Menu Calendar Nutrient Analysis Report - December, 2026

Generated on: 11/5/2026 11:40:36 AM by Mary Trammell

Site: ALL
Date: 12/01/2026 - 12/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Elementary Lunch W4D2 Menu 4 - ServingDate: 12/01/2026						
Chicken Sandwich - LR1037 (1 sandwich)	65	344.07	44.01	2.67	4.67	4.00
Lunch Bite - LR1050 (1 serving)	20	338.68	38.09	2.00	8.04	7.00(M)
Southwest Dip and Chips - LR1040 (1 serving)	15	601.81	37.17	2.51	6.69	0.50
Pinto Beans - 5550 (1/2 c.)	10	144.78	26.76	10.67	1.59	0.00(M)
Corn - 6010 (1/2 c.)	35	117.17	21.46	1.26	8.84	3.79
Chilled Peach Slices - 6815 (1/2 c.)	60	57.24	13.36	0.95	12.40	4.77
Fresh Fruit Bowl - 6715 (1 ea.)	40	90.99	23.70	3.96	14.13	0.00
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ketchup - 8000 (1 foil pack)	10	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	5	29.64	0.59	0.00	0.00	0.00
Elementary Lunch W4D3 Menu 4 - ServingDate: 12/02/2026						
Chef Salad - LR1041 (1 salad)	5	246.46	17.79	2.40	8.72	3.71(M)
Chicken and Sausage Gumbo over Rice - 4610.1 (1 serving)	50	337.30	35.84	1.94	3.30	0.00
Yogurt Plate - LR1030 (1 serving)	45	360.00	53.00	2.00	23.00	18.50
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Garlic Toast - 7115 (1 slice)	50	90.00	14.00	1.00	1.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Elementary Lunch W4D3 Menu 4 - ServingDate: 12/02/2026						
Carrots w/ Dip - LR1010 (1/2 c.)	15	39.77	9.93	2.46	5.05	1.00
Savory Green Beans - 5745 (1/2 c.)	20	39.55	4.58	2.27	2.27	0.00
Chilled Pear Halves - 6850 (1/2 c.)	80	51.52	13.74	2.58	10.30	4.29
Fresh Fruit Bowl - 6715 (1 ea.)	20	90.99	23.70	3.96	14.13	0.00
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	0.00
Ranch Dressing - 8080 (1 oz.)	3	56.76	1.86	0.00	0.86	0.00
Elementary Lunch W4D4 Menu 4 - ServingDate: 12/03/2026						
Chicken Tenders - 3190 (3 tenders)	75	200.00	14.00	0.00	0.00	0.00
Stromboli Supreme - LR1060 (1 slice)	25	365.59	43.18	1.63	3.92	1.50(M)
Garlic Toast - 7115 (1 slice)	65	90.00	14.00	1.00	1.00	0.00
Mashed Potatoes - 6070 (1/2 c.)	40	101.46	17.12	1.14	0.00	0.00
Steamed Broccoli Florets - 5610 (1/2 c.)	10	34.78	3.58	2.15	0.71	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	40	90.99	23.70	3.96	14.13	0.00
Chilled Strawberry Slices - 6945 (1/2 c.)	60	82.38	21.05	1.83	15.56	(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00

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Site: ALL
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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Elementary Lunch W4D4 Menu 4 - ServingDate: 12/03/2026						
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Brown Gravy - 8130 Merchants (2 oz.)	15	20.65	3.10	0.00	1.03	0.00(M)
Ketchup - 8000 (1 foil pack)	15	10.62	2.39	0.12	2.01	1.77
Variety of Dipping Sauce - LR1085 (1 packet)	10	36.52	8.09	0.17	6.99	6.81
Elementary Lunch W4D5 Menu 4 - ServingDate: 12/04/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	10	334.91	32.00	3.00	5.50	4.00(M)
Hamburger - 4105.1 (1 burger)	75	279.91	31.00	3.00	5.00	4.00(M)
Philly Chicken Sandwich - 4165 Merchants (1 sandwich)	15	312.62	34.85	3.29	6.42	5.76(M)
Baked Beans - LR1012 (1/2 c.)	5	207.05	39.49	5.45	15.11	6.47(M)
Sidewinder Potatoes - 6167 (1/2 c.)	40	103.70	15.55	1.04	0.00	0.00
Chilled Mandarin Oranges - 6795 (1/2 c.)	60	77.91	20.68	0.89	19.78	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	40	90.99	23.70	3.96	14.13	0.00
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ketchup - 8000 (1 foil pack)	15	10.62	2.39	0.12	2.01	1.77

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Site: ALL
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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Elementary Lunch W4D5 Menu 4 - ServingDate: 12/04/2026						
Mayonnaise - 8010 Merchants (1 packet)	5	29.64	0.59	0.00	0.00	0.00
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Elementary Lunch W1D1 Menu 5 - ServingDate: 12/07/2026						
Chicken Sandwich - LR1037 (1 sandwich)	15	344.07	44.01	2.67	4.67	4.00
Pizza, Variety - LR1001 (1 slice)	85	329.01	33.23	3.25	4.00	1.00
Glazed Carrots - 5865 (1/2 c.)	10	53.95	8.89	2.86	6.24	2.16
Lima Beans - 5525 (1/2 c.)	15	117.30	20.22	6.07	1.01	0.00
Chilled Applesauce - 6555 (1/2 c.)	60	59.25	15.55	1.70	11.86	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	20	90.99	23.70	3.96	14.13	0.00
Rosey Applesauce - 6565 (1/2 c.)	20	70.45	18.27	1.70	14.58	2.72
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ketchup - 8000 (1 foil pack)	10	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	5	29.64	0.59	0.00	0.00	0.00
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Elementary Lunch W1D2 Menu 5 - ServingDate: 12/08/2026						
Hot Ham & Cheese Croissant - LR1006 (1 sandwich)	15	306.93	35.09	2.31	6.20	3.00(M)

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Elementary Lunch W1D2 Menu 5 - ServingDate: 12/08/2026						
Lunch Bite - LR1050 (1 serving)	15	338.68	38.09	2.00	8.04	7.00(M)
Pepper Jack Chicken Quesadilla - 3147.1 (1 quesadilla)	70	306.44	24.67	3.26	3.10	1.04(M)
Saltine Crackers - LR1054 (2 pkg.)	5	45.00	8.00	0.00	0.00	0.00
Pinto Beans - 5550 (1/2 c.)	5	144.78	26.76	10.67	1.59	0.00(M)
Corn - 6010 (1/2 c.)	25	117.17	21.46	1.26	8.84	3.79
Chilled Peach Slices - 6815 (1/2 c.)	80	57.24	13.36	0.95	12.40	4.77
Fresh Fruit Bowl - 6715 (1 ea.)	20	90.99	23.70	3.96	14.13	0.00
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ketchup - 8000 (1 foil pack)	10	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	10	29.64	0.59	0.00	0.00	0.00
Elementary Lunch W1D3 Menu 5 - ServingDate: 12/09/2026						
Chef Salad - LR1041 (1 salad)	5	246.46	17.79	2.40	8.72	3.71(M)
Chicken Salad on a Croissant - 4280.1 (1 ea.)	15	327.45	32.41	2.22	5.13	4.82
Spaghetti with Meat Sauce - LR1055 (1 serving)	80	268.80	24.47	1.51	5.95	0.00
Garlic Knot Roll - 7141 (1 roll.)	80	170.00	27.00	3.00	3.00	2.00

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Elementary Lunch W1D3 Menu 5 - ServingDate: 12/09/2026						
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Carrots w/ Dip - LR1010 (1/2 c.)	15	39.77	9.93	2.46	5.05	1.00
Steamed Broccoli Florets - 5610 (1/2 c.)	15	34.78	3.58	2.15	0.71	0.00
Chilled Pear Halves - 6850 (1/2 c.)	80	51.52	13.74	2.58	10.30	4.29
Fresh Fruit Bowl - 6715 (1 ea.)	20	90.99	23.70	3.96	14.13	0.00
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	0.00
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
Elementary Christmas Menu 2026 -2 - ServingDate: 12/10/2026						
Chicken Tenders - 3190 (3 tenders)	65	200.00	14.00	0.00	0.00	0.00
Sliced Turkey Roast with Gravy - LR1091 (1 serving)	35	169.71	3.97	0.00	1.32	0.00(M)
Fluffy Roll - 7145 (1 roll.)	80	170.00	31.00	1.00	5.00	4.00
Savory Green Beans - 5745 (1/2 c.)	15	39.55	4.58	2.27	2.27	0.00
Mashed Potatoes - 6070 (1/2 c.)	45	101.46	17.12	1.14	0.00	0.00
Sweet Potato Casserole - 5915 (1/2 c.)	15	309.15	66.93	6.58	46.72	8.62(M)
Fresh Fruit Bowl - 6715 (1 ea.)	20	90.99	23.70	3.96	14.13	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Elementary Christmas Menu 2026 -2 - ServingDate: 12/10/2026						
Chilled Strawberry Slices - 6945 (1/2 c.)	80	82.38	21.05	1.83	15.56	(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Turkey Dressing - LR1048 (1 serving 1/)	30	128.14	13.87	1.12	2.28	1.36(M)
Christmas Dessert - LR1098 (1 serving)	50	(M)	(M)	(M)	(M)	(M)
Ketchup - 8000 (1 foil pack)	20	10.62	2.39	0.12	2.01	1.77
Variety of Dipping Sauces - 8175 (1 packet)	20	40.09	9.06	0.12	7.67	7.59
Elementary Lunch W1D5 Menu 5 - ServingDate: 12/11/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	10	334.91	32.00	3.00	5.50	4.00(M)
Fajita Chicken Loaded Baked Potato - 3255.1 (1 potato)	10	266.53	24.08	1.94	4.15	0.00(M)
Hamburger - 4105.1 (1 burger)	80	279.91	31.00	3.00	5.00	4.00(M)
Garlic Knot Roll - 7141 (1 roll.)	10	170.00	27.00	3.00	3.00	2.00
Baked Beans - LR1012 (1/2 c.)	10	207.05	39.49	5.45	15.11	6.47(M)
Spicy Fries - 6150 Merchants (1/2 c.)	35	110.48	16.07	1.00	0.00	0.00
Chilled Mandarin Oranges - 6795 (1/2 c.)	80	77.91	20.68	0.89	19.78	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	20	90.99	23.70	3.96	14.13	0.00

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Elementary Lunch W1D5 Menu 5 - ServingDate: 12/11/2026						
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ketchup - 8000 (1 foil pack)	10	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	5	29.64	0.59	0.00	0.00	0.00
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Elementary Lunch W2D1 Menu 5 - ServingDate: 12/14/2026						
Chicken Sandwich - LR1037 (1 sandwich)	35	344.07	44.01	2.67	4.67	4.00
Pizza, Variety - LR1001 (1 slice)	65	329.01	33.23	3.25	4.00	1.00
Glazed Carrots - 5865 (1/2 c.)	10	53.95	8.89	2.86	6.24	2.16
Lima Beans - 5525 (1/2 c.)	20	117.30	20.22	6.07	1.01	0.00
Chilled Applesauce - 6555 (1/2 c.)	45	59.25	15.55	1.70	11.86	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	20	90.99	23.70	3.96	14.13	0.00
Rosey Applesauce - 6565 (1/2 c.)	25	70.45	18.27	1.70	14.58	2.72
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00

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Elementary Lunch W2D1 Menu 5 - ServingDate: 12/14/2026						
Mayonnaise - 8010 Merchants (1 packet)	5	29.64	0.59	0.00	0.00	0.00
Elementary Lunch W2D2 Menu 5 - ServingDate: 12/15/2026						
BBQ Chicken Sandwiches - 4140.1 (1 ea.)	50	253.91	35.77	2.00	10.22	10.22
Lunch Bite - LR1050 (1 serving)	10	338.68	38.09	2.00	8.04	7.00(M)
Walking Tacos - 1095.1 (1 taco)	40	421.00	36.34	3.04	5.87	1.22(M)
Pinto Beans - 5550 (1/2 c.)	5	144.78	26.76	10.67	1.59	0.00(M)
Corn - 6010 (1/2 c.)	30	117.17	21.46	1.26	8.84	3.79
Chilled Peach Slices - 6815 (1/2 c.)	75	57.24	13.36	0.95	12.40	4.77
Fresh Fruit Bowl - 6715 (1 ea.)	20	90.99	23.70	3.96	14.13	0.00
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Sour Cream - 8115 (1 Portion Cu)	5	33.08	0.94	0.00	0.94	0.00
Ketchup - 8000 (1 foil pack)	10	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	10	29.64	0.59	0.00	0.00	0.00
Elementary Lunch W2D3 Menu 5 - ServingDate: 12/16/2026						
Cheesy Chicken over Rice - 3120 (1 serving)	65	360.90	30.66	1.39	3.15	0.17

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Elementary Lunch W2D3 Menu 5 - ServingDate: 12/16/2026						
Chef Salad - LR1041 (1 salad)	5	246.46	17.79	2.40	8.72	3.71(M)
Yogurt Plate - LR1030 (1 serving)	30	360.00	53.00	2.00	23.00	18.50
Garlic Knot Roll - 7141 (1 roll.)	45	170.00	27.00	3.00	3.00	2.00
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Carrots w/ Dip - LR1010 (1/2 c.)	10	39.77	9.93	2.46	5.05	1.00
Savory Green Beans - 5745 (1/2 c.)	15	39.55	4.58	2.27	2.27	0.00
Chilled Pear Halves - 6850 (1/2 c.)	80	51.52	13.74	2.58	10.30	4.29
Fresh Fruit Bowl - 6715 (1 ea.)	20	90.99	23.70	3.96	14.13	0.00
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	0.00
Ranch Dressing - 8080 (1 oz.)	3	56.76	1.86	0.00	0.86	0.00
Elementary Lunch W2D4 Menu 5 - ServingDate: 12/17/2026						
Chicken Tenders - 3190 (3 tenders)	80	200.00	14.00	0.00	0.00	0.00
Sloppy Joe on Bun - 4085 (1 ea.)	20	325.65	33.94	2.21	8.80	7.04
Garlic Toast - 7115 (1 slice)	60	90.00	14.00	1.00	1.00	0.00
Mashed Potatoes - 6070 (1/2 c.)	40	101.46	17.12	1.14	0.00	0.00
Steamed Broccoli Florets - 5610 (1/2 c.)	10	34.78	3.58	2.15	0.71	0.00

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Elementary Lunch W2D4 Menu 5 - ServingDate: 12/17/2026						
Fresh Fruit Bowl - 6715 (1 ea.)	30	90.99	23.70	3.96	14.13	0.00
Chilled Strawberry Slices - 6945 (1/2 c.)	60	82.38	21.05	1.83	15.56	(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Brown Gravy - 8130 Merchants (2 oz.)	10	20.65	3.10	0.00	1.03	0.00(M)
Ketchup - 8000 (1 foil pack)	10	10.62	2.39	0.12	2.01	1.77
Variety of Dipping Sauce - LR1085 (1 packet)	10	36.52	8.09	0.17	6.99	6.81
Elementary Brunch Manager's Choice Menu - ServingDate: 12/18/2026						
Brunch Entree - LR1072 (1 serving)	100	(M)	(M)	(M)	(M)	(M)
Brunch Vegetable - LR1075 (1 serving)	50	(M)	(M)	(M)	(M)	(M)
Brunch Vegetable - LR1076 (1 serving)	50	(M)	(M)	(M)	(M)	(M)
Brunch Fruit - LR1073 (1 serving)	50	(M)	(M)	(M)	(M)	(M)
Brunch Fruit - LR1074 (1 serving)	50	(M)	(M)	(M)	(M)	(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00

Menu Calendar Nutrient Analysis Report - December, 2026

Site: ALL
Date: 12/01/2026 - 12/31/2026

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Elementary
Menu Line: Regular
Serving Group: K-8
Nutrients Option: Diabetic Interest