

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:31:57 PM by Christine Schlosman

Menu Cycle: 18.19 HS Lunch Week #1
 Week: 1
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: 9-12
 Site Group: High School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[750.00 - 850.00]	753.75	
Fat (g)		25.30	30.21
Sfat (g)(1)	< 10.00 % of Calories	6.43	7.67
TFat (g)(2)		0.03(M)	
Chol (mg)		63.51(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,290.69	
Sodium Target 2 (mg) (13)	< 1,080.00	1,290.69	
Carb (g)		101.24	53.73
TDF (g)		9.85(M)	
Sugars (g)		46.01(M)	24.41
Pro (g)		30.12	15.98
Fe (mg)		3.75(M)	
Ca (mg)		629.37(M)	
A,IU		4,697.24(M)	
VitC (mg)		33.70(M)	
Mois (g)		111.20(M)	
Ash (g)		0.77(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[5.000 - 7.500]	
Veg	>= 5.000	[5.000 - 12.000]	
Veg-DG	>= 0.500	4.000	
Veg-RO	>= 1.250	4.750	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.750	3.750	
Grains	[10.000 - 12.000]	[10.000 - 15.000](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	238.000	100.00
Meat/MA	[10.000 - 12.000]	[10.000 - 15.000](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

Legend

PrimeroEdge will flag based on USDA requirements, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.

a

Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
18.19 HS Lunch Week #1. Monday - Day: 1	350																
Category: Entrees; Choose: 1																	
American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich)	6	359.72	16.11	5.51	0.00	52.50	1068.80	37.59	3.70(M)	4.91	16.51	2.88(M)	105.24 (M)	473.56 (M)	5.98(M)	55.02 (M)	0.27(M)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	8	330.00	12.50	6.00	0.00	190.00	395.00	39.00	5.00	8.00	18.00	2.34	190.00	850.00	109.20	(M)	(M)
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	15	522.83	12.89	5.95	0.00	84.75 (M)	705.16	85.39	7.00	53.82	21.60	2.97(M)	190.00 (M)	400.00 (M)	0.00(M)	(M)	(M)
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)	25	355.00	12.50	5.00	0.00	47.50	855.00	40.00	5.00	2.50	22.50	4.14(M)	124.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Chicken Nuggets w/ Dinner Roll, MMA, WG - LR100120 (1 serv.)	60	332.50	16.00	2.50	0.00	25.00	560.00	30.25	4.50	2.25	19.25	3.33	51.00	125.00 (M)	0.00(M)	(M)	(M)
Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	12	470.48	25.85	5.16	0.00	61.65	1031.86	41.38	4.74	7.15	20.02	2.64	80.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	3	360.48	17.35	3.65	0.00	51.65	671.86	34.38	5.74	3.17	19.02	2.08	74.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Ham & Cheese on Kaiser Roll, MMA, WG - LR100308 (1 sandwich)	5	335.98	11.42	4.96	0.00	56.76	1125.49	42.92	4.00	3.96	21.80	2.70(M)	104.00 (M)	(M)	(M)	(M)	(M)
Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich)	3	295.98	12.92	5.46	0.00	56.76	995.49	32.92	5.00	2.96	19.80	1.44(M)	60.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Hamburger on Roll, MS/HS, MMA, WG - LR100319 (1 sandwich)	35	300.00	8.00	2.50	0.00	35.00	720.00	39.00	5.00	2.00	20.00	4.14	124.00	0.00(M)	0.00(M)	(M)	(M)
Italian Hoagie on Club Roll, MMA, WG, VO, VRO - LR100304 (1 sandwich)	18	424.00	19.46	7.77	0.28	53.00	1304.54	37.92	3.70	4.40	24.65	3.19	311.08	745.24 (M)	5.98(M)	55.02 (M)	0.27(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	10	488.50	3.77	1.40	0.00	5.00	318.75	102.10	6.79(M)	40.50 (M)	14.69	2.88(M)	282.74	1416.21	6.93(M)	28.95 (M)	0.60(M)
Pizza, Buffalo Chicken, 16", Big Daddy's Primo, 78639, MMA, WGR - SR108199 (1/8 pizza)	22	390.00	19.00	7.00	0.00	45.00	750.00	35.00	3.00	8.00	20.00	0.40	3200.00	3750.00	0.00	(M)	(M)
Pizza, Stuffed Crust Whole Grain Cheese 4.84 oz, The MAX, ConAgra, 77387-12671, MMA, WGR, Veg-RO - SR101359 (1 slice cook)	29	340.00	14.00	4.50	0.00	15.00	750.00	36.00	3.00	4.00	15.00	1.80	250.00	(M)	(M)	(M)	(M)

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:31:57 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Pizza, WG, 8 cut, Mickey's, MMA, WG - LR100231 (1 piece)	21	320.00	15.00	10.00	0.00	45.00	450.00	28.00	3.00	3.00	19.00	1.80	450.00	0.00	0.00	(M)	(M)
Roast Beef on Kaiser Roll, MMA, WG - LR100309 (1 sandwich)	5	370.00	6.50	0.00	0.00	75.00	1590.00	40.00	4.00	4.00	37.00	5.94	164.00	0.00(M)	0.00(M)	(M)	(M)
Roast Beef Wrap, MMA, WG - LR100312 (1 sandwich)	3	330.00	8.00	0.50	0.00	75.00	1460.00	30.00	5.00	3.00	35.00	4.68	120.00	0.00	0.00	(M)	(M)
Salad Bar, MS, MMA, VO - LR100303 (1 salad)	20	393.47	12.64	4.86	0.00(M)	201.69	546.67	49.67	12.64	12.35 (M)	24.62	5.64	402.66	19636.90(M)	97.79 (M)	413.92 (M)	2.97(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	36	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich)	3	336.00	12.04	2.02	0.00	40.00	911.60	37.74	4.68	5.68	18.44	2.08(M)	75.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	3	366.00	12.04	2.02	0.00	40.00	951.60	44.74	4.68	4.68	19.44	2.78(M)	113.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich)	5	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich)	3	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, sliced or crinkle-cut, cooked from frozen, without salt [100352, A099] - SR105161 (1/2 c.)	165	27.00	0.50	0.09	0.00	0.00	43.00	5.64	2.40	(M)	0.42	0.39	26.00	12137.00	1.70	(M)	(M)
Cucumber & Celery Dippers w/ Ranch, VO - LR100272 (1 serv.)	200	41.22	2.96	0.49	0.04	0.67	165.66	3.44	0.59	1.20	0.45	0.15	16.40	141.09	1.52	48.86 (M)	0.29(M)
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	85	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	0.72	0.27	10.98	555.57	7.17	76.96	0.36
Category: Fruits; Choose: 2																	
Apples, raw, with skin, F - SR105078 (1/2 medium (3)	80	47.32	0.15	0.03	0.00	0.00	0.91	12.57	2.18	9.46	0.24	0.11	5.46	49.14	4.19	77.86	0.17
Bananas, raw - SR105089 (1 medium (7"))	65	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97

Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	45	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Pineapple, Canned, tidbits, in juice, fancy 100% Hawaiian, 24/20 oz; as served - SR105251 (1/2 c.)	185	69.99	0.00	0.00	(M)	0.00	9.99	17.00	1.00	(M)	0.51	0.35	0.00	0.00	11.99	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)	165	130.00	0.00	0.00	0.00	5.00	175.00	22.00	0.00	22.00	8.00	0.00	300.00	300.00	1.20	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 c.)	25	220.00	5.00	3.00	0.00	30.00	260.00	26.00	0.00	24.00	16.00	0.00	600.00	1000.00	2.40	(M)	(M)
Milk, Strawberry, Fat Free, Clover Farms, MILK - SR103510 (1 Carton)	30	130.00	0.00	0.00	0.00	5.00	130.00	25.00	0.00	25.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Category: Condiments; Choose: 1																	
Condiment, Mustard, Bulk, Monarch, 250065 - SR100787 (1 oz.)	16	28.35	0.00	0.00	0.00	0.00	340.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, French, 1.5 oz PC Pouch, Cains, 02660 - SR101530 (1 pouch)	4	178.01	15.82	2.47	0.00	0.00	247.24	8.90	0.00	7.91	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	60	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)
Dressing, Lt. Caesar, 1.5 oz PC Pouch, Cains, 02100 - SR106050 (1 pouch)	4	98.89	7.91	1.48	0.00	9.89	682.38	6.92	0.00	2.97	0.99	0.00	39.56	0.00	0.00	(M)	(M)
Dressing, Ranch, 1.5 oz PC Pouch, Cains, 03850 - SR106051 (1 pouch)	35	197.79	21.76	3.46	0.00	14.83	326.36	0.99	0.00	0.99	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	200	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)
18.19 HS Lunch Week #1. Tuesday - Day: 2	350																
Category: Entrees; Choose: 1																	

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:31:57 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich)	2	359.72	16.11	5.51	0.00	52.50	1068.80	37.59	3.70(M)	4.91	16.51	2.88(M)	105.24 (M)	473.56 (M)	5.98(M)	55.02 (M)	0.27(M)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	3	330.00	12.50	6.00	0.00	190.00	395.00	39.00	5.00	8.00	18.00	2.34	190.00	850.00	109.20	(M)	(M)
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	13	522.83	12.89	5.95	0.00	84.75 (M)	705.16	85.39	7.00	53.82	21.60	2.97(M)	190.00 (M)	400.00 (M)	0.00(M)	(M)	(M)
Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	5	470.48	25.85	5.16	0.00	61.65	1031.86	41.38	4.74	7.15	20.02	2.64	80.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	2	360.48	17.35	3.65	0.00	51.65	671.86	34.38	5.74	3.17	19.02	2.08	74.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Ham & Cheese on Kaiser Roll, MMA, WG - LR100308 (1 sandwich)	5	335.98	11.42	4.96	0.00	56.76	1125.49	42.92	4.00	3.96	21.80	2.70(M)	104.00 (M)	(M)	(M)	(M)	(M)
Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich)	3	295.98	12.92	5.46	0.00	56.76	995.49	32.92	5.00	2.96	19.80	1.44(M)	60.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Hot Dog on Roll, HS, MMA, WG - LR100315 (1 sandwich)	65	300.00	12.50	5.00	0.00	30.00	690.00	33.00	3.00	1.00	12.00	2.88	78.00	100.00 (M)	0.00(M)	(M)	(M)
Italian Hoagie on Club Roll, MMA, WG, VO, VRO - LR100304 (1 sandwich)	3	424.00	19.46	7.77	0.28	53.00	1304.54	37.92	3.70	4.40	24.65	3.19	311.08	745.24 (M)	5.98(M)	55.02 (M)	0.27(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	12	488.50	3.77	1.40	0.00	5.00	318.75	102.10	6.79(M)	40.50 (M)	14.69	2.88(M)	282.74	1416.21	6.93(M)	28.95 (M)	0.60(M)
Philly Cheese Steak, MS/HS - LR100167 (1 sandwich)	85	364.75	14.98	6.49	0.00	57.42	534.93	33.00	3.00	1.50	22.48	3.24(M)	78.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Pizza, French Bread Cheese Pizza, 6", Tony's, Schwan's Food Service, Inc. 78356, MMA, WG, Veg-RO - SR100365 (1 portion)	25	290.00	11.00	4.00	0.00	20.00	440.00	33.00	0.00	4.00	17.00	(M)	(M)	(M)	(M)	(M)	(M)
Pizza, Turkey Pepperoni, Stuffed Crust, 7", Tony's Signature, 78650, MMA, WGR, VEG-RO - SR108223 (1 portion)	30	370.00	16.00	8.00	0.00	40.00	630.00	40.00	4.00	10.00	17.00	0.43	3060.00	3700.00	0.00	(M)	(M)
Pizza, WG, 8 cut, Mickey's, MMA, WG - LR100231 (1 piece)	20	320.00	15.00	10.00	0.00	45.00	450.00	28.00	3.00	3.00	19.00	1.80	450.00	0.00	0.00	(M)	(M)
Roast Beef on Kaiser Roll, MMA, WG - LR100309 (1 sandwich)	2	370.00	6.50	0.00	0.00	75.00	1590.00	40.00	4.00	4.00	37.00	5.94	164.00	0.00(M)	0.00(M)	(M)	(M)

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:31:57 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Roast Beef Wrap, MMA, WG - LR100312 (1 sandwich)	2	330.00	8.00	0.50	0.00	75.00	1460.00	30.00	5.00	3.00	35.00	4.68	120.00	0.00	0.00	(M)	(M)
Salad Bar, MS, MMA, VO - LR100303 (1 salad)	25	393.47	12.64	4.86	0.00(M)	201.69	546.67	49.67	12.64	12.35 (M)	24.62	5.64	402.66	19636.90(M)	97.79 (M)	413.92 (M)	2.97(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	36	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich)	4	336.00	12.04	2.02	0.00	40.00	911.60	37.74	4.68	5.68	18.44	2.08(M)	75.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	2	366.00	12.04	2.02	0.00	40.00	951.60	44.74	4.68	4.68	19.44	2.78(M)	113.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich)	3	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich)	3	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Beans, Vegetarian Beans, Dawn Glo Brand, Veg-BP - SR103448 (1/2 cup servin)	185	120.00	1.00	0.50	0.00	0.00	400.00	21.00	6.00	4.00	7.00	1.80	40.00	0.00	0.00	(M)	(M)
Broccoli Dippers w/ Ranch, VDG - LR100275 (1 serv.)	185	48.75	3.06	0.49	0.04	0.67	159.95	4.77	1.24	1.20	1.39	0.36	23.52	283.88	40.60	40.63 (M)	0.40(M)
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	70	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	0.72	0.27	10.98	555.57	7.17	76.96	0.36
Category: Fruits; Choose: 2																	
Apples, raw, with skin, F - SR105078 (1/2 medium (3)	65	47.32	0.15	0.03	0.00	0.00	0.91	12.57	2.18	9.46	0.24	0.11	5.46	49.14	4.19	77.86	0.17
Bananas, raw - SR105089 (1 medium (7"))	85	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Fruit, Peaches, Fresh, Small, 1/2 cup Fruit - SR107906 (1 small peac)	165	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	1.00	0.36	0.00	250.00	6.00	(M)	(M)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	60	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Category: Milk; Choose: 1																	

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:31:57 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Milk, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)	185	130.00	0.00	0.00	0.00	5.00	175.00	22.00	0.00	22.00	8.00	0.00	300.00	300.00	1.20	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 c.)	25	220.00	5.00	3.00	0.00	30.00	260.00	26.00	0.00	24.00	16.00	0.00	600.00	1000.00	2.40	(M)	(M)
Milk, Strawberry, Fat Free, Clover Farms, MILK - SR103510 (1 Carton)	45	130.00	0.00	0.00	0.00	5.00	130.00	25.00	0.00	25.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Category: Condiments; Choose: 1																	
Condiment, Mustard, Bulk, Monarch, 250065 - SR100787 (1 oz.)	15	28.35	0.00	0.00	0.00	0.00	340.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, French, 1.5 oz PC Pouch, Cains, 02660 - SR101530 (1 pouch)	8	178.01	15.82	2.47	0.00	0.00	247.24	8.90	0.00	7.91	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	10	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)
Dressing, Lt. Caesar, 1.5 oz PC Pouch, Cains, 02100 - SR106050 (1 pouch)	3	98.89	7.91	1.48	0.00	9.89	682.38	6.92	0.00	2.97	0.99	0.00	39.56	0.00	0.00	(M)	(M)
Dressing, Ranch, 1.5 oz PC Pouch, Cains, 03850 - SR106051 (1 pouch)	25	197.79	21.76	3.46	0.00	14.83	326.36	0.99	0.00	0.99	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	95	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)
18.19 HS Lunch Week #1. Wednesday - Day: 3	350																
Category: Entrees; Choose: 1																	
American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich)	6	359.72	16.11	5.51	0.00	52.50	1068.80	37.59	3.70(M)	4.91	16.51	2.88(M)	105.24 (M)	473.56 (M)	5.98(M)	55.02 (M)	0.27(M)
Build A Burger Bar, MMA, WG - LR100318 (1 sandwich)	125	368.06	12.24	3.58	0.00	35.00	967.36	43.48	6.66	2.50(M)	24.14	4.02(M)	137.23 (M)	0.00(M)	0.00(M)	(M)	(M)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	6	330.00	12.50	6.00	0.00	190.00	395.00	39.00	5.00	8.00	18.00	2.34	190.00	850.00	109.20	(M)	(M)

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:31:57 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	8	522.83	12.89	5.95	0.00	84.75 (M)	705.16	85.39	7.00	53.82	21.60	2.97(M)	190.00 (M)	400.00 (M)	0.00(M)	(M)	(M)
Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	5	470.48	25.85	5.16	0.00	61.65	1031.86	41.38	4.74	7.15	20.02	2.64	80.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	3	360.48	17.35	3.65	0.00	51.65	671.86	34.38	5.74	3.17	19.02	2.08	74.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Ham & Cheese on Kaiser Roll, MMA, WG - LR100308 (1 sandwich)	6	335.98	11.42	4.96	0.00	56.76	1125.49	42.92	4.00	3.96	21.80	2.70(M)	104.00 (M)	(M)	(M)	(M)	(M)
Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich)	3	295.98	12.92	5.46	0.00	56.76	995.49	32.92	5.00	2.96	19.80	1.44(M)	60.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Italian Hoagie on Club Roll, MMA, WG, VO, VRO - LR100304 (1 sandwich)	8	424.00	19.46	7.77	0.28	53.00	1304.54	37.92	3.70	4.40	24.65	3.19	311.08	745.24 (M)	5.98(M)	55.02 (M)	0.27(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	25	488.50	3.77	1.40	0.00	5.00	318.75	102.10	6.79(M)	40.50 (M)	14.69	2.88(M)	282.74	1416.21	6.93(M)	28.95 (M)	0.60(M)
Pizza, Buffalo Chicken, 16", Big Daddy's Primo, 78639, MMA, WGR - SR108199 (1/8 pizza)	25	390.00	19.00	7.00	0.00	45.00	750.00	35.00	3.00	8.00	20.00	0.40	3200.00	3750.00	0.00	(M)	(M)
Pizza, French Bread Cheese Pizza, 6", Tony's, Schwan's Food Service, Inc. 78356, MMA, WG, Veg-RO - SR100365 (1 portion)	25	290.00	11.00	4.00	0.00	20.00	440.00	33.00	0.00	4.00	17.00	(M)	(M)	(M)	(M)	(M)	(M)
Pizza, Stuffed Crust Whole Grain Cheese 4.84 oz, The MAX, ConAgra, 77387-12671, MMA, WGR, Veg-RO - SR101359 (1 slice cook)	20	340.00	14.00	4.50	0.00	15.00	750.00	36.00	3.00	4.00	15.00	1.80	250.00	(M)	(M)	(M)	(M)
Roast Beef on Kaiser Roll, MMA, WG - LR100309 (1 sandwich)	2	370.00	6.50	0.00	0.00	75.00	1590.00	40.00	4.00	4.00	37.00	5.94	164.00	0.00(M)	0.00(M)	(M)	(M)
Roast Beef Wrap, MMA, WG - LR100312 (1 sandwich)	2	330.00	8.00	0.50	0.00	75.00	1460.00	30.00	5.00	3.00	35.00	4.68	120.00	0.00	0.00	(M)	(M)
Salad Bar, MS, MMA, VO - LR100303 (1 salad)	24	393.47	12.64	4.86	0.00(M)	201.69	546.67	49.67	12.64	12.35 (M)	24.62	5.64	402.66	19636.90(M)	97.79 (M)	413.92 (M)	2.97(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	40	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:31:57 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich)	5	336.00	12.04	2.02	0.00	40.00	911.60	37.74	4.68	5.68	18.44	2.08(M)	75.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	3	366.00	12.04	2.02	0.00	40.00	951.60	44.74	4.68	4.68	19.44	2.78(M)	113.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich)	6	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich)	3	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	75	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	0.72	0.27	10.98	555.57	7.17	76.96	0.36
Potato, Tater Tots Shaped, Ore-Ida, McCain, OIF00215A, Veg-S - SR103488 (3/4 c.)	325	216.94	9.15	1.31	0.00	0.00	470.47	24.83	2.61	0.00	2.61	0.47	0.00	0.00	4.70	(M)	(M)
Trio Veggie Dipper, VDG, VRO, VO - LR100220 (1 serv.)	125	54.20	2.98	0.48	0.04	0.67	173.53	6.36	1.46	2.94	0.81	0.22	14.56	2066.67	22.30	32.03 (M)	0.24(M)
Category: Fruits; Choose: 2																	
Apples, raw, with skin, F - SR105078 (1/2 medium (3))	85	47.32	0.15	0.03	0.00	0.00	0.91	12.57	2.18	9.46	0.24	0.11	5.46	49.14	4.19	77.86	0.17
Bananas, raw - SR105089 (1 medium (7"))	45	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	300	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	65	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Category: Milk; Choose: 1																	
Milk, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)	185	130.00	0.00	0.00	0.00	5.00	175.00	22.00	0.00	22.00	8.00	0.00	300.00	300.00	1.20	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 c.)	25	220.00	5.00	3.00	0.00	30.00	260.00	26.00	0.00	24.00	16.00	0.00	600.00	1000.00	2.40	(M)	(M)

Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Milk, Strawberry, Fat Free, Clover Farms, MILK - SR103510 (1 Carton)	45	130.00	0.00	0.00	0.00	5.00	130.00	25.00	0.00	25.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Category: Condiments; Choose: 1																	
Condiment, Mustard, Bulk, Monarch, 250065 - SR100787 (1 oz.)	25	28.35	0.00	0.00	0.00	0.00	340.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, French, 1.5 oz PC Pouch, Cains, 02660 - SR101530 (1 pouch)	2	178.01	15.82	2.47	0.00	0.00	247.24	8.90	0.00	7.91	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	8	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)
Dressing, Lt. Caesar, 1.5 oz PC Pouch, Cains, 02100 - SR106050 (1 pouch)	3	98.89	7.91	1.48	0.00	9.89	682.38	6.92	0.00	2.97	0.99	0.00	39.56	0.00	0.00	(M)	(M)
Dressing, Ranch, 1.5 oz PC Pouch, Cains, 03850 - SR106051 (1 pouch)	45	197.79	21.76	3.46	0.00	14.83	326.36	0.99	0.00	0.99	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	265	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)
18.19 HS Lunch Week #1. Thursday - Day: 4																	
Category: Entrees; Choose: 1																	
American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich)	8	359.72	16.11	5.51	0.00	52.50	1068.80	37.59	3.70(M)	4.91	16.51	2.88(M)	105.24 (M)	473.56 (M)	5.98(M)	55.02 (M)	0.27(M)
Breaded Chicken Patty on Roll, MMA, WG - LR100110 (1 sandwich)	43	350.00	13.50	2.50	0.00	25.00	690.00	37.00	5.00	2.00	18.00	3.24	26.00	0.00(M)	0.00(M)	(M)	(M)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	6	330.00	12.50	6.00	0.00	190.00	395.00	39.00	5.00	8.00	18.00	2.34	190.00	850.00	109.20	(M)	(M)
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	10	522.83	12.89	5.95	0.00	84.75 (M)	705.16	85.39	7.00	53.82	21.60	2.97(M)	190.00 (M)	400.00 (M)	0.00(M)	(M)	(M)
Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	3	470.48	25.85	5.16	0.00	61.65	1031.86	41.38	4.74	7.15	20.02	2.64	80.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	3	360.48	17.35	3.65	0.00	51.65	671.86	34.38	5.74	3.17	19.02	2.08	74.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:31:57 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Ham & Cheese on Kaiser Roll, MMA, WG - LR100308 (1 sandwich)	6	335.98	11.42	4.96	0.00	56.76	1125.49	42.92	4.00	3.96	21.80	2.70(M)	104.00 (M)	(M)	(M)	(M)	(M)
Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich)	3	295.98	12.92	5.46	0.00	56.76	995.49	32.92	5.00	2.96	19.80	1.44(M)	60.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Italian Hoagie on Club Roll, MMA, WG, VO, VRO - LR100304 (1 sandwich)	12	424.00	19.46	7.77	0.28	53.00	1304.54	37.92	3.70	4.40	24.65	3.19	311.08	745.24 (M)	5.98(M)	55.02 (M)	0.27(M)
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)	60	394.50	15.17	7.09	0.00	30.46	1165.19	45.48	3.03	6.09	19.26	1.82	324.65	507.75	0.00(M)	(M)	(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	10	488.50	3.77	1.40	0.00	5.00	318.75	102.10	6.79(M)	40.50 (M)	14.69	2.88(M)	282.74	1416.21	6.93(M)	28.95 (M)	0.60(M)
Pizza, French Bread Cheese Pizza, 6", Tony's, Schwan's Food Service, Inc. 78356, MMA, WG, Veg-RO - SR100365 (1 portion)	15	290.00	11.00	4.00	0.00	20.00	440.00	33.00	0.00	4.00	17.00	(M)	(M)	(M)	(M)	(M)	(M)
Pizza, Turkey Pepperoni, Stuffed Crust, 7", Tony's Signature, 78650, MMA, WGR, VEG-RO - SR108223 (1 portion)	19	370.00	16.00	8.00	0.00	40.00	630.00	40.00	4.00	10.00	17.00	0.43	3060.00	3700.00	0.00	(M)	(M)
Pizza, WG, 8 cut, Mickey's, MMA, WG - LR100231 (1 piece)	13	320.00	15.00	10.00	0.00	45.00	450.00	28.00	3.00	3.00	19.00	1.80	450.00	0.00	0.00	(M)	(M)
Roast Beef on Kaiser Roll, MMA, WG - LR100309 (1 sandwich)	3	370.00	6.50	0.00	0.00	75.00	1590.00	40.00	4.00	4.00	37.00	5.94	164.00	0.00(M)	0.00(M)	(M)	(M)
Roast Beef Wrap, MMA, WG - LR100312 (1 sandwich)	3	330.00	8.00	0.50	0.00	75.00	1460.00	30.00	5.00	3.00	35.00	4.68	120.00	0.00	0.00	(M)	(M)
Salad Bar, MS, MMA, VO - LR100303 (1 salad)	30	393.47	12.64	4.86	0.00(M)	201.69	546.67	49.67	12.64	12.35 (M)	24.62	5.64	402.66	19636.90(M)	97.79 (M)	413.92 (M)	2.97(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	42	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Spicy Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100111 (1 sandwich)	50	380.00	15.50	3.00	0.00	25.00	630.00	39.00	5.00	2.00	19.00	4.14	26.00	100.00 (M)	0.00(M)	(M)	(M)
Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich)	3	336.00	12.04	2.02	0.00	40.00	911.60	37.74	4.68	5.68	18.44	2.08(M)	75.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:31:57 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	3	366.00	12.04	2.02	0.00	40.00	951.60	44.74	4.68	4.68	19.44	2.78(M)	113.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich)	3	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich)	2	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - SR105101 (1/2 c.)	180	19.00	0.11	0.03	0.00	0.00	6.00	4.35	2.00	(M)	1.01	0.59	33.00	376.00	2.80	(M)	(M)
Fresh Spinach Salad, VDG, VRO - LR100322 (1 salad)	200	21.53	0.22	0.03	0.00	0.00	43.61	4.45	1.65	1.92	1.28	0.95	40.64	7562.40	12.60	69.30	0.88
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	85	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	0.72	0.27	10.98	555.57	7.17	76.96	0.36
Category: Fruits; Choose: 2																	
Assorted Juice Rush, Hershey IC, F - LR100232 (1 serv.)	300	110.00	0.00	0.00	0.00	0.00	20.00	27.00	0.00	24.00	0.99	0.00	20.00	0.00	0.00	(M)	(M)
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	225	60.00	0.00	0.00	0.00	0.00	5.00	16.00	2.00	12.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)	185	130.00	0.00	0.00	0.00	5.00	175.00	22.00	0.00	22.00	8.00	0.00	300.00	300.00	1.20	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	10	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 c.)	24	220.00	5.00	3.00	0.00	30.00	260.00	26.00	0.00	24.00	16.00	0.00	600.00	1000.00	2.40	(M)	(M)
Milk, Strawberry, Fat Free, Clover Farms, MILK - SR103510 (1 Carton)	45	130.00	0.00	0.00	0.00	5.00	130.00	25.00	0.00	25.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Category: Condiments; Choose: 1																	

Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Condiment, Mustard, Bulk, Monarch, 250065 - SR100787 (1 oz.)	22	28.35	0.00	0.00	0.00	0.00	340.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, French, 1.5 oz PC Pouch, Cains, 02660 - SR101530 (1 pouch)	3	178.01	15.82	2.47	0.00	0.00	247.24	8.90	0.00	7.91	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	8	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)
Dressing, Lt. Caesar, 1.5 oz PC Pouch, Cains, 02100 - SR106050 (1 pouch)	3	98.89	7.91	1.48	0.00	9.89	682.38	6.92	0.00	2.97	0.99	0.00	39.56	0.00	0.00	(M)	(M)
Dressing, Ranch, 1.5 oz PC Pouch, Cains, 03850 - SR106051 (1 pouch)	85	197.79	21.76	3.46	0.00	14.83	326.36	0.99	0.00	0.99	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	224	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)
18.19 HS Lunch Week #1. Friday - Day: 5	350																
Category: Entrees; Choose: 1																	
American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich)	6	359.72	16.11	5.51	0.00	52.50	1068.80	37.59	3.70(M)	4.91	16.51	2.88(M)	105.24 (M)	473.56 (M)	5.98(M)	55.02 (M)	0.27(M)
Buffalo Chicken Wings w/ Cornbread, MMA, WG - LR100320 (1 serv.)	112	620.00	30.50	4.75	0.00	160.00	855.00	61.50	4.00	24.00	28.50	2.16	40.00	0.00	0.00	(M)	(M)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	8	330.00	12.50	6.00	0.00	190.00	395.00	39.00	5.00	8.00	18.00	2.34	190.00	850.00	109.20	(M)	(M)
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	6	522.83	12.89	5.95	0.00	84.75 (M)	705.16	85.39	7.00	53.82	21.60	2.97(M)	190.00 (M)	400.00 (M)	0.00(M)	(M)	(M)
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	65	380.00	13.50	3.00	0.00	10.00	1100.00	49.00	6.00	10.00	17.00	3.78	220.00	0.00(M)	0.00(M)	(M)	(M)
Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	3	470.48	25.85	5.16	0.00	61.65	1031.86	41.38	4.74	7.15	20.02	2.64	80.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	2	360.48	17.35	3.65	0.00	51.65	671.86	34.38	5.74	3.17	19.02	2.08	74.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Ham & Cheese on Kaiser Roll, MMA, WG - LR100308 (1 sandwich)	5	335.98	11.42	4.96	0.00	56.76	1125.49	42.92	4.00	3.96	21.80	2.70(M)	104.00 (M)	(M)	(M)	(M)	(M)

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:31:57 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich)	2	295.98	12.92	5.46	0.00	56.76	995.49	32.92	5.00	2.96	19.80	1.44(M)	60.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Italian Hoagie on Club Roll, MMA, WG, VO, VRO - LR100304 (1 sandwich)	12	424.00	19.46	7.77	0.28	53.00	1304.54	37.92	3.70	4.40	24.65	3.19	311.08	745.24 (M)	5.98(M)	55.02 (M)	0.27(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	15	488.50	3.77	1.40	0.00	5.00	318.75	102.10	6.79(M)	40.50 (M)	14.69	2.88(M)	282.74	1416.21	6.93(M)	28.95 (M)	0.60(M)
Pizza, Buffalo Chicken, 16", Big Daddy's Primo, 78639, MMA, WGR - SR108199 (1/8 pizza)	16	390.00	19.00	7.00	0.00	45.00	750.00	35.00	3.00	8.00	20.00	0.40	3200.00	3750.00	0.00	(M)	(M)
Pizza, Stuffed Crust Whole Grain Cheese 4.84 oz, The MAX, ConAgra, 77387-12671, MMA, WGR, Veg-RO - SR101359 (1 slice cook)	17	340.00	14.00	4.50	0.00	15.00	750.00	36.00	3.00	4.00	15.00	1.80	250.00	(M)	(M)	(M)	(M)
Pizza, WG, 8 cut, Mickey's, MMA, WG - LR100231 (1 piece)	12	320.00	15.00	10.00	0.00	45.00	450.00	28.00	3.00	3.00	19.00	1.80	450.00	0.00	0.00	(M)	(M)
Roast Beef on Kaiser Roll, MMA, WG - LR100309 (1 sandwich)	4	370.00	6.50	0.00	0.00	75.00	1590.00	40.00	4.00	4.00	37.00	5.94	164.00	0.00(M)	0.00(M)	(M)	(M)
Roast Beef Wrap, MMA, WG - LR100312 (1 sandwich)	2	330.00	8.00	0.50	0.00	75.00	1460.00	30.00	5.00	3.00	35.00	4.68	120.00	0.00	0.00	(M)	(M)
Salad Bar, MS, MMA, VO - LR100303 (1 salad)	24	393.47	12.64	4.86	0.00(M)	201.69	546.67	49.67	12.64	12.35 (M)	24.62	5.64	402.66	19636.90(M)	97.79 (M)	413.92 (M)	2.97(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	30	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich)	2	336.00	12.04	2.02	0.00	40.00	911.60	37.74	4.68	5.68	18.44	2.08(M)	75.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	2	366.00	12.04	2.02	0.00	40.00	951.60	44.74	4.68	4.68	19.44	2.78(M)	113.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich)	3	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich)	2	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	65	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	0.72	0.27	10.98	555.57	7.17	76.96	0.36

Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Potato, Tater Tots Shaped, Ore-Ida, Mccain, OIF00215A, Veg-S - SR103488 (3/4 c.)	285	216.94	9.15	1.31	0.00	0.00	470.47	24.83	2.61	0.00	2.61	0.47	0.00	0.00	4.70	(M)	(M)
Trio Veggie Dipper, VDG, VRO, VO - LR100220 (1 serv.)	165	54.20	2.98	0.48	0.04	0.67	173.53	6.36	1.46	2.94	0.81	0.22	14.56	2066.67	22.30	32.03 (M)	0.24(M)
Category: Fruits; Choose: 2																	
Apples, raw, with skin, F - SR105078 (1/2 medium (3)	85	47.32	0.15	0.03	0.00	0.00	0.91	12.57	2.18	9.46	0.24	0.11	5.46	49.14	4.19	77.86	0.17
Bananas, raw - SR105089 (1 medium (7"))	65	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Fruit, mixed, canned, packed in extra light syrup - SR104099 (1/2 c.)	165	60.00	0.00	0.00	0.00	0.00	5.00	15.00	1.00	12.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	50	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Category: Milk; Choose: 1																	
Milk, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)	185	130.00	0.00	0.00	0.00	5.00	175.00	22.00	0.00	22.00	8.00	0.00	300.00	300.00	1.20	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 c.)	25	220.00	5.00	3.00	0.00	30.00	260.00	26.00	0.00	24.00	16.00	0.00	600.00	1000.00	2.40	(M)	(M)
Milk, Strawberry, Fat Free, Clover Farms, MILK - SR103510 (1 Carton)	45	130.00	0.00	0.00	0.00	5.00	130.00	25.00	0.00	25.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Category: Condiments; Choose: 1																	
Condiment, Mustard, Bulk, Monarch, 250065 - SR100787 (1 oz.)	24	28.35	0.00	0.00	0.00	0.00	340.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, French, 1.5 oz PC Pouch, Cains, 02660 - SR101530 (1 pouch)	3	178.01	15.82	2.47	0.00	0.00	247.24	8.90	0.00	7.91	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	15	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:31:57 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Dressing, Lt. Caesar, 1.5 oz PC Pouch, Cains, 02100 - SR106050 (1 pouch)	3	98.89	7.91	1.48	0.00	9.89	682.38	6.92	0.00	2.97	0.99	0.00	39.56	0.00	0.00	(M)	(M)
Dressing, Ranch, 1.5 oz PC Pouch, Cains, 03850 - SR106051 (1 pouch)	35	197.79	21.76	3.46	0.00	14.83	326.36	0.99	0.00	0.99	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	200	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)