

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 High & Networks Menu Wk1 Wednesday 2021-2022 (6.1.22) - ServingDate: 06/01/2022																			
Assorted Subs - TR1742 (1 ea.)	25	337.43	13.67	4.81	0.00(M)	68.78 (M)	1085.35	29.10	2.15(M)	3.11(M)	(M)	25.32	2.61(M)	163.31 (M)	281.34 (M)	2.49(M)	0.00(M)	23.28 (M)	10.09 (M)
Chef Salad E/M - TR1321 (1 ea.)	25	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)
Meatball Grinder*MS/HS - TR1797 (1 ea.)	300	421.79	19.12	7.75	0.72(M)	69.75	772.67	34.67	4.19	7.23	(M)	26.84	3.63	206.98	395.91 (M)	2.94(M)	0.09(M)	23.62 (M)	7.01(M)
PBJ Meal*MS/HS - TR1927 (2 ea.)	50	600.00	32.00	7.00	0.00	0.00	560.00	64.00	8.00	30.00	(M)	18.00	2.16	80.00	0.00(M)	0.00(M)	(M)	470.00	(M)
Fresh Grape Tomatoes - TR1266 (1/2 c.)	250	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.)	350	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.)	250	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.)	350	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.)	300	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 Strawberry Milk - TR1178 (8 fl. oz.)	1	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 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.)	95	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.)	250	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)
Parmesan Cheese, Grated - TR1488 (3 1/2 g.)	200	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

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 High & Networks Menu Wk1 Thursday 2021-2022 (6.2.22) - ServingDate: 06/02/2022																			
Assorted Subs - TR1742 (1 ea.)	50	337.43	13.67	4.81	0.00(M)	68.78 (M)	1085.35	29.10	2.15(M)	3.11(M)	(M)	25.32	2.61(M)	163.31 (M)	281.34 (M)	2.49(M)	0.00(M)	23.28 (M)	10.09 (M)
PBJ Meal*MS/HS - TR1927 (2 ea.)	50	600.00	32.00	7.00	0.00	0.00	560.00	64.00	8.00	30.00	(M)	18.00	2.16	80.00	0.00(M)	0.00(M)	(M)	470.00	(M)
Stuffed Crust Pizza - TR1034 (1 ea.)	300	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.)	250	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.)	300	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.)	250	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.)	250	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.)	350	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.)	300	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 Strawberry Milk - TR1178 (8 fl. oz.)	1	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 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.)	95	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.)	250	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)
Fat Free Ranch Dressing (12g) - TR1078 (1 ea.)	200	17.61	0.10	0.02	0.00	0.07	77.13	3.97	0.03	0.99	(M)	0.05	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)

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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 High & Networks Menu Wk1 Friday 2021-2022 (6.3.22) - Serving Date: 06/03/2022																				
Assorted Subs - TR1742 (1 ea.)	25	337.43	13.67	4.81	0.00(M)	68.78 (M)	1085.35	29.10	2.15(M)	3.11(M)	(M)	25.32	2.61(M)	163.31 (M)	281.34 (M)	2.49(M)	0.00(M)	23.28 (M)	10.09 (M)	
Breakfast Sandwich*HS (lunch) - TR1977 (1 ea.)	300	268.46	11.64	3.78	0.05	124.33	547.44	27.61	2.04	3.44	(M)	13.45	2.33	143.49	312.43 (M)	0.04(M)	(M)	(M)	(M)	
Dairy Fuel Pack - TR1323 (1 ea.)	25	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*MS/HS - TR1927 (2 ea.)	50	600.00	32.00	7.00	0.00	0.00	560.00	64.00	8.00	30.00	(M)	18.00	2.16	80.00	0.00(M)	0.00(M)	(M)	470.00	(M)	
Breakfast Potatoes - TR1836 (1/2 c.)	300	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.)	100	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")	100	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.)	100	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.)	200	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.)	300	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.)	300	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 Strawberry Milk - TR1178 (8 fl. oz.)	1	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 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.)	95	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.)	200	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)	

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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 High & Networks Menu Wk1 Friday 2021-2022 (6.3.22) - ServingDate: 06/03/2022																				
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 High & Networks Menu Wk2 Monday 2021-2022 (6.6.22) - ServingDate: 06/06/2022																				
Assorted Subs - TR1742 (1 ea.)	25	337.43	13.67	4.81	0.00(M)	68.78 (M)	1085.35	29.10	2.15(M)	3.11(M)	(M)	25.32	2.61(M)	163.31 (M)	281.34 (M)	2.49(M)	0.00(M)	23.28 (M)	10.09 (M)	
Dairy Fuel Pack - TR1323 (1 ea.)	25	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.)	300	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*MS/HS - TR1927 (2 ea.)	50	600.00	32.00	7.00	0.00	0.00	560.00	64.00	8.00	30.00	(M)	18.00	2.16	80.00	0.00(M)	0.00(M)	(M)	470.00	(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)	
Fresh Celery Sticks - TR1260 (1/2 c.)	150	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.)	300	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.)	250	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.)	300	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 Strawberry Milk - TR1178 (8 fl. oz.)	1	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 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)	

Menu Calendar Nutrient Analysis Report - June, 2022

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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 High & Networks Menu Wk2 Monday 2021-2022 (6.6.22) - ServingDate: 06/06/2022																			
White Milk 1% - TR1173 (8 fl. oz.)	95	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.)	125	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 High & Networks Menu Wk2 Tuesday 2021-2022 (6.7.22) - ServingDate: 06/07/2022																			
Assorted Subs - TR1742 (1 ea.)	50	337.43	13.67	4.81	0.00(M)	68.78 (M)	1085.35	29.10	2.15(M)	3.11(M)	(M)	25.32	2.61(M)	163.31 (M)	281.34 (M)	2.49(M)	0.00(M)	23.28 (M)	10.09 (M)
Chicken Cheesesteak MS/HS - TR1308 (1 sandwich)	300	278.37	8.49	2.03	0.00	78.16	417.19	21.48	1.65	2.02	(M)	27.12	1.46(M)	93.64 (M)	121.75 (M)	0.04(M)	0.00(M)	4.29(M)	0.03(M)
PBJ Meal*MS/HS - TR1927 (2 ea.)	50	600.00	32.00	7.00	0.00	0.00	560.00	64.00	8.00	30.00	(M)	18.00	2.16	80.00	0.00(M)	0.00(M)	(M)	470.00	(M)
French Fries - TR1924 (1/2 c.)	300	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.)	150	40.00	0.14	0.02	0.00	0.00	88.00	9.24	3.28	(M)	(M)	0.71	1.02	36.01	15636.00	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.)	250	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)
Fat Free Chocolate Milk - TR1174 (8 fl. oz.)	300	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 Strawberry Milk - TR1178 (8 fl. oz.)	1	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 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)
Soy milk 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)
Soy milk 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)

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 High & Networks Menu Wk2 Tuesday 2021-2022 (6.7.22) - ServingDate: 06/07/2022																			
White Milk 1% - TR1173 (8 fl. oz.)	95	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.)	125	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.)	300	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 High & Networks Menu Wk2 Wednesday 2021-2022 (6.8.22) - ServingDate: 06/08/2022																			
Assorted Subs - TR1742 (1 ea.)	25	337.43	13.67	4.81	0.00(M)	68.78 (M)	1085.35	29.10	2.15(M)	3.11(M)	(M)	25.32	2.61(M)	163.31 (M)	281.34 (M)	2.49(M)	0.00(M)	23.28 (M)	10.09 (M)
Cheese Pizza (Wedge) - TR1004 (1 ea.)	325	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)
PBJ Meal*MS/HS - TR1927 (2 ea.)	50	600.00	32.00	7.00	0.00	0.00	560.00	64.00	8.00	30.00	(M)	18.00	2.16	80.00	0.00(M)	0.00(M)	(M)	470.00	(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)
Fresh Grape Tomatoes - TR1266 (1/2 c.)	150	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.)	300	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.)	250	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.)	300	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 Strawberry Milk - TR1178 (8 fl. oz.)	1	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 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)

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 High & Networks Menu Wk2 Wednesday 2021-2022 (6.8.22) - ServingDate: 06/08/2022																			
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.)	95	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.)	125	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)
Fat Free Ranch Dressing (12g) - TR1078 (1 ea.)	200	17.61	0.10	0.02	0.00	0.07	77.13	3.97	0.03	0.99	(M)	0.05	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 High & Networks Menu Wk2 Thursday 2021-2022 (6.9.22) - ServingDate: 06/09/2022																			
Assorted Subs - TR1742 (1 ea.)	50	337.43	13.67	4.81	0.00(M)	68.78 (M)	1085.35	29.10	2.15(M)	3.11(M)	(M)	25.32	2.61(M)	163.31 (M)	281.34 (M)	2.49(M)	0.00(M)	23.28 (M)	10.09 (M)
Chicken Nuggets MS/HS - TR1378 (6 ea.)	300	240.00	10.50	2.25	0.00	30.00	405.00	15.00	3.00	0.00	(M)	21.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)
PBJ Meal*MS/HS - TR1927 (2 ea.)	50	600.00	32.00	7.00	0.00	0.00	560.00	64.00	8.00	30.00	(M)	18.00	2.16	80.00	0.00(M)	0.00(M)	(M)	470.00	(M)
Fresh Green Pepper Strips - TR1265 (1/2 c.)	150	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.)	300	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.)	250	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.)	300	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 Strawberry Milk - TR1178 (8 fl. oz.)	1	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)
Lunch High & Networks Menu Wk2 Thursday 2021-2022 (6.9.22) - ServingDate: 06/09/2022																			
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.)	95	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.)	125	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.)	150	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.)	100	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.)	250	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.)	0	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: HS (CHS Middle, Networks & Pyle)
Menu Line: HS Lunch (Net, Pyle & Honors)
Serving Group: 9-12
Nutrients Option: All

HFCS