

## 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)
<b>12/01/22-L - ServingDate: 12/01/2022</b>								
Pizza, Cheese, Wedge, R&S, 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
Green Beans - LR1110 (1/2 c.)	0	20.00	0.00	0.00	0.00	380.00	3.00	1.00
<b>12/02/22-L - ServingDate: 12/02/2022</b>								
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
Pull-Aparts, Italian Cheese & Garlic, 72ct - LR1706 (1 pkg.)	0	300.00	13.00	6.00	0.00	520.00	32.00	14.00
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>12/05/22 - ServingDate: 12/05/2022</b>								
Orange Chicken, 192sv, Yangs - LR1354 (1 serv.)	0	153.00	3.06	0.51	0.00	285.76	19.39	11.23
Diced Peaches - LR1032 (1/2 c.)	0	60.00	0.00	0.00	0.00	10.00	14.00	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
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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<b>12/06/22 - ServingDate: 12/06/2022</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
Pear - LR1188 (1 ea.)	0	111.51	0.28	0.00	0.00	1.77	26.57	0.69
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
Refried Beans - LR1109 (1/2 c.)	0	100.00	1.00	0.00	0.00	390.00	18.00	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
Tortilla Chips - LR1203 (1 serv.)	0	140.00	6.00	1.00	0.00	100.00	19.00	2.00
<b>12/07/22 - ServingDate: 12/07/2022</b>								
Sloppy Joe, 50sv, Scratch - LR1418 (1 serv.)	0	220.20	11.98	4.55	0.83	218.43	4.68	21.70
Apple Sauce, Cnd, 6/#10 - LR1003 (1/2 c.)	0	50.00	0.00	0.00	0.00	15.00	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
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
Ketchup - LR1104 (1 tbsp.)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Potato, Tater Tots, 6/5#bag, 156 serv - LR1681 (8 tots)	0	90.00	3.50	0.00	0.00	160.00	14.00	1.00

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<b>12/08/22 - ServingDate: 12/08/2022</b>								
Apple - LR1123 (1 ea.)	0	77.00	0.25	0.04	0.00	1.00	20.00	0.39
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
Italian Corn, Hot, 100 serv - LR1680 (1/2 c.)	0	80.20	2.35	0.16	0.00	18.69	16.19	1.91
<b>12/09/22 - ServingDate: 12/09/2022</b>								
Mustard Packets - 500ct - LR1542 (1 packet)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Turkey Corn Dog - LR1076 (1 ea.)	0	270.00	14.00	4.00	0.00	750.00	22.00	10.00
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
Ketchup - LR1104 (1 tbsp.)	0	20.00	0.00	0.00	0.00	160.00	5.00	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
<b>12/12/22 - ServingDate: 12/12/2022</b>								
Pork Rib-B-Que - LR1270 (1 ea.)	0	151.00	9.50	3.30	0.00	358.00	3.60	12.00
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
Peas - LR1036 (1/2 c.)	0	90.00	1.00	0.00	0.00	140.00	16.00	4.00

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<b>12/12/22 - ServingDate: 12/12/2022</b>								
Pickle, Dill, 4/1gal - LR1106 (8 slice)	0	0.00	0.00	0.00	0.00	390.00	0.00	0.00
Sauce,BBQ, RnA - LR1380 (2 tablespoon)	0	25.00	0.00	0.00	0.00	310.00	5.00	0.00
Hoagie, Mini 4.5", 144/12pkg - LR1529 (1 Hoagie)	0	140.00	2.00	0.00	0.00	220.00	27.00	5.00
Salad Bar, 100 servings - LR1651 (1/2 c.)	0	99.83	0.61	0.23	0.00	122.16	24.05	6.65
<b>12/13/22 - ServingDate: 12/13/2022</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
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
Tamale, Chicken, Red 48ct - LR1463 (1 serv.)	0	290.00	16.00	1.50	0.00	680.00	26.00	11.00
Elote Corn Salad, 60 serv - LR1623 (1/2 c.)	0	141.69	7.91	1.33	0.00	160.71	18.52	2.59
<b>12/14/22 - ServingDate: 12/14/2022</b>								
Cookie, Christmas Tree, 150ct - LR1341 (1 ea.)	0	130.00	4.50	1.00	0.00	100.00	22.00	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
Ketchup - LR1104 (1 tbsp.)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Potato Wedges - LR1239 (1/2 c.)	0	122.00	0.00	0.00	0.00	145.38	27.62	2.91
Chicken, Nugget, Winter, 4ea/50serv - LR1509 (4 Piece)	0	186.00	9.62	1.13	0.00	451.70	15.28	15.28

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<b>12/14/22 - ServingDate: 12/14/2022</b>								
Fruit,Fzn,SnoJoe, 90ct - LR1532 (1 container )	0	99.00	0.00	0.00	0.00	15.00	25.00	0.00
<b>12/15/22 - ServingDate: 12/15/2022</b>								
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
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
Pizza, Pep, 4x6, 96ct, The Max - LR1616 (1 serv.)	0	270.00	8.00	4.00	0.00	690.00	35.00	16.00
<b>12/16/22 - ServingDate: 12/16/2022</b>								
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
Beef, Mini Cheeseburger twin pack, 72ct - LR1531 (1 pkg.)	0	336.00	16.30	6.50	0.00	641.00	31.60	16.50
Canned Mixed Veggies, 96 serv - LR1469 (1/2 c.)	0	55.83	1.67	0.33	0.00	142.92	9.00	1.75

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

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