

# 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>Strawberry Mini Bagels - ServingDate: 12/01/2023</b>								
*Mini Strawberry Bagels - LR1233 (4 bagel)	100	230.00	6.00	2.00	(M)	190.00	42.00	6.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	20	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	0.00	0.00	0.00	0.00	15.00	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Dave's Blueberry Muffin - ServingDate: 12/04/2023</b>								
Blueberry Muffin - LR1376 (1 muffin)	100	223.00	6.00	0.00	0.00	115.00	38.50	3.90
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	0	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Banana - LR1074 (1 ea.)	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91

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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>Yogurt and Granola - ServingDate: 12/05/2023</b>								
* Yogurt, Raspberry, Yami - LR1158 (4 ounces)	100	99.65	1.00	0.50	0.00	59.79	18.93	3.99
Granola - LR1260 (1 Bag)	100	220.00	2.50	0.00	(M)	95.00	47.00	5.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	25	60.00	0.00	0.00	0.00	0.00	15.00	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
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.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Banana Bread - ServingDate: 12/06/2023</b>								
Bread Slice, Banana - LR1152 (1 ea.)	100	261.06	8.03	1.51	0.00	240.97	45.18	5.02
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>* Assorted Cereals - ServingDate: 12/07/2023</b>								
* Cocoa Puffs Cereal - LR1116 (1 ea.)	33	210.00	2.50	0.00	0.00	220.00	47.00	3.00

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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>*Assorted Cereals - ServingDate: 12/07/2023</b>								
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	33	210.00	3.00	0.50	0.00	320.00	45.00	5.00
*Lucky Charms Cereal - LR1115 (1 ea.)	34	210.00	2.50	0.00	0.00	360.00	45.00	5.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	15	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
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	15	60.00	0.00	0.00	0.00	0.00	15.00	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	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.)	49	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Bagels and Cream Cheese - ServingDate: 12/08/2023</b>								
*Bagel - LR1182 (1 ea.)	100	140.74	1.00	0.00	0.00	180.95	29.15	6.03
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	30	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91

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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>Bagels and Cream Cheese - ServingDate: 12/08/2023</b>								
Cream Cheese 1oz - LR1341 (1 Container)	100	60.00	4.50	3.00	0.00	130.00	2.00	2.00
<b>Assorted Breakfast Bars - ServingDate: 12/11/2023</b>								
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	33	290.00	9.00	3.00	0.00	240.00	48.00	5.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	33	280.00	8.00	3.00	0.00	220.00	48.00	5.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	34	290.00	9.00	3.00	0.00	240.00	47.00	5.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	30	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Mini Cinni's Cinnamon rolls - ServingDate: 12/12/2023</b>								
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	100	240.00	7.00	1.50	0.00	270.00	40.00	4.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23

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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>Mini Cinni's Cinnamon rolls - ServingDate: 12/12/2023</b>								
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Pillsbury Apple Frudel - ServingDate: 12/13/2023</b>								
Pillsbury Apple Frudel - LR1377 (1 pkg.)	100	210.00	6.00	1.00	0.00	250.00	36.00	4.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	10	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	30	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
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>*Assorted Cereals - ServingDate: 12/14/2023</b>								
*Cocoa Puffs Cereal - LR1116 (1 ea.)	33	210.00	2.50	0.00	0.00	220.00	47.00	3.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	33	210.00	3.00	0.50	0.00	320.00	45.00	5.00
*Lucky Charms Cereal - LR1115 (1 ea.)	34	210.00	2.50	0.00	0.00	360.00	45.00	5.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	15	95.00	0.31	0.06	0.00	2.00	25.13	0.47

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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>*Assorted Cereals - ServingDate: 12/14/2023</b>								
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	15	60.00	0.00	0.00	0.00	0.00	15.00	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	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.)	49	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Strawberry Mini Bagels - ServingDate: 12/15/2023</b>								
*Mini Strawberry Bagels - LR1233 (4 bagel)	100	230.00	6.00	2.00	(M)	190.00	42.00	6.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	20	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	0.00	0.00	0.00	0.00	15.00	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>UBR Breakfast Cookie - ServingDate: 12/18/2023</b>								
*UBR Breakfast Cookie - LR1121 (1 ea.)	100	271.61	8.05	3.02	0.00	181.07	44.26	5.03

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<b>UBR Breakfast Cookie - ServingDate: 12/18/2023</b>								
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	50	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	10	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	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.)	49	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Waffles - ServingDate: 12/19/2023</b>								
*Waffles - LR1232 (2 pcs.)	100	179.29	5.98	0.00	0.00	268.94	27.89	3.98
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Banana Bread - ServingDate: 12/20/2023</b>								
Bread Slice, Banana - LR1152 (1 ea.)	100	261.06	8.03	1.51	0.00	240.97	45.18	5.02
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	40	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	20	95.00	0.31	0.06	0.00	2.00	25.13	0.47

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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>Banana Bread - ServingDate: 12/20/2023</b>								
Applesauce - LR1075 (1/2 c.)	20	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	70	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Milk - White 1% - LR1006 (1 ea.)	28	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>*Assorted Cereals - ServingDate: 12/21/2023</b>								
*Cocoa Puffs Cereal - LR1116 (1 ea.)	33	210.00	2.50	0.00	0.00	220.00	47.00	3.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	33	210.00	3.00	0.50	0.00	320.00	45.00	5.00
*Lucky Charms Cereal - LR1115 (1 ea.)	34	210.00	2.50	0.00	0.00	360.00	45.00	5.00
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	30	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Apple - LR1072 (1 ea.)	15	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
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	15	60.00	0.00	0.00	0.00	0.00	15.00	0.00
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Milk - Chocolate Non Fat - LR1007 (1 ea.)	50	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.)	49	108.86	2.65	1.65	(M)	131.54	12.52	8.91

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



# Menu Calendar Nutrient Analysis Report - December, 2023

Site: ALL  
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**Report Selections**

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