

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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)
Corn Dogs and Baby Carrots - ServingDate: 09/06/2023																			
*Corn Dog - LR1155 (1 corn dog)	98	240.00	9.00	2.50	0.00	40.00	470.00	30.00	2.00	8.00	7.00	9.00	1.50	70.00	(M)	(M)	(M)	240.00	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Baby Carrots - LR1145 (4 oz.)	100	39.62	0.15	0.03	0.00(M)	0.00	88.30	9.33	3.28	5.23	(M)	0.73	1.01	36.26	15610.07	2.94	0.00	268.28	0.00(M)
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce, Unsweetened, Cups, Shelf-Stable, USDA 110361 - LR1425 (1/2 c.)	25	51.00	0.00	0.00	0.00	0.00	1.99	13.99	0.99	10.99	(M)	0.00	0.00	0.00	0.00	60.00	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	0	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	25	112.12	0.00	0.00	0.00	0.00	3.97	29.77	0.99	21.83	(M)	0.99	0.54	19.84	0.00	0.00	(M)	(M)	(M)
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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 Nuggets, WW Roll and Wedge Cut Potatoes with Broccoli - ServingDate: 09/07/2023																			
Chicken Nugget .64oz Breaded Breast Meat CN 10058100928 - LR1421 (5 nuggets)	98	260.00	14.00	2.50	0.00	30.00	540.00	15.00	2.00	0.00	0.00	17.00	2.00	43.00	0.00	0.00	0.00	339.81	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Whole Wheat Rolls - LR1305 (1 roll.)	100	90.00	2.00	0.00	(M)	(M)	65.00	16.00	2.00	2.00	2.00	3.00	0.80	78.00	(M)	(M)	(M)	(M)	(M)
Broccoli - LR1136 (3/4 cup choppe)	15	23.21	0.25	0.08	0.00	0.00	22.52	4.53	1.77	1.16	(M)	1.92	0.50	32.08	425.20	60.88	0.00	215.67	60.95

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
 Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
Corn Dogs and Baby Carrots - ServingDate: 09/06/2023	
*Corn Dog - LR1155 (1 corn dog)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Baby Carrots - LR1145 (4 oz.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce, Unsweetened, Cups, Shelf-Stable, USDA 110361 - LR1425 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	(M)
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Chicken Nuggets, WW Roll and Wedge Cut Potatoes with Broccoli - ServingDate: 09/07/2023	
Chicken Nugget .64oz Breaded Breast Meat CN 10058100928 - LR1421 (5 nuggets)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Whole Wheat Rolls - LR1305 (1 roll.)	(M)
Broccoli - LR1136 (3/4 cup choppe)	0.59

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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 Nuggets, WW Roll and Wedge Cut Potatoes with Broccoli - ServingDate: 09/07/2023																			
Potatoes, Wedges, Fat Free, Low-sodium, Frozen (IQF) - LR1322 (3/4 c.)	85	126.00	0.00	0.00	0.00	0.00	34.49	28.49	3.00	1.50	(M)	3.00	1.08	0.00	0.00	7.20	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	0	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	25	112.12	0.00	0.00	0.00	0.00	3.97	29.77	0.99	21.83	(M)	0.99	0.54	19.84	0.00	0.00	(M)	(M)	(M)
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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
Pepperoni Pizza and Chickpeas - ServingDate: 09/08/2023																			
* Pizza, Cheese, Wild Mike's - LR1172 (1 slice 1/10)	2	390.00	15.00	7.00	0.00	35.00	520.00	37.00	1.00	6.00	0.00	19.00	1.80	300.00	0.00(M)	0.00(M)	0.00	61.00	(M)
*Wild Mike's Pepperoni Pizza - LR1117 (1 slice 1/10)	96	400.00	16.00	7.00	0.00	40.00	600.00	37.00	1.00	6.00	0.00	19.00	1.80	250.00	0.00(M)	0.00(M)	0.00	58.00	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Celery - LR1163 (3/4 cup choppe)	50	10.61	0.13	0.03	0.00	0.00	60.60	2.25	1.21	1.01	(M)	0.52	0.15	30.30	340.12	2.35	0.00	196.95	72.29
Chick Peas - LR1199 (3/4 c.)	50	190.80	3.60	0.00	0.00	0.00	252.00	28.80	9.00	5.40	(M)	10.80	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
 Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
Chicken Nuggets, WW Roll and Wedge Cut Potatoes with Broccoli - ServingDate: 09/07/2023	
Potatoes, Wedges, Fat Free, Low-sodium, Frozen (IQF) - LR1322 (3/4 c.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	(M)
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Pepperoni Pizza and Chickpeas - ServingDate: 09/08/2023	
* Pizza, Cheese, Wild Mike's - LR1172 (1 slice 1/10)	(M)
*Wild Mike's Pepperoni Pizza - LR1117 (1 slice 1/10)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Celery - LR1163 (3/4 cup choppe)	0.57
Chick Peas - LR1199 (3/4 c.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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)
Pepperoni Pizza and Chickpeas - ServingDate: 09/08/2023																			
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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
Cheeseburger and Baked Beans - ServingDate: 09/11/2023																			
*Cheeseburger - LR1226 (1 ea.)	98	360.00	18.50	8.00	0.50	65.00	790.00	28.00	3.00	3.00	0.00(M)	22.00	1.08(M)	80.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Baked Beans - LR1264 (3/4 cup, drain)	100	330.00	1.50	0.00	0.00	(M)	765.00	64.50	12.00	21.00	(M)	16.50	4.05	90.00	(M)	(M)	(M)	(M)	(M)
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.)	34	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.)	33	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.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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 Strips, Waffles and Sweet Corn - ServingDate: 09/12/2023																			
* Chicken Tenders - LR1153 (2 ea.)	98	220.00	12.00	2.00	0.00	40.00	400.00	12.00	2.00	2.00	(M)	20.00	1.60	0.00	0.00	0.00	(M)	760.00	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
*Waffles - LR1232 (1 pcs.)	98	89.65	2.99	0.00	0.00	(M)	134.47	13.95	1.00	1.99	1.99	1.99	1.00	11.95	(M)	(M)	0.00	49.63	(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
 Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
Pepperoni Pizza and Chickpeas - ServingDate: 09/08/2023	
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Cheeseburger and Baked Beans - ServingDate: 09/11/2023	
*Cheeseburger - LR1226 (1 ea.)	0.00(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Baked Beans - LR1264 (3/4 cup, drain)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Chicken Strips, Waffles and Sweet Corn - ServingDate: 09/12/2023	
* Chicken Tenders - LR1153 (2 ea.)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
*Waffles - LR1232 (1 pcs.)	(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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 Strips, Waffles and Sweet Corn - ServingDate: 09/12/2023																			
Sweet Yellow Corn - LR1217 (3/4 c.)	100	84.12	0.52	0.00	0.00	0.00	0.00	19.98	2.10	2.10	0.00	3.15	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Maple Syrup - LR1338 (1 pkg.)	25	120.00	0.00	0.00	0.00	0.00	40.00	31.00	0.00	17.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
K-5 Meatball Sub and Baby Carrots - ServingDate: 09/13/2023																			
Meatball sub on hotdog bun - LR1318 (1 ea.)	98	210.00 (M)	1.50(M)	0.00(M)	0.00(M)	0.00(M)	730.00 (M)	40.00 (M)	6.00(M)	11.00 (M)	0.00(M)	8.00(M)	1.80(M)	66.70 (M)	0.00(M)	0.00(M)	0.00(M)	102.00 (M)	0.00(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Baby Carrots - LR1145 (4 oz.)	100	39.62	0.15	0.03	0.00(M)	0.00	88.30	9.33	3.28	5.23	(M)	0.73	1.01	36.26	15610.07	2.94	0.00	268.28	0.00(M)
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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 - September, 2023

Site: ALL
 Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
Chicken Strips, Waffles and Sweet Corn - ServingDate: 09/12/2023	
Sweet Yellow Corn - LR1217 (3/4 c.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Maple Syrup - LR1338 (1 pkg.)	(M)
K-5 Meatball Sub and Baby Carrots - ServingDate: 09/13/2023	
Meatball sub on hotdog bun - LR1318 (1 ea.)	0.00(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Baby Carrots - LR1145 (4 oz.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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)	
K-5 Meatball Sub and Baby Carrots - ServingDate: 09/13/2023																				
AHS Ranch Dressing - LR1433 (2 oz.)	25	299.82	32.72	4.91	0.00(M)	16.47	249.85	0.99	0.06	0.35	0.00(M)	0.32	0.04	9.47	16.53 (M)	0.14(M)	0.07	18.56	13.37 (M)	
Sweet and Sour Chicken and Broccoli - ServingDate: 09/14/2023																				
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)	
Sweet And Sour Chicken And Rice - LR1251 (1 serving)	98	254.15	4.02	0.56	0.00(M)	45.00	226.99	40.87	0.64(M)	0.00	0.00(M)	14.31	1.13	1.99(M)	0.00(M)	4.05(M)	0.00(M)	71.54 (M)	66.24 (M)	
Broccoli - LR1136 (3/4 cup choppe)	100	23.21	0.25	0.08	0.00	0.00	22.52	4.53	1.77	1.16	(M)	1.92	0.50	32.08	425.20	60.88	0.00	215.67	60.95	
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)	
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)	
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)	
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)	
Milk - White 1% - LR1006 (1 ea.)	19	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 Ranch Dressing - LR1433 (2 oz.)	25	299.82	32.72	4.91	0.00(M)	16.47	249.85	0.99	0.06	0.35	0.00(M)	0.32	0.04	9.47	16.53 (M)	0.14(M)	0.07	18.56	13.37 (M)	
Cheese Pizza with Broccoli - ServingDate: 09/15/2023																				
* Pizza, Cheese, Wild Mike's - LR1172 (1 slice 1/10)	98	390.00	15.00	7.00	0.00	35.00	520.00	37.00	1.00	6.00	0.00	19.00	1.80	300.00	0.00(M)	0.00(M)	0.00	61.00	(M)	
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)	
Iceberg Salad - LR1292 (1 c.)	100	10.00	0.00	0.00	0.00	0.00	10.00	2.00	1.00	2.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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)	

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
K-5 Meatball Sub and Baby Carrots - ServingDate: 09/13/2023	
AHS Ranch Dressing - LR1433 (2 oz.)	0.09(M)
Sweet and Sour Chicken and Broccoli - ServingDate: 09/14/2023	
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Sweet And Sour Chicken And Rice - LR1251 (1 serving)	0.07(M)
Broccoli - LR1136 (3/4 cup choppe)	0.59
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
AHS Ranch Dressing - LR1433 (2 oz.)	0.09(M)
Cheese Pizza with Broccoli - ServingDate: 09/15/2023	
* Pizza, Cheese, Wild Mike's - LR1172 (1 slice 1/10)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Iceberg Salad - LR1292 (1 c.)	(M)
Apple - LR1072 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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)
Cheese Pizza with Broccoli - ServingDate: 09/15/2023																			
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.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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
Ranch Dressing - LR1097 (1 tbsp.)	75	28.07	2.45	0.53	0.00(M)	5.01	51.13	0.61	0.04	0.02(M)	(M)	0.33	0.03	11.14 (M)	15.92 (M)	0.22	0.07	17.85	6.90(M)
French Toast Sticks with Sausage Patty - ServingDate: 09/18/2023																			
*French Toast Sticks and Sausage Patty - LR1230 (1 serving)	98	300.00	17.50	5.00	0.00	120.00	430.00	26.00	2.00	11.00	0.00(M)	11.00	1.08(M)	40.00 (M)	(M)	(M)	1.20(M)	94.00 (M)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Baby Carrots - LR1145 (4 oz.)	100	39.62	0.15	0.03	0.00(M)	0.00	88.30	9.33	3.28	5.23	(M)	0.73	1.01	36.26	15610.07	2.94	0.00	268.28	0.00(M)
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.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	9.07	131.54	12.52	0.00	(M)	(M)	8.91	0.14	322.06	460.40	2.72	2.27	408.24	201.26
Maple Syrup - LR1338 (1 pkg.)	30	120.00	0.00	0.00	0.00	0.00	40.00	31.00	0.00	17.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Hot Dog on a Bun with crinkle cut fries - ServingDate: 09/19/2023																			
Hot Dog - LR1330 (1 ea.)	98	320.00	17.50	6.00	0.00	25.00	730.00	30.00	3.00	3.00	0.00(M)	12.00	2.88	66.70	0.00(M)	0.00(M)	0.00(M)	102.00 (M)	0.00(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
 Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
Cheese Pizza with Broccoli - ServingDate: 09/15/2023	
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Ranch Dressing - LR1097 (1 tbsp.)	0.08(M)
French Toast Sticks with Sausage Patty - ServingDate: 09/18/2023	
*French Toast Sticks and Sausage Patty - LR1230 (1 serving)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Baby Carrots - LR1145 (4 oz.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Maple Syrup - LR1338 (1 pkg.)	(M)
Hot Dog on a Bun with crinkle cut fries - ServingDate: 09/19/2023	
Hot Dog - LR1330 (1 ea.)	0.00(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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)
Hot Dog on a Bun with crinkle cut fries - Serving Date: 09/19/2023																			
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Crinkle Cut Fries - LR1098 (1/2 c.)	100	100.00	4.00	0.50	0.00	0.00	180.00	14.00	1.00	0.00	0.00	1.80	0.36	0.00	0.00	0.00	0.00	160.00	(M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	0.00	3.75	0.76	0.30	0.19	(M)	0.32	0.08	5.35	70.87	10.15	0.00	35.95	10.16
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.06	0.01	0.00	0.00	2.74	0.92	0.46	0.49	(M)	0.31	0.19	7.12	1113.79	0.97	0.00	54.40	28.33
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	0.00	0.00	0.00	0.00	35.00	5.00	2.00	0.00	(M)	1.75	0.68	10.00	0.00	0.00	(M)	(M)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	0.50	0.00	0.00	0.00	35.00	4.25	1.25	0.75	(M)	1.25	0.36	5.00	0.00	0.00	(M)	(M)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.04	0.02	0.00	0.00	4.01	0.67	0.27	0.26	(M)	0.26	0.06	2.94	0.00	6.45	0.00	39.99	12.31
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.02	0.01	0.00	0.00	0.30	0.32	0.10	0.20	(M)	0.09	0.03	2.08	10.71	0.48	0.00	20.23	14.39
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.83	0.38	0.00	0.00	123.48	1.01	0.27	0.00	(M)	0.14	1.05	14.78	55.44	0.15	0.00	1.34	13.44
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	0.00	0.00	0.00	0.00	340.00	1.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.00	0.36	0.57	0.20	0.28(M)	(M)	0.10	0.04	1.22	43.85	10.44	0.00	21.50	11.39
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	0.02	0.00	0.00	0.00	11.70	1.24	0.43	0.71	(M)	0.10	0.13	4.80	2068.50	0.39	0.00	35.55	13.55
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.05	0.01	0.00	0.00	1.27	0.99	0.31	0.67	(M)	0.22	0.07	2.55	212.41	3.49	0.00	60.44	24.10
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.04	0.01	0.00	0.00	0.46	0.69	0.24	0.48	(M)	0.11	0.05	0.81	360.06	14.69	0.00	24.27	10.60

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
 Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
Hot Dog on a Bun with crinkle cut fries - ServingDate: 09/19/2023	
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Crinkle Cut Fries - LR1098 (1/2 c.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Fruit, Canned - LR1076 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Dark Green, Broccoli - LR1059 (1/8 c.)	0.10
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	0.13
Legumes, Black Beans - LR1068 (1/8 c.)	(M)
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Other, Cauliflower - LR1060 (1/8 c.)	0.10
Other, Cucumbers - LR1061 (1/8 c.)	0.05
Other, Olives - LR1071 (1/8 c.)	0.38
Other, Pepperoncini - LR1070 (1/8 c.)	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	0.05
Red/Orange, Carrots - LR1065 (1/8 c.)	0.10
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	0.13
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	0.05

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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)
Hot Dog on a Bun with crinkle cut fries - ServingDate: 09/19/2023																			
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
Orange Chicken with Rice, Broccoli - ServingDate: 09/20/2023																			
*Orange Chicken with Rice - LR1231 (1 serving)	98	229.98	3.31	0.44	0.00	35.56	250.88	37.51	0.64	8.89	0.00(M)	11.71	0.96	1.99	0.00(M)	1.07(M)	0.00(M)	71.54 (M)	66.24 (M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Broccoli - LR1136 (3/4 cup choppe)	100	23.21	0.25	0.08	0.00	0.00	22.52	4.53	1.77	1.16	(M)	1.92	0.50	32.08	425.20	60.88	0.00	215.67	60.95
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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 Ranch Dressing - LR1433 (2 oz.)	7	299.82	32.72	4.91	0.00(M)	16.47	249.85	0.99	0.06	0.35	0.00(M)	0.32	0.04	9.47	16.53 (M)	0.14(M)	0.07	18.56	13.37 (M)
Beef and Cheese Nachos and Black Beans - ServingDate: 09/21/2023																			
K-8 Nachos - LR1389 (1 serving)	98	491.37	29.05	9.53	0.00(M)	66.28	832.32	37.45	3.62	0.11	0.00(M)	20.09	0.72(M)	263.13 (M)	0.00(M)	0.00(M)	0.40(M)	589.18 (M)	(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
 Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
Hot Dog on a Bun with crinkle cut fries - ServingDate: 09/19/2023	
Starchy, Corn - LR1004 (1/8 c.)	0.03
Starchy, Peas - LR1066 (1/8 c.)	0.13
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
Orange Chicken with Rice, Broccoli - ServingDate: 09/20/2023	
*Orange Chicken with Rice - LR1231 (1 serving)	0.07(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Broccoli - LR1136 (3/4 cup choppe)	0.59
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
AHS Ranch Dressing - LR1433 (2 oz.)	0.09(M)
Beef and Cheese Nachos and Black Beans - ServingDate: 09/21/2023	
K-8 Nachos - LR1389 (1 serving)	(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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 and Cheese Nachos and Black Beans - ServingDate: 09/21/2023																			
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Black Beans - LR1222 (195 g.)	100	165.00	0.00	0.00	0.00	0.00	195.00	30.00	7.50	1.50	(M)	10.50	2.70	90.00	(M)	(M)	(M)	720.00	(M)
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.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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 Pico de Gallo - LR1434 (2 Ounce serv)	7	13.47	0.12	0.01	0.00	0.00	13.06	3.02	0.84	1.85	0.00	0.56	0.15	8.30	414.50	7.65	0.00	118.44	0.00(M)
Sour Cream - LR1035 (1/4 c.)	7	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
USDA Salsa, Low-sodium, Canned - LR1428 (2 tbsp.)	7	10.00	0.00	0.00	0.00	0.00	35.00	2.00	1.00	1.00	(M)	0.00	0.27	5.00	250.00	6.00	(M)	(M)	(M)
Tony's Garlic Cheese Pizza and Marinara Sauce with a side salad - ServingDate: 09/22/2023																			
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	98	320.00	15.00	6.00	0.00	20.00	530.00	29.00	2.00	4.00	1.00	18.00	1.80	250.00	(M)	0.00	0.00	188.00	(M)
Iceberg Salad - LR1292 (1 c.)	100	10.00	0.00	0.00	0.00	0.00	10.00	2.00	1.00	2.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	25	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 - September, 2023

Site: ALL
 Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
Beef and Cheese Nachos and Black Beans - ServingDate: 09/21/2023	
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Black Beans - LR1222 (195 g.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
AHS Pico de Gallo - LR1434 (2 Ounce serv)	0.00(M)
Sour Cream - LR1035 (1/4 c.)	(M)
USDA Salsa, Low-sodium, Canned - LR1428 (2 tbsp.)	(M)
Tony's Garlic Cheese Pizza and Marinara Sauce with a side salad - ServingDate: 09/22/2023	
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	(M)
Iceberg Salad - LR1292 (1 c.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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)
Tony's Garlic Cheese Pizza and Marinara Sauce with a side salad - ServingDate: 09/22/2023																			
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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 Ranch Dressing - LR1433 (2 oz.)	15	299.82	32.72	4.91	0.00(M)	16.47	249.85	0.99	0.06	0.35	0.00(M)	0.32	0.04	9.47	16.53 (M)	0.14(M)	0.07	18.56	13.37 (M)
Bean and Cheese Burrito - ServingDate: 09/25/2023																			
Bean and Cheese Burrito - LR1262 (1 burrito)	98	303.10	6.14	2.19	(M)	7.43	332.10	45.41	8.32	2.66	(M)	17.01	3.86	170.12	300.00	2.80	0.49	709.58	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Tater Tots - LR1016 (3/4 c.)	100	195.00	9.00	1.50	0.00	0.00	465.00	24.00	3.00	0.00	(M)	3.00	0.54	0.00	0.00	5.40	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	25	112.12	0.00	0.00	0.00	0.00	3.97	29.77	0.99	21.83	(M)	0.99	0.54	19.84	0.00	0.00	(M)	(M)	(M)
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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 Pico de Gallo - LR1434 (2 Ounce serv)	7	13.47	0.12	0.01	0.00	0.00	13.06	3.02	0.84	1.85	0.00	0.56	0.15	8.30	414.50	7.65	0.00	118.44	0.00(M)
Sour Cream - LR1035 (1/4 c.)	7	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
 Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
Tony's Garlic Cheese Pizza and Marinara Sauce with a side salad - ServingDate: 09/22/2023	
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
AHS Ranch Dressing - LR1433 (2 oz.)	0.09(M)
Bean and Cheese Burrito - ServingDate: 09/25/2023	
Bean and Cheese Burrito - LR1262 (1 burrito)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Tater Tots - LR1016 (3/4 c.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	(M)
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
AHS Pico de Gallo - LR1434 (2 Ounce serv)	0.00(M)
Sour Cream - LR1035 (1/4 c.)	(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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)
Bean and Cheese Burrito - ServingDate: 09/25/2023																			
USDA Salsa, Low-sodium, Canned - LR1428 (2 tbsp.)	7	10.00	0.00	0.00	0.00	0.00	35.00	2.00	1.00	1.00	(M)	0.00	0.27	5.00	250.00	6.00	(M)	(M)	(M)
BBQ Grilled Chicken Sandwich and Carrot Sticks - ServingDate: 09/26/2023																			
BBQ Grilled Chicken Burger - LR1419 (1 ea.)	98	425.26 (M)	6.12(M)	0.01(M)	0.00(M)	117.75 (M)	1016.80 (M)	49.55 (M)	5.14(M)	20.78 (M)	0.00(M)	42.63 (M)	1.45(M)	96.50 (M)	374.85 (M)	6.17(M)	0.00(M)	210.52 (M)	42.53 (M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Baby Carrots - LR1145 (4 oz.)	100	39.62	0.15	0.03	0.00(M)	0.00	88.30	9.33	3.28	5.23	(M)	0.73	1.01	36.26	15610.07	2.94	0.00	268.28	0.00(M)
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.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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 Ranch Dressing - LR1433 (2 oz.)	15	299.82	32.72	4.91	0.00(M)	16.47	249.85	0.99	0.06	0.35	0.00(M)	0.32	0.04	9.47	16.53 (M)	0.14(M)	0.07	18.56	13.37 (M)
chicken drumstick, WW Roll and Broccoli - ServingDate: 09/27/2023																			
Chicken Drumstick, Breaded, Tyson 16660100928 - LR1429 (1 drumstick)	98	220.00	13.00	3.00	0.00	60.00	530.00	6.00	1.00	0.00	0.00	19.00	1.00	14.00	(M)	0.00	0.00	310.20	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Whole Wheat Rolls - LR1305 (1 roll.)	100	90.00	2.00	0.00	(M)	(M)	65.00	16.00	2.00	2.00	2.00	3.00	0.80	78.00	(M)	(M)	(M)	(M)	(M)
Broccoli - LR1136 (3/4 cup choppe)	100	23.21	0.25	0.08	0.00	0.00	22.52	4.53	1.77	1.16	(M)	1.92	0.50	32.08	425.20	60.88	0.00	215.67	60.95
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
 Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
Bean and Cheese Burrito - ServingDate: 09/25/2023	
USDA Salsa, Low-sodium, Canned - LR1428 (2 tbsp.)	(M)
BBQ Grilled Chicken Sandwich and Carrot Sticks - ServingDate: 09/26/2023	
BBQ Grilled Chicken Burger - LR1419 (1 ea.)	0.23(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Baby Carrots - LR1145 (4 oz.)	0.00(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
AHS Ranch Dressing - LR1433 (2 oz.)	0.09(M)
chicken drumstick, WW Roll and Broccoli - ServingDate: 09/27/2023	
Chicken Drumstick, Breaded, Tyson 16660100928 - LR1429 (1 drumstick)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Whole Wheat Rolls - LR1305 (1 roll.)	(M)
Broccoli - LR1136 (3/4 cup choppe)	0.59
Apple - LR1072 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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 drumstick, WW Roll and Broccoli - ServingDate: 09/27/2023																			
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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 Ranch Dressing - LR1433 (2 oz.)	15	299.82	32.72	4.91	0.00(M)	16.47	249.85	0.99	0.06	0.35	0.00(M)	0.32	0.04	9.47	16.53 (M)	0.14(M)	0.07	18.56	13.37 (M)
Beef Dippers, Rice and Edamame - ServingDate: 09/28/2023																			
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00 (M)	0.00(M)
Brown Rice - LR1423 (1/2 c.)	98	96.65	0.64	0.00	0.00	0.00	1.99	20.62	0.64	0.00	0.00(M)	1.93	0.32	1.99	0.00(M)	0.00(M)	0.00	71.54	66.24 (M)
Beef Steak Strips (Beef Dippers) - LR1102 (4 ea.)	98	160.00	8.00	3.50	0.50	40.00	440.00	6.00	1.00	4.00	0.00	14.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)
Copy of Edamame, frozen, prepared - LR1420 (3/4 c.)	100	140.66	6.04	0.72	0.01	0.00	6.98	10.36	6.04	2.53	(M)	13.85	2.64	73.24	346.42	7.09	0.00	506.85	84.60
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.)	34	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.)	33	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.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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 - September, 2023

Site: ALL
 Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
chicken drumstick, WW Roll and Broccoli - ServingDate: 09/27/2023	
Applesauce - LR1075 (1/2 c.)	(M)
Banana - LR1074 (1 ea.)	0.97
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
AHS Ranch Dressing - LR1433 (2 oz.)	0.09(M)
Beef Dippers, Rice and Edamame - ServingDate: 09/28/2023	
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Brown Rice - LR1423 (1/2 c.)	0.07(M)
Beef Steak Strips (Beef Dippers) - LR1102 (4 ea.)	(M)
Copy of Edamame, frozen, prepared - LR1420 (3/4 c.)	1.41
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
Date: 09/01/2023 - 09/30/2023

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)
cheese calzone and iceberg salad - ServingDate: 09/29/2023																			
cheese calzone - LR1270 (3 ea.)	98	320.00	11.00	5.00	(M)	20.00	470.00	40.00	4.00	6.00	(M)	17.00	1.80	250.00	(M)	(M)	(M)	(M)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	80.00	1580.00	34.00	2.00	6.00	2.00	18.00	2.16	360.00	0.00(M)	0.00(M)	0.00	116.00(M)	0.00(M)
Iceberg Salad - LR1292 (1 c.)	100	10.00	0.00	0.00	0.00	0.00	10.00	2.00	1.00	2.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	(M)	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	11.49	(M)	0.00	0.00	0.00	0.00	62.74	(M)	(M)	(M)
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	0	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)
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	5.00	210.00	24.00	0.00	22.00	0.00	8.00	0.00	350.00	500.00	1.20	5.00	430.05	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	300.00	500.00	0.00	(M)	410.00	(M)
Milk - White 1% - LR1006 (1 ea.)	19	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 Ranch Dressing - LR1433 (2 oz.)	15	299.82	32.72	4.91	0.00(M)	16.47	249.85	0.99	0.06	0.35	0.00(M)	0.32	0.04	9.47	16.53(M)	0.14(M)	0.07	18.56	13.37(M)

Legend
(M) - Missing Nutrient Values

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

Menu Calendar Nutrient Analysis Report - September, 2023

Site: ALL
 Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Ash (g)
cheese calzone and iceberg salad - ServingDate: 09/29/2023	
cheese calzone - LR1270 (3 ea.)	(M)
OR Cheese Sandwich - LR1005 (1 ea.)	0.00(M)
Iceberg Salad - LR1292 (1 c.)	(M)
Apple - LR1072 (1 ea.)	(M)
Applesauce - LR1075 (1/2 c.)	(M)
Orange - LR1073 (1 ea.)	0.58
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	(M)
Milk - Chocolate Non Fat - LR1007 (1 ea.)	0.00(M)
Milk - Lactose Free - LR1008 (1 ea.)	(M)
Milk - White 1% - LR1006 (1 ea.)	1.95
AHS Ranch Dressing - LR1433 (2 oz.)	0.09(M)