

# Menu Calendar Nutrient Analysis Report - January, 2022

Site: ALL  
Date: 01/01/2022 - 01/31/2022

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>Corn Dog, Soft Pretzel and Baby Carrots - ServingDate: 01/03/2022</b>																			
Corn Dog - LR1053 (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)
* Pretzel, Soft WG, J & J - LR1134 (1 ea.)	100	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	(M)	5.00	1.80	20.00	0.00	1.20	(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)
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
<b>Drumstick, Potato Wedges and Cornbread - ServingDate: 01/04/2022</b>																			
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)
Mini Cornbread Loaf - LR1123 (1 loaf.)	100	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)
Potatoes, Wedges, Fat Free, Low-sodium, Frozen (IQF) - LR1322 (3/4 c.)	100	126.00	0.00	0.00	0.00	0.00	34.49	28.49	3.00	1.50	(M)	3.00	1.08	0.00	0.00	7.20	(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)

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Site: ALL  
Date: 01/01/2022 - 01/31/2022

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>Drumstick, Potato Wedges and Cornbread - ServingDate: 01/04/2022</b>																			
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
<b>bean and cheese burrito with black beans - ServingDate: 01/05/2022</b>																			
Bean and Cheese Burrito - LR1262 (1 burrito)	100	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.)	0	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)
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)
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
Salsa - LR1034 (1/4 c.)	80	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Site: ALL  
Date: 01/01/2022 - 01/31/2022

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>Macaroni and Cheese, Iceberg Salad and a chocolate brownie - ServingDate: 01/06/2022</b>																			
*Macaroni and Cheese - LR1197 (6 oz.)	98	288.00	16.00	7.00	0.00	35.00	758.00	30.00	2.00	8.00	(M)	15.00	1.00	381.00	(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)
Brownie, 2oz, - LR1161 (1 brownie)	100	160.00	3.50	1.50	0.00	15.00	180.00	31.00	2.00	17.00	(M)	3.00	6.00	9.00	(M)	(M)	0.00	0.00	(M)
Whole Wheat Rolls - LR1305 (1 roll.)	100	100.00	2.00	0.50	(M)	(M)	70.00	17.00	2.00	2.00	(M)	0.00	0.72	20.00	(M)	(M)	(M)	(M)	(M)
Iceberg Salad - LR1292 (1 c.)	100	10.00	0.00	0.00	0.00	0.00	10.00	2.00	1.00	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
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)
<b>Pepperoni Pizza, Broccoli and Jungle Crackers - ServingDate: 01/07/2022</b>																			
*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)
Crackers, Jungle, Readi-Bake - LR1187 (1 pkg.)	100	130.00	4.00	0.00	0.00	0.00	95.00	20.00	1.00	8.00	7.00	2.00	0.72	10.00	0.00	0.00	(M)	(M)	(M)
Broccoli - LR1136 (3/4 cup choppe)	100	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

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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>Pepperoni Pizza, Broccoli and Jungle Crackers - ServingDate: 01/07/2022</b>																				
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	
<b>Orange Chicken with Rice and Green Beans - ServingDate: 01/10/2022</b>																				
*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)	
Green Beans - LR1219 (3/4 c.)	100	30.00	0.00	0.00	0.00	0.00	210.00	6.00	3.00	3.00	(M)	1.50	(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	

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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>Chef's Choice 1-11-22 - ServingDate: 01/11/2022</b>																			
Hot Dog - LR1330 (1 ea.)	35	290.00	13.50	4.00	0.00(M)	50.00 (M)	930.00	29.00	3.00(M)	2.00(M)	2.00(M)	14.00	3.08	111.00	300.00 (M)	0.00(M)	0.00(M)	106.00 (M)	0.00(M)
Grilled Cheese Sandwich - LR1289 (1 sandwich)	35	310.00	15.00	8.00	(M)	40.00	670.00	29.00	2.00	3.00	(M)	16.00	1.44	450.00	(M)	1.20	(M)	(M)	(M)
Meatball sub on hotdog bun - LR1318 (1 ea.)	28	200.00 (M)	1.50(M)	0.00(M)	0.00(M)	0.00(M)	710.00 (M)	39.00 (M)	6.00(M)	10.00 (M)	2.00(M)	9.00(M)	2.00(M)	31.00 (M)	0.00(M)	0.00(M)	0.00(M)	106.00 (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)	100	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
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
<b>Cheesy Breadsticks with Marinara and Chickpeas - ServingDate: 01/12/2022</b>																			
*Cheesy Breadsticks - LR1021 (2 ea.)	100	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.)	0	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)
Chick Peas - LR1199 (3/4 c.)	100	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)
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	100	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.)	34	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 - January, 2022

Site: ALL  
Date: 01/01/2022 - 01/31/2022

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>Cheesy Breadsticks with Marinara and Chickpeas - ServingDate: 01/12/2022</b>																			
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
<b>Fish Sticks and Tater Tots - ServingDate: 01/13/2022</b>																			
Fish Sticks - LR1266 (4 Sticks)	98	230.00	11.00	1.00	(M)	45.00	490.00	18.00	2.00	(M)	(M)	16.00	1.08	20.00	(M)	(M)	(M)	282.00	(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)
Tater Tots - LR1016 (3/4 c.)	100	195.00	9.00	1.50	0.00	0.00	465.00	24.00	3.00	0.00	(M)	3.00	0.54	0.00	0.00	5.40	(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
tartar sauce - LR1282 (1 pkg.)	50	90.00	9.00	1.00	(M)	10.00	230.00	6.00	(M)	5.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Cheese Pizza with Baby Carrots - ServingDate: 01/14/2022</b>																			
* 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)
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)

# Menu Calendar Nutrient Analysis Report - January, 2022

Site: ALL  
Date: 01/01/2022 - 01/31/2022

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>Cheese Pizza with Baby Carrots - ServingDate: 01/14/2022</b>																			
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)
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
<b>Beef Dippers, Rice and Broccoli - ServingDate: 01/18/2022</b>																			
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)
Rice - LR1018 (1/2 c.)	98	322.00	2.86	0.00	0.00	0.00	0.00	66.00	3.80	(M)	(M)	9.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Beef Steak Strips (Beef Dippers) - LR1102 (4 ea.)	98	160.00	8.00	3.50	0.50	40.00	440.00	6.00	1.00	4.00	0.00	14.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)
Broccoli - LR1136 (3/4 cup choppe)	100	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
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.)	34	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

# Menu Calendar Nutrient Analysis Report - January, 2022

Site: ALL  
Date: 01/01/2022 - 01/31/2022

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 Corn Dogs and Soft Pretzel - ServingDate: 01/19/2022</b>																			
*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
<b>bean and cheese burrito with black beans - ServingDate: 01/20/2022</b>																			
Bean and Cheese Burrito - LR1262 (1 burrito)	100	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.)	0	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)
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)
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)



# Menu Calendar Nutrient Analysis Report - January, 2022

Site: ALL  
Date: 01/01/2022 - 01/31/2022

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>bean and cheese burrito with black beans - ServingDate: 01/20/2022</b>																			
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.)	80	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Chef's Choice Pizza Mix Up - ServingDate: 01/21/2022</b>																			
*Breakfast Flatbread Pizza - LR1139 (2 ea.)	13	360.00	16.00	7.00	0.00	110.00	900.00	32.00	2.00	10.00	(M)	20.00	2.88	300.00	(M)	(M)	0.00	0.00	(M)
*Wild Mike's Pepperoni Pizza - LR1117 (1 slice 1/10)	40	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)
Bagel, Cream Cheese and Sunflower Seeds - LR1326 (1 serving)	2	400.74	23.00	6.00	0.00(M)	20.00 (M)	360.95	41.15	7.02	7.03	0.00(M)	13.03	3.25	100.21	300.00	0.00	(M)	(M)	(M)
Hummus and Flatbread - LR1332 (1 serving)	2	470.00	12.00	2.00	(M)	(M)	760.00	74.00	11.00	7.00	(M)	18.00	4.68	60.00	(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)
Pizza Ripper - Pepperoni - LR1096 (1 ea.)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(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)
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 - January, 2022

Site: ALL  
Date: 01/01/2022 - 01/31/2022

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>Drumstick, Carrots and a WW Roll - ServingDate: 01/24/2022</b>																			
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)
Whole Wheat Rolls - LR1305 (1 roll.)	98	100.00	2.00	0.50	(M)	(M)	70.00	17.00	2.00	2.00	(M)	0.00	0.72	20.00	(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)
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
<b>Chicken Strips, Waffles and Sweet Corn - ServingDate: 01/25/2022</b>																			
* Chicken Tenders - LR1153 (3 ea.)	98	242.88	12.14	2.28	0.00	45.54	409.86	12.14	1.52	3.04	(M)	19.73	1.64	0.00	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)
*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)
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.)	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

# Menu Calendar Nutrient Analysis Report - January, 2022

Site: ALL  
Date: 01/01/2022 - 01/31/2022

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>Chicken Strips, Waffles and Sweet Corn - ServingDate: 01/25/2022</b>																			
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
<b>Pancake Wrapped Sausage Dog and broccoli - ServingDate: 01/26/2022</b>																			
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)
Pancake Wrapped Turkey Sausage (corn dog) - LR1301 (1 ea.)	98	200.00	10.00	2.50	(M)	25.00	310.00	17.00	3.00	4.00	(M)	7.00	(M)	(M)	(M)	(M)	(M)	(M)	(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)
Broccoli - LR1136 (3/4 cup choppe)	100	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
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
<b>rotini with meat sauce and a side salad - ServingDate: 01/27/2022</b>																			
*Rotini with Meat Sauce - LR1198 (8 oz.)	98	339.00	16.00	6.50	1.00	55.00	392.00	29.00	4.00	6.00	(M)	19.00	3.00	63.00	(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 - January, 2022

Site: ALL  
Date: 01/01/2022 - 01/31/2022

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>rotini with meat sauce and a side salad - ServingDate: 01/27/2022</b>																			
Garlic Toast - LR1111 (1 ea.)	100	70.00	2.50	0.50	0.00	0.00	95.00	11.00	1.00	0.00	0.00	2.00	0.60	5.00	(M)	(M)	0.00	92.00	(M)
Iceberg Salad - LR1292 (1 c.)	100	10.00	0.00	0.00	0.00	0.00	10.00	2.00	1.00	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
Ranch Dressing - LR1097 (1 tbsp.)	100	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)
<b>Cheeseburger, fries and chickpeas - ServingDate: 01/28/2022</b>																			
*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)
Chick Peas - LR1199 (1/2 c.)	100	127.20	2.40	0.00	0.00	0.00	168.00	19.20	6.00	3.60	(M)	7.20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut Fries - LR1098 (1/2 c.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(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)

# Menu Calendar Nutrient Analysis Report - January, 2022

Site: ALL  
Date: 01/01/2022 - 01/31/2022

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)	Moisture (g)
<b>Cheeseburger, fries and chickpeas - ServingDate: 01/28/2022</b>																			
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