 cup	2.52oz	71.46g	150	9	5	0	17	16	-	35	2	0	55
Ingredient: Ice Cream, Vanilla	4592.4	1/2 cup	2.54oz	72g	150	8	5	-	17	15	-	30	3	less than 1 gram	60
Ingredient: Ice Cream, Vanilla, Blue Bunny	76973.11	1/2 cup	2.3oz	65.25g	130	7	4.5	0	15	12	9	30	2	0	35
Lunch - Dessert - Toppings															
Ingredient: Banana, Sliced, Fresh	18480	1/4 cup	1.04oz	29.5g	25	0	0	0	7	4	-	0	0	less than 1 gram	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: Candies, 12 Flavor Wild Fruit Gummy Bears	79900.3	1 tbsp	0.44oz	12.4g	35	0	0	0	9	6	-	0	0	0	0

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Ingredient: Caramel Topping	63488	1 tbsp	0.34oz	9.75g	25	0	0	0	6	5	-	0	0	0	25
Ingredient: Cherries, Maraschino	63484.1	1 each	0.18oz	5g	10	0	0	0	2	2	-	0	0	0	0
Ingredient: Chocolate Chips, Semi Sweet	63498	1 tbsp	0.37oz	10.5g	50	3	2	-	7	6	-	0	0	less than 1 gram	0
Ingredient: Coconut, Sweetened, Shredded	63599	1 tbsp	0.21oz	5.81g	30	2	2	-	3	3	-	0	0	0	15
Ingredient: Cookies, Oreo, Crumbles	63478	1 tbsp	0.26oz	7.37g	35	1.5	0	-	5	3	-	-	0	0	40
Ingredient: M&M's	63482	1 tbsp	0.46oz	13.04g	60	3	1.5	0	9	8	-	0	less than 1 gram	0	10
Ingredient: Mango, Chunks, Frozen	63580	1/4 cup	1.46oz	41.25g	25	0	0	0	6	6	-	0	0	less than 1 gram	0
Ingredient: Marshmallows, Mini	63481	1 tbsp	0.11oz	3.12g	10	0	0	-	3	2	-	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, Peanuts, Dry Roasted	62339.2	1 tbsp	0.32oz	9.12g	50	4.5	0.5	0	2	0	-	0	2	less than 1 gram	35
Ingredient: Nuts, Pecans, Pieces	27360	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	56955.6	1 tbsp	0.26oz	7.5g	50	5	0	-	1	0	-	0	1	less than 1 gram	0
Ingredient: Peach, Sliced, Frozen	63627	1/4 cup	1.64oz	46.5g	20	0	0	0	4	4	-	0	0	less than 1 gram	0
Ingredient: Raspberries, Fresh	29187.6	1/4 cup	1.08oz	30.75g	15	0	0	0	4	1	-	0	0	2	0
Ingredient: Sprinkles, Chocolate	63480	1 tbsp	0.35oz	10g	50	2	1	0	8	4	-	0	0	0	0
Ingredient: Sprinkles, Rainbow	63479	1 tbsp	0.35oz	10g	50	2.5	1.5	-	8	8	-	-	0	-	0
Ingredient: Strawberries, Sliced, Fresh	3430	1/4 cup	1.46oz	41.5g	15	0	0	0	3	2	-	0	0	less than 1 gram	0
Ingredient: Syrup, Chocolate	63487	1 tbsp	0.66oz	18.75g	50	0	0	-	12	9	-	0	0	0	15
Ingredient: Whipped Topping	28295	1 tbsp	0.14oz	4g	10	1	0.5	-	0	0	-	less than 5 milligrams	0	0	0

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