

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>K-5 Chicken Nuggets, WW Roll, Cookie and Salad Bar - ServingDate: 11/01/2022</b>																			
* Chicken Nuggets, Tyson - LR1169 (5 ea.)	98	203.60	8.91	1.91	0.00	25.45	343.58	12.72	2.54	0.00	0.00	17.82	0.92	11.45	0.00	0.00	0.00	750.60	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Frosted Sugar Cookie - LR1271 (1 1/2 oz.)	100	172.00	6.70	1.80	(M)	6.50	78.00	27.00	1.00	15.00	(M)	1.70	(M)	(M)	50.00	(M)	(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)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55

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

Item Name (Serving Size)	Ash (g)
<b>K-5 Chicken Nuggets, WW Roll, Cookie and Salad Bar - Serving Date: 11/01/2022</b>	
* Chicken Nuggets, Tyson - LR1169 (5 ea.)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Frosted Sugar Cookie - LR1271 (1 1/2 oz.)	(M)
Whole Wheat Rolls - LR1305 (1 roll.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10

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Site: ALL  
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)	
<b>K-5 Chicken Nuggets, WW Roll, Cookie and Salad Bar - ServingDate: 11/01/2022</b>																				
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60	
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78	
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)	
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26	
BBQ Sauce - LR1265 (1 Container)	50	35.00	0.00	0.00	0.00	0.00	370.00	8.00	0.00	7.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
<b>Corn Dog, Soft Pretzel and Salad Bar - ServingDate: 11/02/2022</b>																				
*Corn Dog - LR1155 (1 corn dog)	98	240.00	9.00	2.50	0.00	40.00	470.00	30.00	2.00	8.00	7.00	9.00	1.50	70.00	(M)	(M)	(M)	240.00	(M)	
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
* Pretzel, Soft WG, J & J - LR1134 (1 ea.)	100	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	(M)	5.00	1.80	20.00	0.00	1.20	(M)	(M)	(M)	
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)	
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)	
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)	
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33	

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Site: ALL

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Item Name (Serving Size)	Ash (g)
<b>K-5 Chicken Nuggets, WW Roll, Cookie and Salad Bar - ServingDate: 11/01/2022</b>	
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
BBQ Sauce - LR1265 (1 Container)	(M)
<b>Corn Dog, Soft Pretzel and Salad Bar - ServingDate: 11/02/2022</b>	
*Corn Dog - LR1155 (1 corn dog)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
* Pretzel, Soft WG, J & J - LR1134 (1 ea.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13

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Site: ALL  
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)
<b>Corn Dog, Soft Pretzel and Salad Bar - ServingDate: 11/02/2022</b>																			
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>K-5 Grilled Cheese and Marinara Cup with Salad Bar - ServingDate: 11/03/2022</b>																			
Grilled Cheese Sandwich - LR1289 (1 sandwich)	98	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)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)

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

Item Name (Serving Size)	Ash (g)
<b>Corn Dog, Soft Pretzel and Salad Bar - ServingDate: 11/02/2022</b>	
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
<b>K-5 Grilled Cheese and Marinara Cup with Salad Bar - ServingDate: 11/03/2022</b>	
Grilled Cheese Sandwich - LR1289 (1 sandwich)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(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)	
<b>K-5 Grilled Cheese and Marinara Cup with Salad Bar - ServingDate: 11/03/2022</b>																				
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	98	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)	
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)	
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)	
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)	
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33	
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)	
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)	
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31	
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39	
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44	
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39	
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55	
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60	
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78	

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-5 Grilled Cheese and Marinara Cup with Salad Bar - ServingDate: 11/03/2022</b>	
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03



# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>K-5 Grilled Cheese and Marinara Cup with Salad Bar - ServingDate: 11/03/2022</b>																			
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>Chicken Pizza Quesadilla and Salad Bar - ServingDate: 11/04/2022</b>																			
Chicken Pizza Quesadilla - LR1342 (1 serving 1 )	98	280.00	8.00	2.00	(M)	15.00	660.00	38.00	4.00	3.00	(M)	17.00	(M)	200.00	(M)	(M)	(M)	180.00	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-5 Grilled Cheese and Marinara Cup with Salad Bar - ServingDate: 11/03/2022</b>	
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
<b>Chicken Pizza Quesadilla and Salad Bar - ServingDate: 11/04/2022</b>	
Chicken Pizza Quesadilla - LR1342 (1 serving 1 )	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>Chicken Pizza Quesadilla and Salad Bar - ServingDate: 11/04/2022</b>																			
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>K-5 Teriyaki Beef Dippers with Rice and Salad Bar - ServingDate: 11/07/2022</b>																			
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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.)	98	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)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>Chicken Pizza Quesadilla and Salad Bar - ServingDate: 11/04/2022</b>	
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
<b>K-5 Teriyaki Beef Dippers with Rice and Salad Bar - ServingDate: 11/07/2022</b>	
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Rice - LR1018 (1/2 c.)	(M)
Beef Steak Strips (Beef Dippers) - LR1102 (4 ea.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)	
<b>K-5 Teriyaki Beef Dippers with Rice and Salad Bar - ServingDate: 11/07/2022</b>																				
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33	
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)	
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)	
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31	
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39	
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44	
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39	
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55	
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60	
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78	
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)	
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26	

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-5 Teriyaki Beef Dippers with Rice and Salad Bar - ServingDate: 11/07/2022</b>	
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)	
<b>K-5 Chicken Tenders and Waffles with Salad Bar - ServingDate: 11/08/2022</b>																				
* Chicken Tenders - LR1153 (3 ea.)	98	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)	
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
*Waffles - LR1232 (1 pcs.)	98	79.69	2.99	0.00	0.00	(M)	104.59	11.95	1.00	1.99	1.00	1.99	0.07	29.88	(M)	(M)	0.20	39.84	(M)	
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)	
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)	
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)	
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33	
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)	
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)	
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31	
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39	
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44	
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39	
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55	
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10	

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-5 Chicken Tenders and Waffles with Salad Bar - ServingDate: 11/08/2022</b>	
* Chicken Tenders - LR1153 (3 ea.)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
*Waffles - LR1232 (1 pcs.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13



## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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)
<b>K-5 Chicken Tenders and Waffles with Salad Bar - ServingDate: 11/08/2022</b>																			
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
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)
<b>Cheeseburger and Salad Bar - ServingDate: 11/09/2022</b>																			
*Cheeseburger - LR1226 (1 ea.)	0	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)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-5 Chicken Tenders and Waffles with Salad Bar - ServingDate: 11/08/2022</b>	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Maple Syrup - LR1338 (1 pkg.)	(M)
<b>Cheeseburger and Salad Bar - ServingDate: 11/09/2022</b>	
*Cheeseburger - LR1226 (1 ea.)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>Cheeseburger and Salad Bar - ServingDate: 11/09/2022</b>																			
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>K-5 Pepperoni Pizza and a Cookie with Salad Bar - ServingDate: 11/10/2022</b>																			
*Wild Mike's Pepperoni Pizza - LR1117 (1 slice 1/10)	98	370.00	18.00	9.00	9.00	35.00	580.00	34.00	3.00	4.00	0.00	20.00	1.80	400.00	500.00	9.00	(M)	(M)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>Cheeseburger and Salad Bar - ServingDate: 11/09/2022</b>	
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
<b>K-5 Pepperoni Pizza and a Cookie with Salad Bar - ServingDate: 11/10/2022</b>	
*Wild Mike's Pepperoni Pizza - LR1117 (1 slice 1/10)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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)	
<b>K-5 Pepperoni Pizza and a Cookie with Salad Bar - ServingDate: 11/10/2022</b>																				
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)	
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33	
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)	
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)	
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31	
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39	
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44	
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39	
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55	
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60	
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78	
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	
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 - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-5 Pepperoni Pizza and a Cookie with Salad Bar - ServingDate: 11/10/2022</b>	
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>K-5 Pepperoni Pizza and a Cookie with Salad Bar - ServingDate: 11/10/2022</b>																			
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>Chicken Drumstick, Mini Cornbread Baby Bakers and Salad Bar - ServingDate: 11/14/2022</b>																			
Chicken-Drumstick - LR1039 (1 ea.)	98	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)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Mini Cornbread Loaf - LR1123 (1 loaf.)	100	198.00	6.50	0.90	0.00	28.00	140.00	32.00	2.20	15.00	(M)	2.60	1.00	26.00	(M)	(M)	(M)	(M)	(M)
* Potatoes, baked, flesh and skin, without salt - LR1133 (1 NLEA servi)	100	137.64	0.19	0.05	0.00	0.00	14.80	31.30	3.26	1.75	(M)	3.70	1.60	22.20	14.80	14.21	0.00	791.80	110.84
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-5 Pepperoni Pizza and a Cookie with Salad Bar - ServingDate: 11/10/2022</b>	
Milk - White 1% - LR1006 (1 ea.)	1.95
<b>Chicken Drumstick, Mini Cornbread Baby Bakers and Salad Bar - ServingDate: 11/14/2022</b>	
Chicken-Drumstick - LR1039 (1 ea.)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Mini Cornbread Loaf - LR1123 (1 loaf.)	(M)
* Potatoes, baked, flesh and skin, without salt - LR1133 (1 NLEA servi)	1.97
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38



# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>Chicken Drumstick, Mini Cornbread Baby Bakers and Salad Bar - ServingDate: 11/14/2022</b>																			
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>K-8 Nachos - ServingDate: 11/15/2022</b>																			
K-8 Nachos - LR1389 (1 serving)	98	461.29	27.04	8.02	0.00(M)	56.27	852.08	35.45	3.62(M)	0.11(M)	0.00(M)	18.09	1.08(M)	252.00 (M)	200.00 (M)	0.00(M)	0.40(M)	126.90 (M)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>Chicken Drumstick, Mini Cornbread Baby Bakers and Salad Bar - ServingDate: 11/14/2022</b>	
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
<b>K-8 Nachos - ServingDate: 11/15/2022</b>	
K-8 Nachos - LR1389 (1 serving)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>K-8 Nachos - ServingDate: 11/15/2022</b>																			
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>K-8 Breakfast Sandwich and Salad Bar - ServingDate: 11/16/2022</b>																			
* Yogurt, Raspberry, Yami - LR1158 (4 ounces)	98	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)

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-8 Nachos - ServingDate: 11/15/2022</b>	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
<b>K-8 Breakfast Sandwich and Salad Bar - ServingDate: 11/16/2022</b>	
* Yogurt, Raspberry, Yami - LR1158 (4 ounces)	(M)

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)	Moisture (g)	
<b>K-8 Breakfast Sandwich and Salad Bar - Serving Date: 11/16/2022</b>																				
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	98	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)	
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)	
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)	
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)	
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33	
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)	
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)	
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31	
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39	
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44	
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39	
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55	
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60	

# Menu Calendar Nutrient Analysis Report - November, 2022

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

Item Name (Serving Size)	Ash (g)
<b>K-8 Breakfast Sandwich and Salad Bar - ServingDate: 11/16/2022</b>	
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>K-8 Breakfast Sandwich and Salad Bar - ServingDate: 11/16/2022</b>																			
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>K-8 Chicken Teriyaki and Salad Bar - ServingDate: 11/17/2022</b>																			
*Chicken Teriyaki and Rice - LR1228 (1 serving)	98	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)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-8 Breakfast Sandwich and Salad Bar - ServingDate: 11/16/2022</b>	
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
<b>K-8 Chicken Teriyaki and Salad Bar - ServingDate: 11/17/2022</b>	
*Chicken Teriyaki and Rice - LR1228 (1 serving)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05



# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>K-8 Chicken Teriyaki and Salad Bar - ServingDate: 11/17/2022</b>																			
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>K-8 Cheese Pizza and Salad Bar - ServingDate: 11/18/2022</b>																			
* Pizza, 6" WW Cheese Pizza - LR1129 (1 ea.)	98	320.00	12.00	6.00	0.00	30.00	580.00	31.00	3.00	7.00	(M)	22.00	2.70	450.00	(M)	(M)	0.00	0.00	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Apple - LR1072 (1 ea.)	40	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.)	0	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64

# Menu Calendar Nutrient Analysis Report - November, 2022

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

Item Name (Serving Size)	Ash (g)
<b>K-8 Chicken Teriyaki and Salad Bar - ServingDate: 11/17/2022</b>	
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
<b>K-8 Cheese Pizza and Salad Bar - ServingDate: 11/18/2022</b>	
* Pizza, 6" WW Cheese Pizza - LR1129 (1 ea.)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>K-8 Cheese Pizza and Salad Bar - ServingDate: 11/18/2022</b>																			
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

# Menu Calendar Nutrient Analysis Report - November, 2022

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

Item Name (Serving Size)	Ash (g)
<b>K-8 Cheese Pizza and Salad Bar - ServingDate: 11/18/2022</b>	
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)	
<b>K-5 Mac and Cheese Bowl, Mini Corn Dogs and Salad Bar - ServingDate: 11/21/2022</b>																				
*Macaroni and Cheese - LR1197 (6 oz.)	98	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)	
*Mini Corn Dogs - LR1157 (3 ea.)	98	135.00	6.00	1.75	0.00	20.00	205.00	15.00	2.50	2.50	0.00	5.00	0.90	75.00	0.00	0.00	(M)	(M)	(M)	
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)	
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)	
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)	
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16	
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33	
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)	
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)	
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31	
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39	
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44	
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39	
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55	
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10	

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-5 Mac and Cheese Bowl, Mini Corn Dogs and Salad Bar - ServingDate: 11/21/2022</b>	
*Macaroni and Cheese - LR1197 (6 oz.)	(M)
*Mini Corn Dogs - LR1157 (3 ea.)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>K-5 Mac and Cheese Bowl, Mini Corn Dogs and Salad Bar - ServingDate: 11/21/2022</b>																			
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>K-5 Cheese Calzone with Marinara and a Salad Bar - ServingDate: 11/22/2022</b>																			
cheese calzone - LR1270 (3 ea.)	98	320.00	11.00	5.00	(M)	20.00	470.00	40.00	4.00	6.00	(M)	17.00	1.80	250.00	(M)	(M)	(M)	(M)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(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)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-5 Mac and Cheese Bowl, Mini Corn Dogs and Salad Bar - ServingDate: 11/21/2022</b>	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
<b>K-5 Cheese Calzone with Marinara and a Salad Bar - ServingDate: 11/22/2022</b>	
cheese calzone - LR1270 (3 ea.)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)



# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>K-5 Cheese Calzone with Marinara and a Salad Bar - ServingDate: 11/22/2022</b>																			
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>Turkey Gravy, Mashed Potatoes, WW Roll and Salad Bar - ServingDate: 11/23/2022</b>																			
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(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)
Turkey with Gravy - LR1298 (1 #10 scoop)	100	64.00	3.20	1.00	(M)	26.00	224.00	1.20	(M)	(M)	(M)	8.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
* Potato Pearls EXCEL, Mashed Potatoes - LR1124 (1/2 c.)	100	90.00	1.00	0.00	0.00	0.00	410.00	17.00	1.00	0.00	0.00	2.00	0.30	10.00	(M)	(M)	0.00	380.23	(M)

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-5 Cheese Calzone with Marinara and a Salad Bar - ServingDate: 11/22/2022</b>	
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
<b>Turkey Gravy, Mashed Potatoes, WW Roll and Salad Bar - ServingDate: 11/23/2022</b>	
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Whole Wheat Rolls - LR1305 (1 roll.)	(M)
Turkey with Gravy - LR1298 (1 #10 scoop)	(M)
* Potato Pearls EXCEL, Mashed Potatoes - LR1124 (1/2 c.)	(M)

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>Turkey Gravy, Mashed Potatoes, WW Roll and Salad Bar - ServingDate: 11/23/2022</b>																			
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>Turkey Gravy, Mashed Potatoes, WW Roll and Salad Bar - ServingDate: 11/23/2022</b>	
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>Turkey Gravy, Mashed Potatoes, WW Roll and Salad Bar - ServingDate: 11/23/2022</b>																			
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>Chicken Burger, String Cheese, and Salad Bar - ServingDate: 11/28/2022</b>																			
Chicken Burger - LR1079 (1 ea.)	98	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)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(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)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>Turkey Gravy, Mashed Potatoes, WW Roll and Salad Bar - ServingDate: 11/23/2022</b>	
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
<b>Chicken Burger, String Cheese, and Salad Bar - ServingDate: 11/28/2022</b>	
Chicken Burger - LR1079 (1 ea.)	0.00(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
* Cheese, Mozzarella String - 168/1 oz - LR1181 (1 ea.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>Chicken Burger, String Cheese, and Salad Bar - ServingDate: 11/28/2022</b>																			
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
<b>K-5 Orange Chicken with Rice and Salad Bar - ServingDate: 11/29/2022</b>																			
*Orange Chicken with Rice - LR1231 (1 serving)	98	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)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - November, 2022

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

Item Name (Serving Size)	Ash (g)
<b>Chicken Burger, String Cheese, and Salad Bar - ServingDate: 11/28/2022</b>	
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
<b>K-5 Orange Chicken with Rice and Salad Bar - ServingDate: 11/29/2022</b>	
*Orange Chicken with Rice - LR1231 (1 serving)	0.00(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)



# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>K-5 Orange Chicken with Rice and Salad Bar - ServingDate: 11/29/2022</b>																			
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>K-5 Orange Chicken with Rice and Salad Bar - ServingDate: 11/29/2022</b>	
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)
<b>Bean and Cheese Burrito with Tater Tots and Salad Bar - ServingDate: 11/30/2022</b>																			
Bean and Cheese Burrito - LR1262 (1 burrito)	98	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)
OR Cheese Sandwich - LR1005 (1 ea.)	2	560.00	37.00	20.00	0.00	100.00	2290.00	34.00	2.00	2.00	(M)	28.00	2.00(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Tater Tots - LR1016 (1/2 c.)	100	130.00	6.00	1.00	0.00	0.00	310.00	16.00	2.00	0.00	(M)	2.00	0.36	0.00	0.00	3.60	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
<b>Bean and Cheese Burrito with Tater Tots and Salad Bar - ServingDate: 11/30/2022</b>	
Bean and Cheese Burrito - LR1262 (1 burrito)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Tater Tots - LR1016 (1/2 c.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL  
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)	
<b>Bean and Cheese Burrito with Tater Tots and Salad Bar - ServingDate: 11/30/2022</b>																				
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60	
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.00	0.19	1.32	0.13	0.16	(M)	0.19	0.03	0.26	12.43	0.41	0.00	13.58	4.78	
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	0.00	18.09	2.28	0.75	0.84	(M)	0.87	0.26	3.69	344.71	3.02	0.00	25.63	13.40	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)	
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26	
Salsa - LR1034 (1/4 c.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sour Cream - LR1035 (1/4 c.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

**Legend**  
(M) - Missing Nutrient Values

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

# Menu Calendar Nutrient Analysis Report - November, 2022

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

Item Name (Serving Size)	Ash (g)
<b>Bean and Cheese Burrito with Tater Tots and Salad Bar - ServingDate: 11/30/2022</b>	
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Salsa - LR1034 (1/4 c.)	(M)
Sour Cream - LR1035 (1/4 c.)	(M)