

Menu Calendar Nutrient Analysis Report - October, 2021

Site: ALL
Date: 10/01/2021 - 10/31/2021

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| cheese pizza with green beans - ServingDate: 10/01/2021 | | | | | | | | | | | | | | | | | | | |
| * Pizza, Cheese, Wild Mike's - LR1172 (1 slice 1/10) | 98 | 360.00 | 17.00 | 8.00 | 9.00 | 30.00 | 510.00 | 34.00 | 3.00 | 4.00 | 0.00 | 20.00 | 1.80 | 400.00 | 500.00 | 9.00 | (M) | (M) | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Cauliflower - LR1173 (1/2 cup choppe) | 50 | 13.38 | 0.15 | 0.07 | 0.00 | 0.00 | 16.05 | 2.66 | 1.07 | 1.02 | (M) | 1.03 | 0.23 | 11.77 | 0.00 | 25.79 | 0.00 | 159.97 | 49.26 |
| Green Beans - LR1219 (1/2 c.) | 50 | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 | 140.00 | 4.00 | 2.00 | 2.00 | (M) | 1.00 | (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.) | 80 | 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.) | 1 | 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.) | 19 | 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 |
| Bean and Cheese Burrito - ServingDate: 10/04/2021 | | | | | | | | | | | | | | | | | | | |
| Bean and Cheese Burrito - LR1262 (1 burrito) | 98 | 270.80 | 5.72 | 2.07 | (M) | 10.32 | 305.73 | 44.28 | 8.02 | 2.00 | (M) | 13.88 | 3.60 | 200.00 | (M) | 2.40 | (M) | (M) | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Cherry Tomatoes - LR1212 (3/4 c.) | 50 | 27.54 | 0.31 | 0.04 | 0.00 | 0.00 | 7.65 | 5.95 | 1.84 | 4.02 | (M) | 1.35 | 0.41 | 15.30 | 1274.49 | 20.96 | 0.00 | 362.61 | 144.62 |
| Sweet Yellow Corn - LR1217 (3/4 c.) | 50 | 84.12 | 0.52 | 0.00 | 0.00 | 0.00 | 0.00 | 19.98 | 2.10 | 2.10 | 0.00 | 3.15 | 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.) | 80 | 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) |

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Date: 10/01/2021 - 10/31/2021

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Bean and Cheese Burrito - ServingDate: 10/04/2021 | | | | | | | | | | | | | | | | | | | |
| Milk - Lactose Free - LR1008 (1 ea.) | 1 | 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.) | 19 | 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 |
| Salsa - LR1263 (1 c.) | 50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 525.97 | 7.01 | 1.75 | 3.51 | (M) | 1.75 | (M) | 35.06 | (M) | 2.10 | (M) | (M) | (M) |
| Chicken Nuggets and Baked Beans - ServingDate: 10/05/2021 | | | | | | | | | | | | | | | | | | | |
| * Chicken Nuggets, Tyson - LR1169 (5 ea.) | 98 | 203.60 | 8.91 | 1.91 | 0.00 | 25.45 | 343.58 | 12.72 | 2.54 | 0.00 | 0.00 | 17.82 | 0.92 | 11.45 | 0.00 | 0.00 | 0.00 | 750.60 | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Broccoli - LR1136 (3/4 cup choppe) | 50 | 23.21 | 0.25 | 0.08 | 0.00 | 0.00 | 22.52 | 4.53 | 1.77 | 1.16 | (M) | 1.92 | 0.50 | 32.08 | 425.20 | 60.88 | 0.00 | 215.67 | 60.95 |
| Baked Beans - LR1264 (3/4 cup, drain) | 50 | 330.00 | 1.50 | 0.00 | 0.00 | (M) | 765.00 | 64.50 | 12.00 | 21.00 | (M) | 16.50 | 4.05 | 90.00 | (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.) | 80 | 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.) | 1 | 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.) | 19 | 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.) | 50 | 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) |
| BBQ Sauce - LR1265 (1 Container) | 50 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 370.00 | 8.00 | 0.00 | 7.00 | (M) | 0.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Meatball Sub - ServingDate: 10/06/2021 | | | | | | | | | | | | | | | | | | | |
| meatball sub - LR1273 (1 ea.) | 98 | 210.00 (M) | 2.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 780.00 (M) | 40.00 (M) | 5.00(M) | 12.00 (M) | 0.00(M) | 7.00(M) | 1.00(M) | 116.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 87.00 (M) | 0.00(M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Frosted Sugar Cookie - LR1271 (1 1/2 oz.) | 100 | 172.00 | 6.70 | 1.80 | (M) | 6.50 | 78.00 | 27.00 | 1.00 | 15.00 | (M) | 1.70 | (M) | (M) | 50.00 | (M) | (M) | (M) | (M) |

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Date: 10/01/2021 - 10/31/2021

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Meatball Sub - ServingDate: 10/06/2021 | | | | | | | | | | | | | | | | | | | |
| * Broccoli - LR1119 (1 c.) | 100 | 33.33 | 0.00 | 0.00 | 0.00 | 0.00 | 26.67 | 6.67 | 2.67 | 2.67 | 0.00 | 1.33 | 0.00 | 33.33 | (M) | (M) | 0.00 | 230.61 | (M) |
| Apple - LR1072 (1 ea.) | 25 | 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.) | 25 | 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) |
| Banana - LR1074 (1 ea.) | 25 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 |
| Orange - LR1073 (1 ea.) | 25 | 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.) | 80 | 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.) | 1 | 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.) | 19 | 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 |
| Cheeseburger with Fries - ServingDate: 10/07/2021 | | | | | | | | | | | | | | | | | | | |
| *Cheeseburger - LR1226 (1 ea.) | 98 | 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) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Celery - LR1163 (3/4 cup choppe) | 50 | 10.61 | 0.13 | 0.03 | 0.00 | 0.00 | 60.60 | 2.25 | 1.21 | 1.01 | (M) | 0.52 | 0.15 | 30.30 | 340.12 | 2.35 | 0.00 | 196.95 | 72.29 |
| Crinkle Cut Fries - LR1098 (3/4 c.) | 50 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (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.) | 80 | 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.) | 1 | 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.) | 19 | 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.) | 50 | 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) |

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Date: 10/01/2021 - 10/31/2021

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Cheese Pizza and Veggie Medley - ServingDate: 10/08/2021 | | | | | | | | | | | | | | | | | | | |
| * Pizza, 6" WW Cheese Pizza - LR1129 (1 ea.) | 98 | 320.00 | 12.00 | 6.00 | 0.00 | 30.00 | 580.00 | 31.00 | 3.00 | 7.00 | (M) | 22.00 | 2.70 | 450.00 | (M) | (M) | 0.00 | 0.00 | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| * Broccoli - LR1119 (3/4 c.) | 50 | 25.00 | 0.00 | 0.00 | 0.00 | 0.00 | 20.00 | 5.00 | 2.00 | 2.00 | 0.00 | 1.00 | 0.00 | 25.00 | (M) | (M) | 0.00 | 172.96 | (M) |
| Baby Carrots - LR1145 (6 oz.) | 50 | 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) |
| 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.) | 80 | 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.) | 1 | 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.) | 19 | 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 |
| Quesadilla with Salsa - ServingDate: 10/11/2021 | | | | | | | | | | | | | | | | | | | |
| Cheese Quesadilla - LR1177 (1 ea.) | 98 | 331.00 | 14.76 | 8.23 | 0.00 | 35.00 | 500.00 | 29.00 | 3.00 | 1.00 | 0.00 | 20.50 | 1.69 | 516.00 | 124.00 | (M) | (M) | (M) | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Sweet Yellow Corn - LR1217 (3/4 c.) | 100 | 84.12 | 0.52 | 0.00 | 0.00 | 0.00 | 0.00 | 19.98 | 2.10 | 2.10 | 0.00 | 3.15 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 34 | 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.) | 33 | 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.) | 80 | 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.) | 1 | 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.) | 19 | 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 |
| Salsa - LR1034 (1/4 c.) | 50 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |

Menu Calendar Nutrient Analysis Report - October, 2021

Site: ALL
Date: 10/01/2021 - 10/31/2021

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Quesadilla with Salsa - ServingDate: 10/11/2021 | | | | | | | | | | | | | | | | | | | |
| 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) |
| Chicken Teriyaki - ServingDate: 10/12/2021 | | | | | | | | | | | | | | | | | | | |
| *Chicken Teriyaki and Rice - LR1228 (1 serving) | 98 | 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) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Green Beans - LR1219 (1/2 c.) | 50 | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 | 140.00 | 4.00 | 2.00 | 2.00 | (M) | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Green Peas - LR1130 (1/2 c.) | 50 | 68.82 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.18 | 4.30 | 4.30 | (M) | 4.30 | 1.20 | 17.20 | (M) | (M) | 0.00 | 197.85 | (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.) | 80 | 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.) | 1 | 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.) | 19 | 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 |
| Popcorn Chicken and Waffles with tomatoes and carrots - ServingDate: 10/13/2021 | | | | | | | | | | | | | | | | | | | |
| *Popcorn Chicken - LR1179 (12 piece) | 98 | 250.00 | 14.00 | 2.50 | 0.00 | 25.00 | 380.00 | 15.00 | 3.00 | 1.00 | (M) | 15.00 | 1.80 | 40.00 | 100.00 | 0.00 | (M) | (M) | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| *Waffles - LR1232 (1 pcs.) | 98 | 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.) | 50 | 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 (3/4 c.) | 50 | 27.54 | 0.31 | 0.04 | 0.00 | 0.00 | 7.65 | 5.95 | 1.84 | 4.02 | (M) | 1.35 | 0.41 | 15.30 | 1274.49 | 20.96 | 0.00 | 362.61 | 144.62 |
| Apple - LR1072 (1 ea.) | 25 | 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) |

Menu Calendar Nutrient Analysis Report - October, 2021

Site: ALL
Date: 10/01/2021 - 10/31/2021

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Popcorn Chicken and Waffles with tomatoes and carrots - ServingDate: 10/13/2021 | | | | | | | | | | | | | | | | | | | |
| Applesauce - LR1075 (1/2 c.) | 25 | 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.) | 25 | 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.) | 80 | 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.) | 1 | 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.) | 19 | 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 |
| cheese calzone - ServingDate: 10/14/2021 | | | | | | | | | | | | | | | | | | | |
| cheese calzone - LR1270 (3 ea.) | 98 | 320.00 | 11.00 | 5.00 | (M) | 20.00 | 470.00 | 40.00 | 4.00 | 6.00 | (M) | 17.00 | 1.80 | 250.00 | (M) | (M) | (M) | (M) | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Broccoli - LR1136 (3/4 cup choppe) | 50 | 23.21 | 0.25 | 0.08 | 0.00 | 0.00 | 22.52 | 4.53 | 1.77 | 1.16 | (M) | 1.92 | 0.50 | 32.08 | 425.20 | 60.88 | 0.00 | 215.67 | 60.95 |
| Chick Peas - LR1199 (3/4 c.) | 50 | 190.80 | 3.60 | 0.00 | 0.00 | 0.00 | 252.00 | 28.80 | 9.00 | 5.40 | (M) | 10.80 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 25 | 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.) | 25 | 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.) | 25 | 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.) | 80 | 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.) | 1 | 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.) | 19 | 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 |
| Ripper with Cauliflower and Green Beans - ServingDate: 10/15/2021 | | | | | | | | | | | | | | | | | | | |
| *Pepperoni Ripper - LR1162 (3 ea.) | 98 | 270.00 | 10.00 | 4.00 | 0.00 | 30.00 | 570.00 | 27.00 | 4.00 | 3.00 | (M) | 18.00 | 0.72 | 200.00 | 400.00 | 3.60 | (M) | (M) | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |

Menu Calendar Nutrient Analysis Report - October, 2021

Site: ALL
Date: 10/01/2021 - 10/31/2021

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Ripper with Cauliflower and Green Beans - ServingDate: 10/15/2021 | | | | | | | | | | | | | | | | | | | |
| Cauliflower - LR1173 (1/2 cup choppe) | 100 | 13.38 | 0.15 | 0.07 | 0.00 | 0.00 | 16.05 | 2.66 | 1.07 | 1.02 | (M) | 1.03 | 0.23 | 11.77 | 0.00 | 25.79 | 0.00 | 159.97 | 49.26 |
| Green Beans - LR1219 (1/2 c.) | 100 | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 | 140.00 | 4.00 | 2.00 | 2.00 | (M) | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 25 | 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.) | 25 | 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) |
| Banana - LR1074 (1 ea.) | 25 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 |
| Orange - LR1073 (1 ea.) | 25 | 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.) | 80 | 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.) | 1 | 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.) | 19 | 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 |
| Mini Corn Dogs and Soft Pretzel - ServingDate: 10/18/2021 | | | | | | | | | | | | | | | | | | | |
| *Mini Corn Dogs - LR1157 (6 ea.) | 98 | 270.00 | 12.00 | 3.50 | 0.00 | 40.00 | 410.00 | 30.00 | 5.00 | 5.00 | 0.00 | 10.00 | 1.80 | 150.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Soft Pretzel - LR1084 (1 ea.) | 98 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Sweet Yellow Corn - LR1217 (3/4 c.) | 100 | 84.12 | 0.52 | 0.00 | 0.00 | 0.00 | 0.00 | 19.98 | 2.10 | 2.10 | 0.00 | 3.15 | 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.) | 80 | 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.) | 1 | 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.) | 19 | 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 - October, 2021

Site: ALL
Date: 10/01/2021 - 10/31/2021

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Chicken Cheeseburger - ServingDate: 10/19/2021 | | | | | | | | | | | | | | | | | | | |
| Chicken Cheeseburger - LR1268 (1 ea.) | 98 | 440.00 | 19.50 | 6.50 | 0.00 | 70.00 | 990.00 | 37.00 | 6.00 | 2.00 | 0.00(M) | 31.00 | 1.08(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 710.17 (M) | 0.00(M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Sunbutter Cups - LR1269 (1 Container) | 50 | 200.00 | 16.00 | 2.00 | (M) | (M) | 120.00 | 7.00 | 4.00 | 3.00 | (M) | 7.00 | 1.98 | 20.00 | (M) | (M) | (M) | (M) | (M) |
| Celery - LR1163 (3/4 cup choppe) | 100 | 10.61 | 0.13 | 0.03 | 0.00 | 0.00 | 60.60 | 2.25 | 1.21 | 1.01 | (M) | 0.52 | 0.15 | 30.30 | 340.12 | 2.35 | 0.00 | 196.95 | 72.29 |
| Apple - LR1072 (1 ea.) | 25 | 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.) | 25 | 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.) | 25 | 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 |
| Raisins, Unsweetened, Individual Package - LR1118 (1 ea.) | 25 | 112.12 | 0.00 | 0.00 | 0.00 | 0.00 | 3.97 | 29.77 | 0.99 | 21.83 | (M) | 0.99 | 0.54 | 19.84 | 0.00 | 0.00 | (M) | (M) | (M) |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 80 | 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.) | 1 | 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.) | 19 | 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) |
| French Toast Sticks and Yogurt - ServingDate: 10/20/2021 | | | | | | | | | | | | | | | | | | | |
| * French Toast Sticks, - LR1188 (3 Sticks) | 98 | 210.00 | 9.00 | 2.00 | 0.00 | 105.00 | 290.00 | 26.00 | 2.00 | 11.00 | 0.00 | 8.00 | 1.08 | 40.00 | (M) | (M) | 1.20 | 94.00 | (M) |
| * Yogurt, Raspberry, Yami - LR1158 (4 ounces) | 98 | 99.65 | 1.00 | 0.50 | 0.00 | 0.00 | 59.79 | 18.93 | 0.00 | 14.95 | (M) | 3.99 | 0.00 | 99.65 | 0.00 | 1.20 | (M) | (M) | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Cherry Tomatoes - LR1212 (3/4 c.) | 50 | 27.54 | 0.31 | 0.04 | 0.00 | 0.00 | 7.65 | 5.95 | 1.84 | 4.02 | (M) | 1.35 | 0.41 | 15.30 | 1274.49 | 20.96 | 0.00 | 362.61 | 144.62 |
| Apple - LR1072 (1 ea.) | 25 | 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.) | 25 | 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) |

Menu Calendar Nutrient Analysis Report - October, 2021

Site: ALL
Date: 10/01/2021 - 10/31/2021

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| French Toast Sticks and Yogurt - ServingDate: 10/20/2021 | | | | | | | | | | | | | | | | | | | |
| Banana - LR1074 (1 ea.) | 25 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 |
| Orange - LR1073 (1 ea.) | 25 | 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.) | 80 | 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.) | 1 | 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.) | 19 | 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 |
| * Cheesy Breadsticks and Soup - ServingDate: 10/21/2021 | | | | | | | | | | | | | | | | | | | |
| *Cheesy Breadsticks - LR1021 (2 ea.) | 98 | 300.00 | 11.00 | 6.00 | 0.00 | 30.00 | 490.00 | 30.00 | 3.00 | 4.00 | (M) | 19.00 | 2.00 | 363.00 | 78.00 | 0.00 | (M) | (M) | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(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) |
| Marinara Sauce Dipping Cups - LR1144 (1 ea.) | 50 | 25.00 | 0.00 | 0.00 | 0.00 | 0.00 | 195.00 | 5.00 | 1.00 | 3.00 | (M) | 1.00 | 0.72 | 20.00 | (M) | (M) | 0.00 | 282.00 | (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.) | 80 | 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.) | 1 | 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.) | 19 | 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 |
| Cheese Pizza with Broccoli - ServingDate: 10/22/2021 | | | | | | | | | | | | | | | | | | | |
| * Pizza, 6" WW Cheese Pizza - LR1129 (1 ea.) | 98 | 320.00 | 12.00 | 6.00 | 0.00 | 30.00 | 580.00 | 31.00 | 3.00 | 7.00 | (M) | 22.00 | 2.70 | 450.00 | (M) | (M) | 0.00 | 0.00 | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |

Menu Calendar Nutrient Analysis Report - October, 2021

Site: ALL

Date: 10/01/2021 - 10/31/2021

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Cheese Pizza with Broccoli - ServingDate: 10/22/2021 | | | | | | | | | | | | | | | | | | | |
| Broccoli - LR1136 (3/4 cup choppe) | 50 | 23.21 | 0.25 | 0.08 | 0.00 | 0.00 | 22.52 | 4.53 | 1.77 | 1.16 | (M) | 1.92 | 0.50 | 32.08 | 425.20 | 60.88 | 0.00 | 215.67 | 60.95 |
| Chick Peas - LR1199 (3/4 c.) | 50 | 190.80 | 3.60 | 0.00 | 0.00 | 0.00 | 252.00 | 28.80 | 9.00 | 5.40 | (M) | 10.80 | (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.) | 80 | 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.) | 1 | 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.) | 19 | 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 |
| Orange Chicken with Rice, Broccoli - ServingDate: 10/25/2021 | | | | | | | | | | | | | | | | | | | |
| *Orange Chicken with Rice - LR1231 (1 serving) | 98 | 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) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Broccoli - LR1136 (3/4 cup choppe) | 50 | 23.21 | 0.25 | 0.08 | 0.00 | 0.00 | 22.52 | 4.53 | 1.77 | 1.16 | (M) | 1.92 | 0.50 | 32.08 | 425.20 | 60.88 | 0.00 | 215.67 | 60.95 |
| Cherry Tomatoes - LR1212 (3/4 c.) | 50 | 27.54 | 0.31 | 0.04 | 0.00 | 0.00 | 7.65 | 5.95 | 1.84 | 4.02 | (M) | 1.35 | 0.41 | 15.30 | 1274.49 | 20.96 | 0.00 | 362.61 | 144.62 |
| Apple - LR1072 (1 ea.) | 25 | 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.) | 25 | 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) |
| Banana - LR1074 (1 ea.) | 25 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 |
| Orange - LR1073 (1 ea.) | 25 | 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.) | 80 | 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.) | 1 | 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.) | 19 | 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 - October, 2021

Site: ALL
Date: 10/01/2021 - 10/31/2021

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Chicken Drumstick with peas, cornbread and a cookie - ServingDate: 10/26/2021 | | | | | | | | | | | | | | | | | | | |
| Chicken-Drumstick - LR1039 (1 ea.) | 98 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Frosted Sugar Cookie - LR1271 (1 1/2 oz.) | 100 | 172.00 | 6.70 | 1.80 | (M) | 6.50 | 78.00 | 27.00 | 1.00 | 15.00 | (M) | 1.70 | (M) | (M) | 50.00 | (M) | (M) | (M) | (M) |
| Mini Cornbread Loaf - LR1123 (1 loaf.) | 98 | 198.00 | 6.50 | 0.90 | 0.00 | 28.00 | 140.00 | 32.00 | 2.20 | 15.00 | (M) | 2.60 | 1.00 | 26.00 | (M) | (M) | (M) | (M) | (M) |
| Green Peas - LR1130 (3/4 c.) | 100 | 103.23 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 16.77 | 6.45 | 6.45 | (M) | 6.45 | 1.81 | 25.81 | (M) | (M) | 0.00 | 296.77 | (M) |
| Apple - LR1072 (1 ea.) | 25 | 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.) | 25 | 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) |
| Banana - LR1074 (1 ea.) | 25 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 |
| Orange - LR1073 (1 ea.) | 25 | 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.) | 80 | 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.) | 1 | 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.) | 19 | 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 |
| Breakfast Flatbread with Sausage and Yogurt - ServingDate: 10/27/2021 | | | | | | | | | | | | | | | | | | | |
| * Yogurt, Raspberry, Yami - LR1158 (4 ounces) | 98 | 99.65 | 1.00 | 0.50 | 0.00 | 0.00 | 59.79 | 18.93 | 0.00 | 14.95 | (M) | 3.99 | 0.00 | 99.65 | 0.00 | 1.20 | (M) | (M) | (M) |
| *Breakfast Flatbread Pizza - LR1139 (1 ea.) | 98 | 180.00 | 8.00 | 3.50 | 0.00 | 55.00 | 450.00 | 16.00 | 1.00 | 5.00 | (M) | 10.00 | 1.44 | 150.00 | (M) | (M) | 0.00 | 0.00 | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Sausage Link - LR1220 (1 pcs.) | 98 | 100.00 | 9.00 | 3.00 | (M) | 20.00 | 160.00 | 1.00 | (M) | (M) | (M) | 3.00 | (M) | (M) | (M) | (M) | (M) | (M) | (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) |
| Apple - LR1072 (1 ea.) | 25 | 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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Date: 10/01/2021 - 10/31/2021

| 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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|-----|
| Breakfast Flatbread with Sausage and Yogurt - ServingDate: 10/27/2021 | | | | | | | | | | | | | | | | | | | | |
| Applesauce - LR1075 (1/2 c.) | 25 | 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) | |
| Banana - LR1074 (1 ea.) | 25 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 | |
| Orange - LR1073 (1 ea.) | 25 | 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.) | 80 | 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.) | 1 | 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.) | 19 | 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 | |
| Corn Dog, Baked Beans, Sweet Corn - ServingDate: 10/28/2021 | | | | | | | | | | | | | | | | | | | | |
| Corn Dog - LR1053 (1 ea.) | 98 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | |
| Baked Beans - LR1264 (3/4 cup, drain) | 50 | 330.00 | 1.50 | 0.00 | 0.00 | (M) | 765.00 | 64.50 | 12.00 | 21.00 | (M) | 16.50 | 4.05 | 90.00 | (M) | (M) | (M) | (M) | (M) | |
| Sweet Yellow Corn - LR1217 (3/4 c.) | 50 | 84.12 | 0.52 | 0.00 | 0.00 | 0.00 | 0.00 | 19.98 | 2.10 | 2.10 | 0.00 | 3.15 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Apple - LR1072 (1 ea.) | 25 | 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.) | 25 | 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.) | 25 | 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) | 25 | 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.) | 80 | 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.) | 1 | 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.) | 19 | 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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Date: 10/01/2021 - 10/31/2021

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Wild Mike's Pepperoni Pizza - ServingDate: 10/29/2021 | | | | | | | | | | | | | | | | | | | |
| *Wild Mike's Pepperoni Pizza - LR1117 (1 slice 1/10) | 98 | 370.00 | 18.00 | 9.00 | 9.00 | 35.00 | 580.00 | 34.00 | 3.00 | 4.00 | 0.00 | 20.00 | 1.80 | 400.00 | 500.00 | 9.00 | (M) | (M) | (M) |
| OR Cheese Sandwich - LR1005 (1 ea.) | 2 | 560.00 | 37.00 | 20.00 | 0.00 | 100.00 | 2290.00 | 34.00 | 2.00 | 2.00 | (M) | 28.00 | 2.00(M) | 40.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Broccoli - LR1136 (3/4 cup choppe) | 50 | 23.21 | 0.25 | 0.08 | 0.00 | 0.00 | 22.52 | 4.53 | 1.77 | 1.16 | (M) | 1.92 | 0.50 | 32.08 | 425.20 | 60.88 | 0.00 | 215.67 | 60.95 |
| Cucumber - LR1156 (1 cucumber ()) | 50 | 45.15 | 0.33 | 0.11 | 0.00 | 0.00 | 6.02 | 10.93 | 1.50 | 5.03 | (M) | 1.96 | 0.84 | 48.16 | 316.05 | 8.43 | 0.00 | 442.47 | 286.64 |
| Apple - LR1072 (1 ea.) | 25 | 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.) | 25 | 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) |
| Banana - LR1074 (1 ea.) | 25 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 |
| Orange - LR1073 (1 ea.) | 25 | 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.) | 80 | 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.) | 1 | 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.) | 19 | 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: Elementary School
Menu Line: Main
Serving Group: K-5
Nutrients Option: All