

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
 Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Pepperoni Pizza and Broccoli - ServingDate: 11/01/2023</b>								
*Wild Mike's Pepperoni Pizza - LR1117 (1 slice 1/10)	98	400.00	16.00	7.00	0.00	600.00	37.00	19.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Broccoli - LR1136 (3/4 cup choppe)	100	23.21	0.25	0.08	0.00	22.52	4.53	1.92
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Fish Sticks and French Fries - ServingDate: 11/02/2023</b>								
Fish Sticks - LR1266 (4 Sticks)	98	230.00	11.00	1.00	(M)	490.00	18.00	16.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Crinkle Cut Fries - LR1098 (3/4 c.)	100	150.00	6.00	0.75	0.00	270.00	21.00	2.70
Apple - LR1072 (1 ea.)	33	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	34	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	33	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
 Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Fish Sticks and French Fries - ServingDate: 11/02/2023</b>								
tartar sauce - LR1282 (1 pkg.)	0	90.00	9.00	1.00	(M)	230.00	6.00	0.00
<b>K-5 grilled cheese sandwich with marinara - ServingDate: 11/03/2023</b>								
Grilled Cheese Sandwich - LR1289 (1 sandwich)	98	310.00	15.00	8.00	(M)	670.00	29.00	16.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Baby Carrots - LR1145 (3/4 c.)	100	37.21	0.14	0.03	0.00(M)	82.92	8.76	0.68
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.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Orange Chicken with Rice, Broccoli - ServingDate: 11/06/2023</b>								
*Orange Chicken with Rice - LR1231 (1 serving)	98	229.98	3.31	0.44	0.00	250.88	37.51	11.71
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Broccoli - LR1136 (3/4 cup choppe)	100	23.21	0.25	0.08	0.00	22.52	4.53	1.92
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
 Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Orange Chicken with Rice, Broccoli - ServingDate: 11/06/2023</b>								
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Ranch Dressing - LR1433 (2 oz.)	7	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
<b>Chicken Strips, Waffles and Sweet Corn - ServingDate: 11/07/2023</b>								
* Chicken Tenders - LR1153 (2 ea.)	98	220.00	12.00	2.00	0.00	400.00	12.00	20.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
*Waffles - LR1232 (1 pcs.)	98	89.65	2.99	0.00	0.00	134.47	13.95	1.99
Baby Carrots - LR1145 (4 oz.)	50	39.62	0.15	0.03	0.00(M)	88.30	9.33	0.73
Baked Beans - LR1264 (3/4 cup, drain)	50	330.00	1.50	0.00	0.00	765.00	64.50	16.50
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Chicken Strips, Waffles and Sweet Corn - ServingDate: 11/07/2023</b>								
Maple Syrup - LR1338 (1 pkg.)	25	120.00	0.00	0.00	0.00	40.00	31.00	0.00
<b>Hot Dog and Crinkle Cut Fries - ServingDate: 11/08/2023</b>								
Hot Dog - LR1330 (1 ea.)	98	320.00	17.50	6.00	0.00	730.00	30.00	12.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Crinkle Cut Fries - LR1098 (3/4 c.)	100	150.00	6.00	0.75	0.00	270.00	21.00	2.70
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Cheese Pizza with Iceberg Salad - ServingDate: 11/09/2023</b>								
* Pizza, Cheese, Wild Mike's - LR1172 (1 slice 1/10)	98	390.00	15.00	7.00	0.00	520.00	37.00	19.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Iceberg Salad - LR1292 (1 c.)	100	10.00	0.00	0.00	0.00	10.00	2.00	1.00
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

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
 Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Cheese Pizza with Iceberg Salad - ServingDate: 11/09/2023</b>								
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Ranch Dressing - LR1097 (1 tbsp.)	75	28.07	2.45	0.53	0.00(M)	51.13	0.61	0.33
<b>Cheeseburger with Fries - ServingDate: 11/13/2023</b>								
*Cheeseburger - LR1226 (1 ea.)	98	360.00	18.50	8.00	0.50	790.00	28.00	22.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Crinkle Cut Fries - LR1098 (3/4 c.)	100	150.00	6.00	0.75	0.00	270.00	21.00	2.70
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.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>K-5 Meatball Sub and Baby Carrots - ServingDate: 11/14/2023</b>								
Meatball sub on hotdog bun - LR1318 (1 ea.)	98	210.00 (M)	1.50(M)	0.00(M)	0.00(M)	730.00 (M)	40.00 (M)	8.00(M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Baby Carrots - LR1145 (4 oz.)	100	39.62	0.15	0.03	0.00(M)	88.30	9.33	0.73
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
 Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-5 Meatball Sub and Baby Carrots - ServingDate: 11/14/2023</b>								
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Ranch Dressing - LR1433 (2 oz.)	25	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
<b>Beef and Cheese Nachos and Black Beans - ServingDate: 11/15/2023</b>								
K-8 Nachos - LR1389 (1 serving)	98	491.37	29.05	9.53	0.00(M)	832.32	37.45	20.09
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Black Beans - LR1222 (195 g.)	100	165.00	0.00	0.00	0.00	195.00	30.00	10.50
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.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Pico de Gallo - LR1434 (2 Ounce serv)	7	13.47	0.12	0.01	0.00	13.06	3.02	0.56
Sour Cream - LR1035 (1/4 c.)	7	(M)	(M)	(M)	(M)	(M)	(M)	(M)
USDA Salsa, Low-sodium, Canned - LR1428 (2 tbsp.)	7	10.00	0.00	0.00	0.00	35.00	2.00	0.00

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
 Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-5 Chicken Teriyaki with Rice and Broccoli - ServingDate: 11/16/2023</b>								
*Chicken Teriyaki and Rice - LR1228 (1 serving)	98	285.00	5.00	1.00	0.00	330.00	42.00	19.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Broccoli - LR1136 (3/4 cup choppe)	100	23.21	0.25	0.08	0.00	22.52	4.53	1.92
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Tony's Garlic Cheese Pizza and Marinara Sauce with a side salad - ServingDate: 11/17/2023</b>								
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	98	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Iceberg Salad - LR1292 (1 c.)	100	10.00	0.00	0.00	0.00	10.00	2.00	1.00
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Tony's Garlic Cheese Pizza and Marinara Sauce with a side salad - ServingDate: 11/17/2023</b>								
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Corn Dog, Super Pretzel and carrots - ServingDate: 11/20/2023</b>								
*Corn Dog - LR1155 (1 corn dog)	98	240.00	9.00	2.50	0.00	470.00	30.00	9.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
* Pretzel, Soft WG, J & J - LR1134 (1 ea.)	100	140.00	0.50	0.00	0.00	150.00	30.00	5.00
Baby Carrots - LR1145 (4 oz.)	50	39.62	0.15	0.03	0.00(M)	88.30	9.33	0.73
Celery - LR1163 (3/4 cup choppe)	50	10.61	0.13	0.03	0.00	60.60	2.25	0.52
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>K-5 Cheesy Breadsticks, Marinara, Broccoli and Ranch - ServingDate: 11/21/2023</b>								
*Cheesy Breadsticks - LR1021 (2 ea.)	98	300.00	11.00	6.00	0.00	490.00	30.00	19.00



# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-5 Cheesy Breadsticks, Marinara, Broccoli and Ranch - ServingDate: 11/21/2023</b>								
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Broccoli - LR1136 (1/2 cup choppe)	100	15.47	0.17	0.05	0.00	15.02	3.02	1.28
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.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Ranch Dressing - LR1433 (2 oz.)	25	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
<b>Holiday Turkey Menu - ServingDate: 11/22/2023</b>								
OR Cheese Sandwich - LR1005 (1 ea.)	1	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Sunbutter and Jelly Sandwich - LR1331 (1 sandwich)	1	310.00	15.00	2.00	(M)	300.00	33.00	9.00
Turkey Gravy - LR1473 (1 oz.)	30	7.51	0.00	0.00	0.00	206.12	1.50	0.00
Cookie, Holiday Themed, Darlington 23711 - LR1481 (1 cookie)	100	120.00	4.00	1.00	0.00	65.00	18.00	2.00
Whole Wheat Rolls - LR1305 (1 roll.)	70	90.00	2.00	0.00	(M)	65.00	16.00	3.00
Turkey Breast, VIP, 245/2.93oz, 2M Jennie O 878403 - LR1468 (1 slice)	98	80.00	1.00	0.00	0.00	440.00	1.00	17.00

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
 Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Holiday Turkey Menu - ServingDate: 11/22/2023</b>								
* Potato Pearls EXCEL, Mashed Potatoes - LR1124 (3/4 c.)	100	135.00	1.50	0.00	0.00	615.00	25.50	3.00
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce, Unsweetened, Cups, Shelf-Stable, USDA 110361 - LR1425 (1/2 c.)	25	51.00	0.00	0.00	0.00	1.99	13.99	0.00
Banana - LR1074 (1 ea.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	0.06	0.00	0.00	4.10	27.10	1.00
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	25	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Chicken Nuggets, WW Roll and Wedge Cut Potatoes with Broccoli - ServingDate: 11/27/2023</b>								
Chicken Nugget .64oz Breaded Breast Meat CN 10058100928 - LR1421 (5 nuggets)	98	260.00	14.00	2.50	0.00	540.00	15.00	17.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Whole Wheat Rolls - LR1305 (1 roll.)	100	90.00	2.00	0.00	(M)	65.00	16.00	3.00

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Chicken Nuggets, WW Roll and Wedge Cut Potatoes with Broccoli - ServingDate: 11/27/2023</b>								
Potatoes, Wedges, Fat Free, Low-sodium, Frozen (IQF) - LR1322 (3/4 c.)	100	126.00	0.00	0.00	0.00	34.49	28.49	3.00
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	25	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>French Toast Sticks with Sausage Patty - ServingDate: 11/28/2023</b>								
*French Toast Sticks and Sausage Patty - LR1230 (1 serving)	98	280.00	12.50	3.00	0.00	450.00	27.00	16.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Baby Carrots - LR1145 (4 oz.)	100	39.62	0.15	0.03	0.00(M)	88.30	9.33	0.73
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.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
 Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>French Toast Sticks with Sausage Patty - ServingDate: 11/28/2023</b>								
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Maple Syrup - LR1338 (1 pkg.)	20	120.00	0.00	0.00	0.00	40.00	31.00	0.00
<b>Mac and Cheese and Mini Corn Dogs - ServingDate: 11/29/2023</b>								
*Mini Corn Dogs - LR1157 (3 ea.)	50	135.00	6.00	1.75	0.00	205.00	15.00	5.00
Macaroni and Cheese, Land O Lakes, 43284 80sv - LR1378 (1 serving)	50	290.00	11.00	6.00	0.00	980.00	32.00	17.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Baby Carrots - LR1145 (4 oz.)	0	39.62	0.15	0.03	0.00(M)	88.30	9.33	0.73
Baked Beans - LR1264 (3/4 cup, drain)	100	330.00	1.50	0.00	0.00	765.00	64.50	16.50
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	0	60.00	0.00	0.00	0.00	0.00	15.00	1.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	0.00	0.00	0.00	15.00	19.00	0.00
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	5	114.00	0.06	0.00	0.00	4.10	27.10	1.00
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	0	60.00	0.00	0.00	0.00	0.00	15.00	0.00
Juice, Grape, Thirster - LR1451 (1 container )	0	60.00	0.00	0.00	0.00	0.00	15.00	0.00

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
Date: 11/01/2023 - 11/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Mac and Cheese and Mini Corn Dogs - ServingDate: 11/29/2023</b>								
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	0	80.00	0.00	0.00	0.00	0.00	19.00	1.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	0	70.00	0.00	0.00	0.00	0.00	18.00	1.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	10	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	0	60.00	0.00	0.00	0.00	5.00	15.00	1.00
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Sweet and Sour Chicken and Broccoli - ServingDate: 11/30/2023</b>								
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Sweet And Sour Chicken And Rice - LR1251 (1 serving)	98	254.15	4.02	0.56	0.00(M)	226.99	40.87	14.31
Broccoli - LR1136 (3/4 cup choppe)	100	23.21	0.25	0.08	0.00	22.52	4.53	1.92
Apple - LR1072 (1 ea.)	25	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	25	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	25	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	9.00

# Menu Calendar Nutrient Analysis Report - November, 2023

Site: ALL  
 Date: 11/01/2023 - 11/30/2023

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 Broccoli - ServingDate: 11/30/2023</b>								
Milk - White 1% - LR1006 (1 ea.)	19	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Ranch Dressing - LR1433 (2 oz.)	10	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32

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

**Report Selections**

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