

# Menu Calendar Nutrient Analysis Report

Site: ALL  
Date: 06/27/2022 - 07/03/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>Summer Program Bagel and Cream Cheese 2wgr - ServingDate: 06/28/2022</b>																			
WW Bagel - LR1369 (1 bagel)	100	170.00	1.50	0.00	0.00	0.00	270.00	33.00	3.00	2.00	0.00	7.00	1.80	60.00	0.00	0.00	0.00	124.08	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	20	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	20	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	10.00	(M)	1.00	0.00	0.00	0.00	42.00	(M)	116.09	(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
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	20	70.00	0.00	0.00	0.00	0.00	0.00	18.00	3.00	14.00	0.00	1.00	0.00	0.00	(M)	27.00	0.00	0.00	(M)
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	29	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
Cream Cheese 1oz - LR1341 (1 Container)	100	60.00	4.50	3.00	0.00	15.00	130.00	2.00	0.00	1.00	0.00	2.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
<b>Summer Program Chocolate Chip Muffin Dave's 3.15oz 2wgr - ServingDate: 06/30/2022</b>																			
Chocolate Chip Muffin - LR1368 (1 muffin)	100	227.00	6.00	0.90	0.00	30.00	115.00	39.50	3.10	17.50	15.00	3.90	0.90	4.00	44.00	0.90	0.00	70.03	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	20	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	20	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)

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Item Name (Serving Size)	Ash (g)
<b>Summer Program Bagel and Cream Cheese 2wgr - ServingDate: 06/28/2022</b>	
WW Bagel - LR1369 (1 bagel)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	(M)
Orange - LR1073 (1 ea.)	0.58
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	(M)
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Cream Cheese 1oz - LR1341 (1 Container)	(M)
<b>Summer Program Chocolate Chip Muffin Dave's 3.15oz 2wgr - ServingDate: 06/30/2022</b>	
Chocolate Chip Muffin - LR1368 (1 muffin)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)

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<b>Summer Program Chocolate Chip Muffin Dave's 3.15oz 2wgr - ServingDate: 06/30/2022</b>																			
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	10.00	(M)	1.00	0.00	0.00	0.00	42.00	(M)	116.09	(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
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	20	70.00	0.00	0.00	0.00	0.00	0.00	18.00	3.00	14.00	0.00	1.00	0.00	0.00	(M)	27.00	0.00	0.00	(M)
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	29	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: Breakfast  
 Site Group: Elementary School  
 Menu Line: Main  
 Serving Group: All Ages  
 Nutrients Option: All

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Item Name (Serving Size)	Ash (g)
<b>Summer Program Chocolate Chip Muffin Dave's 3.15oz 2wgr - ServingDate: 06/30/2022</b>	
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	(M)
Orange - LR1073 (1 ea.)	0.58
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	(M)
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95