

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Cheeseburger and Salad Bar - ServingDate: 09/04/2024</b>					
*Cheeseburger - LR1226 (1 ea.)	98	325.00	27.50	3.00	2.50
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Crinkle Cut Fries - LR1098 (1/2 c.)	50	100.00	14.00	1.00	0.00
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	25	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Cheeseburger and Salad Bar - ServingDate: 09/04/2024</b>					
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	15	299.82	0.99	0.06	0.35
<b>6-8 Chicken Nuggets, WW Roll and Salad Bar - ServingDate: 09/05/2024</b>					
* Chicken Nuggets, Tyson - LR1169 (5 ea.)	98	203.60	12.72	2.54	0.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Whole Wheat Rolls - LR1305 (1 roll.)	100	90.00	16.00	2.00	2.00
Baked Beans - LR1264 (1/2 cup, drain)	0	220.00	43.00	8.00	14.00
Crinkle Cut Fries - LR1098 (1/2 c.)	0	100.00	14.00	1.00	0.00
Potatoes, Wedges, Fat Free, Low-sodium, Frozen (IQF) - LR1322 (1/2 c.)	0	84.00	18.99	2.00	1.00
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	25	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49

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Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Chicken Nuggets, WW Roll and Salad Bar - ServingDate: 09/05/2024</b>					
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	15	299.82	0.99	0.06	0.35
<b>6-8 Cheese or Pepperoni Pizza and Salad Bar - ServingDate: 09/06/2024</b>					
* Pizza, Cheese, Wild Mike's - LR1172 (1 slice 1/10)	49	390.00	37.00	1.00	6.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Cheese or Pepperoni Pizza and Salad Bar - ServingDate: 09/06/2024</b>					
*Wild Mike's Pepperoni Pizza - LR1117 (1 slice 1/10)	50	400.00	37.00	1.00	6.00
OR Cheese Sandwich - LR1005 (1 ea.)	1	440.00	34.00	2.00	6.00
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	25	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Cheese or Pepperoni Pizza and Salad Bar - ServingDate: 09/06/2024</b>					
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	15	299.82	0.99	0.06	0.35
<b>6-8 Chicken Burger and Salad Bar - ServingDate: 09/09/2024</b>					
Chicken Burger - LR1079 (1 ea.)	73	340.00	36.00	6.00	2.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Spicy Chicken Burger - LR1490 (1 burger)	25	566.27 (M)	42.00 (M)	5.00(M)	3.00(M)
Baked Beans - LR1264 (1/2 cup, drain)	0	220.00	43.00	8.00	14.00
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	25	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Chicken Burger and Salad Bar - ServingDate: 09/09/2024</b>					
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
<b>6-8 Chicken Teriyaki with Rice and Salad Bar - ServingDate: 09/10/2024</b>					
*Chicken Teriyaki and Rice - LR1228 (1 serving)	98	285.00	42.00	2.00	6.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	25	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
6-8 Chicken Teriyaki with Rice and Salad Bar - ServingDate: 09/10/2024					
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Chicken Alfredo - ServingDate: 09/11/2024</b>					
K-8 Alfredo with Angela Mia - LR1488 (1 serving)	98	454.19	48.37	8.16	4.50
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce, Unsweetened, Cups, Shelf-Stable, USDA 110361 - LR1425 (1/2 c.)	20	51.00	13.99	0.99	10.99
Banana - LR1074 (1 ea.)	0	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	20	114.00	27.10	1.33	(M)
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	20	112.12	29.77	0.99	21.83
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00



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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Chicken Alfredo - ServingDate: 09/11/2024</b>					
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
<b>6-8 Nachos and Salad Bar - ServingDate: 09/12/2024</b>					
K-8 Nachos - LR1389 (1 serving)	98	491.37	37.45	3.62	0.11
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	25	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
6-8 Nachos and Salad Bar - ServingDate: 09/12/2024					
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	10	299.82	0.99	0.06	0.35
Sour Cream - LR1035 (1/4 c.)	0	56.70	1.89	(M)	1.89
USDA Salsa, Low-sodium, Canned - LR1428 (1/2 c.)	7	40.00	8.00	3.99	3.99

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
6-8 Mini Calzones, Marinara Sauce and Salad Bar - ServingDate: 09/13/2024					
* Chicken Tenders - LR1153 (3 ea.)	24	330.00	18.00	3.00	3.00
* Mini Calzones - LR1184 (3 ea.)	26	320.00	40.00	4.00	6.00
* Pizza, Cheese, Wild Mike's - LR1172 (1 slice 1/10)	24	390.00	37.00	1.00	6.00
*Corn Dog - LR1155 (1 corn dog)	24	240.00	30.00	2.00	8.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	20	25.00	5.00	1.00	3.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	20	112.12	29.77	0.99	21.83
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Mini Calzones, Marinara Sauce and Salad Bar - ServingDate: 09/13/2024</b>					
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	20	299.82	0.99	0.06	0.35
<b>6-8 Chicken and Waffles with Salad Bar - ServingDate: 09/16/2024</b>					
* Chicken Tenders - LR1153 (3 ea.)	98	330.00	18.00	3.00	3.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
*Waffles - LR1232 (1 pcs.)	100	89.65	13.95	1.00	1.99
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	25	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Chicken and Waffles with Salad Bar - ServingDate: 09/16/2024</b>					
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	20	299.82	0.99	0.06	0.35
Maple Syrup - LR1338 (1 pkg.)	50	120.00	31.00	0.00	17.00

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Orange Chicken With Rice and Salad Bar - ServingDate: 09/17/2024</b>					
* Chicken Tenders - LR1153 (3 ea.)	24	330.00	18.00	3.00	3.00
* Pizza, Cheese, Wild Mike's - LR1172 (1 slice 1/10)	24	390.00	37.00	1.00	6.00
*Orange Chicken with Rice - LR1231 (1 serving)	26	229.98	37.51	0.64	8.89
*Corn Dog - LR1155 (1 corn dog)	24	240.00	30.00	2.00	8.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	25	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	1	5.25	1.24	0.43	0.71

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Orange Chicken With Rice and Salad Bar - ServingDate: 09/17/2024</b>					
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	2	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	20	299.82	0.99	0.06	0.35
<b>6-8 Coyote Grill Cheese Quesadilla or bean and cheese burrito - ServingDate: 09/18/2024</b>					
Bean and Cheese Burrito - LR1262 (1 burrito)	40	303.10	45.41	8.32	2.66
Cheese Queasadilla, Schwans Coyote Grill 78372 - LR1497 (2 piece)	58	309.36	31.93	2.99	2.99
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce, Unsweetened, Cups, Shelf-Stable, USDA 110361 - LR1425 (1/2 c.)	20	51.00	13.99	0.99	10.99
Banana - LR1074 (1 ea.)	0	105.02	26.95	3.07	14.43

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
6-8 Coyote Grill Cheese Quesadilla or bean and cheese burrito - ServingDate: 09/18/2024					
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	20	114.00	27.10	1.33	(M)
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	20	112.12	29.77	0.99	21.83
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16



# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Coyote Grill Cheese Quesadilla or bean and cheese burrito - ServingDate: 09/18/2024</b>					
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
Sour Cream - LR1035 (1/4 c.)	10	56.70	1.89	(M)	1.89
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.)	15	11.25	2.18	0.42	(M)
<b>6-8 Mac and Cheese with Garlic Toast - ServingDate: 09/19/2024</b>					
Macaroni and Cheese, Land O Lakes, 43284 80sv - LR1378 (1 serving)	98	290.00	32.00	1.00	6.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Garlic Toast - LR1111 (1 ea.)	98	70.00	11.00	1.00	0.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce, Unsweetened, Cups, Shelf-Stable, USDA 110361 - LR1425 (1/2 c.)	20	51.00	13.99	0.99	10.99
Banana - LR1074 (1 ea.)	0	105.02	26.95	3.07	14.43

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Mac and Cheese with Garlic Toast - ServingDate: 09/19/2024</b>					
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	20	114.00	27.10	1.33	(M)
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	20	112.12	29.77	0.99	21.83
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	1	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Mac and Cheese with Garlic Toast - ServingDate: 09/19/2024</b>					
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	18	108.86	12.52	0.00	(M)
<b>6-8 Cheese or Pepperoni Pizza and Salad Bar - ServingDate: 09/20/2024</b>					
* Pizza, Cheese, Wild Mike's - LR1172 (1 slice 1/10)	49	390.00	37.00	1.00	6.00
*Wild Mike's Pepperoni Pizza - LR1117 (1 slice 1/10)	50	400.00	37.00	1.00	6.00
OR Cheese Sandwich - LR1005 (1 ea.)	1	440.00	34.00	2.00	6.00
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	25	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Cheese or Pepperoni Pizza and Salad Bar - ServingDate: 09/20/2024</b>					
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	15	299.82	0.99	0.06	0.35
<b>6-8 Cheesy Breadsticks with Marinara and Salad Bar - ServingDate: 09/23/2024</b>					
*Cheesy Breadsticks - LR1021 (2 ea.)	98	300.00	30.00	3.00	4.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	50	25.00	5.00	1.00	3.00
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	25	105.02	26.95	3.07	14.43

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
6-8 Cheesy Breadsticks with Marinara and Salad Bar - ServingDate: 09/23/2024					
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Beef Dippers with Rice and Salad Bar - ServingDate: 09/24/2024</b>					
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Rice - LR1018 (1/2 c.)	98	322.00	66.00	3.80	(M)
Beef Steak Strips (Beef Dippers) - LR1102 (4 ea.)	98	160.00	6.00	1.00	4.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	20	112.12	29.77	0.99	21.83
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Beef Dippers with Rice and Salad Bar - ServingDate: 09/24/2024</b>					
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	15	299.82	0.99	0.06	0.35
<b>6-8 Drumstick, Cornbread and Salad Bar - ServingDate: 09/25/2024</b>					
Chicken Drumstick, Breaded, Tyson 16660100928 - LR1429 (1 drumstick )	98	220.00	6.00	1.00	0.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	50	198.00	32.00	2.20	15.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	20	112.12	29.77	0.99	21.83
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Drumstick, Cornbread and Salad Bar - ServingDate: 09/25/2024</b>					
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	20	299.82	0.99	0.06	0.35
<b>6-8 Breakfast Waffler Sandwich with Hash Brown Patty - ServingDate: 09/26/2024</b>					
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Waffle Sandwich - LR1511 (1 sandwich)	98	284.30	29.39	1.99	4.48



# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
6-8 Breakfast Waffler Sandwich with Hash Brown Patty - ServingDate: 09/26/2024					
Potato, Hash Brown Patties, Triangle, 6/5#, Simplot, 10071179280224 - LR1512 (2 patty)	50	220.00	31.00	2.00	0.00
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce, Unsweetened, Cups, Shelf-Stable, USDA 110361 - LR1425 (1/2 c.)	25	51.00	13.99	0.99	10.99
Banana - LR1074 (1 ea.)	0	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	25	112.12	29.77	0.99	21.83
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Breakfast Waffler Sandwich with Hash Brown Patty - ServingDate: 09/26/2024</b>					
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	15	299.82	0.99	0.06	0.35
<b>6-8 Tony's Garlic Cheese Toast and Marinara Sauce with Salad Bar - ServingDate: 09/27/2024</b>					
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	98	320.00	29.00	2.00	4.00
Marinara Sauce Dipping Cups - LR1144 (1 ea.)	10	25.00	5.00	1.00	3.00
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	25	105.02	26.95	3.07	14.43

Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
6-8 Tony's Garlic Cheese Toast and Marinara Sauce with Salad Bar - ServingDate: 09/27/2024					
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	15	299.82	0.99	0.06	0.35

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>6-8 Corn Dog, Crinkle Cut Fries, and a Salad Bar - ServingDate: 09/30/2024</b>					
*Corn Dog - LR1155 (1 corn dog)	98	240.00	30.00	2.00	8.00
OR Cheese Sandwich - LR1005 (1 ea.)	2	440.00	34.00	2.00	6.00
Crinkle Cut Fries - LR1098 (3/4 c.)	100	150.00	21.00	1.50	0.00
Apple - LR1072 (1 ea.)	25	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	25	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	25	105.02	26.95	3.07	14.43
Orange - LR1073 (1 ea.)	25	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48

Menu Calendar Nutrient Analysis Report - September, 2024

Site: ALL  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
6-8 Corn Dog, Crinkle Cut Fries, and a Salad Bar - ServingDate: 09/30/2024					
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	80	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	1	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	19	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	10	299.82	0.99	0.06	0.35

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

**Report Selections**  
Meal Type: Lunch  
Site Group: Middle School  
Menu Line: Main  
Serving Group: 6-8  
Nutrients Option: Diabetic Interest