

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)
Hummus With Flatbread - ServingDate: 12/01/2021								
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
Flatbread -- Rich's - LR1314 (1 ea.)	100	180.00	5.00	1.00	(M)	330.00	28.00	6.00
* Cheese, Mozzarella String - 168/1 oz - LR1181 (1 ea.)	100	81.00	6.08	3.54	0.00	202.50	0.00	7.09
Hummus 3oz cup - LR1313 (1 c.)	100	110.00	2.00	0.00	(M)	100.00	18.00	6.00
Baby Carrots - LR1145 (6 oz.)	100	71.44	3.25	0.61	0.00(M)	401.44	10.46	0.97
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	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.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
bean and cheese burrito with black beans - ServingDate: 12/02/2021								
Bean and Cheese Burrito - LR1262 (1 burrito)	98	270.80	5.72	2.07	(M)	305.73	44.28	13.88
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
Black Beans - LR1222 (130 g.)	100	110.00	0.00	0.00	0.00	130.00	20.00	7.00
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.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00

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bean and cheese burrito with black beans - ServingDate: 12/02/2021								
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	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.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Cheese Pizza and Corn - ServingDate: 12/03/2021								
* Pizza, 6" WW Cheese Pizza - LR1129 (1 ea.)	98	320.00	12.00	6.00	0.00	580.00	31.00	22.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
Sweet Yellow Corn - LR1217 (3/4 c.)	100	84.12	0.52	0.00	0.00	0.00	19.98	3.15
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.)	80	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.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Mini Corn Dogs and Soft Pretzel - ServingDate: 12/06/2021								
*Mini Corn Dogs - LR1157 (6 ea.)	98	270.00	12.00	3.50	0.00	410.00	30.00	10.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
Soft Pretzel - LR1084 (1 ea.)	98	(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	19.98	3.15

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Mini Corn Dogs and Soft Pretzel - ServingDate: 12/06/2021								
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.)	80	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.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Teriyaki Beef Dippers with Rice and peppers - ServingDate: 12/07/2021								
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
Rice - LR1018 (1/2 c.)	98	322.00	2.86	0.00	0.00	0.00	66.00	9.00
Beef Steak Strips (Beef Dippers) - LR1102 (4 ea.)	98	160.00	8.00	3.50	0.50	440.00	6.00	14.00
Other, Peppers, Green/Yellow - LR1063 (3/4 c.)	100	14.86	0.12	0.04	0.00	2.15	3.45	0.63
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	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.)	19	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)
Chicken and Waffles with Carrots - ServingDate: 12/08/2021								
* Chicken Tenders - LR1153 (3 ea.)	98	242.88	12.14	2.28	0.00	409.86	12.14	19.73
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
*Waffles - LR1232 (1 pcs.)	98	79.69	2.99	0.00	0.00	104.59	11.95	1.99
Baby Carrots - LR1145 (6 oz.)	100	71.44	3.25	0.61	0.00(M)	401.44	10.46	0.97
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	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.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Cheesy Nachos and Black Beans - ServingDate: 12/09/2021								
Cheese Nachos - LR1309 (1 serving)	98	237.84	13.92	6.89	0.00	658.83	18.50	8.30
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
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.)	80	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

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Cheesy Nachos and Black Beans - ServingDate: 12/09/2021								
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Salsa - LR1034 (1/4 c.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sour Cream - LR1035 (1/4 c.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza and Broccoli - ServingDate: 12/10/2021								
*Wild Mike's Pepperoni Pizza - LR1117 (1 slice 1/10)	98	370.00	18.00	9.00	9.00	580.00	34.00	20.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
Broccoli - LR1136 (3/4 cup choppe)	100	23.21	0.25	0.08	0.00	22.52	4.53	1.92
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	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.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Bean and Cheese Burrito with a Side Salad - ServingDate: 12/13/2021								
Bean and Cheese Burrito - LR1262 (1 burrito)	98	270.80	5.72	2.07	(M)	305.73	44.28	13.88
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
Iceberg Salad - LR1292 (1 c.)	100	10.00	0.00	0.00	0.00	10.00	2.00	1.00
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47

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Bean and Cheese Burrito with a Side Salad - ServingDate: 12/13/2021								
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	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.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Ranch Dressing - LR1097 (1 tbsp.)	50	28.07	2.45	0.53	0.00(M)	51.13	0.61	0.33
Salsa - LR1034 (1/4 c.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Drumstick, mashed potatoes and a ww roll - ServingDate: 12/14/2021								
Chicken-Drumstick - LR1039 (1 ea.)	98	(M)	(M)	(M)	(M)	(M)	(M)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
Whole Wheat Rolls - LR1305 (1 roll.)	100	100.00	2.00	0.50	(M)	70.00	17.00	0.00
* Potato Pearls EXCEL, Mashed Potatoes - LR1124 (3/4 c.)	100	135.00	1.50	0.00	0.00	615.00	25.50	3.00
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	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.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91

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Breakfast Sandwich with Carrots - ServingDate: 12/15/2021								
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	98	309.37	18.99	8.00	0.00	918.58	21.89	13.97
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
Baby Carrots - LR1145 (6 oz.)	100	71.44	3.25	0.61	0.00(M)	401.44	10.46	0.97
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	34	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	33	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	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.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Cheesy Breadsticks with Marinara and Chickpeas - ServingDate: 12/16/2021								
*Cheesy Breadsticks - LR1021 (2 ea.)	98	300.00	11.00	6.00	0.00	490.00	30.00	19.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
Chick Peas - LR1199 (3/4 c.)	100	190.80	3.60	0.00	0.00	252.00	28.80	10.80
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	100	25.00	0.00	0.00	0.00	195.00	5.00	1.00
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	34	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	33	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	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

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Cheesy Breadsticks with Marinara and Chickpeas - ServingDate: 12/16/2021								
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Breakfast Flatbread Pizza with Sausage and Broccoli - ServingDate: 12/17/2021								
*Breakfast Flatbread Pizza - LR1139 (1 ea.)	98	180.00	8.00	3.50	0.00	450.00	16.00	10.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	2290.00	34.00	28.00
Sausage Link - LR1220 (1 pcs.)	98	100.00	9.00	3.00	(M)	160.00	1.00	3.00
Broccoli - LR1136 (3/4 cup choppe)	100	23.21	0.25	0.08	0.00	22.52	4.53	1.92
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	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.)	19	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: Elementary School

Menu Line: Main

Serving Group: K-5

Nutrients Option: Expanded