

# 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>Lunch Elem Week E Fri - ServingDate: 11/01/2019</b>								
Deli Wrap - LR-1183 (1 ea.)	300	223.57	7.89	3.71	0.00	548.14	21.18	17.87
Fish Nuggets - LR-1168 (4 ea.)	800	230.00	8.00	1.50	0.00	290.00	23.00	15.00
Peanut Butter & Jelly Sandwich - LR-1173 (1 ea.)	300	208.80	3.59	0.30	0.00	315.20	39.77	4.70
Spaghetti w/ Meat Sauce - LR-1208 (1 c.)	1,100	442.56	12.97	4.42	0.00	211.04	63.58	22.91
Garlic Toast - LR-1050 (1 ea.)	2,500	80.00	3.50	1.00	0.00	150.00	11.00	2.00
Caesar Salad - LR-1179 (3/4 c.)	2,000	52.93	2.70	0.38	0.00	115.08	6.41	1.67
Salad Bar - LR-1175 (1 c.)	500	78.35	4.56	1.46	0.00	108.03	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.)	700	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.)	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.)	2,400	7.60	0.16	0.02	0.00	63.50	1.28	0.00
Tartar Sauce - LR-1323 (1 ea.)	100	45.00	3.50	0.50	0.00	100.00	3.00	0.00
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00

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<b>Lunch Elem Week F Mon - ServingDate: 11/04/2019</b>								
BBQ Pork Sandwich - LR-1146 (1 ea.)	400	411.21	8.67	2.66	0.00	708.84	52.30	30.09
Deli Sandwich - LR-1174 (1 ea.)	150	253.57	7.39	2.71	0.00	703.14	28.18	20.87
Peanut Butter & Jelly Sandwich - LR-1173 (1 ea.)	150	208.80	3.59	0.30	0.00	315.20	39.77	4.70
Popcorn Chicken - LR-1207 (14 ea.)	1,800	210.00	12.00	3.00	0.00	430.00	13.00	14.00
Cornbread Loaf Mini - LR-1502 (1 ea.)	1,800	180.00	6.00	0.50	0.00	90.00	28.00	3.00
Broccoli Cuts - LR-1078 (1/2 c.)	1,000	26.00	0.00	0.00	0.00	22.00	5.00	3.00
Salad Bar - LR-1175 (1 c.)	1,500	78.35	4.56	1.46	0.00	108.03	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
Applesauce - LR-1017 (1/2 c.)	1,800	51.00	0.00	0.00	0.00	2.00	13.80	0.20
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
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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
<b>Lunch Elem Week F Wed - ServingDate: 11/06/2019</b>								
Corn Dog - LR-1564 (1 ea.)	1,200	240.00	8.00	2.50	0.00	390.00	30.00	9.00
Deli Sandwich - LR-1174 (1 ea.)	300	253.57	7.39	2.71	0.00	703.14	28.18	20.87

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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>Lunch Elem Week F Wed - ServingDate: 11/06/2019</b>								
Flour Tortilla & Toppings - LR-1135 (1 ea.)	700	169.57	7.44	4.46	0.00	223.83	20.54	5.98
Peanut Butter & Jelly Sandwich - LR-1173 (1 ea.)	300	208.80	3.59	0.30	0.00	315.20	39.77	4.70
Salad Bar - LR-1175 (1 c.)	1,500	78.35	4.56	1.46	0.00	108.03	5.89	2.27
Southwest Lentils - LR-1459 (1/2 c.)	300	141.37	1.46	0.08	0.00(M)	22.43	22.44	9.17
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.)	700	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
Pineapple Chunks - LR-1076 (1/2 c.)	500	70.00	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.)	1,900	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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
Chicken Fajitas Meat - LR-1171 (1 ea.)	700	120.02	2.54	0.51	0.00	681.42	5.08	17.52
<b>Lunch Elem Week F Thur - ServingDate: 11/07/2019</b>								
Cheeseburger Pasta - LR-1205 (1 c.)	700	294.73	14.31	5.70	0.00	232.98	24.12	16.55
Deli Sandwich - LR-1174 (1 ea.)	300	253.57	7.39	2.71	0.00	703.14	28.18	20.87
Nacho with Toppings - LR-1136 (1 ea.)	1,200	311.39	17.13	5.13	0.00	602.21	28.12	8.87

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<b>Lunch Elem Week F Thur - ServingDate: 11/07/2019</b>								
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.)	700	100.00	4.00	0.50	0.00	190.00	14.00	3.00
Celery Sticks with Dip - LR-1206 (1/2 c.)	1,200	78.50	6.00	1.00	0.00	175.00	7.00	0.50
Salad Bar - LR-1175 (1 c.)	1,300	78.35	4.56	1.46	0.00	108.03	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.)	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
Watermelon - LR-1113 (1/2 c.)	1,200	54.00	0.00	0.00	0.00	0.00	13.50	0.81
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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
<b>Lunch Elem Week F Frid - ServingDate: 11/08/2019</b>								
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
Philly Pretzelwich - LR-1209 (1 ea.)	500	333.42	12.47	5.49	0.00	546.76	33.07	20.15

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<b>Lunch Elem Week F Frid - ServingDate: 11/08/2019</b>								
Cheese Pizza Slice - LR-1087 (1 ea.)	1,600	310.00	12.00	6.00	0.00	360.00	30.00	22.00
Salad Bar - LR-1175 (1 c.)	1,500	78.35	4.56	1.46	0.00	108.03	5.89	2.27
Sweet Potato Fries Simplot - LR-1410 (3/4 c.)	1,000	150.00	6.00	0.75	0.00	145.00	23.00	2.00
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
Cinnamon Apples - LR-1210 (1/2 c.)	900	66.59	0.00	0.00	0.00	2.64	17.37	0.00
Variety of Juices - LR-1118 (1 ea.)	600	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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
<b>Lunch Elem Week A Mon - ServingDate: 11/11/2019</b>								
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.)	1,200	293.02	7.30	3.18	0.00	695.09	30.00	26.10
Garlic Toast - LR-1050 (1 ea.)	700	80.00	3.50	1.00	0.00	150.00	11.00	2.00

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<b>Lunch Elem Week A Mon - ServingDate: 11/11/2019</b>								
Spaghetti with Italian Sauce - LR-1525 (3/4 c.)	700	339.57	1.25	0.00	0.00	179.20	75.42	11.32
Mixed Vegetables - LR-1067 (1/2 c.)	500	40.00	0.00	0.00	0.00	16.00	8.00	2.00
Salad Bar - LR-1175 (1 c.)	2,000	78.35	4.56	1.46	0.00	108.03	5.89	2.27
Red Apples - LR-1030 (1 ea.)	500	65.00	0.00	0.00	0.00	0.00	18.00	0.00
Banana - LR-1032 (1 ea.)	700	105.00	0.00	0.00	0.00	0.00	27.00	1.00
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.)	50	60.00	0.00	0.00	(M)	0.00	15.00	1.00
Pearsauce - LR-1075 (1 ea.)	350	80.00	0.00	0.00	0.00	0.00	20.00	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.)	2,100	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Strawberry Milk - LR-1104 (1 ea.)	200	110.00	0.00	0.00	0.00	125.00	19.00	8.00
White Milk - LR-1116 (1 ea.)	180	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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
Meatballs in Spaghetti Sauce - LR-1526 (4 ea.)	700	69.08	3.54	1.38	0.24	107.48	3.89	5.05
<b>Lunch Elem Week A Tues - ServingDate: 11/12/2019</b>								
Chicken Patty Sandwich - LR-1139 (1 ea.)	1,300	340.00	12.50	2.50	0.00	650.00	39.00	21.00
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
Sloppy Joe - LR-1317 (1 ea.)	600	285.25	8.51	2.70	0.00	667.72	36.02	19.02

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<b>Lunch Elem Week A Tues - ServingDate: 11/12/2019</b>								
Carrot Sticks with Dip - LR-1211 (2/3 c.)	1,500	88.84	3.46	0.58	0.00	159.34	14.52	1.08
Salad Bar - LR-1175 (1 c.)	1,000	78.35	4.56	1.46	0.00	108.03	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.)	400	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.)	300	60.00	0.00	0.00	(M)	0.00	15.00	1.00
Red Grapes - LR-1058 (1/2 c.)	600	45.00	0.00	0.00	0.00	7.50	12.00	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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
<b>Lunch Elem Week A Wed - ServingDate: 11/13/2019</b>								
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	108.03	5.89	2.27

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<b>Lunch Elem Week A Wed - ServingDate: 11/13/2019</b>								
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
Mixed Fruit - LR-1066 (1/2 c.)	800	60.00	0.00	0.00	0.00	5.00	15.00	0.00
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.)	1,800	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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
<b>Lunch Elem Week A Thur - ServingDate: 11/14/2019</b>								
BBQ Pork Rib Sandwich - LR-1157 (1 ea.)	900	349.25	11.50	3.10	0.00	870.13	42.02	20.00
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
Flour Tortilla & Toppings - LR-1135 (1 ea.)	1,000	169.57	7.44	4.46	0.00	223.83	20.54	5.98
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	108.03	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



# 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>Lunch Elem Week A Thur - ServingDate: 11/14/2019</b>								
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
Beef Taco Meat - LR-1134 (3 oz.)	1,000	182.06	13.41	5.03	0.00(M)	195.53	0.14	14.53
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
<b>Lunch Elem Week A Fri - ServingDate: 11/15/2019</b>								
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
Fettuccine Alfredo - LR-1162 (2/3 c.)	400	300.40	7.77	4.16	0.00	519.03	42.04	14.18
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	52.93	2.70	0.38	0.00	115.08	6.41	1.67
Salad Bar - LR-1175 (1 c.)	1,000	78.35	4.56	1.46	0.00	108.03	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

# 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>Lunch Elem Week A</b>								
<b>Fri - ServingDate: 11/15/2019</b>								
Oranges, Fresh - LR-1069 (1 ea.)	400	60.00	0.00	0.00	(M)	0.00	15.00	1.00
Strawberry Applesauce - LR-1049 (1 ea.)	500	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.)	1,900	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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
<b>Lunch Elem Week B</b>								
<b>Mon - ServingDate: 11/18/2019</b>								
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
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	150.00	1.50	0.00	0.00	280.00	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	108.03	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

# 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>Lunch Elem Week B Mon - ServingDate: 11/18/2019</b>								
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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
<b>Lunch Elem Week B Tue - ServingDate: 11/19/2019</b>								
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
Salad Bar - LR-1175 (1 c.)	1,500	78.35	4.56	1.46	0.00	108.03	5.89	2.27
Tomato Soup - LR-1182 (1 c.)	1,000	86.43	0.00	0.00	0.00	441.77	19.21	1.92
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

# 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>Lunch Elem Week B Tue - ServingDate: 11/19/2019</b>								
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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
<b>Lunch Elem Week B Wed - ServingDate: 11/20/2019</b>								
Deli Sandwich - LR-1174 (1 ea.)	200	253.57	7.39	2.71	0.00	703.14	28.18	20.87
Nacho with Toppings - LR-1136 (1 ea.)	200	311.39	17.13	5.13	0.00	602.21	28.12	8.87
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
Refried Beans - LR-1184 (1/2 c.)	700	149.42	0.47	0.00	0.00	140.08	27.08	9.34
Salad Bar - LR-1175 (1 c.)	1,800	78.35	4.56	1.46	0.00	108.03	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

# 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>Lunch Elem Week B Wed - ServingDate: 11/20/2019</b>								
Beef Taco Meat - LR-1134 (3 oz.)	1,900	182.06	13.41	5.03	0.00(M)	195.53	0.14	14.53
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
<b>Lunch Elem Week B Thur - ServingDate: 11/21/2019</b>								
Deli Sandwich - LR-1174 (1 ea.)	150	253.57	7.39	2.71	0.00	703.14	28.18	20.87
Hot Ham & Cheese Sandwich - LR-1159 (1 ea.)	500	293.68	9.43	3.90	0.00	491.05	32.47	19.19
Peanut Butter & Jelly Sandwich - LR-1173 (1 ea.)	150	208.80	3.59	0.30	0.00	315.20	39.77	4.70
Tangerine Chicken - LR-1054 (4 oz.)	1,700	190.00	4.00	1.00	0.00	380.00	25.00	14.00
Rice Brown Cooked - LR-1422 (1/2 c.)	1,500	27.36	0.16	0.00	0.00	0.80	5.92	0.64
Broccoli Cuts - LR-1078 (1/2 c.)	1,200	26.00	0.00	0.00	0.00	22.00	5.00	3.00
Salad Bar - LR-1175 (1 c.)	1,000	78.35	4.56	1.46	0.00	108.03	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.)	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

# 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>Lunch Elem Week B Thur - ServingDate: 11/21/2019</b>								
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
<b>Lunch Elem Week B Fri - ServingDate: 11/22/2019</b>								
Crispy Pork Sandwich - LR-1152 (1 ea.)	900	400.00	19.50	5.00	0.00	580.00	37.00	22.00
Deli Sandwich - LR-1174 (1 ea.)	100	253.57	7.39	2.71	0.00	703.14	28.18	20.87
Macaroni & Cheese - LR-1185 (1 c.)	1,300	386.42	17.83	9.79	0.00	674.16	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	108.03	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.)	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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00

# 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>Lunch Elem Week C Mon - ServingDate: 11/25/2019</b>								
Cheese Ravioli - LR-1186 (1 c.)	1,000	250.61	4.66	2.59	0.00	474.37	33.56	16.98
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.)	300	208.80	3.59	0.30	0.00	315.20	39.77	4.70
Turkey Burger - LR-1148 (1 ea.)	1,000	290.00	11.50	3.00	0.00	660.00	26.00	22.00
Garlic Toast - LR-1050 (1 ea.)	1,000	80.00	3.50	1.00	0.00	150.00	11.00	2.00
Caesar Salad - LR-1179 (3/4 c.)	2,000	52.93	2.70	0.38	0.00	115.08	6.41	1.67
Salad Bar - LR-1175 (1 c.)	500	78.35	4.56	1.46	0.00	108.03	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.)	800	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
Diced Pears - LR-1074 (1/2 c.)	400	58.00	0.00	0.00	0.00	0.00	15.00	0.40
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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00
<b>Lunch Elem Week C Tue - ServingDate: 11/26/2019</b>								
Pepperoni Calzone - LR-1024 (1 ea.)	900	280.00	11.00	6.00	0.00	590.00	32.00	19.00
Chicken Drumstick - LR-1038 (1 ea.)	1,200	190.00	11.00	2.50	0.00	450.00	5.00	16.00

# 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>Lunch Elem Week C Tue - ServingDate: 11/26/2019</b>								
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
Banana Muffin - LR-1424 (1 ea.)	1,200	190.00	6.00	2.00	0.00	130.00	31.00	3.00
Salad Bar - LR-1175 (1 c.)	20	78.35	4.56	1.46	0.00	108.03	5.89	2.27
Sweet Potato Fries Simplot - LR-1410 (3/4 c.)	35	150.00	6.00	0.75	0.00	145.00	23.00	2.00
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.)	700	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.)	300	60.00	0.00	0.00	(M)	0.00	15.00	1.00
Watermelon - LR-1113 (1/2 c.)	500	54.00	0.00	0.00	0.00	0.00	13.50	0.81
Fat Free White Milk - LR-1429 (1 ea.)	0	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.)	300	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
Marble Cheese Stick - LR-1560 (1 stick.)	1	110.00	9.00	5.00	0.00	200.00	1.00	7.00

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

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



# Menu Calendar Nutrient Analysis Report - November, 2019

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