

# Menu Calendar Nutrient Analysis Report - December, 2023

Site: ALL  
Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Cheese Calzone and Salad Bar - Serving Date: 12/01/2023</b>								
cheese calzone - LR1270 (3 ea.)	98	320.00	11.00	5.00	(M)	470.00	40.00	17.00
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
Apple - LR1072 (1 ea.)	20	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.)	20	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.)	20	114.00	0.06	0.00	0.00	4.10	27.10	1.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
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

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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>6-8 Cheese Calzone and Salad Bar - ServingDate: 12/01/2023</b>								
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.)	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>6-8 Chicken Teriyaki with Rice and Salad Bar - ServingDate: 12/04/2023</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
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
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

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Site: ALL  
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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>6-8 Chicken Teriyaki with Rice and Salad Bar - ServingDate: 12/04/2023</b>								
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.)	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>6-8 Chicken and Waffles with Salad Bar - ServingDate: 12/05/2023</b>								
* Chicken Tenders - LR1153 (3 ea.)	98	330.00	18.00	3.00	0.00	600.00	18.00	30.00
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.)	100	89.65	2.99	0.00	0.00	134.47	13.95	1.99

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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>6-8 Chicken and Waffles with Salad Bar - Serving Date: 12/05/2023</b>								
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
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.)	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

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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>6-8 Chicken and Waffles with Salad Bar - ServingDate: 12/05/2023</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.)	20	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Maple Syrup - LR1338 (1 pkg.)	50	120.00	0.00	0.00	0.00	40.00	31.00	0.00
<b>6-8 Bean and Cheese Burrito, tater tots, and Salad Bar - ServingDate: 12/06/2023</b>								
Bean and Cheese Burrito - LR1262 (1 burrito)	98	303.10	6.14	2.19	(M)	332.10	45.41	17.01
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Potato Ore-Ida Tater Tots - WSR1008 (1/2 c.)	50	130.00	6.00	1.00	0.00	310.00	16.00	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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
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

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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>6-8 Bean and Cheese Burrito, tater tots, and Salad Bar - ServingDate: 12/06/2023</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.)	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
AHS Ranch Dressing - LR1433 (2 oz.)	20	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Sour Cream - LR1035 (1/4 c.)	7	56.70	5.67	3.31	0.00	14.18	1.89	0.94
USDA Salsa, Low-sodium, Canned - LR1428 (1/2 c.)	7	40.00	0.00	0.00	0.00	139.99	8.00	0.00
<b>6-8 Rotini with Meatballs and Salad Bar - ServingDate: 12/07/2023</b>								
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Spaghetti and Meatballs - LR1311 (1 serving)	98	240.00 (M)	1.50(M)	0.00(M)	0.00(M)	520.00 (M)	51.00 (M)	10.00 (M)
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47

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<b>6-8 Rotini with Meatballs and Salad Bar - Serving Date: 12/07/2023</b>								
Applesauce, Unsweetened, Cups, Shelf-Stable, USDA 110361 - LR1425 (1/2 c.)	20	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.)	20	114.00	0.06	0.00	0.00	4.10	27.10	1.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
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

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<b>6-8 Rotini with Meatballs and Salad Bar - ServingDate: 12/07/2023</b>								
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.)	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>6-8 Pepperoni Pizza and Salad Bar - ServingDate: 12/08/2023</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
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
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



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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>6-8 Pepperoni Pizza and Salad Bar - ServingDate: 12/08/2023</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.)	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.)	20	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
<b>6-8 Orange Chicken With Rice and Salad Bar - ServingDate: 12/11/2023</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
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 - December, 2023

Site: ALL  
 Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Orange Chicken With Rice and Salad Bar - ServingDate: 12/11/2023</b>								
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.)	1	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.)	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.)	2	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Ranch Dressing - LR1433 (2 oz.)	20	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32

# Menu Calendar Nutrient Analysis Report - December, 2023

Site: ALL  
 Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Corn Dog, Crinkle Cut Fries, and a Salad Bar - Serving Date: 12/12/2023</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
Crinkle Cut Fries - LR1098 (1/2 c.)	100	100.00	4.00	0.50	0.00	180.00	14.00	1.80
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
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 - December, 2023

Site: ALL  
 Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Corn Dog, Crinkle Cut Fries, and a Salad Bar - ServingDate: 12/12/2023</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.)	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.)	10	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
<b>6-8 Cheesy Breadsticks with Marinara and Salad Bar - ServingDate: 12/13/2023</b>								
*Cheesy Breadsticks - LR1021 (2 ea.)	98	300.00	11.00	6.00	0.00	490.00	30.00	19.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	50	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
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 - December, 2023

Site: ALL  
Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Cheesy Breadsticks with Marinara and Salad Bar - ServingDate: 12/13/2023</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.)	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>6-8 Chicken Alfredo - ServingDate: 12/14/2023</b>								
K-8 Chicken Alfredo with Land O Lakes Sauce - LR1383 (1 serving)	98	344.61 (M)	15.22 (M)	8.23(M)	0.00(M)	576.14 (M)	44.49 (M)	13.49 (M)
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Apple - LR1072 (1 ea.)	20	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.)	20	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

# Menu Calendar Nutrient Analysis Report - December, 2023

Site: ALL  
 Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Chicken Alfredo - ServingDate: 12/14/2023</b>								
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	20	114.00	0.06	0.00	0.00	4.10	27.10	1.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
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.)	80	130.00	1.00	1.00	0.00	210.00	24.00	8.00

# Menu Calendar Nutrient Analysis Report - December, 2023

Site: ALL  
 Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Chicken Alfredo - ServingDate: 12/14/2023</b>								
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>6-8 Cheese Pizza and Salad Bar - ServingDate: 12/15/2023</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
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
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 - December, 2023

Site: ALL  
 Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Cheese Pizza and Salad Bar - ServingDate: 12/15/2023</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.)	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.)	20	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
<b>6-8 Beef Dippers with Rice and Salad Bar - ServingDate: 12/18/2023</b>								
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Rice - LR1018 (1/2 c.)	98	322.00	2.86	0.00	0.00	0.00	66.00	9.00
Beef Steak Strips (Beef Dippers) - LR1102 (4 ea.)	98	160.00	8.00	3.50	0.50	440.00	6.00	14.00
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
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



# Menu Calendar Nutrient Analysis Report - December, 2023

Site: ALL  
 Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Beef Dippers with Rice and Salad Bar - ServingDate: 12/18/2023</b>								
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.)	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.)	20	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
<b>6-8 Cheeseburger and Salad Bar - ServingDate: 12/19/2023</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

# Menu Calendar Nutrient Analysis Report - December, 2023

Site: ALL  
 Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Cheeseburger and Salad Bar - ServingDate: 12/19/2023</b>								
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
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.)	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 - December, 2023

Site: ALL  
 Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Cheeseburger and Salad Bar - ServingDate: 12/19/2023</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.)	15	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
<b>6-8 Tony's Garlic Cheese Toast and Marinara Sauce with Salad Bar - ServingDate: 12/20/2023</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
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	50	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
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 - December, 2023

Site: ALL  
 Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Tony's Garlic Cheese Toast and Marinara Sauce with Salad Bar - ServingDate: 12/20/2023</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.)	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.)	15	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
<b>6-8 Chicken Nuggets, WW Roll, Baked Beans and Salad Bar - ServingDate: 12/21/2023</b>								
* Chicken Nuggets, Tyson - LR1169 (5 ea.)	98	203.60	8.91	1.91	0.00	343.58	12.72	17.82
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
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.)	50	90.00	2.00	0.00	(M)	65.00	16.00	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

# Menu Calendar Nutrient Analysis Report - December, 2023

Site: ALL  
 Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Chicken Nuggets, WW Roll, Baked Beans and Salad Bar - ServingDate: 12/21/2023</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
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.)	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 - December, 2023

Site: ALL  
 Date: 12/01/2023 - 12/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>6-8 Chicken Nuggets, WW Roll, Baked Beans and Salad Bar - ServingDate: 12/21/2023</b>								
AHS Ranch Dressing - LR1433 (2 oz.)	15	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: Middle School  
 Menu Line: Main  
 Serving Group: 6-8  
 Nutrients Option: Expanded