

Menu Calendar Nutrient Analysis Report - September, 2022

Site: APPLE
Date: 09/01/2022 - 09/30/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Mini Corn Dogs and Carrot Sticks - ServingDate: 09/07/2022 | | | | | | | | | | | | | | | | | | | |
| *Mini Corn Dogs - LR1157 (6 ea.) | 100 | 270.00 | 12.00 | 3.50 | 0.00 | 40.00 | 410.00 | 30.00 | 5.00 | 5.00 | 0.00 | 10.00 | 1.80 | 150.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Carrot Stix - LR1027 (1/4 c.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 |
| Apple Chicken Nuggets and Broccoli - ServingDate: 09/08/2022 | | | | | | | | | | | | | | | | | | | |
| * Chicken Nuggets, Tyson - LR1169 (5 ea.) | 100 | 203.60 | 8.91 | 1.91 | 0.00 | 25.45 | 343.58 | 12.72 | 2.54 | 0.00 | 0.00 | 17.82 | 0.92 | 11.45 | 0.00 | 0.00 | 0.00 | 750.60 | (M) |
| Broccoli - LR1136 (1/4 cup choppe) | 100 | 7.74 | 0.08 | 0.03 | 0.00 | 0.00 | 7.51 | 1.51 | 0.59 | 0.39 | (M) | 0.64 | 0.17 | 10.69 | 141.73 | 20.29 | 0.00 | 71.89 | 20.32 |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 - September, 2022

Site: APPLE
 Date: 09/01/2022 - 09/30/2022

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| Mini Corn Dogs and Carrot Sticks - ServingDate: 09/07/2022 | |
| *Mini Corn Dogs - LR1157 (6 ea.) | (M) |
| Carrot Stix - LR1027 (1/4 c.) | (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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| Apple Chicken Nuggets and Broccoli - ServingDate: 09/08/2022 | |
| * Chicken Nuggets, Tyson - LR1169 (5 ea.) | (M) |
| Broccoli - LR1136 (1/4 cup choppe) | 0.20 |
| * 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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |

Menu Calendar Nutrient Analysis Report - September, 2022

Site: APPLE
 Date: 09/01/2022 - 09/30/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Apple Chicken Burger and Celery - ServingDate: 09/12/2022 | | | | | | | | | | | | | | | | | | | |
| Chicken Burger - LR1079 (1 ea.) | 100 | 340.00 | 10.50 | 1.50 | 0.00 | 45.00 | 480.00 | 36.00 | 6.00 | 2.00 | 0.00(M) | 26.00 | 1.08(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 710.17 (M) | 0.00(M) |
| Sunbutter Cups - LR1269 (1 Container) | 100 | 200.00 | 16.00 | 2.00 | (M) | (M) | 120.00 | 7.00 | 4.00 | 3.00 | (M) | 7.00 | 1.98 | 20.00 | (M) | (M) | (M) | (M) | (M) |
| Celery - LR1163 (1/2 cup choppe) | 100 | 7.07 | 0.09 | 0.02 | 0.00 | 0.00 | 40.40 | 1.50 | 0.81 | 0.68 | (M) | 0.35 | 0.10 | 20.20 | 226.75 | 1.57 | 0.00 | 131.30 | 48.19 |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 Tenders with Broccoli - ServingDate: 09/13/2022 | | | | | | | | | | | | | | | | | | | |
| * 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) |
| Broccoli - LR1136 (1/2 cup choppe) | 50 | 15.47 | 0.17 | 0.05 | 0.00 | 0.00 | 15.02 | 3.02 | 1.18 | 0.77 | (M) | 1.28 | 0.33 | 21.39 | 283.46 | 40.59 | 0.00 | 143.78 | 40.63 |
| Green Peas - LR1130 (1/2 c.) | 50 | 68.82 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.18 | 4.30 | 4.30 | (M) | 4.30 | 1.20 | 17.20 | (M) | (M) | 0.00 | 197.85 | (M) |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 |

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Site: APPLE
 Date: 09/01/2022 - 09/30/2022

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| Apple Chicken Burger and Celery - ServingDate: 09/12/2022 | |
| Chicken Burger - LR1079 (1 ea.) | 0.00(M) |
| Sunbutter Cups - LR1269 (1 Container) | (M) |
| Celery - LR1163 (1/2 cup choppe) | 0.38 |
| * 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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| Chicken Tenders with Broccoli - ServingDate: 09/13/2022 | |
| * Chicken Tenders - LR1153 (3 ea.) | (M) |
| Broccoli - LR1136 (1/2 cup choppe) | 0.40 |
| Green Peas - LR1130 (1/2 c.) | (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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |

Menu Calendar Nutrient Analysis Report - September, 2022

Site: APPLE
Date: 09/01/2022 - 09/30/2022

| 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 Tenders with Broccoli - ServingDate: 09/13/2022 | | | | | | | | | | | | | | | | | | | |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 |
| Apple Calzones and Carrot Sticks - ServingDate: 09/14/2022 | | | | | | | | | | | | | | | | | | | |
| * Mini Calzones - LR1184 (3 ea.) | 100 | 320.00 | 11.00 | 5.00 | 0.00 | 20.00 | 470.00 | 40.00 | 4.00 | 6.00 | 0.00 | 17.00 | 1.80 | 250.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Carrot Stix - LR1027 (1/4 c.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 |
| Apple Orange Chicken and Rice - ServingDate: 09/15/2022 | | | | | | | | | | | | | | | | | | | |
| *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) |
| Broccoli - LR1136 (1/4 cup choppe) | 100 | 7.74 | 0.08 | 0.03 | 0.00 | 0.00 | 7.51 | 1.51 | 0.59 | 0.39 | (M) | 0.64 | 0.17 | 10.69 | 141.73 | 20.29 | 0.00 | 71.89 | 20.32 |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |

Menu Calendar Nutrient Analysis Report - September, 2022

Site: APPLE
 Date: 09/01/2022 - 09/30/2022

| Item Name (Serving Size) | Ash (g) |
|---|---------|
| Chicken Tenders with Broccoli - ServingDate: 09/13/2022 | |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| Apple Calzones and Carrot Sticks - ServingDate: 09/14/2022 | |
| * Mini Calzones - LR1184 (3 ea.) | (M) |
| Carrot Stix - LR1027 (1/4 c.) | (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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| Apple Orange Chicken and Rice - ServingDate: 09/15/2022 | |
| *Orange Chicken with Rice - LR1231 (1 serving) | 0.00(M) |
| Broccoli - LR1136 (1/4 cup choppe) | 0.20 |
| * 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 - LR1075 (1/2 c.) | (M) |

Menu Calendar Nutrient Analysis Report - September, 2022

Site: APPLE
Date: 09/01/2022 - 09/30/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Apple Orange Chicken and Rice - ServingDate: 09/15/2022 | | | | | | | | | | | | | | | | | | | |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 |
| Apple Chicken Drumstick and Cornbread - ServingDate: 09/19/2022 | | | | | | | | | | | | | | | | | | | |
| Chicken-Drumstick - LR1039 (1 ea.) | 100 | 220.00 | 13.00 | 3.00 | 0.00 | 60.00 | 530.00 | 6.00 | 1.00 | 0.00 | 0.00 | 19.00 | 1.44 | (M) | 0.00 | 0.00 | (M) | (M) | (M) |
| Mini Cornbread Loaf - LR1123 (1 loaf.) | 100 | 198.00 | 6.50 | 0.90 | 0.00 | 28.00 | 140.00 | 32.00 | 2.20 | 15.00 | (M) | 2.60 | 1.00 | 26.00 | (M) | (M) | (M) | (M) | (M) |
| Green Peas - LR1130 (1/4 c.) | 50 | 34.41 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.59 | 2.15 | 2.15 | (M) | 2.15 | 0.60 | 8.60 | (M) | (M) | 0.00 | 98.92 | (M) |
| Baby Bakers - LR1375 (1/2 c.) | 50 | 102.37 | 1.71 | 0.00 | 0.00 | 0.00 | 181.99 | 17.06 | 1.14 | 0.00 | 0.00 | 3.41 | 0.82 | 22.75 | (M) | 0.00 | (M) | (M) | (M) |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 |
| APPLE Cheesy nachos and black beans and yogurt - ServingDate: 09/20/2022 | | | | | | | | | | | | | | | | | | | |
| * 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) |
| TORTILLA CHIPS, TOSTITOS - LR1249 (13 chips) | 100 | 130.86 | 5.61 | 0.94 | 0.00 | 0.00 | 107.50 | 18.70 | 1.87 | 0.00 | (M) | 1.87 | 0.34 | 18.70 | (M) | (M) | (M) | (M) | (M) |
| * Cheddar Cheese Dip Cup, Land O Lakes - LR1135 (1 Container) | 100 | 188.75 | 10.30 | 6.40 | 0.00 | 32.34 | 566.35 | 14.50 | 0.00 | 9.96 | (M) | 9.71 | 0.13 | 333.59 | (M) | 0.00 | 0.00 | 1442.42 | 45.68 |

Menu Calendar Nutrient Analysis Report - September, 2022

Site: APPLE
 Date: 09/01/2022 - 09/30/2022

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| Apple Orange Chicken and Rice - ServingDate: 09/15/2022 | |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| Apple Chicken Drumstick and Cornbread - ServingDate: 09/19/2022 | |
| Chicken-Drumstick - LR1039 (1 ea.) | (M) |
| Mini Cornbread Loaf - LR1123 (1 loaf.) | (M) |
| Green Peas - LR1130 (1/4 c.) | (M) |
| Baby Bakers - LR1375 (1/2 c.) | (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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| APPLE Cheesy nachos and black beans and yogurt - ServingDate: 09/20/2022 | |
| * Yogurt, Raspberry, Yami - LR1158 (4 ounces) | (M) |
| TORTILLA CHIPS, TOSTITOS - LR1249 (13 chips) | (M) |
| * Cheddar Cheese Dip Cup, Land O Lakes - LR1135 (1 Container) | 5.70 |

Menu Calendar Nutrient Analysis Report - September, 2022

Site: APPLE
Date: 09/01/2022 - 09/30/2022

| 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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|-----|
| APPLE Cheesy nachos and black beans and yogurt - ServingDate: 09/20/2022 | | | | | | | | | | | | | | | | | | | | |
| Black Beans - LR1222 (90 g.) | 100 | 76.15 | 0.00 | 0.00 | 0.00 | 0.00 | 90.00 | 13.85 | 3.46 | 0.69 | (M) | 4.85 | 1.25 | 41.54 | (M) | (M) | (M) | 332.31 | (M) | |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) | |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 | |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 | |
| Apple Breakfast Sandwich and Baby Carrots - ServingDate: 09/21/2022 | | | | | | | | | | | | | | | | | | | | |
| *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) | |
| Carrot Stix - LR1027 (1/2 c.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) | |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 | |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 - September, 2022

Site: APPLE
 Date: 09/01/2022 - 09/30/2022

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| APPLE Cheesy nachos and black beans and yogurt - ServingDate: 09/20/2022 | |
| Black Beans - LR1222 (90 g.) | (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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| Apple Breakfast Sandwich and Baby Carrots - ServingDate: 09/21/2022 | |
| *Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich) | (M) |
| Carrot Stix - LR1027 (1/2 c.) | (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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |

Menu Calendar Nutrient Analysis Report - September, 2022

Site: APPLE
Date: 09/01/2022 - 09/30/2022

| 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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|-----|
| Apple Chicken Teriyaki and Green Beans - ServingDate: 09/22/2022 | | | | | | | | | | | | | | | | | | | | |
| *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) | |
| Broccoli - LR1136 (1/2 cup choppe) | 50 | 15.47 | 0.17 | 0.05 | 0.00 | 0.00 | 15.02 | 3.02 | 1.18 | 0.77 | (M) | 1.28 | 0.33 | 21.39 | 283.46 | 40.59 | 0.00 | 143.78 | 40.63 | |
| Green Beans - LR1219 (1/4 c.) | 50 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 2.00 | 1.00 | 1.00 | (M) | 0.50 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) | |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 | |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 | |
| Apple mac and cheese and Carrot Stix - ServingDate: 09/26/2022 | | | | | | | | | | | | | | | | | | | | |
| *Macaroni and Cheese - LR1197 (6 oz.) | 100 | 288.00 | 16.00 | 7.00 | 0.00 | 35.00 | 758.00 | 30.00 | 2.00 | 8.00 | (M) | 15.00 | 1.00 | 381.00 | (M) | (M) | 0.00 | 0.00 | (M) | |
| Carrot Stix - LR1027 (1/4 c.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) | |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 | |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 - September, 2022

Site: APPLE
 Date: 09/01/2022 - 09/30/2022

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| Apple Chicken Teriyaki and Green Beans - ServingDate: 09/22/2022 | |
| *Chicken Teriyaki and Rice - LR1228 (1 serving) | (M) |
| Broccoli - LR1136 (1/2 cup choppe) | 0.40 |
| Green Beans - LR1219 (1/4 c.) | (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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| Apple mac and cheese and Carrot Stix - ServingDate: 09/26/2022 | |
| *Macaroni and Cheese - LR1197 (6 oz.) | (M) |
| Carrot Stix - LR1027 (1/4 c.) | (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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |

Menu Calendar Nutrient Analysis Report - September, 2022

Site: APPLE
Date: 09/01/2022 - 09/30/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| APPLE Drumstick, Potatoes and WW Roll - ServingDate: 09/27/2022 | | | | | | | | | | | | | | | | | | | |
| Chicken-Drumstick - LR1039 (1 ea.) | 100 | 220.00 | 13.00 | 3.00 | 0.00 | 60.00 | 530.00 | 6.00 | 1.00 | 0.00 | 0.00 | 19.00 | 1.44 | (M) | 0.00 | 0.00 | (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) |
| * Potato Pearls EXCEL, Mashed Potatoes - LR1124 (1/4 c.) | 100 | 45.00 | 0.50 | 0.00 | 0.00 | 0.00 | 205.00 | 8.50 | 0.50 | 0.00 | 0.00 | 1.00 | 0.15 | 5.00 | (M) | (M) | 0.00 | 190.12 | (M) |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 |
| Bean and Cheese Burrito and Salad - ServingDate: 09/28/2022 | | | | | | | | | | | | | | | | | | | |
| Bean and Cheese Burrito - LR1262 (1 burrito) | 100 | 270.80 | 5.72 | 2.07 | (M) | 10.32 | 305.73 | 44.28 | 8.02 | 2.00 | (M) | 13.88 | 3.60 | 200.00 | (M) | 2.40 | (M) | (M) | (M) |
| Iceberg Salad - LR1292 (1/2 c.) | 100 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 1.00 | 0.50 | 1.00 | (M) | 0.50 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 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 - September, 2022

Site: APPLE
 Date: 09/01/2022 - 09/30/2022

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| APPLE Drumstick, Potatoes and WW Roll - ServingDate: 09/27/2022 | |
| Chicken-Drumstick - LR1039 (1 ea.) | (M) |
| Whole Wheat Rolls - LR1305 (1 roll.) | (M) |
| * Potato Pearls EXCEL, Mashed Potatoes - LR1124 (1/4 c.) | (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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| Bean and Cheese Burrito and Salad - ServingDate: 09/28/2022 | |
| Bean and Cheese Burrito - LR1262 (1 burrito) | (M) |
| Iceberg Salad - LR1292 (1/2 c.) | (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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |

Menu Calendar Nutrient Analysis Report - September, 2022

Site: APPLE
Date: 09/01/2022 - 09/30/2022

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Apple Beef Dippers and Rice with Broccoli - ServingDate: 09/29/2022 | | | | | | | | | | | | | | | | | | | |
| Rice - LR1018 (1/2 c.) | 100 | 322.00 | 2.86 | 0.00 | 0.00 | 0.00 | 0.00 | 66.00 | 3.80 | (M) | (M) | 9.00 | 1.44 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Beef Steak Strips (Beef Dippers) - LR1102 (4 ea.) | 100 | 160.00 | 8.00 | 3.50 | 0.50 | 40.00 | 440.00 | 6.00 | 1.00 | 4.00 | 0.00 | 14.00 | 1.08 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Broccoli - LR1136 (1/4 cup choppe) | 100 | 7.74 | 0.08 | 0.03 | 0.00 | 0.00 | 7.51 | 1.51 | 0.59 | 0.39 | (M) | 0.64 | 0.17 | 10.69 | 141.73 | 20.29 | 0.00 | 71.89 | 20.32 |
| * Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3) | 25 | 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.) | 25 | 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 - LR1075 (1/2 c.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 |
| Milk - White 1% - LR1006 (1 ea.) | 100 | 108.86 | 2.65 | 1.65 | (M) | 9.07 | 131.54 | 12.52 | 0.00 | (M) | (M) | 8.91 | 0.14 | 322.06 | 460.40 | 2.72 | 2.27 | 408.24 | 201.26 |

Legend
(M) - Missing Nutrient Values

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

Menu Calendar Nutrient Analysis Report - September, 2022

Site: APPLE
 Date: 09/01/2022 - 09/30/2022

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| Apple Beef Dippers and Rice with Broccoli - ServingDate: 09/29/2022 | |
| Rice - LR1018 (1/2 c.) | (M) |
| Beef Steak Strips (Beef Dippers) - LR1102 (4 ea.) | (M) |
| Broccoli - LR1136 (1/4 cup choppe) | 0.20 |
| * 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 - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |