

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Chicken and Waffles - ServingDate: 09/04/2024</b>					
* Chicken Tenders - LR1153 (3 ea.)	72	330.00	18.00	3.00	3.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
*Waffles - LR1232 (2 pcs.)	72	179.29	27.89	1.99	3.98
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Chicken and Waffles - ServingDate: 09/04/2024</b>					
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>9-12 Nachos - ServingDate: 09/05/2024</b>					
Beef Nachos - LR1258 (1 serving)	72	495.52	35.99	3.85(M)	0.15(M)
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Nachos - ServingDate: 09/05/2024</b>					
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Nachos - ServingDate: 09/05/2024</b>					
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>9-12 Chicken Teriyaki with Rice - ServingDate: 09/06/2024</b>					
*Chicken Teriyaki and Rice - LR1228 (1 serving)	72	285.00	42.00	2.00	6.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Chicken Teriyaki with Rice - ServingDate: 09/06/2024</b>					
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Mac and Cheese with Garlic Toast - ServingDate: 09/09/2024</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
Macaroni and Cheese, Land O Lakes, 43284 80sv - LR1378 (1 serving)	72	290.00	32.00	1.00	6.00
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Garlic Toast - LR1111 (1 ea.)	72	70.00	11.00	1.00	0.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Mac and Cheese with Garlic Toast - ServingDate: 09/09/2024</b>					
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>9-12 Soft Taco - ServingDate: 09/10/2024</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Beef Soft Taco - LR1245 (1 taco)	72	471.31	40.66	6.48(M)	2.86(M)
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Soft Taco - ServingDate: 09/10/2024</b>					
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67



# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Soft Taco - ServingDate: 09/10/2024</b>					
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>9-12 Spicy Chicken Sandwich - ServingDate: 09/11/2024</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Spicy Chicken Burger - LR1490 (1 burger)	72	566.27 (M)	42.00 (M)	5.00(M)	3.00(M)
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
9-12 Spicy Chicken Sandwich - ServingDate: 09/11/2024					
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Nachos - ServingDate: 09/12/2024</b>					
Beef Nachos - LR1258 (1 serving)	72	495.52	35.99	3.85(M)	0.15(M)
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Nachos - ServingDate: 09/12/2024</b>					
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>9-12 Orange Chicken with Rice - ServingDate: 09/13/2024</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken - Orange - LR1196 (3.6 oz 1 servi)	72	150.00	19.00	0.00	10.00
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Orange Chicken with Rice - ServingDate: 09/13/2024</b>					
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Brown Rice - LR1423 (1 c.)	72	193.29	41.24	1.29	0.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Orange Chicken with Rice - ServingDate: 09/13/2024</b>					
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>9-12 Chicken Alfredo and Garlic Toast - ServingDate: 09/16/2024</b>					
Chicken Alfredo - LR1254 (1 serving)	72	446.99	48.07	8.08	4.53
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Garlic Toast - LR1111 (1 ea.)	72	70.00	11.00	1.00	0.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Chicken Alfredo and Garlic Toast - ServingDate: 09/16/2024</b>					
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Taco Salad - ServingDate: 09/17/2024</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
AHS Signature Taco Salad - LR1236 (1 salad)	72	502.20 (M)	40.22 (M)	6.01(M)	1.17(M)
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20



# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Taco Salad - ServingDate: 09/17/2024</b>					
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>9-12 Teriyaki Glazed Chicken Burger and Crinkle Cut Fries - ServingDate: 09/18/2024</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
9-12 Teriyaki Glazed Chicken Burger and Crinkle Cut Fries - ServingDate: 09/18/2024					
Teriyaki Glazed Chicken Burger - LR1387 (1 burger)	72	363.52 (M)	50.99 (M)	4.00(M)	22.00 (M)
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Crinkle Cut Fries - LR1098 (1/2 c.)	50	100.00	14.00	1.00	0.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Teriyaki Glazed Chicken Burger and Crinkle Cut Fries - ServingDate: 09/18/2024</b>					
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>9-12 Nachos - ServingDate: 09/19/2024</b>					
Beef Nachos - LR1258 (1 serving)	72	495.52	35.99	3.85(M)	0.15(M)
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Nachos - ServingDate: 09/19/2024</b>					
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Chicken Teriyaki with Rice - ServingDate: 09/20/2024</b>					
*Chicken Teriyaki and Rice - LR1228 (1 serving)	72	285.00	42.00	2.00	6.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Chicken Teriyaki with Rice - ServingDate: 09/20/2024</b>					
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>9-12 Creamy Pesto Pasta with Chicken and Garlic Toast - ServingDate: 09/23/2024</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Creamy Pesto Pasta with Chicken and Garlic Toast - ServingDate: 09/23/2024</b>					
Rotini Pasta with Chicken and Creamy Pesto Cheese Sauce - LR1510 (1 serving)	72	394.05	45.84	7.20	4.37
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Garlic Toast - LR1111 (1 ea.)	72	70.00	11.00	1.00	0.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Creamy Pesto Pasta with Chicken and Garlic Toast - ServingDate: 09/23/2024</b>					
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>9-12 Soft Taco - ServingDate: 09/24/2024</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Beef Soft Taco - LR1245 (1 taco)	72	471.31	40.66	6.48(M)	2.86(M)
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49



# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
9-12 Soft Taco - ServingDate: 09/24/2024					
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Chicken Drumstick with Cornbread - ServingDate: 09/25/2024</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Breaded Chicken Drumstick - Tyson - LR1412 (1 drumstick )	72	220.00	6.00	1.00	0.00
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Mini Cornbread Loaf - LR1123 (1 loaf.)	72	198.00	32.00	2.20	15.00
Crinkle Cut Fries - LR1098 (1/2 c.)	50	100.00	14.00	1.00	0.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Chicken Drumstick with Cornbread - ServingDate: 09/25/2024</b>					
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>9-12 Nachos - ServingDate: 09/26/2024</b>					
Beef Nachos - LR1258 (1 serving)	72	495.52	35.99	3.85(M)	0.15(M)
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Nachos - ServingDate: 09/26/2024</b>					
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Nachos - ServingDate: 09/26/2024</b>					
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>9-12 Orange Chicken with Rice - ServingDate: 09/27/2024</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	4	563.17	52.05	5.76	11.48
Chicken - Orange - LR1196 (3.6 oz 1 servi)	72	150.00	19.00	0.00	10.00
Chicken Caesar Wrap - LR1450 (1 ea.)	4	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	4	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Chip and Cheese Snack Pack - LR1493 (1 serving)	4	650.00	66.01	4.75	23.51
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	4	547.75	33.24	2.17	6.23
OR Cheese Sandwich - LR1005 (1 ea.)	4	440.00	34.00	2.00	6.00
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	4	422.00	33.09	2.17	5.28
Brown Rice - LR1423 (1 c.)	72	193.29	41.24	1.29	0.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Orange Chicken with Rice - ServingDate: 09/27/2024</b>					
Banana - LR1074 (1 ea.)	20	105.02	26.95	3.07	14.43
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>9-12 Orange Chicken with Rice - ServingDate: 09/27/2024</b>					
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
<b>Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 09/30/2024</b>					
*Cheeseburger - LR1226 (1 ea.)	0	325.00	27.50	3.00	2.50
*Mini Corn Dogs - LR1157 (6 ea.)	0	270.00	30.00	5.00	5.00
*Popcorn Chicken - LR1179 (12 piece)	0	250.00	15.00	3.00	1.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
BBQ Pizza with Big Daddy's Primo Four Cheese Pizza - LR1441 (1 slice)	0	436.27	43.31	3.88	14.80
Beef Ravioli in Meat Sauce - LR1306 (8 pcs.)	85	260.00	30.00	4.00	6.00
Cheesy Stuffed Breadsticks - LR1143 (2 Sticks)	0	290.00	28.00	2.00	5.00
Chef with Ranch Entree Salad - LR1462 (1 salad)	0	902.94	54.97	7.93(M)	12.47 (M)
Chicken Asian Sesame Entree Salad - LR1465 (1 salad)	0	715.13	79.38	8.90(M)	31.73 (M)
Chicken Burger - LR1079 (1 ea.)	0	340.00	36.00	6.00	2.00
Chicken Caesar Salad - LR1471 (1 salad)	0	661.27 (M)	41.91 (M)	3.73(M)	7.08(M)
Chicken Caesar Wrap - LR1450 (1 ea.)	0	460.89 (M)	39.55 (M)	4.03(M)	7.15(M)
Chicken Pesto Wrap - LR1449 (1 ea.)	0	617.64 (M)	35.17 (M)	4.13(M)	3.56(M)
Combination and Cheese Sub Sandwich - LR1469 (1 sandwich)	0	547.75	33.24	2.17	6.23
Eagle Supreme Pizza - LR1442 (1 slice)	0	414.01	35.88	3.41	7.87

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 09/30/2024</b>					
Empanada, Enchilada, Chicken 48/5oz, 2wg/2m Albie's - LR1438 (1 ea.)	0	300.00	32.00	3.00	4.00
Ham with Ranch Entree Salad - LR1460 (1 salad)	0	816.53	54.19	7.93(M)	12.70 (M)
Ham, and Cheese Sub Sandwich - LR1446 (1 sandwich)	0	421.67	33.05	2.17	6.90
Hawaiian Pizza with Big Daddy's Pizza - LR1443 (1 slice)	0	456.44	38.30	3.19	10.46
Italian Salad - LR1480 (1 salad)	0	785.43	63.08	9.96(M)	20.20 (M)
Pepperoni/Canadian Bacon and Cheese Sub Sandwich - LR1447 (1 sandwich)	0	611.29	32.66	2.17	5.79
Pizza, Four Cheese Big Daddy's Primo, Schwans 68591 - LR1440 (1 slice)	0	350.00	34.00	3.00	7.00
Pizza, Garlic Cheese, 6" French Bread, Tony's, Schwans - LR1417 (1 pizza)	0	320.00	29.00	2.00	4.00
Pizza, Pepperoni, 6" French Bread, WG, Tony's - LR1439 (1 pizza)	0	360.00	35.00	3.00	9.00
Pizza-Big Daddy's Pepperoni - LR1089 (1 slice)	0	328.18	34.34	3.18	5.60
Southwest Chicken Salad - LR1477 (1 salad)	0	873.61	62.01	10.63 (M)	13.98 (M)
Sweet and Spicy Chicken Entree Salad - LR1464 (1 salad)	0	647.15	66.92	8.10(M)	25.52 (M)
Turkey and Cheese Sub Sandwich - LR1444 (1 sandwich)	15	422.00	33.09	2.17	5.28



# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 09/30/2024</b>					
Turkey with Ranch Entree Salad - LR1461 (1 salad)	0	817.92	54.26	7.93(M)	10.92 (M)
Turkey, Ham, and Cheese Sub Sandwich - LR1445 (1 sandwich)	0	436.80	33.40	2.17	6.25
Garlic Toast - LR1111 (2 ea.)	85	140.00	22.00	2.00	0.00
Beets, pickled, canned, solids and liquids - LR1453 (1/2 cup slices)	1	73.78	18.48	0.91	12.54
Celery - LR1163 (1/2 cup choppe)	1	7.07	1.50	0.81	0.68
Onions, yellow, 3/8" diced, 4/5#, US Foods, 44998 - LR1435 (72 g.)	1	28.80	7.20	1.44	3.60
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	0	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	20	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	20	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	20	53.33	14.63	1.03	11.49
Banana - LR1074 (1 ea.)	0	105.02	26.95	3.07	14.43
Blueberries with Whipped Topping - LR1470 (1 serving)	0	78.92	16.85	4.99(M)	1.14(M)
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit, Canned - LR1076 (1/2 c.)	20	59.99	14.99	0.99	11.99
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	0	60.00	15.00	(M)	15.00

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 09/30/2024</b>					
Juice, Grape, Thirster - LR1451 (1 container )	0	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	20	61.57	15.39	3.14	12.25
Peach Cup with Whipped Topping - LR1467 (1 serving)	0	94.29	20.14	1.00(M)	17.14
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	0	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	0	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Strawberry Cup with Whipped Topping - LR1346 (1 serving)	0	104.60	21.21	2.01(M)	17.20
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	0	60.00	15.00	1.00	14.00
Dark Green, Broccoli - LR1059 (1/8 c.)	10	3.87	0.76	0.30	0.19
Dark Green/Other, Romaine/Iceberg Mix - LR1069 (1/2 c.)	10	4.52	0.92	0.46	0.49
Legumes, Black Beans - LR1068 (1/8 c.)	4	27.25	5.00	2.00	0.00
Legumes, Garbanzo Beans - LR1067 (1/8 c.)	4	26.25	4.25	1.25	0.75
Other, Cauliflower - LR1060 (1/8 c.)	10	3.34	0.67	0.27	0.26
Other, Cucumbers - LR1061 (1/8 c.)	10	1.49	0.32	0.10	0.20
Other, Olives - LR1071 (1/8 c.)	1	19.49	1.01	0.27	0.00
Other, Pepperoncini - LR1070 (1/8 c.)	1	2.50	1.00	0.50	0.00
Other, Peppers, Green/Yellow - LR1063 (1/8 c.)	5	2.48	0.57	0.20	0.28(M)

# Menu Calendar Nutrient Analysis Report - September, 2024

Site: Weston High School  
Date: 09/01/2024 - 09/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Beef Ravioli, Garlic Toast and Salad Bar - ServingDate: 09/30/2024					
Red/Orange, Carrots - LR1065 (1/8 c.)	15	5.25	1.24	0.43	0.71
Red/Orange, Cherry Tomatoes - LR1077 (1/8 c.)	15	4.59	0.99	0.31	0.67
Red/Orange, Peppers, Red - LR1062 (1/8 c.)	5	2.99	0.69	0.24	0.48
Starchy, Corn - LR1004 (1/8 c.)	5	5.61	1.32	0.13	0.16
Starchy, Peas - LR1066 (1/8 c.)	5	12.90	2.28	0.75	0.84
Milk - Chocolate Non Fat - LR1007 (1 ea.)	85	130.00	24.00	0.00	22.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	13	108.86	12.52	0.00	(M)
AHS Ranch Dressing - LR1433 (2 oz.)	15	299.82	0.99	0.06	0.35
Caesar Dressing, Pouch, Ken's, 1.5oz - LR1452 (1 pkg.)	5	210.00	1.00	0.00	1.00

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

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