

## Production Menu Nutrient Analysis

**Date Range :** From 09/19/2022 to 09/23/2022

**Sites :** \*Dietitian's Menu Planning Site

**Menus :** All Menus

**Serving Locations:** All Serving Locations.

**Age Group:** Lunch Grades K-8

**Calculations displayed are Per Serving**

## Production Menu Nutrient Analysis

Date : 09/19/2022

Menu : 2022-23 Hot Prepack Lunch W/SB K-8 W1D1

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	CHICKEN, TERIYAKI SY 22 -23	1.00 CN Serving (2 oz + .4oz)	115.000	3.500	1.000	.000	70.000	330.000	6.000	.861	***	***	15.000	***	.000	.607	***	27.391	7.826	20.870	52.174	***
	Rice, WG Brown	1.00 Serving (2#8)	69.005	.796	.000	***	.000	232.548	14.863	1.061	***	***	1.593	***	.144	.766	***	10.380	.000	86.153	9.232	***
	Burger, Veggie, 4" WWW Bun	1.00 Each	427.554	18.107	6.643	.000 !	25.313	947.812	43.664	6.821	1.000 !	***	26.727	***	325.940	2.430	***	38.116	13.983	40.850	25.005	.411 !
	Salad, Lettuce and Pickle	1.00 Scoop#12	4.034	.034	.004	.000 !	.000	123.985	.716	.289	***	***	.217	***	4.338	.099	***	7.527	.968	70.968	21.505	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***

## Production Menu Nutrient Analysis

Date : 09/20/2022

Menu : 2022-23 Hot Prepack Lunch W/SB K-8 W1D2

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	Sandwich, Chicken Patty, 3.5" WWW Bun	1.00 Each	318.400	10.240	2.000	.000	33.000	635.600	37.640	4.240	1.120 !	***	19.480	***	20.000	3.210	***	28.945	5.653	47.286	24.472	.787 !
	BREADSTICK, MOZZARELLA CHEESE, BULK	1.00 Serving (2 stick)	300.000	12.000	4.000	.000	10.000	740.007	34.000	4.000	***	***	14.000	***	300.005	2.160	***	36.000	12.000	45.334	18.666	***
	SAUCE, MARINARA, CANNED	1.00 Scoop#16	40.320	1.512	.000	.000	.000	297.360	6.048	.000	***	***	1.008	***	20.160	.544	***	33.750	.000	60.000	10.000	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***

## Production Menu Nutrient Analysis

Date : 09/21/2022

Menu : 2022-23 Hot Prepack Lunch W/SB K-8 W1D3

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	Chicken, Mandarin	1.00 Serving #6	145.797	2.916	.486	.000	38.879	272.154	18.468	.000	***	***	10.692	***	.000	.904	***	18.000	3.000	50.667	29.333	***
	Rice, WG Brown	1.00 Scoop # 8	34.503	.398	.000	***	.000	116.274	7.431	.531	***	***	.796	***	.072	.383	***	10.380	.000	86.153	9.232	***
	Bowl, Layered Mexican Bean	1.00 Serving	478.625	22.120	5.715	.000	18.500	1,080.668	55.896	5.038	***	***	12.962	***	186.292	3.144	***	41.595	10.747	46.714	10.833	***
	CHIP, TORTILLA, IW 2oz	1.00 Each (2oz)	270.000	15.000	1.500	.000	.000	220.000	31.000	3.018	***	***	3.000	***	2.912	.991	***	50.000	5.000	45.926	4.444	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***

## Production Menu Nutrient Analysis

Date : 09/22/2022

Menu : 2022-23 Hot Prepack Lunch W/SB K-8 W1D4

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	Burger, Cheeseburger, 3.5" WWW Bun	1.00 Each	304.400	12.740	4.500	.000	52.500	617.600	28.640	3.240	1.120	***	18.480	***	162.589	2.830	***	37.668	13.305	37.635	24.284	.847
	Salad, Lettuce and Pickle	1.00 Scoop#12	4.034	.034	.004	.000	.000	123.985	.716	.289	***	***	.217	***	4.338	.099	***	7.527	.968	70.968	21.505	***
	BREAD, FLATBREAD	1.00 Each	160.000	4.000	.500	.000	.000	150.000	27.000	3.000	***	***	5.000	***	46.000	.800	***	22.500	2.812	67.500	12.500	***
	Salad, Mediterranean Greek	1.00 Serving	226.909	12.624	4.141	.000	18.900	922.552	12.503	4.478	***	***	13.689	***	336.489	1.475	***	50.071	16.425	22.041	24.131	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***

## Production Menu Nutrient Analysis

Date : 09/23/2022

Menu : 2022-23 Hot Prepack Lunch W/SB K-8 W1D5

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	CHICKEN, NUGGETS	1.00 Serving (5 nuggets)	184.000	8.000	3.000	.000	33.000	380.000	13.000	2.000	***	***	15.000	***	20.000	2.000	***	39.130	14.674	28.261	32.609	***
	CHILI, 3 BEAN CHILI	1.00 Scoop #6	163.504	5.274	.000	.000	.000	344.150	23.735	17.142	***	***	7.912	***	73.841	3.956	***	29.032	.000	58.065	19.355	***
	CHIP, TORTILLA, IW 2oz	1.00 Each (2oz)	270.000	15.000	1.500	.000	.000	220.000	31.000	3.018	***	***	3.000	***	2.912	.991	***	50.000	5.000	45.926	4.444	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***

## Production Menu Nutrient Analysis

**Date Range : From 09/26/2022 to 09/30/2022**

**Sites : \*Dietitian's Menu Planning Site**

**Menus : All Menus**

**Serving Locations: All Serving Locations.**

**Age Group: Lunch Grades 9-12**

**Calculations displayed are Per Serving**

## Production Menu Nutrient Analysis

Date : 09/26/2022

Menu : 2022-23 Hot Prepack Lunch W/SB 9-12 W1D1

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	CHICKEN, TERIYAKI SY 22 -23	1.00 CN Serving (2 oz + .4oz)	115.000	3.500	1.000	.000	70.000	330.000	6.000	.861	***	***	15.000	***	.000	.607	***	27.391	7.826	20.870	52.174	***
	Rice, WG Brown	1.00 Serving (2#8)	69.005	.796	.000	***	.000	232.548	14.863	1.061	***	***	1.593	***	.144	.766	***	10.380	.000	86.153	9.232	***
	Burger, Veggie, 4" WWW Bun	1.00 Each	427.554	18.107	6.643	.000 !	25.313	947.812	43.664	6.821	1.000 !	***	26.727	***	325.940	2.430	***	38.116	13.983	40.850	25.005	.411 !
	Salad, Lettuce and Pickle	1.00 Scoop#12	4.034	.034	.004	.000 !	.000	123.985	.716	.289	***	***	.217	***	4.338	.099	***	7.527	.968	70.968	21.505	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***



## Production Menu Nutrient Analysis

Date : 09/27/2022

Menu : 2022-23 Hot Prepack Lunch W/SB 9-12 W1D2

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	Sandwich, Chicken Patty, 4' WWW Bun	1.00 Each	324.000	10.500	2.500	.000	33.000	658.000	40.000	5.000	1.000 !	***	19.000	***	40.000	3.080	***	29.167	6.944	49.383	23.457	.697 !
	BREADSTICK, MOZZARELLA CHEESE, BULK	1.00 Serving (2 stick)	300.000	12.000	4.000	.000	10.000	740.007	34.000	4.000	***	***	14.000	***	300.005	2.160	***	36.000	12.000	45.334	18.666	***
	SAUCE, MARINARA, CANNED	1.00 Scoop#16	40.320	1.512	.000	.000	.000	297.360	6.048	.000	***	***	1.008	***	20.160	.544	***	33.750	.000	60.000	10.000	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***

## Production Menu Nutrient Analysis

Date : 09/28/2022

Menu : 2022-23 Hot Prepack Lunch W/SB 9-12 W1D3

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	Chicken, Mandarin	1.00 #6 Scoop	219.697	4.394	.732	.000	58.586	410.101	27.828	.000	***	***	16.111	***	.000	1.362	***	18.000	3.000	50.667	29.333	***
	Rice, WG Brown	1.00 Serving (2#8)	69.005	.796	.000	***	.000	232.548	14.863	1.061	***	***	1.593	***	.144	.766	***	10.380	.000	86.153	9.232	***
	Bowl, Layered Mexican Bean	1.00 Serving	478.625	22.120	5.715	.000	18.500	1,080.668	55.896	5.038	***	***	12.962	***	186.292	3.144	***	41.595	10.747	46.714	10.833	***
	CHIP, TORTILLA, IW 2oz	1.00 Each (2oz)	270.000	15.000	1.500	.000	.000	220.000	31.000	3.018	***	***	3.000	***	2.912	.991	***	50.000	5.000	45.926	4.444	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***

## Production Menu Nutrient Analysis

Date : 09/29/2022

Menu : 2022-23 Hot Prepack Lunch W/SB 9-12 W1D4

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	Burger, Cheeseburger, 4" WWW Bun	1.00 Each	310.000	13.000	5.000	.000	52.500	640.000	31.000	4.000	1.000	***	18.000	***	182.589	2.701	***	37.742	14.516	40.000	23.226	.751
	Salad, Lettuce and Pickle	1.00 Scoop#12	4.034	.034	.004	.000	.000	123.985	.716	.289	***	***	.217	***	4.338	.099	***	7.527	.968	70.968	21.505	***
	Salad, Mediterranean Greek	1.00 Serving	226.909	12.624	4.141	.000	18.900	922.552	12.503	4.478	***	***	13.689	***	336.489	1.475	***	50.071	16.425	22.041	24.131	***
	BREAD, FLATBREAD	1.00 Each	160.000	4.000	.500	.000	.000	150.000	27.000	3.000	***	***	5.000	***	46.000	.800	***	22.500	2.812	67.500	12.500	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***

## Production Menu Nutrient Analysis

Date : 09/30/2022

Menu : 2022-23 Hot Prepack Lunch W/SB 9-12 W1D5

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	CHICKEN, NUGGETS	1.00 Serving (6 nuggets)	220.798	9.600	3.600	.000	39.600	455.996	15.600	2.400	***	***	18.000	***	24.000	2.400	***	39.130	14.674	28.261	32.609	***
	ROLL, ELEMENTARY DINNER ROLL, WWW	1.00 Each	70.000	1.000	.000	.000	.000	135.000	13.000	1.000	***	***	2.000	***	20.000	.720	***	12.857	.000	74.286	11.429	***
	CHILI, 3 BEAN CHILI	1.00 Serving (1 cup)- 2 #8 scoops	248.000	8.000	.000	.000	.000	522.000	36.000	26.000	***	***	12.000	***	112.000	6.000	***	29.032	.000	58.065	19.355	***
	CHIP, TORTILLA, IW 2oz	1.00 Each (2oz)	270.000	15.000	1.500	.000	.000	220.000	31.000	3.018	***	***	3.000	***	2.912	.991	***	50.000	5.000	45.926	4.444	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***