

# Menu Calendar Nutrient Analysis Report - November, 2019

Site: ALL  
Date: 11/01/2019 - 11/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Breakfast Sack Elem E Fri - ServingDate: 11/01/2019</b>								
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
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
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem F Mon - ServingDate: 11/04/2019</b>								
Mini Cinnamon Bagels - LR-1019 (1 ea.)	500	240.00	6.00	1.50	0.00	180.00	42.00	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
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
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem F Wed - ServingDate: 11/06/2019</b>								
Breakfast Bites - LR-1108 (3 ea.)	500	230.00	13.00	3.50	0.00	480.00	20.00	8.00
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
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
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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<b>Breakfast Sack Elem F Thur - ServingDate: 11/07/2019</b>								
Mini Maple Waffles - LR-1563 (1 Bag)	500	200.00	5.00	1.50	0.00	220.00	35.00	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
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
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem F Fri - ServingDate: 11/08/2019</b>								
Cinnamon Crisp Bar - LR-1360 (1 Bar)	500	250.00	9.00	1.00	0.00	80.00	39.00	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
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem A Mon - ServingDate: 11/11/2019</b>								
CrunchMania - LR-1043 (1 Bag)	500	210.00	7.00	2.00	0.00	180.00	37.00	3.00
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
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem A Tues - ServingDate: 11/12/2019</b>								
Breakfast Pizza - LR-1085 (1 ea.)	500	210.00	10.00	2.00	0.00	320.00	21.00	10.00

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<b>Breakfast Sack Elem A Tues - ServingDate: 11/12/2019</b>								
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
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem A Wed - ServingDate: 11/13/2019</b>								
Egg Cheese Wrap - LR-1117 (1 ea.)	500	177.50	7.00	3.13	0.00	292.50	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
Peach Cup - LR-1503 (1/2 c.)	500	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem A Thurs - ServingDate: 11/14/2019</b>								
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
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem A Frid - ServingDate: 11/15/2019</b>								
Breakfast Bites - LR-1108 (3 ea.)	500	230.00	13.00	3.50	0.00	480.00	20.00	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

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<b>Breakfast Sack Elem A Frid - ServingDate: 11/15/2019</b>								
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem B Mon - ServingDate: 11/18/2019</b>								
Yogurt & Granola - LR-1423 (1 ea.)	500	340.00	4.50	0.00	0.00	135.00	65.00	10.00
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
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem B Tues - ServingDate: 11/19/2019</b>								
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	70.00	0.00	0.00	0.00	0.00	19.00	0.00
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem B Wed - ServingDate: 11/20/2019</b>								
Berry Bread & Cheese Stick - LR-1123 (1 ea.)	500	260.00	13.50	5.50	0.00	305.00	27.00	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
Chocolate Milk - LR-1103 (1 ea.)	480	120.00	0.00	0.00	0.00	180.00	20.00	8.00
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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<b>Breakfast Sack Elem B Thurs - ServingDate: 11/21/2019</b>								
Egg Cheese Breadstick - LR-1463 (1 ea.)	500	160.00	7.00	3.00	0.00	340.00	17.00	8.00
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
Chocolate Milk - LR-1103 (1 ea.)	480	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem B Fri - ServingDate: 11/22/2019</b>								
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
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
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem C Mon - ServingDate: 11/25/2019</b>								
Mini Maple Waffles - LR-1563 (1 Bag)	500	200.00	5.00	1.50	0.00	220.00	35.00	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
Chocolate Milk - LR-1103 (1 ea.)	490	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast Sack Elem C Tues - ServingDate: 11/26/2019</b>								
Raspberry Bar - LR-1570 (1 ea.)	500	230.00	8.00	2.50	0.00	270.00	35.00	5.00

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<b>Breakfast Sack Elem C Tues - ServingDate: 11/26/2019</b>								
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	70.00	0.00	0.00	0.00	0.00	19.00	0.00
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
White Milk - LR-1116 (1 ea.)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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

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