

Menu Calendar Nutrient Analysis Report - June, 2022

Site: APPLE
 Date: 06/01/2022 - 06/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Apple Rotini with Meat Sauce and a Side Salad - ServingDate: 06/01/2022								
*Rotini with Meat Sauce - LR1198 (8 oz.)	100	339.00	16.00	6.50	1.00	392.00	29.00	19.00
Iceberg Salad - LR1292 (1/2 c.)	100	5.00	0.00	0.00	0.00	5.00	1.00	0.50
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	33	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Ranch Dressing - LR1097 (1 tbsp.)	100	28.07	2.45	0.53	0.00(M)	51.13	0.61	0.33
Apple Beef Dippers and Rice with Broccoli - ServingDate: 06/02/2022								
Rice - LR1018 (1/2 c.)	100	322.00	2.86	0.00	0.00	0.00	66.00	9.00
Beef Steak Strips (Beef Dippers) - LR1102 (4 ea.)	100	160.00	8.00	3.50	0.50	440.00	6.00	14.00
Broccoli - LR1136 (1/4 cup choppe)	100	7.74	0.08	0.03	0.00	7.51	1.51	0.64
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	33	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	131.54	12.52	8.91

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bean and cheese burrito Apple - ServingDate: 06/06/2022								
Bean and Cheese Burrito - LR1262 (1 burrito)	100	270.80	5.72	2.07	(M)	305.73	44.28	13.88
Sweet Yellow Corn - LR1217 (1/4 c.)	100	28.04	0.17	0.00	0.00	0.00	6.66	1.05
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	33	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Apple Chicken Nuggets and Fries - ServingDate: 06/07/2022								
* Chicken Nuggets, Tyson - LR1169 (5 ea.)	100	203.60	8.91	1.91	0.00	343.58	12.72	17.82
Crinkle Cut Fries - LR1098 (1/2 c.)	100	100.00	4.00	0.50	0.00	180.00	14.00	1.80
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	33	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Apple Pepperoni Pizza and Cucumber - ServingDate: 06/08/2022								
*Wild Mike's Pepperoni Pizza - LR1117 (1 slice 1/10)	100	370.00	18.00	9.00	9.00	580.00	34.00	20.00

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Apple Pepperoni Pizza and Cucumber - ServingDate: 06/08/2022								
Cucumber - LR1156 (1 cucumber ()	100	45.15	0.33	0.11	0.00	6.02	10.93	1.96
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	33	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Orange Chicken, Rice and Broccoli - ServingDate: 06/09/2022								
*Orange Chicken with Rice - LR1231 (1 serving)	100	313.33	4.17	0.44	0.00	248.89	18.89	13.78
Broccoli - LR1136 (1/4 cup choppe)	100	7.74	0.08	0.03	0.00	7.51	1.51	0.64
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	33	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	131.54	12.52	8.91

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Lunch
Site Group: Elementary School
Menu Line: Main
Serving Group: Ages 3-5
Nutrients Option: Expanded

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