

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Meatball Sub, Garlic Toast and Salad Bar - ServingDate: 04/08/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	11	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	4	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	6	250.00	14.00	2.50	0.00	380.00	15.00	15.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	2	563.17	32.71	6.09	0.00	524.64	52.05	20.04
BBQ Pizza with Big Daddy's Primo Four Cheese Pizza - LR1441 (1 slice)	0	436.27	19.58	9.66	0.00	789.58	43.31	24.16
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	5	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Asian Sesame Entree Salad - LR1465 (1 salad)	0	715.13	30.86	10.22	0.00(M)	2069.80	79.38	32.11
Chicken Burger - LR1079 (1 ea.)	8	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	6	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	2	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	4	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham with Ranch Entree Salad - LR1460 (1 salad)	0	816.53	55.77	14.48	0.00(M)	1658.43	54.19	29.77
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49

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<b>Meatball Sub, Garlic Toast and Salad Bar - ServingDate: 04/08/2024</b>								
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	4	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Meatball sub on hotdog bun - LR1318 (1 ea.)	29	210.00 (M)	1.50(M)	0.00(M)	0.00(M)	730.00 (M)	40.00 (M)	8.00(M)
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	6	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	8	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	2	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	24	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	0	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	0	647.15	29.55	10.43	0.00(M)	1999.17	66.92	31.64
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	2	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
shredded mozzarella - LR1334 (1/4 c.)	15	80.00	5.00	3.00	(M)	200.00	2.00	7.00
Garlic Toast - LR1111 (1 ea.)	29	70.00	2.50	0.50	0.00	95.00	11.00	2.00

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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>Meatball Sub, Garlic Toast and Salad Bar - ServingDate: 04/08/2024</b>								
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72
* 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.)	2	80.00	0.00	0.00	0.00	15.00	19.00	0.00
Apple - LR1072 (1 ea.)	14	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
Banana - LR1074 (1 ea.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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
Orange - LR1073 (1 ea.)	10	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	1	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00

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<b>Meatball Sub, Garlic Toast and Salad Bar - ServingDate: 04/08/2024</b>								
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 )	3	70.00	0.00	0.00	0.00	0.00	18.00	1.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	13	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	1	60.00	0.00	0.00	0.00	5.00	15.00	1.00
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

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<b>Meatball Sub, Garlic Toast and Salad Bar - ServingDate: 04/08/2024</b>								
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.)	85	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.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Ranch Dressing - LR1433 (2 oz.)	0	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	0	210.00	23.00	4.00	0.00	400.00	1.00	1.00
<b>AHS Taco Salad w/salad bar - ServingDate: 04/09/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	10	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
AHS Signature Taco Salad - LR1236 (1 salad)	29	502.20 (M)	28.86 (M)	8.31(M)	0.00(M)	707.61 (M)	40.22 (M)	21.86 (M)
BBQ Pizza with Big Daddy's Primo Four Cheese Pizza - LR1441 (1 slice)	0	436.27	19.58	9.66	0.00	789.58	43.31	24.16
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Asian Sesame Entree Salad - LR1465 (1 salad)	0	715.13	30.86	10.22	0.00(M)	2069.80	79.38	32.11

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<b>AHS Taco Salad w/salad bar - ServingDate: 04/09/2024</b>								
Chicken Burger - LR1079 (1 ea.)	5	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	4	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham with Ranch Entree Salad - LR1460 (1 salad)	0	816.53	55.77	14.48	0.00(M)	1658.43	54.19	29.77
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	1	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00

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<b>AHS Taco Salad w/salad bar - ServingDate: 04/09/2024</b>								
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	23	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	0	647.15	29.55	10.43	0.00(M)	1999.17	66.92	31.64
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	3	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
Garlic Toast - LR1111 (1 ea.)	2	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	1	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	1	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	1	28.80	0.00	0.00	0.00	0.00	7.20	0.72
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00

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<b>AHS Taco Salad w/salad bar - ServingDate: 04/09/2024</b>								
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
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.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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
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



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<b>AHS Taco Salad w/salad bar - ServingDate: 04/09/2024</b>								
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.)	85	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.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Pico de Gallo - LR1434 (2 Ounce serv)	20	15.32	0.12	0.01	0.00	13.06	3.02	0.56
AHS Ranch Dressing - LR1433 (2 oz.)	5	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	4	210.00	23.00	4.00	0.00	400.00	1.00	1.00
Sour Cream - LR1035 (1/4 c.)	10	56.70	5.67	3.31	0.00	14.18	1.89	0.94

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Taco Salad w/salad bar - ServingDate: 04/09/2024</b>								
USDA Salsa, tomato, canned, low-sodium, contains: peeled tomatoes, tomato puree, onions, green chile peppers, jalapenos, salt, vinegar and any mixture of green peppers, cilantro, cumin, coriander, xanthan gum, flavorings, modified - LR1427 (2 tbsp.)	10	11.25	0.06	0.01	0.00	35.00	2.18	0.47
<b>Pulled Pork Sandwich, baked lays potato chips and Salad Bar - ServingDate: 04/10/2024</b>								
BBQ Pulled Pork Sandwich - LR1299 (1 sandwich)	100	317.39	7.83	2.53	0.00	709.78	40.21	20.92
Lays - LR1333 (1 Bag)	100	140.00	4.00	0.50	(M)	180.00	24.00	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
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Orange - LR1073 (1 ea.)	20	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

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Pulled Pork Sandwich, baked lays potato chips and Salad Bar - ServingDate: 04/10/2024</b>								
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.)	85	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.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
<b>Nachos and Salad Bar - ServingDate: 04/11/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	9	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
Beef Nachos - LR1258 (1 serving)	34	495.52	28.93	8.78	0.00(M)	931.62	35.99	21.87
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 04/11/2024</b>								
BBQ Pizza with Big Daddy's Primo Four Cheese Pizza - LR1441 (1 slice)	0	436.27	19.58	9.66	0.00	789.58	43.31	24.16
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Asian Sesame Entree Salad - LR1465 (1 salad)	0	715.13	30.86	10.22	0.00(M)	2069.80	79.38	32.11
Chicken Burger - LR1079 (1 ea.)	4	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	3	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham with Ranch Entree Salad - LR1460 (1 salad)	0	816.53	55.77	14.48	0.00(M)	1658.43	54.19	29.77
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 04/11/2024</b>								
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	1	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	21	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	0	647.15	29.55	10.43	0.00(M)	1999.17	66.92	31.64
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	3	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
Garlic Toast - LR1111 (1 ea.)	5	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 04/11/2024</b>								
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.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
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.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 04/11/2024</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.)	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.)	85	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.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Pico de Gallo - LR1434 (2 Ounce serv)	25	15.32	0.12	0.01	0.00	13.06	3.02	0.56
AHS Ranch Dressing - LR1433 (2 oz.)	10	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	2	210.00	23.00	4.00	0.00	400.00	1.00	1.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 04/11/2024</b>								
Peppers, jalapeno, canned, solids and liquids - LR1455 (1/4 cup, chopp)	10	9.18	0.32	0.03	0.00	568.14	1.61	0.31
Sour Cream - LR1035 (1/4 c.)	5	56.70	5.67	3.31	0.00	14.18	1.89	0.94
USDA Salsa, Low- sodium, Canned - LR1428 (1/2 c.)	10	40.00	0.00	0.00	0.00	139.99	8.00	0.00
<b>Orange Chicken with WW Rice and Salad Bar - ServingDate: 04/12/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	10	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
BBQ Pizza with Big Daddy's Primo Four Cheese Pizza - LR1441 (1 slice)	0	436.27	19.58	9.66	0.00	789.58	43.31	24.16
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken - Orange - LR1196 (3 5/8 oz 1 servi)	29	150.00	3.00	0.50	0.00	280.00	19.00	11.00
Chicken Asian Sesame Entree Salad - LR1465 (1 salad)	0	715.13	30.86	10.22	0.00(M)	2069.80	79.38	32.11
Chicken Burger - LR1079 (1 ea.)	5	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	4	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)



# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 WW Rice and Salad Bar - Serving Date: 04/12/2024</b>								
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham with Ranch Entree Salad - LR1460 (1 salad)	0	816.53	55.77	14.48	0.00(M)	1658.43	54.19	29.77
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	1	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	23	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	0	647.15	29.55	10.43	0.00(M)	1999.17	66.92	31.64

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Orange Chicken with WW Rice and Salad Bar - ServingDate: 04/12/2024								
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	3	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
Brown Rice - LR1423 (1 c.)	85	193.29	1.29	0.00	0.00	3.98	41.24	3.87
Garlic Toast - LR1111 (1 ea.)	0	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Orange Chicken with WW Rice and Salad Bar - ServingDate: 04/12/2024								
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
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.)	0	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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
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 - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 WW Rice and Salad Bar - ServingDate: 04/12/2024</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.)	85	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.)	13	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
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	5	210.00	23.00	4.00	0.00	400.00	1.00	1.00
<b>AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 04/15/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	10	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
BBQ Pizza with Big Daddy's Primo Four Cheese Pizza - LR1441 (1 slice)	0	436.27	19.58	9.66	0.00	789.58	43.31	24.16

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 04/15/2024</b>								
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Asian Sesame Entree Salad - LR1465 (1 salad)	0	715.13	30.86	10.22	0.00(M)	2069.80	79.38	32.11
Chicken Burger - LR1079 (1 ea.)	5	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	4	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham with Ranch Entree Salad - LR1460 (1 salad)	0	816.53	55.77	14.48	0.00(M)	1658.43	54.19	29.77
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Macaroni and Cheese, Land O Lakes, 43284 80sv - LR1378 (1 serving)	29	290.00	11.00	6.00	0.00	980.00	32.00	17.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 04/15/2024</b>								
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	1	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	23	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	0	647.15	29.55	10.43	0.00(M)	1999.17	66.92	31.64
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	3	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
Garlic Toast - LR1111 (1 ea.)	31	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 04/15/2024</b>								
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
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.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 04/15/2024</b>								
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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
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.)	85	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.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91



# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Mac and Cheese, Garlic Toast and Salad Bar - ServingDate: 04/15/2024</b>								
AHS Ranch Dressing - LR1433 (2 oz.)	15	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	5	210.00	23.00	4.00	0.00	400.00	1.00	1.00
<b>AHS Soft Taco and Salad Bar - ServingDate: 04/16/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	10	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Beef Soft Taco - LR1245 (1 taco)	29	471.31	22.18	8.85	0.00(M)	761.32	40.66	27.38
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Burger - LR1079 (1 ea.)	5	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	4	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Soft Taco and Salad Bar - ServingDate: 04/16/2024</b>								
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	1	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	23	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	3	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Garlic Toast - LR1111 (1 ea.)	2	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Soft Taco and Salad Bar - ServingDate: 04/16/2024</b>								
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
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.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99

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<b>AHS Soft Taco and Salad Bar - ServingDate: 04/16/2024</b>								
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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
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.)	85	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.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91

# Menu Calendar Nutrient Analysis Report - April, 2024

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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>AHS Soft Taco and Salad Bar - ServingDate: 04/16/2024</b>								
AHS Pico de Gallo - LR1434 (2 Ounce serv)	10	15.32	0.12	0.01	0.00	13.06	3.02	0.56
AHS Ranch Dressing - LR1433 (2 oz.)	10	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	0	210.00	23.00	4.00	0.00	400.00	1.00	1.00
Sour Cream - LR1035 (1/4 c.)	0	56.70	5.67	3.31	0.00	14.18	1.89	0.94
USDA Salsa, tomato, canned, low-sodium, contains: peeled tomatoes, tomato puree, onions, green chile peppers, jalapenos, salt, vinegar and any mixture of green peppers, cilantro, cumin, coriander, xanthan gum, flavorings, modified - LR1427 (2 tbsp.)	10	11.25	0.06	0.01	0.00	35.00	2.18	0.47
<b>Chicken and Waffles with Salad Bar - ServingDate: 04/17/2024</b>								
* Chicken Tenders - LR1153 (3 ea.)	29	330.00	18.00	3.00	0.00	600.00	18.00	30.00
*Cheeseburger - LR1226 (1 ea.)	10	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
BBQ Pizza with Big Daddy's Primo Four Cheese Pizza - LR1441 (1 slice)	0	436.27	19.58	9.66	0.00	789.58	43.31	24.16
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60

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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>Chicken and Waffles with Salad Bar - ServingDate: 04/17/2024</b>								
Chicken Asian Sesame Entree Salad - LR1465 (1 salad)	0	715.13	30.86	10.22	0.00(M)	2069.80	79.38	32.11
Chicken Burger - LR1079 (1 ea.)	5	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	4	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham with Ranch Entree Salad - LR1460 (1 salad)	0	816.53	55.77	14.48	0.00(M)	1658.43	54.19	29.77
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	1	320.00	15.00	6.00	0.00	530.00	29.00	18.00

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<b>Chicken and Waffles with Salad Bar - ServingDate: 04/17/2024</b>								
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	23	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	0	647.15	29.55	10.43	0.00(M)	1999.17	66.92	31.64
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	3	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
*Waffles - LR1232 (2 pcs.)	29	179.29	5.98	0.00	0.00	268.94	27.89	3.98
Garlic Toast - LR1111 (1 ea.)	2	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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

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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>Chicken and Waffles with Salad Bar - ServingDate: 04/17/2024</b>								
Banana - LR1074 (1 ea.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
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.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.04	0.01	0.00	3.75	0.76	0.32



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<b>Chicken and Waffles with Salad Bar - ServingDate: 04/17/2024</b>								
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.)	85	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.)	13	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
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	5	210.00	23.00	4.00	0.00	400.00	1.00	1.00
Maple Syrup - LR1338 (1 pkg.)	20	120.00	0.00	0.00	0.00	40.00	31.00	0.00

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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>Nachos and Salad Bar - ServingDate: 04/18/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	9	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
Beef Nachos - LR1258 (1 serving)	34	495.52	28.93	8.78	0.00(M)	931.62	35.99	21.87
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
BBQ Pizza with Big Daddy's Primo Four Cheese Pizza - LR1441 (1 slice)	0	436.27	19.58	9.66	0.00	789.58	43.31	24.16
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Asian Sesame Entree Salad - LR1465 (1 salad)	0	715.13	30.86	10.22	0.00(M)	2069.80	79.38	32.11
Chicken Burger - LR1079 (1 ea.)	4	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	3	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham with Ranch Entree Salad - LR1460 (1 salad)	0	816.53	55.77	14.48	0.00(M)	1658.43	54.19	29.77

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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>Nachos and Salad Bar - ServingDate: 04/18/2024</b>								
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	1	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	21	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	0	647.15	29.55	10.43	0.00(M)	1999.17	66.92	31.64
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	3	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
Garlic Toast - LR1111 (1 ea.)	5	70.00	2.50	0.50	0.00	95.00	11.00	2.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 04/18/2024</b>								
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	0	80.00	0.00	0.00	0.00	0.00	19.00	1.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 04/18/2024</b>								
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.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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
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

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 04/18/2024</b>								
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	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.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Pico de Gallo - LR1434 (2 Ounce serv)	25	15.32	0.12	0.01	0.00	13.06	3.02	0.56
AHS Ranch Dressing - LR1433 (2 oz.)	10	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	2	210.00	23.00	4.00	0.00	400.00	1.00	1.00
Peppers, jalapeno, canned, solids and liquids - LR1455 (1/4 cup, chopp)	10	9.18	0.32	0.03	0.00	568.14	1.61	0.31
Sour Cream - LR1035 (1/4 c.)	5	56.70	5.67	3.31	0.00	14.18	1.89	0.94
USDA Salsa, Low-sodium, Canned - LR1428 (1/2 c.)	10	40.00	0.00	0.00	0.00	139.99	8.00	0.00
<b>Chicken Teriyaki and Salad Bar - ServingDate: 04/19/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	10	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Chicken Teriyaki and Rice - LR1228 (1 serving)	29	285.00	5.00	1.00	0.00	330.00	42.00	19.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Burger - LR1079 (1 ea.)	5	340.00	10.50	1.50	0.00	490.00	36.00	25.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 Teriyaki and Salad Bar - ServingDate: 04/19/2024</b>								
Chicken Caesar Salad - LR1471 (1 salad)	4	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	1	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	23	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 Teriyaki and Salad Bar - ServingDate: 04/19/2024</b>								
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	0	647.15	29.55	10.43	0.00(M)	1999.17	66.92	31.64
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	3	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
Garlic Toast - LR1111 (1 ea.)	2	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	1	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	1	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	1	28.80	0.00	0.00	0.00	0.00	7.20	0.72
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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



# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 Teriyaki and Salad Bar - ServingDate: 04/19/2024</b>								
Fruit, Canned - LR1076 (1/2 c.)	10	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
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.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	10	60.00	0.00	0.00	0.00	5.00	15.00	1.00
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

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 Teriyaki and Salad Bar - ServingDate: 04/19/2024</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.)	85	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.)	13	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
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	5	210.00	23.00	4.00	0.00	400.00	1.00	1.00
<b>Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 04/22/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	10	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
Chicken Alfredo - LR1254 (1 serving)	29	446.99	17.38	8.31	0.00	1078.44	48.07	28.54
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 Alfredo, Garlic Toast and Salad Bar - ServingDate: 04/22/2024</b>								
BBQ Pizza with Big Daddy's Primo Four Cheese Pizza - LR1441 (1 slice)	0	436.27	19.58	9.66	0.00	789.58	43.31	24.16
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Asian Sesame Entree Salad - LR1465 (1 salad)	0	715.13	30.86	10.22	0.00(M)	2069.80	79.38	32.11
Chicken Burger - LR1079 (1 ea.)	5	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	4	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham with Ranch Entree Salad - LR1460 (1 salad)	0	816.53	55.77	14.48	0.00(M)	1658.43	54.19	29.77
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 Alfredo, Garlic Toast and Salad Bar - ServingDate: 04/22/2024</b>								
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	1	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	23	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	1	647.15	29.55	10.43	0.00(M)	1999.17	66.92	31.64
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	0	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	2	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
Garlic Toast - LR1111 (1 ea.)	31	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 Alfredo, Garlic Toast and Salad Bar - ServingDate: 04/22/2024</b>								
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
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.)	0	112.12	0.00	0.00	0.00	3.97	29.77	0.99

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Chicken Alfredo, Garlic Toast and Salad Bar - ServingDate: 04/22/2024								
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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
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.)	85	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.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 Alfredo, Garlic Toast and Salad Bar - ServingDate: 04/22/2024</b>								
AHS Ranch Dressing - LR1433 (2 oz.)	15	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	5	210.00	23.00	4.00	0.00	400.00	1.00	1.00
<b>AHS Taco Salad w/salad bar - ServingDate: 04/23/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	10	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
AHS Signature Taco Salad - LR1236 (1 salad)	29	502.20 (M)	28.86 (M)	8.31(M)	0.00(M)	707.61 (M)	40.22 (M)	21.86 (M)
BBQ Pizza with Big Daddy's Primo Four Cheese Pizza - LR1441 (1 slice)	0	436.27	19.58	9.66	0.00	789.58	43.31	24.16
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Asian Sesame Entree Salad - LR1465 (1 salad)	0	715.13	30.86	10.22	0.00(M)	2069.80	79.38	32.11
Chicken Burger - LR1079 (1 ea.)	5	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	4	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Taco Salad w/salad bar - ServingDate: 04/23/2024</b>								
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham with Ranch Entree Salad - LR1460 (1 salad)	0	816.53	55.77	14.48	0.00(M)	1658.43	54.19	29.77
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	1	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	23	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	0	647.15	29.55	10.43	0.00(M)	1999.17	66.92	31.64



# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Taco Salad w/salad bar - ServingDate: 04/23/2024</b>								
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	3	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
Garlic Toast - LR1111 (1 ea.)	2	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	1	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	1	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	1	28.80	0.00	0.00	0.00	0.00	7.20	0.72
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Taco Salad w/salad bar - ServingDate: 04/23/2024</b>								
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
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.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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
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 - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Taco Salad w/salad bar - ServingDate: 04/23/2024</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.)	85	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.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Pico de Gallo - LR1434 (2 Ounce serv)	20	15.32	0.12	0.01	0.00	13.06	3.02	0.56
AHS Ranch Dressing - LR1433 (2 oz.)	5	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	4	210.00	23.00	4.00	0.00	400.00	1.00	1.00
Sour Cream - LR1035 (1/4 c.)	10	56.70	5.67	3.31	0.00	14.18	1.89	0.94
USDA Salsa, tomato, canned, low-sodium, contains: peeled tomatoes, tomato puree, onions, green chile peppers, jalapenos, salt, vinegar and any mixture of green peppers, cilantro, cumin, coriander, xanthan gum, flavorings, modified - LR1427 (2 tbsp.)	10	11.25	0.06	0.01	0.00	35.00	2.18	0.47

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Spicy Chicken Sandwich With Cheese - ServingDate: 04/24/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	10	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Burger - LR1079 (1 ea.)	5	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	4	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Spicy Chicken Sandwich With Cheese - ServingDate: 04/24/2024</b>								
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	1	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	23	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Spicy Chicken Burger - LR1490 (1 burger)	29	566.27 (M)	36.31 (M)	5.77(M)	0.00(M)	713.56 (M)	42.00 (M)	19.00 (M)
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	3	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
Garlic Toast - LR1111 (1 ea.)	2	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Crinkle Cut Fries - LR1098 (1/2 c.)	30	100.00	4.00	0.50	0.00	180.00	14.00	1.80
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Spicy Chicken Sandwich With Cheese - ServingDate: 04/24/2024</b>								
* 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.)	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.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries with Whipped Topping - LR1470 (1 serving)	10	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	10	114.00	0.06	0.00	0.00	4.10	27.10	1.00
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	10	60.00	0.00	0.00	0.00	0.00	15.00	0.00
Juice, Grape, Thirster - LR1451 (1 container )	10	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
Peach Cup with Whipped Topping - LR1467 (1 serving)	10	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	10	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 )	10	70.00	0.00	0.00	0.00	0.00	18.00	1.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Spicy Chicken Sandwich With Cheese - ServingDate: 04/24/2024</b>								
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	10	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	10	60.00	0.00	0.00	0.00	5.00	15.00	1.00
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.)	88	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.)	10	108.86	2.65	1.65	(M)	131.54	12.52	8.91

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Spicy Chicken Sandwich With Cheese - ServingDate: 04/24/2024</b>								
AHS Ranch Dressing - LR1433 (2 oz.)	10	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	5	210.00	23.00	4.00	0.00	400.00	1.00	1.00
<b>Nachos and Salad Bar - ServingDate: 04/25/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	9	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
Beef Nachos - LR1258 (1 serving)	34	495.52	28.93	8.78	0.00(M)	931.62	35.99	21.87
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
BBQ Pizza with Big Daddy's Primo Four Cheese Pizza - LR1441 (1 slice)	0	436.27	19.58	9.66	0.00	789.58	43.31	24.16
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Asian Sesame Entree Salad - LR1465 (1 salad)	0	715.13	30.86	10.22	0.00(M)	2069.80	79.38	32.11
Chicken Burger - LR1079 (1 ea.)	4	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	3	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04



# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 04/25/2024</b>								
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham with Ranch Entree Salad - LR1460 (1 salad)	0	816.53	55.77	14.48	0.00(M)	1658.43	54.19	29.77
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	1	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	21	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	0	647.15	29.55	10.43	0.00(M)	1999.17	66.92	31.64
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	3	422.00	20.19	7.75	0.00	1328.92	33.09	28.13

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 04/25/2024</b>								
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
Garlic Toast - LR1111 (1 ea.)	5	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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 - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 04/25/2024</b>								
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
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.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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
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 - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Nachos and Salad Bar - ServingDate: 04/25/2024</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.)	85	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.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Pico de Gallo - LR1434 (2 Ounce serv)	25	15.32	0.12	0.01	0.00	13.06	3.02	0.56
AHS Ranch Dressing - LR1433 (2 oz.)	10	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	2	210.00	23.00	4.00	0.00	400.00	1.00	1.00
Peppers, jalapeno, canned, solids and liquids - LR1455 (1/4 cup, chopp)	10	9.18	0.32	0.03	0.00	568.14	1.61	0.31
Sour Cream - LR1035 (1/4 c.)	5	56.70	5.67	3.31	0.00	14.18	1.89	0.94
USDA Salsa, Low- sodium, Canned - LR1428 (1/2 c.)	10	40.00	0.00	0.00	0.00	139.99	8.00	0.00
<b>Sweet and sour chicken and salad bar - ServingDate: 04/26/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	10	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	3	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	5	250.00	14.00	2.50	0.00	380.00	15.00	15.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	3	563.17	32.71	6.09	0.00	524.64	52.05	20.04

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 salad bar - ServingDate: 04/26/2024</b>								
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	4	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Burger - LR1079 (1 ea.)	8	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	5	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	1	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	2	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	10	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	3	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	1	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	3	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	5	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	2	360.00	16.00	7.00	0.00	660.00	35.00	19.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 salad bar - ServingDate: 04/26/2024</b>								
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	21	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	0	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Sweet And Sour Chicken - LR1250 (3 5/8 oz.)	20	140.00	3.00	0.50	(M)	200.00	18.00	11.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	2	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
Brown Rice - LR1423 (1 c.)	20	193.29	1.29	0.00	0.00	3.98	41.24	3.87
Garlic Toast - LR1111 (1 ea.)	5	70.00	2.50	0.50	0.00	95.00	11.00	2.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Copy of Edamame, frozen, prepared - LR1420 (1 c.)	25	187.55	8.06	0.96	0.01	9.30	13.81	18.46
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 salad bar - ServingDate: 04/26/2024</b>								
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00
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.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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
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 - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

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 salad bar - ServingDate: 04/26/2024</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.)	85	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.)	13	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
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	5	210.00	23.00	4.00	0.00	400.00	1.00	1.00



# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Spaghetti and Meatballs, Garlic Toast and Salad Bar - ServingDate: 04/29/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	0	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	0	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	0	250.00	14.00	2.50	0.00	380.00	15.00	15.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
BBQ Pizza with Big Daddy's Primo Four Cheese Pizza - LR1441 (1 slice)	0	436.27	19.58	9.66	0.00	789.58	43.31	24.16
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	0	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	0	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Asian Sesame Entree Salad - LR1465 (1 salad)	0	715.13	30.86	10.22	0.00(M)	2069.80	79.38	32.11
Chicken Burger - LR1079 (1 ea.)	0	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	0	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	0	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	0	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	0	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	0	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham with Ranch Entree Salad - LR1460 (1 salad)	0	816.53	55.77	14.48	0.00(M)	1658.43	54.19	29.77

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Spaghetti and Meatballs, Garlic Toast and Salad Bar - ServingDate: 04/29/2024</b>								
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	2	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	2	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	0	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	0	320.00	15.00	6.00	0.00	530.00	29.00	18.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	0	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Spaghetti and Meatballs - LR1311 (1 serving)	92	240.00 (M)	1.50(M)	0.00(M)	0.00(M)	520.00 (M)	51.00 (M)	10.00 (M)
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	0	647.15	29.55	10.43	0.00(M)	1999.17	66.92	31.64
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	2	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	2	436.80	21.47	8.73	0.00	1415.35	33.40	28.95
Frosted Sugar Cookie - LR1271 (1 1/2 oz.)	100	172.00	6.70	1.80	(M)	78.00	27.00	1.70
Garlic Toast - LR1111 (1 ea.)	0	70.00	2.50	0.50	0.00	95.00	11.00	2.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Spaghetti and Meatballs, Garlic Toast and Salad Bar - ServingDate: 04/29/2024</b>								
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Spaghetti and Meatballs, Garlic Toast and Salad Bar - ServingDate: 04/29/2024</b>								
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.)	0	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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
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

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Spaghetti and Meatballs, Garlic Toast and Salad Bar - ServingDate: 04/29/2024</b>								
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.)	85	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.)	13	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
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	0	210.00	23.00	4.00	0.00	400.00	1.00	1.00
<b>AHS Soft Taco and Salad Bar - ServingDate: 04/30/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	10	360.00	18.50	8.00	0.50	790.00	28.00	22.00
*Mini Corn Dogs - LR1157 (6 ea.)	2	270.00	12.00	3.50	0.00	410.00	30.00	10.00
*Popcorn Chicken - LR1179 (12 piece)	2	250.00	14.00	2.50	0.00	380.00	15.00	15.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Beef Soft Taco - LR1245 (1 taco)	29	471.31	22.18	8.85	0.00(M)	761.32	40.66	27.38
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	2	290.00	11.00	6.00	0.00	500.00	28.00	19.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	2	902.94	60.49	15.31	0.00(M)	1761.85	54.97	39.60
Chicken Burger - LR1079 (1 ea.)	5	340.00	10.50	1.50	0.00	490.00	36.00	25.00
Chicken Caesar Salad - LR1471 (1 salad)	4	661.27 (M)	42.44 (M)	12.39 (M)	0.00(M)	2085.15 (M)	41.91 (M)	28.07 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	2	460.89 (M)	17.85 (M)	6.13(M)	0.00(M)	1123.18 (M)	39.55 (M)	32.52 (M)
Chicken Pesto Wrap - LR1449 (1 ea.)	1	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Soft Taco and Salad Bar - ServingDate: 04/30/2024</b>								
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	2	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	20.59	9.75	0.00(M)	775.02	35.88	25.46
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	1	300.00	11.00	5.00	0.00	650.00	32.00	19.00
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	21.77	9.38	0.00	1339.64	33.05	24.49
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	20.45	9.84	0.00	996.49	38.30	33.73
Italian Salad - LR1480 (1 salad)	0	785.43	47.60	14.69	0.43(M)	1768.56	63.08	31.74
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	3	611.29	38.52	15.35	0.61	1989.80	32.66	32.41
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	6	350.00	17.00	8.00	0.00	470.00	34.00	19.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	1	360.00	16.00	7.00	0.00	660.00	35.00	19.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	23	328.18	14.37	5.60	0.00	464.28	34.34	16.03
Southwest Chicken Salad - LR1477 (1 salad)	2	873.61	55.68	14.33	0.00(M)	1726.81	62.01	33.86
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	3	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.06	12.69	0.00(M)	1652.15	54.26	33.98
Garlic Toast - LR1111 (1 ea.)	2	70.00	2.50	0.50	0.00	95.00	11.00	2.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Soft Taco and Salad Bar - ServingDate: 04/30/2024</b>								
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	0	73.78	0.09	0.01	0.00	169.12	18.48	0.91
Celery - LR1163 (1/2 cup choppe)	0	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	0	28.80	0.00	0.00	0.00	0.00	7.20	0.72
* 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.)	0	80.00	0.00	0.00	0.00	15.00	19.00	0.00
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.)	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	1.32	1.18	0.00(M)	3.40(M)	16.85	0.00
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, Canned - LR1076 (1/2 c.)	20	59.99	0.00	0.00	0.00	4.99	14.99	0.00
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
Orange - LR1073 (1 ea.)	20	61.57	0.16	0.02	0.00	0.00	15.39	1.23
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	1.14	1.14	0.00(M)	0.00(M)	20.14	1.00

# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Soft Taco and Salad Bar - ServingDate: 04/30/2024</b>								
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.)	20	112.12	0.00	0.00	0.00	3.97	29.77	0.99
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	1.14	1.14	0.00(M)	0.00(M)	21.21	0.00
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
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



# Menu Calendar Nutrient Analysis Report - April, 2024

Site: Arlington High School  
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>AHS Soft Taco and Salad Bar - ServingDate: 04/30/2024</b>								
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.)	85	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.)	13	108.86	2.65	1.65	(M)	131.54	12.52	8.91
AHS Pico de Gallo - LR1434 (2 Ounce serv)	10	15.32	0.12	0.01	0.00	13.06	3.02	0.56
AHS Ranch Dressing - LR1433 (2 oz.)	10	299.82	32.72	4.91	0.00(M)	249.85	0.99	0.32
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	0	210.00	23.00	4.00	0.00	400.00	1.00	1.00
Sour Cream - LR1035 (1/4 c.)	0	56.70	5.67	3.31	0.00	14.18	1.89	0.94
USDA Salsa, tomato, canned, low-sodium, contains: peeled tomatoes, tomato puree, onions, green chile peppers, jalapenos, salt, vinegar and any mixture of green peppers, cilantro, cumin, coriander, xanthan gum, flavorings, modified - LR1427 (2 tbsp.)	10	11.25	0.06	0.01	0.00	35.00	2.18	0.47

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

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