

Menu Calendar Nutrient Analysis Report - October, 2023

Site: Greenview Campus
Date: 10/01/2023 - 10/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Produce Bar (K-8) SY 2023-2024 - Monday Week 3 - ServingDate: 10/02/2023								
Baby Carrots - AR1396 (1/2 c.)	70	39.20	0.15	0.03	0.00	87.36	9.23	0.72
Cherry Tomatoes - AR1421 (1/2 c.)	0	16.20	0.18	0.03	0.00	4.50	3.50	0.79
Diced Tomatoes - AR1399 (1 c.)	0	30.00	0.00	0.00	0.00	10.00	7.00	2.00
Fresh Broccoli - AR1429 (1 c.)	0	30.94	0.34	0.10	0.00	30.03	6.04	2.57
Fresh Cauliflower - AR1432 (1 cup choppe)	0	26.75	0.30	0.14	0.00	32.10	5.32	2.05
Red Bell Peppers - AR1394 (1/2 cup, slice)	65	11.96	0.14	0.03	0.00	1.84	2.77	0.46
Romaine Lettuce - AR1398 (1 c.)	0	10.00	0.00	0.00	0.00	0.00	2.00	1.00
Side Garden Salad without Cheese - AR1323 (1 salad)	0	29.12	0.16	0.03	0.00	13.88	6.36	1.74
Sliced Cucumbers - AR1397 (1 cup, slice)	65	17.85	0.13	0.04	0.00	2.38	4.32	0.77
Apple Slices - AR1434 (1 Bag)	20	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Applesauce - AR1128 (1 ea.)	0	80.00	0.00	0.00	0.00	10.00	21.00	0.00
Blue Raspberry Lemon Slushie Juice Cup - AR1121 (1 Container)	0	90.00	0.00	0.00	0.00	30.00	22.00	0.00
Cherry Slushie Juice Cup - AR1122 (1 Container)	0	80.00	0.00	0.00	0.00	25.00	21.00	0.00
Cinnamon Applesauce Cup - AR1130 (1 ea.)	0	60.00	0.00	0.00	0.00	0.00	17.00	0.00
Diced Pears Fruit Cup - AR1134 (1 container)	0	70.00	0.00	0.00	0.00	5.00	19.00	0.00
Diced Strawberry Frozen Fruit Cup - AR1135 (1 container)	0	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Dried Cherry Cranberries - AR1435 (1 pkg.)	0	110.00	0.00	0.00	0.00	0.00	27.00	0.00
Fresh Bananas - AR1139 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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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)
Produce Bar (K-8) SY 2023-2024 - Monday Week 3 - ServingDate: 10/02/2023								
Fresh Grapes - AR1433 (14 grapes)	0	47.33	0.11	0.04	0.00	1.37	12.42	0.49
Fresh Whole Orange - AR1138 (1 cup sectio)	0	85.10	0.39	0.05	0.00	0.00	21.35	1.29
Fresh Whole Red Apple - AR1137 (1 medium (3)	30	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Applesauce Cup - AR1129 (1 c.)	0	160.00	0.00	0.00	0.00	40.00	42.00	0.00
Mixed Fruit Cup - AR1133 (1/2 c.)	0	60.00	0.00	0.00	0.00	5.00	15.00	0.00
Peach Fruit Cup - AR1395 (1 container)	50	70.00	0.00	0.00	0.00	10.00	18.00	1.00
Sour Cherry-Lemon Slushie Juice Cup - AR1125 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Dried Apple Crisps - AR1436 (1 pkg.)	0	40.00	0.00	0.00	0.00	0.00	10.00	0.00
Strawberry Kiwi Slushie Juice Cup - AR1126 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Mango Slushie Juice Cup - AR1127 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry-Banana Applesauce Cup - AR1131 (1 ea.)	0	70.00	0.00	0.00	0.00	0.00	17.00	0.00
Watermelon Applesauce Cup - AR1132 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	17.00	0.00
Whole Fruit Orange, Pineapple, Cherry Frozen Cups - AR1431 (1 Container)	0	70.00	0.00	0.00	0.00	10.00	19.00	0.00
Whole Mandarin Orange Segments Fruit Cup - AR1136 (1 Container)	0	70.00	0.00	0.00	0.00	0.00	16.00	1.00
1% Lowfat Milk Carton - AR1140 (1 Carton)	50	100.00	2.50	1.50	0.00	120.00	12.00	8.00
Fat Free Chocolate Milk Carton - AR1141 (1 Carton)	50	120.00	0.00	0.00	0.00	190.00	20.00	9.00

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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)
Produce Bar (K-8) SY 2023-2024 - Tuesday Week 3 - Serving Date: 10/03/2023								
Baby Carrots - AR1396 (1/2 c.)	60	39.20	0.15	0.03	0.00	87.36	9.23	0.72
Cherry Tomatoes - AR1421 (1/2 c.)	0	16.20	0.18	0.03	0.00	4.50	3.50	0.79
Diced Tomatoes - AR1399 (1/2 c.)	20	15.00	0.00	0.00	0.00	5.00	3.50	1.00
Fresh Broccoli - AR1429 (1 c.)	0	30.94	0.34	0.10	0.00	30.03	6.04	2.57
Fresh Cauliflower - AR1432 (1 cup choppe)	0	26.75	0.30	0.14	0.00	32.10	5.32	2.05
Red Bell Peppers - AR1394 (1/2 cup, slice)	0	11.96	0.14	0.03	0.00	1.84	2.77	0.46
Romaine Lettuce - AR1398 (1 c.)	20	10.00	0.00	0.00	0.00	0.00	2.00	1.00
Side Garden Salad without Cheese - AR1323 (1 salad)	40	29.12	0.16	0.03	0.00	13.88	6.36	1.74
Sliced Cucumbers - AR1397 (1 cup, slice)	60	17.85	0.13	0.04	0.00	2.38	4.32	0.77
Apple Slices - AR1434 (1 Bag)	20	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Applesauce - AR1128 (1 ea.)	0	80.00	0.00	0.00	0.00	10.00	21.00	0.00
Blue Raspberry Lemon Slushie Juice Cup - AR1121 (1 Container)	0	90.00	0.00	0.00	0.00	30.00	22.00	0.00
Cherry Slushie Juice Cup - AR1122 (1 Container)	0	80.00	0.00	0.00	0.00	25.00	21.00	0.00
Cinnamon Applesauce Cup - AR1130 (1 ea.)	0	60.00	0.00	0.00	0.00	0.00	17.00	0.00
Diced Pears Fruit Cup - AR1134 (1 container)	50	70.00	0.00	0.00	0.00	5.00	19.00	0.00
Diced Strawberry Frozen Fruit Cup - AR1135 (1 container)	0	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Dried Cherry Cranberries - AR1435 (1 pkg.)	0	110.00	0.00	0.00	0.00	0.00	27.00	0.00
Fresh Bananas - AR1139 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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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)
Produce Bar (K-8) SY 2023-2024 - Tuesday Week 3 - Serving Date: 10/03/2023								
Fresh Grapes - AR1433 (14 grapes)	0	47.33	0.11	0.04	0.00	1.37	12.42	0.49
Fresh Whole Orange - AR1138 (1 cup section)	0	85.10	0.39	0.05	0.00	0.00	21.35	1.29
Fresh Whole Red Apple - AR1137 (1 medium (3))	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Applesauce Cup - AR1129 (1 c.)	0	160.00	0.00	0.00	0.00	40.00	42.00	0.00
Mixed Fruit Cup - AR1133 (1/2 c.)	0	60.00	0.00	0.00	0.00	5.00	15.00	0.00
Peach Fruit Cup - AR1395 (1 container)	0	70.00	0.00	0.00	0.00	10.00	18.00	1.00
Sour Cherry-Lemon Slushie Juice Cup - AR1125 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Dried Apple Crisps - AR1436 (1 pkg.)	0	40.00	0.00	0.00	0.00	0.00	10.00	0.00
Strawberry Kiwi Slushie Juice Cup - AR1126 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Mango Slushie Juice Cup - AR1127 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry-Banana Applesauce Cup - AR1131 (1 ea.)	0	70.00	0.00	0.00	0.00	0.00	17.00	0.00
Watermelon Applesauce Cup - AR1132 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	17.00	0.00
Whole Fruit Orange, Pineapple, Cherry Frozen Cups - AR1431 (1 Container)	0	70.00	0.00	0.00	0.00	10.00	19.00	0.00
Whole Mandarin Orange Segments Fruit Cup - AR1136 (1 Container)	0	70.00	0.00	0.00	0.00	0.00	16.00	1.00
1% Lowfat Milk Carton - AR1140 (1 Carton)	50	100.00	2.50	1.50	0.00	120.00	12.00	8.00
Fat Free Chocolate Milk Carton - AR1141 (1 Carton)	50	120.00	0.00	0.00	0.00	190.00	20.00	9.00

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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)
Produce Bar (K-8) SY 2023-2024 - Wednesday Week 3 - ServingDate: 10/04/2023								
Baby Carrots - AR1396 (1/2 c.)	70	39.20	0.15	0.03	0.00	87.36	9.23	0.72
Cherry Tomatoes - AR1421 (1/2 c.)	0	16.20	0.18	0.03	0.00	4.50	3.50	0.79
Diced Tomatoes - AR1399 (1 c.)	0	30.00	0.00	0.00	0.00	10.00	7.00	2.00
Fresh Broccoli - AR1429 (1 c.)	65	30.94	0.34	0.10	0.00	30.03	6.04	2.57
Fresh Cauliflower - AR1432 (1 cup choppe)	0	26.75	0.30	0.14	0.00	32.10	5.32	2.05
Red Bell Peppers - AR1394 (1/2 cup, slice)	0	11.96	0.14	0.03	0.00	1.84	2.77	0.46
Romaine Lettuce - AR1398 (1 c.)	0	10.00	0.00	0.00	0.00	0.00	2.00	1.00
Side Garden Salad without Cheese - AR1323 (1 salad)	0	29.12	0.16	0.03	0.00	13.88	6.36	1.74
Sliced Cucumbers - AR1397 (1 cup, slice)	65	17.85	0.13	0.04	0.00	2.38	4.32	0.77
Apple Slices - AR1434 (1 Bag)	20	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Applesauce - AR1128 (1 ea.)	0	80.00	0.00	0.00	0.00	10.00	21.00	0.00
Blue Raspberry Lemon Slushie Juice Cup - AR1121 (1 Container)	0	90.00	0.00	0.00	0.00	30.00	22.00	0.00
Cherry Slushie Juice Cup - AR1122 (1 Container)	0	80.00	0.00	0.00	0.00	25.00	21.00	0.00
Cinnamon Applesauce Cup - AR1130 (1 ea.)	50	60.00	0.00	0.00	0.00	0.00	17.00	0.00
Diced Pears Fruit Cup - AR1134 (1 container)	0	70.00	0.00	0.00	0.00	5.00	19.00	0.00
Diced Strawberry Frozen Fruit Cup - AR1135 (1 container)	0	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Dried Cherry Cranberries - AR1435 (1 pkg.)	0	110.00	0.00	0.00	0.00	0.00	27.00	0.00
Fresh Bananas - AR1139 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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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)
Produce Bar (K-8) SY 2023-2024 - Wednesday Week 3 - ServingDate: 10/04/2023								
Fresh Grapes - AR1433 (14 grapes)	0	47.33	0.11	0.04	0.00	1.37	12.42	0.49
Fresh Whole Orange - AR1138 (1 cup sectio)	30	85.10	0.39	0.05	0.00	0.00	21.35	1.29
Fresh Whole Red Apple - AR1137 (1 medium (3)	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Applesauce Cup - AR1129 (1 c.)	0	160.00	0.00	0.00	0.00	40.00	42.00	0.00
Mixed Fruit Cup - AR1133 (1/2 c.)	0	60.00	0.00	0.00	0.00	5.00	15.00	0.00
Peach Fruit Cup - AR1395 (1 container)	0	70.00	0.00	0.00	0.00	10.00	18.00	1.00
Sour Cherry-Lemon Slushie Juice Cup - AR1125 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Dried Apple Crisps - AR1436 (1 pkg.)	0	40.00	0.00	0.00	0.00	0.00	10.00	0.00
Strawberry Kiwi Slushie Juice Cup - AR1126 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Mango Slushie Juice Cup - AR1127 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry-Banana Applesauce Cup - AR1131 (1 ea.)	0	70.00	0.00	0.00	0.00	0.00	17.00	0.00
Watermelon Applesauce Cup - AR1132 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	17.00	0.00
Whole Fruit Orange, Pineapple, Cherry Frozen Cups - AR1431 (1 Container)	0	70.00	0.00	0.00	0.00	10.00	19.00	0.00
Whole Mandarin Orange Segments Fruit Cup - AR1136 (1 Container)	0	70.00	0.00	0.00	0.00	0.00	16.00	1.00
1% Lowfat Milk Carton - AR1140 (1 Carton)	50	100.00	2.50	1.50	0.00	120.00	12.00	8.00
Fat Free Chocolate Milk Carton - AR1141 (1 Carton)	50	120.00	0.00	0.00	0.00	190.00	20.00	9.00

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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)
Produce Bar (K-8) SY 2023-2024 - Thursday Week 3 - ServingDate: 10/05/2023								
Baby Carrots - AR1396 (1/2 c.)	0	39.20	0.15	0.03	0.00	87.36	9.23	0.72
Cherry Tomatoes - AR1421 (1/2 c.)	65	16.20	0.18	0.03	0.00	4.50	3.50	0.79
Diced Tomatoes - AR1399 (1 c.)	0	30.00	0.00	0.00	0.00	10.00	7.00	2.00
Fresh Broccoli - AR1429 (1 c.)	65	30.94	0.34	0.10	0.00	30.03	6.04	2.57
Fresh Cauliflower - AR1432 (1 cup choppe)	0	26.75	0.30	0.14	0.00	32.10	5.32	2.05
Red Bell Peppers - AR1394 (1/2 cup, slice)	0	11.96	0.14	0.03	0.00	1.84	2.77	0.46
Romaine Lettuce - AR1398 (1 c.)	0	10.00	0.00	0.00	0.00	0.00	2.00	1.00
Side Garden Salad without Cheese - AR1323 (1 salad)	0	29.12	0.16	0.03	0.00	13.88	6.36	1.74
Sliced Cucumbers - AR1397 (1 cup, slice)	70	17.85	0.13	0.04	0.00	2.38	4.32	0.77
Apple Slices - AR1434 (1 Bag)	0	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Applesauce - AR1128 (1 ea.)	0	80.00	0.00	0.00	0.00	10.00	21.00	0.00
Blue Raspberry Lemon Slushie Juice Cup - AR1121 (1 Container)	0	90.00	0.00	0.00	0.00	30.00	22.00	0.00
Cherry Slushie Juice Cup - AR1122 (1 Container)	0	80.00	0.00	0.00	0.00	25.00	21.00	0.00
Cinnamon Applesauce Cup - AR1130 (1 ea.)	0	60.00	0.00	0.00	0.00	0.00	17.00	0.00
Diced Pears Fruit Cup - AR1134 (1 container)	0	70.00	0.00	0.00	0.00	5.00	19.00	0.00
Diced Strawberry Frozen Fruit Cup - AR1135 (1 container)	0	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Dried Cherry Cranberries - AR1435 (1 pkg.)	0	110.00	0.00	0.00	0.00	0.00	27.00	0.00
Fresh Bananas - AR1139 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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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)
Produce Bar (K-8) SY 2023-2024 - Thursday Week 3 - ServingDate: 10/05/2023								
Fresh Grapes - AR1433 (14 grapes)	0	47.33	0.11	0.04	0.00	1.37	12.42	0.49
Fresh Whole Orange - AR1138 (1 cup sectio)	0	85.10	0.39	0.05	0.00	0.00	21.35	1.29
Fresh Whole Red Apple - AR1137 (1 medium (3)	20	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Applesauce Cup - AR1129 (1 c.)	0	160.00	0.00	0.00	0.00	40.00	42.00	0.00
Mixed Fruit Cup - AR1133 (1/2 c.)	50	60.00	0.00	0.00	0.00	5.00	15.00	0.00
Peach Fruit Cup - AR1395 (1 container)	0	70.00	0.00	0.00	0.00	10.00	18.00	1.00
Sour Cherry-Lemon Slushie Juice Cup - AR1125 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Dried Apple Crisps - AR1436 (1 pkg.)	0	40.00	0.00	0.00	0.00	0.00	10.00	0.00
Strawberry Kiwi Slushie Juice Cup - AR1126 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Mango Slushie Juice Cup - AR1127 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry-Banana Applesauce Cup - AR1131 (1 ea.)	0	70.00	0.00	0.00	0.00	0.00	17.00	0.00
Watermelon Applesauce Cup - AR1132 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	17.00	0.00
Whole Fruit Orange, Pineapple, Cherry Frozen Cups - AR1431 (1 Container)	0	70.00	0.00	0.00	0.00	10.00	19.00	0.00
Whole Mandarin Orange Segments Fruit Cup - AR1136 (1 Container)	0	70.00	0.00	0.00	0.00	0.00	16.00	1.00
1% Lowfat Milk Carton - AR1140 (1 Carton)	50	100.00	2.50	1.50	0.00	120.00	12.00	8.00
Fat Free Chocolate Milk Carton - AR1141 (1 Carton)	50	120.00	0.00	0.00	0.00	190.00	20.00	9.00

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Produce Bar (K-8) SY 2023-2024 - Friday Week 3 - ServingDate: 10/06/2023								
Baby Carrots - AR1396 (1/2 c.)	70	39.20	0.15	0.03	0.00	87.36	9.23	0.72
Cherry Tomatoes - AR1421 (1/2 c.)	0	16.20	0.18	0.03	0.00	4.50	3.50	0.79
Diced Tomatoes - AR1399 (1 c.)	0	30.00	0.00	0.00	0.00	10.00	7.00	2.00
Fresh Broccoli - AR1429 (1 c.)	0	30.94	0.34	0.10	0.00	30.03	6.04	2.57
Fresh Cauliflower - AR1432 (1 cup choppe)	65	26.75	0.30	0.14	0.00	32.10	5.32	2.05
Red Bell Peppers - AR1394 (1/2 cup, slice)	0	11.96	0.14	0.03	0.00	1.84	2.77	0.46
Romaine Lettuce - AR1398 (1 c.)	0	10.00	0.00	0.00	0.00	0.00	2.00	1.00
Side Garden Salad without Cheese - AR1323 (1 salad)	65	29.12	0.16	0.03	0.00	13.88	6.36	1.74
Sliced Cucumbers - AR1397 (1 cup, slice)	0	17.85	0.13	0.04	0.00	2.38	4.32	0.77
Apple Slices - AR1434 (1 Bag)	0	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Applesauce - AR1128 (1 ea.)	0	80.00	0.00	0.00	0.00	10.00	21.00	0.00
Blue Raspberry Lemon Slushie Juice Cup - AR1121 (1 Container)	0	90.00	0.00	0.00	0.00	30.00	22.00	0.00
Cherry Slushie Juice Cup - AR1122 (1 Container)	0	80.00	0.00	0.00	0.00	25.00	21.00	0.00
Cinnamon Applesauce Cup - AR1130 (1 ea.)	0	60.00	0.00	0.00	0.00	0.00	17.00	0.00
Diced Pears Fruit Cup - AR1134 (1 container)	0	70.00	0.00	0.00	0.00	5.00	19.00	0.00
Diced Strawberry Frozen Fruit Cup - AR1135 (1 container)	50	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Dried Cherry Cranberries - AR1435 (1 pkg.)	20	110.00	0.00	0.00	0.00	0.00	27.00	0.00
Fresh Bananas - AR1139 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29

Menu Calendar Nutrient Analysis Report - October, 2023

Site: Greenview Campus
Date: 10/01/2023 - 10/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Produce Bar (K-8) SY 2023-2024 - Friday Week 3 - Serving Date: 10/06/2023								
Fresh Grapes - AR1433 (14 grapes)	0	47.33	0.11	0.04	0.00	1.37	12.42	0.49
Fresh Whole Orange - AR1138 (1 cup section)	0	85.10	0.39	0.05	0.00	0.00	21.35	1.29
Fresh Whole Red Apple - AR1137 (1 medium (3))	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Applesauce Cup - AR1129 (1 c.)	0	160.00	0.00	0.00	0.00	40.00	42.00	0.00
Mixed Fruit Cup - AR1133 (1/2 c.)	0	60.00	0.00	0.00	0.00	5.00	15.00	0.00
Peach Fruit Cup - AR1395 (1 container)	0	70.00	0.00	0.00	0.00	10.00	18.00	1.00
Sour Cherry-Lemon Slushie Juice Cup - AR1125 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Dried Apple Crisps - AR1436 (1 pkg.)	0	40.00	0.00	0.00	0.00	0.00	10.00	0.00
Strawberry Kiwi Slushie Juice Cup - AR1126 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Mango Slushie Juice Cup - AR1127 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry-Banana Applesauce Cup - AR1131 (1 ea.)	0	70.00	0.00	0.00	0.00	0.00	17.00	0.00
Watermelon Applesauce Cup - AR1132 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	17.00	0.00
Whole Fruit Orange, Pineapple, Cherry Frozen Cups - AR1431 (1 Container)	0	70.00	0.00	0.00	0.00	10.00	19.00	0.00
Whole Mandarin Orange Segments Fruit Cup - AR1136 (1 Container)	30	70.00	0.00	0.00	0.00	0.00	16.00	1.00
1% Lowfat Milk Carton - AR1140 (1 Carton)	50	100.00	2.50	1.50	0.00	120.00	12.00	8.00
Fat Free Chocolate Milk Carton - AR1141 (1 Carton)	50	120.00	0.00	0.00	0.00	190.00	20.00	9.00

Menu Calendar Nutrient Analysis Report - October, 2023

Site: Greenview Campus
 Date: 10/01/2023 - 10/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Produce Bar (K-8) SY 2023-2024 - Monday Week 4 - ServingDate: 10/09/2023								
Baby Carrots - AR1396 (1/2 c.)	70	39.20	0.15	0.03	0.00	87.36	9.23	0.72
Cherry Tomatoes - AR1421 (1/2 c.)	0	16.20	0.18	0.03	0.00	4.50	3.50	0.79
Diced Tomatoes - AR1399 (1 c.)	0	30.00	0.00	0.00	0.00	10.00	7.00	2.00
Fresh Broccoli - AR1429 (1 c.)	0	30.94	0.34	0.10	0.00	30.03	6.04	2.57
Fresh Cauliflower - AR1432 (1 cup choppe)	65	26.75	0.30	0.14	0.00	32.10	5.32	2.05
Red Bell Peppers - AR1394 (1/2 cup, slice)	0	11.96	0.14	0.03	0.00	1.84	2.77	0.46
Romaine Lettuce - AR1398 (1 c.)	65	10.00	0.00	0.00	0.00	0.00	2.00	1.00
Side Garden Salad without Cheese - AR1323 (1 salad)	0	29.12	0.16	0.03	0.00	13.88	6.36	1.74
Sliced Cucumbers - AR1397 (1 cup, slice)	0	17.85	0.13	0.04	0.00	2.38	4.32	0.77
Apple Slices - AR1434 (1 Bag)	50	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Applesauce - AR1128 (1 ea.)	0	80.00	0.00	0.00	0.00	10.00	21.00	0.00
Blue Raspberry Lemon Slushie Juice Cup - AR1121 (1 Container)	0	90.00	0.00	0.00	0.00	30.00	22.00	0.00
Cherry Slushie Juice Cup - AR1122 (1 Container)	0	80.00	0.00	0.00	0.00	25.00	21.00	0.00
Cinnamon Applesauce Cup - AR1130 (1 ea.)	0	60.00	0.00	0.00	0.00	0.00	17.00	0.00
Diced Pears Fruit Cup - AR1134 (1 container)	0	70.00	0.00	0.00	0.00	5.00	19.00	0.00
Diced Strawberry Frozen Fruit Cup - AR1135 (1 container)	0	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Dried Cherry Cranberries - AR1435 (1 pkg.)	0	110.00	0.00	0.00	0.00	0.00	27.00	0.00
Fresh Bananas - AR1139 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29

Menu Calendar Nutrient Analysis Report - October, 2023

Site: Greenview Campus

Date: 10/01/2023 - 10/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Produce Bar (K-8) SY 2023-2024 - Monday Week 4 - ServingDate: 10/09/2023								
Fresh Grapes - AR1433 (14 grapes)	0	47.33	0.11	0.04	0.00	1.37	12.42	0.49
Fresh Whole Orange - AR1138 (1 cup sectio)	0	85.10	0.39	0.05	0.00	0.00	21.35	1.29
Fresh Whole Red Apple - AR1137 (1 medium (3)	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Applesauce Cup - AR1129 (1 c.)	0	160.00	0.00	0.00	0.00	40.00	42.00	0.00
Mixed Fruit Cup - AR1133 (1/2 c.)	0	60.00	0.00	0.00	0.00	5.00	15.00	0.00
Peach Fruit Cup - AR1395 (1 container)	30	70.00	0.00	0.00	0.00	10.00	18.00	1.00
Sour Cherry-Lemon Slushie Juice Cup - AR1125 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Dried Apple Crisps - AR1436 (1 pkg.)	0	40.00	0.00	0.00	0.00	0.00	10.00	0.00
Strawberry Kiwi Slushie Juice Cup - AR1126 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Mango Slushie Juice Cup - AR1127 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry-Banana Applesauce Cup - AR1131 (1 ea.)	0	70.00	0.00	0.00	0.00	0.00	17.00	0.00
Watermelon Applesauce Cup - AR1132 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	17.00	0.00
Whole Fruit Orange, Pineapple, Cherry Frozen Cups - AR1431 (1 Container)	0	70.00	0.00	0.00	0.00	10.00	19.00	0.00
Whole Mandarin Orange Segments Fruit Cup - AR1136 (1 Container)	0	70.00	0.00	0.00	0.00	0.00	16.00	1.00
1% Lowfat Milk Carton - AR1140 (1 Carton)	50	100.00	2.50	1.50	0.00	120.00	12.00	8.00
Fat Free Chocolate Milk Carton - AR1141 (1 Carton)	50	120.00	0.00	0.00	0.00	190.00	20.00	9.00

Menu Calendar Nutrient Analysis Report - October, 2023

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Date: 10/01/2023 - 10/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Produce Bar (K-8) SY 2023-2024 - Tuesday Week 4 - ServingDate: 10/10/2023								
Baby Carrots - AR1396 (1/2 c.)	0	39.20	0.15	0.03	0.00	87.36	9.23	0.72
Cherry Tomatoes - AR1421 (1/2 c.)	65	16.20	0.18	0.03	0.00	4.50	3.50	0.79
Diced Tomatoes - AR1399 (1 c.)	0	30.00	0.00	0.00	0.00	10.00	7.00	2.00
Fresh Broccoli - AR1429 (1 c.)	65	30.94	0.34	0.10	0.00	30.03	6.04	2.57
Fresh Cauliflower - AR1432 (1 cup choppe)	0	26.75	0.30	0.14	0.00	32.10	5.32	2.05
Red Bell Peppers - AR1394 (1/2 cup, slice)	0	11.96	0.14	0.03	0.00	1.84	2.77	0.46
Romaine Lettuce - AR1398 (1 c.)	0	10.00	0.00	0.00	0.00	0.00	2.00	1.00
Side Garden Salad without Cheese - AR1323 (1 salad)	0	29.12	0.16	0.03	0.00	13.88	6.36	1.74
Sliced Cucumbers - AR1397 (1 cup, slice)	70	17.85	0.13	0.04	0.00	2.38	4.32	0.77
Apple Slices - AR1434 (1 Bag)	0	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Applesauce - AR1128 (1 ea.)	0	80.00	0.00	0.00	0.00	10.00	21.00	0.00
Blue Raspberry Lemon Slushie Juice Cup - AR1121 (1 Container)	0	90.00	0.00	0.00	0.00	30.00	22.00	0.00
Cherry Slushie Juice Cup - AR1122 (1 Container)	0	80.00	0.00	0.00	0.00	25.00	21.00	0.00
Cinnamon Applesauce Cup - AR1130 (1 ea.)	0	60.00	0.00	0.00	0.00	0.00	17.00	0.00
Diced Pears Fruit Cup - AR1134 (1 container)	50	70.00	0.00	0.00	0.00	5.00	19.00	0.00
Diced Strawberry Frozen Fruit Cup - AR1135 (1 container)	0	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Dried Cherry Cranberries - AR1435 (1 pkg.)	0	110.00	0.00	0.00	0.00	0.00	27.00	0.00
Fresh Bananas - AR1139 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29

Menu Calendar Nutrient Analysis Report - October, 2023

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Date: 10/01/2023 - 10/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Produce Bar (K-8) SY 2023-2024 - Tuesday Week 4 - ServingDate: 10/10/2023								
Fresh Grapes - AR1433 (14 grapes)	20	47.33	0.11	0.04	0.00	1.37	12.42	0.49
Fresh Whole Orange - AR1138 (1 cup sectio)	0	85.10	0.39	0.05	0.00	0.00	21.35	1.29
Fresh Whole Red Apple - AR1137 (1 medium (3)	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Applesauce Cup - AR1129 (1 c.)	0	160.00	0.00	0.00	0.00	40.00	42.00	0.00
Mixed Fruit Cup - AR1133 (1/2 c.)	0	60.00	0.00	0.00	0.00	5.00	15.00	0.00
Peach Fruit Cup - AR1395 (1 container)	0	70.00	0.00	0.00	0.00	10.00	18.00	1.00
Sour Cherry-Lemon Slushie Juice Cup - AR1125 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Dried Apple Crisps - AR1436 (1 pkg.)	0	40.00	0.00	0.00	0.00	0.00	10.00	0.00
Strawberry Kiwi Slushie Juice Cup - AR1126 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Mango Slushie Juice Cup - AR1127 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry-Banana Applesauce Cup - AR1131 (1 ea.)	0	70.00	0.00	0.00	0.00	0.00	17.00	0.00
Watermelon Applesauce Cup - AR1132 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	17.00	0.00
Whole Fruit Orange, Pineapple, Cherry Frozen Cups - AR1431 (1 Container)	0	70.00	0.00	0.00	0.00	10.00	19.00	0.00
Whole Mandarin Orange Segments Fruit Cup - AR1136 (1 Container)	0	70.00	0.00	0.00	0.00	0.00	16.00	1.00
1% Lowfat Milk Carton - AR1140 (1 Carton)	50	100.00	2.50	1.50	0.00	120.00	12.00	8.00
Fat Free Chocolate Milk Carton - AR1141 (1 Carton)	50	120.00	0.00	0.00	0.00	190.00	20.00	9.00

Menu Calendar Nutrient Analysis Report - October, 2023

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Date: 10/01/2023 - 10/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Produce Bar (K-8) SY 2023-2024 - Wednesday Week 4 - ServingDate: 10/11/2023								
Baby Carrots - AR1396 (1/2 c.)	70	39.20	0.15	0.03	0.00	87.36	9.23	0.72
Cherry Tomatoes - AR1421 (1/2 c.)	0	16.20	0.18	0.03	0.00	4.50	3.50	0.79
Diced Tomatoes - AR1399 (1 c.)	0	30.00	0.00	0.00	0.00	10.00	7.00	2.00
Fresh Broccoli - AR1429 (1 c.)	65	30.94	0.34	0.10	0.00	30.03	6.04	2.57
Fresh Cauliflower - AR1432 (1 cup choppe)	65	26.75	0.30	0.14	0.00	32.10	5.32	2.05
Red Bell Peppers - AR1394 (1/2 cup, slice)	0	11.96	0.14	0.03	0.00	1.84	2.77	0.46
Romaine Lettuce - AR1398 (1 c.)	0	10.00	0.00	0.00	0.00	0.00	2.00	1.00
Side Garden Salad without Cheese - AR1323 (1 salad)	0	29.12	0.16	0.03	0.00	13.88	6.36	1.74
Sliced Cucumbers - AR1397 (1 cup, slice)	0	17.85	0.13	0.04	0.00	2.38	4.32	0.77
Apple Slices - AR1434 (1 Bag)	0	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Applesauce - AR1128 (1 ea.)	0	80.00	0.00	0.00	0.00	10.00	21.00	0.00
Blue Raspberry Lemon Slushie Juice Cup - AR1121 (1 Container)	0	90.00	0.00	0.00	0.00	30.00	22.00	0.00
Cherry Slushie Juice Cup - AR1122 (1 Container)	0	80.00	0.00	0.00	0.00	25.00	21.00	0.00
Cinnamon Applesauce Cup - AR1130 (1 ea.)	50	60.00	0.00	0.00	0.00	0.00	17.00	0.00
Diced Pears Fruit Cup - AR1134 (1 container)	0	70.00	0.00	0.00	0.00	5.00	19.00	0.00
Diced Strawberry Frozen Fruit Cup - AR1135 (1 container)	0	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Dried Cherry Cranberries - AR1435 (1 pkg.)	0	110.00	0.00	0.00	0.00	0.00	27.00	0.00
Fresh Bananas - AR1139 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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Date: 10/01/2023 - 10/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Produce Bar (K-8) SY 2023-2024 - Wednesday Week 4 - ServingDate: 10/11/2023								
Fresh Grapes - AR1433 (14 grapes)	0	47.33	0.11	0.04	0.00	1.37	12.42	0.49
Fresh Whole Orange - AR1138 (1/2 cup sectio)	30	42.55	0.19	0.02	0.00	0.00	10.67	0.65
Fresh Whole Red Apple - AR1137 (1 medium (3)	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Applesauce Cup - AR1129 (1 c.)	0	160.00	0.00	0.00	0.00	40.00	42.00	0.00
Mixed Fruit Cup - AR1133 (1/2 c.)	0	60.00	0.00	0.00	0.00	5.00	15.00	0.00
Peach Fruit Cup - AR1395 (1 container)	0	70.00	0.00	0.00	0.00	10.00	18.00	1.00
Sour Cherry-Lemon Slushie Juice Cup - AR1125 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Dried Apple Crisps - AR1436 (1 pkg.)	0	40.00	0.00	0.00	0.00	0.00	10.00	0.00
Strawberry Kiwi Slushie Juice Cup - AR1126 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Mango Slushie Juice Cup - AR1127 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry-Banana Applesauce Cup - AR1131 (1 ea.)	0	70.00	0.00	0.00	0.00	0.00	17.00	0.00
Watermelon Applesauce Cup - AR1132 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	17.00	0.00
Whole Fruit Orange, Pineapple, Cherry Frozen Cups - AR1431 (1 Container)	0	70.00	0.00	0.00	0.00	10.00	19.00	0.00
Whole Mandarin Orange Segments Fruit Cup - AR1136 (1 Container)	0	70.00	0.00	0.00	0.00	0.00	16.00	1.00
1% Lowfat Milk Carton - AR1140 (1 Carton)	50	100.00	2.50	1.50	0.00	120.00	12.00	8.00
Fat Free Chocolate Milk Carton - AR1141 (1 Carton)	50	120.00	0.00	0.00	0.00	190.00	20.00	9.00

Menu Calendar Nutrient Analysis Report - October, 2023

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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)
Produce Bar (K-8) SY 2023-2024 - Thursday Week 4 - ServingDate: 10/12/2023								
Baby Carrots - AR1396 (1/2 c.)	70	39.20	0.15	0.03	0.00	87.36	9.23	0.72
Cherry Tomatoes - AR1421 (1/2 c.)	0	16.20	0.18	0.03	0.00	4.50	3.50	0.79
Diced Tomatoes - AR1399 (1 c.)	0	30.00	0.00	0.00	0.00	10.00	7.00	2.00
Fresh Broccoli - AR1429 (1 c.)	65	30.94	0.34	0.10	0.00	30.03	6.04	2.57
Fresh Cauliflower - AR1432 (1 cup choppe)	0	26.75	0.30	0.14	0.00	32.10	5.32	2.05
Red Bell Peppers - AR1394 (1/2 cup, slice)	0	11.96	0.14	0.03	0.00	1.84	2.77	0.46
Romaine Lettuce - AR1398 (1 c.)	0	10.00	0.00	0.00	0.00	0.00	2.00	1.00
Side Garden Salad without Cheese - AR1323 (1 salad)	0	29.12	0.16	0.03	0.00	13.88	6.36	1.74
Sliced Cucumbers - AR1397 (1 cup, slice)	65	17.85	0.13	0.04	0.00	2.38	4.32	0.77
Apple Slices - AR1434 (1 Bag)	30	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Applesauce - AR1128 (1 ea.)	0	80.00	0.00	0.00	0.00	10.00	21.00	0.00
Blue Raspberry Lemon Slushie Juice Cup - AR1121 (1 Container)	0	90.00	0.00	0.00	0.00	30.00	22.00	0.00
Cherry Slushie Juice Cup - AR1122 (1 Container)	0	80.00	0.00	0.00	0.00	25.00	21.00	0.00
Cinnamon Applesauce Cup - AR1130 (1 ea.)	0	60.00	0.00	0.00	0.00	0.00	17.00	0.00
Diced Pears Fruit Cup - AR1134 (1 container)	0	70.00	0.00	0.00	0.00	5.00	19.00	0.00
Diced Strawberry Frozen Fruit Cup - AR1135 (1 container)	0	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Dried Cherry Cranberries - AR1435 (1 pkg.)	0	110.00	0.00	0.00	0.00	0.00	27.00	0.00
Fresh Bananas - AR1139 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29

Menu Calendar Nutrient Analysis Report - October, 2023

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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)
Produce Bar (K-8) SY 2023-2024 - Thursday Week 4 - ServingDate: 10/12/2023								
Fresh Grapes - AR1433 (14 grapes)	50	47.33	0.11	0.04	0.00	1.37	12.42	0.49
Fresh Whole Orange - AR1138 (1 cup sectio)	0	85.10	0.39	0.05	0.00	0.00	21.35	1.29
Fresh Whole Red Apple - AR1137 (1 medium (3)	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Applesauce Cup - AR1129 (1 c.)	0	160.00	0.00	0.00	0.00	40.00	42.00	0.00
Mixed Fruit Cup - AR1133 (1/2 c.)	0	60.00	0.00	0.00	0.00	5.00	15.00	0.00
Peach Fruit Cup - AR1395 (1 container)	0	70.00	0.00	0.00	0.00	10.00	18.00	1.00
Sour Cherry-Lemon Slushie Juice Cup - AR1125 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Dried Apple Crisps - AR1436 (1 pkg.)	0	40.00	0.00	0.00	0.00	0.00	10.00	0.00
Strawberry Kiwi Slushie Juice Cup - AR1126 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry Mango Slushie Juice Cup - AR1127 (1 Container)	0	90.00	0.00	0.00	0.00	20.00	23.00	0.00
Strawberry-Banana Applesauce Cup - AR1131 (1 ea.)	0	70.00	0.00	0.00	0.00	0.00	17.00	0.00
Watermelon Applesauce Cup - AR1132 (1 ea.)	0	60.00	0.00	0.00	0.00	15.00	17.00	0.00
Whole Fruit Orange, Pineapple, Cherry Frozen Cups - AR1431 (1 Container)	0	70.00	0.00	0.00	0.00	10.00	19.00	0.00
Whole Mandarin Orange Segments Fruit Cup - AR1136 (1 Container)	0	70.00	0.00	0.00	0.00	0.00	16.00	1.00
1% Lowfat Milk Carton - AR1140 (1 Carton)	50	100.00	2.50	1.50	0.00	120.00	12.00	8.00
Fat Free Chocolate Milk Carton - AR1141 (1 Carton)	50	120.00	0.00	0.00	0.00	190.00	20.00	9.00

Legend

Menu Calendar Nutrient Analysis Report - October, 2023

Site: Greenview Campus
Date: 10/01/2023 - 10/31/2023

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Elementary School
Menu Line: Produce Bar (K-8)
Serving Group: K-8
Nutrients Option: Expanded