

Menu Calendar Nutrient Analysis Report

Generated on: 5/28/2024 4:11:07 PM by Kevin White

Site: GRAND OAKS ELEMENTARY
 Summer School Menu 2024

Item Name (Serving Size)	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)
Summer Lunch Pizza Monday Menu																	
Grilled Cheese - TR1089 (1 ea.)	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)
Peanut Butter & Jelly Sandwich Kit - TR1484 (1 ea.)	490.00	26.00	7.00	0.00	19.00	625.00	48.00	5.00	14.50	0.00(M)	19.50	2.16	250.00	90.00	0.00	0.10(M)	80.08(M)
Stuffed Crust Pizza - TR1837 (1 slice)	339.90	15.99	10.00	0.00	40.99	440.87	28.99	3.00	6.00	0.00	19.99	2.00	309.90	0.00	0.00	0.00	21.14
Baby Carrots & Ranch - TR1156 (1/2 c.)	86.83	3.50	0.50	0.00	5.00	429.03	13.44	2.15	6.22	(M)	0.00	7.73	21.46	10195.88	2.58	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)
Vegetable Medley - TR1105 (1/2 c.)	41.62	1.12	0.24	0.00	0.00	167.75	5.34	2.13	3.20	0.00(M)	1.07	0.00	21.35	808.46	6.40	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Orange Wedges - TR1057 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)
Lactaid Milk - TR1367 (1 c.)	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
White Milk - TR1035 (1 c.)	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Summer Lunch Cheeseburger Tuesday Menu																	
Cheeseburger - TR1897 (1 ea.)	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)
Grilled Cheese - TR1089 (1 ea.)	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)
Peanut Butter & Jelly Sandwich Kit - TR1484 (1 ea.)	490.00	26.00	7.00	0.00	19.00	625.00	48.00	5.00	14.50	0.00(M)	19.50	2.16	250.00	90.00	0.00	0.10(M)	80.08(M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	86.83	3.50	0.50	0.00	5.00	429.03	13.44	2.15	6.22	(M)	0.00	7.73	21.46	10195.88	2.58	(M)	(M)
Baked Beans - TR1186 (1/2 c.)	153.07	0.52	0.00	0.00	0.00	415.73	33.12	6.24	14.29	1.71(M)	5.20	1.87	41.60	0.00	0.00	0.00(M)	0.00(M)
Carrot Coins - TR1086 (1/2 c.)	43.99	2.39	0.24	0.00	0.00	153.97	7.64	2.55	3.82	0.00(M)	0.00	0.46	38.21	10516.75	2.29	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Orange Wedges - TR1057 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)
Lactaid Milk - TR1367 (1 c.)	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
White Milk - TR1035 (1 c.)	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)

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Ketchup - TR1088 (2 ea.)	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayo - TR1144 (1 ea.)	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard - TR1145 (1 ea.)	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Summer Lunch Hotdog Wednesday Menu																	
Grilled Cheese - TR1089 (1 ea.)	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)
Hot Dog - TR1248 (1 ea.)	280.00	11.50	2.50	0.00	60.00	560.00	30.00	2.00	3.00	2.00(M)	14.00	2.94	150.00	100.00	1.20	0.00(M)	89.77(M)
Peanut Butter & Jelly Sandwich Kit - TR1484 (1 ea.)	490.00	26.00	7.00	0.00	19.00	625.00	48.00	5.00	14.50	0.00(M)	19.50	2.16	250.00	90.00	0.00	0.10(M)	80.08(M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	86.83	3.50	0.50	0.00	5.00	429.03	13.44	2.15	6.22	(M)	0.00	7.73	21.46	10195.88	2.58	(M)	(M)
Golden Corn - TR1095 (1/2 c.)	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)
Steamed Broccoli - TR1112 (1/2 c.)	36.26	1.12	0.24	0.00	0.00	156.75	5.07	2.85	1.40	0.00(M)	2.95	0.56	31.06	965.72	38.20	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Orange Wedges - TR1057 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)
Lactaid Milk - TR1367 (1 c.)	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
White Milk - TR1035 (1 c.)	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Ketchup - TR1088 (2 ea.)	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayo - TR1144 (1 ea.)	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard - TR1145 (1 ea.)	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Summer Lunch Nuggets Thursday Menu																	
Chicken Nuggets - TR1082 (5 ea)	240.00	14.00	2.50	0.00	20.00	470.00	16.00	3.00	1.00	(M)	13.00	1.80	40.00	100.00	0.00	(M)	(M)
Grilled Cheese - TR1089 (1 ea.)	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)
Peanut Butter & Jelly Sandwich Kit - TR1484 (1 ea.)	490.00	26.00	7.00	0.00	19.00	625.00	48.00	5.00	14.50	0.00(M)	19.50	2.16	250.00	90.00	0.00	0.10(M)	80.08(M)
Breadstick Garlic 1g (240ct) - TR1655 (1 ea.)	100.00	3.50	0.50	0.00	0.00	95.00	15.00	1.00	1.00	1.00	1.00	0.90	0.00	0.00	0.00	0.00	100.11
Baby Carrots & Ranch - TR1156 (1/2 c.)	86.83	3.50	0.50	0.00	5.00	429.03	13.44	2.15	6.22	(M)	0.00	7.73	21.46	10195.88	2.58	(M)	(M)
Mashed Potatoes - TR1083 (1/2 c.)	89.22	1.19	0.00	0.00	0.00	420.03	17.84	1.49	0.59	(M)	1.78	0.24	12.28	2.31	7.73	(M)	(M)
Seasoned Green Beans - TR1085 (1/2 c.)	45.45	2.54	0.55	0.00	0.00	189.77	4.73	2.36	1.18	0.00(M)	1.18	0.42	23.64	254.54	1.42	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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Orange Wedges - TR1057 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)
Lactaid Milk - TR1367 (1 c.)	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
White Milk - TR1035 (1 c.)	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Brown Gravy - TR1087 (1 ea.)	25.31	1.01	0.00	0.00	0.00	143.37	4.05	0.00	0.00	(M)	0.00	0.00	1.62	0.00	0.00	0.00(M)	0.54(M)
Ketchup - TR1088 (2 ea.)	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Summer Lunch Hamburger Friday Menu																	
Grilled Cheese - TR1089 (1 ea.)	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)
Hamburger - TR1899 (1 ea.)	357.00	17.60	6.40	0.00	63.00	511.00	29.00	2.00	4.00	4.00(M)	20.60	2.60	125.00	0.00	0.00	0.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich Kit - TR1484 (1 ea.)	490.00	26.00	7.00	0.00	19.00	625.00	48.00	5.00	14.50	0.00(M)	19.50	2.16	250.00	90.00	0.00	0.10(M)	80.08(M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	86.83	3.50	0.50	0.00	5.00	429.03	13.44	2.15	6.22	(M)	0.00	7.73	21.46	10195.88	2.58	(M)	(M)
California Blend Vegetables - TR1662 (1/2 c.)	36.28	1.12	0.24	0.00	0.00	178.42	5.34	2.13	2.13	0.00(M)	2.13	0.38	21.35	8.00	0.00	0.00(M)	1173.79(M)
Crinkle Cut Fries - TR1149 (3 oz.)	142.86	4.29	0.00	0.00	0.00	242.86	21.43	2.86	0.00	(M)	2.86	0.51	0.00	0.00	5.14	(M)	300.00
Winter Blend Vegetables - TR1233 (1/2 c.)	35.08	1.12	0.24	0.00	0.00	166.79	4.08	2.04	1.02	0.00(M)	1.02	0.41	26.50	238.36	38.22	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Frozen Fun Friday - Emoji Ice!!! - TR1227 (1 c.)	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	(M)	0.00	0.00	0.00	0.00	12.00	(M)	(M)
Orange Wedges - TR1057 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)
Lactaid Milk - TR1367 (1 c.)	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
White Milk - TR1035 (1 c.)	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Ketchup - TR1088 (2 ea.)	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayo - TR1144 (1 ea.)	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard - TR1145 (1 ea.)	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch