

# Menu Calendar Nutrient Analysis Report - July, 2019

Site: Penn High School  
 Date: 07/01/2019 - 07/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SFSP Lunch Wk2 Mon :3193 - ServingDate: 07/01/2019</b>								
Flour Tortilla & Toppings - LR-1135 (1 ea.)	100	160.25	6.00	3.25	0.00	220.00	20.55	7.02
Kiwi Halves - LR-1064 (1 1/2 ea.)	100	69.00	0.00	0.00	0.00	3.00	16.50	1.50
Pineapple Chunks - LR-1076 (1/2 c.)	100	70.00	0.00	0.00	0.00	0.00	16.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Beef Taco Meat - LR-1134 (3 oz.)	100	182.06	13.41	5.03	0.00(M)	195.53	0.14	14.53
<b>SFSP Lunch Wk2 Tues :3193 - ServingDate: 07/02/2019</b>								
Grilled Chicken Sandwich - LR-1153 (1 ea.)	100	268.00	8.00	1.50	0.00	511.00	29.00	20.00
Baby Carrots - LR-1550 (1/2 c.)	100	22.50	0.00	0.00	0.00	40.00	5.40	1.00
Pear Cup - LR-1504 (1/2 c.)	100	58.00	0.00	0.00	0.00	0.00	15.00	0.40
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk2 Wed :3193 - ServingDate: 07/03/2019</b>								
Deli Wrap - LR-1183 (1 ea.)	100	232.64	9.29	4.04	0.00	561.34	20.79	17.90
Applesauce - LR-1017 (1/2 c.)	100	51.00	0.00	0.00	0.00	2.00	13.80	0.20
Red Grapes - LR-1558 (1/2 c.)	100	45.00	0.00	0.00	0.00	7.50	12.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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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>SFSP Lunch Wk2 Fri :3193 - ServingDate: 07/05/2019</b>								
Hot Dog Sandwich - LR-1158 (1 ea.)	100	280.00	12.00	3.00	0.00	440.00	29.00	12.00
Cucumber Slices - LR-1551 (1/2 c.)	100	4.00	0.00	0.00	0.00	0.50	1.00	0.00
Apple Juice Box - LR-1529 (1 ea.)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk3 Mon :3193 - ServingDate: 07/08/2019</b>								
Meatball Sub - LR-1200 (1 ea.)	100	337.37	11.42	4.19	0.46	508.97	38.59	18.77
Orange Wedges - LR-1546 (1 pkg.)	100	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Raisins - LR-1099 (1 ea.)	100	133.00	0.00	0.00	0.00	8.00	32.00	1.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk3 Tues :3193 - ServingDate: 07/09/2019</b>								
Chicken Drumstick - LR-1038 (1 ea.)	100	190.00	11.00	2.50	0.00	450.00	5.00	16.00
Blueberry Muffin - LR-1426 (1 ea.)	100	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Apple Juice Box - LR-1529 (1 ea.)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Peach Cup - LR-1503 (1/2 c.)	100	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk3 Wed :3193 - ServingDate: 07/10/2019</b>								
Corn Dog - LR-1142 (1 ea.)	100	240.00	8.00	2.50	0.00	390.00	30.00	9.00

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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>SFSP Lunch Wk3 Wed :3193 - ServingDate: 07/10/2019</b>								
Baby Carrots - LR-1550 (1/2 c.)	100	22.50	0.00	0.00	0.00	40.00	5.40	1.00
Fruit Punch Juice - LR-1096 (1 ea.)	100	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk3 Thur :3193 - ServingDate: 07/11/2019</b>								
Turkey Burger - LR-1148 (1 ea.)	100	300.00	11.00	3.00	0.00	610.00	28.00	22.00
Cucumber Slices - LR-1551 (1/2 c.)	100	4.00	0.00	0.00	0.00	0.50	1.00	0.00
Red Grapes - LR-1558 (1/2 c.)	100	45.00	0.00	0.00	0.00	7.50	12.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk3 Fri :3193 - ServingDate: 07/12/2019</b>								
Chicken Strips - LR-1143 (3 ea.)	100	213.00	10.30	1.60	0.00	330.00	17.30	12.80
Fresh Apple Slices - LR-1018 (1/2 c.)	100	30.00	0.00	0.00	0.00	0.00	9.60	0.00
Pear Cup - LR-1504 (1/2 c.)	100	58.00	0.00	0.00	0.00	0.00	15.00	0.40
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk1 Mon :3193 - ServingDate: 07/15/2019</b>								
Grilled Cheese Sandwich - LR-1062 (1 ea.)	100	280.00	9.91	5.56	0.00	580.79	30.96	18.55
Orange Juice - LR-1068 (1 ea.)	100	60.00	0.00	0.00	0.00	15.00	14.00	1.00

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<b>SFSP Lunch Wk1 Mon :3193 - ServingDate: 07/15/2019</b>								
Pear Cup - LR-1504 (1/2 c.)	100	58.00	0.00	0.00	0.00	0.00	15.00	0.40
Chocolate Milk - LR-1103 (1 ea.)	100	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk1 Tues :3193 - ServingDate: 07/16/2019</b>								
Chicken Patty Sandwich - LR-1139 (1 ea.)	100	334.00	10.00	2.50	0.00	558.00	41.00	20.00
Apple Juice Box - LR-1529 (1 ea.)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Banana - LR-1032 (1 ea.)	100	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk1 Wedn :3193 - ServingDate: 07/17/2019</b>								
Turkey & Cheese Sub - LR-1219 (1 ea.)	100	285.17	6.75	2.25	0.00	795.86	29.00	24.53
Broccoli Florets Individ. - LR-1548 (1/2 c.)	100	12.00	0.00	0.00	0.00	12.00	2.00	1.00
Red Grapes - LR-1558 (1/2 c.)	100	45.00	0.00	0.00	0.00	7.50	12.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk1 Thur :3193 - ServingDate: 07/18/2019</b>								
MAXX Sticks - LR-1167 (2 ea.)	100	290.00	9.00	3.00	0.00	630.00	36.00	19.00
Celery Sticks Individ. - LR-1549 (1/2 c.)	100	8.50	0.00	0.00	0.00	50.00	2.00	0.50
Fresh Apple Slices - LR-1018 (1/2 c.)	100	30.00	0.00	0.00	0.00	0.00	9.60	0.00

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<b>SFSP Lunch Wk1 Thur :3193 - ServingDate: 07/18/2019</b>								
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk1 Fri :3193 - ServingDate: 07/19/2019</b>								
Hamburger - LR-1151 (1 ea.)	100	280.00	10.00	3.70	0.00	417.00	29.00	17.00
Blueberries - LR-1430 (1/2 c.)	100	40.00	0.00	0.00	0.00	2.00	10.00	0.00
Peach Cup - LR-1503 (1/2 c.)	0	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk2 Mon :3193 - ServingDate: 07/22/2019</b>								
Flour Tortilla & Toppings - LR-1135 (1 ea.)	100	160.25	6.00	3.25	0.00	220.00	20.55	7.02
Kiwi Halves - LR-1064 (1 1/2 ea.)	100	69.00	0.00	0.00	0.00	3.00	16.50	1.50
Pineapple Chunks - LR-1076 (1/2 c.)	100	70.00	0.00	0.00	0.00	0.00	16.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Beef Taco Meat - LR-1134 (3 oz.)	100	182.06	13.41	5.03	0.00(M)	195.53	0.14	14.53
<b>SFSP Lunch Wk2 Tues :3193 - ServingDate: 07/23/2019</b>								
Grilled Chicken Sandwich - LR-1153 (1 ea.)	100	268.00	8.00	1.50	0.00	511.00	29.00	20.00
Baby Carrots - LR-1550 (1/2 c.)	100	22.50	0.00	0.00	0.00	40.00	5.40	1.00
Pear Cup - LR-1504 (1/2 c.)	100	58.00	0.00	0.00	0.00	0.00	15.00	0.40

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<b>SFSP Lunch Wk2 Tues :3193 - ServingDate: 07/23/2019</b>								
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk2 Wed :3193 - ServingDate: 07/24/2019</b>								
Deli Wrap - LR-1183 (1 ea.)	100	232.64	9.29	4.04	0.00	561.34	20.79	17.90
Applesauce - LR-1017 (1/2 c.)	100	51.00	0.00	0.00	0.00	2.00	13.80	0.20
Red Grapes - LR-1558 (1/2 c.)	100	45.00	0.00	0.00	0.00	7.50	12.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk2 Thur :3193 - ServingDate: 07/25/2019</b>								
Chicken Nuggets - LR-1141 (5 ea.)	100	182.00	9.90	1.62	0.00	328.00	9.50	13.50
Apple Muffin Otis - LR-1492 (1 ea.)	100	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Banana - LR-1032 (1 ea.)	100	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Fruit Punch Juice - LR-1096 (1 ea.)	100	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk2 Fri :3193 - ServingDate: 07/26/2019</b>								
Hot Dog Sandwich - LR-1158 (1 ea.)	100	280.00	12.00	3.00	0.00	440.00	29.00	12.00
Cucumber Slices - LR-1551 (1/2 c.)	100	4.00	0.00	0.00	0.00	0.50	1.00	0.00
Apple Juice Box - LR-1529 (1 ea.)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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<b>SFSP Lunch Wk2 Fri :3193 - ServingDate: 07/26/2019</b>								
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk3 Mon :3193 - ServingDate: 07/29/2019</b>								
Meatball Sub - LR-1200 (1 ea.)	100	337.37	11.42	4.19	0.46	508.97	38.59	18.77
Orange Wedges - LR-1546 (1 pkg.)	100	60.00	0.00	0.00	0.00	0.00	15.00	1.00
Raisins - LR-1099 (1 ea.)	100	133.00	0.00	0.00	0.00	8.00	32.00	1.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk3 Tues :3193 - ServingDate: 07/30/2019</b>								
Chicken Drumstick - LR-1038 (1 ea.)	100	190.00	11.00	2.50	0.00	450.00	5.00	16.00
Blueberry Muffin - LR-1426 (1 ea.)	100	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Apple Juice Box - LR-1529 (1 ea.)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Peach Cup - LR-1503 (1/2 c.)	100	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>SFSP Lunch Wk3 Wed :3193 - ServingDate: 07/31/2019</b>								
Corn Dog - LR-1142 (1 ea.)	100	240.00	8.00	2.50	0.00	390.00	30.00	9.00
Baby Carrots - LR-1550 (1/2 c.)	100	22.50	0.00	0.00	0.00	40.00	5.40	1.00
Fruit Punch Juice - LR-1096 (1 ea.)	100	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	99	120.00	0.00	0.00	0.00	180.00	20.00	8.00

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<b>SFSP Lunch Wk3 Wed :3193 - ServingDate: 07/31/2019</b>								
White Milk - LR-1116 (1 ea.)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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

**Report Selections**  
 Meal Type: Lunch  
 Site Group: High  
 Menu Line: Summer Lunch  
 Serving Group: Ages 6-18  
 Nutrients Option: Expanded