

Menu Calendar Nutrient Analysis Report - June, 2022

Site: ALL
Date: 06/01/2022 - 06/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Lunch K-5 Menu Wk1 Wednesday 2021-2022 (6.1.22) - ServingDate: 06/01/2022																			
Chef Salad E/M - TR1321 (1 ea.)	50	319.00	8.38	2.48	0.00(M)	134.40	786.91	41.12	5.83	8.93(M)	(M)	20.55	3.02(M)	179.58 (M)	11096.3 7(M)	10.51 (M)	0.00(M)	392.25 (M)	171.20 (M)
Meatball Sub E - TR1277 (1 ea.)	200	315.32	12.40	4.00	0.60	47.98	547.75	30.87	3.81	6.25	(M)	18.81	3.24	71.12	203.13 (M)	2.44(M)	(M)	(M)	(M)
PBJ Meal E - TR1319 (1 ea.)	50	450.00	20.50	5.50	0.00	10.00	680.00	49.00	5.00	16.00	(M)	18.00	1.80	240.00	200.00 (M)	0.00(M)	(M)	235.00 (M)	(M)
Fresh Grape Tomatoes - TR1266 (1/2 c.)	100	13.41	0.15	0.02	0.00	0.00	3.73	2.90	0.89	1.96	(M)	0.66	0.20	7.45	620.59	10.21	0.00	176.56	70.42
Golden Corn - TR1269 (1/2 c.)	200	92.22	0.61	0.09	0.00	0.00	145.11	21.35	2.21(M)	(M)	(M)	2.31	0.43(M)	2.21(M)	180.33 (M)	3.21(M)	(M)	(M)	(M)
Assorted Fresh Fruit - TR1259 (1/2 c.)	150	77.70	0.26	0.05	0.00	0.00	1.11	20.18	3.42	4.38(M)	(M)	0.76	0.21	17.59	148.11	20.16	0.00(M)	94.59 (M)	34.10 (M)
Craisins - TR1399 (1/4 c.)	200	110.00	0.00	0.00	0.00	(M)	0.00	27.00	2.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fat Free Chocolate Milk - TR1174 (8 fl. oz.)	200	130.00	0.00	0.00	0.00	5.00	130.00	23.00	0.00	22.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Fat Free Lactaid Milk - TR1396 (1 c.)	1	80.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	(M)	8.00	0.00	500.00	500.00	0.00	(M)	(M)	(M)
Fat Free White Milk - TR1176 (8 fl. oz.)	1	80.00	0.00	0.00	0.00	5.00	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Soymilk Chocolate - TR1191 (1 c.)	1	140.00	3.50	0.50	0.00	0.00	110.00	20.00	2.00	15.00	(M)	8.00	1.80	400.00	500.00	0.00	(M)	(M)	(M)
Soymilk Vanilla - TR1190 (1 c.)	1	150.00	5.00	1.00	0.00	0.00	180.00	18.00	1.00	17.00	(M)	9.00	1.08	350.00	500.00	0.00	(M)	(M)	(M)
White Milk 1% - TR1173 (8 fl. oz.)	96	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	10.00	2.40	(M)	(M)	(M)
Light Ranch Dip - TR1052 (1 ea.)	75	80.00	7.00	1.00	0.00	5.00	290.00	3.00	0.00	2.00	(M)	1.00	0.00	20.00	0.00	0.00	(M)	(M)	(M)
Parmesan Cheese, Grated - TR1488 (3 1/2 g.)	100	15.09	1.00	0.61	(M)	3.08	53.52	0.14	0.00	0.03	(M)	1.35	0.03	38.81	30.27	0.00	(M)	(M)	0.73
Lunch K-5 Menu Wk1 Thursday 2021-2022 (6.2.22) - ServingDate: 06/02/2022																			
Deli Sandwich - TR1913 (1 ea.)	50	303.88	10.47	2.57	0.00	52.15	1068.34	31.47	4.07	2.75(M)	(M)	26.03	1.88	102.62 (M)	178.57 (M)	0.13(M)	0.00(M)	7.97(M)	1.94(M)
PBJ Meal E - TR1319 (1 ea.)	50	450.00	20.50	5.50	0.00	10.00	680.00	49.00	5.00	16.00	(M)	18.00	1.80	240.00	200.00 (M)	0.00(M)	(M)	235.00 (M)	(M)

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Site: ALL
Date: 06/01/2022 - 06/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	
Lunch K-5 Menu Wk1 Thursday 2021-2022 (6.2.22) - ServingDate: 06/02/2022																				
Stuffed Crust Pizza - TR1034 (1 ea.)	200	310.00	12.00	4.00	0.00	20.00	640.00	35.00	3.00	4.00	(M)	15.00	2.70	300.00	(M)	(M)	(M)	(M)	(M)	
Fresh Green Pepper Strips - TR1265 (1/2 c.)	100	9.20	0.08	0.03	0.00	0.00	1.38	2.13	0.78	1.10	(M)	0.40	0.16	4.60	170.20	36.98	0.00	80.50	43.19	
Green Beans - TR1254 (1/2 c.)	200	45.19	2.32	0.36	0.00(M)	0.00	8.12	5.95	2.69	0.01(M)	(M)	1.38	0.80	44.18	501.62	3.75	0.00(M)	2.31(M)	0.01(M)	
Side Garden Salad w/Ranch Dressing - TR1280 (1 c.)	150	29.99	0.25	0.03	0.00	0.00	195.78	6.95	2.26	3.16	(M)	2.45	0.76	36.74	7383.36	3.89	0.00(M)	213.66(M)	81.51(M)	
Assorted Fresh Fruit - TR1259 (1/2 c.)	150	77.70	0.26	0.05	0.00	0.00	1.11	20.18	3.42	4.38(M)	(M)	0.76	0.21	17.59	148.11	20.16	0.00(M)	94.59(M)	34.10(M)	
Juicy Peaches - TR1194 (1/2 c.)	200	50.00	0.00	0.00	0.00	0.00	5.00	12.00	1.00	10.00	(M)	1.00	0.00	0.00	300.00	1.20	(M)	(M)	(M)	
Fat Free Chocolate Milk - TR1174 (8 fl. oz.)	200	130.00	0.00	0.00	0.00	5.00	130.00	23.00	0.00	22.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)	
Fat Free Lactaid Milk - TR1396 (1 c.)	1	80.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	(M)	8.00	0.00	500.00	500.00	0.00	(M)	(M)	(M)	
Fat Free White Milk - TR1176 (8 fl. oz.)	1	80.00	0.00	0.00	0.00	5.00	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)	
Soymilk Chocolate - TR1191 (1 c.)	1	140.00	3.50	0.50	0.00	0.00	110.00	20.00	2.00	15.00	(M)	8.00	1.80	400.00	500.00	0.00	(M)	(M)	(M)	
Soymilk Vanilla - TR1190 (1 c.)	1	150.00	5.00	1.00	0.00	0.00	180.00	18.00	1.00	17.00	(M)	9.00	1.08	350.00	500.00	0.00	(M)	(M)	(M)	
White Milk 1% - TR1173 (8 fl. oz.)	96	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	10.00	2.40	(M)	(M)	(M)	
Light Ranch Dip - TR1052 (1 ea.)	75	80.00	7.00	1.00	0.00	5.00	290.00	3.00	0.00	2.00	(M)	1.00	0.00	20.00	0.00	0.00	(M)	(M)	(M)	
Mayo - TR1158 (1 ea.)	25	70.00	7.00	1.00	0.00	5.00	50.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Lunch K-5 Menu Wk1 Friday 2021-2022 (6.3.22) - ServingDate: 06/03/2022																				
Breakfast Sandwich (lunch) - TR1978 (1 ea.)	200	268.46	11.64	4.28	0.05	124.33	687.44	28.61	3.04	4.43	(M)	13.45	1.61	163.49	312.43	0.04	(M)	(M)	(M)	
Dairy Fuel Pack - TR1323 (1 ea.)	50	431.00	8.58	2.01	0.00	14.00	530.00	70.70	6.05	30.00(M)	(M)	15.62	1.69	356.00	347.50	114.95	2.00(M)	(M)	(M)	
PBJ Meal E - TR1319 (1 ea.)	50	450.00	20.50	5.50	0.00	10.00	680.00	49.00	5.00	16.00	(M)	18.00	1.80	240.00	200.00(M)	0.00(M)	(M)	235.00(M)	(M)	

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	
Lunch K-5 Menu Wk1 Friday 2021-2022 (6.3.22) - ServingDate: 06/03/2022																				
Breakfast Potatoes - TR1836 (1/2 c.)	150	104.53	2.42	0.36	0.00	0.00	176.00	19.20	1.60	1.60(M)	(M)	1.60	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	
Fresh Crisp Cucumber Slices - TR1261 (1/2 c.)	50	7.80	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	(M)	0.34	0.15	8.32	54.60	1.46	0.00	76.44	49.52	
Fresh Sugar Snap Peas - TR1796 (10 beans (4")	50	17.05	0.12	0.03	0.00	0.00	3.30	3.83	1.49	1.79	(M)	1.01	0.57	20.35	379.50	6.71	(M)	(M)	49.68	
Parmesan Ranch Roasted Chickpeas - TR1707 (1/2 c.)	50	160.39	3.02	0.42	0.00(M)	1.10	377.11	26.05	9.10	0.01(M)	(M)	9.58	2.35	65.86	10.81	0.00	(M)	(M)	0.26(M)	
Assorted Fresh Fruit - TR1259 (1/2 c.)	100	77.70	0.26	0.05	0.00	0.00	1.11	20.18	3.42	4.38(M)	(M)	0.76	0.21	17.59	148.11	20.16	0.00(M)	94.59 (M)	34.10 (M)	
Mandarin Oranges - TR1195 (1/2 c.)	150	60.00	0.00	0.00	0.00	0.00	10.00	14.00	1.00	11.00	(M)	1.00	0.36	20.00	400.00	12.00	(M)	(M)	(M)	
Fat Free Chocolate Milk - TR1174 (8 fl. oz.)	200	130.00	0.00	0.00	0.00	5.00	130.00	23.00	0.00	22.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)	
Fat Free Lactaid Milk - TR1396 (1 c.)	1	80.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	(M)	8.00	0.00	500.00	500.00	0.00	(M)	(M)	(M)	
Fat Free White Milk - TR1176 (8 fl. oz.)	1	80.00	0.00	0.00	0.00	5.00	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)	
Soymilk Chocolate - TR1191 (1 c.)	1	140.00	3.50	0.50	0.00	0.00	110.00	20.00	2.00	15.00	(M)	8.00	1.80	400.00	500.00	0.00	(M)	(M)	(M)	
Soymilk Vanilla - TR1190 (1 c.)	1	150.00	5.00	1.00	0.00	0.00	180.00	18.00	1.00	17.00	(M)	9.00	1.08	350.00	500.00	0.00	(M)	(M)	(M)	
White Milk 1% - TR1173 (8 fl. oz.)	96	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	10.00	2.40	(M)	(M)	(M)	
Light Ranch Dip - TR1052 (1 ea.)	75	80.00	7.00	1.00	0.00	5.00	290.00	3.00	0.00	2.00	(M)	1.00	0.00	20.00	0.00	0.00	(M)	(M)	(M)	
Lunch K-5 Menu Wk2 Monday 2021-2022 (6.6.22) - ServingDate: 06/06/2022																				
Dairy Fuel Pack - TR1323 (1 ea.)	50	431.00	8.58	2.01	0.00	14.00	530.00	70.70	6.05	30.00 (M)	(M)	15.62	1.69	356.00	347.50	114.95	2.00(M)	(M)	(M)	
Grilled Cheese - TR1285 (1 ea.)	200	362.50	21.23	10.13	0.00	50.63	1231.25	32.02	4.00	4.03	(M)	18.13	1.44(M)	343.75 (M)	607.50 (M)	0.00(M)	(M)	(M)	(M)	
PBJ Meal E - TR1319 (1 ea.)	50	450.00	20.50	5.50	0.00	10.00	680.00	49.00	5.00	16.00	(M)	18.00	1.80	240.00	200.00 (M)	0.00(M)	(M)	235.00 (M)	(M)	
Buffalo Hummus w/Fresh Vegetables - TR1963 (1 ea.)	100	14.17 (M)	0.12(M)	0.03(M)	0.00(M)	0.00(M)	26.54 (M)	3.13(M)	1.03(M)	1.33(M)	(M)	0.65(M)	0.20(M)	18.46 (M)	2699.53 (M)	11.88 (M)	0.00(M)	142.85 (M)	50.32 (M)	

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	
Lunch K-5 Menu Wk2 Monday 2021-2022 (6.6.22) - ServingDate: 06/06/2022																				
Fresh Celery Sticks - TR1260 (1/2 c.)	100	8.40	0.10	0.03	0.00	0.00	48.00	1.78	0.96	0.80	(M)	0.41	0.12	24.00	269.40	1.86	0.00	156.00	57.26	
Steamed Carrots - TR1271 (1/2 c.)	200	53.40	0.62	0.11	0.00(M)	0.00	197.55	10.99	3.00(M)	0.01(M)	(M)	0.56	0.49(M)	32.47 (M)	15082.8 8(M)	2.12(M)	0.00(M)	2.31(M)	0.01(M)	
Applesauce - TR1192 (1/2 c.)	200	50.00	0.00	0.00	0.00	0.00	10.00	13.00	2.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Assorted Fresh Fruit - TR1259 (1/2 c.)	150	77.70	0.26	0.05	0.00	0.00	1.11	20.18	3.42	4.38(M)	(M)	0.76	0.21	17.59	148.11	20.16	0.00(M)	94.59 (M)	34.10 (M)	
Fat Free Chocolate Milk - TR1174 (8 fl. oz.)	200	130.00	0.00	0.00	0.00	5.00	130.00	23.00	0.00	22.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)	
Fat Free Lactaid Milk - TR1396 (1 c.)	1	80.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	(M)	8.00	0.00	500.00	500.00	0.00	(M)	(M)	(M)	
Fat Free White Milk - TR1176 (8 fl. oz.)	1	80.00	0.00	0.00	0.00	5.00	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)	
Soymilk Chocolate - TR1191 (1 c.)	1	140.00	3.50	0.50	0.00	0.00	110.00	20.00	2.00	15.00	(M)	8.00	1.80	400.00	500.00	0.00	(M)	(M)	(M)	
Soymilk Vanilla - TR1190 (1 c.)	1	150.00	5.00	1.00	0.00	0.00	180.00	18.00	1.00	17.00	(M)	9.00	1.08	350.00	500.00	0.00	(M)	(M)	(M)	
White Milk 1% - TR1173 (8 fl. oz.)	96	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	10.00	2.40	(M)	(M)	(M)	
Light Ranch Dip - TR1052 (1 ea.)	75	80.00	7.00	1.00	0.00	5.00	290.00	3.00	0.00	2.00	(M)	1.00	0.00	20.00	0.00	0.00	(M)	(M)	(M)	
Lunch K-5 Menu Wk2 Tuesday 2021-2022 (6.7.22) - ServingDate: 06/07/2022																				
Chicken Cheesesteak E - TR1307 (1 sandwich)	200	237.30	7.54	1.95	0.00	62.07	368.27	19.07	1.58	1.94	(M)	21.56	1.40(M)	89.86 (M)	117.02 (M)	0.03(M)	0.00(M)	3.30(M)	0.02(M)	
Deli Sandwich - TR1913 (1 ea.)	50	303.88	10.47	2.57	0.00	52.15	1068.34	31.47	4.07	2.75(M)	(M)	26.03	1.88	102.62 (M)	178.57 (M)	0.13(M)	0.00(M)	7.97(M)	1.94(M)	
PBJ Meal E - TR1319 (1 ea.)	50	450.00	20.50	5.50	0.00	10.00	680.00	49.00	5.00	16.00	(M)	18.00	1.80	240.00	200.00 (M)	0.00(M)	(M)	235.00 (M)	(M)	
French Fries - TR1924 (1/2 c.)	200	90.00	3.50	0.50	0.00	0.00	25.00	13.00	1.00	0.00	(M)	1.00	0.20	10.00	(M)	(M)	(M)	170.00	(M)	
Fresh Crunchy Carrots - TR1256 (1/2 c.)	100	40.00	0.14	0.02	0.00	0.00	88.00	9.24	3.28	(M)	(M)	0.71	1.02	36.01	15636.0 0	3.00	(M)	(M)	(M)	
Assorted Fresh Fruit - TR1259 (1/2 c.)	150	77.70	0.26	0.05	0.00	0.00	1.11	20.18	3.42	4.38(M)	(M)	0.76	0.21	17.59	148.11	20.16	0.00(M)	94.59 (M)	34.10 (M)	
Pineapple Chunks - TR1179 (1/2 c.)	200	80.00	0.00	0.00	0.00	0.00	0.00	22.00	1.00	20.00	(M)	0.00	0.36	20.00	0.00	9.00	(M)	(M)	(M)	

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Lunch K-5 Menu Wk2 Tuesday 2021-2022 (6.7.22) - ServingDate: 06/07/2022																			
Fat Free Chocolate Milk - TR1174 (8 fl. oz.)	200	130.00	0.00	0.00	0.00	5.00	130.00	23.00	0.00	22.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Fat Free Lactaid Milk - TR1396 (1 c.)	1	80.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	(M)	8.00	0.00	500.00	500.00	0.00	(M)	(M)	(M)
Fat Free White Milk - TR1176 (8 fl. oz.)	1	80.00	0.00	0.00	0.00	5.00	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Soymilk Chocolate - TR1191 (1 c.)	1	140.00	3.50	0.50	0.00	0.00	110.00	20.00	2.00	15.00	(M)	8.00	1.80	400.00	500.00	0.00	(M)	(M)	(M)
Soymilk Vanilla - TR1190 (1 c.)	1	150.00	5.00	1.00	0.00	0.00	180.00	18.00	1.00	17.00	(M)	9.00	1.08	350.00	500.00	0.00	(M)	(M)	(M)
White Milk 1% - TR1173 (8 fl. oz.)	96	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	10.00	2.40	(M)	(M)	(M)
Light Ranch Dip - TR1052 (1 ea.)	75	80.00	7.00	1.00	0.00	5.00	290.00	3.00	0.00	2.00	(M)	1.00	0.00	20.00	0.00	0.00	(M)	(M)	(M)
Ketchup - TR1157 (1 ea.)	150	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mayo - TR1158 (1 ea.)	25	70.00	7.00	1.00	0.00	5.00	50.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Lunch K-5 Menu Wk2 Wednesday 2021-2022 (6.8.22) - ServingDate: 06/08/2022																			
Cheese Pizza (Wedge) - TR1004 (1 ea.)	200	336.00	16.00	10.00	0.00	41.00	435.00	27.00	3.00	6.00	(M)	20.00	2.34	310.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Chef Salad E/M - TR1321 (1 ea.)	50	319.00	8.38	2.48	0.00(M)	134.40	786.91	41.12	5.83	8.93(M)	(M)	20.55	3.02(M)	179.58 (M)	11096.37(M)	10.51 (M)	0.00(M)	392.25 (M)	171.20 (M)
PBJ Meal E - TR1319 (1 ea.)	50	450.00	20.50	5.50	0.00	10.00	680.00	49.00	5.00	16.00	(M)	18.00	1.80	240.00	200.00 (M)	0.00(M)	(M)	235.00 (M)	(M)
Fresh Grape Tomatoes - TR1266 (1/2 c.)	100	13.41	0.15	0.02	0.00	0.00	3.73	2.90	0.89	1.96	(M)	0.66	0.20	7.45	620.59	10.21	0.00	176.56	70.42
Steamed Broccoli Florets - TR1751 (1/2 c.)	200	45.24	0.10	0.02	0.00(M)	0.00	165.89	8.84	2.74(M)	1.34(M)	(M)	2.84	0.56(M)	46.42 (M)	917.16 (M)	36.38 (M)	0.00(M)	165.61 (M)	82.31 (M)
Assorted Fresh Fruit - TR1259 (1/2 c.)	150	77.70	0.26	0.05	0.00	0.00	1.11	20.18	3.42	4.38(M)	(M)	0.76	0.21	17.59	148.11	20.16	0.00(M)	94.59 (M)	34.10 (M)
Mixed Fruit Cup - TR1193 (1/2 c.)	200	60.00	0.00	0.00	0.00	0.00	5.00	13.00	1.00	13.00	(M)	1.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Fat Free Chocolate Milk - TR1174 (8 fl. oz.)	200	130.00	0.00	0.00	0.00	5.00	130.00	23.00	0.00	22.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Fat Free Lactaid Milk - TR1396 (1 c.)	1	80.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	(M)	8.00	0.00	500.00	500.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - June, 2022

Site: ALL
Date: 06/01/2022 - 06/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Lunch K-5 Menu Wk2 Wednesday 2021-2022 (6.8.22) - ServingDate: 06/08/2022																			
Fat Free White Milk - TR1176 (8 fl. oz.)	1	80.00	0.00	0.00	0.00	5.00	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Soymilk Chocolate - TR1191 (1 c.)	1	140.00	3.50	0.50	0.00	0.00	110.00	20.00	2.00	15.00	(M)	8.00	1.80	400.00	500.00	0.00	(M)	(M)	(M)
Soymilk Vanilla - TR1190 (1 c.)	1	150.00	5.00	1.00	0.00	0.00	180.00	18.00	1.00	17.00	(M)	9.00	1.08	350.00	500.00	0.00	(M)	(M)	(M)
White Milk 1% - TR1173 (8 fl. oz.)	96	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	10.00	2.40	(M)	(M)	(M)
Light Ranch Dip - TR1052 (1 ea.)	75	80.00	7.00	1.00	0.00	5.00	290.00	3.00	0.00	2.00	(M)	1.00	0.00	20.00	0.00	0.00	(M)	(M)	(M)
Lunch K-5 Menu Wk2 Thursday 2021-2022 (6.9.22) - ServingDate: 06/09/2022																			
Chicken Nuggets E - TR1939 (5 ea.)	200	240.00	14.00	2.50	0.00	25.00	440.00	16.00	3.00	1.00	(M)	14.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
Deli Sandwich - TR1913 (1 ea.)	50	303.88	10.47	2.57	0.00	52.15	1068.34	31.47	4.07	2.75(M)	(M)	26.03	1.88	102.62 (M)	178.57 (M)	0.13(M)	0.00(M)	7.97(M)	1.94(M)
PBJ Meal E - TR1319 (1 ea.)	50	450.00	20.50	5.50	0.00	10.00	680.00	49.00	5.00	16.00	(M)	18.00	1.80	240.00	200.00 (M)	0.00(M)	(M)	235.00 (M)	(M)
Fresh Green Pepper Strips - TR1265 (1/2 c.)	50	9.20	0.08	0.03	0.00	0.00	1.38	2.13	0.78	1.10	(M)	0.40	0.16	4.60	170.20	36.98	0.00	80.50	43.19
Golden Corn - TR1269 (1/2 c.)	200	92.22	0.61	0.09	0.00	0.00	145.11	21.35	2.21(M)	(M)	(M)	2.31	0.43(M)	2.21(M)	180.33 (M)	3.21(M)	(M)	(M)	(M)
Assorted Fresh Fruit - TR1259 (1/2 c.)	150	77.70	0.26	0.05	0.00	0.00	1.11	20.18	3.42	4.38(M)	(M)	0.76	0.21	17.59	148.11	20.16	0.00(M)	94.59 (M)	34.10 (M)
Juicy Peaches - TR1194 (1/2 c.)	200	50.00	0.00	0.00	0.00	0.00	5.00	12.00	1.00	10.00	(M)	1.00	0.00	0.00	300.00	1.20	(M)	(M)	(M)
Fat Free Chocolate Milk - TR1174 (8 fl. oz.)	200	130.00	0.00	0.00	0.00	5.00	130.00	23.00	0.00	22.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Fat Free Lactaid Milk - TR1396 (1 c.)	1	80.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	(M)	8.00	0.00	500.00	500.00	0.00	(M)	(M)	(M)
Fat Free White Milk - TR1176 (8 fl. oz.)	1	80.00	0.00	0.00	0.00	5.00	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Soymilk Chocolate - TR1191 (1 c.)	1	140.00	3.50	0.50	0.00	0.00	110.00	20.00	2.00	15.00	(M)	8.00	1.80	400.00	500.00	0.00	(M)	(M)	(M)
Soymilk Vanilla - TR1190 (1 c.)	1	150.00	5.00	1.00	0.00	0.00	180.00	18.00	1.00	17.00	(M)	9.00	1.08	350.00	500.00	0.00	(M)	(M)	(M)
White Milk 1% - TR1173 (8 fl. oz.)	96	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	10.00	2.40	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - June, 2022

Site: ALL
Date: 06/01/2022 - 06/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	
Lunch K-5 Menu Wk2 Thursday 2021-2022 (6.9.22) - ServingDate: 06/09/2022																				
Light Ranch Dip - TR1052 (1 ea.)	25	80.00	7.00	1.00	0.00	5.00	290.00	3.00	0.00	2.00	(M)	1.00	0.00	20.00	0.00	0.00	(M)	(M)	(M)	
BBQ Sauce - TR1168 (1 ea.)	100	44.23	0.09	0.01	0.00	0.00	207.52	10.21	0.28	8.79	(M)	0.28	0.62	23.25	0.00	0.00	(M)	(M)	(M)	
Honey Mustard Sauce - TR1152 (1 ea.)	75	130.00	12.00	2.00	0.00	10.00	200.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Ketchup - TR1157 (1 ea.)	150	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Mayo - TR1158 (1 ea.)	25	70.00	7.00	1.00	0.00	5.00	50.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Goldfish Cheddar Crackers - TR1109 (1 ea.)	200	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	20.00	0.00	0.00	(M)	(M)	(M)	

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Lunch
Site Group: Elementary (Brennen, DSD, Bancroft, Stubbs, Pulaski)
Menu Line: Elementary Lunch (Bren, DSD, Ban, Stubbs, Pul)
Serving Group: K-5
Nutrients Option: All

HFCS