

Menu Calendar Nutrient Analysis Report - March, 2024

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Spicy Sichuan Chicken and Rice - ServingDate: 03/01/2024								
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
Brown Rice - LR1423 (1 c.)	72	193.29	1.29	0.00	0.00	3.98	41.24	3.87
Spicy Sichuan Chicken, Yangs 5th Taste - LR1459 (1 serving)	72	120.00	3.50	1.00	0.00	265.00	7.00	15.00
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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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 Spicy Sichuan Chicken and Rice - ServingDate: 03/01/2024								
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 Chicken Alfredo and Garlic Toast - ServingDate: 03/04/2024								
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

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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 Chicken Alfredo and Garlic Toast - ServingDate: 03/04/2024								
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
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
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

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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 Chicken Alfredo and Garlic Toast - ServingDate: 03/04/2024								
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: 03/05/2024								
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
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

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9-12 Taco Salad - ServingDate: 03/05/2024								
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

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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 Chicken and Waffles - ServingDate: 03/06/2024								
* 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
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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9-12 Chicken and Waffles - ServingDate: 03/06/2024								
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 Nachos - ServingDate: 03/07/2024								
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

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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: 03/07/2024								
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

Menu Calendar Nutrient Analysis Report - March, 2024

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Nachos - ServingDate: 03/07/2024								
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 Orange Chicken with Rice - ServingDate: 03/08/2024								
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Chicken - Orange - LR1196 (3 5/8 oz 1 servi)	72	150.00	3.00	0.50	0.00	280.00	19.00	11.00
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
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

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Generated on: 2/22/2024 12:30:03 PM by Kristen Satra

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Orange Chicken with Rice - ServingDate: 03/08/2024								
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
9-12 Rotini and Meatballs - ServingDate: 03/11/2024								
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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Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Rotini and Meatballs - ServingDate: 03/11/2024								
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
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
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

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Site: Weston High School
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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 Rotini and Meatballs - ServingDate: 03/11/2024								
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 Soft Taco - ServingDate: 03/12/2024								
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
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

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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 Soft Taco - ServingDate: 03/12/2024								
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
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	0.07	0.01	0.00	18.09	2.28	0.87

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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 Soft Taco - ServingDate: 03/12/2024								
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 Spicy Chicken Sandwich - ServingDate: 03/13/2024								
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
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

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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 Spicy Chicken Sandwich - ServingDate: 03/13/2024								
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
9-12 Nachos - ServingDate: 03/14/2024								
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)

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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: 03/14/2024								
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
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 - March, 2024

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Nachos - ServingDate: 03/14/2024								
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 Teriyaki with Rice - ServingDate: 03/15/2024								
*Chicken Teriyaki and Rice - LR1228 (1 serving)	72	285.00	5.00	1.00	0.00	330.00	42.00	19.00
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
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 - March, 2024

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Chicken Teriyaki with Rice - ServingDate: 03/15/2024								
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 - March, 2024

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Mac and Cheese with Garlic Toast - ServingDate: 03/18/2024								
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
Macaroni and Cheese, Land O Lakes, 43284 80sv - LR1378 (1 serving)	72	290.00	11.00	6.00	0.00	980.00	32.00	17.00
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
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

Menu Calendar Nutrient Analysis Report - March, 2024

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Mac and Cheese with Garlic Toast - ServingDate: 03/18/2024								
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: 03/19/2024								
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

Menu Calendar Nutrient Analysis Report - March, 2024

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Taco Salad - ServingDate: 03/19/2024								
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

Menu Calendar Nutrient Analysis Report - March, 2024

Generated on: 2/22/2024 12:30:03 PM by Kristen Satra

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Taco Salad - ServingDate: 03/19/2024								
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 Teriyaki Glazed Chicken Burger and Crinkle Cut Fries - ServingDate: 03/20/2024								
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
Teriyaki Glazed Chicken Burger - LR1387 (1 burger)	72	363.52 (M)	4.97(M)	0.49(M)	0.00(M)	836.05 (M)	50.99 (M)	30.73 (M)
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.)	50	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

Menu Calendar Nutrient Analysis Report - March, 2024

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Teriyaki Glazed Chicken Burger and Crinkle Cut Fries - ServingDate: 03/20/2024								
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
9-12 Nachos - ServingDate: 03/21/2024								
Beef Nachos - LR1258 (1 serving)	72	495.52	28.93	8.78	0.00(M)	931.62	35.99	21.87

Menu Calendar Nutrient Analysis Report - March, 2024

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Nachos - ServingDate: 03/21/2024								
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
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 - March, 2024

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Nachos - ServingDate: 03/21/2024								
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 Sweet and Sour Chicken and Rice - ServingDate: 03/22/2024								
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

Menu Calendar Nutrient Analysis Report - March, 2024

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Sweet and Sour Chicken and Rice - ServingDate: 03/22/2024								
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

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Sweet and Sour Chicken and Rice - ServingDate: 03/22/2024								
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 Drumstick with Cornbread - ServingDate: 03/25/2024								
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	32.71	6.09	0.00	524.64	52.05	20.04
Breaded Chicken Drumstick - Tyson - LR1412 (1 drumstick)	72	220.00	13.00	3.00	0.00	530.00	6.00	19.00
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
Mini Cornbread Loaf - LR1123 (1 loaf.)	72	198.00	6.50	0.90	0.00	140.00	32.00	2.60
Crinkle Cut Fries - LR1098 (1/2 c.)	50	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

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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 Chicken Drumstick with Cornbread - ServingDate: 03/25/2024								
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 - March, 2024

Generated on: 2/22/2024 12:30:03 PM by Kristen Satra

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Soft Taco - ServingDate: 03/26/2024								
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
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

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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 Soft Taco - ServingDate: 03/26/2024								
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 Meatball Sub with Garlic Toast - ServingDate: 03/27/2024								
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
Meatball sub on hotdog bun - LR1318 (1 ea.)	72	210.00 (M)	1.50(M)	0.00(M)	0.00(M)	730.00 (M)	40.00 (M)	8.00(M)
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

Menu Calendar Nutrient Analysis Report - March, 2024

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Meatball Sub with Garlic Toast - ServingDate: 03/27/2024								
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
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 - March, 2024

Site: Weston High School
Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
9-12 Meatball Sub with Garlic Toast - ServingDate: 03/27/2024								
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 Nachos - ServingDate: 03/28/2024								
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

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9-12 Nachos - ServingDate: 03/28/2024								
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
9-12 Chicken Enchilada Empanada - ServingDate: 03/29/2024								
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)

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9-12 Chicken Enchilada Empanada - ServingDate: 03/29/2024								
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
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	72	300.00	11.00	5.00	0.00	650.00	32.00	19.00
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
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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Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.02	0.01	0.00	0.36	0.57	0.10
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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