

Menu Calendar Nutrient Analysis Report - August, 2019

Site: ALL

Date: 08/01/2019 - 08/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Lunch Elem Week A Wed - ServingDate: 08/21/2019								
Marble Jack Cheese Stick - LR-1002 (1 stick.)	1	110.00	9.00	5.00	0.00	170.00	1.00	7.00
Cheeseburger - LR- 1147 (1 ea.)	1,000	305.00	12.50	4.95	0.00	642.00	28.00	21.50
Deli Sandwich - LR- 1174 (1 ea.)	300	253.57	7.39	2.71	0.00	703.14	28.18	20.87
General Tso's Chicken - LR-1051 (1/2 c.)	900	210.00	7.00	1.00	0.00	450.00	24.00	12.00
Peanut Butter & Jelly Sandwich - LR-1173 (1 ea.)	300	208.80	3.59	0.30	0.00	315.20	39.77	4.70
Rice Brown Cooked - LR-1422 (1/2 c.)	900	27.36	0.16	0.00	0.00	0.80	5.92	0.64
Baked Beans - LR-1177 (1/2 c.)	1,000	135.56	1.08	0.00	0.00	162.78	26.01	7.58
Salad Bar - LR-1175 (1 c.)	1,500	78.35	4.56	1.46	0.00	109.25	5.89	2.27
Red Apples - LR-1030 (1 ea.)	200	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	500	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR- 1118 (1 ea.)	800	60.00	0.00	0.00	0.00	10.50	14.90	0.10
Oranges, Fresh - LR- 1069 (1 ea.)	200	60.00	0.00	0.00	(M)	0.00	15.00	1.00
Strawberry Applesauce - LR-1049 (1 ea.)	800	60.00	0.00	0.00	0.00	0.00	16.00	0.00
Fat Free White Milk - LR-1429 (1 ea.)	20	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Chocolate Milk - LR- 1103 (1 ea.)	1,800	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR- 1104 (1 ea.)	400	110.00	0.00	0.00	0.00	125.00	19.00	8.00
White Milk - LR-1116 (1 ea.)	280	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Condiments - LR-1197 (1 pkg.)	2,500	7.60	0.16	0.02	0.00	63.50	1.28	0.00
Lunch Elem Week A Thur - ServingDate: 08/22/2019								
Marble Jack Cheese Stick - LR-1002 (1 stick.)	1	110.00	9.00	5.00	0.00	170.00	1.00	7.00

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Lunch Elem Week A Thur - ServingDate: 08/22/2019								
BBQ Pork Sandwich - LR-1146 (1 ea.)	900	411.21	8.67	2.66	0.00	708.84	52.30	30.09
Deli Sandwich - LR- 1174 (1 ea.)	300	253.57	7.39	2.71	0.00	703.14	28.18	20.87
Peanut Butter & Jelly Sandwich - LR-1173 (1 ea.)	300	208.80	3.59	0.30	0.00	315.20	39.77	4.70
Turkey, Bacon & Cheese Sandwich - LR- 1160 (1 ea.)	1,000	293.02	7.30	3.18	0.00	695.09	30.00	26.10
Baked Potato - LR-1178 (1 ea.)	1,000	84.50	2.50	0.50	0.00	49.00	13.00	2.30
Salad Bar - LR-1175 (1 c.)	1,500	78.35	4.56	1.46	0.00	109.25	5.89	2.27
Red Apples - LR-1030 (1 ea.)	300	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	500	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR- 1118 (1 ea.)	800	60.00	0.00	0.00	0.00	10.50	14.90	0.10
Oranges, Fresh - LR- 1069 (1 ea.)	200	60.00	0.00	0.00	(M)	0.00	15.00	1.00
Peaches Diced - LR- 1306 (1/2 c.)	700	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Fat Free White Milk - LR-1429 (1 ea.)	20	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Chocolate Milk - LR- 1103 (1 ea.)	1,900	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR- 1104 (1 ea.)	300	110.00	0.00	0.00	0.00	125.00	19.00	8.00
White Milk - LR-1116 (1 ea.)	280	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Condiments - LR-1197 (1 pkg.)	2,500	7.60	0.16	0.02	0.00	63.50	1.28	0.00
Lunch Elem Week A Fri - ServingDate: 08/23/2019								
Marble Jack Cheese Stick - LR-1002 (1 stick.)	1	110.00	9.00	5.00	0.00	170.00	1.00	7.00
Chicken Nuggets - LR- 1141 (5 ea.)	1,500	200.00	10.00	2.00	0.00	400.00	13.00	15.00
Deli Wrap - LR-1183 (1 ea.)	300	223.57	7.89	3.71	0.00	548.14	21.18	17.87

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Lunch Elem Week A Fri - ServingDate: 08/23/2019								
Fettuccine Alfredo - LR-1162 (2/3 c.)	400	265.30	7.61	4.16	0.00	519.03	35.02	13.01
Peanut Butter & Jelly Sandwich - LR-1173 (1 ea.)	300	208.80	3.59	0.30	0.00	315.20	39.77	4.70
Dinner Roll - LR-1180 (1 ea.)	1,900	100.00	4.00	0.50	0.00	190.00	14.00	3.00
Caesar Salad - LR-1179 (3/4 c.)	1,500	48.26	2.70	0.38	0.00	101.06	5.47	1.67
Salad Bar - LR-1175 (1 c.)	1,000	78.35	4.56	1.46	0.00	109.25	5.89	2.27
Red Apples - LR-1030 (1 ea.)	300	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	500	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR-1118 (1 ea.)	800	60.00	0.00	0.00	0.00	10.50	14.90	0.10
Mixed Fruit - LR-1066 (1/2 c.)	500	60.00	0.00	0.00	0.00	5.00	15.00	0.00
Oranges, Fresh - LR-1069 (1 ea.)	400	60.00	0.00	0.00	(M)	0.00	15.00	1.00
Fat Free White Milk - LR-1429 (1 ea.)	20	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	1,900	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	300	110.00	0.00	0.00	0.00	125.00	19.00	8.00
White Milk - LR-1116 (1 ea.)	280	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Condiments - LR-1197 (1 pkg.)	2,500	7.60	0.16	0.02	0.00	63.50	1.28	0.00
Lunch Elem Week B Mon - ServingDate: 08/26/2019								
Marble Jack Cheese Stick - LR-1002 (1 stick.)	1	110.00	9.00	5.00	0.00	170.00	1.00	7.00
Chicken Drumsticks BBQ - LR-1496 (1 ea.)	900	140.00	8.00	2.00	0.00	570.00	6.00	12.00
Deli Sandwich - LR-1174 (1 ea.)	300	253.57	7.39	2.71	0.00	703.14	28.18	20.87
Peanut Butter & Jelly Sandwich - LR-1173 (1 ea.)	300	208.80	3.59	0.30	0.00	315.20	39.77	4.70

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Lunch Elem Week B Mon - ServingDate: 08/26/2019								
Cheese Pizza Slice - LR-1087 (1 ea.)	1,000	310.00	12.00	6.00	0.00	360.00	30.00	22.00
Breadstick - LR-1364 (1 ea.)	1,000	152.18	1.74	0.00	0.00	280.25	28.00	5.00
Green Peas - LR-1061 (1/2 c.)	800	62.00	0.00	0.00	0.00	58.00	11.00	4.00
Salad Bar - LR-1175 (1 c.)	1,700	78.35	4.56	1.46	0.00	109.25	5.89	2.27
Red Apples - LR-1030 (1 ea.)	400	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	600	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR-1118 (1 ea.)	800	60.00	0.00	0.00	0.00	10.50	14.90	0.10
Oranges, Fresh - LR-1069 (1 ea.)	200	60.00	0.00	0.00	(M)	0.00	15.00	1.00
Mandarin Oranges - LR-1070 (1/2 c.)	500	90.00	0.00	0.00	0.00	15.00	19.00	0.00
Fat Free White Milk - LR-1429 (1 ea.)	20	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	1,700	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	400	110.00	0.00	0.00	0.00	125.00	19.00	8.00
White Milk - LR-1116 (1 ea.)	380	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Condiments - LR-1197 (1 pkg.)	2,500	7.60	0.16	0.02	0.00	63.50	1.28	0.00
Lunch Elem Week B Tue - ServingDate: 08/27/2019								
Marble Jack Cheese Stick - LR-1002 (1 stick.)	1	110.00	9.00	5.00	0.00	170.00	1.00	7.00
Deli Sandwich - LR-1174 (1 ea.)	100	253.57	7.39	2.71	0.00	703.14	28.18	20.87
Grilled Cheese Sandwich - LR-1062 (1 ea.)	1,000	280.00	9.91	5.56	0.00	580.79	30.96	18.55
Hamburger - LR-1151 (1 ea.)	1,200	270.00	10.50	3.70	0.00	487.00	27.00	18.00
Peanut Butter & Jelly Sandwich - LR-1173 (1 ea.)	200	208.80	3.59	0.30	0.00	315.20	39.77	4.70

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Lunch Elem Week B Tue - ServingDate: 08/27/2019								
Sliced Carrots - LR-1105 (2/3 c.)	1,000	36.00	1.33	0.00	0.00	57.33	8.00	0.00
Salad Bar - LR-1175 (1 c.)	1,500	78.35	4.56	1.46	0.00	109.25	5.89	2.27
Red Apples - LR-1030 (1 ea.)	300	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	600	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR-1118 (1 ea.)	1,000	60.00	0.00	0.00	0.00	10.50	14.90	0.10
Kiwi Halves - LR-1064 (1 1/2 ea.)	500	69.00	0.00	0.00	0.00	3.00	16.50	1.50
Oranges, Fresh - LR-1069 (1 ea.)	100	60.00	0.00	0.00	(M)	0.00	15.00	1.00
Fat Free White Milk - LR-1429 (1 ea.)	20	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	1,800	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	350	110.00	0.00	0.00	0.00	125.00	19.00	8.00
White Milk - LR-1116 (1 ea.)	330	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Condiments - LR-1197 (1 pkg.)	2,500	7.60	0.16	0.02	0.00	63.50	1.28	0.00
Lunch Elem Week B Wed - ServingDate: 08/28/2019								
Marble Jack Cheese Stick - LR-1002 (1 stick.)	1	110.00	9.00	5.00	0.00	170.00	1.00	7.00
Deli Sandwich - LR-1174 (1 ea.)	200	253.57	7.39	2.71	0.00	703.14	28.18	20.87
Peanut Butter & Jelly Sandwich - LR-1173 (1 ea.)	200	208.80	3.59	0.30	0.00	315.20	39.77	4.70
Pizza Sub - LR-1161 (1 ea.)	200	323.20	11.05	4.24	0.00	829.40	34.49	20.07
Tangerine Chicken - LR-1054 (4 oz.)	1,900	190.00	4.00	1.00	0.00	380.00	25.00	14.00
Rice Brown Cooked - LR-1422 (1/2 c.)	200	27.36	0.16	0.00	0.00	0.80	5.92	0.64
Broccoli Cuts - LR-1078 (1/2 c.)	700	26.00	0.00	0.00	0.00	22.00	5.00	3.00

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Lunch Elem Week B Wed - ServingDate: 08/28/2019								
Salad Bar - LR-1175 (1 c.)	1,800	78.35	4.56	1.46	0.00	109.25	5.89	2.27
Red Apples - LR-1030 (1 ea.)	200	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	750	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Cantaloupe - LR-1035 (1/2 c.)	1,000	30.00	0.15	0.00	0.00	14.00	7.00	0.80
Variety of Juices - LR-1118 (1 ea.)	500	60.00	0.00	0.00	0.00	10.50	14.90	0.10
Oranges, Fresh - LR-1069 (1 ea.)	50	60.00	0.00	0.00	(M)	0.00	15.00	1.00
Fat Free White Milk - LR-1429 (1 ea.)	20	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	1,900	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	300	110.00	0.00	0.00	0.00	125.00	19.00	8.00
White Milk - LR-1116 (1 ea.)	280	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Condiments - LR-1197 (1 pkg.)	2,500	7.60	0.16	0.02	0.00	63.50	1.28	0.00
Lunch Elem Week B Thur - ServingDate: 08/29/2019								
Marble Jack Cheese Stick - LR-1002 (1 stick.)	1	110.00	9.00	5.00	0.00	170.00	1.00	7.00
Crispy Pork Sandwich - LR-1152 (1 ea.)	500	400.00	19.50	5.00	0.00	580.00	37.00	22.00
Deli Sandwich - LR-1174 (1 ea.)	150	253.57	7.39	2.71	0.00	703.14	28.18	20.87
Nacho with Toppings - LR-1136 (1 ea.)	1,700	314.03	17.26	5.91	0.00	596.64	33.01	8.91
Peanut Butter & Jelly Sandwich - LR-1173 (1 ea.)	150	208.80	3.59	0.30	0.00	315.20	39.77	4.70
Refried Beans - LR-1184 (1/2 c.)	1,500	149.42	0.47	0.00	0.00	140.08	27.08	9.34
Salad Bar - LR-1175 (1 c.)	1,000	78.35	4.56	1.46	0.00	109.25	5.89	2.27
Red Apples - LR-1030 (1 ea.)	300	65.00	0.00	0.00	0.00	0.00	18.00	0.00

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Lunch Elem Week B Thur - ServingDate: 08/29/2019								
Banana - LR-1032 (1 ea.)	800	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Fruit Ice Cup - LR-1047 (1 ea.)	500	70.00	0.00	0.00	0.00	10.00	19.00	0.00
Variety of Juices - LR-1118 (1 ea.)	800	60.00	0.00	0.00	0.00	10.50	14.90	0.10
Oranges, Fresh - LR-1069 (1 ea.)	100	60.00	0.00	0.00	(M)	0.00	15.00	1.00
Fat Free White Milk - LR-1429 (1 ea.)	20	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	1,900	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	300	110.00	0.00	0.00	0.00	125.00	19.00	8.00
White Milk - LR-1116 (1 ea.)	280	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Condiments - LR-1197 (1 pkg.)	2,500	7.60	0.16	0.02	0.00	63.50	1.28	0.00
Beef Taco Meat - LR-1134 (3 oz.)	1,200	182.06	13.41	5.03	0.00(M)	195.53	0.14	14.53
Lunch Elem Week B Fri - ServingDate: 08/30/2019								
Marble Jack Cheese Stick - LR-1002 (1 stick.)	1	110.00	9.00	5.00	0.00	170.00	1.00	7.00
Deli Sandwich - LR-1174 (1 ea.)	100	253.57	7.39	2.71	0.00	703.14	28.18	20.87
Hot Ham & Cheese Sandwich - LR-1159 (1 ea.)	900	293.68	9.43	3.90	0.00	491.05	32.47	19.19
Macaroni & Cheese - LR-1185 (1 c.)	1,300	386.42	17.83	9.79	0.00	806.91	34.95	21.23
Peanut Butter & Jelly Sandwich - LR-1173 (1 ea.)	200	208.80	3.59	0.30	0.00	315.20	39.77	4.70
Mini Pretzel - LR-1094 (1 ea.)	1,300	70.00	0.50	0.00	0.00	100.00	14.00	2.00
Green Beans - LR-1060 (1/2 c.)	500	19.00	0.00	0.00	0.00	1.00	4.00	1.00
Salad Bar - LR-1175 (1 c.)	2,000	78.35	4.56	1.46	0.00	109.25	5.89	2.27
Red Apples - LR-1030 (1 ea.)	300	65.00	0.00	0.00	0.00	0.00	18.00	0.00

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Lunch Elem Week B Fri - ServingDate: 08/30/2019								
Banana - LR-1032 (1 ea.)	800	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Blueberries - LR-1430 (1/2 c.)	300	40.00	0.00	0.00	0.00	2.00	10.00	0.00
Variety of Juices - LR-1118 (1 ea.)	900	60.00	0.00	0.00	0.00	10.50	14.90	0.10
Oranges, Fresh - LR-1069 (1 ea.)	200	60.00	0.00	0.00	(M)	0.00	15.00	1.00
Fat Free White Milk - LR-1429 (1 ea.)	20	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	1,900	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	300	110.00	0.00	0.00	0.00	125.00	19.00	8.00
White Milk - LR-1116 (1 ea.)	280	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Condiments - LR-1197 (1 pkg.)	2,500	7.60	0.16	0.02	0.00	63.50	1.28	0.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: Elementary

Menu Line: Regular Lunch

Serving Group: K-5

Nutrients Option: Expanded