

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)
Yogurt and Granola - ServingDate: 11/01/2022																			
* Yogurt, Raspberry, Yami - LR1158 (4 ounces)	100	99.65	1.00	0.50	0.00	0.00	59.79	18.93	0.00	14.95	(M)	3.99	0.00	99.65	0.00	1.20	(M)	(M)	(M)
Granola - LR1260 (1 Bag)	100	220.00	2.50	0.00	(M)	(M)	95.00	47.00	4.00	16.00	(M)	5.00	1.44	(M)	(M)	(M)	(M)	(M)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	25	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Pillsbury Apple Frudel - ServingDate: 11/02/2022																			
Pillsbury Apple Frudel - LR1377 (1 pkg.)	100	210.00	6.00	1.00	0.00	0.00	250.00	36.00	2.00	10.00	0.00	4.00	1.50	0.00	(M)	0.00	0.00	109.98	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	10	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	30	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

Menu Calendar Nutrient Analysis Report - November, 2022

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

Item Name (Serving Size)	Ash (g)
Yogurt and Granola - ServingDate: 11/01/2022	
* Yogurt, Raspberry, Yami - LR1158 (4 ounces)	(M)
Granola - LR1260 (1 Bag)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Pillsbury Apple Frudel - ServingDate: 11/02/2022	
Pillsbury Apple Frudel - LR1377 (1 pkg.)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95

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)
*Assorted Cereals - ServingDate: 11/03/2022																			
*Cocoa Puffs Cereal - LR1116 (1 ea.)	33	210.00	2.50	0.00	0.00	0.00	220.00	47.00	3.00	15.00	0.00	3.00	9.00	200.00	1250.00	12.00	4.00	235.00	(M)
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	33	210.00	3.00	0.50	0.00	0.00	320.00	45.00	4.00	19.00	0.00	5.00	9.00	200.00	1000.00	12.00	4.00	229.83	(M)
*Lucky Charms Cereal - LR1115 (1 ea.)	34	210.00	2.50	0.00	0.00	0.00	360.00	45.00	4.00	19.00	0.00	5.00	5.40	150.00	1000.00	9.00	3.00	94.00	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	30	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	49	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Strawberry Mini Bagels - ServingDate: 11/04/2022																			
*Mini Strawberry Bagels - LR1233 (4 bagel)	100	230.00	6.00	2.00	(M)	10.00	190.00	42.00	2.00	13.00	(M)	6.00	1.44	20.00	(M)	(M)	(M)	(M)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

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Item Name (Serving Size)	Ash (g)
*Assorted Cereals - ServingDate: 11/03/2022	
*Cocoa Puffs Cereal - LR1116 (1 ea.)	(M)
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	(M)
*Lucky Charms Cereal - LR1115 (1 ea.)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Strawberry Mini Bagels - ServingDate: 11/04/2022	
*Mini Strawberry Bagels - LR1233 (4 bagel)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95

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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)	
Dave's Chocolate Chip Muffin - ServingDate: 11/07/2022																				
Chocolate Chip Muffin - LR1368 (1 muffin)	100	227.00	6.00	0.90	0.00	30.00	115.00	39.50	3.10	17.50	15.00	3.90	0.90	4.00	44.00	0.90	0.00	70.03	(M)	
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)	
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)	
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)	
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26	
Mini Cinni's Cinnamon rolls - ServingDate: 11/08/2022																				
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	100	240.00	7.00	1.50	0.00	0.00	270.00	40.00	3.00	14.00	13.00	4.00	1.60	30.00	(M)	(M)	0.00	470.00	(M)	
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)	
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)	
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)	
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26	

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Item Name (Serving Size)	Ash (g)
Dave's Chocolate Chip Muffin - ServingDate: 11/07/2022	
Chocolate Chip Muffin - LR1368 (1 muffin)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Mini Cinni's Cinnamon rolls - ServingDate: 11/08/2022	
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95

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Banana Bread - ServingDate: 11/09/2022																			
Bread Slice, Banana - LR1152 (1 ea.)	100	261.06	8.03	1.51	0.00	0.00	240.97	45.18	2.01	24.10	23.09	5.02	1.00	159.65	(M)	(M)	0.00	113.26	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
*Assorted Cereals - ServingDate: 11/10/2022																			
*Cocoa Puffs Cereal - LR1116 (1 ea.)	33	210.00	2.50	0.00	0.00	0.00	220.00	47.00	3.00	15.00	0.00	3.00	9.00	200.00	1250.00	12.00	4.00	235.00	(M)
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	33	210.00	3.00	0.50	0.00	0.00	320.00	45.00	4.00	19.00	0.00	5.00	9.00	200.00	1000.00	12.00	4.00	229.83	(M)
*Lucky Charms Cereal - LR1115 (1 ea.)	34	210.00	2.50	0.00	0.00	0.00	360.00	45.00	4.00	19.00	0.00	5.00	5.40	150.00	1000.00	9.00	3.00	94.00	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	30	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	49	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
Banana Bread - ServingDate: 11/09/2022	
Bread Slice, Banana - LR1152 (1 ea.)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
*Assorted Cereals - ServingDate: 11/10/2022	
*Cocoa Puffs Cereal - LR1116 (1 ea.)	(M)
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	(M)
*Lucky Charms Cereal - LR1115 (1 ea.)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95

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)
Assorted Breakfast Bars - ServingDate: 11/14/2022																			
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	33	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	33	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	34	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	30	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
French Toast Sticks - ServingDate: 11/15/2022																			
* French Toast Sticks, - LR1188 (3 Sticks)	100	210.00	9.00	2.00	0.00	105.00	290.00	26.00	2.00	11.00	0.00	8.00	1.08	40.00	(M)	(M)	1.20	94.00	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	0	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)

Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
Assorted Breakfast Bars - ServingDate: 11/14/2022	
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	(M)
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	(M)
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
French Toast Sticks - ServingDate: 11/15/2022	
* French Toast Sticks, - LR1188 (3 Sticks)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - 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)
French Toast Sticks - ServingDate: 11/15/2022																			
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Maple Syrup - LR1338 (1 pkg.)	50	120.00	0.00	0.00	0.00	0.00	40.00	31.00	0.00	17.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mini Apple Cinnamon Loaf - ServingDate: 11/16/2022																			
Apple Cinnamon Mini Loaf - LR1350 (1 ea.)	100	170.00	6.00	1.00	0.00	25.00	125.00	27.00	2.00	15.00	10.00	2.00	0.00	52.00	(M)	(M)	0.00	126.00	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
*Assorted Cereals - ServingDate: 11/17/2022																			
*Cocoa Puffs Cereal - LR1116 (1 ea.)	33	210.00	2.50	0.00	0.00	0.00	220.00	47.00	3.00	15.00	0.00	3.00	9.00	200.00	1250.00	12.00	4.00	235.00	(M)
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	33	210.00	3.00	0.50	0.00	0.00	320.00	45.00	4.00	19.00	0.00	5.00	9.00	200.00	1000.00	12.00	4.00	229.83	(M)
*Lucky Charms Cereal - LR1115 (1 ea.)	34	210.00	2.50	0.00	0.00	0.00	360.00	45.00	4.00	19.00	0.00	5.00	5.40	150.00	1000.00	9.00	3.00	94.00	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	30	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
French Toast Sticks - ServingDate: 11/15/2022	
Milk - White 1% - LR1006 (1 ea.)	1.95
Maple Syrup - LR1338 (1 pkg.)	(M)
Mini Apple Cinnamon Loaf - ServingDate: 11/16/2022	
Apple Cinnamon Mini Loaf - LR1350 (1 ea.)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
*Assorted Cereals - ServingDate: 11/17/2022	
*Cocoa Puffs Cereal - LR1116 (1 ea.)	(M)
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	(M)
*Lucky Charms Cereal - LR1115 (1 ea.)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)

Menu Calendar Nutrient Analysis Report - 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)
*Assorted Cereals - ServingDate: 11/17/2022																			
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	49	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Strawberry Mini Bagels - ServingDate: 11/18/2022																			
*Mini Strawberry Bagels - LR1233 (4 bagel)	100	230.00	6.00	2.00	(M)	10.00	190.00	42.00	2.00	13.00	(M)	6.00	1.44	20.00	(M)	(M)	(M)	(M)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
UBR Breakfast Cookie - ServingDate: 11/21/2022																			
*UBR Breakfast Cookie - LR1121 (1 ea.)	100	271.61	8.05	3.02	0.00	5.03	181.07	44.26	5.03	18.11	18.11	5.03	1.61	30.18	17.60	0.05	0.06	253.90	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	50	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	10	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64

Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
*Assorted Cereals - ServingDate: 11/17/2022	
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Strawberry Mini Bagels - ServingDate: 11/18/2022	
*Mini Strawberry Bagels - LR1233 (4 bagel)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
UBR Breakfast Cookie - ServingDate: 11/21/2022	
*UBR Breakfast Cookie - LR1121 (1 ea.)	1.95
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58

Menu Calendar Nutrient Analysis Report - 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)	
UBR Breakfast Cookie - ServingDate: 11/21/2022																				
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)	
Milk - White 1% - LR1006 (1 ea.)	49	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26	
Waffles - ServingDate: 11/22/2022																				
*Waffles - LR1232 (2 pcs.)	100	159.37	5.98	0.00	0.00	(M)	209.18	23.91	1.99	3.98	1.99	3.98	0.14	59.76	(M)	(M)	0.40	79.69	(M)	
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)	
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)	
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)	
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26	
Dave's Blueberry Muffin - ServingDate: 11/23/2022																				
Blueberry Muffin - LR1376 (1 muffin)	100	223.00	6.00	0.00	0.00	30.00	115.00	38.50	3.30	16.50	0.00	3.90	1.10	8.50	52.00	1.20	0.00	70.03	(M)	
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	0	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)	
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)	
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	

Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
UBR Breakfast Cookie - ServingDate: 11/21/2022	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Waffles - ServingDate: 11/22/2022	
*Waffles - LR1232 (2 pcs.)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Dave's Blueberry Muffin - ServingDate: 11/23/2022	
Blueberry Muffin - LR1376 (1 muffin)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)

Menu Calendar Nutrient Analysis Report - 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)
Dave's Blueberry Muffin - ServingDate: 11/23/2022																			
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Cinnamon Roll - ServingDate: 11/28/2022																			
Cinnamon Roll - LR1328 (1 ea.)	100	240.00	7.00	3.00	(M)	5.00	280.00	40.00	3.00	16.00	16.00	5.00	1.00	43.00	(M)	(M)	(M)	126.90	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Yogurt and Granola - ServingDate: 11/29/2022																			
* Yogurt, Raspberry, Yami - LR1158 (4 ounces)	100	99.65	1.00	0.50	0.00	0.00	59.79	18.93	0.00	14.95	(M)	3.99	0.00	99.65	0.00	1.20	(M)	(M)	(M)
Granola - LR1260 (1 Bag)	100	220.00	2.50	0.00	(M)	(M)	95.00	47.00	4.00	16.00	(M)	5.00	1.44	(M)	(M)	(M)	(M)	(M)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	25	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64

Menu Calendar Nutrient Analysis Report - November, 2022

Site: ALL

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

Item Name (Serving Size)	Ash (g)
Dave's Blueberry Muffin - ServingDate: 11/23/2022	
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Cinnamon Roll - ServingDate: 11/28/2022	
Cinnamon Roll - LR1328 (1 ea.)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Yogurt and Granola - ServingDate: 11/29/2022	
* Yogurt, Raspberry, Yami - LR1158 (4 ounces)	(M)
Granola - LR1260 (1 Bag)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58

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)
Yogurt and Granola - ServingDate: 11/29/2022																			
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Pillsbury Apple Frudel - ServingDate: 11/30/2022																			
Pillsbury Apple Frudel - LR1377 (1 pkg.)	100	210.00	6.00	1.00	0.00	0.00	250.00	36.00	2.00	10.00	0.00	4.00	1.50	0.00	(M)	0.00	0.00	109.98	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	10	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	30	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26

Legend
(M) - Missing Nutrient Values

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

Menu Calendar Nutrient Analysis Report - November, 2022

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

Item Name (Serving Size)	Ash (g)
Yogurt and Granola - ServingDate: 11/29/2022	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Pillsbury Apple Frudel - ServingDate: 11/30/2022	
Pillsbury Apple Frudel - LR1377 (1 pkg.)	(M)
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95