

Menu Calendar Nutrient Analysis Report - November, 2022

Generated on: 10/27/2022 10:18:22 AM by Danielle Ramirez

Site: ALL

Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
November Tuesday - ServingDate: 11/01/2022								
Chocolate Chip Muffin - LR1116 (1 ea.)	0	260.00	8.00	2.00	0.00	300.00	43.00	4.00
Apple Sauce, Cnd, 6/#10 - LR1003 (1/2 c.)	0	50.00	0.00	0.00	0.00	15.00	15.00	0.00
Orange Juice - LR1121 (1 ea.)	0	56.00	0.07	0.01	0.00	1.00	13.41	0.85
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
November Wednesday - ServingDate: 11/02/2022								
Cereal - LR1294 (1 ea.)	0	412.00	10.00	1.00	0.00	570.00	44.00	5.00
Mixed Berries Cup - LR1313 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	20.00	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
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)
November Thursday - ServingDate: 11/03/2022								
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
Pancake/Sausage on a Stick, 56ct - LR1502 (1 ea.)	0	200.00	10.00	2.50	0.00	310.00	17.00	7.00

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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)
November Friday - ServingDate: 11/04/2022								
Pan Dulce - LR1015 (1 ea.)	0	200.00	6.00	1.50	0.00	90.00	34.00	5.00
Sliced Pears - LR1134 (1/2 c.)	0	60.00	0.00	0.00	0.00	10.00	16.00	0.00
Strawberry, Cup, USDA, 96ct - LR1004 (1 ea.)	0	80.00	0.00	0.00	0.00	1.00	21.00	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
November Monday - ServingDate: 11/07/2022								
Breakfast Pizza - LR1171 (1 ea.)	0	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Mixed Fruit - LR1114 (1/2 c.)	0	120.00	0.50	0.00	0.00	5.00	30.00	1.00
Peach Cup - LR1033 (1 ea.)	0	117.00	0.01	0.00	0.00	7.00	30.00	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
November Tuesday - ServingDate: 11/08/2022								
Chocolate Chip Muffin - LR1116 (1 ea.)	0	260.00	8.00	2.00	0.00	300.00	43.00	4.00
Apple Sauce, Cnd, 6/#10 - LR1003 (1/2 c.)	0	50.00	0.00	0.00	0.00	15.00	15.00	0.00
Orange Juice - LR1121 (1 ea.)	0	56.00	0.07	0.01	0.00	1.00	13.41	0.85
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
November Wednesday - ServingDate: 11/09/2022								
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)
November Wednesday - ServingDate: 11/09/2022								
Mixed Berries Cup - LR1313 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	20.00	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
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)
November Thursday - ServingDate: 11/10/2022								
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
Pancake/Sausage on a Stick, 56ct - LR1502 (1 ea.)	0	200.00	10.00	2.50	0.00	310.00	17.00	7.00
November Monday - ServingDate: 11/14/2022								
Breakfast Pizza - LR1171 (1 ea.)	0	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Mixed Fruit - LR1114 (1/2 c.)	0	120.00	0.50	0.00	0.00	5.00	30.00	1.00
Peach Cup - LR1033 (1 ea.)	0	117.00	0.01	0.00	0.00	7.00	30.00	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
November Tuesday - ServingDate: 11/15/2022								
Chocolate Chip Muffin - LR1116 (1 ea.)	0	260.00	8.00	2.00	0.00	300.00	43.00	4.00

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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)
November Tuesday - ServingDate: 11/15/2022								
Apple Sauce, Cnd, 6/#10 - LR1003 (1/2 c.)	0	50.00	0.00	0.00	0.00	15.00	15.00	0.00
Orange Juice - LR1121 (1 ea.)	0	56.00	0.07	0.01	0.00	1.00	13.41	0.85
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
November Wednesday - ServingDate: 11/16/2022								
Cereal - LR1294 (1 ea.)	0	412.00	10.00	1.00	0.00	570.00	44.00	5.00
Mixed Berries Cup - LR1313 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	20.00	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
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)
November Thursday - ServingDate: 11/17/2022								
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
Pancake/Sausage on a Stick, 56ct - LR1502 (1 ea.)	0	200.00	10.00	2.50	0.00	310.00	17.00	7.00

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November Friday - ServingDate: 11/18/2022								
Pan Dulce - LR1015 (1 ea.)	0	200.00	6.00	1.50	0.00	90.00	34.00	5.00
Sliced Pears - LR1134 (1/2 c.)	0	60.00	0.00	0.00	0.00	10.00	16.00	0.00
Strawberry, Cup, USDA, 96ct - LR1004 (1 ea.)	0	80.00	0.00	0.00	0.00	1.00	21.00	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
November Monday - ServingDate: 11/28/2022								
Breakfast Pizza - LR1171 (1 ea.)	0	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Mixed Fruit - LR1114 (1/2 c.)	0	120.00	0.50	0.00	0.00	5.00	30.00	1.00
Peach Cup - LR1033 (1 ea.)	0	117.00	0.01	0.00	0.00	7.00	30.00	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
November Tuesday - ServingDate: 11/29/2022								
Chocolate Chip Muffin - LR1116 (1 ea.)	0	260.00	8.00	2.00	0.00	300.00	43.00	4.00
Apple Sauce, Cnd, 6/#10 - LR1003 (1/2 c.)	0	50.00	0.00	0.00	0.00	15.00	15.00	0.00
Orange Juice - LR1121 (1 ea.)	0	56.00	0.07	0.01	0.00	1.00	13.41	0.85
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
November Wednesday - ServingDate: 11/30/2022								
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)
November Wednesday - ServingDate: 11/30/2022								
Mixed Berries Cup - LR1313 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	20.00	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
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)

Legend
(M) - Missing Nutrient Values

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