

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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Cinnamon Roll - ServingDate: 10/03/2022 | | | | | | | | | | | | | | | | | | | |
| Cinnamon Roll - LR1328 (1 ea.) | 100 | 240.00 | 7.00 | 3.00 | (M) | 5.00 | 280.00 | 40.00 | 3.00 | 16.00 | 16.00 | 5.00 | 1.00 | 43.00 | (M) | (M) | (M) | 126.90 | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 20 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Banana - LR1074 (1 ea.) | 20 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 |
| 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 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 |
| Yogurt and Granola - ServingDate: 10/04/2022 | | | | | | | | | | | | | | | | | | | |
| * Yogurt, Raspberry, Yami - LR1158 (4 ounces) | 100 | 99.65 | 1.00 | 0.50 | 0.00 | 0.00 | 59.79 | 18.93 | 0.00 | 14.95 | (M) | 3.99 | 0.00 | 99.65 | 0.00 | 1.20 | (M) | (M) | (M) |
| Granola - LR1260 (1 Bag) | 100 | 220.00 | 2.50 | 0.00 | (M) | (M) | 95.00 | 47.00 | 4.00 | 16.00 | (M) | 5.00 | 1.44 | (M) | (M) | (M) | (M) | (M) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 25 | 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.) | 25 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 25 | 61.57 | 0.16 | 0.02 | 0.00 | 0.00 | 0.00 | 15.39 | 3.14 | 12.25 | (M) | 1.23 | 0.13 | 52.40 | 294.75 | 69.69 | 0.00 | 237.11 | 113.64 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 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) |
|---|---------|
| Cinnamon Roll - ServingDate: 10/03/2022 | |
| Cinnamon Roll - LR1328 (1 ea.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Banana - LR1074 (1 ea.) | 0.97 |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |
| Yogurt and Granola - ServingDate: 10/04/2022 | |
| * Yogurt, Raspberry, Yami - LR1158 (4 ounces) | (M) |
| Granola - LR1260 (1 Bag) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Pillsbury Apple Frudel - ServingDate: 10/05/2022 | | | | | | | | | | | | | | | | | | | |
| Pillsbury Apple Frudel - LR1377 (1 pkg.) | 100 | 210.00 | 6.00 | 1.00 | 0.00 | 0.00 | 250.00 | 36.00 | 2.00 | 10.00 | 0.00 | 4.00 | 1.50 | 0.00 | (M) | 0.00 | 0.00 | 109.98 | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 10 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 30 | 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 |
| 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 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 |
| *Assorted Cereals - ServingDate: 10/06/2022 | | | | | | | | | | | | | | | | | | | |
| *Cocoa Puffs Cereal - LR1116 (1 ea.) | 33 | 210.00 | 2.50 | 0.00 | 0.00 | 0.00 | 220.00 | 47.00 | 3.00 | 15.00 | 0.00 | 3.00 | 9.00 | 200.00 | 1250.00 | 12.00 | 4.00 | 235.00 | (M) |
| *Honey Nut Cheerios Cereal - LR1147 (1 ea.) | 33 | 210.00 | 3.00 | 0.50 | 0.00 | 0.00 | 320.00 | 45.00 | 4.00 | 19.00 | 0.00 | 5.00 | 9.00 | 200.00 | 1000.00 | 12.00 | 4.00 | 229.83 | (M) |
| *Lucky Charms Cereal - LR1115 (1 ea.) | 34 | 210.00 | 2.50 | 0.00 | 0.00 | 0.00 | 360.00 | 45.00 | 4.00 | 19.00 | 0.00 | 5.00 | 5.40 | 150.00 | 1000.00 | 9.00 | 3.00 | 94.00 | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 30 | 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) |
| 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 50 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 1 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | 0.00 | 9.00 | 0.00 | 300.00 | 500.00 | 0.00 | (M) | 410.00 | (M) |
| Milk - White 1% - LR1006 (1 ea.) | 49 | 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) |
|---|---------|
| Pillsbury Apple Frudel - ServingDate: 10/05/2022 | |
| Pillsbury Apple Frudel - LR1377 (1 pkg.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Banana - LR1074 (1 ea.) | 0.97 |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |
| *Assorted Cereals - ServingDate: 10/06/2022 | |
| *Cocoa Puffs Cereal - LR1116 (1 ea.) | (M) |
| *Honey Nut Cheerios Cereal - LR1147 (1 ea.) | (M) |
| *Lucky Charms Cereal - LR1115 (1 ea.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |

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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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Strawberry Mini Bagels - ServingDate: 10/07/2022 | | | | | | | | | | | | | | | | | | | |
| *Mini Strawberry Bagels - LR1233 (4 bagel) | 100 | 230.00 | 6.00 | 2.00 | (M) | 10.00 | 190.00 | 42.00 | 2.00 | 13.00 | (M) | 6.00 | 1.44 | 20.00 | (M) | (M) | (M) | (M) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 40 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 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 |
| Dave's Chocolate Chip Muffin - ServingDate: 10/10/2022 | | | | | | | | | | | | | | | | | | | |
| Chocolate Chip Muffin - LR1368 (1 muffin) | 100 | 227.00 | 6.00 | 0.90 | 0.00 | 30.00 | 115.00 | 39.50 | 3.10 | 17.50 | 15.00 | 3.90 | 0.90 | 4.00 | 44.00 | 0.90 | 0.00 | 70.03 | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 20 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Banana - LR1074 (1 ea.) | 20 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 |
| 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 108.86 | 2.65 | 1.65 | (M) | 9.07 | 131.54 | 12.52 | 0.00 | (M) | (M) | 8.91 | 0.14 | 322.06 | 460.40 | 2.72 | 2.27 | 408.24 | 201.26 |

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

| Item Name (Serving Size) | Ash (g) |
|---|---------|
| Strawberry Mini Bagels - ServingDate: 10/07/2022 | |
| *Mini Strawberry Bagels - LR1233 (4 bagel) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |
| Dave's Chocolate Chip Muffin - ServingDate: 10/10/2022 | |
| Chocolate Chip Muffin - LR1368 (1 muffin) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Banana - LR1074 (1 ea.) | 0.97 |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |

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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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|-----|
| Mini Cinni's Cinnamon rolls - ServingDate: 10/11/2022 | | | | | | | | | | | | | | | | | | | | |
| * Mini Cinnamon Rolls - LR1148 (1 pkg.) | 100 | 240.00 | 7.00 | 1.50 | 0.00 | 0.00 | 270.00 | 40.00 | 3.00 | 14.00 | 13.00 | 4.00 | 1.60 | 30.00 | (M) | (M) | 0.00 | 470.00 | (M) | |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 40 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) | |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) | |
| 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 | |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) | |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 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 | |
| Banana Bread - ServingDate: 10/12/2022 | | | | | | | | | | | | | | | | | | | | |
| Bread Slice, Banana - LR1152 (1 ea.) | 100 | 261.06 | 8.03 | 1.51 | 0.00 | 0.00 | 240.97 | 45.18 | 2.01 | 24.10 | 23.09 | 5.02 | 1.00 | 159.65 | (M) | (M) | 0.00 | 113.26 | (M) | |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 40 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) | |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) | |
| 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 | |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) | |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 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 | |
| *Assorted Cereals - ServingDate: 10/13/2022 | | | | | | | | | | | | | | | | | | | | |
| *Cocoa Puffs Cereal - LR1116 (1 ea.) | 33 | 210.00 | 2.50 | 0.00 | 0.00 | 0.00 | 220.00 | 47.00 | 3.00 | 15.00 | 0.00 | 3.00 | 9.00 | 200.00 | 1250.00 | 12.00 | 4.00 | 235.00 | (M) | |

Menu Calendar Nutrient Analysis Report - October, 2022

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

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| Mini Cinni's Cinnamon rolls - ServingDate: 10/11/2022 | |
| * Mini Cinnamon Rolls - LR1148 (1 pkg.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |
| Banana Bread - ServingDate: 10/12/2022 | |
| Bread Slice, Banana - LR1152 (1 ea.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |
| *Assorted Cereals - ServingDate: 10/13/2022 | |
| *Cocoa Puffs Cereal - LR1116 (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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| *Assorted Cereals - ServingDate: 10/13/2022 | | | | | | | | | | | | | | | | | | | |
| *Honey Nut Cheerios Cereal - LR1147 (1 ea.) | 33 | 210.00 | 3.00 | 0.50 | 0.00 | 0.00 | 320.00 | 45.00 | 4.00 | 19.00 | 0.00 | 5.00 | 9.00 | 200.00 | 1000.00 | 12.00 | 4.00 | 229.83 | (M) |
| *Lucky Charms Cereal - LR1115 (1 ea.) | 34 | 210.00 | 2.50 | 0.00 | 0.00 | 0.00 | 360.00 | 45.00 | 4.00 | 19.00 | 0.00 | 5.00 | 5.40 | 150.00 | 1000.00 | 9.00 | 3.00 | 94.00 | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 30 | 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) |
| 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 50 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 1 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | 0.00 | 9.00 | 0.00 | 300.00 | 500.00 | 0.00 | (M) | 410.00 | (M) |
| Milk - White 1% - LR1006 (1 ea.) | 49 | 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 |
| Bagels and Cream Cheese - ServingDate: 10/14/2022 | | | | | | | | | | | | | | | | | | | |
| *Bagel - LR1182 (1 ea.) | 100 | 140.74 | 1.00 | 0.00 | 0.00 | 0.00 | 180.95 | 29.15 | 4.02 | 5.03 | 0.00 | 6.03 | 1.81 | 40.21 | 0.00 | 0.00 | (M) | (M) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) |
| Applesauce - LR1075 (1/2 c.) | 30 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 108.86 | 2.65 | 1.65 | (M) | 9.07 | 131.54 | 12.52 | 0.00 | (M) | (M) | 8.91 | 0.14 | 322.06 | 460.40 | 2.72 | 2.27 | 408.24 | 201.26 |
| Cream Cheese 1oz - LR1341 (1 Container) | 100 | 60.00 | 4.50 | 3.00 | 0.00 | 15.00 | 130.00 | 2.00 | 0.00 | 1.00 | 0.00 | 2.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |

Menu Calendar Nutrient Analysis Report - October, 2022

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

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| *Assorted Cereals - ServingDate: 10/13/2022 | |
| *Honey Nut Cheerios Cereal - LR1147 (1 ea.) | (M) |
| *Lucky Charms Cereal - LR1115 (1 ea.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |
| Bagels and Cream Cheese - ServingDate: 10/14/2022 | |
| *Bagel - LR1182 (1 ea.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | (M) |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| Cream Cheese 1oz - LR1341 (1 Container) | (M) |

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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Assorted Breakfast Bars - ServingDate: 10/17/2022 | | | | | | | | | | | | | | | | | | | |
| *Apple Cinnamon Breakfast Bar - LR1165 (1 Bar) | 33 | 290.00 | 9.00 | 3.00 | 0.00 | 15.00 | 240.00 | 48.00 | 3.00 | 22.00 | (M) | 5.00 | 1.80 | 20.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| *Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar) | 33 | 280.00 | 8.00 | 3.00 | 0.00 | 15.00 | 220.00 | 48.00 | 3.00 | 23.00 | (M) | 5.00 | 1.80 | 20.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| *Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar) | 34 | 290.00 | 9.00 | 3.00 | 0.00 | 20.00 | 240.00 | 47.00 | 3.00 | 22.00 | (M) | 5.00 | 1.80 | 20.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) |
| Applesauce - LR1075 (1/2 c.) | 30 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 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 |
| French Toast Sticks - ServingDate: 10/18/2022 | | | | | | | | | | | | | | | | | | | |
| * French Toast Sticks, - LR1188 (3 Sticks) | 100 | 210.00 | 9.00 | 2.00 | 0.00 | 105.00 | 290.00 | 26.00 | 2.00 | 11.00 | 0.00 | 8.00 | 1.08 | 40.00 | (M) | (M) | 1.20 | 94.00 | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 0 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Banana - LR1074 (1 ea.) | 20 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 |
| 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 2 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | 0.00 | 9.00 | 0.00 | 300.00 | 500.00 | 0.00 | (M) | 410.00 | (M) |

Menu Calendar Nutrient Analysis Report - October, 2022

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

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| Assorted Breakfast Bars - ServingDate: 10/17/2022 | |
| *Apple Cinnamon Breakfast Bar - LR1165 (1 Bar) | (M) |
| *Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar) | (M) |
| *Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |
| French Toast Sticks - ServingDate: 10/18/2022 | |
| * French Toast Sticks, - LR1188 (3 Sticks) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Banana - LR1074 (1 ea.) | 0.97 |
| Orange - LR1073 (1 ea.) | 0.58 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 0.00(M) |
| Milk - Lactose Free - LR1008 (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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| French Toast Sticks - ServingDate: 10/18/2022 | | | | | | | | | | | | | | | | | | | |
| Milk - White 1% - LR1006 (1 ea.) | 28 | 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 |
| Maple Syrup - LR1338 (1 pkg.) | 50 | 120.00 | 0.00 | 0.00 | 0.00 | 0.00 | 40.00 | 31.00 | 0.00 | 17.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Mini Apple Cinnamon Loaf - ServingDate: 10/19/2022 | | | | | | | | | | | | | | | | | | | |
| Apple Cinnamon Mini Loaf - LR1350 (1 ea.) | 100 | 170.00 | 6.00 | 1.00 | 0.00 | 25.00 | 125.00 | 27.00 | 2.00 | 15.00 | 10.00 | 2.00 | 0.00 | 52.00 | (M) | (M) | 0.00 | 126.00 | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 20 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Banana - LR1074 (1 ea.) | 20 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 |
| 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 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 |
| *Assorted Cereals - ServingDate: 10/20/2022 | | | | | | | | | | | | | | | | | | | |
| *Cocoa Puffs Cereal - LR1116 (1 ea.) | 33 | 210.00 | 2.50 | 0.00 | 0.00 | 0.00 | 220.00 | 47.00 | 3.00 | 15.00 | 0.00 | 3.00 | 9.00 | 200.00 | 1250.00 | 12.00 | 4.00 | 235.00 | (M) |
| *Honey Nut Cheerios Cereal - LR1147 (1 ea.) | 33 | 210.00 | 3.00 | 0.50 | 0.00 | 0.00 | 320.00 | 45.00 | 4.00 | 19.00 | 0.00 | 5.00 | 9.00 | 200.00 | 1000.00 | 12.00 | 4.00 | 229.83 | (M) |
| *Lucky Charms Cereal - LR1115 (1 ea.) | 34 | 210.00 | 2.50 | 0.00 | 0.00 | 0.00 | 360.00 | 45.00 | 4.00 | 19.00 | 0.00 | 5.00 | 5.40 | 150.00 | 1000.00 | 9.00 | 3.00 | 94.00 | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 30 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |

Menu Calendar Nutrient Analysis Report - October, 2022

Site: ALL

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

| Item Name (Serving Size) | Ash (g) |
|---|---------|
| French Toast Sticks - ServingDate: 10/18/2022 | |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| Maple Syrup - LR1338 (1 pkg.) | (M) |
| Mini Apple Cinnamon Loaf - ServingDate: 10/19/2022 | |
| Apple Cinnamon Mini Loaf - LR1350 (1 ea.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Banana - LR1074 (1 ea.) | 0.97 |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |
| *Assorted Cereals - ServingDate: 10/20/2022 | |
| *Cocoa Puffs Cereal - LR1116 (1 ea.) | (M) |
| *Honey Nut Cheerios Cereal - LR1147 (1 ea.) | (M) |
| *Lucky Charms Cereal - LR1115 (1 ea.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| *Assorted Cereals - ServingDate: 10/20/2022 | | | | | | | | | | | | | | | | | | | |
| 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 50 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 1 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | 0.00 | 9.00 | 0.00 | 300.00 | 500.00 | 0.00 | (M) | 410.00 | (M) |
| Milk - White 1% - LR1006 (1 ea.) | 49 | 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 |
| Strawberry Mini Bagels - ServingDate: 10/21/2022 | | | | | | | | | | | | | | | | | | | |
| *Mini Strawberry Bagels - LR1233 (4 bagel) | 100 | 230.00 | 6.00 | 2.00 | (M) | 10.00 | 190.00 | 42.00 | 2.00 | 13.00 | (M) | 6.00 | 1.44 | 20.00 | (M) | (M) | (M) | (M) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 40 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 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 |
| UBR Breakfast Cookie - ServingDate: 10/24/2022 | | | | | | | | | | | | | | | | | | | |
| *UBR Breakfast Cookie - LR1121 (1 ea.) | 100 | 271.61 | 8.05 | 3.02 | 0.00 | 5.03 | 181.07 | 44.26 | 5.03 | 18.11 | 18.11 | 5.03 | 1.61 | 30.18 | 17.60 | 0.05 | 0.06 | 253.90 | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 50 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 10 | 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 |

Menu Calendar Nutrient Analysis Report - October, 2022

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

| Item Name (Serving Size) | Ash (g) |
|---|---------|
| *Assorted Cereals - ServingDate: 10/20/2022 | |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |
| Strawberry Mini Bagels - ServingDate: 10/21/2022 | |
| *Mini Strawberry Bagels - LR1233 (4 bagel) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |
| UBR Breakfast Cookie - ServingDate: 10/24/2022 | |
| *UBR Breakfast Cookie - LR1121 (1 ea.) | 1.95 |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|-----|
| UBR Breakfast Cookie - ServingDate: 10/24/2022 | | | | | | | | | | | | | | | | | | | | |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 50 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) | |
| Milk - Lactose Free - LR1008 (1 ea.) | 1 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | 0.00 | 9.00 | 0.00 | 300.00 | 500.00 | 0.00 | (M) | 410.00 | (M) | |
| Milk - White 1% - LR1006 (1 ea.) | 49 | 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 | |
| Waffles - ServingDate: 10/25/2022 | | | | | | | | | | | | | | | | | | | | |
| *Waffles - LR1232 (2 pcs.) | 100 | 159.37 | 5.98 | 0.00 | 0.00 | (M) | 209.18 | 23.91 | 1.99 | 3.98 | 1.99 | 3.98 | 0.14 | 59.76 | (M) | (M) | 0.40 | 79.69 | (M) | |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 40 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) | |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) | |
| 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 | |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) | |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 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 | |
| Dave's Blueberry Muffin - ServingDate: 10/26/2022 | | | | | | | | | | | | | | | | | | | | |
| Blueberry Muffin - LR1376 (1 muffin) | 100 | 223.00 | 6.00 | 0.00 | 0.00 | 30.00 | 115.00 | 38.50 | 3.30 | 16.50 | 0.00 | 3.90 | 1.10 | 8.50 | 52.00 | 1.20 | 0.00 | 70.03 | (M) | |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 0 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) | |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) | |
| Banana - LR1074 (1 ea.) | 20 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 | |
| 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 | |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) | |

Menu Calendar Nutrient Analysis Report - October, 2022

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

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| UBR Breakfast Cookie - ServingDate: 10/24/2022 | |
| 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 |
| Waffles - ServingDate: 10/25/2022 | |
| *Waffles - LR1232 (2 pcs.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |
| Dave's Blueberry Muffin - ServingDate: 10/26/2022 | |
| Blueberry Muffin - LR1376 (1 muffin) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Banana - LR1074 (1 ea.) | 0.97 |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Dave's Blueberry Muffin - ServingDate: 10/26/2022 | | | | | | | | | | | | | | | | | | | |
| 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.) | 28 | 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 |
| *Assorted Cereals - ServingDate: 10/27/2022 | | | | | | | | | | | | | | | | | | | |
| *Cocoa Puffs Cereal - LR1116 (1 ea.) | 33 | 210.00 | 2.50 | 0.00 | 0.00 | 0.00 | 220.00 | 47.00 | 3.00 | 15.00 | 0.00 | 3.00 | 9.00 | 200.00 | 1250.00 | 12.00 | 4.00 | 235.00 | (M) |
| *Honey Nut Cheerios Cereal - LR1147 (1 ea.) | 33 | 210.00 | 3.00 | 0.50 | 0.00 | 0.00 | 320.00 | 45.00 | 4.00 | 19.00 | 0.00 | 5.00 | 9.00 | 200.00 | 1000.00 | 12.00 | 4.00 | 229.83 | (M) |
| *Lucky Charms Cereal - LR1115 (1 ea.) | 34 | 210.00 | 2.50 | 0.00 | 0.00 | 0.00 | 360.00 | 45.00 | 4.00 | 19.00 | 0.00 | 5.00 | 5.40 | 150.00 | 1000.00 | 9.00 | 3.00 | 94.00 | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 30 | 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) |
| 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 50 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 1 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | 0.00 | 9.00 | 0.00 | 300.00 | 500.00 | 0.00 | (M) | 410.00 | (M) |
| Milk - White 1% - LR1006 (1 ea.) | 49 | 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 |
| Bagels and Cream Cheese - ServingDate: 10/28/2022 | | | | | | | | | | | | | | | | | | | |
| *Bagel - LR1182 (1 ea.) | 100 | 140.74 | 1.00 | 0.00 | 0.00 | 0.00 | 180.95 | 29.15 | 4.02 | 5.03 | 0.00 | 6.03 | 1.81 | 40.21 | 0.00 | 0.00 | (M) | (M) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) |
| Applesauce - LR1075 (1/2 c.) | 30 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Orange - LR1073 (1 ea.) | 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 |

Menu Calendar Nutrient Analysis Report - October, 2022

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

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| Dave's Blueberry Muffin - ServingDate: 10/26/2022 | |
| Milk - Lactose Free - LR1008 (1 ea.) | (M) |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| *Assorted Cereals - ServingDate: 10/27/2022 | |
| *Cocoa Puffs Cereal - LR1116 (1 ea.) | (M) |
| *Honey Nut Cheerios Cereal - LR1147 (1 ea.) | (M) |
| *Lucky Charms Cereal - LR1115 (1 ea.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |
| Bagels and Cream Cheese - ServingDate: 10/28/2022 | |
| *Bagel - LR1182 (1 ea.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Bagels and Cream Cheese - ServingDate: 10/28/2022 | | | | | | | | | | | | | | | | | | | |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 108.86 | 2.65 | 1.65 | (M) | 9.07 | 131.54 | 12.52 | 0.00 | (M) | (M) | 8.91 | 0.14 | 322.06 | 460.40 | 2.72 | 2.27 | 408.24 | 201.26 |
| Cream Cheese 1oz - LR1341 (1 Container) | 100 | 60.00 | 4.50 | 3.00 | 0.00 | 15.00 | 130.00 | 2.00 | 0.00 | 1.00 | 0.00 | 2.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Cinnamon Roll - ServingDate: 10/31/2022 | | | | | | | | | | | | | | | | | | | |
| Cinnamon Roll - LR1328 (1 ea.) | 100 | 240.00 | 7.00 | 3.00 | (M) | 5.00 | 280.00 | 40.00 | 3.00 | 16.00 | 16.00 | 5.00 | 1.00 | 43.00 | (M) | (M) | (M) | 126.90 | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | 20 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 14.00 | 0.00 | 1.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Apple - LR1072 (1 ea.) | 20 | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | (M) | (M) | 0.47 | 0.22 | 10.99 | 98.01 | 8.41 | (M) | (M) | (M) |
| Applesauce - LR1075 (1/2 c.) | 20 | 53.33 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 14.63 | 1.03 | 11.49 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 62.74 | (M) | (M) | (M) |
| Banana - LR1074 (1 ea.) | 20 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | (M) | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 0.00 | 422.44 | 88.39 |
| 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 |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 70 | 130.00 | 1.00 | 1.00 | 0.00 | 5.00 | 210.00 | 24.00 | 0.00 | 22.00 | 0.00 | 8.00 | 0.00 | 350.00 | 500.00 | 1.20 | 5.00 | 430.05 | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | 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.) | 28 | 108.86 | 2.65 | 1.65 | (M) | 9.07 | 131.54 | 12.52 | 0.00 | (M) | (M) | 8.91 | 0.14 | 322.06 | 460.40 | 2.72 | 2.27 | 408.24 | 201.26 |

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Breakfast
Site Group: Elementary School
Menu Line: Main
Serving Group: K-5
Nutrients Option: All

Menu Calendar Nutrient Analysis Report - October, 2022

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

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| Bagels and Cream Cheese - ServingDate: 10/28/2022 | |
| Milk - Chocolate Non Fat - LR1007 (1 ea.) | 0.00(M) |
| Milk - Lactose Free - LR1008 (1 ea.) | (M) |
| Milk - White 1% - LR1006 (1 ea.) | 1.95 |
| Cream Cheese 1oz - LR1341 (1 Container) | (M) |
| Cinnamon Roll - ServingDate: 10/31/2022 | |
| Cinnamon Roll - LR1328 (1 ea.) | (M) |
| * Juice, Orange, Cartons 100277 - LR1126 (1 Carton) | (M) |
| Apple - LR1072 (1 ea.) | (M) |
| Applesauce - LR1075 (1/2 c.) | (M) |
| Banana - LR1074 (1 ea.) | 0.97 |
| Orange - LR1073 (1 ea.) | 0.58 |
| 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 |