

Menu Calendar Nutrient Analysis Report - December, 2022

Site: ALL

Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
December Thursdays - ServingDate: 12/01/2022								
Orange Juice - LR1121 (1 ea.)	0	56.00	0.07	0.01	0.00	1.00	13.41	0.85
Strawberry, Cup, USDA, 96ct - LR1004 (1 ea.)	0	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Syrup - LR1249 (2 tbsp.)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Fat-Free Milk - LR1288 (1 ea.)	0	90.00	0.00	0.00	0.00	120.00	12.00	9.00
Waffle, Belgian, 8/9ct pkg, 72/2.5oz - LR1589 (1 waffle)	0	180.00	6.00	1.00	0.00	370.00	27.00	3.00
December Fridays - ServingDate: 12/02/2022								
Mixed Fruit - LR1114 (1/2 c.)	0	120.00	0.50	0.00	0.00	5.00	30.00	1.00
Mixed Berries Cup - LR1313 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	20.00	0.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Fat-Free Milk - LR1288 (1 ea.)	0	90.00	0.00	0.00	0.00	120.00	12.00	9.00
Crescent, Chocolate Filled, 72ct - LR1621 (1 pkg.)	0	240.00	8.00	1.50	0.00	270.00	37.00	6.00
December Mondays - ServingDate: 12/05/2022								
Blueberry Muffin - LR1117 (1 ea.)	0	240.00	7.00	0.50	0.00	210.00	42.00	4.00
Peach Cup - LR1033 (1 ea.)	0	117.00	0.01	0.00	0.00	7.00	30.00	0.00
Sliced Pears - LR1134 (1/2 c.)	0	60.00	0.00	0.00	0.00	10.00	16.00	0.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Fat-Free Milk - LR1288 (1 ea.)	0	90.00	0.00	0.00	0.00	120.00	12.00	9.00

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December Tuesdays - ServingDate: 12/06/2022								
Apple Sauce - LR1119 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Sliced Peaches - LR1034 (1/2 c.)	0	60.00	0.00	0.00	0.00	10.00	14.00	0.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Fat-Free Milk - LR1288 (1 ea.)	0	90.00	0.00	0.00	0.00	120.00	12.00	9.00
Frudel, Apple, 72ct, IW - LR1455 (1 pkg.)	0	210.00	6.00	1.00	0.00	250.00	36.00	4.00
December Wednesdays - ServingDate: 12/07/2022								
Cereal - LR1294 (1 ea.)	0	412.00	10.00	1.00	0.00	570.00	44.00	5.00
Banana - LR1147 (1 ea.)	0	90.00	0.33	0.11	0.00	1.01	23.07	1.10
Raisin Packet - LR1043 (1 ea.)	0	120.00	0.00	0.00	0.00	5.00	29.00	1.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Fat-Free Milk - LR1288 (1 ea.)	0	90.00	0.00	0.00	0.00	120.00	12.00	9.00
Oatmeal with Cinnamon and Sugar, 75serv - LR1575 (1/2 c.)	0	101.92 (M)	2.01(M)	0.34(M)	0.00(M)	0.08(M)	18.61 (M)	3.36(M)
December Thursdays - ServingDate: 12/08/2022								
Orange Juice - LR1121 (1 ea.)	0	56.00	0.07	0.01	0.00	1.00	13.41	0.85
Strawberry, Cup, USDA, 96ct - LR1004 (1 ea.)	0	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Syrup - LR1249 (2 tbsp.)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Fat-Free Milk - LR1288 (1 ea.)	0	90.00	0.00	0.00	0.00	120.00	12.00	9.00
Waffle, Belgian, 8/9ct pkg, 72/2.5oz - LR1589 (1 waffle)	0	180.00	6.00	1.00	0.00	370.00	27.00	3.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
December Fridays - ServingDate: 12/09/2022								
Mixed Fruit - LR1114 (1/2 c.)	0	120.00	0.50	0.00	0.00	5.00	30.00	1.00
Mixed Berries Cup - LR1313 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	20.00	0.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Fat-Free Milk - LR1288 (1 ea.)	0	90.00	0.00	0.00	0.00	120.00	12.00	9.00
Crescent, Chocolate Filled, 72ct - LR1621 (1 pkg.)	0	240.00	8.00	1.50	0.00	270.00	37.00	6.00
December Mondays - ServingDate: 12/12/2022								
Blueberry Muffin - LR1117 (1 ea.)	0	240.00	7.00	0.50	0.00	210.00	42.00	4.00
Peach Cup - LR1033 (1 ea.)	0	117.00	0.01	0.00	0.00	7.00	30.00	0.00
Sliced Pears - LR1134 (1/2 c.)	0	60.00	0.00	0.00	0.00	10.00	16.00	0.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Fat-Free Milk - LR1288 (1 ea.)	0	90.00	0.00	0.00	0.00	120.00	12.00	9.00
December Tuesdays - ServingDate: 12/13/2022								
Apple Sauce - LR1119 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Sliced Peaches - LR1034 (1/2 c.)	0	60.00	0.00	0.00	0.00	10.00	14.00	0.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Fat-Free Milk - LR1288 (1 ea.)	0	90.00	0.00	0.00	0.00	120.00	12.00	9.00
Frudel, Apple, 72ct, IW - LR1455 (1 pkg.)	0	210.00	6.00	1.00	0.00	250.00	36.00	4.00
December Wednesdays - ServingDate: 12/14/2022								
Cereal - LR1294 (1 ea.)	0	412.00	10.00	1.00	0.00	570.00	44.00	5.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
December Wednesdays - ServingDate: 12/14/2022								
Banana - LR1147 (1 ea.)	0	90.00	0.33	0.11	0.00	1.01	23.07	1.10
Raisin Packet - LR1043 (1 ea.)	0	120.00	0.00	0.00	0.00	5.00	29.00	1.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Fat-Free Milk - LR1288 (1 ea.)	0	90.00	0.00	0.00	0.00	120.00	12.00	9.00
Oatmeal with Cinnamon and Sugar, 75serv - LR1575 (1/2 c.)	0	101.92 (M)	2.01(M)	0.34(M)	0.00(M)	0.08(M)	18.61 (M)	3.36(M)
December Thursdays - ServingDate: 12/15/2022								
Orange Juice - LR1121 (1 ea.)	0	56.00	0.07	0.01	0.00	1.00	13.41	0.85
Strawberry, Cup, USDA, 96ct - LR1004 (1 ea.)	0	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Syrup - LR1249 (2 tbsp.)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Fat-Free Milk - LR1288 (1 ea.)	0	90.00	0.00	0.00	0.00	120.00	12.00	9.00
Waffle, Belgian, 8/9ct pkg, 72/2.5oz - LR1589 (1 waffle)	0	180.00	6.00	1.00	0.00	370.00	27.00	3.00
December Fridays - ServingDate: 12/16/2022								
Mixed Fruit - LR1114 (1/2 c.)	0	120.00	0.50	0.00	0.00	5.00	30.00	1.00
Mixed Berries Cup - LR1313 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	20.00	0.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Fat-Free Milk - LR1288 (1 ea.)	0	90.00	0.00	0.00	0.00	120.00	12.00	9.00
Crescent, Chocolate Filled, 72ct - LR1621 (1 pkg.)	0	240.00	8.00	1.50	0.00	270.00	37.00	6.00

Legend

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(M) - Missing Nutrient Values

Report Selections

Meal Type: Breakfast
Site Group: Elementary
Menu Line: Main
Serving Group: K-5
Nutrients Option: Expanded