

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)
Breakfast Middle & Douglass Menu Wk2 Wednesday 2021-2022 - ServingDate: 06/01/2022																			
Apple Juice - TR1172 (4 fl. oz.)	130	60.00	0.00	0.00	0.00	(M)	0.00	15.00	(M)	14.00	(M)	1.00	0.36	(M)	(M)	30.00	(M)	(M)	(M)
Orange Juice - TR1177 (4 fl. oz.)	70	60.00	0.00	0.00	0.00	(M)	0.00	14.00	(M)	12.00	(M)	1.00	(M)	10.00	(M)	30.00	(M)	(M)	(M)
Assorted Fresh Fruit - TR1259 (1/2 c.)	175	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.)	40	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.)	2	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)
Soymilk Chocolate - TR1191 (1 c.)	0	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.)	0	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.)	158	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)
Cereal, Assorted - TR1342 (1 ea.)	40	111.20	1.37	0.15	0.00	0.00	143.00	23.46	2.14	7.24	(M)	2.06	5.45	30.80	234.00(M)	5.15(M)	0.42(M)	18.80(M)	(M)
Mini Pancakes - TR1646 (1 ea.)	100	210.00	6.33	1.00	0.00	10.00	310.00	35.67	4.00	11.33	(M)	4.00	3.60	40.00	1000.00	0.00(M)	(M)	(M)	(M)
Poptarts (2 pack)*MS/HS - TR1773 (2 ea.)	60	340.00	5.67	1.83	0.00	0.00	363.33	72.67	5.00	29.33	(M)	4.33	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Graham Cracker (Assorted) - TR1771 (1 ea.)	40	120.00	4.00	1.00	0.00	0.00	132.50	19.50	1.50	7.00	(M)	1.50	1.44	40.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Breakfast Middle & Douglass Menu Wk2 Thursday 2021-2022 - ServingDate: 06/02/2022																			
Apple Juice - TR1172 (4 fl. oz.)	130	60.00	0.00	0.00	0.00	(M)	0.00	15.00	(M)	14.00	(M)	1.00	0.36	(M)	(M)	30.00	(M)	(M)	(M)
Orange Juice - TR1177 (4 fl. oz.)	70	60.00	0.00	0.00	0.00	(M)	0.00	14.00	(M)	12.00	(M)	1.00	(M)	10.00	(M)	30.00	(M)	(M)	(M)
Assorted Fresh Fruit - TR1259 (1/2 c.)	175	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.)	40	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.)	2	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)
Breakfast Middle & Douglass Menu Wk2 Thursday 2021-2022 - ServingDate: 06/02/2022																			
Soymilk Chocolate - TR1191 (1 c.)	0	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.)	0	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.)	158	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)
Cereal, Assorted - TR1342 (1 ea.)	40	111.20	1.37	0.15	0.00	0.00	143.00	23.46	2.14	7.24	(M)	2.06	5.45	30.80	234.00 (M)	5.15(M)	0.42(M)	18.80 (M)	(M)
Cinnamon Roll*MS/HS - TR1628 (1 ea.)	100	230.00	7.00	1.50	0.00	0.00	240.00	38.00	3.00	12.00	(M)	5.00	1.80	40.00	2250.00	0.00	(M)	(M)	(M)
Poptarts (2 pack)*MS/HS - TR1773 (2 ea.)	60	340.00	5.67	1.83	0.00	0.00	363.33	72.67	5.00	29.33	(M)	4.33	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Graham Cracker (Assorted) - TR1771 (1 ea.)	40	120.00	4.00	1.00	0.00	0.00	132.50	19.50	1.50	7.00	(M)	1.50	1.44	40.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Breakfast Middle & Douglass Menu Wk2 Friday 2021-2022 - ServingDate: 06/03/2022																			
Apple Juice - TR1172 (4 fl. oz.)	130	60.00	0.00	0.00	0.00	(M)	0.00	15.00	(M)	14.00	(M)	1.00	0.36	(M)	(M)	30.00	(M)	(M)	(M)
Orange Juice - TR1177 (4 fl. oz.)	70	60.00	0.00	0.00	0.00	(M)	0.00	14.00	(M)	12.00	(M)	1.00	(M)	10.00	(M)	30.00	(M)	(M)	(M)
Assorted Fresh Fruit - TR1259 (1/2 c.)	175	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.)	40	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.)	2	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)
Soymilk Chocolate - TR1191 (1 c.)	0	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.)	0	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.)	158	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)
Bagels, Assorted *MS - TR1354 (1 ea.)	50	145.00	1.00	0.00	0.00	0.00	230.00	30.50	3.50	5.00	(M)	5.50	1.80	30.00	0.00	0.00	(M)	(M)	(M)
Cereal Bars - TR1770 (1 ea.)	50	156.67	3.50	0.17	0.00	0.00	105.83	29.67	3.00	8.83	(M)	2.33	2.07	183.33	83.33 (M)	0.60(M)	0.20(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)
Breakfast Middle & Douglass Menu Wk2 Friday 2021-2022 - ServingDate: 06/03/2022																			
Cereal, Assorted - TR1342 (1 ea.)	40	111.20	1.37	0.15	0.00	0.00	143.00	23.46	2.14	7.24	(M)	2.06	5.45	30.80	234.00 (M)	5.15(M)	0.42(M)	18.80 (M)	(M)
Poptarts (2 pack)*MS/HS - TR1773 (2 ea.)	60	340.00	5.67	1.83	0.00	0.00	363.33	72.67	5.00	29.33	(M)	4.33	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Graham Cracker (Assorted) - TR1771 (1 ea.)	90	120.00	4.00	1.00	0.00	0.00	132.50	19.50	1.50	7.00	(M)	1.50	1.44	40.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Light Cream Cheese Cup - TR1245 (1 ea.)	50	44.24	3.76	2.40	0.00	15.19	82.49	1.32	0.06	1.19	(M)	1.90	0.01	24.25	0.00(M)	0.00(M)	(M)	(M)	(M)
Breakfast Middle & Douglass Menu Wk1 Monday 2021-2022 - ServingDate: 06/06/2022																			
Apple Juice - TR1172 (4 fl. oz.)	130	60.00	0.00	0.00	0.00	(M)	0.00	15.00	(M)	14.00	(M)	1.00	0.36	(M)	(M)	30.00	(M)	(M)	(M)
Orange Juice - TR1177 (4 fl. oz.)	70	60.00	0.00	0.00	0.00	(M)	0.00	14.00	(M)	12.00	(M)	1.00	(M)	10.00	(M)	30.00	(M)	(M)	(M)
Assorted Fresh Fruit - TR1259 (1/2 c.)	175	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.)	40	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.)	2	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)
Soymilk Chocolate - TR1191 (1 c.)	0	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.)	0	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.)	158	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)
Assorted Breakfast Breads *MS/HS - TR1670 (1 ea.)	100	260.00	8.00	1.50	0.00	0.00	243.33	44.33	2.33	23.33	(M)	5.00	1.32	80.00	0.00	0.00	(M)	(M)	(M)
Cereal, Assorted - TR1342 (1 ea.)	40	111.20	1.37	0.15	0.00	0.00	143.00	23.46	2.14	7.24	(M)	2.06	5.45	30.80	234.00 (M)	5.15(M)	0.42(M)	18.80 (M)	(M)
Poptarts (2 pack)*MS/HS - TR1773 (2 ea.)	60	340.00	5.67	1.83	0.00	0.00	363.33	72.67	5.00	29.33	(M)	4.33	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Graham Cracker (Assorted) - TR1771 (1 ea.)	40	120.00	4.00	1.00	0.00	0.00	132.50	19.50	1.50	7.00	(M)	1.50	1.44	40.00	0.00(M)	0.00(M)	(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)
Breakfast Middle & Douglass Menu Wk1 Tuesday 2021-2022 - ServingDate: 06/07/2022																			
Apple Juice - TR1172 (4 fl. oz.)	130	60.00	0.00	0.00	0.00	(M)	0.00	15.00	(M)	14.00	(M)	1.00	0.36	(M)	(M)	30.00	(M)	(M)	(M)
Orange Juice - TR1177 (4 fl. oz.)	70	60.00	0.00	0.00	0.00	(M)	0.00	14.00	(M)	12.00	(M)	1.00	(M)	10.00	(M)	30.00	(M)	(M)	(M)
Assorted Fresh Fruit - TR1259 (1/2 c.)	175	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.)	40	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.)	2	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)
Soymilk Chocolate - TR1191 (1 c.)	0	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.)	0	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.)	158	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)
Cereal, Assorted - TR1342 (1 ea.)	40	111.20	1.37	0.15	0.00	0.00	143.00	23.46	2.14	7.24	(M)	2.06	5.45	30.80	234.00(M)	5.15(M)	0.42(M)	18.80(M)	(M)
Mini Waffles - TR1647 (1 ea.)	100	190.00	5.00	1.50	0.00	0.00	240.00	35.50	4.00	11.00	(M)	4.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Poptarts (2 pack)*MS/HS - TR1773 (2 ea.)	60	340.00	5.67	1.83	0.00	0.00	363.33	72.67	5.00	29.33	(M)	4.33	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Graham Cracker (Assorted) - TR1771 (1 ea.)	40	120.00	4.00	1.00	0.00	0.00	132.50	19.50	1.50	7.00	(M)	1.50	1.44	40.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Breakfast Middle & Douglass Menu Wk1 Wednesday 2021-2022 - ServingDate: 06/08/2022																			
Apple Juice - TR1172 (4 fl. oz.)	130	60.00	0.00	0.00	0.00	(M)	0.00	15.00	(M)	14.00	(M)	1.00	0.36	(M)	(M)	30.00	(M)	(M)	(M)
Orange Juice - TR1177 (4 fl. oz.)	70	60.00	0.00	0.00	0.00	(M)	0.00	14.00	(M)	12.00	(M)	1.00	(M)	10.00	(M)	30.00	(M)	(M)	(M)
Assorted Fresh Fruit - TR1259 (1/2 c.)	175	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.)	40	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.)	2	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)

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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)
Breakfast Middle & Douglass Menu Wk1 Wednesday 2021-2022 - ServingDate: 06/08/2022																			
Soymilk Chocolate - TR1191 (1 c.)	0	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.)	0	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.)	158	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)
Cereal, Assorted - TR1342 (1 ea.)	40	111.20	1.37	0.15	0.00	0.00	143.00	23.46	2.14	7.24	(M)	2.06	5.45	30.80	234.00 (M)	5.15(M)	0.42(M)	18.80 (M)	(M)
Pigglegstick (Turkey Sausage) - TR1505 (1 ea.)	100	150.00	5.50	1.50	0.00	10.00	360.00	16.50	2.00	6.50	(M)	8.00	1.44	40.00	0.00	0.00	(M)	(M)	(M)
Poptarts (2 pack)*MS/HS - TR1773 (2 ea.)	60	340.00	5.67	1.83	0.00	0.00	363.33	72.67	5.00	29.33	(M)	4.33	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Graham Cracker (Assorted) - TR1771 (1 ea.)	40	120.00	4.00	1.00	0.00	0.00	132.50	19.50	1.50	7.00	(M)	1.50	1.44	40.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Syrup - TR1163 (1 ea.)	100	130.00	0.00	0.00	0.00	0.00	10.00	32.00	0.00	22.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Breakfast Middle & Douglass Menu Wk1 Thursday 2021-2022 - ServingDate: 06/09/2022																			
Apple Juice - TR1172 (4 fl. oz.)	130	60.00	0.00	0.00	0.00	(M)	0.00	15.00	(M)	14.00	(M)	1.00	0.36	(M)	(M)	30.00	(M)	(M)	(M)
Orange Juice - TR1177 (4 fl. oz.)	70	60.00	0.00	0.00	0.00	(M)	0.00	14.00	(M)	12.00	(M)	1.00	(M)	10.00	(M)	30.00	(M)	(M)	(M)
Assorted Fresh Fruit - TR1259 (1/2 c.)	175	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.)	40	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.)	2	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)
Soymilk Chocolate - TR1191 (1 c.)	0	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.)	0	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.)	158	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)
Cereal, Assorted - TR1342 (1 ea.)	40	111.20	1.37	0.15	0.00	0.00	143.00	23.46	2.14	7.24	(M)	2.06	5.45	30.80	234.00 (M)	5.15(M)	0.42(M)	18.80 (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)
Breakfast Middle & Douglass Menu Wk1 Thursday 2021-2022 - ServingDate: 06/09/2022																			
Mini Bagels (Strawberry or Cinnamon) - TR1496 (1 ea.)	100	235.00	6.00	2.25	0.00	10.00	185.00	42.00	2.00	13.00	(M)	6.00	1.44	20.00	50.00	0.00	(M)	(M)	(M)
Poptarts (2 pack)*MS/HS - TR1773 (2 ea.)	60	340.00	5.67	1.83	0.00	0.00	363.33	72.67	5.00	29.33	(M)	4.33	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Graham Cracker (Assorted) - TR1771 (1 ea.)	40	120.00	4.00	1.00	0.00	0.00	132.50	19.50	1.50	7.00	(M)	1.50	1.44	40.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Breakfast Middle & Douglass Menu Wk2 Monday 2021-2022 - ServingDate: 06/13/2022																			
Apple Juice - TR1172 (4 fl. oz.)	130	60.00	0.00	0.00	0.00	(M)	0.00	15.00	(M)	14.00	(M)	1.00	0.36	(M)	(M)	30.00	(M)	(M)	(M)
Orange Juice - TR1177 (4 fl. oz.)	70	60.00	0.00	0.00	0.00	(M)	0.00	14.00	(M)	12.00	(M)	1.00	(M)	10.00	(M)	30.00	(M)	(M)	(M)
Assorted Fresh Fruit - TR1259 (1/2 c.)	175	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.)	40	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.)	2	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)
Soymilk Chocolate - TR1191 (1 c.)	0	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.)	0	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.)	158	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)
Baked Breakfast Muffin MS/HS - TR1411 (1 ea.)	100	316.67	9.33	1.50	0.00	40.00	186.67	54.00	2.00	27.33	(M)	5.67	2.10	13.33	(M)	(M)	(M)	(M)	(M)
Cereal, Assorted - TR1342 (1 ea.)	40	111.20	1.37	0.15	0.00	0.00	143.00	23.46	2.14	7.24	(M)	2.06	5.45	30.80	234.00(M)	5.15(M)	0.42(M)	18.80(M)	(M)
Poptarts (2 pack)*MS/HS - TR1773 (2 ea.)	60	340.00	5.67	1.83	0.00	0.00	363.33	72.67	5.00	29.33	(M)	4.33	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Graham Cracker (Assorted) - TR1771 (1 ea.)	40	120.00	4.00	1.00	0.00	0.00	132.50	19.50	1.50	7.00	(M)	1.50	1.44	40.00	0.00(M)	0.00(M)	(M)	(M)	(M)

Legend

Menu Calendar Nutrient Analysis Report - June, 2022

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

(M) - Missing Nutrient Values

Report Selections

Meal Type: Breakfast
Site Group: Middle (Douglass)
Menu Line: Middle Breakfast (Bayard 7&8, Douglass)
Serving Group: 6-8
Nutrients Option: All

HFCS