

Menu Calendar Nutrient Analysis Report - December, 2021

Site: ALL

Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Mini Cinni's Cinnamon rolls - ServingDate: 12/01/2021								
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	100	240.00	7.00	1.50	0.00	270.00	40.00	4.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
*Assorted Cereals - ServingDate: 12/02/2021								
*Cocoa Puffs Cereal - LR1116 (1 ea.)	33	210.00	2.50	0.00	0.00	220.00	47.00	3.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	33	210.00	3.00	0.50	0.00	320.00	45.00	5.00
*Lucky Charms Cereal - LR1115 (1 ea.)	34	210.00	2.50	0.00	0.00	360.00	45.00	5.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	50	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	10	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	49	108.86	2.65	1.65	(M)	131.54	12.52	8.91

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Strawberry Mini Bagels - ServingDate: 12/03/2021								
*Mini Strawberry Bagels - LR1233 (4 bagel)	0	230.00	6.00	2.00	(M)	190.00	42.00	6.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Assorted Breakfast Bars - ServingDate: 12/06/2021								
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	33	290.00	9.00	3.00	0.00	240.00	48.00	5.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	33	280.00	8.00	3.00	0.00	220.00	48.00	5.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	34	290.00	9.00	3.00	0.00	240.00	47.00	5.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	30	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Waffles - ServingDate: 12/07/2021								
*Waffles - LR1232 (1 pcs.)	100	79.69	2.99	0.00	0.00	104.59	11.95	1.99
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Sliced Pumpkin Bread - ServingDate: 12/08/2021								
*Sliced Pumpkin Bread - LR1241 (1 slice)	100	260.00	8.00	1.50	(M)	240.00	44.00	5.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
*Assorted Cereals - ServingDate: 12/09/2021								
*Cocoa Puffs Cereal - LR1116 (1 ea.)	33	210.00	2.50	0.00	0.00	220.00	47.00	3.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	33	210.00	3.00	0.50	0.00	320.00	45.00	5.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
*Assorted Cereals - ServingDate: 12/09/2021								
*Lucky Charms Cereal - LR1115 (1 ea.)	34	210.00	2.50	0.00	0.00	360.00	45.00	5.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	50	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	10	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	49	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Bagels and Cream Cheese - ServingDate: 12/10/2021								
*Bagel - LR1182 (1 ea.)	100	140.74	1.00	0.00	0.00	180.95	29.15	6.03
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	30	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
* Cream Cheese - LR1183 (1 ea.)	100	70.00	7.00	4.00	0.00	115.00	1.00	1.00
Muffins - ServingDate: 12/13/2021								
*Blueberry Muffin - LR1154 (1 ea.)	100	380.00	12.00	4.00	0.00	270.00	61.00	6.00

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Muffins - ServingDate: 12/13/2021								
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
UBR Breakfast Cookie - ServingDate: 12/14/2021								
*UBR Breakfast Cookie - LR1121 (1 ea.)	100	271.61	8.05	3.02	0.00	181.07	44.26	5.03
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	50	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	10	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	49	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Mini Cinni's Cinnamon rolls - ServingDate: 12/15/2021								
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	100	240.00	7.00	1.50	0.00	270.00	40.00	4.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	15.00	1.00

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Mini Cinni's Cinnamon rolls - ServingDate: 12/15/2021								
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
*Assorted Cereals - ServingDate: 12/16/2021								
*Cocoa Puffs Cereal - LR1116 (1 ea.)	33	210.00	2.50	0.00	0.00	220.00	47.00	3.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	33	210.00	3.00	0.50	0.00	320.00	45.00	5.00
*Lucky Charms Cereal - LR1115 (1 ea.)	34	210.00	2.50	0.00	0.00	360.00	45.00	5.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	50	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	10	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	49	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Strawberry Mini Bagels - ServingDate: 12/17/2021								
*Mini Strawberry Bagels - LR1233 (4 bagel)	0	230.00	6.00	2.00	(M)	190.00	42.00	6.00

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Strawberry Mini Bagels - ServingDate: 12/17/2021								
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Breakfast
Site Group: Elementary School
Menu Line: Main
Serving Group: K-5
Nutrients Option: Expanded