

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 High, Networks & CHS Middle 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 High, Networks & CHS Middle 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)

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 High, Networks & CHS Middle Menu Wk2 Thursday 2021-2022 - ServingDate: 06/02/2022																			
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)
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 High, Networks & CHS Middle 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)

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 High, Networks & CHS Middle Menu Wk2 Friday 2021-2022 - ServingDate: 06/03/2022																			
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)
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)
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 High, Networks & CHS Middle 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)

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 High, Networks & CHS Middle Menu Wk1 Monday 2021-2022 - ServingDate: 06/06/2022																			
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 High, Networks & CHS Middle 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)

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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 High, Networks & CHS Middle 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)
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 High, Networks & CHS Middle 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)

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 High, Networks & CHS Middle Menu Wk1 Thursday 2021-2022 - ServingDate: 06/09/2022																			
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 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 High, Networks & CHS Middle 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)

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 High, Networks & CHS Middle Menu Wk2 Monday 2021-2022 - ServingDate: 06/13/2022																			
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
(M) - Missing Nutrient Values

Report Selections
Meal Type: Breakfast
Site Group: HS (CHS Middle, Networks & Pyle)
Menu Line: HS Breakfast (Net, Pyle & Honors)
Serving Group: 9-12
Nutrients Option: All
HFCS