

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:32:43 PM by Christine Schlosman

Menu Cycle: 18.19 HS Lunch Week #2
 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] | 757.58 | |
| Fat (g) | | 24.96 | 29.66 |
| Sfat (g)(1) | < 10.00 % of Calories | 6.99 | 8.31 |
| TFat (g)(2) | | 0.04(M) | |
| Chol (mg) | | 61.78(M) | |
| Sodium Target 1 (mg) (13) | < 1,420.00 | 1,370.98 | |
| Sodium Target 2 (mg) (13) | < 1,080.00 | 1,370.98 | |
| Carb (g) | | 101.83 | 53.77 |
| TDF (g) | | 9.50(M) | |
| Sugars (g) | | 47.71(M) | 25.19 |
| Pro (g) | | 30.72 | 16.22 |
| Fe (mg) | | 3.99(M) | |
| Ca (mg) | | 725.44(M) | |
| A,IU | | 3,785.71(M) | |
| VitC (mg) | | 41.59(M) | |
| Mois (g) | | 147.02(M) | |
| Ash (g) | | 0.87(M) | |

| Cycle Week Food Component Summary | | | |
|-----------------------------------|-------------------|----------------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Fruit | >= 5.000 | [5.000 - 7.750] | |
| Veg | >= 5.000 | [5.000 - 11.375] | |
| Veg-DG | >= 0.500 | 3.250 | |
| Veg-RO | >= 1.250 | 4.875 | |
| Veg-BP | >= 0.500 | 0.500 | |
| Veg-S | >= 0.500 | 1.625 | |
| Veg-O | >= 0.750 | 4.125 | |
| Grains | [10.000 - 12.000] | [10.500 - 15.500](a) | |
| Non-WGR | | 0.000 | |
| WGR | >= 100.000 % of | 239.500 | 100.00 |
| Meat/MA | [10.000 - 12.000] | [10.000 - 15.500](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

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| 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 #2. Monday - Day: 1 | 350 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich) | 10 | 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.) | 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) |
| Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich) | 24 | 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 Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich) | 6 | 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) | 5 | 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) | 10 | 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) | 5 | 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) | 30 | 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) | 10 | 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.) | 8 | 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) |
| Meatball Hoagie w/ Grated Cheese, MMA, WG, VRO - LR100114 (1 sandwich) | 68 | 372.50 | 9.25 | 3.00 | 0.00 | 35.00 | 785.00 | 50.50 | 5.00 | 11.00 | 21.50 | 4.14 | 158.00 | 550.00 (M) | 6.00(M) | (M) | (M) |
| Pizza, Buffalo Chicken, 16", Big Daddy's Primo, 78639, MMA, WGR - SR108199 (1/8 pizza) | 35 | 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) |

Menu Cycle Week Nutrient Analysis

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| 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, Stuffed Crust Whole Grain Cheese 4.84 oz, The MAX, ConAgra, 77387-12671, MMA, WGR, Veg-RO - SR101359 (1 slice cook) | 25 | 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) | 15 | 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) | 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) | 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) | 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) | 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) | 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 | | | | | | | | | | | | | | | | | |
| Celery Dippers w/ Ranch, VO - LR100280 (1 serv.) | 185 | 41.36 | 2.97 | 0.49 | 0.04 | 0.67 | 185.34 | 3.25 | 0.87 | 1.11 | 0.46 | 0.12 | 22.34 | 227.16 | 1.58 | 48.19 (M) | 0.38(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 |
| Potato, Redstone Canyon Spirals, Veg-S - SR101372 (3 ounces) | 325 | 150.00 | 7.00 | 1.00 | 0.00 | 0.00 | 420.00 | 21.00 | 2.00 | 0.00 | 2.00 | 0.72 | 0.00 | 0.00 | 4.80 | (M) | (M) |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Apples, raw, with skin, F - SR105078 (1/2 medium (3) | 100 | 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 |

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| 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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| 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 |
| Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti) | 40 | 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 |
| Tangerines, (mandarin oranges), canned, juice pack - SR105085 (3/4 c.) | 185 | 69.10 | 0.06 | 0.01 | 0.00 | 0.00 | 9.34 | 17.87 | 1.31 | 16.56 | 1.16 | 0.50 | 20.54 | 1591.11 | 63.87 | 167.16 | 0.52 |
| 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.) | 35 | 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) | 40 | 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, 33% Fancy Ketchup, 6/#10 cans, Red Gold, REDY599 - SR108775 (1 Tbsp.) | 265 | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 | 160.00 | 5.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | (M) |
| Condiment, Mustard, Bulk, Monarch, 250065 - SR100787 (1 oz.) | 20 | 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.) | 3 | 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) | 10 | 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) | 25 | 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) |

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| 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 #2. Tuesday - Day: 2 | 350 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich) | 5 | 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.) | 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) | 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) | 3 | 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) | 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) |
| Hot Dog on Roll, HS, MMA, WG - LR100315 (1 sandwich) | 18 | 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) | 5 | 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.) | 8 | 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) | 10 | 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) | 15 | 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) | 10 | 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) |

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| 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 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) | 26 | 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) | 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) | 1 | 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) |
| Walking Beefy Taco w/ Fixings, MS/HS, MMA, WG, VRO, VO - LR100181 (1 serv.) | 180 | 488.56 | 25.84 | 8.58 | 0.00 | 40.20 | 796.68 | 45.08 | 6.02 | 4.24 | 20.32 | 3.53 | 159.21 | 1107.68 (M) | 7.17(M) | 76.96 (M) | 0.36(M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.) | 200 | 63.16 | 2.89 | 0.47 | 0.04 | 0.67 | 199.72 | 8.72 | 2.05 | 5.41 | 0.11 | 0.02 | 2.14 | 4980.82 | 5.99 | (M) | (M) |
| Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - SR105101 (1/2 c.) | 85 | 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) |
| 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)) | 100 | 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 |

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:32:43 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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| Fruit, Peaches, Fresh, Small, 1/2 cup Fruit - SR107906 (1 small peac) | 200 | 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) | 30 | 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) | 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.) | 20 | 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.) | 35 | 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) | 35 | 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.) | 20 | 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.) | 3 | 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) | 5 | 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) | 65 | 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) | 35 | 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) |
| Category: Desserts; Choose: 1 | | | | | | | | | | | | | | | | | |
| Chocolate Chip Cookie, David's, WG - LR100323 (1 cookie) | 200 | 100.00 | 3.50 | 1.00 | 0.00 | 5.00 | 85.00 | 17.00 | 1.00 | 8.00 | 2.00 | 0.72 | 20.00 | 100.00 | 0.00 | (M) | (M) |
| 18.19 HS Lunch Week #2. Wednesday - Day: 3 | 350 | | | | | | | | | | | | | | | | |

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:32:43 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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|------------|-----------|-----------|---------|
| 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) |
| 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.) | 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) |
| 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) | 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) | 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.) | 8 | 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) | 35 | 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) | 35 | 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) | 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) |

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:32:43 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 Unrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich) | 18 | 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) |
| Top Your Own Mashed Potato Bar, MMA, WG VS - LR100324 (1 serv.) | 140 | 670.46 | 25.22 | 7.39 | 0.00 | 52.75 | 1745.88 | 80.99 | 5.50 | 8.50(M) | 33.38 | 4.53(M) | 193.88 (M) | 719.25 (M) | 32.90 (M) | (M) | (M) |
| 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) | 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) | 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) | 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 | | | | | | | | | | | | | | | | | |
| Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.) | 100 | 66.00 | 0.55 | 0.08 | 0.00 | 0.00 | 1.00 | 15.83 | 2.00 | (M) | 2.09 | 0.39 | 2.00 | 163.00 | 2.90 | (M) | (M) |
| Cucumber Dippers w/ Ranch, VO - LR100298 (1 serv.) | 165 | 47.80 | 0.06 | 0.02 | 0.00 | 0.00 | 551.04 | 12.89 | 1.26 | 4.87 | 0.34 | 0.15 | 28.32 | 54.60 | 1.46 | 49.52 (M) | 0.20(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)) | 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, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container) | 200 | 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) |

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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|------------|-----------|-----------|---------|
| 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 | | | | | | | | | | | | | | | | | |
| 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.) | 20 | 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.) | 35 | 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) | 35 | 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) | 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) |
| 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) | 25 | 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 #2. Thursday - Day: 4 | 350 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich) | 10 | 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) | 25 | 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) |

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:32:43 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|------------|-----------|-----------|---------|
| Breaded Spicy Chicken Patty on roll, MS/HS - LR100112 (1 sandwich) | 45 | 402.97 | 13.03 | 2.50 | 0.00 | 55.00 | 896.56 | 49.58 | 5.06 | 1.02 | 22.11 | 4.54 | 105.63 | 500.00 (M) | 0.00(M) | (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.) | 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) |
| 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) |
| 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) |
| Hot Ham & Cheese on Pretzel Roll, MS/HS, MMA, WG - LR100247 (1 sandwich) | 60 | 240.00 | 6.02 | 3.02 | 0.25 | 20.06 | 722.43 | 31.27 | 3.00 | (M) | 13.29 | 0.27 | 75.94 | (M) | 0.00 | (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.) | 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) |
| 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) | 35 | 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) | 15 | 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) |

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:32:43 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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|-------------|-----------|------------|---------|
| 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) | 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) | 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) | 4 | 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 | | | | | | | | | | | | | | | | | |
| Broccoli Dippers w/ Ranch, VDG - LR100275 (1 serv.) | 165 | 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.) | 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 |
| Soup, Tomato Soup, Canned, Campbell's, 51000-00016 - SR101500 (3/4 Cup (8 oz)) | 150 | 67.50 | 0.00 | 0.00 | 0.00 | 0.00 | 360.00 | 15.00 | 0.75 | 9.00 | 1.50 | 0.54 | 0.00 | 225.00 | 4.50 | (M) | (M) |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Apples, raw, with skin, F - SR105078 (1/2 medium (3)) | 100 | 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")) | 80 | 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 |
| Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti) | 35 | 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 |
| Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.) | 145 | 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 | | | | | | | | | | | | | | | | | |

Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:32:43 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.) | 20 | 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.) | 35 | 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) | 35 | 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.) | 30 | 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.) | 6 | 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) | 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) | 50 | 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) |
| Category: Desserts; Choose: 1 | | | | | | | | | | | | | | | | | |
| Ice Cream Sandwich, Mighty Mini, Hershey's, 24682-31352 - SR109341 (1 ea.) | 285 | 120.00 | 2.50 | 1.00 | 0.00 | 5.00 | 70.00 | 12.00 | 0.00 | 10.00 | 2.00 | 0.72 | 80.00 | 300.00 | 0.00 | (M) | (M) |
| 18.19 HS Lunch Week #2. Friday - Day: 5 | 350 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich) | 5 | 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) |

Menu Cycle Week Nutrient Analysis

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| 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/ 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.) | 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.) | 100 | 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 Fingers w/ Dinner Roll, MMA, WG - LR100291 (1 serv.) | 72 | 330.00 | 16.00 | 2.50 | 0.00 | 25.00 | 550.00 | 30.00 | 5.00 | 2.00 | 18.00 | 2.88 | 26.00 | 100.00 (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) | 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) | 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) | 5 | 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) | 20 | 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) | 24 | 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) | 15 | 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) | 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) |

Menu Cycle Week Nutrient Analysis

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| 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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|-------------|-----------|------------|---------|
| 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) | 25 | 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) | 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) | 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) | 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) | 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, Vegetarian Beans, Dawn Glo Brand, Veg-BP - SR103448 (1/2 cup servin) | 65 | 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) |
| 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 |
| Trio Veggie Dipper, VDG, VRO, VO - LR100220 (1 serv.) | 185 | 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) | 100 | 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") | 80 | 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.) | 120 | 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) | 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 |
| 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) |

Menu Cycle Week Nutrient Analysis

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| 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) |
|--|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.) | 20 | 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.) | 35 | 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) | 35 | 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.) | 30 | 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.) | 12 | 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) | 25 | 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) |
| Category: Desserts; Choose: 1 | | | | | | | | | | | | | | | | | |
| Ice Cream Sandwich, Mighty Mini, Hershey's, 24682-31352 - SR109341 (1 ea.) | 285 | 120.00 | 2.50 | 1.00 | 0.00 | 5.00 | 70.00 | 12.00 | 0.00 | 10.00 | 2.00 | 0.72 | 80.00 | 300.00 | 0.00 | (M) | (M) |