

Menu Calendar Nutrient Analysis Report - November, 2018

Site: ALL
 Date: 11/01/2018 - 11/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Breakfast Sack Element Thur - ServingDate: 11/01/2018								
Ultimate Breakfast Round - LR-1109 (1 ea.)	500	280.00	8.00	3.00	0.00	190.00	44.00	5.00
Applesauce - LR-1017 (1/2 c.)	500	51.00	0.00	0.00	0.00	2.00	13.80	0.20
Fruit Punch Juice - LR-1096 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Breakfast Sack Element Fri - ServingDate: 11/02/2018								
French Toast Sticks - LR-1046 (3 ea.)	500	160.00	3.50	1.00	0.00	270.00	23.00	8.00
Apple Juice - LR-1029 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Raisins - LR-1099 (1 ea.)	500	133.00	0.00	0.00	0.00	8.00	32.00	1.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	0	110.00	0.00	0.00	0.00	125.00	19.00	8.00
Breakfast Sack Element Mon - ServingDate: 11/05/2018								
Bagel-Fuls Cinnamon - LR-1501 (1 ea.)	500	180.00	3.00	1.50	0.00	180.00	32.00	6.00
Fresh Apple Slices - LR-1018 (1/2 c.)	500	30.00	0.00	0.00	0.00	0.00	9.60	0.00
Orange Juice - LR-1068 (1 ea.)	500	60.00	0.00	0.00	0.00	15.00	14.00	1.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	0	110.00	0.00	0.00	0.00	125.00	19.00	8.00

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Breakfast Sack Elem F Tue - ServingDate: 11/06/2018								
Blueberry Bread - LR-1362 (1 slice)	500	270.00	9.00	2.00	0.00	190.00	43.00	6.00
Apple Juice - LR-1029 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Peach Cup - LR-1503 (1/2 c.)	500	60.00	0.00	0.00	0.00	5.00	16.00	0.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	0	110.00	0.00	0.00	0.00	125.00	19.00	8.00
Breakfast Sack Elem F Wed - ServingDate: 11/07/2018								
Breakfast Bites - LR-1108 (3 ea.)	500	210.00	13.00	3.00	0.00	430.00	17.00	6.00
Banana - LR-1032 (1 ea.)	500	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Fruit Punch Juice - LR-1096 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	0	110.00	0.00	0.00	0.00	125.00	19.00	8.00
Breakfast Sack Elem F Thur - ServingDate: 11/08/2018								
Waffles Mini Maple - LR-1442 (1 Bag)	500	200.00	5.00	1.00	0.00	170.00	37.00	4.00
Applesauce - LR-1017 (1/2 c.)	500	51.00	0.00	0.00	0.00	2.00	13.80	0.20
Fruit Punch Juice - LR-1096 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	0	110.00	0.00	0.00	0.00	125.00	19.00	8.00

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Breakfast Sack Elem F Fri - ServingDate: 11/09/2018								
Strawberry Crisp Bar - LR-1360 (1 Bar)	500	250.00	8.00	2.50	0.00	75.00	41.00	4.00
Apple Juice - LR-1029 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Raisins - LR-1099 (1 ea.)	500	133.00	0.00	0.00	0.00	8.00	32.00	1.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Breakfast Sack Elem A Mon - ServingDate: 11/12/2018								
CrunchMania - LR-1043 (1 Bag)	500	220.00	7.00	2.00	0.00	230.00	37.00	4.00
Fresh Apple Slices - LR-1018 (1/2 c.)	500	30.00	0.00	0.00	0.00	0.00	9.60	0.00
Orange Juice - LR-1068 (1 ea.)	500	60.00	0.00	0.00	0.00	15.00	14.00	1.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Breakfast Sack Elem A Tues - ServingDate: 11/13/2018								
Breakfast Pizza - LR-1085 (1 ea.)	500	210.00	10.00	2.00	0.00	320.00	21.00	10.00
Banana - LR-1032 (1 ea.)	500	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Fruit Punch Juice - LR-1096 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Breakfast Sack Elem A Wed - ServingDate: 11/14/2018								
Egg Cheese Wrap - LR-1117 (1 ea.)	500	190.00	8.50	3.38	0.00	275.00	20.50	7.75
Apple Juice - LR-1029 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00

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Breakfast Sack Elem A Wed - ServingDate: 11/14/2018								
Peach Cup - LR-1503 (1/2 c.)	500	60.00	0.00	0.00	0.00	5.00	16.00	0.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Breakfast Sack Elem A Thurs - ServingDate: 11/15/2018								
Banana Bread - LR-1265 (1 slice)	500	280.00	10.00	2.00	0.00	220.00	44.00	5.00
Mixed Fruit - LR-1066 (1/2 c.)	500	60.00	0.00	0.00	0.00	5.00	15.00	0.00
Fruit Punch Juice - LR-1096 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Breakfast Sack Elem A Frid - ServingDate: 11/16/2018								
Breakfast Bites - LR-1108 (3 ea.)	500	210.00	13.00	3.00	0.00	430.00	17.00	6.00
Apple Juice - LR-1029 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Raisins - LR-1099 (1 ea.)	500	133.00	0.00	0.00	0.00	8.00	32.00	1.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Breakfast Sack Elem B Mon - ServingDate: 11/19/2018								
Yogurt & Granola - LR-1423 (1 ea.)	500	160.00	1.50	0.00	0.00	85.00	31.00	6.00
Fresh Apple Slices - LR-1018 (1/2 c.)	500	30.00	0.00	0.00	0.00	0.00	9.60	0.00
Orange Juice - LR-1068 (1 ea.)	500	60.00	0.00	0.00	0.00	15.00	14.00	1.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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Breakfast Sack Elem B Mon - ServingDate: 11/19/2018								
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Breakfast Sack Elem B Tues - ServingDate: 11/20/2018								
Mini Maple Pancakes - LR-1072 (1 pkg)	500	210.00	6.00	1.00	0.00	320.00	35.00	4.00
Apple Juice - LR-1029 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Pear Cup - LR-1504 (1/2 c.)	500	58.00	0.00	0.00	0.00	0.00	15.00	0.40
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Breakfast Sack Elem C Mon - ServingDate: 11/26/2018								
Waffles Mini Maple - LR-1442 (1 Bag)	500	200.00	5.00	1.00	0.00	170.00	37.00	4.00
Fresh Apple Slices - LR-1018 (1/2 c.)	500	30.00	0.00	0.00	0.00	0.00	9.60	0.00
Orange Juice - LR-1068 (1 ea.)	500	60.00	0.00	0.00	0.00	15.00	14.00	1.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Breakfast Sack Elem C Tues - ServingDate: 11/27/2018								
Blueberry Bread - LR-1362 (1 slice)	500	270.00	9.00	2.00	0.00	190.00	43.00	6.00
Apple Juice - LR-1029 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Pear Cup - LR-1504 (1/2 c.)	500	58.00	0.00	0.00	0.00	0.00	15.00	0.40
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	0	110.00	0.00	0.00	0.00	125.00	19.00	8.00

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Breakfast Sack Elem C Wed - ServingDate: 11/28/2018								
Cinnamon Roll - LR-1040 (1 ea.)	500	210.00	7.00	1.50	0.00	20.00	34.00	4.00
Banana - LR-1032 (1 ea.)	500	105.00	0.00	0.00	0.00	0.00	27.00	1.00
Fruit Punch Juice - LR-1096 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	480	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Breakfast Sack Elem C Thur - ServingDate: 11/29/2018								
Pancake on a Sticks - LR-1001 (1 ea.)	500	200.00	10.00	2.50	0.00	310.00	17.00	7.00
Mixed Fruit - LR-1066 (1/2 c.)	500	60.00	0.00	0.00	0.00	5.00	15.00	0.00
Fruit Punch Juice - LR-1096 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Breakfast Sack Elem C Fri - ServingDate: 11/30/2018								
Bagel-Fuls Cinnamon - LR-1501 (1 ea.)	500	180.00	3.00	1.50	0.00	180.00	32.00	6.00
Apple Juice - LR-1029 (1 ea.)	500	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Raisins - LR-1099 (1 ea.)	500	133.00	0.00	0.00	0.00	8.00	32.00	1.00
1% White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00

Legend
 (M) - Missing Nutrient Values

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Site: ALL
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Report Selections

Meal Type: Breakfast
Site Group: Elementary
Menu Line: Sack Breakfast
Serving Group: K-5
Nutrients Option: Expanded