

# Menu Calendar Nutrient Analysis Report - June, 2023

Site: ALL  
 Date: 06/01/2023 - 06/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Spaghetti and Meatballs, Garlic Toast and Salad Bar - ServingDate: 06/01/2023</b>								
Spaghetti and Meatballs - LR1311 (1 serving)	100	240.00 (M)	1.50(M)	0.00(M)	0.00(M)	520.00 (M)	51.00 (M)	10.00 (M)
Garlic Toast - LR1111 (1 ea.)	100	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Spaghetti and Meatballs, Garlic Toast and Salad Bar - ServingDate: 06/01/2023</b>								
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Nachos and Salad Bar - ServingDate: 06/02/2023</b>								
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	1160.14	35.68	35.22
Pico De Gallo - USDA Recipe G150 - PER G- 150 (1/4 c.)	50	16.53	0.13	0.02	0.00	34.82	3.67	0.68
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09

## Menu Calendar Nutrient Analysis Report - June, 2023

Site: ALL

Date: 06/01/2023 - 06/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 06/02/2023</b>								
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Orange Chicken with WW Rice and Salad Bar - ServingDate: 06/05/2023</b>								
*Orange Chicken with Rice - LR1231 (1 serving)	100	303.33	4.17	0.44	0.00	248.89	52.89	13.78
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Orange Chicken with WW Rice and Salad Bar - ServingDate: 06/05/2023</b>								
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>AHS Soft Taco and Salad Bar - ServingDate: 06/06/2023</b>								
Beef Soft Taco - LR1245 (1 taco)	100	471.31	22.18	8.85	0.00(M)	761.32	40.66	27.38
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	34.82	3.67	0.68

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Soft Taco and Salad Bar - ServingDate: 06/06/2023</b>								
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Soft Taco and Salad Bar - ServingDate: 06/06/2023</b>								
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 06/07/2023</b>								
Macaroni and Cheese, Land O Lakes, 43284 80sv - LR1378 (1 serving)	100	290.00	11.00	6.00	0.00	980.00	32.00	17.00
Garlic Toast - LR1111 (1 ea.)	100	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 06/07/2023</b>								
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 06/08/2023</b>								
Beef Ravioli in Meat Sauce - LR1306 (8 pcs.)	100	260.00	8.00	3.50	(M)	600.00	30.00	16.00
shredded mozzarella - LR1334 (1/4 c.)	100	80.00	5.00	3.00	(M)	200.00	2.00	7.00
Garlic Toast - LR1111 (2 ea.)	100	140.00	5.00	1.00	0.00	190.00	22.00	4.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 06/08/2023</b>								
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Nachos and Salad Bar - ServingDate: 06/09/2023</b>								
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	1160.14	35.68	35.22
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	34.82	3.67	0.68



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Site: ALL  
 Date: 06/01/2023 - 06/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 06/09/2023</b>								
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00

# Menu Calendar Nutrient Analysis Report - June, 2023

Site: ALL  
Date: 06/01/2023 - 06/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 06/09/2023</b>								
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Sweet and sour chicken and salad bar - ServingDate: 06/12/2023</b>								
Sweet And Sour Chicken And Rice - LR1251 (1 serving)	100	327.50	4.88	5.63	0.00(M)	225.00	56.25	16.38
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10

## Menu Calendar Nutrient Analysis Report - June, 2023

Site: ALL

Date: 06/01/2023 - 06/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Sweet and sour chicken and salad bar - ServingDate: 06/12/2023</b>								
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>AHS Taco Salad w/salad bar - ServingDate: 06/13/2023</b>								
AHS Signature Taco Salad - LR1236 (1 salad)	100	597.20 (M)	26.61 (M)	8.81(M)	0.00(M)	717.61 (M)	67.22 (M)	24.86 (M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26

## Menu Calendar Nutrient Analysis Report - June, 2023

Site: ALL

Date: 06/01/2023 - 06/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Taco Salad w/salad bar - ServingDate: 06/13/2023</b>								
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Corn Dog, Super Pretzel, Cheese Sauce and Salad Bar - ServingDate: 06/14/2023</b>								
Corn Dog - LR1053 (1 ea.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
* Pretzel, Soft WG, J & J - LR1134 (1 ea.)	100	140.00	0.50	0.00	0.00	150.00	30.00	5.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00

# Menu Calendar Nutrient Analysis Report - June, 2023

Site: ALL  
 Date: 06/01/2023 - 06/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Corn Dog, Super Pretzel, Cheese Sauce and Salad Bar - ServingDate: 06/14/2023</b>								
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91

# Menu Calendar Nutrient Analysis Report - June, 2023

Site: ALL  
 Date: 06/01/2023 - 06/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Cheeseburger, Tater Tots and Salad Bar - ServingDate: 06/15/2023</b>								
*Cheeseburger - LR1226 (1 ea.)	100	350.00	18.50	8.00	0.50	790.00	28.00	22.00
Tater Tots - LR1016 (3/4 c.)	100	195.00	9.00	1.50	0.00	465.00	24.00	3.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19

# Menu Calendar Nutrient Analysis Report - June, 2023

Site: ALL  
Date: 06/01/2023 - 06/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Cheeseburger, Tater Tots and Salad Bar - ServingDate: 06/15/2023</b>								
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Nachos and Salad Bar - ServingDate: 06/16/2023</b>								
Beef Nachos - LR1258 (1 serving)	100	548.73	29.29	11.42	0.00(M)	1160.14	35.68	35.22
Pico De Gallo - USDA Recipe G150 - PER G-150 (1/4 c.)	50	16.53	0.13	0.02	0.00	34.82	3.67	0.68
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00

## Menu Calendar Nutrient Analysis Report - June, 2023

Site: ALL

Date: 06/01/2023 - 06/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 06/16/2023</b>								
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Cheesy Breadsticks with Marinara, a Frosted Cookie and Salad Bar - ServingDate: 06/20/2023</b>								
*Cheesy Breadsticks - LR1021 (2 ea.)	100	300.00	11.00	6.00	0.00	490.00	30.00	19.00
Frosted Sugar Cookie - LR1271 (1 1/2 oz.)	100	172.00	6.70	1.80	(M)	78.00	27.00	1.70
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	100	25.00	0.00	0.00	0.00	195.00	5.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32



# Menu Calendar Nutrient Analysis Report - June, 2023

Site: ALL  
Date: 06/01/2023 - 06/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Cheesy Breadsticks with Marinara, a Frosted Cookie and Salad Bar - ServingDate: 06/20/2023</b>								
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	2.74	0.92	0.31
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	35.00	5.00	1.75
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	35.00	4.25	1.25
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	4.01	0.67	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.30	0.32	0.09
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	123.48	1.01	0.14
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	340.00	1.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	11.70	1.24	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	1.27	0.99	0.22
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.46	0.69	0.11
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	0.05	0.01	0.00	0.19	1.32	0.19
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91

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<b>Picnic Lunch - Yogurt, String Cheese and Animal Crackers - ServingDate: 06/21/2023</b>								
Sunbutter Cups - LR1269 (1 Container)	50	200.00	16.00	2.00	(M)	120.00	7.00	7.00
Crackers, Jungle, Readi-Bake - LR1187 (2 pkg.)	100	260.00	8.00	0.00	0.00	190.00	40.00	4.00
* Cheese, Mozzarella String - 168/1 oz - LR1181 (1 ea.)	100	81.00	6.08	3.54	0.00	202.50	0.00	7.09
* Yogurt, Raspberry, Yami - LR1158 (4 ounces)	100	99.65	1.00	0.50	0.00	59.79	18.93	3.99
Celery - LR1163 (1 cup choppe)	100	14.14	0.17	0.04	0.00	80.80	3.00	0.70
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Ranch Dressing - LR1097 (1 tbsp.)	50	28.07	2.45	0.53	0.00(M)	51.13	0.61	0.33
<b>Grab and Go Nachos - ServingDate: 06/22/2023</b>								
Tortilla Chips, Yellow, Round, 2oz, El Sabroso, 260529 - LR1380 (1 Bag)	100	270.00	15.00	1.50	0.00	220.00	31.00	3.00
Ultimate Cheddar Cheese Dip - LR1379 (2 Container)	100	380.00	20.00	12.00	0.00	1140.00	28.00	20.00
Baby Carrots - LR1145 (8 oz.)	100	95.26	4.33	0.82	0.00(M)	535.25	13.95	1.29
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	33	53.33	0.00	0.00	0.00	2.08	14.63	0.00

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<b>Grab and Go Nachos - ServingDate: 06/22/2023</b>								
Orange - LR1073 (1 ea.)	34	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Salsa - LR1263 (1 c.)	100	0.00	0.00	0.00	0.00	525.97	7.01	1.75
Sour Cream - LR1035 (1/4 c.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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

**Report Selections**  
 Meal Type: Lunch  
 Site Group: High School  
 Menu Line: Main  
 Serving Group: 9-12  
 Nutrients Option: Expanded