

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
AHS Taco Salad w/salad bar - ServingDate: 02/01/2022																			
AHS Signature Taco Salad - LR1236 (1 salad)	100	512.20 (M)	25.86 (M)	8.81(M)	0.00(M)	64.31 (M)	717.61 (M)	49.22 (M)	7.01(M)	1.17(M)	0.00(M)	22.86 (M)	0.94(M)	231.06 (M)	534.67 (M)	1.51(M)	0.00(M)	104.18 (M)	51.65 (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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78

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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)
AHS Taco Salad w/salad bar - ServingDate: 02/01/2022																			
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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
Chicken Drumstick, Soft Pretzel and Mucho Queso Cheese Sauce, Salad Bar - ServingDate: 02/02/2022																			
Chicken-Drumstick - LR1039 (1 ea.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(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)
Mucho Queso Cheese Sauce - LR1248 (1 container)	50	190.00	10.00	6.00	(M)	30.00	560.00	15.00	(M)	10.00	(M)	10.00	(M)	250.00	(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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31

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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)
Chicken Drumstick, Soft Pretzel and Mucho Queso Cheese Sauce, Salad Bar - ServingDate: 02/02/2022																			
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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
Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 02/03/2022																			
Chicken Alfredo - LR1254 (1 serving)	100	396.07 (M)	4.93(M)	0.96(M)	0.00(M)	4.21(M)	75.87 (M)	81.96 (M)	12.60 (M)	4.40(M)	0.00(M)	17.12 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
shredded mozzarella - LR1334 (1/4 c.)	100	80.00	5.00	3.00	(M)	15.00	200.00	2.00	(M)	(M)	(M)	7.00	(M)	150.00	(M)	(M)	(M)	(M)	(M)
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)
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)

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Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 02/03/2022																			
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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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Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 02/03/2022																			
Milk - White 1% - LR1006 (1 ea.)	13	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
Nachos and Salad Bar - ServingDate: 02/04/2022																			
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	118.28	1160.14	35.68	4.56(M)	0.30(M)	(M)	35.22	0.88(M)	240.76 (M)	200.00 (M)	(M)	(M)	(M)	(M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Nachos and Salad Bar - ServingDate: 02/04/2022																			
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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
Chicken Teriyaki and Salad Bar - ServingDate: 02/07/2022																			
*Chicken Teriyaki and Rice - LR1228 (1 serving)	100	295.00	5.00	1.00	0.00	70.00	330.00	8.00	2.00	6.00	(M)	19.00	1.44	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Cookies, fortune - LR1104 (1 cookie)	100	30.24	0.22	0.05	(M)	0.16	2.48	6.72	0.13	3.63	(M)	0.34	0.12	0.96	0.24	0.00	0.00	3.28	0.64
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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)	
Chicken Teriyaki and Salad Bar - ServingDate: 02/07/2022																				
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31	
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39	
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44	
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39	
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55	
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60	
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78	
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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	
AHS Soft Taco and Salad Bar - ServingDate: 02/08/2022																				
Beef Soft Taco - LR1245 (1 taco)	100	485.00	21.52	7.46	0.00(M)	120.42 (M)	762.06	41.45	5.63(M)	2.71(M)	0.00(M)	31.61	1.95(M)	240.02 (M)	462.06 (M)	1.01(M)	0.00(M)	210.88 (M)	34.43 (M)	
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77	
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)	
Banana - LR1074 (1 ea.)	20	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	

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
AHS Soft Taco and Salad Bar - ServingDate: 02/08/2022																			
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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 - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Pulled Pork Sandwich and Salad Bar - ServingDate: 02/09/2022																			
BBQ Pulled Pork Sandwich - LR1299 (1 sandwich)	100	317.39	7.83	2.53	0.00	45.56 (M)	709.78	40.21	4.02	13.18	0.00(M)	20.92	0.73(M)	20.32 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Pulled Pork Sandwich and Salad Bar - ServingDate: 02/09/2022																			
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 02/10/2022																			
Beef Ravioli in Meat Sauce - LR1306 (8 pcs.)	100	260.00	8.00	3.50	(M)	25.00	600.00	30.00	4.00	6.00	(M)	16.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
shredded mozzarella - LR1334 (1/4 c.)	100	80.00	5.00	3.00	(M)	15.00	200.00	2.00	(M)	(M)	(M)	7.00	(M)	150.00	(M)	(M)	(M)	(M)	(M)
Garlic Toast - LR1111 (2 ea.)	100	140.00	5.00	1.00	0.00	0.00	190.00	22.00	2.00	0.00	0.00	4.00	1.20	10.00	(M)	(M)	0.00	184.00	(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	62.74	(M)	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 02/10/2022																			
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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
Nachos and Salad Bar - ServingDate: 02/11/2022																			
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	118.28	1160.14	35.68	4.56(M)	0.30(M)	(M)	35.22	0.88(M)	240.76 (M)	200.00 (M)	(M)	(M)	(M)	(M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)	
Nachos and Salad Bar - ServingDate: 02/11/2022																				
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33	
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)	
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)	
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31	
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39	
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44	
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39	
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55	
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60	
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78	
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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 - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Orange Chicken and Salad Bar - ServingDate: 02/14/2022																			
*Orange Chicken with Rice - LR1231 (1 serving)	100	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)
Cookies, fortune - LR1104 (1 cookie)	100	30.24	0.22	0.05	(M)	0.16	2.48	6.72	0.13	3.63	(M)	0.34	0.12	0.96	0.24	0.00	0.00	3.28	0.64
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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Orange Chicken and Salad Bar - ServingDate: 02/14/2022																			
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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
AHS Taco Salad w/salad bar - ServingDate: 02/15/2022																			
AHS Signature Taco Salad - LR1236 (1 salad)	100	512.20 (M)	25.86 (M)	8.81(M)	0.00(M)	64.31 (M)	717.61 (M)	49.22 (M)	7.01(M)	1.17(M)	0.00(M)	22.86 (M)	0.94(M)	231.06 (M)	534.67 (M)	1.51(M)	0.00(M)	104.18 (M)	51.65 (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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
AHS Taco Salad w/salad bar - ServingDate: 02/15/2022																			
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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
Meatball Sub, Frosted Sugar Cookie and Salad Bar - ServingDate: 02/16/2022																			
meatball sub - LR1273 (1 ea.)	100	210.00 (M)	2.00(M)	0.00(M)	0.00(M)	0.00(M)	780.00 (M)	40.00 (M)	5.00(M)	12.00 (M)	0.00(M)	7.00(M)	1.00(M)	116.00 (M)	0.00(M)	0.00(M)	0.00(M)	87.00 (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)
shredded mozzarella - LR1334 (1/4 c.)	100	80.00	5.00	3.00	(M)	15.00	200.00	2.00	(M)	(M)	(M)	7.00	(M)	150.00	(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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Meatball Sub, Frosted Sugar Cookie and Salad Bar - ServingDate: 02/16/2022																			
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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 - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 02/17/2022																			
Chicken Alfredo - LR1254 (1 serving)	100	396.07 (M)	4.93(M)	0.96(M)	0.00(M)	4.21(M)	75.87 (M)	81.96 (M)	12.60 (M)	4.40(M)	0.00(M)	17.12 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
shredded mozzarella - LR1334 (1/4 c.)	100	80.00	5.00	3.00	(M)	15.00	200.00	2.00	(M)	(M)	(M)	7.00	(M)	150.00	(M)	(M)	(M)	(M)	(M)
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)
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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
 Date: 02/01/2022 - 02/28/2022

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)
Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 02/17/2022																			
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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
Nachos and Salad Bar - ServingDate: 02/18/2022																			
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	118.28	1160.14	35.68	4.56(M)	0.30(M)	(M)	35.22	0.88(M)	240.76 (M)	200.00 (M)	(M)	(M)	(M)	(M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Nachos and Salad Bar - ServingDate: 02/18/2022																			
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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
AHS Soft Taco and Salad Bar - ServingDate: 02/22/2022																			
Beef Soft Taco - LR1245 (1 taco)	100	485.00	21.52	7.46	0.00(M)	120.42 (M)	762.06	41.45	5.63(M)	2.71(M)	0.00(M)	31.61	1.95(M)	240.02 (M)	462.06 (M)	1.01(M)	0.00(M)	210.88 (M)	34.43 (M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
AHS Soft Taco and Salad Bar - ServingDate: 02/22/2022																			
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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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 - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Chicken Drumstick, Mashed Potatoes, Gravy and WW Roll, Salad Bar - ServingDate: 02/23/2022																			
Chicken-Drumstick - LR1039 (1 ea.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Gravy, Country - LR1090 (2 oz Ladle)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Whole Wheat Rolls - LR1305 (2 roll.)	100	200.00	4.00	1.00	(M)	(M)	140.00	34.00	4.00	4.00	(M)	0.00	1.44	40.00	(M)	(M)	(M)	(M)	(M)
* Potato Pearls EXCEL, Mashed Potatoes - LR1124 (1/2 c.)	50	90.00	1.00	0.00	0.00	0.00	410.00	17.00	1.00	0.00	0.00	2.00	0.30	10.00	(M)	(M)	0.00	380.23	(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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)	
Chicken Drumstick, Mashed Potatoes, Gravy and WW Roll, Salad Bar - ServingDate: 02/23/2022																				
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60	
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78	
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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	
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 02/24/2022																				
Beef Ravioli in Meat Sauce - LR1306 (8 pcs.)	100	260.00	8.00	3.50	(M)	25.00	600.00	30.00	4.00	6.00	(M)	16.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
shredded mozzarella - LR1334 (1/4 c.)	100	80.00	5.00	3.00	(M)	15.00	200.00	2.00	(M)	(M)	(M)	7.00	(M)	150.00	(M)	(M)	(M)	(M)	(M)	(M)
Garlic Toast - LR1111 (2 ea.)	100	140.00	5.00	1.00	0.00	0.00	190.00	22.00	2.00	0.00	0.00	4.00	1.20	10.00	(M)	(M)	0.00	184.00	(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)	
Banana - LR1074 (1 ea.)	20	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	
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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	
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33	

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 02/24/2022																			
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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
Nachos and Salad Bar - ServingDate: 02/25/2022																			
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	118.28	1160.14	35.68	4.56(M)	0.30(M)	(M)	35.22	0.88(M)	240.76 (M)	200.00 (M)	(M)	(M)	(M)	(M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
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)

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Nachos and Salad Bar - ServingDate: 02/25/2022																			
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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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 - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
Nachos and Salad Bar - ServingDate: 02/25/2022																			
Milk - White 1% - LR1006 (1 ea.)	13	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
General Tso's Chicken and Rice with Salad Bar - ServingDate: 02/28/2022																			
General Tso Chicken - LR1052 (3 5/8 oz.)	100	170.00	3.00	0.50	(M)	40.00	361.00	23.00	(M)	13.00	(M)	11.00	0.72	(M)	(M)	1.20	(M)	(M)	(M)
Rice - LR1018 (1 c.)	100	644.00	5.72	0.00	0.00	0.00	0.00	132.00	7.60	(M)	(M)	18.00	2.89	0.00	0.00	0.00	(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)
Banana - LR1074 (1 ea.)	20	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55

Menu Calendar Nutrient Analysis Report - February, 2022

Site: ALL
Date: 02/01/2022 - 02/28/2022

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)
General Tso's Chicken and Rice with Salad Bar - ServingDate: 02/28/2022																			
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	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: High School
Menu Line: Main
Serving Group: 9-12
Nutrients Option: All