

Menu Calendar Nutrient Analysis Report - September, 2022

Site: ALL

Date: 09/01/2022 - 09/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
09/01/22 - ServingDate: 09/01/2022								
Fresh Strawberries - LR1238 (1/2 c.)	0	0.00	0.00	0.00	0.00	0.02	0.12	0.01
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
Calzone, Pepperoni, 48ct - LR1606 (1 calzone)	0	270.00	10.00	4.00	0.00	540.00	30.00	17.00
Ranch Dressing - LR1170 (2 oz.)	0	50.00	5.00	0.50	0.00	160.00	2.00	0.00
Produce, Bell Peppers, Red, 14ct - LR1660 (3 strips)	0	2.40	0.00	0.00	0.00	0.00	0.48	0.00
09/02/22 - ServingDate: 09/02/2022								
Xtreme Bean & Cheese Burrito - LR1041 (1 ea.)	0	291.00	8.29	3.62	0.01	478.94	40.95	15.60
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
Canned Mixed Veggies, 96 serv - LR1469 (1/2 c.)	0	62.83	1.72	0.34	0.00	211.52	10.57	1.93
09/06/22 - ServingDate: 09/06/2022								
Pear - LR1188 (1 ea.)	0	111.51	0.28	0.00	0.00	1.77	26.57	0.69
Brown Rice - LR1111 (1/2 c.)	0	108.00	1.00	0.00	0.00	5.00	22.00	3.00
Seasoning, Spanish Rice Mix, 8/2# 120 serv per bag - LR1522 (2 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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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09/06/22 - ServingDate: 09/06/2022								
Beef, Taco Filling, 6- 5#bgs, 151/3oz - LR1664 (3 1/4 OZ)	0	113.10	4.81	1.80	0.00	295.74	5.28	12.78
Taco shell, crunchy, 10/20ct - LR1458 (1 shell)	0	70.00	3.00	0.00	0.00	160.00	9.00	1.00
Elote Corn Salad, 60 serv - LR1623 (1/2 c.)	0	141.69	7.91	1.33	0.00	160.71	18.52	2.59
Salad Bar, 100 servings - LR1651 (1/2 c.)	0	99.83	0.61	0.23	0.00	122.16	24.05	6.65
09/07/22 - ServingDate: 09/07/2022								
Mixed Fruit - LR1114 (1/2 c.)	0	120.00	0.50	0.00	0.00	5.00	30.00	1.00
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
Frank, Beef, Hoffs, 80ct - LR1615 (1 Frank)	0	140.00	12.00	5.00	0.00	400.00	1.00	7.00
Chili Spiced Beans - LR1477 (1/2 c.)	0	113.52	1.14	0.21	0.00	425.41	19.85	6.31
09/08/22 - ServingDate: 09/08/2022								
Pizza, Cheese, Wedge, BelRs, 45ct - LR1383 (1 ea.)	0	330.00	16.00	8.00	0.00	500.00	31.00	18.00
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
Carrot Raisin Salad, 100 serv - LR1667 (1/2 c.)	0	139.44	6.72	1.28	0.00	207.50	19.08	1.28

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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)
09/09/22 - ServingDate: 09/09/2022								
Diced Pears - LR1035 (1/2 c.)	0	80.00	0.00	0.00	0.00	5.00	19.00	0.00
Cracker, Graham, Maple Waffle, 300/2pk - LR1050 (1 ea.)	0	110.00	3.50	0.50	0.00	115.00	20.00	2.00
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
Chicken,Nugget,Stars,2 bgs,50/4per - LR1496 (4 Piece)	0	164.00	8.50	1.00	0.00	399.00	13.50	13.50
Canned Mixed Veggies, 96 serv - LR1469 (1/2 c.)	0	62.83	1.72	0.34	0.00	211.52	10.57	1.93
09/12/22 - ServingDate: 09/12/2022								
Chicken Strips - LR1224 (1 serv.)	0	84.00	4.00	2.00	0.00	176.00	0.00	12.00
Apple Sauce - LR1119 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Roll, Dinner, 12pk/144ct - LR1470 (1 roll.)	0	80.00	1.00	0.00	0.00	125.00	15.00	2.00
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
Alfredo Sauce Mix, 12/16oz - LR1491 (1/4 c.)	0	60.00	3.00	1.50	0.00	330.00	7.00	1.00
Pasta, Penne - LR1459 (1 serv.)	0	105.00	1.00	0.00	0.00	0.00	21.00	3.00
Produce, Broccoli, 4/3# bag, 240serv - LR1662 (1 serv.)	0	0.00	0.00	0.00	0.00	0.25	0.05	0.02
Salad Bar, 100 servings - LR1651 (1/2 c.)	0	99.83	0.61	0.23	0.00	122.16	24.05	6.65
09/13/22 - ServingDate: 09/13/2022								
Green Apple - LR1098 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	25.00	0.00

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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)
09/13/22 - ServingDate: 09/13/2022								
Chip, Tortilla, 150/1.5oz - LR1500 (1 Bag)	0	210.00	12.00	1.70	0.00	225.00	23.00	2.00
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
Cheese Sauce, 6/5#, 126/4oz, JTM - LR1585 (3 7/8 ounces)	0	182.00	10.00	6.00	0.00	762.00	10.00	12.00
09/14/22 - ServingDate: 09/14/2022								
Sloppy Joe, 50sv, Scratch - LR1418 (1 serv.)	0	220.20	11.98	4.55	0.83	218.43	4.68	21.70
Diced Peaches - 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
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
Green Beans - LR1110 (1/2 c.)	0	20.00	0.00	0.00	0.00	380.00	3.00	1.00
09/15/22 - ServingDate: 09/15/2022								
Fresh Strawberries - LR1238 (1/2 c.)	0	0.00	0.00	0.00	0.00	0.02	0.12	0.01
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

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09/15/22 - ServingDate: 09/15/2022								
Salad, Black Beans & Corn, 50 serv - LR1559 (1/2 c.)	0	108.94 (M)	2.09(M)	0.16(M)	0.00(M)	93.41 (M)	19.37 (M)	4.85(M)
09/16/22 - ServingDate: 09/16/2022								
Beef BBQ Sandwich - LR1045 (1 ea.)	0	279.62	9.74	3.19	0.00	543.02	34.23	16.37
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
Canned Mixed Veggies, 96 serv - LR1469 (1/2 c.)	0	62.83	1.72	0.34	0.00	211.52	10.57	1.93
09/19/22 - ServingDate: 09/19/2022								
Meatballs - LR1061 (4 ea.)	0	89.00	4.50	1.80	0.00	286.00	1.70	10.80
Pineapple Tidbits - LR1132 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	15.00	0.00
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
Green Beans - LR1110 (1/2 c.)	0	20.00	0.00	0.00	0.00	380.00	3.00	1.00
Sauce, Sweet & Sour, 5/6# bag - LR1567 (2 tablespoon)	0	50.00	0.00	0.00	0.00	75.00	12.00	1.00
Salad Bar, 100 servings - LR1651 (1/2 c.)	0	99.83	0.61	0.23	0.00	122.16	24.05	6.65
09/20/22 - ServingDate: 09/20/2022								
Turkey Taco - LR1248 (1 serv.)	0	100.00	6.00	1.50	0.00	150.00	3.00	9.00
Oranges - LR1122 (1 ea.)	0	42.00	0.00	0.00	0.00	0.00	11.00	1.00

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09/20/22 - ServingDate: 09/20/2022								
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
Chip, Tortilla, 6/2#bags, 192 serv - LR1553 (1 serv.)	0	210.00	12.00	1.70	0.00	225.00	23.00	2.00
USDA, Corn, Fzn, 30#, 165sv - LR1658 (1/2 c.)	0	67.00	1.00	0.00	0.00	1.00	16.00	2.00
09/21/22 - ServingDate: 09/21/2022								
Chicken Strips - LR1225 (3 ea.)	0	260.00	15.00	2.50	0.00	390.00	16.00	15.00
Apple Sauce, Cnd, 6/#10 - LR1003 (1/2 c.)	0	50.00	0.00	0.00	0.00	15.00	15.00	0.00
Syrup - LR1249 (2 tbsp.)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Seasoning, Cinnamon, Ground - LR1257 (1 portion)	0	18.00	0.09	0.02	0.00	0.71	5.71	0.28
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
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 - LR1589 (1 waffle)	0	180.00	6.00	1.00	0.00	370.00	27.00	3.00
09/22/22 - ServingDate: 09/22/2022								
Produce, Peaches , 60-80ct - LR1634 (1 ea.)	0	50.00	0.50	0.00	0.00	0.00	15.00	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
Three Bean Salad E-11 - LR1442 (1/4 c.)	0	33.62	1.49	0.21	0.00(M)	99.94	4.35	1.54

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09/22/22 - ServingDate: 09/22/2022								
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
09/23/22 - ServingDate: 09/23/2022								
Chicken Corn Dog - LR1105 (1 ea.)	0	240.00	8.00	2.50	0.00	390.00	30.00	9.00
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
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	62.83	1.72	0.34	0.00	211.52	10.57	1.93
09/26/22 - ServingDate: 09/26/2022								
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
Chocolate Milk, Non-Fat - LR1118 (1 ea.)	0	120.00	0.00	0.00	0.00	200.00	23.00	7.00
Diced Potatoes - LR1164 (1/2 c.)	0	52.00	0.00	0.00	0.00	15.00	12.00	1.00
Chocolate, Butter, No Nut, 220ct - LR1548 (1 c.)	0	170.00	11.00	1.00	0.00	105.00	14.00	3.00
Turkey Sausage Links - 1/160ct or 2/80ct - LR1543 (1 ea.)	0	60.00	4.00	1.00	0.00	100.00	0.00	6.00
Pancakes, Buttermilk, 144/1.3oz - LR1670 (1 pancake)	0	80.00	1.50	0.00	0.00	110.00	15.00	2.00
Salad Bar, 100 servings - LR1651 (1/2 c.)	0	99.83	0.61	0.23	0.00	122.16	24.05	6.65
09/27/22 - ServingDate: 09/27/2022								
Pear - LR1188 (1 ea.)	0	111.51	0.28	0.00	0.00	1.77	26.57	0.69

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09/27/22 - ServingDate: 09/27/2022								
Roll, Dinner, 12pk/144ct - LR1470 (1 roll.)	0	80.00	1.00	0.00	0.00	125.00	15.00	2.00
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
Meatloaf w/ Catsup, 100ct - LR1584 (1 patty)	0	180.00	11.00	4.50	0.50	570.00	8.00	12.00
09/28/22 - ServingDate: 09/28/2022								
Mac & Cheese, JTM, 6bg,80-6oz servings - LR1390 (1 serv.)	0	302.00	15.00	8.50	0.60	658.99	27.00	16.00
Mixed Fruit - LR1114 (1/2 c.)	0	120.00	0.50	0.00	0.00	5.00	30.00	1.00
Goldfish Pretzel Cracker - LR1077 (1 pkg.)	0	90.00	1.50	0.00	0.00	200.00	16.00	2.00
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
Produce, Broccoli, 4/3# bag, 240serv - LR1662 (1 serv.)	0	0.00	0.00	0.00	0.00	0.25	0.05	0.02
09/29/22 - ServingDate: 09/29/2022								
Quesadilla, Pizza with Chicken, 96ct - LR1671 (1 slice)	0	280.00	8.00	2.00	0.00	660.00	38.00	17.00
Fresh Strawberries - LR1238 (1/2 c.)	0	0.00	0.00	0.00	0.00	0.02	0.12	0.01
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
Spicy Coleslaw, 100 serv - LR1672 (1/2 c.)	0	41.65 (M)	0.56(M)	0.08(M)	0.00(M)	25.19 (M)	8.92(M)	0.02(M)

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09/30/22 - ServingDate: 09/30/2022								
Turkey Ham, 2214-08 - LR1427 (1 serv.)	0	57.00	1.93	0.58	0.00	438.00	1.49	7.68
Turkey, Deli Breast, Sliced, 8/5# - LR1331 (1 slice)	0	45.00	1.00	0.00	0.00	240.00	1.00	9.00
Peach Cup - LR1033 (1 ea.)	0	117.00	0.01	0.00	0.00	7.00	30.00	0.00
Cheese, Sliced, Yllw, 120 ct - 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
Hoagie, Mini 4.5", 144/12pkg - LR1529 (1 Hoagie)	0	140.00	2.00	0.00	0.00	220.00	27.00	5.00
Canned Mixed Veggies, 96 serv - LR1469 (1/2 c.)	0	62.83	1.72	0.34	0.00	211.52	10.57	1.93

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: Elementary

Menu Line: Main

Serving Group: K-5

Nutrients Option: Expanded