

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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: 10/03/2022																			
*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
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78

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Site: ALL
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Item Name (Serving Size)	Ash (g)
Orange Chicken with WW Rice and Salad Bar - ServingDate: 10/03/2022	
*Orange Chicken with Rice - LR1231 (1 serving)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Orange Chicken with WW Rice and Salad Bar - ServingDate: 10/03/2022																			
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
AHS Taco Salad w/salad bar - ServingDate: 10/04/2022																			
AHS Signature Taco Salad - LR1236 (1 salad)	100	512.20 (M)	25.86 (M)	8.81(M)	0.00(M)	64.31 (M)	717.61 (M)	49.22 (M)	7.01(M)	1.17(M)	0.00(M)	22.86 (M)	0.94(M)	231.06 (M)	534.67 (M)	1.51(M)	0.00(M)	104.18 (M)	51.65 (M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

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Item Name (Serving Size)	Ash (g)
Orange Chicken with WW Rice and Salad Bar - ServingDate: 10/03/2022	
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
AHS Taco Salad w/salad bar - ServingDate: 10/04/2022	
AHS Signature Taco Salad - LR1236 (1 salad)	0.19(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
AHS Taco Salad w/salad bar - ServingDate: 10/04/2022																			
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: 10/05/2022																			
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)
* 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)
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

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Item Name (Serving Size)	Ash (g)
AHS Taco Salad w/salad bar - ServingDate: 10/04/2022	
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Chicken Drumstick, Soft Pretzel and Mucho Queso Cheese Sauce, Salad Bar - ServingDate: 10/05/2022	
Chicken-Drumstick - LR1039 (1 ea.)	(M)
* Pretzel, Soft WG, J & J - LR1134 (1 ea.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10

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Chicken Drumstick, Soft Pretzel and Mucho Queso Cheese Sauce, Salad Bar - Serving Date: 10/05/2022																				
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	

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL

Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Chicken Drumstick, Soft Pretzel and Mucho Queso Cheese Sauce, Salad Bar - ServingDate: 10/05/2022	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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: 10/06/2022																			
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 - October, 2022

Site: ALL

Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 10/06/2022	
Beef Ravioli in Meat Sauce - LR1306 (8 pcs.)	(M)
shredded mozzarella - LR1334 (1/4 c.)	(M)
Garlic Toast - LR1111 (2 ea.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13

Menu Calendar Nutrient Analysis Report - October, 2022

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 10/06/2022																			
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: 10/07/2022																			
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

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Site: ALL

Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 10/06/2022	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Nachos and Salad Bar - ServingDate: 10/07/2022	
Beef Nachos - LR1258 (1 serving)	(M)
Pico De Gallo - USDA Recipe G150 - PER G- 150 (1/4 c.)	0.41
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10

Menu Calendar Nutrient Analysis Report - October, 2022

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Date: 10/01/2022 - 10/31/2022

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: 10/07/2022																			
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
Sweet and sour chicken and salad bar - ServingDate: 10/10/2022																			
Sweet And Sour Chicken And Rice - LR1251 (1 serving)	100	337.50	4.88	5.63	0.00(M)	45.00	225.00	22.25	2.00(M)	10.13	(M)	16.38	1.53	(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

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Site: ALL
Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Nachos and Salad Bar - ServingDate: 10/07/2022	
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Sweet and sour chicken and salad bar - ServingDate: 10/10/2022	
Sweet And Sour Chicken And Rice - LR1251 (1 serving)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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)
Sweet and sour chicken and salad bar - ServingDate: 10/10/2022																			
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 - October, 2022

Site: ALL

Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Sweet and sour chicken and salad bar - ServingDate: 10/10/2022	
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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: 10/11/2022																			
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
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 - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
AHS Soft Taco and Salad Bar - ServingDate: 10/11/2022	
Beef Soft Taco - LR1245 (1 taco)	0.13(M)
Pico De Gallo - USDA Recipe G150 - PER G- 150 (1/4 c.)	0.41
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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: 10/11/2022																				
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	
Chicken Burger and Crinkle-Cut Fries with Salad Bar - ServingDate: 10/12/2022																				
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)	
Crinkle Cut Fries - LR1098 (1 c.)	100	200.00	8.00	1.00	0.00	0.00	360.00	28.00	2.00	0.00	0.00	3.60	0.72	0.00	0.00	0.00	0.00	320.00	(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	

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL

Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
AHS Soft Taco and Salad Bar - ServingDate: 10/11/2022	
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Chicken Burger and Crinkle-Cut Fries with Salad Bar - ServingDate: 10/12/2022	
Chicken Burger - LR1079 (1 ea.)	0.00(M)
Crinkle Cut Fries - LR1098 (1 c.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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 Burger and Crinkle-Cut Fries with Salad Bar - ServingDate: 10/12/2022																			
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
AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 10/13/2022																			
Macaroni and Cheese, Land O Lakes, 43284 80sv - LR1378 (1 serving)	100	290.00	11.00	6.00	0.00	30.00	980.00	32.00	1.00	6.00	0.00	17.00	1.00	417.00	750.00	0.00	0.00	200.22	(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

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Chicken Burger and Crinkle-Cut Fries with Salad Bar - ServingDate: 10/12/2022	
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 10/13/2022	
Macaroni and Cheese, Land O Lakes, 43284 80sv - LR1378 (1 serving)	(M)
Garlic Toast - LR1111 (1 ea.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97

Menu Calendar Nutrient Analysis Report - October, 2022

Generated on: 9/23/2022 2:33:37 PM by Kristen Satra

Site: ALL
Date: 10/01/2022 - 10/31/2022

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 Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 10/13/2022																				
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 - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 10/13/2022	
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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: 10/14/2022																			
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
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 - October, 2022

Site: ALL

Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Nachos and Salad Bar - ServingDate: 10/14/2022	
Beef Nachos - LR1258 (1 serving)	(M)
Pico De Gallo - USDA Recipe G150 - PER G- 150 (1/4 c.)	0.41
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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: 10/14/2022																				
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78	
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)	
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26	
Chicken Teriyaki and Salad Bar - ServingDate: 10/17/2022																				
*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)	
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 - October, 2022

Site: ALL
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Item Name (Serving Size)	Ash (g)
Nachos and Salad Bar - ServingDate: 10/14/2022	
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Chicken Teriyaki and Salad Bar - ServingDate: 10/17/2022	
*Chicken Teriyaki and Rice - LR1228 (1 serving)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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: 10/17/2022																			
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
AHS Taco Salad w/salad bar - ServingDate: 10/18/2022																			
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

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Site: ALL
Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Chicken Teriyaki and Salad Bar - ServingDate: 10/17/2022	
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
AHS Taco Salad w/salad bar - ServingDate: 10/18/2022	
AHS Signature Taco Salad - LR1236 (1 salad)	0.19(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	
AHS Taco Salad w/salad bar - ServingDate: 10/18/2022																				
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	
Chicken Tenders and Waffles, Corn with Salad Bar - ServingDate: 10/19/2022																				
* 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)	

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Site: ALL
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Item Name (Serving Size)	Ash (g)
AHS Taco Salad w/salad bar - ServingDate: 10/18/2022	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Chicken Tenders and Waffles, Corn with Salad Bar - ServingDate: 10/19/2022	
* Chicken Tenders - LR1153 (3 ea.)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Chicken Tenders and Waffles, Corn with Salad Bar - ServingDate: 10/19/2022																			
*Waffles - LR1232 (1 pcs.)	100	79.69	2.99	0.00	0.00	(M)	104.59	11.95	1.00	1.99	1.00	1.99	0.07	29.88	(M)	(M)	0.20	39.84	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78

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Site: ALL
Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Chicken Tenders and Waffles, Corn with Salad Bar - ServingDate: 10/19/2022	
*Waffles - LR1232 (1 pcs.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Chicken Tenders and Waffles, Corn with Salad Bar - ServingDate: 10/19/2022																			
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 10/20/2022																			
Chicken Alfredo - LR1254 (1 serving)	100	518.90 (M)	15.16 (M)	6.42(M)	0.00(M)	28.10 (M)	505.78 (M)	86.74 (M)	13.28 (M)	5.77(M)	0.00(M)	19.85 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Garlic Toast - LR1111 (1 ea.)	100	70.00	2.50	0.50	0.00	0.00	95.00	11.00	1.00	0.00	0.00	2.00	0.60	5.00	(M)	(M)	0.00	92.00	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL

Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Chicken Tenders and Waffles, Corn with Salad Bar - ServingDate: 10/19/2022	
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 10/20/2022	
Chicken Alfredo - LR1254 (1 serving)	0.00(M)
Garlic Toast - LR1111 (1 ea.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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: 10/20/2022																			
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
Nachos and Salad Bar - ServingDate: 10/21/2022																			
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

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 10/20/2022	
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Nachos and Salad Bar - ServingDate: 10/21/2022	
Beef Nachos - LR1258 (1 serving)	(M)
Pico De Gallo - USDA Recipe G150 - PER G- 150 (1/4 c.)	0.41
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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: 10/21/2022																			
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
Orange Chicken with WW Rice and Salad Bar - ServingDate: 10/24/2022																			
*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)

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Nachos and Salad Bar - ServingDate: 10/21/2022	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Orange Chicken with WW Rice and Salad Bar - ServingDate: 10/24/2022	
*Orange Chicken with Rice - LR1231 (1 serving)	0.00(M)
Apple - LR1072 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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: 10/24/2022																				
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)	
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)	
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33	
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)	
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)	
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31	
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39	
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44	
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39	
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55	
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60	
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78	
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Orange Chicken with WW Rice and Salad Bar - ServingDate: 10/24/2022	
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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: 10/24/2022																			
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: 10/25/2022																			
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 - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Orange Chicken with WW Rice and Salad Bar - ServingDate: 10/24/2022	
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
AHS Soft Taco and Salad Bar - ServingDate: 10/25/2022	
Beef Soft Taco - LR1245 (1 taco)	0.13(M)
Pico De Gallo - USDA Recipe G150 - PER G- 150 (1/4 c.)	0.41
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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: 10/25/2022																			
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
Turkey with Gravy and Mashed Potatoes and a Salad Bar - ServingDate: 10/26/2022																			
Whole Wheat Rolls - LR1305 (2 roll.)	100	200.00	4.00	1.00	(M)	(M)	140.00	34.00	4.00	4.00	(M)	0.00	1.44	40.00	(M)	(M)	(M)	(M)	(M)
Turkey with Gravy - LR1298 (1 #10 scoop)	100	64.00	3.20	1.00	(M)	26.00	224.00	1.20	(M)	(M)	(M)	8.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
* Potato Pearls EXCEL, Mashed Potatoes - LR1124 (1/2 c.)	100	90.00	1.00	0.00	0.00	0.00	410.00	17.00	1.00	0.00	0.00	2.00	0.30	10.00	(M)	(M)	0.00	380.23	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
AHS Soft Taco and Salad Bar - ServingDate: 10/25/2022	
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Turkey with Gravy and Mashed Potatoes and a Salad Bar - ServingDate: 10/26/2022	
Whole Wheat Rolls - LR1305 (2 roll.)	(M)
Turkey with Gravy - LR1298 (1 #10 scoop)	(M)
* Potato Pearls EXCEL, Mashed Potatoes - LR1124 (1/2 c.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

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)	
Turkey with Gravy and Mashed Potatoes and a Salad Bar - ServingDate: 10/26/2022																				
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	
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 10/27/2022																				
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)	

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
 Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Turkey with Gravy and Mashed Potatoes and a Salad Bar - ServingDate: 10/26/2022	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 10/27/2022	
Beef Ravioli in Meat Sauce - LR1306 (8 pcs.)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 10/27/2022																			
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
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

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Site: ALL
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Item Name (Serving Size)	Ash (g)
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 10/27/2022	
shredded mozzarella - LR1334 (1/4 c.)	(M)
Garlic Toast - LR1111 (2 ea.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 10/27/2022																				
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: 10/28/2022																				
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	

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Item Name (Serving Size)	Ash (g)
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 10/27/2022	
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Nachos and Salad Bar - ServingDate: 10/28/2022	
Beef Nachos - LR1258 (1 serving)	(M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	0.41
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Nachos and Salad Bar - ServingDate: 10/28/2022																			
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
Sweet and sour chicken and salad bar - ServingDate: 10/31/2022																			
Sweet And Sour Chicken And Rice - LR1251 (1 serving)	100	337.50	4.88	5.63	0.00(M)	45.00	225.00	22.25	2.00(M)	10.13	(M)	16.38	1.53	(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

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Item Name (Serving Size)	Ash (g)
Nachos and Salad Bar - ServingDate: 10/28/2022	
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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
Sweet and sour chicken and salad bar - ServingDate: 10/31/2022	
Sweet And Sour Chicken And Rice - LR1251 (1 serving)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Sweet and sour chicken and salad bar - ServingDate: 10/31/2022																			
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

Legend
(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Ash (g)
Sweet and sour chicken and salad bar - ServingDate: 10/31/2022	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
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

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL
Date: 10/01/2022 - 10/31/2022

Report Selections

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