

Menu Calendar Nutrient Analysis Report - March, 2024

Site: ALL
 Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
AHS Breakfast Daily Options - ServingDate: 03/01/2024								
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	13.88	5.26	0.00	499.64	33.94	15.08
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	10.99	4.50	0.00	768.58	22.89	16.97
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	10.51	4.50	0.00	680.95	31.15	17.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	7.00	1.50	0.00	270.00	40.00	4.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	48.00	5.00
*Bagel - LR1182 (1 ea.)	0	140.74	1.00	0.00	0.00	180.95	29.15	6.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	8.00	1.50	(M)	240.00	45.00	5.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	8.00	3.00	0.00	220.00	48.00	5.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	6.00	2.00	0.00	380.00	72.00	4.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	2.50	0.00	0.00	220.00	47.00	3.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	3.00	0.50	0.00	320.00	45.00	5.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	2.50	0.00	0.00	360.00	45.00	5.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	6.00	2.00	0.00	190.00	42.00	6.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	6.00	2.00	(M)	190.00	42.00	6.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	9.00	3.00	0.00	240.00	47.00	5.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	8.00	1.50	(M)	240.00	44.00	5.00

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*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	8.05	3.02	0.00	181.07	44.26	5.03
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	6.00	0.00	0.00	115.00	38.50	3.90
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	6.00	5.00	0.00	320.00	45.00	3.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	3.04	5.06	0.00	324.00	47.59	3.04
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	7.00	3.00	(M)	280.00	40.00	5.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	7.00	1.00	0.00	260.00	38.00	6.00
Granola - LR1260 (1 Bag)	6	220.00	2.50	0.00	(M)	95.00	47.00	5.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	9.00	2.50	(M)	200.00	33.00	5.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	6.50	0.90	0.00	140.00	32.00	2.60
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	6.00	0.90	0.00	115.00	39.50	3.90
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	6.00	1.00	0.00	250.00	36.00	4.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container)	5	498.15	2.50	0.00	0.00(M)	232.22	107.02	14.25
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	5.00	1.00	0.00	170.00	37.00	4.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3)	10	94.64	0.31	0.05	0.00	1.82	25.13	0.47
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	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

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Apple - LR1072 (1 ea.)	0	95.00	0.31	0.06	0.00	2.00	25.13	0.47
Applesauce - LR1075 (1/2 c.)	0	53.33	0.00	0.00	0.00	2.08	14.63	0.00
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Banana - LR1074 (1 ea.)	10	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
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	2.00	2.00	0.00(M)	0.00(M)	14.18	0.81
Grapes - LR1082 (1/2 c.)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
Juice, Grape, Thirster - LR1451 (1 container)	7	60.00	0.00	0.00	0.00	0.00	15.00	0.00
Orange - LR1073 (1 ea.)	4	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	0.26	0.03	0.00	1.70	13.18	1.10
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	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)	8	70.00	0.00	0.00	0.00	0.00	18.00	1.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	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)	4	60.00	0.00	0.00	0.00	5.00	15.00	1.00

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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.)	23	108.86	2.65	1.65	(M)	131.54	12.52	8.91
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	1.00	1.00	0.00	210.00	24.00	8.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	4.50	3.00	0.00	130.00	2.00	2.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	0.00	0.00	0.00	40.00	31.00	0.00
Salsa - LR1034 (1/4 c.)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Legend
 (M) - Missing Nutrient Values

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