

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:35:19 PM by Christine Schlosman

Menu Cycle: 18.19 HS Lunch Week #4  
 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]	755.17	
Fat (g)		25.17	30.00
Sfat (g)(1)	< 10.00 % of Calories	7.24	8.63
TFat (g)(2)		0.04(M)	
Chol (mg)		68.97(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,078.02	
Sodium Target 2 (mg) (13)	< 1,080.00	1,078.02	
Carb (g)		104.54	55.37
TDF (g)		11.25(M)	
Sugars (g)		46.21(M)	24.48
Pro (g)		30.56	16.19
Fe (mg)		4.22(M)	
Ca (mg)		615.75(M)	
A,IU		6,490.67(M)	
VitC (mg)		31.54(M)	
Mois (g)		160.12(M)	
Ash (g)		1.06(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[5.000 - 9.750]	
Veg	>= 5.000	[5.000 - 11.875]	
Veg-DG	>= 0.500	3.000	
Veg-RO	>= 1.250	5.875	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.750	3.500	
Grains	[10.000 - 12.000]	[11.000 - 16.000](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	229.750	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.

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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 #4. Monday - Day: 1</b>	350																
<b>Category: Entrees; Choose: 1</b>																	
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.)	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)
Calzone w/ Marinara, MMA, WG, VRO - LR100074 (1 serv.)	30	310.00	7.50	2.00	0.00	15.00	870.00	43.00	6.00	11.00	20.00	3.78	270.00	0.00(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 Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	8	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)
Chicken Tender Wrap, MMA, WG - LR100301 (1 sandwich)	95	465.00	20.17	3.17	0.00	25.83	596.67	49.00	7.00	1.17	20.00	3.60	63.33	100.00	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)	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)	15	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)	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.)	17	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)

# 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)	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)	40	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)	45	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)	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)
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.)	60	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
Peas, green, cooked from frozen, drained, without salt [100350, A160] - SR100123 (1/2 c.)	125	62.00	0.22	0.04	0.00	0.00	58.00	11.41	4.40	(M)	4.12	1.26	19.00	1680.00	7.90	(M)	(M)
Romaine Salad, VDG, VRO - LR100014 (1 salad)	185	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>																	
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
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

# 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)
Pineapple, Canned, tidbits, in juice, fancy 100% Hawaiian, 24/20 oz; as served - SR105251 (1/2 c.)	200	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)
<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.)	5	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.)	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.)	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)	125	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)	80	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 #4. Tuesday - Day: 2</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)

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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 Cheesy Burger on Roll, HS, MMA, WG - LR100328 (1 sandwich)	85	380.00	14.00	6.00	0.50	40.00	810.00	45.00	5.00	6.00	18.00	4.14	164.00	200.00 (M)	9.00(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.)	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)	60	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)	15	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.)	13	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, Turkey Pepperoni, Stuffed Crust, 7", Tony's Signature, 78650, MMA, WGR, VEG-RO - SR108223 (1 portion)	31	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)	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)	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)

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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)
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)	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>																	
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	225	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, 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
<b>Category: Fruits; Choose: 2</b>																	
Apples, raw, with skin, F - SR105078 (1 medium (3 )	100	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"))	85	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
Fruit, Peaches, Fresh, Small, 1/2 cup Fruit - SR107906 (1 small peac)	215	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
<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)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:35:19 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)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	5	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.)	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.)	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)	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)	80	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)	285	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 #4. Wednesday - Day: 3</b>	350																
<b>Category: Entrees; Choose: 1</b>																	
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.)	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)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:35:19 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)
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)	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)	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)	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)	19	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)	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)
Taco Bar, MMA, WG - LR100330 (1 serv.)	165	690.09	31.00	15.00	0.00	75.02	575.17	71.50	6.50	2.50	27.01	3.60(M)	80.01 (M)	600.24 (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)
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

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>																	
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	150	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
Mexican Beans, VBP, VRO - LR100331 (1 serv.)	65	130.00	0.50	0.00	0.00	0.00	175.00	26.00	6.00	2.00	8.00	1.80	60.00	0.00(M)	0.00(M)	(M)	(M)
Salsa, Mild Nutritionally Enhanced, Red Gold, REDSC99, Veg-RO - SR107003 (1/2 c.)	160	40.00	0.00	0.00	0.00	0.00	140.00	12.00	0.00	4.00	4.00	0.00	0.00	(M)	(M)	(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
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	260	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.)	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

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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)
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.)	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)	6	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)	8	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)	220	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 #4. Thursday - Day: 4</b>	350																
<b>Category: Entrees; Choose: 1</b>																	
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)	30	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.)	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)	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)	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

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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 Turkey Sandwich, MMA, WG - LR100150 (1 sandwich)	39	340.00	11.00	3.00	0.00	75.00	1055.00	33.00	4.00	2.00(M)	30.00	3.08	66.00	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.)	18	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, Turkey Pepperoni, Stuffed Crust, 7", Tony's Signature, 78650, MMA, WGR, VEG-RO - SR108223 (1 portion)	38	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)	30	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)
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)	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)

# 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>Category: Vegetables; Choose: 2</b>																	
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - SR105101 (1/2 c.)	100	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.)	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
Potatoes, Mashed, Basic American Foods, 10630 - SR107830 (1/2 c.)	180	70.00	0.00	0.00	0.00	0.00	110.00	14.00	1.20	0.00	1.40	0.20	7.20	2.00	6.42	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Apples, raw, with skin, F - SR105078 (1 medium (3))	100	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"))	85	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)	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
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	200	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)	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.)	8	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.)	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)

# 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)
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)	6	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)	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 #4. Friday - Day: 5</b>	350																
<b>Category: Entrees; Choose: 1</b>																	
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.)	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)
Fish & Chips, HS, MMA, WG - LR100329 (1 serv.)	92	458.71	15.62	2.25	0.00	75.00	554.39	52.07	4.03	1.50	24.57	2.53	30.00	0.00(M)	3.72(M)	(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)	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

Generated on: 8/30/2018 2:35:19 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)
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.)	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, 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)
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)	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)	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)	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)
<b>Category: Vegetables; Choose: 2</b>																	
Carrots, sliced or crinkle-cut, cooked from frozen, without salt [100352, A099] - SR105161 (1/2 c.)	115	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)
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)
Vegetable, Cole Slaw, Veg-O - SR102459 (1/2 c.)	60	260.40	19.35	2.71	0.00(M)	0.00	482.75	20.16	2.94	15.58	2.00	0.55	47.36	685.50	41.71	150.48	2.65
<b>Category: Fruits; Choose: 2</b>																	
Apples, raw, with skin, F - SR105078 (1 medium (3))	100	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"))	85	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
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)	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
<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.)	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.)	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)	6	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)	48	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)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:35:19 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)
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)