

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
 Date: 05/01/2022 - 05/31/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Chicken Drumstick, WW Roll, Crinkle Cut Fries and Salad Bar - ServingDate: 05/02/2022 | | | | | | | | | | | | | | | | | | | |
| Chicken-Drumstick - LR1039 (2 ea.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (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) |
| 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.) | 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|-----------|--|
| Chicken Drumstick, WW Roll, Crinkle Cut Fries and Salad Bar - ServingDate: 05/02/2022 | | | | | | | | | | | | | | | | | | | | |
| 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 | |
| AHS Soft Taco and Salad Bar - ServingDate: 05/03/2022 | | | | | | | | | | | | | | | | | | | | |
| Beef Soft Taco - LR1245 (1 taco) | 100 | 471.31 | 22.18 | 8.85 | 0.00(M) | 79.79 (M) | 761.32 | 40.66 | 6.48(M) | 2.86(M) | 0.00(M) | 27.38 | 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) | |
| 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|---------|
| AHS Soft Taco and Salad Bar - ServingDate: 05/03/2022 | | | | | | | | | | | | | | | | | | | | |
| 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: 05/04/2022 | | | | | | | | | | | | | | | | | | | | |
| 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) | 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) | (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 | |

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Date: 05/01/2022 - 05/31/2022

| 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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 05/04/2022 | | | | | | | | | | | | | | | | | | | | |
| 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 | |

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Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|----------|
| Smothered Beef Burrito, Cookie and Salad Bar - ServingDate: 05/05/2022 | | | | | | | | | | | | | | | | | | | |
| Smothered Beef and Bean Burrito - LR1364 (1 burrito) | 100 | 485.17 | 21.11 | 7.91 | 0.00(M) | 64.31 (M) | 1183.42 | 48.85 | 9.11(M) | 3.11(M) | 0.00(M) | 25.12 | 1.80(M) | 221.34 (M) | 1013.59 (M) | 0.00(M) | 0.00(M) | 158.23 (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) |
| 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|----------|
| Smothered Beef Burrito, Cookie and Salad Bar - ServingDate: 05/05/2022 | | | | | | | | | | | | | | | | | | | |
| 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 |
| Nachos and Salad Bar - ServingDate: 05/06/2022 | | | | | | | | | | | | | | | | | | | |
| 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 |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Nachos and Salad Bar - ServingDate: 05/06/2022 | | | | | | | | | | | | | | | | | | | |
| 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 |
| Orange Chicken with WW Rice and Salad Bar - ServingDate: 05/09/2022 | | | | | | | | | | | | | | | | | | | |
| *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) |
| 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 |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|-----------|
| Orange Chicken with WW Rice and Salad Bar - ServingDate: 05/09/2022 | | | | | | | | | | | | | | | | | | | |
| 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 |
| AHS Taco Salad w/salad bar - ServingDate: 05/10/2022 | | | | | | | | | | | | | | | | | | | |
| 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) |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| AHS Taco Salad w/salad bar - ServingDate: 05/10/2022 | | | | | | | | | | | | | | | | | | | |
| 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 |
| 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 |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| AHS Taco Salad w/salad bar - ServingDate: 05/10/2022 | | | | | | | | | | | | | | | | | | | |
| 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 Breakfast Sandwich and yogurt and tater tots with Salad Bar - ServingDate: 05/11/2022 | | | | | | | | | | | | | | | | | | | |
| * Yogurt, Raspberry, Yami - LR1158 (4 ounces) | 100 | 99.65 | 1.00 | 0.50 | 0.00 | 0.00 | 59.79 | 18.93 | 0.00 | 14.95 | (M) | 3.99 | 0.00 | 99.65 | 0.00 | 1.20 | (M) | (M) | (M) |
| *Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich) | 100 | 309.37 | 18.99 | 8.00 | 0.00 | 40.00 | 918.58 | 21.89 | 0.99 | 0.99 | (M) | 13.97 | 1.59(M) | 89.53 (M) | (M) | (M) | 0.00(M) | 49.74 (M) | (M) |
| Tater Tots - LR1016 (1/2 c.) | 100 | 130.00 | 6.00 | 1.00 | 0.00 | 0.00 | 310.00 | 16.00 | 2.00 | 0.00 | (M) | 2.00 | 0.36 | 0.00 | 0.00 | 3.60 | (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 |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| AHS Breakfast Sandwich and yogurt and tater tots with Salad Bar - ServingDate: 05/11/2022 | | | | | | | | | | | | | | | | | | | | |
| 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 | |
| Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 05/12/2022 | | | | | | | | | | | | | | | | | | | | |
| 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 | 0.00 | 62.74 | (M) | (M) | (M) | |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) | |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 05/12/2022 | | | | | | | | | | | | | | | | | | | | |
| 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) | |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|----------|
| Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 05/12/2022 | | | | | | | | | | | | | | | | | | | |
| 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: 05/13/2022 | | | | | | | | | | | | | | | | | | | |
| 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Nachos and Salad Bar - ServingDate: 05/13/2022 | | | | | | | | | | | | | | | | | | | |
| 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 and Waffles with Salad Bar - ServingDate: 05/16/2022 | | | | | | | | | | | | | | | | | | | |
| * Chicken Tenders - LR1153 (3 ea.) | 100 | 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) |
| Maple Waffle - LR1290 (1 waffle) | 100 | 240.00 | 9.00 | 2.50 | (M) | 15.00 | 200.00 | 33.00 | 2.00 | 12.00 | 11.00 | 5.00 | (M) | (M) | (M) | (M) | (M) | 94.00 | (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) |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) | |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|-----------|--|
| Chicken and Waffles with Salad Bar - ServingDate: 05/16/2022 | | | | | | | | | | | | | | | | | | | | |
| 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: 05/17/2022 | | | | | | | | | | | | | | | | | | | | |
| Beef Soft Taco - LR1245 (1 taco) | 100 | 471.31 | 22.18 | 8.85 | 0.00(M) | 79.79 (M) | 761.32 | 40.66 | 6.48(M) | 2.86(M) | 0.00(M) | 27.38 | 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| AHS Soft Taco and Salad Bar - ServingDate: 05/17/2022 | | | | | | | | | | | | | | | | | | | | |
| 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Pulled Pork Sandwich, baked lays potato chips and Salad Bar - ServingDate: 05/18/2022 | | | | | | | | | | | | | | | | | | | |
| 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) |
| Lays - LR1333 (1 Bag) | 100 | 140.00 | 4.00 | 0.50 | (M) | (M) | 180.00 | 24.00 | 2.00 | 3.00 | (M) | 2.00 | (M) | (M) | (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 |
| 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Pulled Pork Sandwich, baked lays potato chips and Salad Bar - ServingDate: 05/18/2022 | | | | | | | | | | | | | | | | | | | |
| 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 |
| Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 05/19/2022 | | | | | | | | | | | | | | | | | | | |
| 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) |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|----------|
| Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 05/19/2022 | | | | | | | | | | | | | | | | | | | |
| 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: 05/20/2022 | | | | | | | | | | | | | | | | | | | |
| 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) |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Nachos and Salad Bar - ServingDate: 05/20/2022 | | | | | | | | | | | | | | | | | | | |
| 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) |
| 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Chicken Teriyaki and Salad Bar - ServingDate: 05/23/2022 | | | | | | | | | | | | | | | | | | | |
| *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) |
| Chicken Veggie Potsticker - LR1348 (6 pcs.) | 100 | 240.00 | 7.00 | 0.50 | (M) | 35.00 | 550.00 | 31.00 | 2.00 | 3.00 | 0.00 | 17.00 | 2.70 | 20.00 | 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 |
| 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|-----------|
| Chicken Teriyaki and Salad Bar - ServingDate: 05/23/2022 | | | | | | | | | | | | | | | | | | | |
| 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: 05/24/2022 | | | | | | | | | | | | | | | | | | | |
| 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| AHS Taco Salad w/salad bar - ServingDate: 05/24/2022 | | | | | | | | | | | | | | | | | | | |
| 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 |
| mesquite glazed chicken burger and salad bar - ServingDate: 05/25/2022 | | | | | | | | | | | | | | | | | | | |
| Mesquite Glazed Chicken Burger with Cheese - LR1308 (1 ea.) | 100 | 360.00 (M) | 16.50 (M) | 6.50(M) | 0.00(M) | 80.00 (M) | 1090.00 (M) | 29.00 (M) | 3.00(M) | 2.00(M) | 0.00(M) | 28.00 (M) | 1.08(M) | 0.00(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 |
| Watermelon - LR1227 (1 cup diced) | 50 | 45.60 | 0.23 | 0.03 | 0.00 | 0.00 | 1.52 | 11.48 | 0.61 | 9.42 | (M) | 0.93 | 0.36 | 10.64 | 864.88 | 12.31 | 0.00 | 170.24 | 139.00 |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| mesquite glazed chicken burger and salad bar - ServingDate: 05/25/2022 | | | | | | | | | | | | | | | | | | | |
| 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 05/26/2022 | | | | | | | | | | | | | | | | | | | |
| 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 | 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|----------|
| Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 05/26/2022 | | | | | | | | | | | | | | | | | | | |
| 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: 05/27/2022 | | | | | | | | | | | | | | | | | | | |
| 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 - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Nachos and Salad Bar - ServingDate: 05/27/2022 | | | | | | | | | | | | | | | | | | | |
| 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 Drumstick, Soft Pretzel and Mucho Queso Cheese Sauce, Salad Bar - ServingDate: 05/30/2022 | | | | | | | | | | | | | | | | | | | |
| 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) |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| Chicken Drumstick, Soft Pretzel and Mucho Queso Cheese Sauce, Salad Bar - ServingDate: 05/30/2022 | | | | | | | | | | | | | | | | | | | | |
| 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) | |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|-----------|
| Chicken Drumstick, Soft Pretzel and Mucho Queso Cheese Sauce, Salad Bar - ServingDate: 05/30/2022 | | | | | | | | | | | | | | | | | | | |
| 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 |
| AHS Soft Taco and Salad Bar - ServingDate: 05/31/2022 | | | | | | | | | | | | | | | | | | | |
| Beef Soft Taco - LR1245 (1 taco) | 100 | 471.31 | 22.18 | 8.85 | 0.00(M) | 79.79 (M) | 761.32 | 40.66 | 6.48(M) | 2.86(M) | 0.00(M) | 27.38 | 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) |
| 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 |

Menu Calendar Nutrient Analysis Report - May, 2022

Site: ALL
Date: 05/01/2022 - 05/31/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| AHS Soft Taco and Salad Bar - ServingDate: 05/31/2022 | | | | | | | | | | | | | | | | | | | |
| 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 |

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Lunch
Site Group: High School
Menu Line: Main
Serving Group: 9-12
Nutrients Option: All