

Menu Calendar Nutrient Analysis Report - November, 2022

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) |
|---|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| 11/01/22 - ServingDate: 11/01/2022 | | | | | | | | |
| Orange Chicken, 192sv, Yangs - LR1354 (1 serv.) | 0 | 153.00 | 3.06 | 0.51 | 0.00 | 285.76 | 19.39 | 11.23 |
| Green Apple - LR1098 (1 ea.) | 0 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | 25.00 | 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 |
| Peas - LR1036 (1/2 c.) | 0 | 90.00 | 1.00 | 0.00 | 0.00 | 140.00 | 16.00 | 4.00 |
| 11/02/22 - ServingDate: 11/02/2022 | | | | | | | | |
| Pasta Meat Sauce, 50 portions, 1/2cup - LR1365 (1/2 c.) | 0 | 273.87 | 14.73 | 5.32 | 0.96(M) | 178.91 | 8.22 | 26.18 |
| 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 |
| Green Beans - LR1110 (1/2 c.) | 0 | 20.00 | 0.00 | 0.00 | 0.00 | 380.00 | 3.00 | 1.00 |
| Breadsticks. Garlic, 240ct - LR1617 (1 Bread Stic) | 0 | 100.00 | 3.50 | 0.50 | 0.00 | 95.00 | 15.00 | 1.00 |
| Pasta, Penne, 1/2cup - 1oz - LR1459 (1 serv.) | 0 | 44.55 | 0.58 | 0.00 | 0.00 | 0.00 | 8.68 | 1.74 |
| 11/03/22 - ServingDate: 11/03/2022 | | | | | | | | |
| Pepperoni Pizza - LR1173 (1 slice) | 0 | 370.00 | 18.00 | 9.00 | 0.00 | 580.00 | 34.00 | 20.00 |
| 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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| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| 11/03/22 - ServingDate: 11/03/2022 | | | | | | | | |
| Italian Corn, Hot, 100 serv - LR1680 (1/2 c.) | 0 | 80.20 | 2.35 | 0.16 | 0.00 | 18.69 | 16.19 | 1.91 |
| 11/04/22 - ServingDate: 11/04/2022 | | | | | | | | |
| Diced Peaches - 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 |
| Ketchup - LR1104 (1 tbsp.) | 0 | 20.00 | 0.00 | 0.00 | 0.00 | 160.00 | 5.00 | 0.00 |
| Corndog, Trk, MIni, 6bg, 119/6ea - LR1504 (6 ea.) | 0 | 267.00 | 11.00 | 1.90 | 0.00 | 364.89 | 32.99 | 9.00 |
| Mustard Packets - 500ct - LR1542 (1 packet) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Canned Mixed Veggies, 96 serv - LR1469 (1/2 c.) | 0 | 55.83 | 1.67 | 0.33 | 0.00 | 142.92 | 9.00 | 1.75 |
| 11/07/22 - ServingDate: 11/07/2022 | | | | | | | | |
| Oranges, Mandarin, 132/4oz - LR1635 (1/2 c.) | 0 | 70.00 | 0.00 | 0.00 | 0.00 | 10.00 | 17.00 | 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 |
| Asian Salad for BBQ Asian Pork, 8 serv - LR1702 (1 c.) | 0 | 29.22 (M) | 0.01(M) | 0.00(M) | 0.00(M) | 532.75 (M) | 6.89(M) | 0.16(M) |
| Asian BBQ Pork - LR1700 (4 oz.) | 0 | 186.30 | 10.13 | 4.05 | 0.00 | 409.05 | 0.00 | 22.27 |
| Flatbread, 6x6 Square, 8/24ct - LR1699 (1 FLATBREAD) | 0 | 180.00 | 5.00 | 1.00 | 0.00 | 330.00 | 28.00 | 6.00 |
| Salad Bar, 100 servings - LR1651 (1/2 c.) | 0 | 99.83 | 0.61 | 0.23 | 0.00 | 122.16 | 24.05 | 6.65 |

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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) |
|--|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| 11/08/22 - ServingDate: 11/08/2022 | | | | | | | | |
| Turkey Taco Filling - LR1248 (1 3/4 oz.) | 0 | 73.88 | 3.45 | 1.02 | 0.00 | 136.44 | 2.62 | 8.12 |
| Apple - LR1123 (1 ea.) | 0 | 77.00 | 0.25 | 0.04 | 0.00 | 1.00 | 20.00 | 0.39 |
| 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) |
| 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 |
| Elote Corn Salad, 60 serv - LR1623 (1/2 c.) | 0 | 141.69 | 7.91 | 1.33 | 0.00 | 160.71 | 18.52 | 2.59 |
| 11/09/22 - ServingDate: 11/09/2022 | | | | | | | | |
| Mozzarella Cheese Cup - LR1176 (1 serv.) | 0 | 86.00 | 5.68 | 3.59 | 0.00 | 149.69 | 1.09 | 7.36 |
| Meatballs - LR1061 (4 ea.) | 0 | 89.00 | 4.50 | 1.80 | 0.00 | 286.00 | 1.70 | 10.80 |
| Diced Pears - LR1035 (1/2 c.) | 0 | 80.00 | 0.00 | 0.00 | 0.00 | 5.00 | 19.00 | 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 |
| Potato Wedges - LR1239 (1/2 c.) | 0 | 122.00 | 0.00 | 0.00 | 0.00 | 145.38 | 27.62 | 2.91 |
| Sauce, Spaghetti - LR1364 (4 ounces) | 0 | 45.00 | 1.00 | 0.00 | 0.00 | 140.00 | 9.00 | 1.00 |
| Roll, French, 9/12ct - LR1549 (1 roll.) | 0 | 140.00 | 2.00 | 0.00 | 0.00 | 240.00 | 27.00 | 5.00 |

Menu Calendar Nutrient Analysis Report - November, 2022

Generated on: 10/27/2022 10:19:29 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) |
|---|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| 11/10/22 - ServingDate: 11/10/2022 | | | | | | | | |
| Pizza Quesadilla w/ Cheese - LR1243 (1 ea.) | 0 | 320.00 | 12.00 | 3.00 | 0.00 | 710.00 | 39.00 | 15.00 |
| 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 |
| Peas - LR1036 (1/2 c.) | 0 | 90.00 | 1.00 | 0.00 | 0.00 | 140.00 | 16.00 | 4.00 |
| 11/14/22 - ServingDate: 11/14/2022 | | | | | | | | |
| Diced Peaches - 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 |
| Green Beans - LR1110 (1/2 c.) | 0 | 20.00 | 0.00 | 0.00 | 0.00 | 380.00 | 3.00 | 1.00 |
| Ketchup - LR1104 (1 tbsp.) | 0 | 20.00 | 0.00 | 0.00 | 0.00 | 160.00 | 5.00 | 0.00 |
| Chicken, Nugget, Turkey, 4ea/52 serv - LR1704 (4 Piece) | 0 | 164.00 | 8.50 | 1.00 | 0.00 | 399.00 | 13.50 | 13.50 |
| Cookie, Snickerdoodle 130/1.75oz, IW - LR1687 (1 ea.) | 0 | 189.00 | 5.70 | 1.80 | 0.00 | 127.20 | 33.20 | 2.50 |
| Salad Bar, 100 servings - LR1651 (1/2 c.) | 0 | 99.83 | 0.61 | 0.23 | 0.00 | 122.16 | 24.05 | 6.65 |
| 11/15/22 - ServingDate: 11/15/2022 | | | | | | | | |
| Chicken, Fillet, Unbreaded, 6bg - LR1429 (1 ea.) | 0 | 100.00 | 2.50 | 0.00 | 0.00 | 220.00 | 0.00 | 20.00 |
| Pineapple Tidbits - LR1132 (1/2 c.) | 0 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 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 |

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|---|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| 11/15/22 - ServingDate: 11/15/2022 | | | | | | | | |
| Chocolate Milk, Non-Fat - LR1118 (1 ea.) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 200.00 | 23.00 | 7.00 |
| Peas - LR1036 (1/2 c.) | 0 | 90.00 | 1.00 | 0.00 | 0.00 | 140.00 | 16.00 | 4.00 |
| Sauce, BBQ, RnA - LR1380 (2 tablespoon) | 0 | 25.00 | 0.00 | 0.00 | 0.00 | 310.00 | 5.00 | 0.00 |
| 11/16/22 - ServingDate: 11/16/2022 | | | | | | | | |
| Diced Pears - LR1035 (1/2 c.) | 0 | 80.00 | 0.00 | 0.00 | 0.00 | 5.00 | 19.00 | 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 |
| Salsa - LR1136 (2 tbsp.) | 0 | 10.00 | 0.00 | 0.00 | 0.00 | 35.00 | 2.00 | 0.00 |
| Taquitos, Beef, 50/2ea - LR1705 (2 Taquitos) | 0 | 257.00 | 9.00 | 2.60 | 0.00 | 85.60 | 27.80 | 18.50 |
| Fiesta Corn - LR1497 (1/2 c.) | 0 | 88.45 | 3.51 | 0.62 | 0.00 | 35.81 | 15.59 | 1.81 |
| 11/17/22 - ServingDate: 11/17/2022 | | | | | | | | |
| Givin' Thanks Apple - LR1232 (1 ea.) | 0 | 99.00 | 0.00 | 0.00 | 0.00 | 15.00 | 25.00 | 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 |
| Gravy, Scratch, 64sv - LR1415 (1/4 c.) | 0 | 26.47 (M) | 2.78(M) | 1.01(M) | 0.00(M) | 28.80 (M) | 0.33(M) | 0.01(M) |
| Mashed Potatoes - LR1165 (1/2 c.) | 0 | 79.20 | 1.36 | 0.23 | 0.00 | 309.63 | 15.22 | 1.66 |
| Turkey, Roast, 202/3oz serv - LR1494 (1 serv.) | 0 | 114.00 | 6.00 | 2.00 | 0.00 | 388.00 | 0.00 | 16.00 |
| Cranberry Sauce, 6/#10 - LR1495 (1 serv.) | 0 | 110.00 | 0.00 | 0.00 | 0.00 | 10.00 | 25.00 | 0.00 |

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|--|-------------|--------------------|---------------|-------------|---------------|-------------|-----------|-------------|
| 11/18/22 - ServingDate: 11/18/2022 | | | | | | | | |
| 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 |
| Grilled Cheese - LR1006 (1 ea.) | 0 | 280.00 | 9.91 | 5.56 | 0.00 | 580.79 | 30.96 | 18.55 |
| Canned Mixed Veggies, 96 serv - LR1469 (1/2 c.) | 0 | 55.83 | 1.67 | 0.33 | 0.00 | 142.92 | 9.00 | 1.75 |
| 11/28/22 - ServingDate: 11/28/2022 | | | | | | | | |
| Diced Pears - LR1035 (1/2 c.) | 0 | 80.00 | 0.00 | 0.00 | 0.00 | 5.00 | 19.00 | 0.00 |
| Rice Pilaf - LR1113 (1/2 c.) | 0 | 172.23 (M) | 8.04(M) | 2.56(M) | 0.00(M) | 75.44 (M) | 22.05 (M) | 3.01(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 |
| Peas - LR1036 (1/2 c.) | 0 | 90.00 | 1.00 | 0.00 | 0.00 | 140.00 | 16.00 | 4.00 |
| Teriyaki Beef Dunkers - LR1283 (4 ea.) | 0 | 152.00 | 6.50 | 2.60 | 0.00 | 344.00 | 10.00 | 13.60 |
| Bread, Sandwich, 15/24ct loaves - LR1580 (1 slice) | 0 | 100.00 | 1.00 | 0.00 | 0.00 | 180.00 | 19.00 | 4.00 |
| Salad Bar, 100 servings - LR1651 (1/2 c.) | 0 | 99.83 | 0.61 | 0.23 | 0.00 | 122.16 | 24.05 | 6.65 |
| 11/29/22-L - ServingDate: 11/29/2022 | | | | | | | | |
| Chicken Fajita - LR1196 (1 serv.) | 0 | 122.00 | 4.00 | 2.00 | 0.00 | 606.00 | 2.00 | 18.00 |
| Green Apple - LR1098 (1 ea.) | 0 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | 25.00 | 0.00 |
| Tortilla Chips - LR1203 (1 serv.) | 0 | 140.00 | 6.00 | 1.00 | 0.00 | 100.00 | 19.00 | 2.00 |
| Whole Grain Flour Tortilla - LR1281 (1 ea.) | 0 | 87.00 | 2.00 | 0.00 | 0.00 | 150.00 | 15.00 | 3.00 |

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|---|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| 11/29/22-L - ServingDate: 11/29/2022 | | | | | | | | |
| 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 |
| 11/30/22-L - ServingDate: 11/30/2022 | | | | | | | | |
| Mustard Packets - 500ct - LR1542 (1 packet) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed Fruit - LR1114 (1/2 c.) | 0 | 120.00 | 0.50 | 0.00 | 0.00 | 5.00 | 30.00 | 1.00 |
| Bun, Hamburger, 12dz/144ct - LR1478 (1 bun) | 0 | 150.00 | 2.00 | 0.50 | 0.00 | 240.00 | 29.00 | 5.00 |
| Cheese, Sliced, 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 |
| Ketchup - LR1104 (1 tbsp.) | 0 | 20.00 | 0.00 | 0.00 | 0.00 | 160.00 | 5.00 | 0.00 |
| Pickle, Dill, 4/1 GL - LR1106 (8 slice) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 390.00 | 0.00 | 0.00 |
| Oven Fries - LR1167 (1/2 c.) | 0 | 130.00 | 4.00 | 1.00 | 0.00 | 30.00 | 22.00 | 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 |

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: Elementary

Menu Line: Main

Serving Group: K-5

Nutrients Option: Expanded

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