

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)
mini strawberry bagels - ServingDate: 11/01/2022																			
*Mini Strawberry Bagels - LR1233 (2 bagel)	100	115.00	3.00	1.00	(M)	5.00	95.00	21.00	1.00	6.50	(M)	3.00	0.72	10.00	(M)	(M)	(M)	(M)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
waffle and string cheese - ServingDate: 11/02/2022																			
*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)
* 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)
* 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

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

Item Name (Serving Size)	Ash (g)
mini strawberry bagels - ServingDate: 11/01/2022	
*Mini Strawberry Bagels - LR1233 (2 bagel)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
waffle and string cheese - ServingDate: 11/02/2022	
*Waffles - LR1232 (1 pcs.)	(M)
* Cheese, Mozzarella String - 168/1 oz - LR1181 (1 ea.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95

Menu Calendar Nutrient Analysis Report - 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)
Whole Grain Cereal - ServingDate: 11/03/2022																			
*Honey Nut Cheerios Cereal - LR1147 (1 oz.)	100	105.00	1.50	0.25	0.00	0.00	160.00	22.50	2.00	9.50	0.00	2.50	4.50	100.00	500.00	6.00	2.00	114.92	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
blueberry muffin - ServingDate: 11/07/2022																			
*Blueberry Muffin - LR1154 (1/2 ea.)	100	190.00	6.00	2.00	0.00	42.50	135.00	30.50	2.00	16.00	(M)	3.00	0.90	30.00	(M)	(M)	0.00	0.00	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
bagel and cream cheese - ServingDate: 11/08/2022																			
*Bagel - LR1182 (1/2 ea.)	100	70.37	0.50	0.00	0.00	0.00	90.48	14.58	2.01	2.51	0.00	3.02	0.91	20.11	0.00	0.00	(M)	(M)	(M)

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Item Name (Serving Size)	Ash (g)
Whole Grain Cereal - ServingDate: 11/03/2022	
*Honey Nut Cheerios Cereal - LR1147 (1 oz.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
blueberry muffin - ServingDate: 11/07/2022	
*Blueberry Muffin - LR1154 (1/2 ea.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
bagel and cream cheese - ServingDate: 11/08/2022	
*Bagel - LR1182 (1/2 ea.)	(M)

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bagel and cream cheese - ServingDate: 11/08/2022																			
* 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
* Cream Cheese - LR1183 (1 ea.)	100	70.00	7.00	4.00	0.00	20.00	115.00	1.00	0.00	1.00	0.00	1.00	0.00	40.00	300.00	0.00	(M)	(M)	(M)
Banana Bread Slice - ServingDate: 11/09/2022																			
*Banana Bread Slice - LR1239 (1 slice)	100	260.00	8.00	1.50	(M)	(M)	240.00	45.00	2.00	24.00	(M)	5.00	1.08	100.00	(M)	(M)	(M)	(M)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
mini strawberry bagels - ServingDate: 11/14/2022																			
*Mini Strawberry Bagels - LR1233 (2 bagel)	100	115.00	3.00	1.00	(M)	5.00	95.00	21.00	1.00	6.50	(M)	3.00	0.72	10.00	(M)	(M)	(M)	(M)	(M)

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

Item Name (Serving Size)	Ash (g)
bagel and cream cheese - ServingDate: 11/08/2022	
* 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
* Cream Cheese - LR1183 (1 ea.)	(M)
Banana Bread Slice - ServingDate: 11/09/2022	
*Banana Bread Slice - LR1239 (1 slice)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
mini strawberry bagels - ServingDate: 11/14/2022	
*Mini Strawberry Bagels - LR1233 (2 bagel)	(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)
mini strawberry bagels - ServingDate: 11/14/2022																			
* 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 Mini French Toast - ServingDate: 11/15/2022																			
Mini French Toast - LR1363 (1 Bag)	100	220.00	7.00	1.00	0.00	0.00	200.00	37.00	2.00	11.00	10.00	4.00	1.70	80.00	(M)	(M)	(M)	210.00	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Whole Grain Cereal - ServingDate: 11/17/2022																			
*Honey Nut Cheerios Cereal - LR1147 (1 oz.)	100	105.00	1.50	0.25	0.00	0.00	160.00	22.50	2.00	9.50	0.00	2.50	4.50	100.00	500.00	6.00	2.00	114.92	(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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Item Name (Serving Size)	Ash (g)
mini strawberry bagels - ServingDate: 11/14/2022	
* 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 Mini French Toast - ServingDate: 11/15/2022	
Mini French Toast - LR1363 (1 Bag)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
Whole Grain Cereal - ServingDate: 11/17/2022	
*Honey Nut Cheerios Cereal - LR1147 (1 oz.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	0.35

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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)
Whole Grain Cereal - ServingDate: 11/17/2022																			
* 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
blueberry muffin - ServingDate: 11/21/2022																			
*Blueberry Muffin - LR1154 (1/2 ea.)	100	190.00	6.00	2.00	0.00	42.50	135.00	30.50	2.00	16.00	(M)	3.00	0.90	30.00	(M)	(M)	0.00	0.00	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
waffle and string cheese - ServingDate: 11/22/2022																			
*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)
* 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)
* 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)

Menu Calendar Nutrient Analysis Report - November, 2022

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

Item Name (Serving Size)	Ash (g)
Whole Grain Cereal - ServingDate: 11/17/2022	
* 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
blueberry muffin - ServingDate: 11/21/2022	
*Blueberry Muffin - LR1154 (1/2 ea.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
waffle and string cheese - ServingDate: 11/22/2022	
*Waffles - LR1232 (1 pcs.)	(M)
* Cheese, Mozzarella String - 168/1 oz - LR1181 (1 ea.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)

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)
waffle and string cheese - ServingDate: 11/22/2022																			
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
bagel and cream cheese - ServingDate: 11/28/2022																			
*Bagel - LR1182 (1/2 ea.)	100	70.37	0.50	0.00	0.00	0.00	90.48	14.58	2.01	2.51	0.00	3.02	0.91	20.11	0.00	0.00	(M)	(M)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
* Cream Cheese - LR1183 (1 ea.)	100	70.00	7.00	4.00	0.00	20.00	115.00	1.00	0.00	1.00	0.00	1.00	0.00	40.00	300.00	0.00	(M)	(M)	(M)
Yogurt and Granola Apple - ServingDate: 11/29/2022																			
* 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)
* 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)

Menu Calendar Nutrient Analysis Report - November, 2022

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

Item Name (Serving Size)	Ash (g)
waffle and string cheese - ServingDate: 11/22/2022	
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
bagel and cream cheese - ServingDate: 11/28/2022	
*Bagel - LR1182 (1/2 ea.)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
* Cream Cheese - LR1183 (1 ea.)	(M)
Yogurt and Granola Apple - ServingDate: 11/29/2022	
* Yogurt, Raspberry, Yami - LR1158 (4 ounces)	(M)
Granola - LR1260 (1 Bag)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)

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)
Yogurt and Granola Apple - ServingDate: 11/29/2022																			
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
Banana Bread Slice - ServingDate: 11/30/2022																			
*Banana Bread Slice - LR1239 (1 slice)	100	260.00	8.00	1.50	(M)	(M)	240.00	45.00	2.00	24.00	(M)	5.00	1.08	100.00	(M)	(M)	(M)	(M)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3))	25	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	25	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	17.00	(M)	0.00	0.00	0.00	200.00	60.00	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - White 1% - LR1006 (1 ea.)	100	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Breakfast
Site Group: Elementary School
Menu Line: Main
Serving Group: Ages 6-18
Nutrients Option: All

Menu Calendar Nutrient Analysis Report - November, 2022

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

Item Name (Serving Size)	Ash (g)
Yogurt and Granola Apple - ServingDate: 11/29/2022	
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95
Banana Bread Slice - ServingDate: 11/30/2022	
*Banana Bread Slice - LR1239 (1 slice)	(M)
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	0.35
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - White 1% - LR1006 (1 ea.)	1.95