



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:	Fruit - Whole, Fruit - Cut

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.
Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.
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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 - 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
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

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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
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

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