

# Menu Calendar Nutrient Analysis Report - June, 2024

Site: Weston High School  
Date: 06/01/2024 - 06/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Chicken Alfredo and Garlic Toast - ServingDate: 06/03/2024								
Chicken Alfredo - LR1254 (1 serving)	72	446.99	17.38	8.31	0.00	1078.44	48.07	28.54
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Chicken Caesar Wrap - LR1450 (1 ea.)	4	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.)	4	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	35.00	13.50	0.00	1885.97	66.01	24.75
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Garlic Toast - LR1111 (1 ea.)	72	70.00	2.50	0.50	0.00	95.00	11.00	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

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Date: 06/01/2024 - 06/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Chicken Alfredo and Garlic Toast - ServingDate: 06/03/2024								
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
9-12 Taco Salad - ServingDate: 06/04/2024								
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	32.71	6.09	0.00	524.64	52.05	20.04
AHS Signature Taco Salad - LR1236 (1 salad)	72	502.20 (M)	28.86 (M)	8.31(M)	0.00(M)	707.61 (M)	40.22 (M)	21.86 (M)
Chicken Caesar Wrap - LR1450 (1 ea.)	4	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.)	4	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	35.00	13.50	0.00	1885.97	66.01	24.75
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	30.53	12.25	0.31	1875.45	33.24	35.04

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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)
9-12 Taco Salad - ServingDate: 06/04/2024								
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
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
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

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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>9-12 Taco Salad - ServingDate: 06/04/2024</b>								
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87
Milk - Chocolate Non Fat - LR1007 (1 ea.)	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>9-12 Spicy Chicken Sandwich - ServingDate: 06/05/2024</b>								
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Chicken Caesar Wrap - LR1450 (1 ea.)	4	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.)	4	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	35.00	13.50	0.00	1885.97	66.01	24.75
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Spicy Chicken Burger - LR1490 (1 burger)	72	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)	4	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
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

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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>9-12 Spicy Chicken Sandwich - ServingDate: 06/05/2024</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
<b>9-12 Nachos - ServingDate: 06/06/2024</b>								
Beef Nachos - LR1258 (1 serving)	72	495.52	28.93	8.78	0.00(M)	931.62	35.99	21.87
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	32.71	6.09	0.00	524.64	52.05	20.04

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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)
9-12 Nachos - ServingDate: 06/06/2024								
Chicken Caesar Wrap - LR1450 (1 ea.)	4	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.)	4	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	35.00	13.50	0.00	1885.97	66.01	24.75
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
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
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

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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>9-12 Nachos - ServingDate: 06/06/2024</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
<b>9-12 Sweet and Sour Chicken and Rice - ServingDate: 06/07/2024</b>								
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Chicken Caesar Wrap - LR1450 (1 ea.)	4	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.)	4	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	35.00	13.50	0.00	1885.97	66.01	24.75
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Sweet And Sour Chicken - LR1250 (3 5/8 oz.)	72	140.00	3.00	0.50	(M)	200.00	18.00	11.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	20.19	7.75	0.00	1328.92	33.09	28.13

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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)
9-12 Sweet and Sour Chicken and Rice - ServingDate: 06/07/2024								
Brown Rice - LR1423 (1 c.)	72	193.29	1.29	0.00	0.00	3.98	41.24	3.87
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
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 - June, 2024

Site: Weston High School  
Date: 06/01/2024 - 06/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>9-12 Sweet and Sour Chicken and Rice - ServingDate: 06/07/2024</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
<b>9-12 Rotini and Meatballs - ServingDate: 06/10/2024</b>								
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Chicken Caesar Wrap - LR1450 (1 ea.)	4	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.)	4	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	35.00	13.50	0.00	1885.97	66.01	24.75
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Spaghetti and Meatballs - LR1311 (1 serving)	72	240.00 (M)	1.50(M)	0.00(M)	0.00(M)	520.00 (M)	51.00 (M)	10.00 (M)
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Garlic Toast - LR1111 (1 ea.)	72	70.00	2.50	0.50	0.00	95.00	11.00	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

# Menu Calendar Nutrient Analysis Report - June, 2024

Site: Weston High School  
Date: 06/01/2024 - 06/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>9-12 Rotini and Meatballs - ServingDate: 06/10/2024</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
<b>9-12 Soft Taco - ServingDate: 06/11/2024</b>								
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Beef Soft Taco - LR1245 (1 taco)	72	471.31	22.18	8.85	0.00(M)	761.32	40.66	27.38

# Menu Calendar Nutrient Analysis Report - June, 2024

Site: Weston High School  
Date: 06/01/2024 - 06/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Soft Taco - ServingDate: 06/11/2024								
Chicken Caesar Wrap - LR1450 (1 ea.)	4	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.)	4	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	35.00	13.50	0.00	1885.97	66.01	24.75
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
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
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 - June, 2024

Site: Weston High School  
Date: 06/01/2024 - 06/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Soft Taco - ServingDate: 06/11/2024								
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
9-12 Chicken and Waffles - ServingDate: 06/12/2024								
* Chicken Tenders - LR1153 (3 ea.)	72	330.00	18.00	3.00	0.00	600.00	18.00	30.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Chicken Caesar Wrap - LR1450 (1 ea.)	4	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.)	4	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	35.00	13.50	0.00	1885.97	66.01	24.75
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
*Waffles - LR1232 (2 pcs.)	72	179.29	5.98	0.00	0.00	268.94	27.89	3.98

# Menu Calendar Nutrient Analysis Report - June, 2024

Site: Weston High School  
Date: 06/01/2024 - 06/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Chicken and Waffles - ServingDate: 06/12/2024								
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
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

# Menu Calendar Nutrient Analysis Report - June, 2024

Site: Weston High School  
Date: 06/01/2024 - 06/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>9-12 Chicken and Waffles - ServingDate: 06/12/2024</b>								
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>9-12 Nachos - ServingDate: 06/13/2024</b>								
Beef Nachos - LR1258 (1 serving)	72	495.52	28.93	8.78	0.00(M)	931.62	35.99	21.87
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Chicken Caesar Wrap - LR1450 (1 ea.)	4	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.)	4	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	35.00	13.50	0.00	1885.97	66.01	24.75
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
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

# Menu Calendar Nutrient Analysis Report - June, 2024

Site: Weston High School  
Date: 06/01/2024 - 06/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>9-12 Nachos - ServingDate: 06/13/2024</b>								
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
<b>Cheeseburger, Tater Tots and Salad Bar - ServingDate: 06/14/2024</b>								
*Cheeseburger - LR1226 (1 ea.)	100	360.00	18.50	8.00	0.50	790.00	28.00	22.00
Tater Tots - LR1016 (3/4 c.)	100	195.00	9.00	1.50	0.00	465.00	24.00	3.00
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

# Menu Calendar Nutrient Analysis Report - June, 2024

Site: Weston High School  
Date: 06/01/2024 - 06/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Cheeseburger, Tater Tots and Salad Bar - ServingDate: 06/14/2024</b>								
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
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 - June, 2024

Site: Weston High School  
Date: 06/01/2024 - 06/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Corn Dog and Crinkle Cut Fries - ServingDate: 06/17/2024								
AHS PBJ Sandwich - LR1436 (1 sandwich)	6	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Chicken Caesar Wrap - LR1450 (1 ea.)	4	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.)	4	617.64 (M)	39.07 (M)	9.62(M)	0.02(M)	663.36 (M)	35.17 (M)	28.48 (M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	35.00	13.50	0.00	1885.97	66.01	24.75
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	30.53	12.25	0.31	1875.45	33.24	35.04
*Corn Dog - LR1155 (1 corn dog)	70	240.00	9.00	2.50	0.00	470.00	30.00	9.00
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	25.00	14.00	0.00	1580.00	34.00	18.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	20.19	7.75	0.00	1328.92	33.09	28.13
Crinkle Cut Fries - LR1098 (1/2 c.)	70	100.00	4.00	0.50	0.00	180.00	14.00	1.80
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 - June, 2024

Site: Weston High School  
Date: 06/01/2024 - 06/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Corn Dog and Crinkle Cut Fries - ServingDate: 06/17/2024								
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

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

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