

Menu Calendar Nutrient Analysis Report - November, 2022

Site: APPLE
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Apple White Meat Chicken Nuggets and a WW Roll - ServingDate: 11/01/2022																			
Whole Wheat Rolls - LR1305 (1 roll.)	100	100.00	2.00	0.50	(M)	(M)	70.00	17.00	2.00	2.00	(M)	0.00	0.72	20.00	(M)	(M)	(M)	(M)	(M)
Chicken Nugget - White Meat - LR1365 (5 nuggets)	100	260.00	14.00	2.50	0.00	30.00	540.00	15.00	2.00	0.00	0.00	17.00	2.70	40.00	0.00	0.00	(M)	(M)	(M)
Carrot Stix - LR1027 (1/2 c.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	33	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Applesauce - LR1075 (1/2 c.)	33	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.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Apple Mini Corndogs, and Sweet Corn - ServingDate: 11/02/2022																			
*Mini Corn Dogs - LR1157 (6 ea.)	100	270.00	12.00	3.50	0.00	40.00	410.00	30.00	5.00	5.00	0.00	10.00	1.80	150.00	0.00	0.00	(M)	(M)	(M)
Sweet Yellow Corn - LR1217 (1/2 c.)	0	56.08	0.35	0.00	0.00	0.00	0.00	13.32	1.40	1.40	0.00	2.10	0.00	0.00	0.00	0.00	(M)	(M)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	33	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Applesauce - LR1075 (1/2 c.)	33	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.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

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Item Name (Serving Size)	Ash (g)
Apple White Meat Chicken Nuggets and a WW Roll - ServingDate: 11/01/2022	
Whole Wheat Rolls - LR1305 (1 roll.)	(M)
Chicken Nugget - White Meat - LR1365 (5 nuggets)	(M)
Carrot Stix - LR1027 (1/2 c.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
Apple Mini Corndogs, and Sweet Corn - ServingDate: 11/02/2022	
*Mini Corn Dogs - LR1157 (6 ea.)	(M)
Sweet Yellow Corn - LR1217 (1/2 c.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95

Menu Calendar Nutrient Analysis Report - November, 2022

Site: APPLE
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Grilled Cheese Sandwich with Marinara and Cucumbers - ServingDate: 11/03/2022																			
Grilled Cheese Sandwich - LR1289 (1 sandwich)	100	310.00	15.00	8.00	(M)	40.00	670.00	29.00	2.00	3.00	(M)	16.00	1.44	450.00	(M)	1.20	(M)	(M)	(M)
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	100	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.72	20.00	(M)	(M)	0.00	282.00	(M)
Cucumber - LR1156 (1 cucumber (100	45.15	0.33	0.11	0.00	0.00	6.02	10.93	1.50	5.03	(M)	1.96	0.84	48.16	316.05	8.43	0.00	442.47	286.64
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	33	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Applesauce - LR1075 (1/2 c.)	33	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.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Apple Beef Dippers and Rice with Broccoli - ServingDate: 11/07/2022																			
Rice - LR1018 (1/2 c.)	100	322.00	2.86	0.00	0.00	0.00	0.00	66.00	3.80	(M)	(M)	9.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Beef Steak Strips (Beef Dippers) - LR1102 (4 ea.)	100	160.00	8.00	3.50	0.50	40.00	440.00	6.00	1.00	4.00	0.00	14.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)
Broccoli - LR1136 (1/4 cup choppe)	100	7.74	0.08	0.03	0.00	0.00	7.51	1.51	0.59	0.39	(M)	0.64	0.17	10.69	141.73	20.29	0.00	71.89	20.32
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64

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Item Name (Serving Size)	Ash (g)
Grilled Cheese Sandwich with Marinara and Cucumbers - ServingDate: 11/03/2022	
Grilled Cheese Sandwich - LR1289 (1 sandwich)	(M)
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	(M)
Cucumber - LR1156 (1 cucumber (1.14
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
Apple Beef Dippers and Rice with Broccoli - ServingDate: 11/07/2022	
Rice - LR1018 (1/2 c.)	(M)
Beef Steak Strips (Beef Dippers) - LR1102 (4 ea.)	(M)
Broccoli - LR1136 (1/4 cup choppe)	0.20
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58

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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)
Apple Beef Dippers and Rice with Broccoli - ServingDate: 11/07/2022																			
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
APPLE Chicken Tenders, Waffled and Carrots - ServingDate: 11/08/2022																			
* 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)
*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)
Carrot Stix - LR1027 (1/4 c.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	33	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Applesauce - LR1075 (1/2 c.)	33	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.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Apple Cheeseburger and Celery Sticks - ServingDate: 11/09/2022																			
*Cheeseburger - LR1226 (1 ea.)	100	380.00	22.00	9.50	0.50	70.00	1030.00	26.00	4.00	3.00	0.00(M)	23.00	2.52(M)	40.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Celery - LR1163 (1/4 cup choppe)	100	3.54	0.04	0.01	0.00	0.00	20.20	0.75	0.40	0.34	(M)	0.17	0.05	10.10	113.37	0.78	0.00	65.65	24.10
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	33	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Applesauce - LR1075 (1/2 c.)	33	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.)	34	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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Item Name (Serving Size)	Ash (g)
Apple Beef Dippers and Rice with Broccoli - ServingDate: 11/07/2022	
Milk - White 1% - LR1006 (1 ea.)	1.95
APPLE Chicken Tenders, Waffled and Carrots - ServingDate: 11/08/2022	
* Chicken Tenders - LR1153 (3 ea.)	(M)
*Waffles - LR1232 (1 pcs.)	(M)
Carrot Stix - LR1027 (1/4 c.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
Apple Cheeseburger and Celery Sticks - ServingDate: 11/09/2022	
*Cheeseburger - LR1226 (1 ea.)	(M)
Celery - LR1163 (1/4 cup choppe)	0.19
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58

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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)
Apple Cheeseburger and Celery Sticks - ServingDate: 11/09/2022																			
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Apple Drumstick, Mini Cornbread and Potato Wedges - ServingDate: 11/14/2022																			
Chicken-Drumstick - LR1039 (1 ea.)	100	220.00	13.00	3.00	0.00	60.00	530.00	6.00	1.00	0.00	0.00	19.00	1.44	(M)	0.00	0.00	(M)	(M)	(M)
Whole Wheat Rolls - LR1305 (1 roll.)	100	100.00	2.00	0.50	(M)	(M)	70.00	17.00	2.00	2.00	(M)	0.00	0.72	20.00	(M)	(M)	(M)	(M)	(M)
Potatoes, Wedges, Fat Free, Low-sodium, Frozen (IQF) - LR1322 (1/2 c.)	100	84.00	0.00	0.00	0.00	0.00	22.99	18.99	2.00	1.00	(M)	2.00	0.72	0.00	0.00	4.80	(M)	(M)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	33	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Applesauce - LR1075 (1/2 c.)	33	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.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
APPLE Cheesy nachos and black beans - ServingDate: 11/15/2022																			
TORTILLA CHIPS, TOSTITOS - LR1249 (13 chips)	100	130.86	5.61	0.94	0.00	0.00	107.50	18.70	1.87	0.00	(M)	1.87	0.34	18.70	(M)	(M)	(M)	(M)	(M)
* Cheddar Cheese Dip Cup, Land O Lakes - LR1135 (1 Container)	100	188.75	10.30	6.40	0.00	32.34	566.35	14.50	0.00	9.96	(M)	9.71	0.13	333.59	(M)	0.00	0.00	1442.42	45.68
Black Beans - LR1222 (90 g.)	100	76.15	0.00	0.00	0.00	0.00	90.00	13.85	3.46	0.69	(M)	4.85	1.25	41.54	(M)	(M)	(M)	332.31	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72

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Apple Cheeseburger and Celery Sticks - ServingDate: 11/09/2022	
Milk - White 1% - LR1006 (1 ea.)	1.95
Apple Drumstick, Mini Cornbread and Potato Wedges - ServingDate: 11/14/2022	
Chicken-Drumstick - LR1039 (1 ea.)	(M)
Whole Wheat Rolls - LR1305 (1 roll.)	(M)
Potatoes, Wedges, Fat Free, Low-sodium, Frozen (IQF) - LR1322 (1/2 c.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	0.35
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
APPLE Cheesy nachos and black beans - ServingDate: 11/15/2022	
TORTILLA CHIPS, TOSTITOS - LR1249 (13 chips)	(M)
* Cheddar Cheese Dip Cup, Land O Lakes - LR1135 (1 Container)	5.70
Black Beans - LR1222 (90 g.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	0.35

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APPLE Cheesy nachos and black beans - ServingDate: 11/15/2022																			
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Apple Breakfast Sandwich and Baby Carrots - ServingDate: 11/16/2022																			
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	100	309.37	18.99	8.00	0.00	40.00	918.58	21.89	0.99	0.99	(M)	13.97	1.59(M)	89.53 (M)	(M)	(M)	0.00(M)	49.74 (M)	(M)
* Cheese, Mozzarella String - 168/1 oz - LR1181 (1 ea.)	100	81.00	6.08	3.54	0.00	15.19	202.50	0.00	0.00	0.00	(M)	7.09	0.00	202.50	(M)	(M)	0.00	24.30	(M)
Celery - LR1163 (1/4 cup choppe)	100	3.54	0.04	0.01	0.00	0.00	20.20	0.75	0.40	0.34	(M)	0.17	0.05	10.10	113.37	0.78	0.00	65.65	24.10
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Apple Chicken Teriyaki with Rice and broccoli - ServingDate: 11/17/2022																			
*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)

Menu Calendar Nutrient Analysis Report - November, 2022

Site: APPLE

Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Ash (g)
APPLE Cheesy nachos and black beans - ServingDate: 11/15/2022	
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
Apple Breakfast Sandwich and Baby Carrots - ServingDate: 11/16/2022	
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	(M)
* Cheese, Mozzarella String - 168/1 oz - LR1181 (1 ea.)	(M)
Celery - LR1163 (1/4 cup choppe)	0.19
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
Apple Chicken Teriyaki with Rice and broccoli - ServingDate: 11/17/2022	
*Chicken Teriyaki and Rice - LR1228 (1 serving)	(M)

Menu Calendar Nutrient Analysis Report - November, 2022

Site: APPLE
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Apple Chicken Teriyaki with Rice and broccoli - ServingDate: 11/17/2022																			
Broccoli - LR1136 (1/4 cup choppe)	100	7.74	0.08	0.03	0.00	0.00	7.51	1.51	0.59	0.39	(M)	0.64	0.17	10.69	141.73	20.29	0.00	71.89	20.32
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	33	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Applesauce - LR1075 (1/2 c.)	33	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.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Macaroni and Cheese with Peas - ServingDate: 11/21/2022																			
*Macaroni and Cheese - LR1197 (6 oz.)	100	288.00	16.00	7.00	0.00	35.00	758.00	30.00	2.00	8.00	(M)	15.00	1.00	381.00	(M)	(M)	0.00	0.00	(M)
Green Peas - LR1130 (1/4 c.)	100	34.41	0.00	0.00	0.00	0.00	0.00	5.59	2.15	2.15	(M)	2.15	0.60	8.60	(M)	(M)	0.00	98.92	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	33	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Applesauce - LR1075 (1/2 c.)	33	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.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Apple Calzones and Carrot Sticks - ServingDate: 11/22/2022																			
* Mini Calzones - LR1184 (3 ea.)	100	320.00	11.00	5.00	0.00	20.00	470.00	40.00	4.00	6.00	0.00	17.00	1.80	250.00	0.00	0.00	(M)	(M)	(M)
Carrot Stix - LR1027 (1/4 c.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - November, 2022

Site: APPLE

Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Ash (g)
Apple Chicken Teriyaki with Rice and broccoli - ServingDate: 11/17/2022	
Broccoli - LR1136 (1/4 cup choppe)	0.20
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
Macaroni and Cheese with Peas - ServingDate: 11/21/2022	
*Macaroni and Cheese - LR1197 (6 oz.)	(M)
Green Peas - LR1130 (1/4 c.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
Apple Calzones and Carrot Sticks - ServingDate: 11/22/2022	
* Mini Calzones - LR1184 (3 ea.)	(M)
Carrot Stix - LR1027 (1/4 c.)	(M)

Menu Calendar Nutrient Analysis Report - November, 2022

Site: APPLE
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Apple Calzones and Carrot Sticks - ServingDate: 11/22/2022																			
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Apple Chicken Burger and Celery - ServingDate: 11/28/2022																			
Chicken Burger - LR1079 (1 ea.)	100	340.00	10.50	1.50	0.00	45.00	480.00	36.00	6.00	2.00	0.00(M)	26.00	1.08(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	710.17 (M)	0.00(M)
Sunbutter Cups - LR1269 (1 Container)	100	200.00	16.00	2.00	(M)	(M)	120.00	7.00	4.00	3.00	(M)	7.00	1.98	20.00	(M)	(M)	(M)	(M)	(M)
Celery - LR1163 (1/2 cup choppe)	100	7.07	0.09	0.02	0.00	0.00	40.40	1.50	0.81	0.68	(M)	0.35	0.10	20.20	226.75	1.57	0.00	131.30	48.19
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

Menu Calendar Nutrient Analysis Report - November, 2022

Site: APPLE
 Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Ash (g)
Apple Calzones and Carrot Sticks - ServingDate: 11/22/2022	
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
Apple Chicken Burger and Celery - ServingDate: 11/28/2022	
Chicken Burger - LR1079 (1 ea.)	0.00(M)
Sunbutter Cups - LR1269 (1 Container)	(M)
Celery - LR1163 (1/2 cup choppe)	0.38
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95

Menu Calendar Nutrient Analysis Report - November, 2022

Site: APPLE
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Apple Orange Chicken and Rice - ServingDate: 11/29/2022																			
*Orange Chicken with Rice - LR1231 (1 serving)	100	313.33	4.17	0.44	0.00	35.56	248.89	18.89	2.00	8.89	0.00(M)	13.78	1.36	0.00(M)	0.00(M)	1.07(M)	0.00(M)	0.00(M)	0.00(M)
Broccoli - LR1136 (1/4 cup choppe)	100	7.74	0.08	0.03	0.00	0.00	7.51	1.51	0.59	0.39	(M)	0.64	0.17	10.69	141.73	20.29	0.00	71.89	20.32
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
bean and cheese burrito Apple - ServingDate: 11/30/2022																			
Bean and Cheese Burrito - LR1262 (1 burrito)	100	270.80	5.72	2.07	(M)	10.32	305.73	44.28	8.02	2.00	(M)	13.88	3.60	200.00	(M)	2.40	(M)	(M)	(M)
Sweet Yellow Corn - LR1217 (1/4 c.)	100	28.04	0.17	0.00	0.00	0.00	0.00	6.66	0.70	0.70	0.00	1.05	0.00	0.00	0.00	0.00	(M)	(M)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	33	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Applesauce - LR1075 (1/2 c.)	33	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.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

Legend
(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - November, 2022

Site: APPLE

Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Ash (g)
Apple Orange Chicken and Rice - ServingDate: 11/29/2022	
*Orange Chicken with Rice - LR1231 (1 serving)	0.00(M)
Broccoli - LR1136 (1/4 cup choppe)	0.20
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
bean and cheese burrito Apple - ServingDate: 11/30/2022	
Bean and Cheese Burrito - LR1262 (1 burrito)	(M)
Sweet Yellow Corn - LR1217 (1/4 c.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95

Menu Calendar Nutrient Analysis Report - November, 2022

Site: APPLE
Date: 11/01/2022 - 11/30/2022

Report Selections

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