

# Menu Calendar Nutrient Analysis Report - September, 2021

Site: ALL  
Date: 09/01/2021 - 09/30/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>Deli Sandwich - ServingDate: 09/08/2021</b>																			
Deli Sandwich - LR1225 (1 sandwich)	100	441.06	19.18	7.32	0.00	99.37	1553.41	34.29	2.23	3.57	(M)	36.01	2.09(M)	43.56 (M)	556.89 (M)	0.49(M)	0.00(M)	27.20 (M)	14.17 (M)
Baby Carrots - LR1145 (4 oz.)	50	47.63	2.17	0.41	0.00(M)	0.00	267.62	6.97	2.50	2.90	(M)	0.65	0.28	24.95	746.17	3.06	0.00(M)	0.00(M)	0.00(M)
Cherry Tomatoes - LR1212 (1/2 c.)	50	18.36	0.20	0.03	0.00	0.00	5.10	3.97	1.22	2.68	(M)	0.90	0.28	10.20	849.66	13.97	0.00	241.74	96.41
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>Cheeseburger - ServingDate: 09/09/2021</b>																			
*Cheeseburger - LR1226 (1 ea.)	100	380.00	22.00	9.50	0.50	70.00	1030.00	26.00	4.00	3.00	0.00(M)	23.00	2.52(M)	40.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Crinkle Cut Fries - LR1098 (1 c.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Watermelon - LR1227 (1 cup diced)	100	45.60	0.23	0.03	0.00	0.00	1.52	11.48	0.61	9.42	(M)	0.93	0.36	10.64	864.88	12.31	0.00	170.24	139.00
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>AHS Beef Nachos - ServingDate: 09/10/2021</b>																			
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	118.28	1160.14	35.68	4.56(M)	0.30(M)	(M)	35.22	0.88(M)	240.76 (M)	200.00 (M)	(M)	(M)	(M)	(M)
Sweet Yellow Corn - LR1217 (1 c.)	100	112.15	0.70	0.00	0.00	0.00	0.00	26.64	2.80	2.80	0.00	4.21	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>AHS Beef Nachos - ServingDate: 09/10/2021</b>																			
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>Orange Chicken - ServingDate: 09/13/2021</b>																			
*Orange Chicken with Rice - LR1231 (1 serving)	100	313.33	4.17	0.44	0.00	35.56	248.89	18.89	2.00	8.89	0.00(M)	13.78	1.36	0.00(M)	0.00(M)	1.07(M)	0.00(M)	0.00(M)	0.00(M)
Vegetable Blend - LR1242 (1 c.)	100	30.00	0.00	0.00	(M)	(M)	25.00	5.00	2.00	1.00	(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>AHS Signature Chicken Taco Salad - ServingDate: 09/14/2021</b>																			
AHS Signature Taco Salad - LR1236 (1 salad)	100	512.20 (M)	25.86 (M)	8.81(M)	0.00(M)	64.31 (M)	717.61 (M)	49.22 (M)	7.01(M)	1.17(M)	0.00(M)	22.86 (M)	0.94(M)	231.06 (M)	534.67 (M)	1.51(M)	0.00(M)	104.18 (M)	51.65 (M)
Black Beans - LR1222 (130 g.)	50	110.00	0.00	0.00	0.00	0.00	130.00	20.00	5.00	1.00	(M)	7.00	1.80	60.00	(M)	(M)	(M)	480.00	(M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)

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<b>AHS Signature Chicken Taco Salad - ServingDate: 09/14/2021</b>																			
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Sour Cream - LR1035 (1/4 c.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>AHS Chicken Burger - ServingDate: 09/15/2021</b>																			
Chicken Burger - LR1079 (1 ea.)	100	393.99	15.54	2.50	0.00	55.00	577.85	36.85	6.34	2.56	0.00(M)	26.26	1.20(M)	5.13(M)	143.07(M)	0.80(M)	0.00(M)	750.36(M)	27.26(M)
Baby Carrots - LR1145 (4 oz.)	50	47.63	2.17	0.41	0.00(M)	0.00	267.62	6.97	2.50	2.90	(M)	0.65	0.28	24.95	746.17	3.06	0.00(M)	0.00(M)	0.00(M)
Cherry Tomatoes - LR1212 (1/4 c.)	50	9.18	0.10	0.01	0.00	0.00	2.55	1.98	0.61	1.34	(M)	0.45	0.14	5.10	424.83	6.99	0.00	120.87	48.20
Coleslaw - LR1247 (1/2 c.)	50	80.93	3.40	0.51	(M)	4.25(M)	292.00	11.80	2.07	9.58	(M)	1.00	0.04(M)	6.12(M)	0.17(M)	0.00(M)	0.00(M)	8.50(M)	6.29(M)
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Ranch Dressing - LR1097 (1 tbsp.)	0	28.07	2.45	0.53	0.00(M)	5.01	51.13	0.61	0.04	0.02(M)	(M)	0.33	0.03	11.14(M)	15.92(M)	0.22	0.07	17.85	6.90(M)
<b>AHS Rotini with Meat Sauce - ServingDate: 09/16/2021</b>																			
*Rotini with Meat Sauce - LR1198 (8 oz.)	100	339.00	16.00	6.50	1.00	55.00	392.00	29.00	4.00	6.00	(M)	19.00	3.00	63.00	(M)	(M)	0.00	0.00	(M)

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<b>AHS Rotini with Meat Sauce - ServingDate: 09/16/2021</b>																			
Ripper-Garlic Cheesy - LR1044 (1 ea.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Broccoli - LR1136 (1 cup choppe)	50	30.94	0.34	0.10	0.00	0.00	30.03	6.04	2.37	1.55	(M)	2.57	0.66	42.77	566.93	81.17	0.00	287.56	81.26
Green Beans - LR1219 (1 c.)	50	40.00	0.00	0.00	0.00	0.00	280.00	8.00	4.00	4.00	(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Ranch Dressing - LR1097 (1 tbsp.)	0	28.07	2.45	0.53	0.00(M)	5.01	51.13	0.61	0.04	0.02(M)	(M)	0.33	0.03	11.14 (M)	15.92 (M)	0.22	0.07	17.85	6.90(M)
<b>AHS Beef Nachos - ServingDate: 09/17/2021</b>																			
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	118.28	1160.14	35.68	4.56(M)	0.30(M)	(M)	35.22	0.88(M)	240.76 (M)	200.00 (M)	(M)	(M)	(M)	(M)
Sweet Yellow Corn - LR1217 (1 c.)	100	112.15	0.70	0.00	0.00	0.00	0.00	26.64	2.80	2.80	0.00	4.21	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

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<b>Sweet And Sour Chicken And Rice - ServingDate: 09/20/2021</b>																			
Sweet And Sour Chicken And Rice - LR1251 (1 serving)	100	337.50	4.88	5.63	0.00(M)	45.00	225.00	22.25	2.00(M)	10.13	(M)	16.38	1.53	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable Blend - LR1242 (1 c.)	100	30.00	0.00	0.00	(M)	(M)	25.00	5.00	2.00	1.00	(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>Beef Soft Taco - ServingDate: 09/21/2021</b>																			
Beef Soft Taco - LR1245 (1 taco)	100	485.00	21.52	7.46	0.00(M)	120.42 (M)	762.06	41.45	5.63(M)	2.71(M)	0.00(M)	31.61	1.95(M)	240.02 (M)	462.06 (M)	1.01(M)	0.00(M)	210.88 (M)	34.43 (M)
Black Beans - LR1222 (130 g.)	75	110.00	0.00	0.00	0.00	0.00	130.00	20.00	5.00	1.00	(M)	7.00	1.80	60.00	(M)	(M)	(M)	480.00	(M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	25	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
Sweet Yellow Corn - LR1217 (1/2 c.)	75	56.08	0.35	0.00	0.00	0.00	0.00	13.32	1.40	1.40	0.00	2.10	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

# Menu Calendar Nutrient Analysis Report - September, 2021

Site: ALL  
Date: 09/01/2021 - 09/30/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>AHS Chicken and Waffles - ServingDate: 09/22/2021</b>																			
* Chicken Tenders - LR1153 (3 ea.)	100	242.88	12.14	2.28	0.00	45.54	409.86	12.14	1.52	3.04	(M)	19.73	1.64	0.00	0.00	0.00	(M)	(M)	(M)
*Waffles - LR1232 (1 pcs.)	100	79.69	2.99	0.00	0.00	(M)	104.59	11.95	1.00	1.99	1.00	1.99	0.07	29.88	(M)	(M)	0.20	39.84	(M)
Baby Carrots - LR1145 (6 oz.)	100	71.44	3.25	0.61	0.00(M)	0.00	401.44	10.46	3.74	4.35	(M)	0.97	0.42	37.42	1119.26	4.59	0.00(M)	0.00(M)	0.00(M)
Cherry Tomatoes - LR1212 (1/4 c.)	100	9.18	0.10	0.01	0.00	0.00	2.55	1.98	0.61	1.34	(M)	0.45	0.14	5.10	424.83	6.99	0.00	120.87	48.20
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>AHS Chicken Alfredo - ServingDate: 09/23/2021</b>																			
Chicken Alfredo - LR1254 (1 serving)	100	396.07 (M)	4.93(M)	0.96(M)	0.00(M)	4.21(M)	75.87 (M)	81.96 (M)	12.60 (M)	4.40(M)	0.00(M)	17.12 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Garlic Toast - LR1111 (1 ea.)	100	70.00	2.50	0.50	0.00	0.00	95.00	11.00	1.00	0.00	0.00	2.00	0.60	5.00	(M)	(M)	0.00	92.00	(M)
Green Beans - LR1219 (1 c.)	100	40.00	0.00	0.00	0.00	0.00	280.00	8.00	4.00	4.00	(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

# Menu Calendar Nutrient Analysis Report - September, 2021

Site: ALL  
Date: 09/01/2021 - 09/30/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>AHS Signature Chicken Taco Salad - ServingDate: 09/24/2021</b>																			
AHS Signature Taco Salad - LR1236 (1 salad)	100	512.20 (M)	25.86 (M)	8.81(M)	0.00(M)	64.31 (M)	717.61 (M)	49.22 (M)	7.01(M)	1.17(M)	0.00(M)	22.86 (M)	0.94(M)	231.06 (M)	534.67 (M)	1.51(M)	0.00(M)	104.18 (M)	51.65 (M)
Black Beans - LR1222 (130 g.)	50	110.00	0.00	0.00	0.00	0.00	130.00	20.00	5.00	1.00	(M)	7.00	1.80	60.00	(M)	(M)	(M)	480.00	(M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Sour Cream - LR1035 (1/4 c.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>AHS Chicken Teriyaki And Rice - ServingDate: 09/27/2021</b>																			
*Chicken Teriyaki and Rice - LR1228 (1 serving)	100	295.00	5.00	1.00	0.00	70.00	330.00	8.00	2.00	6.00	(M)	19.00	1.44	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Vegetable Blend - LR1242 (1 c.)	100	30.00	0.00	0.00	(M)	(M)	25.00	5.00	2.00	1.00	(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

# Menu Calendar Nutrient Analysis Report - September, 2021

Site: ALL  
Date: 09/01/2021 - 09/30/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>AHS Signature Chicken Taco Salad - ServingDate: 09/28/2021</b>																			
AHS Signature Taco Salad - LR1236 (1 salad)	100	512.20 (M)	25.86 (M)	8.81(M)	0.00(M)	64.31 (M)	717.61 (M)	49.22 (M)	7.01(M)	1.17(M)	0.00(M)	22.86 (M)	0.94(M)	231.06 (M)	534.67 (M)	1.51(M)	0.00(M)	104.18 (M)	51.65 (M)
Black Beans - LR1222 (130 g.)	50	110.00	0.00	0.00	0.00	0.00	130.00	20.00	5.00	1.00	(M)	7.00	1.80	60.00	(M)	(M)	(M)	480.00	(M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Sour Cream - LR1035 (1/4 c.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Cheesy Breadsticks and Tomato Soup - ServingDate: 09/29/2021</b>																			
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	100	290.00	11.00	6.00	0.00	30.00	500.00	28.00	2.00	5.00	(M)	19.00	1.90	360.00	260.00	0.00	0.00	290.00	55.36
Baby Carrots - LR1145 (6 oz.)	100	71.44	3.25	0.61	0.00(M)	0.00	401.44	10.46	3.74	4.35	(M)	0.97	0.42	37.42	1119.26	4.59	0.00(M)	0.00(M)	0.00(M)
Tomato Soup - LR1214 (3/4 c.)	100	135.00	1.50	0.00	0.00	0.00	585.00	27.00	1.50	15.00	(M)	3.00	0.54	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)



# Menu Calendar Nutrient Analysis Report - September, 2021

Site: ALL  
Date: 09/01/2021 - 09/30/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	
<b>Cheesy Breadsticks and Tomato Soup - ServingDate: 09/29/2021</b>																				
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26	
Ranch Dressing - LR1097 (1 tbsp.)	100	28.07	2.45	0.53	0.00(M)	5.01	51.13	0.61	0.04	0.02(M)	(M)	0.33	0.03	11.14 (M)	15.92 (M)	0.22	0.07	17.85	6.90(M)	
<b>AHS Corn Dog And Tater Tots - ServingDate: 09/30/2021</b>																				
Corn Dog - LR1053 (1 ea.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Tots - LR1016 (1 c.)	100	260.00	12.00	2.00	0.00	0.00	620.00	32.00	4.00	0.00	(M)	4.00	0.72	0.00	0.00	7.20	(M)	(M)	(M)	
Apple - LR1072 (1 ea.)	10	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)	
Applesauce - LR1075 (1/2 c.)	10	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)	
Orange - LR1073 (1 ea.)	10	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Watermelon - LR1227 (1 cup diced)	70	45.60	0.23	0.03	0.00	0.00	1.52	11.48	0.61	9.42	(M)	0.93	0.36	10.64	864.88	12.31	0.00	170.24	139.00	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)	
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26	

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

**Report Selections**  
Meal Type: Lunch  
Site Group: High School  
Menu Line: Main  
Serving Group: 9-12  
Nutrients Option: All