

# Menu Calendar Nutrient Analysis Report - November, 2021

Site: ALL  
Date: 11/01/2021 - 11/30/2021

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>Muffins - ServingDate: 11/01/2021</b>																			
*Blueberry Muffin - LR1154 (1 ea.)	100	380.00	12.00	4.00	0.00	85.00	270.00	61.00	4.00	32.00	(M)	6.00	1.80	60.00	(M)	(M)	0.00	0.00	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	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.)	20	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.)	20	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.)	70	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.)	28	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>Yogurt and Granola - ServingDate: 11/02/2021</b>																			
* Yogurt, Raspberry, Yami - LR1158 (4 ounces)	100	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)
Granola - LR1260 (1 Bag)	100	220.00	2.50	0.00	(M)	(M)	95.00	47.00	4.00	16.00	(M)	5.00	1.44	(M)	(M)	(M)	(M)	(M)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	25	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	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)
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.)	70	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.)	28	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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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>Mini Cinni's Cinnamon rolls - ServingDate: 11/03/2021</b>																			
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	100	240.00	7.00	1.50	0.00	0.00	270.00	40.00	3.00	14.00	13.00	4.00	1.60	30.00	(M)	(M)	0.00	470.00	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	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.)	20	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.)	20	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.)	70	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.)	28	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>*Assorted Cereals - ServingDate: 11/04/2021</b>																			
*Cocoa Puffs Cereal - LR1116 (1 ea.)	33	210.00	2.50	0.00	0.00	0.00	220.00	47.00	3.00	15.00	0.00	3.00	9.00	200.00	1250.00	12.00	4.00	235.00	(M)
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	33	210.00	3.00	0.50	0.00	0.00	320.00	45.00	4.00	19.00	0.00	5.00	9.00	200.00	1000.00	12.00	4.00	229.83	(M)
*Lucky Charms Cereal - LR1115 (1 ea.)	34	210.00	2.50	0.00	0.00	0.00	360.00	45.00	4.00	19.00	0.00	5.00	5.40	150.00	1000.00	9.00	3.00	94.00	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	50	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(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.)	20	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.)	20	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.)	50	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.)	49	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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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>Strawberry Mini Bagels - ServingDate: 11/05/2021</b>																			
*Mini Strawberry Bagels - LR1233 (4 bagel)	0	230.00	6.00	2.00	(M)	10.00	190.00	42.00	2.00	13.00	(M)	6.00	1.44	20.00	(M)	(M)	(M)	(M)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	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.)	20	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.)	20	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.)	70	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.)	28	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>Assorted Breakfast Bars - ServingDate: 11/08/2021</b>																			
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	33	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	33	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	34	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	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.)	30	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.)	20	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.)	70	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)

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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>Assorted Breakfast Bars - ServingDate: 11/08/2021</b>																				
Milk - White 1% - LR1006 (1 ea.)	28	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>Waffles - ServingDate: 11/09/2021</b>																				
*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)	
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	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.)	20	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.)	20	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.)	70	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.)	28	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>Banana Bread - ServingDate: 11/10/2021</b>																				
Bread Slice, Banana - LR1152 (1 ea.)	100	261.06	8.03	1.51	0.00	0.00	240.97	45.18	2.01	24.10	23.09	5.02	1.00	159.65	(M)	(M)	0.00	113.26	(M)	
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	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.)	20	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.)	20	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.)	70	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.)	28	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>Bagels and Cream Cheese - ServingDate: 11/12/2021</b>																			
*Bagel - LR1182 (1 ea.)	100	140.74	1.00	0.00	0.00	0.00	180.95	29.15	4.02	5.03	0.00	6.03	1.81	40.21	0.00	0.00	(M)	(M)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	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.)	30	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.)	20	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.)	70	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.)	28	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
* Cream Cheese - LR1183 (1 ea.)	100	70.00	7.00	4.00	0.00	20.00	115.00	1.00	0.00	1.00	0.00	1.00	0.00	40.00	300.00	0.00	(M)	(M)	(M)
<b>Cherry Muffin - ServingDate: 11/15/2021</b>																			
Cherry Muffin - LR1259 (1 muffin)	100	229.87	7.00	1.00	(M)	19.99	239.86	38.98	(M)	15.99	(M)	4.00	1.08	19.99	(M)	(M)	(M)	(M)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	25	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	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)
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.)	70	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.)	28	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 - November, 2021

Site: ALL  
Date: 11/01/2021 - 11/30/2021

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>UBR Breakfast Cookie - ServingDate: 11/16/2021</b>																				
*UBR Breakfast Cookie - LR1121 (1 ea.)	100	271.61	8.05	3.02	0.00	5.03	181.07	44.26	5.03	18.11	18.11	5.03	1.61	30.18	17.60	0.05	0.06	253.90	(M)	
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	50	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	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.)	20	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	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	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.)	49	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>Mini Cinni's Cinnamon rolls - ServingDate: 11/17/2021</b>																				
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	100	240.00	7.00	1.50	0.00	0.00	270.00	40.00	3.00	14.00	13.00	4.00	1.60	30.00	(M)	(M)	0.00	470.00	(M)	
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	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.)	20	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.)	20	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.)	70	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.)	28	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>*Assorted Cereals - ServingDate: 11/18/2021</b>																				
*Cocoa Puffs Cereal - LR1116 (1 ea.)	33	210.00	2.50	0.00	0.00	0.00	220.00	47.00	3.00	15.00	0.00	3.00	9.00	200.00	1250.00	12.00	4.00	235.00	(M)	

# Menu Calendar Nutrient Analysis Report - November, 2021

Site: ALL  
Date: 11/01/2021 - 11/30/2021

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>*Assorted Cereals - ServingDate: 11/18/2021</b>																			
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	33	210.00	3.00	0.50	0.00	0.00	320.00	45.00	4.00	19.00	0.00	5.00	9.00	200.00	1000.00	12.00	4.00	229.83	(M)
*Lucky Charms Cereal - LR1115 (1 ea.)	34	210.00	2.50	0.00	0.00	0.00	360.00	45.00	4.00	19.00	0.00	5.00	5.40	150.00	1000.00	9.00	3.00	94.00	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	50	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(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.)	20	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.)	20	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.)	50	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.)	49	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>Strawberry Mini Bagels - ServingDate: 11/19/2021</b>																			
*Mini Strawberry Bagels - LR1233 (4 bagel)	0	230.00	6.00	2.00	(M)	10.00	190.00	42.00	2.00	13.00	(M)	6.00	1.44	20.00	(M)	(M)	(M)	(M)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	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.)	20	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.)	20	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.)	70	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.)	28	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 - November, 2021

Site: ALL  
Date: 11/01/2021 - 11/30/2021

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>** Breakfast Bars, J &amp; J Benefit, Assorted - ServingDate: 11/22/2021</b>																				
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	33	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)	
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	33	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)	
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	34	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)	
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	50	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(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.)	20	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	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	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.)	49	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>mini pancakes - ServingDate: 11/23/2021</b>																				
*Mini Chocolate Chip Pancakes - LR1238 (1 Bag)	100	240.00	6.00	0.00	(M)	(M)	280.00	43.00	3.00	15.00	(M)	4.00	1.44	60.00	(M)	(M)	(M)	240.00	(M)	
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	25	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	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)	
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.)	70	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 - November, 2021

Site: ALL  
Date: 11/01/2021 - 11/30/2021

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>mini pancakes - ServingDate: 11/23/2021</b>																				
Milk - White 1% - LR1006 (1 ea.)	28	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>Sliced Pumpkin Bread - ServingDate: 11/24/2021</b>																				
*Sliced Pumpkin Bread - LR1241 (1 slice)	100	260.00	8.00	1.50	(M)	(M)	240.00	44.00	2.00	24.00	(M)	5.00	1.08	80.00	(M)	(M)	(M)	(M)	(M)	
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Apple - LR1072 (1 ea.)	20	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.)	20	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.)	20	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.)	70	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.)	28	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>Muffins - ServingDate: 11/29/2021</b>																				
*Blueberry Muffin - LR1154 (1 ea.)	100	380.00	12.00	4.00	0.00	85.00	270.00	61.00	4.00	32.00	(M)	6.00	1.80	60.00	(M)	(M)	0.00	0.00	(M)	
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Apple - LR1072 (1 ea.)	20	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.)	20	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.)	20	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.)	70	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.)	28	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 - November, 2021

Site: ALL  
Date: 11/01/2021 - 11/30/2021

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>Yogurt and Granola - Serving Date: 11/30/2021</b>																			
* Yogurt, Raspberry, Yami - LR1158 (4 ounces)	100	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)
Granola - LR1260 (1 Bag)	100	220.00	2.50	0.00	(M)	(M)	95.00	47.00	4.00	16.00	(M)	5.00	1.44	(M)	(M)	(M)	(M)	(M)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	25	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	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)
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.)	70	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.)	28	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: Breakfast  
Site Group: Elementary School  
Menu Line: Main  
Serving Group: K-5  
Nutrients Option: All