

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: ALL  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>02/01/23 - ServingDate: 02/01/2023</b>								
Mustard Packets - 500ct - LR1542 (1 packet)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Diced, Cnd, 6/10#, 138sv - LR1035 (1/2 c.)	0	80.00	0.00	0.00	0.00	5.00	19.00	0.00
Bun, Hamburger, 12dz/144ct - LR1478 (1 bun)	0	150.00	2.00	0.50	0.00	240.00	29.00	5.00
Cheese, Sliced, Yellow, 120ct - LR1439 (1 ea.)	0	56.00	4.56	2.53	0.00	141.75	1.01	2.53
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Ketchup - LR1104 (1 tbsp.)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Pickle, Dill, 4/1gal - LR1106 (8 slice)	0	0.00	0.00	0.00	0.00	390.00	0.00	0.00
Potato, Krinkle, 6/5#, LW, 80/6oz, #2045 - LR1423 (1 serv.)	0	120.00	4.50	1.00	0.00	45.00	19.00	2.00
Beef Patties, USDA, 206ct - LR1536 (1 patty)	0	100.00	4.00	2.00	0.00	170.00	2.00	15.00
Mayonnaise, Lite, 4/1gal - LR1521 (1 tbsp.)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Produce, Lettuce, Romaine, 24 cs, 589/1/4cs - LR1471 (1/4 oz.)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>02/02/23 - ServingDate: 02/02/2023</b>								
Oranges - LR1122 (1 ea.)	0	42.00	0.00	0.00	0.00	0.00	11.00	1.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Peas, Cnd, 6/10#, 144sv - LR1036 (1/2 c.)	0	90.00	1.00	0.00	0.00	140.00	16.00	4.00
Pizza, Cheese, 4x6, Tony's, 96ct - LR1638 (1 serv.)	0	300.00	11.00	5.00	0.00	440.00	34.00	16.00

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Site: ALL  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>02/03/23 - ServingDate: 02/03/2023</b>								
Peaches, Diced, Cnd, 6/10#, 144/4oz - LR1032 (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
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Milk, Strawberry, Fat Free, RockView, 8oz - LR1737 (1 Carton)	0	110.00	0.00	0.00	0.00	100.00	20.00	8.00
Grilled Cheese - LR1006 (1 ea.)	0	280.00	9.91	5.56	0.00	580.79	30.96	18.55
Sandwich, Grilled Cheese, Spicy, 72ct - LR1732 (1 ea.)	0	337.87	16.47	8.83	0.00	569.03	30.51	19.37
Canned Mixed Veggies, 96 serv - LR1469 (1/2 c.)	0	55.83	1.67	0.33	0.00	142.92	9.00	1.75
<b>02/06/23 - ServingDate: 02/06/2023</b>								
Orange Chicken, 192sv, Yangs - LR1354 (1 serv.)	0	153.00	3.06	0.51	0.00	285.76	19.39	11.23
Asian Seasoning - LR1253 (7 5/8 grams 1 se)	0	0.88	0.00	0.00	0.00	10.23	0.18	0.00
Oranges, Mandarin, 132/4oz - LR1635 (1/2 c.)	0	70.00	0.00	0.00	0.00	10.00	17.00	1.00
Brown Rice - LR1111 (1/2 c.)	0	108.00	1.00	0.00	0.00	5.00	22.00	3.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Peas, Cnd, 6/10#, 144sv - LR1036 (1/2 c.)	0	90.00	1.00	0.00	0.00	140.00	16.00	4.00
Salad Bar, 100 servings - LR1651 (1/2 c.)	0	37.02	0.03	0.00	0.00	35.18	10.70	3.07

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: ALL  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>02/07/23 - ServingDate: 02/07/2023</b>								
Sour Cream, Rockview 5# - LR1691 (3 1/2 ounces)	0	193.00	18.00	11.00	0.00	104.00	5.00	3.00
Apple - LR1123 (1 ea.)	0	77.00	0.25	0.04	0.00	1.00	20.00	0.39
Cheese, Cheddar, Shd, 4/5#, 2905C4 - LR1392 (1 serv.)	0	110.00	9.00	5.00	0.00	180.00	1.00	7.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Salsa - LR1136 (2 tbsp.)	0	10.00	0.00	0.00	0.00	35.00	2.00	0.00
Beef and Bean Burrito Filling, 60serv - LR1748 (1/2 c.)	0	106.10	1.39	0.25	0.00	424.49	17.94	7.44
Tortillas, Fl, Grain, 10", 6/2 dzn, 144ct, Romeros - LR1723 (1 ea.)	0	162.00	4.00	0.00	0.00	279.00	27.00	5.00
Elote Corn Salad, 60 serv - LR1623 (1/2 c.)	0	140.49	7.71	1.28	0.00	152.96	18.52	2.49
<b>02/08/23 - ServingDate: 02/08/2023</b>								
Peaches, Diced, Cnd, 6/10#, 144/4oz - LR1032 (1/2 c.)	0	60.00	0.00	0.00	0.00	10.00	14.00	0.00
Bun, Hamburger, 12dz/144ct - LR1478 (1 bun)	0	150.00	2.00	0.50	0.00	240.00	29.00	5.00
Cheese, Cheddar, Shd, 4/5#, 2905C4 - LR1392 (1 serv.)	0	110.00	9.00	5.00	0.00	180.00	1.00	7.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Potato Wedges - LR1239 (1/2 c.)	0	122.00	0.00	0.00	0.00	145.38	27.62	2.91
Beef Taco - LR1457 (1 serv.)	0	154.65	8.97	3.30	0.60	199.91	1.15	16.01

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Site: ALL  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>02/09/23 - ServingDate: 02/09/2023</b>								
Oranges - LR1122 (1 ea.)	0	42.00	0.00	0.00	0.00	0.00	11.00	1.00
Seasoning, Tajin, 14oz, sysco - LR1256 (1 serv.)	0	0.00	0.00	0.00	0.00	190.00	0.00	0.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Pizza, Rippers, Pepperoni 105ct - LR1738 (1 ea.)	0	290.00	13.00	5.00	0.00	550.00	27.00	16.00
Produce, Cucumbers, 36/cs - LR1505 (1 cucumber ())	0	45.00	0.00	0.00	0.00	6.00	9.00	2.00
<b>02/10/23 - ServingDate: 02/10/2023</b>								
Mixed Fruit - LR1114 (1/2 c.)	0	120.00	0.50	0.00	0.00	5.00	30.00	1.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Milk, Strawberry, Fat Free, RockView, 8oz - LR1737 (1 Carton)	0	110.00	0.00	0.00	0.00	100.00	20.00	8.00
Salsa - LR1136 (2 tbsp.)	0	10.00	0.00	0.00	0.00	35.00	2.00	0.00
Quesadilla, Two Cheese, Green Chile, IW, 48ct - LR1734 (1 ea.)	0	321.99	13.98	6.91	0.00	403.01	32.19	16.83
Canned Mixed Veggies, 96 serv - LR1469 (1/2 c.)	0	55.83	1.67	0.33	0.00	142.92	9.00	1.75
<b>02/14/23 - ServingDate: 02/14/2023</b>								
Swee' Heart Italian Ice - LR1231 (1 ea.)	0	102.00	0.00	0.00	0.00	15.46	25.77	0.00
Cookie, Heart, I/W, 150ct - LR1028 (1 ea.)	0	130.00	4.00	0.00	0.00	120.00	21.00	2.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00

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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)
<b>02/14/23 - ServingDate: 02/14/2023</b>								
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Milk, Strawberry, Fat Free, RockView, 8oz - LR1737 (1 Carton)	0	110.00	0.00	0.00	0.00	100.00	20.00	8.00
Ketchup - LR1104 (1 tbsp.)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Peas, Cnd, 6/10#, 144sv - LR1036 (1/2 c.)	0	90.00	1.00	0.00	0.00	140.00	16.00	4.00
Chicken, Nugget, Heart, 4ea/50serv - LR1545 (4 Piece)	0	164.00	8.50	1.00	0.00	399.00	13.50	13.50
Salad Bar, 100 servings - LR1651 (1/2 c.)	0	37.02	0.03	0.00	0.00	35.18	10.70	3.07
<b>02/15/23 - ServingDate: 02/15/2023</b>								
Mustard Packets - 500ct - LR1542 (1 packet)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Sauce - LR1119 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Hot Dog Bun - LR1030 (1 Hot Dog Bu)	0	150.00	2.00	0.00	0.00	260.00	27.00	6.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Baked Beans - LR1465 (2/3 c.)	0	147.73	0.90	0.24	0.00(M)	627.42	31.69	7.47
Ketchup - LR1104 (1 tbsp.)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Frank, Beef, Hoffy, 80ct - LR1615 (1 Frank)	0	140.00	12.00	5.00	0.00	400.00	1.00	7.00
<b>02/16/23 - ServingDate: 02/16/2023</b>								
Pear - LR1188 (1 ea.)	0	111.51	0.28	0.00	0.00	1.77	26.57	0.69
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00

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Site: ALL  
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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)
<b>02/16/23 - ServingDate: 02/16/2023</b>								
Pizza, Cheese, Stuffed Crust, Max, 72/ct - LR1564 (1 slice)	0	310.00	12.00	4.00	0.00	640.00	35.00	15.00
Spinach and Strawberry Salad, - LR1689 (1 1/2 c.)	0	84.92	6.60	1.20	0.00	204.00	6.02	0.00
<b>02/17/23 - ServingDate: 02/17/2023</b>								
Beef BBQ Sandwich - LR1045 (1 ea.)	0	279.62	9.74	3.19	0.00	543.02	34.23	16.37
Peaches, Diced, Cnd, 6/10#, 144/4oz - LR1032 (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
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Canned Mixed Veggies, 96 serv - LR1469 (1/2 c.)	0	55.83	1.67	0.33	0.00	142.92	9.00	1.75
<b>Copy of 02/21/23 - ServingDate: 02/21/2023</b>								
Sour Cream, Rockview 5# - LR1691 (3 1/2 ounces)	0	193.00	18.00	11.00	0.00	104.00	5.00	3.00
Green Apple - LR1098 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	25.00	0.00
Cheese, Cheddar, Shd, 4/5#, 2905C4 - LR1392 (1 serv.)	0	110.00	9.00	5.00	0.00	180.00	1.00	7.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Corn - LR1115 (1/2 c.)	0	80.00	2.00	0.00	0.00	15.00	17.00	2.00
Tomato Roma - LR1027 (1 ea.)	0	11.20	0.10	0.00	0.00	3.10	2.00	0.60
Turkey Taco Filling - LR1248 (1 3/4 oz.)	0	73.88	3.45	1.02	0.00	136.44	2.62	8.12
Chips, Walking Taco, Doritos, Nacho Cheese, 44ct - LR1739 (1 ea.)	0	190.00	7.00	1.00	0.00	280.00	28.00	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)
<b>Copy of 02/21/23 - ServingDate: 02/21/2023</b>								
Produce, Lettuce, Romaine, Chop, 6bg - LR1701 (1/2 c.)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad Bar, 100 servings - LR1651 (1/2 c.)	0	37.02	0.03	0.00	0.00	35.18	10.70	3.07
<b>Copy of 02/22/23 - ServingDate: 02/22/2023</b>								
Chicken Strips - LR1225 (3 ea.)	0	260.00	15.00	2.50	0.00	390.00	16.00	15.00
Peaches, Diced, Cnd, 6/10#, 144/4oz - LR1032 (1/2 c.)	0	60.00	0.00	0.00	0.00	10.00	14.00	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
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Ketchup - LR1104 (1 tbsp.)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Diced Potatoes - LR1164 (1/2 c.)	0	52.00	0.00	0.00	0.00	15.00	12.00	1.00
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
<b>02/23/23 - ServingDate: 02/23/2023</b>								
Oranges - LR1122 (1 ea.)	0	42.00	0.00	0.00	0.00	0.00	11.00	1.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Sauce, Spaghetti - LR1364 (4 ounces)	0	45.00	1.00	0.00	0.00	140.00	9.00	1.00
Breadsticks, Cheese, 56/2ct - LR1603 (2 breadstick)	0	280.00	12.00	4.00	0.00	540.00	30.00	14.00
Pizza Green Beans, 50 serv - LR1608 (1/2 c.)	0	38.69	0.01	0.00	0.00(M)	465.74	6.12	2.29

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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)
<b>02/24/23 - ServingDate: 02/24/2023</b>								
Fish, Nugget, Sea Shapes 4ea/80serv - LR1480 (4 ea.)	0	260.00	10.00	1.50	0.00	480.00	29.00	16.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Milk, Strawberry, Fat Free, RockView, 8oz - LR1737 (1 Carton)	0	110.00	0.00	0.00	0.00	100.00	20.00	8.00
Ketchup - LR1104 (1 tbsp.)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Tarter Sauce, 32/2tbsp serv - LR1566 (2 tablespoon)	0	92.50 (M)	6.25(M)	1.25(M)	0.00(M)	237.50 (M)	8.75(M)	0.00(M)
Rice Krispy Square, 0.8oz, 100ct - LR1735 (1 ea.)	0	100.00	2.50	1.00	0.00	50.00	16.00	1.00
Canned Mixed Veggies, 96 serv - LR1469 (1/2 c.)	0	55.83	1.67	0.33	0.00	142.92	9.00	1.75
Raisels, Watermelon Shock, 200/1.66oz - LR1740 (1 pkg.)	0	160.00	0.00	0.00	0.00	5.00	37.00	1.00
<b>02/27/23 - ServingDate: 02/27/2023</b>								
Pears, Diced, Cnd, 6/10#, 138sv - LR1035 (1/2 c.)	0	80.00	0.00	0.00	0.00	5.00	19.00	0.00
Roll, Dinner, Artisan, 2oz/144ct - LR1625 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	34.00	5.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Mashed Potatoes - LR1165 (1/2 c.)	0	79.20	1.36	0.23	0.00	309.63	15.22	1.66
Teriyaki Beef Dunkers - LR1283 (4 ea.)	0	152.00	6.50	2.60	0.00	344.00	10.00	13.60
Salad Bar, 100 servings - LR1651 (1/2 c.)	0	37.02	0.03	0.00	0.00	35.18	10.70	3.07



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<b>02/28/23 - ServingDate: 02/28/2023</b>								
Sour Cream, Rockview 5# - LR1691 (3 1/2 ounces)	0	193.00	18.00	11.00	0.00	104.00	5.00	3.00
Kiwi - LR1186 (1 ea.)	0	46.00	0.00	0.00	0.00	2.00	11.00	1.00
Chips, Tortilla, 150/1.5oz, IW - LR1500 (1 Bag)	0	210.00	12.00	1.70	0.00	225.00	23.00	2.00
Whole Grain Flour Tortilla - LR1281 (1 ea.)	0	87.00	2.00	0.00	0.00	150.00	15.00	3.00
1% Milk - LR1289 (1 ea.)	0	120.00	2.50	1.50	0.00	140.00	16.00	10.00
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Salsa - LR1136 (2 tbsp.)	0	10.00	0.00	0.00	0.00	35.00	2.00	0.00
Diced Chicken Taco Filling, 80 serv - LR1451 (1 serv.)	0	80.63	2.29	0.00	0.00	205.50	1.15	12.29
Fiesta Corn - LR1497 (1/2 c.)	0	88.45	3.51	0.62	0.00	35.81	15.59	1.81

**Legend**  
 (M) - Missing Nutrient Values

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