

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) |
|---------------------------------------------------------|-------------|-----------------|---------------|-------------|---------------|-------------|-----------|-------------|
| pulled pork sandwich - ServingDate: 12/01/2021 | | | | | | | | |
| BBQ Pulled Pork Sandwich - LR1299 (1 sandwich) | 100 | 317.39 | 7.83 | 2.53 | 0.00 | 709.78 | 40.21 | 20.92 |
| Broccoli - LR1136 (1 cup choppe) | 100 | 30.94 | 0.34 | 0.10 | 0.00 | 30.03 | 6.04 | 2.57 |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 108.86 | 2.65 | 1.65 | (M) | 131.54 | 12.52 | 8.91 |
| AHS Chicken Alfredo - ServingDate: 12/02/2021 | | | | | | | | |
| Chicken Alfredo - LR1254 (1 serving) | 100 | 396.07 (M) | 4.93(M) | 0.96(M) | 0.00(M) | 75.87 (M) | 81.96 (M) | 17.12 (M) |
| Garlic Toast - LR1111 (1 ea.) | 100 | 70.00 | 2.50 | 0.50 | 0.00 | 95.00 | 11.00 | 2.00 |
| Green Beans - LR1219 (1 c.) | 100 | 40.00 | 0.00 | 0.00 | 0.00 | 280.00 | 8.00 | 2.00 |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 108.86 | 2.65 | 1.65 | (M) | 131.54 | 12.52 | 8.91 |
| Nachos and Black Beans - ServingDate: 12/03/2021 | | | | | | | | |
| Beef Nachos - LR1258 (1 serving) | 100 | 548.73 | 29.29 | 11.42 | 0.00(M) | 1160.14 | 35.68 | 35.22 |

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|-------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| Nachos and Black Beans - ServingDate: 12/03/2021 | | | | | | | | |
| Black Beans - LR1222 (260 g.) | 100 | 220.00 | 0.00 | 0.00 | 0.00 | 260.00 | 40.00 | 14.00 |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 108.86 | 2.65 | 1.65 | (M) | 131.54 | 12.52 | 8.91 |
| Chicken Teriyaki and Broccoli - ServingDate: 12/06/2021 | | | | | | | | |
| *Chicken Teriyaki and Rice - LR1228 (1 serving) | 100 | 295.00 | 5.00 | 1.00 | 0.00 | 330.00 | 8.00 | 19.00 |
| Broccoli - LR1136 (1 cup choppe) | 100 | 30.94 | 0.34 | 0.10 | 0.00 | 30.03 | 6.04 | 2.57 |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 108.86 | 2.65 | 1.65 | (M) | 131.54 | 12.52 | 8.91 |
| Southwest Queso Cheesy Pull Aparts and Chili - ServingDate: 12/07/2021 | | | | | | | | |
| Southwest Queso Cheesy Breadstick and Chili - LR1312 (1 serving) | 100 | 752.75 | 39.12 | 17.05 | (M) | 765.31 | 67.30 | 33.13 |

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|-----------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| Southwest Queso Cheesy Pull Aparts and Chili - ServingDate: 12/07/2021 | | | | | | | | |
| Baby Carrots - LR1145 (6 oz.) | 100 | 71.44 | 3.25 | 0.61 | 0.00(M) | 401.44 | 10.46 | 0.97 |
| Cherry Tomatoes - LR1212 (1/4 c.) | 100 | 9.18 | 0.10 | 0.01 | 0.00 | 2.55 | 1.98 | 0.45 |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 108.86 | 2.65 | 1.65 | (M) | 131.54 | 12.52 | 8.91 |
| Chicken Tenders, Fries, Jungle Crackers - ServingDate: 12/08/2021 | | | | | | | | |
| * Chicken Tenders - LR1153 (3 ea.) | 100 | 242.88 | 12.14 | 2.28 | 0.00 | 409.86 | 12.14 | 19.73 |
| Crackers, Jungle, Readi-Bake - LR1187 (1 pkg.) | 100 | 130.00 | 4.00 | 0.00 | 0.00 | 95.00 | 20.00 | 2.00 |
| Crinkle Cut Fries - LR1098 (1 c.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 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) |
|--------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|-----------|-------------|
| spaghetti and meatballs - ServingDate: 12/09/2021 | | | | | | | | |
| Spaghetti and Meatballs - LR1311 (1 serving) | 100 | 240.00 (M) | 1.50(M) | 0.00(M) | 0.00(M) | 520.00 (M) | 51.00 (M) | 10.00 (M) |
| Green Beans - LR1219 (1 c.) | 100 | 40.00 | 0.00 | 0.00 | 0.00 | 280.00 | 8.00 | 2.00 |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 108.86 | 2.65 | 1.65 | (M) | 131.54 | 12.52 | 8.91 |
| Nachos and Black Beans - ServingDate: 12/10/2021 | | | | | | | | |
| Beef Nachos - LR1258 (1 serving) | 100 | 548.73 | 29.29 | 11.42 | 0.00(M) | 1160.14 | 35.68 | 35.22 |
| Black Beans - LR1222 (260 g.) | 100 | 220.00 | 0.00 | 0.00 | 0.00 | 260.00 | 40.00 | 14.00 |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 108.86 | 2.65 | 1.65 | (M) | 131.54 | 12.52 | 8.91 |
| Sweet And Sour Chicken And Rice - ServingDate: 12/13/2021 | | | | | | | | |
| Sweet And Sour Chicken And Rice - LR1251 (1 serving) | 100 | 337.50 | 4.88 | 5.63 | 0.00(M) | 225.00 | 22.25 | 16.38 |
| Vegetable Blend - LR1242 (1 c.) | 100 | 30.00 | 0.00 | 0.00 | (M) | 25.00 | 5.00 | 2.00 |

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|-----------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|-----------|-------------|
| Sweet And Sour Chicken And Rice - ServingDate: 12/13/2021 | | | | | | | | |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 108.86 | 2.65 | 1.65 | (M) | 131.54 | 12.52 | 8.91 |
| Taco Salad and Sweet Corn - ServingDate: 12/14/2021 | | | | | | | | |
| AHS Signature Taco Salad - LR1236 (1 salad) | 100 | 512.20 (M) | 25.86 (M) | 8.81(M) | 0.00(M) | 717.61 (M) | 49.22 (M) | 22.86 (M) |
| Sweet Yellow Corn - LR1217 (1 c.) | 100 | 112.15 | 0.70 | 0.00 | 0.00 | 0.00 | 26.64 | 4.21 |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 108.86 | 2.65 | 1.65 | (M) | 131.54 | 12.52 | 8.91 |
| Cheesy Breadsticks and Tomato Soup - ServingDate: 12/15/2021 | | | | | | | | |
| Cheesy Stuffed Breadsticks - LR1143 (2 Sticks) | 100 | 290.00 | 11.00 | 6.00 | 0.00 | 500.00 | 28.00 | 19.00 |
| Baby Carrots - LR1145 (6 oz.) | 100 | 71.44 | 3.25 | 0.61 | 0.00(M) | 401.44 | 10.46 | 0.97 |
| Tomato Soup - LR1214 (3/4 c.) | 100 | 135.00 | 1.50 | 0.00 | 0.00 | 585.00 | 27.00 | 3.00 |

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|---------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| Cheesy Breadsticks and Tomato Soup - ServingDate: 12/15/2021 | | | | | | | | |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 108.86 | 2.65 | 1.65 | (M) | 131.54 | 12.52 | 8.91 |
| Chicken Drumstick and Soft Pretzel - ServingDate: 12/16/2021 | | | | | | | | |
| Chicken-Drumstick - LR1039 (1 ea.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| * Pretzel, Soft WG, J & J - LR1134 (1 ea.) | 100 | 140.00 | 0.50 | 0.00 | 0.00 | 150.00 | 30.00 | 5.00 |
| Mucho Queso Cheese Sauce - LR1248 (1 container) | 100 | 190.00 | 10.00 | 6.00 | (M) | 560.00 | 15.00 | 10.00 |
| Broccoli - LR1136 (1 cup choppe) | 100 | 30.94 | 0.34 | 0.10 | 0.00 | 30.03 | 6.04 | 2.57 |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 108.86 | 2.65 | 1.65 | (M) | 131.54 | 12.52 | 8.91 |
| Nachos and Black Beans - ServingDate: 12/17/2021 | | | | | | | | |
| Beef Nachos - LR1258 (1 serving) | 100 | 548.73 | 29.29 | 11.42 | 0.00(M) | 1160.14 | 35.68 | 35.22 |
| Black Beans - LR1222 (260 g.) | 100 | 220.00 | 0.00 | 0.00 | 0.00 | 260.00 | 40.00 | 14.00 |

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|---------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| Nachos and Black Beans - ServingDate: 12/17/2021 | | | | | | | | |
| Apple - LR1072 (1 ea.) | 33 | 95.00 | 0.31 | 0.06 | 0.00 | 2.00 | 25.13 | 0.47 |
| Applesauce - LR1075 (1/2 c.) | 33 | 53.33 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 0.00 |
| Orange - LR1073 (1 ea.) | 34 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 15.39 | 1.23 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 85 | 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.) | 13 | 108.86 | 2.65 | 1.65 | (M) | 131.54 | 12.52 | 8.91 |

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: High School

Menu Line: Main

Serving Group: 9-12

Nutrients Option: Expanded