

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)
2024-25 HS Breakfast for Lunch - ServingDate: 10/01/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	20	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Cycle menu cold alternate - LR100183 (1 serv.)	20	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Jones Dairy Sausage links - LR100178 (3 link)	285	150.00	10.50	4.50	0.00	255.00	1.50	10.50
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	40	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	5	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Bake crafters French toast sticks - LR100271 (3 oz.)	285	210.00	9.00	2.00	0.00	290.00	26.00	8.00
Carrots, cooked, boiled, drained, without salt - SR106357 (1 c.)	150	54.60	0.28	0.05	0.00	90.48	12.82	1.19
Hash Brown Patty - SR101441 (1 patty)	370	110.00	6.00	1.00	0.00	280.00	12.00	0.96
Applesauce - LR100181 (4 1/2 oz.)	370	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Juice, 100% Apple, 4oz, Suncup, 090301, F - SR100917 (1 ea.)	370	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	370	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	350	6.06	0.01	0.00	0.00	94.75	1.64	0.21
2024-25 HS Pot Pie - ServingDate: 10/02/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	25	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Boiled Chicken Pot Pie - LR100118 (1 c.)	285	172.11	4.55	1.29	0.00(M)	758.59	4.66	28.94
Cycle menu cold alternate - LR100183 (1 serv.)	10	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12

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2024-25 HS Pot Pie - ServingDate: 10/02/2024								
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	25	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack /hummus - LR100253 (1 ea.)	5	478.39	19.94	7.49	0.00	667.65	62.75	15.97
Dutch Waffle Funnel Cake - LR100285 (1 ea.)	285	330.00	19.00	3.00	0.00	330.00	38.00	4.00
Copy of Vegetable, Seasoned Green Peas, Veg-S 1Cup - LR100049 (1 c.)	150	175.71	4.31	2.72	0.00(M)	508.59	25.36	9.71
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	350	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Peaches, Diced, Extra Light Syrup, Canned - SR109630 (1/2 c.)	350	59.99	0.00	0.00	0.00	4.99	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	350	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	35	6.06	0.01	0.00	0.00	94.75	1.64	0.21
2024-25 HS Nachos w/meat/cheese - ServingDate: 10/03/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	10	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Beef Taco Meat WYASD - LR100089 (2 3/4 oz.)	280	199.74	11.93	4.48	0.82(M)	409.42	2.01	19.53
Cycle menu cold alternate - LR100183 (1 serv.)	20	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	70	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	5	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)

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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)
2024-25 HS Nachos w/ meat/cheese - ServingDate: 10/03/2024								
Chips, Tortilla Chips, RF, .875 oz., Tostitos/Pepsico, 18792, WGR - SR106496 (1 Bag)	280	120.00	4.50	0.50	0.00	100.00	18.00	2.00
Corn Muffin Bake Crafters 2.2 oz ready to serve - LR100059 (1 muffin)	350	180.00	4.50	0.50	0.00	310.00	31.00	4.00
Black Beans and Corn Mix - LR100038 (1 c.)	150	192.85	4.33	1.75	0.00(M)	278.19	33.22	8.04
Salsa, 103 oz., Red Gold, REDSC99, Veg-RO - SR100611 (1/8 c.)	280	10.00	0.00	0.00	0.00	70.00	2.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	35	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	385	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	385	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Cheese Nacho low fat Lucky Leaf WYASD - LR100061 (2 oz.)	280	45.00	1.35	0.00	0.00	603.00	7.20	0.90
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	100	6.06	0.01	0.00	0.00	94.75	1.64	0.21
Condiment, Sour Cream Pouch - SR103271 (1 Pouch)	280	60.00	5.00	3.00	0.00	50.00	2.00	1.00
2024-25 HS chicken tenders - ServingDate: 10/04/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	15	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Chicken Tender Spicy Tyson 70344 WYASD - LR100072 (3 piece)	300	260.00	15.00	2.50	0.00	390.00	16.00	15.00

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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)
2024-25 HS chicken tenders - ServingDate: 10/04/2024								
Cycle menu cold alternate - LR100183 (1 serv.)	15	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	50	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	5	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Bread, Whole Wheat Cluster Dinner Roll, Morabito, 60 / 116, WGR - SR100358 (1 ea.)	325	70.00	1.00	0.00	0.00	160.00	14.00	3.00
Vegetable, Broccoli, No Salt Added, Frozen, USDA Foods, 110473, VEG-DG - SR108822 (1 c.)	150	52.00	0.00	0.00	0.00	44.00	10.00	6.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	380	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Peaches, Diced, Extra Light Syrup, Canned - SR109630 (1/2 c.)	380	59.99	0.00	0.00	0.00	4.99	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	380	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	300	6.06	0.01	0.00	0.00	94.75	1.64	0.21
Condiments, Barbeque Sauce Americana BBQ, Portion Pac, Heinz,7627810, Non-Credible - SR100988 (1 packet)	300	15.00	0.00	0.00	0.00	85.00	4.00	0.00
2024-25 Mozzarella sticks - ServingDate: 10/07/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	40	267.72	11.76	4.13	0.00	471.89	20.11	22.27

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2024-25 Mozzarella sticks - ServingDate: 10/07/2024								
Cheese Sticks, Whole Grain Mozzarella, High Liner Foods, G1042DF, MMA, WGR - SR107394 (5 pcs.)	250	400.00	22.00	8.00	0.00	380.00	32.00	19.00
Cycle menu cold alternate - LR100183 (1 serv.)	20	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	43	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	5	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Bread, Whole Wheat Cluster Dinner Roll, Morabito, 60 / 116, WGR - SR100358 (1 ea.)	150	70.00	1.00	0.00	0.00	160.00	14.00	3.00
Green Beans, VO - LR100018 (1 c.)	150	65.45	1.31	0.71	0.00(M)	69.47	12.93	3.01
Marinara Sauce, Portion Cup, 2.5oz, Red Gold, REDNA2ZC84, Veg-RO - SR107006 (1/4 c.)	250	40.00	1.00	0.00	0.00	200.00	7.00	1.00
Fruit Cup, Peaches, Diced in 100% Fruit Juice, 4oz, Del Monte Foods, 2005442, 1/2F - SR110659 (1 c.)	300	50.00	0.00	0.00	0.00	5.00	12.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	350	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	350	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	50	6.06	0.01	0.00	0.00	94.75	1.64	0.21
2024-25 Chicken Fajita - ServingDate: 10/08/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	20	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Chef Salad w/yogurt HS - LR100215 (1 salad)	5	536.21	19.49	5.37	0.00(M)	1265.80	62.71	27.98

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2024-25 Chicken Fajita - ServingDate: 10/08/2024								
Cycle menu cold alternate - LR100183 (1 serv.)	20	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	75	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	5	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Wrap, Chicken Fajita Wrap, 2 oz WG ,2 oz MMA WYASD - LR100101 (1 fajita)	225	274.96	10.78	3.67	0.00	762.33	26.80	19.68
Corn Muffin Bake Crafters 2.2 oz ready to serve - LR100059 (1 muffin)	275	180.00	4.50	0.50	0.00	310.00	31.00	4.00
Black Beans and Corn Mix - LR100038 (1 c.)	350	192.85	4.33	1.75	0.00(M)	278.19	33.22	8.04
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	350	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	250	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	350	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	50	6.06	0.01	0.00	0.00	94.75	1.64	0.21
Condiment, Salsa, 3.0 oz. portion cup, Red Gold, REDSC2ZC84, VEG-RO - SR108992 (1 Container)	225	25.00	0.00	0.00	0.00	195.00	5.00	1.00
Condiment, Sour Cream, Glennview Farms - SR100954 (2 Tbsp.)	100	60.00	5.00	3.50	(M)	20.00	2.00	1.00

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2024-25 HS General Tso Chicken - ServingDate: 10/09/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	50	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Cycle menu cold alternate - LR100183 (1 serv.)	25	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	50	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	10	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Sweet and Sour Chicken WYASD - LR100120 (5 oz.)	215	343.40	13.00	2.50	0.00	557.35	40.46	14.00
Asian Rice WYASD - LR100106 (1/2 c.)	250	240.14	3.29	0.42	0.04(M)	335.47	45.85	8.00
Broccoli, cooked, boiled, drained, without salt - SR106362 (1 cup, chopp)	300	54.60	0.64	0.12	0.00	63.96	11.20	3.71
Applesauce - LR100181 (4 1/2 oz.)	350	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	300	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	350	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	50	6.06	0.01	0.00	0.00	94.75	1.64	0.21
2024 Cheeseburger week 2 - ServingDate: 10/10/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	60	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Cheese Burger beef MMA 2 , WG 2 WYASD - LR100046 (1 burger)	275	345.44	14.53	6.27	0.00	563.78	27.21	29.53
Cycle menu cold alternate - LR100183 (1 serv.)	35	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12

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2024 Cheeseburger week 2 - ServingDate: 10/10/2024								
Protein pack meal - LR100252 (1 ea.)	5	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Baked Beans WYASD - LR100107 (1 c.)	300	332.31	0.96	0.17	0.00(M)	710.27	75.89	10.72
Potatoes, Ovations Reduced Sodium Crinkle Cut French Fries, 2.06 oz., McCain, MCF03761,Veg-S - SR104149 (2.06 oz.)	375	90.00	3.50	0.50	0.00	25.00	13.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	375	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.)	375	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	420	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	350	6.06	0.01	0.00	0.00	94.75	1.64	0.21
2024-25 Walking Taco - ServingDate: 10/15/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	75	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Beef Soft Taco WYASD - LR100077 (1 piece)	238	387.44	18.82	9.33	0.00	855.31	33.51	21.19
Cycle menu cold alternate - LR100183 (1 serv.)	17	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	50	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	0	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Doritos, Nacho Cheese, Reduced Fat, Walking Taco, 1.4 oz., Pepsico, 028400648707 - SR109208 (1 pkg.)	238	190.00	7.00	1.00	0.00	280.00	28.00	3.00

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2024-25 Walking Taco - ServingDate: 10/15/2024								
Black Beans and Corn Mix - LR100038 (1 c.)	260	192.85	4.33	1.75	0.00(M)	278.19	33.22	8.04
Salsa, 103 oz., Red Gold, REDSC99, Veg-RO - SR100611 (1/8 c.)	230	10.00	0.00	0.00	0.00	70.00	2.00	0.00
Shredded Lettuce and Tomato, Veg-O - SR105405 (1 c.)	230	26.08	0.28	0.04	0.00	9.19	5.62	1.34
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	380	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	380	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	385	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	120	6.06	0.01	0.00	0.00	94.75	1.64	0.21
Condiment, Sour Cream, Glennview Farms - SR100954 (2 Tbsp.)	230	60.00	5.00	3.50	(M)	20.00	2.00	1.00
2024-25 Ham and Cheese on Pretzel Roll - ServingDate: 10/16/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	80	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Cycle menu cold alternate - LR100183 (1 serv.)	40	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Ham and Cheese on Pretzel Roll - LR100195 (1 sandwich)	195	342.01	11.91	5.27	0.00	948.96	36.29	20.25
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	50	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	10	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)

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2024-25 Ham and Cheese on Pretzel Roll - ServingDate: 10/16/2024								
Green Beans, Frozen, Boiled, Veg-O - SR102271 (1 c.)	375	38.00	0.22	0.05	0.00(M)	322.06	8.70	2.03
Potatoes, Reduced Sodium Tater Tots, 2.52 oz., McCain, 1000002789, Veg-S - SR103989 (8 pcs.)	375	90.00	3.50	0.00	0.00	160.00	14.00	1.00
Applesauce - LR100181 (4 1/2 oz.)	375	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	375	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	410	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	350	6.06	0.01	0.00	0.00	94.75	1.64	0.21
2024-25 Loaded tots - ServingDate: 10/17/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	40	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Cycle menu cold alternate - LR100183 (1 serv.)	5	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Loaded Taco tater tots - LR100281 (1 serv.)	325	302.83	15.41	5.63	0.00	605.08	23.79	15.35
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	20	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack /hummus - LR100253 (1 ea.)	5	478.39	19.94	7.49	0.00	667.65	62.75	15.97
Corn Muffin Bake Crafters 2.2 oz ready to serve - LR100059 (1 muffin)	350	180.00	4.50	0.50	0.00	310.00	31.00	4.00
Carrots, cooked, boiled, drained, without salt - SR106357 (1 c.)	100	54.60	0.28	0.05	0.00	90.48	12.82	1.19

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)
2024-25 Loaded tots - ServingDate: 10/17/2024								
Juice, 100% Apple, 4oz, Suncup, 090301, F - SR100917 (1 ea.)	390	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	390	53.00	0.13	0.00	0.00	6.00	13.39	0.50
Swiss Dairy Milk - LR100273 (8 oz.)	390	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	40	6.06	0.01	0.00	0.00	94.75	1.64	0.21
Sour Cream, Regular, Single Serve Packets, Daisy Brand, IDP100 - SR108475 (1 packet)	150	56.00	4.67	3.27	0.00	14.00	0.93	0.93
2024 Grilled Cheese Sandwich meal - ServingDate: 10/18/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	40	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Cycle menu cold alternate - LR100183 (1 serv.)	50	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	60	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	0	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Sandwich, Toasted Cheese, MMA, WG - LR100004 (1 sandwich)	200	158.81 (M)	10.06 (M)	5.20(M)	0.00(M)	430.56 (M)	8.87(M)	10.13 (M)
Broccoli, Broccoli Frozen Boiled, Veg-DG - SR102476 (1 cup servin)	350	147.20	7.97	1.49	1.41(M)	412.28	15.23	8.80
Potatoes, Reduced Sodium Tater Tots, 2.52 oz., McCain, Ore-Ida, 1000002789, Veg-S - SR107909 (8 pcs.)	215	90.00	3.50	0.00	0.00	160.00	14.00	1.00
Applesauce - LR100181 (4 1/2 oz.)	350	60.00	0.00	0.00	0.00	10.00	15.00	0.00

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)
2024 Grilled Cheese Sandwich meal - ServingDate: 10/18/2024								
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	350	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	360	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	220	6.06	0.01	0.00	0.00	94.75	1.64	0.21
2024-25 HS Rotini w/meat sauce - ServingDate: 10/21/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	10	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Cycle menu cold alternate - LR100183 (1 serv.)	20	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	50	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	5	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
WG Pasta w/ Meat Sauce, MMA, WG, VRO - LR100007 (1 serv.)	290	355.06	8.95	2.40	0.00(M)	939.80	50.84	19.27
Garlic toast - LR100270 (1 piece)	370	90.00	3.00	0.00	0.00	100.00	14.00	3.00
Green Beans, VO - LR100018 (1 c.)	250	65.45	1.31	0.71	0.00(M)	69.47	12.93	3.01
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	375	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.)	375	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	370	130.00	2.50	1.50	0.00	175.00	18.50	7.50

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)
2024-25 HS Rotini w/ meat sauce - ServingDate: 10/21/2024								
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	90	6.06	0.01	0.00	0.00	94.75	1.64	0.21
2024-25 HS Breakfast for Lunch - ServingDate: 10/22/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	20	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Cycle menu cold alternate - LR100183 (1 serv.)	20	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Jones Dairy Sausage links - LR100178 (3 link)	285	150.00	10.50	4.50	0.00	255.00	1.50	10.50
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	40	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	5	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Bake crafters French toast sticks - LR100271 (3 oz.)	285	210.00	9.00	2.00	0.00	290.00	26.00	8.00
Carrots, cooked, boiled, drained, without salt - SR106357 (1 c.)	150	54.60	0.28	0.05	0.00	90.48	12.82	1.19
Hash Brown Patty - SR101441 (1 patty)	370	110.00	6.00	1.00	0.00	280.00	12.00	0.96
Applesauce - LR100181 (4 1/2 oz.)	370	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Juice, 100% Apple, 4oz, Suncup, 090301, F - SR100917 (1 ea.)	370	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	370	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	350	6.06	0.01	0.00	0.00	94.75	1.64	0.21

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)
2024-25 HS Pot Pie - ServingDate: 10/23/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	25	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Boiled Chicken Pot Pie - LR100118 (1 c.)	285	172.11	4.55	1.29	0.00(M)	758.59	4.66	28.94
Cycle menu cold alternate - LR100183 (1 serv.)	10	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	25	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack /hummus - LR100253 (1 ea.)	5	478.39	19.94	7.49	0.00	667.65	62.75	15.97
Dutch Waffle Funnel Cake - LR100285 (1 ea.)	285	330.00	19.00	3.00	0.00	330.00	38.00	4.00
Copy of Vegetable, Seasoned Green Peas, Veg-S 1Cup - LR100049 (1 c.)	150	175.71	4.31	2.72	0.00(M)	508.59	25.36	9.71
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	350	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Peaches, Diced, Extra Light Syrup, Canned - SR109630 (1/2 c.)	350	59.99	0.00	0.00	0.00	4.99	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	350	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	35	6.06	0.01	0.00	0.00	94.75	1.64	0.21
2024-25 HS Nachos w/meat/cheese - ServingDate: 10/24/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	10	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Beef Taco Meat WYASD - LR100089 (2 3/4 oz.)	280	199.74	11.93	4.48	0.82(M)	409.42	2.01	19.53
Cycle menu cold alternate - LR100183 (1 serv.)	20	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12

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)
2024-25 HS Nachos w/ meat/cheese - ServingDate: 10/24/2024								
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	70	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	5	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Chips, Tortilla Chips, RF, .875 oz., Tostitos/Pepsico, 18792, WGR - SR106496 (1 Bag)	280	120.00	4.50	0.50	0.00	100.00	18.00	2.00
Corn Muffin Bake Crafters 2.2 oz ready to serve - LR100059 (1 muffin)	350	180.00	4.50	0.50	0.00	310.00	31.00	4.00
Black Beans and Corn Mix - LR100038 (1 c.)	150	192.85	4.33	1.75	0.00(M)	278.19	33.22	8.04
Salsa, 103 oz., Red Gold, REDSC99, Veg-RO - SR100611 (1/8 c.)	280	10.00	0.00	0.00	0.00	70.00	2.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	35	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	385	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	385	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Cheese Nacho low fat Lucky Leaf WYASD - LR100061 (2 oz.)	280	45.00	1.35	0.00	0.00	603.00	7.20	0.90
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	100	6.06	0.01	0.00	0.00	94.75	1.64	0.21
Condiment, Sour Cream Pouch - SR103271 (1 Pouch)	280	60.00	5.00	3.00	0.00	50.00	2.00	1.00
2024-25 Mozzarella sticks - ServingDate: 10/28/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	40	267.72	11.76	4.13	0.00	471.89	20.11	22.27

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)
2024-25 Mozzarella sticks - ServingDate: 10/28/2024								
Cheese Sticks, Whole Grain Mozzarella, High Liner Foods, G1042DF, MMA, WGR - SR107394 (5 pcs.)	250	400.00	22.00	8.00	0.00	380.00	32.00	19.00
Cycle menu cold alternate - LR100183 (1 serv.)	20	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	43	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	5	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Bread, Whole Wheat Cluster Dinner Roll, Morabito, 60 / 116, WGR - SR100358 (1 ea.)	150	70.00	1.00	0.00	0.00	160.00	14.00	3.00
Green Beans, VO - LR100018 (1 c.)	150	65.45	1.31	0.71	0.00(M)	69.47	12.93	3.01
Marinara Sauce, Portion Cup, 2.5oz, Red Gold, REDNA2ZC84, Veg-RO - SR107006 (1/4 c.)	250	40.00	1.00	0.00	0.00	200.00	7.00	1.00
Fruit Cup, Peaches, Diced in 100% Fruit Juice, 4oz, Del Monte Foods, 2005442, 1/2F - SR110659 (1 c.)	300	50.00	0.00	0.00	0.00	5.00	12.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	350	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	350	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	50	6.06	0.01	0.00	0.00	94.75	1.64	0.21
2024-25 Chicken Fajita - ServingDate: 10/29/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	20	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Chef Salad w/yogurt HS - LR100215 (1 salad)	5	536.21	19.49	5.37	0.00(M)	1265.80	62.71	27.98

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)
2024-25 Chicken Fajita - ServingDate: 10/29/2024								
Cycle menu cold alternate - LR100183 (1 serv.)	20	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	75	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	5	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Wrap, Chicken Fajita Wrap, 2 oz WG ,2 oz MMA WYASD - LR100101 (1 fajita)	225	274.96	10.78	3.67	0.00	762.33	26.80	19.68
Corn Muffin Bake Crafters 2.2 oz ready to serve - LR100059 (1 muffin)	275	180.00	4.50	0.50	0.00	310.00	31.00	4.00
Black Beans and Corn Mix - LR100038 (1 c.)	350	192.85	4.33	1.75	0.00(M)	278.19	33.22	8.04
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	350	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	250	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	350	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	50	6.06	0.01	0.00	0.00	94.75	1.64	0.21
Condiment, Salsa, 3.0 oz. portion cup, Red Gold, REDSC2ZC84, VEG-RO - SR108992 (1 Container)	225	25.00	0.00	0.00	0.00	195.00	5.00	1.00
Condiment, Sour Cream, Glennview Farms - SR100954 (2 Tbsp.)	100	60.00	5.00	3.50	(M)	20.00	2.00	1.00

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)
2024-25 HS General Tso Chicken - ServingDate: 10/30/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	50	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Cycle menu cold alternate - LR100183 (1 serv.)	25	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	50	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	10	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Sweet and Sour Chicken WYASD - LR100120 (5 oz.)	215	343.40	13.00	2.50	0.00	557.35	40.46	14.00
Asian Rice WYASD - LR100106 (1/2 c.)	250	240.14	3.29	0.42	0.04(M)	335.47	45.85	8.00
Broccoli, cooked, boiled, drained, without salt - SR106362 (1 cup, chopp)	300	54.60	0.64	0.12	0.00	63.96	11.20	3.71
Applesauce - LR100181 (4 1/2 oz.)	350	60.00	0.00	0.00	0.00	10.00	15.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	300	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	350	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	50	6.06	0.01	0.00	0.00	94.75	1.64	0.21
2024- 25 Cheeseburger week 2 - ServingDate: 10/31/2024								
2019 Hot Alternate High School - LR100214 (1 ea.)	60	267.72	11.76	4.13	0.00	471.89	20.11	22.27
Cheese Burger beef MMA 2 , WG 2 WYASD - LR100046 (1 burger)	275	345.44	14.53	6.27	0.00	563.78	27.21	29.53
Cycle menu cold alternate - LR100183 (1 serv.)	5	430.70	18.96	6.36	0.00(M)	824.12	44.47	22.12

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)
2024- 25 Cheeseburger week 2 - ServingDate: 10/31/2024								
Pizza, Big Daddys16" original - LR100244 (5.39 oz.)	30	261.00	11.10	5.90	0.00	379.00	27.50	12.40
Protein pack meal - LR100252 (1 ea.)	5	881.00 (M)	32.58 (M)	9.54(M)	0.00(M)	1122.50 (M)	126.00 (M)	22.09 (M)
Baked Beans WYASD - LR100107 (1 c.)	300	332.31	0.96	0.17	0.00(M)	710.27	75.89	10.72
Potatoes, Ovations Reduced Sodium Crinkle Cut French Fries, 2.06 oz., McCain, MCF03761,Veg-S - SR104149 (2.06 oz.)	375	90.00	3.50	0.50	0.00	25.00	13.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	375	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.)	375	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss Dairy Milk - LR100273 (8 oz.)	420	130.00	2.50	1.50	0.00	175.00	18.50	7.50
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 pc)	350	6.06	0.01	0.00	0.00	94.75	1.64	0.21

Legend

(M) - Missing Nutrient Values

Report Selections

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