

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: ALL

Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Breakfast Middle D Mon - ServingDate: 12/03/2018</b>								
Bagel with Cream Cheese - LR-1120 (1 ea.)	10	230.00	9.00	5.00	0.00	300.00	30.00	7.00
Banana Breakfast Bar - LR-1020 (1 ea.)	60	280.00	8.00	3.00	0.00	220.00	48.00	5.00
Waffles Mini Maple - LR- 1442 (1 Bag)	70	200.00	5.00	1.00	0.00	170.00	37.00	4.00
Yogurt & Granola - LR- 1122 (1 ea.)	10	180.00	3.50	1.00	0.00	200.00	34.00	5.00
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR- 1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR- 1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR- 1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR- 1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR- 1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle D Tue - ServingDate: 12/04/2018</b>								
Bar Cinnamon Toast - LR-1300 (1 ea.)	50	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Egg Cheese Breadstick - LR-1463 (1 ea.)	60	160.00	7.00	3.00	0.00	340.00	17.00	8.00
Ultimate Breakfast Round - LR-1109 (1 ea.)	20	280.00	8.00	3.00	0.00	190.00	44.00	5.00
Yogurt Parfait - LR- 1297 (1 ea.)	20	229.93	1.26	0.00	0.00	98.11	48.07	6.44
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR- 1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR- 1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00

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<b>Breakfast Middle D Tue - ServingDate: 12/04/2018</b>								
1% White Milk - LR-1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle D Wed - ServingDate: 12/05/2018</b>								
Banana Breakfast Bar - LR-1020 (1 ea.)	40	280.00	8.00	3.00	0.00	220.00	48.00	5.00
Egg Cheese Sandwich - LR-1124 (1 ea.)	50	180.00	8.00	1.88	0.00	280.00	18.50	7.75
Yogurt & Granola - LR-1122 (1 ea.)	10	180.00	3.50	1.00	0.00	200.00	34.00	5.00
Apple Flip - LR-1528 (1 ea.)	50	200.00	7.00	1.50	0.00	230.00	31.00	4.00
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	70	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR-1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR-1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR-1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle D Thu - ServingDate: 12/06/2018</b>								
Apple Texas Toast - LR-1016 (1 ea.)	70	260.00	6.00	1.00	0.00	290.00	45.00	8.00
Bagel with Cream Cheese - LR-1120 (1 ea.)	15	230.00	9.00	5.00	0.00	300.00	30.00	7.00
Blueberry Bread - LR-1362 (1 slice)	50	270.00	9.00	2.00	0.00	190.00	43.00	6.00
Yogurt Parfait - LR-1297 (1 ea.)	15	229.93	1.26	0.00	0.00	98.11	48.07	6.44

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Breakfast Middle D Thu - ServingDate: 12/06/2018</b>								
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR- 1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR- 1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR- 1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR- 1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR- 1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle D Fri - ServingDate: 12/07/2018</b>								
Bagel with Cream Cheese - LR-1120 (1 ea.)	15	230.00	9.00	5.00	0.00	300.00	30.00	7.00
Banana Breakfast Bar - LR-1020 (1 ea.)	50	280.00	8.00	3.00	0.00	220.00	48.00	5.00
Sausage Cheese Sandwich - LR-1121 (1 ea.)	70	200.00	9.50	2.75	0.00	330.00	18.00	12.50
Yogurt & Granola - LR- 1122 (1 ea.)	15	180.00	3.50	1.00	0.00	200.00	34.00	5.00
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR- 1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR- 1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR- 1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR- 1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR- 1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00

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<b>Breakfast Middle E Mon - ServingDate: 12/10/2018</b>								
Bagel with Cream Cheese - LR-1120 (1 ea.)	10	230.00	9.00	5.00	0.00	300.00	30.00	7.00
Banana Breakfast Bar - LR-1020 (1 ea.)	60	280.00	8.00	3.00	0.00	220.00	48.00	5.00
French Toast Sticks - LR-1046 (3 ea.)	70	160.00	3.50	1.00	0.00	270.00	23.00	8.00
Yogurt & Granola - LR- 1122 (1 ea.)	10	180.00	3.50	1.00	0.00	200.00	34.00	5.00
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR- 1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR- 1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR- 1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR- 1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR- 1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle E Tue - ServingDate: 12/11/2018</b>								
Bar Cinnamon Toast - LR-1300 (1 ea.)	50	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Egg Cheese Wrap - LR- 1117 (1 ea.)	70	190.00	8.50	3.38	0.00	275.00	20.50	7.75
Ultimate Breakfast Round - LR-1109 (1 ea.)	10	280.00	8.00	3.00	0.00	190.00	44.00	5.00
Yogurt Parfait - LR- 1297 (1 ea.)	20	229.93	1.26	0.00	0.00	98.11	48.07	6.44
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR- 1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR- 1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00

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<b>Breakfast Middle E Tue - ServingDate: 12/11/2018</b>								
1% White Milk - LR-1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle E Wed - ServingDate: 12/12/2018</b>								
Banana Breakfast Bar - LR-1020 (1 ea.)	30	280.00	8.00	3.00	0.00	220.00	48.00	5.00
Cinnamon Roll - LR-1040 (1 ea.)	40	210.00	7.00	1.50	0.00	20.00	34.00	4.00
Breakfast Pizza - LR-1085 (1 ea.)	70	210.00	10.00	2.00	0.00	320.00	21.00	10.00
Yogurt & Granola - LR-1122 (1 ea.)	10	180.00	3.50	1.00	0.00	200.00	34.00	5.00
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR-1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR-1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR-1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle E Thu - ServingDate: 12/13/2018</b>								
Blueberry Bread - LR-1362 (1 slice)	30	270.00	9.00	2.00	0.00	190.00	43.00	6.00
CrunchMania - LR-1043 (1 Bag)	40	220.00	7.00	2.00	0.00	230.00	37.00	4.00
Pancake on a Sticks - LR-1001 (1 ea.)	70	200.00	10.00	2.50	0.00	310.00	17.00	7.00
Yogurt Parfait - LR-1297 (1 ea.)	10	229.93	1.26	0.00	0.00	98.11	48.07	6.44
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00

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<b>Breakfast Middle E Thu - ServingDate: 12/13/2018</b>								
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR-1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR-1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR-1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle E Fri - ServingDate: 12/14/2018</b>								
Bagel with Cream Cheese - LR-1120 (1 ea.)	15	230.00	9.00	5.00	0.00	300.00	30.00	7.00
Banana Breakfast Bar - LR-1020 (1 ea.)	50	280.00	8.00	3.00	0.00	220.00	48.00	5.00
Blueberry Mini Pancakes - LR-1026 (1 pkg)	70	210.00	6.00	1.00	0.00	310.00	35.00	4.00
Yogurt & Granola - LR-1122 (1 ea.)	15	180.00	3.50	1.00	0.00	200.00	34.00	5.00
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR-1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR-1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR-1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle F Mon - ServingDate: 12/17/2018</b>								
Apple Texas Toast - LR-1016 (1 ea.)	70	260.00	6.00	1.00	0.00	290.00	45.00	8.00

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<b>Breakfast Middle F Mon - ServingDate: 12/17/2018</b>								
Banana Breakfast Bar - LR-1020 (1 ea.)	60	280.00	8.00	3.00	0.00	220.00	48.00	5.00
Blueberry Bread - LR- 1362 (1 slice)	10	270.00	9.00	2.00	0.00	190.00	43.00	6.00
Yogurt & Granola - LR- 1122 (1 ea.)	10	180.00	3.50	1.00	0.00	200.00	34.00	5.00
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR- 1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR- 1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR- 1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR- 1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR- 1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle F Tue - ServingDate: 12/18/2018</b>								
Banana Bread - LR- 1265 (1 slice)	30	280.00	10.00	2.00	0.00	220.00	44.00	5.00
Bar Cinnamon Toast - LR-1300 (1 ea.)	50	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Yogurt Parfait - LR- 1297 (1 ea.)	10	229.93	1.26	0.00	0.00	98.11	48.07	6.44
Bagel-Fuls Cinnamon - LR-1501 (1 ea.)	60	180.00	3.00	1.50	0.00	180.00	32.00	6.00
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR- 1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR- 1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR- 1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR- 1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00

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<b>Breakfast Middle F Tue - ServingDate: 12/18/2018</b>								
Strawberry Milk - LR-1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle F Wed - ServingDate: 12/19/2018</b>								
Banana Breakfast Bar - LR-1020 (1 ea.)	60	280.00	8.00	3.00	0.00	220.00	48.00	5.00
Blueberry Bread - LR-1362 (1 slice)	15	270.00	9.00	2.00	0.00	190.00	43.00	6.00
Chicken Breakfast Sandwich - LR-1126 (1 ea.)	65	196.02	6.50	1.00	0.00	307.05	24.00	11.00
Yogurt & Granola - LR-1122 (1 ea.)	10	180.00	3.50	1.00	0.00	200.00	34.00	5.00
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR-1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR-1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR-1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle F Thu - ServingDate: 12/20/2018</b>								
Strawberry Crisp Bar - LR-1360 (1 Bar)	30	250.00	8.00	2.50	0.00	75.00	41.00	4.00
CrunchMania - LR-1043 (1 Bag)	50	220.00	7.00	2.00	0.00	230.00	37.00	4.00
Waffles Mini Maple - LR-1442 (1 Bag)	50	200.00	5.00	1.00	0.00	170.00	37.00	4.00
Yogurt Parfait - LR-1297 (1 ea.)	20	229.93	1.26	0.00	0.00	98.11	48.07	6.44
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00



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<b>Breakfast Middle F Thu - ServingDate: 12/20/2018</b>								
Variety of Juices - LR-1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR-1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR-1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00
<b>Breakfast Middle F Fri - ServingDate: 12/21/2018</b>								
Bagel with Cream Cheese - LR-1120 (1 ea.)	10	230.00	9.00	5.00	0.00	300.00	30.00	7.00
Banana Breakfast Bar - LR-1020 (1 ea.)	60	280.00	8.00	3.00	0.00	220.00	48.00	5.00
Cinn. French Toast - LR-1039 (1 ea.)	70	210.00	8.00	2.00	0.00	290.00	26.00	8.00
Yogurt & Granola - LR-1122 (1 ea.)	10	180.00	3.50	1.00	0.00	200.00	34.00	5.00
Red Apples - LR-1030 (1 ea.)	35	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	80	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Variety of Juices - LR-1118 (1 ea.)	150	60.00	0.00	0.00	0.00	12.00	14.60	0.10
Oranges, Fresh - LR-1069 (1 ea.)	35	60.00	0.00	0.00	(M)	0.00	15.00	1.00
1% White Milk - LR-1116 (1 ea.)	15	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	120	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	15	110.00	0.00	0.00	0.00	125.00	19.00	8.00

**Legend**

(M) - Missing Nutrient Values

# Menu Calendar Nutrient Analysis Report - December, 2018

Site: ALL  
Date: 12/01/2018 - 12/31/2018

**Report Selections**

Meal Type: Breakfast  
Site Group: Middle  
Menu Line: Regular Breakfast  
Serving Group: 6-8  
Nutrients Option: Expanded