

Menu Calendar Nutrient Analysis Report - October, 2024

Site: ALL
Date: 10/01/2024 - 10/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2023-24 HS Oatmeal bar - ServingDate: 10/01/2024								
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, WGR - SR102962 (1 Bar (2.5oz))	100	280.00	8.00	3.00	0.00	230.00	47.00	5.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	100	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2024 HS Cinnamon bun - ServingDate: 10/02/2024								
Roll, Cinnamon WG Cinnamon Roll with Drizzle Icing, Frozen, Hadley Farms, 3751W, WG - SR109366 (1 roll.)	200	240.00	7.00	1.50	0.00	240.00	38.00	5.00
Applesauce - LR100181 (4 1/2 oz.)	150	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Juice, Apple, 100%, 4 fl. oz., Frozen, Suncup, 030301 - SR107865 (1 Carton)	150	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	150	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2023-24 HS Oatmeal bar - ServingDate: 10/03/2024								
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, WGR - SR102962 (1 Bar (2.5oz))	100	280.00	8.00	3.00	0.00	230.00	47.00	5.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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2023-24 HS Oatmeal bar - ServingDate: 10/03/2024								
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	100	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2023-24 Powdered donut - ServingDate: 10/04/2024								
Bake crafters Powered donut - LR100159 (1 serv.)	100	310.00	13.00	6.00	0.00	260.00	45.00	4.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Peaches, yellow clingstone, canned, sliced, packed in extra light syrup [100219, A433] - SR105223 (1 c.)	100	105.99	0.25	0.00	0.00	12.00	26.79	1.01
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2023-24 Cinni Minis - ServingDate: 10/07/2024								
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	100	240.00	8.00	1.50	0.00	270.00	40.00	4.00
Applesauce - LR100181 (4 1/2 oz.)	100	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Juice, Apple, 100%, 4 fl. oz., Frozen, Suncup, 030301 - SR107865 (1 Carton)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	200	130.00	2.50	1.50	0.00	175.00	18.50	7.50

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2023-24 HS Oatmeal bar - ServingDate: 10/08/2024								
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, WGR - SR102962 (1 Bar (2.5oz))	100	280.00	8.00	3.00	0.00	230.00	47.00	5.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	100	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2024 HS Cinnamon bun - ServingDate: 10/09/2024								
Roll, Cinnamon WG Cinnamon Roll with Drizzle Icing, Frozen, Hadley Farms, 3751W, WG - SR109366 (1 roll.)	200	240.00	7.00	1.50	0.00	240.00	38.00	5.00
Applesauce - LR100181 (4 1/2 oz.)	150	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Juice, Apple, 100%, 4 fl. oz., Frozen, Suncup, 030301 - SR107865 (1 Carton)	150	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	150	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2023-24 HS Oatmeal bar - ServingDate: 10/10/2024								
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, WGR - SR102962 (1 Bar (2.5oz))	100	280.00	8.00	3.00	0.00	230.00	47.00	5.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2023-24 HS Oatmeal bar - ServingDate: 10/10/2024								
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	100	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2023-24 HS Oatmeal bar - ServingDate: 10/15/2024								
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, WGR - SR102962 (1 Bar (2.5oz))	100	280.00	8.00	3.00	0.00	230.00	47.00	5.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	100	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2024 HS Cinnamon bun - ServingDate: 10/16/2024								
Roll, Cinnamon WG Cinnamon Roll with Drizzle Icing, Frozen, Hadley Farms, 3751W, WG - SR109366 (1 roll.)	200	240.00	7.00	1.50	0.00	240.00	38.00	5.00
Applesauce - LR100181 (4 1/2 oz.)	150	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Juice, Apple, 100%, 4 fl. oz., Frozen, Suncup, 030301 - SR107865 (1 Carton)	150	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	150	130.00	2.50	1.50	0.00	175.00	18.50	7.50

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2023-24 HS Oatmeal bar - ServingDate: 10/17/2024								
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, WGR - SR102962 (1 Bar (2.5oz))	100	280.00	8.00	3.00	0.00	230.00	47.00	5.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	100	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2023-24 Powdered donut - ServingDate: 10/18/2024								
Bake crafters Powdered donut - LR100159 (1 serv.)	100	310.00	13.00	6.00	0.00	260.00	45.00	4.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Peaches, yellow clingstone, canned, sliced, packed in extra light syrup [100219, A433] - SR105223 (1 c.)	100	105.99	0.25	0.00	0.00	12.00	26.79	1.01
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2023-24 Cinni Minis - ServingDate: 10/21/2024								
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	100	240.00	8.00	1.50	0.00	270.00	40.00	4.00
Applesauce - LR100181 (4 1/2 oz.)	100	60.00	0.00	0.00	0.00	10.00	15.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2023-24 Cinni Minis - ServingDate: 10/21/2024								
Juice, Apple, 100%, 4 fl. oz., Frozen, Suncup, 030301 - SR107865 (1 Carton)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	200	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2023-24 HS Oatmeal bar - ServingDate: 10/22/2024								
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, WGR - SR102962 (1 Bar (2.5oz))	100	280.00	8.00	3.00	0.00	230.00	47.00	5.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	100	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2024 HS Cinnamon bun - ServingDate: 10/23/2024								
Roll, Cinnamon WG Cinnamon Roll with Drizzle Icing, Frozen, Hadley Farms, 3751W, WG - SR109366 (1 roll.)	200	240.00	7.00	1.50	0.00	240.00	38.00	5.00
Applesauce - LR100181 (4 1/2 oz.)	150	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Juice, Apple, 100%, 4 fl. oz., Frozen, Suncup, 030301 - SR107865 (1 Carton)	150	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	150	130.00	2.50	1.50	0.00	175.00	18.50	7.50

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2023-24 HS Oatmeal bar - ServingDate: 10/24/2024								
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, WGR - SR102962 (1 Bar (2.5oz))	100	280.00	8.00	3.00	0.00	230.00	47.00	5.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	100	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2023-24 Powdered donut - ServingDate: 10/25/2024								
Bake crafters Powdered donut - LR100159 (1 serv.)	100	310.00	13.00	6.00	0.00	260.00	45.00	4.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Peaches, yellow clingstone, canned, sliced, packed in extra light syrup [100219, A433] - SR105223 (1 c.)	100	105.99	0.25	0.00	0.00	12.00	26.79	1.01
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2023-24 Cinni Minis - ServingDate: 10/28/2024								
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	100	240.00	8.00	1.50	0.00	270.00	40.00	4.00
Applesauce - LR100181 (4 1/2 oz.)	100	60.00	0.00	0.00	0.00	10.00	15.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2023-24 Cinni Minis - ServingDate: 10/28/2024								
Juice, Apple, 100%, 4 fl. oz., Frozen, Suncup, 030301 - SR107865 (1 Carton)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	200	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2023-24 HS Oatmeal bar - ServingDate: 10/29/2024								
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, WGR - SR102962 (1 Bar (2.5oz))	100	280.00	8.00	3.00	0.00	230.00	47.00	5.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	100	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50
2024 HS Cinnamon bun - ServingDate: 10/30/2024								
Roll, Cinnamon WG Cinnamon Roll with Drizzle Icing, Frozen, Hadley Farms, 3751W, WG - SR109366 (1 roll.)	200	240.00	7.00	1.50	0.00	240.00	38.00	5.00
Applesauce - LR100181 (4 1/2 oz.)	150	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Juice, Apple, 100%, 4 fl. oz., Frozen, Suncup, 030301 - SR107865 (1 Carton)	150	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	150	130.00	2.50	1.50	0.00	175.00	18.50	7.50

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2023-24 HS Oatmeal bar - ServingDate: 10/31/2024								
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, WGR - SR102962 (1 Bar (2.5oz))	100	280.00	8.00	3.00	0.00	230.00	47.00	5.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	100	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	100	130.00	2.50	1.50	0.00	175.00	18.50	7.50

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Breakfast
 Site Group: High School
 Menu Line: regular
 Serving Group: 9-12
 Nutrients Option: Expanded