

Menu Calendar Nutrient Analysis Report - January, 2023

Generated on: 12/14/2022 9:22:14 AM by Lori Ginney

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
AHS Soft Taco and Salad Bar - ServingDate: 01/03/2023																			
Beef Soft Taco - LR1245 (1 taco)	100	471.31	22.18	8.85	0.00(M)	79.79 (M)	761.32	40.66	6.48(M)	2.86(M)	0.00(M)	27.38	1.95(M)	240.02 (M)	462.06 (M)	1.01(M)	0.00(M)	210.88 (M)	34.43 (M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
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

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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)
AHS Soft Taco and Salad Bar - ServingDate: 01/03/2023																			
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
Hot Dog on a Bun and Sweet Potato Fries - ServingDate: 01/04/2023																			
Hot Dog - LR1330 (1 ea.)	100	290.00	13.50	4.00	0.00(M)	50.00 (M)	930.00	29.00	3.00(M)	2.00(M)	2.00(M)	14.00	3.08	111.00	300.00 (M)	0.00(M)	0.00(M)	106.00 (M)	0.00(M)
Simplot Sweets Sweet Potato Fries Crinkle Cut - LR1399 (1/2 c.)	100	130.00	4.50	0.50	0.00	0.00	170.00	21.00	3.00	8.00	(M)	1.00	0.40	30.00	33.35	1.00	0.00	340.00	(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

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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)
Hot Dog on a Bun and Sweet Potato Fries - ServingDate: 01/04/2023																			
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
Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 01/05/2023																			
Chicken Alfredo - LR1254 (1 serving)	100	518.90 (M)	15.16 (M)	6.42(M)	0.00(M)	28.10 (M)	505.78 (M)	86.74 (M)	13.28 (M)	5.77(M)	0.00(M)	19.85 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Garlic Toast - LR1111 (1 ea.)	100	70.00	2.50	0.50	0.00	0.00	95.00	11.00	1.00	0.00	0.00	2.00	0.60	5.00	(M)	(M)	0.00	92.00	(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

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Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 01/05/2023																			
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

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Nachos and Salad Bar - ServingDate: 01/06/2023																			
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	118.28	1160.14	35.68	4.56(M)	0.30(M)	(M)	35.22	0.88(M)	240.76 (M)	200.00 (M)	(M)	(M)	(M)	(M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Nachos and Salad Bar - ServingDate: 01/06/2023																			
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
Chicken Teriyaki and Salad Bar - ServingDate: 01/09/2023																			
*Chicken Teriyaki and Rice - LR1228 (1 serving)	100	295.00	5.00	1.00	0.00	70.00	330.00	8.00	2.00	6.00	(M)	19.00	1.44	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Chicken Teriyaki and Salad Bar - ServingDate: 01/09/2023																			
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
AHS Taco Salad w/salad bar - ServingDate: 01/10/2023																			
AHS Signature Taco Salad - LR1236 (1 salad)	100	512.20 (M)	25.86 (M)	8.81(M)	0.00(M)	64.31 (M)	717.61 (M)	49.22 (M)	7.01(M)	1.17(M)	0.00(M)	22.86 (M)	0.94(M)	231.06 (M)	534.67 (M)	1.51(M)	0.00(M)	104.18 (M)	51.65 (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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
AHS Taco Salad w/salad bar - ServingDate: 01/10/2023																			
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
Mango-Chili Glazed Drumstick with Cilantro Lime Rice and Mango Salsa - ServingDate: 01/11/2023																			
mango salsa - LR1397 (1/3 cup 8 fl o)	100	92.78	0.59	0.14	0.00	0.00	76.23	23.16	2.65	20.21	0.00(M)	1.38	0.30	19.81	1767.78	62.38	0.00	277.59	141.69

Menu Calendar Nutrient Analysis Report - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Mango-Chili Glazed Drumstick with Cilantro Lime Rice and Mango Salsa - ServingDate: 01/11/2023																			
Cilantro Lime Brown Rice - LR1398 (1 c.)	100	235.94	2.09	0.00	0.00	0.00	194.08	48.49	2.85	0.10	0.00	6.64	1.12	8.08	152.06	1.34	0.00	21.99	(M)
* Glazed Chicken Drumsticks - LR1122 (1 ea.)	100	160.00	10.00	2.50	0.00	90.00	320.00	2.00	0.00	0.00	(M)	16.00	0.72	20.00	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)
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Mango-Chili Glazed Drumstick with Cilantro Lime Rice and Mango Salsa - ServingDate: 01/11/2023																			
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
AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 01/12/2023																			
Macaroni and Cheese, Land O Lakes, 43284 80sv - LR1378 (1 serving)	100	290.00	11.00	6.00	0.00	30.00	980.00	32.00	1.00	6.00	0.00	17.00	1.00	417.00	750.00	0.00	0.00	200.22	(M)
Garlic Toast - LR1111 (1 ea.)	100	70.00	2.50	0.50	0.00	0.00	95.00	11.00	1.00	0.00	0.00	2.00	0.60	5.00	(M)	(M)	0.00	92.00	(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)

Menu Calendar Nutrient Analysis Report - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)	
AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 01/12/2023																				
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	
Nachos and Salad Bar - ServingDate: 01/13/2023																				
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	118.28	1160.14	35.68	4.56(M)	0.30(M)	(M)	35.22	0.88(M)	240.76 (M)	200.00 (M)	(M)	(M)	(M)	(M)	
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77	
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 - January, 2023

Site: ALL

Date: 01/01/2023 - 01/31/2023

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)	
Nachos and Salad Bar - ServingDate: 01/13/2023																				
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)	
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Orange Chicken with WW Rice and Salad Bar - ServingDate: 01/16/2023																			
*Orange Chicken with Rice - LR1231 (1 serving)	100	313.33	4.17	0.44	0.00	35.56	248.89	18.89	2.00	8.89	0.00(M)	13.78	1.36	0.00(M)	0.00(M)	1.07(M)	0.00(M)	0.00(M)	0.00(M)
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Orange Chicken with WW Rice and Salad Bar - ServingDate: 01/16/2023																			
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
AHS Soft Taco and Salad Bar - ServingDate: 01/17/2023																			
Beef Soft Taco - LR1245 (1 taco)	100	471.31	22.18	8.85	0.00(M)	79.79 (M)	761.32	40.66	6.48(M)	2.86(M)	0.00(M)	27.38	1.95(M)	240.02 (M)	462.06 (M)	1.01(M)	0.00(M)	210.88 (M)	34.43 (M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
AHS Soft Taco and Salad Bar - ServingDate: 01/17/2023																			
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
AHS Chili and a Cinnamon Roll - ServingDate: 01/18/2023																			
Chili - LR1396 (1 c.)	100	240.00	6.00	3.00	0.00	30.00	890.00	28.00	9.00	6.00	(M)	18.00	3.60	60.00	(M)	(M)	0.00	350.00	(M)
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)
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
AHS Chili and a Cinnamon Roll - ServingDate: 01/18/2023																			
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
Spaghetti and Meatballs, Red Velvet Cookie and Salad Bar - ServingDate: 01/19/2023																			
Spaghetti and Meatballs - LR1311 (1 serving)	100	240.00 (M)	1.50(M)	0.00(M)	0.00(M)	0.00(M)	520.00 (M)	51.00 (M)	9.00(M)	10.00 (M)	0.00(M)	10.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)

Menu Calendar Nutrient Analysis Report - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Spaghetti and Meatballs, Red Velvet Cookie and Salad Bar - ServingDate: 01/19/2023																			
* WG Red Velvet Cookie, 1.9 oz, IW - LR1190 (1 cookie)	100	200.00	6.00	2.00	0.00	15.00	180.00	32.00	1.00	16.00	(M)	3.00	2.00	17.00	(M)	(M)	0.00	169.00	(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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Spaghetti and Meatballs, Red Velvet Cookie and Salad Bar - ServingDate: 01/19/2023																			
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
Nachos and Salad Bar - ServingDate: 01/20/2023																			
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	118.28	1160.14	35.68	4.56(M)	0.30(M)	(M)	35.22	0.88(M)	240.76 (M)	200.00 (M)	(M)	(M)	(M)	(M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Nachos and Salad Bar - ServingDate: 01/20/2023																			
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
Sweet and sour chicken and salad bar - ServingDate: 01/23/2023																			
Sweet And Sour Chicken And Rice - LR1251 (1 serving)	100	337.50	4.88	5.63	0.00(M)	45.00	225.00	22.25	2.00(M)	10.13	(M)	16.38	1.53	(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
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

Menu Calendar Nutrient Analysis Report - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Sweet and sour chicken and salad bar - ServingDate: 01/23/2023																			
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
AHS Taco Salad w/salad bar - ServingDate: 01/24/2023																			
AHS Signature Taco Salad - LR1236 (1 salad)	100	512.20 (M)	25.86 (M)	8.81(M)	0.00(M)	64.31 (M)	717.61 (M)	49.22 (M)	7.01(M)	1.17(M)	0.00(M)	22.86 (M)	0.94(M)	231.06 (M)	534.67 (M)	1.51(M)	0.00(M)	104.18 (M)	51.65 (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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
AHS Taco Salad w/salad bar - ServingDate: 01/24/2023																			
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
AHS Taco Salad w/salad bar - ServingDate: 01/24/2023																			
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
AHS Chicken and Waffles - ServingDate: 01/25/2023																			
* Chicken Tenders - LR1153 (3 ea.)	100	242.88	12.14	2.28	0.00	45.54	409.86	12.14	1.52	3.04	(M)	19.73	1.64	0.00	0.00	0.00	(M)	(M)	(M)
*Waffles - LR1232 (1 pcs.)	100	79.69	2.99	0.00	0.00	(M)	104.59	11.95	1.00	1.99	1.00	1.99	0.07	29.88	(M)	(M)	0.20	39.84	(M)
Baby Carrots - LR1145 (6 oz.)	100	71.44	3.25	0.61	0.00(M)	0.00	401.44	10.46	3.74	4.35	(M)	0.97	0.42	37.42	1119.26	4.59	0.00(M)	0.00(M)	0.00(M)
Cherry Tomatoes - LR1212 (1/2 c.)	100	18.36	0.20	0.03	0.00	0.00	5.10	3.97	1.22	2.68	(M)	0.90	0.28	10.20	849.66	13.97	0.00	241.74	96.41
Apple - LR1072 (1 ea.)	33	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.)	33	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - 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
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 01/26/2023																			
Beef Ravioli in Meat Sauce - LR1306 (8 pcs.)	100	260.00	8.00	3.50	(M)	25.00	600.00	30.00	4.00	6.00	(M)	16.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
shredded mozzarella - LR1334 (1/4 c.)	100	80.00	5.00	3.00	(M)	15.00	200.00	2.00	(M)	(M)	(M)	7.00	(M)	150.00	(M)	(M)	(M)	(M)	(M)
Garlic Toast - LR1111 (2 ea.)	100	140.00	5.00	1.00	0.00	0.00	190.00	22.00	2.00	0.00	0.00	4.00	1.20	10.00	(M)	(M)	0.00	184.00	(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

Menu Calendar Nutrient Analysis Report - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)	
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 01/26/2023																				
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)	
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Nachos and Salad Bar - Serving Date: 01/27/2023																			
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	118.28	1160.14	35.68	4.56(M)	0.30(M)	(M)	35.22	0.88(M)	240.76 (M)	200.00 (M)	(M)	(M)	(M)	(M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Nachos and Salad Bar - ServingDate: 01/27/2023																			
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
Chicken Teriyaki and Salad Bar - ServingDate: 01/30/2023																			
*Chicken Teriyaki and Rice - LR1228 (1 serving)	100	295.00	5.00	1.00	0.00	70.00	330.00	8.00	2.00	6.00	(M)	19.00	1.44	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
Chicken Teriyaki and Salad Bar - ServingDate: 01/30/2023																			
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
AHS Soft Taco and Salad Bar - ServingDate: 01/31/2023																			
Beef Soft Taco - LR1245 (1 taco)	100	471.31	22.18	8.85	0.00(M)	79.79 (M)	761.32	40.66	6.48(M)	2.86(M)	0.00(M)	27.38	1.95(M)	240.02 (M)	462.06 (M)	1.01(M)	0.00(M)	210.88 (M)	34.43 (M)
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	0.00	34.82	3.67	0.94	1.96	(M)	0.68	0.21	9.89	511.16	9.89	0.00	146.15	59.77
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 - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

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)
AHS Soft Taco and Salad Bar - ServingDate: 01/31/2023																			
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

Legend
(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - January, 2023

Site: ALL
Date: 01/01/2023 - 01/31/2023

Report Selections

Meal Type: Lunch
Site Group: High School
Menu Line: Main
Serving Group: 9-12
Nutrients Option: All