

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:33:37 PM by Christine Schlosman

Menu Cycle: 18.19 HS Lunch Week #3  
 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]	758.78	
Fat (g)		24.69	29.29
Sfat (g)(1)	< 10.00 % of Calories	6.63	7.86
TFat (g)(2)		0.02(M)	
Chol (mg)		66.52(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,327.86	
Sodium Target 2 (mg) (13)	< 1,080.00	1,327.86	
Carb (g)		103.73	54.68
TDF (g)		10.73(M)	
Sugars (g)		46.79(M)	24.67
Pro (g)		32.55	17.16
Fe (mg)		4.25(M)	
Ca (mg)		764.94(M)	
A,IU		5,338.29(M)	
VitC (mg)		34.91(M)	
Mois (g)		142.07(M)	
Ash (g)		0.90(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[5.000 - 8.250]	
Veg	>= 5.000	[5.000 - 12.000]	
Veg-DG	>= 0.500	4.250	
Veg-RO	>= 1.250	5.625	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.750	3.375	
Grains	[10.000 - 12.000]	[10.500 - 16.500](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	241.000	100.00
Meat/MA	[10.000 - 12.000]	[10.000 - 16.000](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.

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# 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)
<b>18.19 HS Lunch Week #3. Monday - Day: 1</b>	350																
<b>Category: Entrees; Choose: 1</b>																	
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.)	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.)	12	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)	65	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)	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)	4	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)
Hamburger on Roll, MS/HS, MMA, WG - LR100319 (1 sandwich)	20	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)
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)	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)
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)

# 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)
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)	35	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)	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)	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)
Veal Parm on Roll, MMA, WG - LR100144 (1 sandwich)	80	611.13	22.57	8.54	0.00	60.19	1367.25	70.01	6.00	11.00	32.09	5.58	315.88	600.00 (M)	6.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	215	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)
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, Golden Hash Brown Patties, Ore-Ida, McCain Foods, OIF00589A, Veg-S - SR101441 (4 5/8 ounces)	185	270.60	15.03	1.00	0.00	0.00	501.11	31.07	3.01	0.00	2.00	0.72	20.04	0.00	6.01	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
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

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)	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
Tangerines, (mandarin oranges), canned, juice pack - SR105085 (1/2 c.)	160	46.06	0.04	0.00	0.00	0.00	6.22	11.91	0.87	11.04	0.77	0.34	13.70	1060.74	42.58	111.44	0.35
<b>Category: Milk; Choose: 1</b>																	
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)	25	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)
<b>Category: Condiments; Choose: 1</b>																	
Condiment, Mustard, Bulk, Monarch, 250065 - SR100787 (1 oz.)	35	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)	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)	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)	100	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)
<b>18.19 HS Lunch Week #3. Tuesday - Day: 2</b>	350																
<b>Category: Entrees; Choose: 1</b>																	

# 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)
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.)	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.)	12	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)	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)
Hot Dog on Roll, HS, MMA, WG - LR100315 (1 sandwich)	85	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)	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)
Pizza, French Bread Cheese Pizza, 6", Tony's, Schwan's Food Service, Inc. 78356, MMA, WG, Veg-RO - SR100365 (1 portion)	5	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)	20	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)	19	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)	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)

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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)	35	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)
Southwest Chicken Wrap w/ Salsa, MS/HS, MMA, WG, VRO - LR100326 (1 sandwich)	82	367.20	9.31	3.40	0.00	107.48	1310.17	41.91	5.00	6.91	35.14	2.33	118.10	580.97 (M)	13.94 (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)	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)
<b>Category: Vegetables; Choose: 2</b>																	
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.)	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
Romaine Salad, VDG, VRO - LR100014 (1 salad)	125	49.76	0.67	0.09	0.00	0.00	37.76	10.34	4.96	4.70	2.76	1.85	70.45	20341.13	14.77	229.60	1.51
<b>Category: Fruits; Choose: 2</b>																	
Assorted Juice Rush, Hershey IC, F - LR100232 (1 serv.)	320	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)
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)
<b>Category: Milk; Choose: 1</b>																	
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)

# 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, 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)
<b>Category: Condiments; Choose: 1</b>																	
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)	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)	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)	60	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)	15	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)
<b>18.19 HS Lunch Week #3. Wednesday - Day: 3</b>	350																
<b>Category: Entrees; Choose: 1</b>																	
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.)	12	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)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:33:37 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)	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)
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)
Pasta Bar, MMA, WG, VRO - LR100327 (1 serv.)	165	398.50	12.59	4.29	0.00	40.02	822.16	51.92	5.65	6.50(M)	22.93	2.72	79.02	82.87 (M)	0.00(M)	(M)	(M)
Pizza, Buffalo Chicken, 16", Big Daddy's Primo, 78639, MMA, WGR - SR108199 (1/8 pizza)	15	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)	5	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)	22	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)	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)	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)	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)



# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:33:37 PM by Christine Schlosman

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)
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)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1/2 c.)	200	25.76	0.11	0.02	0.00	0.00	10.12	4.92	2.76	1.35	2.85	0.56	30.36	930.12	36.89	83.46	0.65
Fresh Spinach Salad, VDG, VRO - LR100322 (1 salad)	125	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.)	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
<b>Category: Fruits; Choose: 2</b>																	
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
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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	25	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
<b>Category: Milk; Choose: 1</b>																	
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)
<b>Category: Condiments; Choose: 1</b>																	

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Generated on: 8/30/2018 2:33:37 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)
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.)	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)	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)	15	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)
<b>Category: Desserts; Choose: 1</b>																	
Chocolate Chip Cookie, David's, WG - LR100323 (1 cookie)	250	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)
<b>18.19 HS Lunch Week #3. Thursday - Day: 4</b>	350																
<b>Category: Entrees; Choose: 1</b>																	
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)	45	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)
Breaded Spicy Chicken Patty on roll, MS/HS - LR100112 (1 sandwich)	42	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.)	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)	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)

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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)
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)
English Muffin Pizza, MMA, WG, VRO - LR100302 (4 halves)	85	623.00	17.15	8.10	0.00	40.50	2028.50	76.05	12.00	18.00 (M)	42.35	6.46	3254.29	0.00	0.00	(M)	(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)	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.)	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)	18	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)	25	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)	22	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)	12	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)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:33:37 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)
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)	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)
<b>Category: Vegetables; Choose: 2</b>																	
Cucumber & Celery Dippers w/ Ranch, VO - LR100272 (1 serv.)	125	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.)	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
Onion Rings, Grabitizers Breaded, McCain Foods, 96110849, VO - LR100300 (10 pieces)	185	340.00	18.00	3.00	0.00	0.00	400.00	40.00	6.00	6.00	4.00	1.44	40.00	0.00	2.40	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Apples, raw, with skin, F - SR105078 (1 medium (3))	95	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	0.47	0.22	10.92	98.28	8.37	155.72	0.35
Bananas, raw - SR105089 (1 1/2 medium (7"))	45	157.53	0.58	0.20	0.00	0.00	1.77	40.43	4.60	21.65	1.93	0.46	8.85	113.28	15.40	132.59	1.45
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.)	160	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)
<b>Category: Milk; Choose: 1</b>																	
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)	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)
<b>Category: Condiments; Choose: 1</b>																	

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:33:37 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)
Condiment, Mustard, Bulk, Monarch, 250065 - SR100787 (1 oz.)	12	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)	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)	100	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)
<b>18.19 HS Lunch Week #3. Friday - Day: 5</b>	350																
<b>Category: Entrees; Choose: 1</b>																	
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.)	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.)	12	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)	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)	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)

# 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)
Hot Roast Beef Sandwich, MMA, WG - LR100256 (1 sandwich)	96	368.22	8.44	1.98	0.00	64.23	1366.80	42.95	4.00	3.98	27.74	4.86	85.76	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.)	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)	15	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)	18	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)	18	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)	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)	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)	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)	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)
<b>Category: Vegetables; Choose: 2</b>																	
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

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Potatoes, Golden Twirls Spiral Cut French Fries, Ore-Ida, McCain Foods, OIF01038A, Veg-S - SR100930 (2 ounces)	315	90.21	3.01	0.00	0.00	0.00	25.06	13.03	2.00	0.00	2.00	0.00	0.00	0.00	3.61	(M)	(M)
Trio Veggie Dipper, VDG, VRO, VO - LR100220 (1 serv.)	145	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)
<b>Category: Fruits; Choose: 2</b>																	
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
Fruit, mixed, canned, packed in extra light syrup - SR104099 (1/2 c.)	100	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)	25	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
<b>Category: Milk; Choose: 1</b>																	
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.)	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)	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)
<b>Category: Condiments; Choose: 1</b>																	
Condiment, Mustard, Bulk, Monarch, 250065 - SR100787 (1 oz.)	35	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)

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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)	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)