

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:28:01 PM by Christine Schlosman

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

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Lunch  
 Serving Group: 6-8  
 Site Group: Middle School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	654.91	
Fat (g)		20.62	28.34
Sfat (g)(1)	< 10.00 % of Calories	5.67	7.79
TFat (g)(2)		0.07(M)	
Chol (mg)		54.37(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,193.59	
Sodium Target 2 (mg) (13)	< 1,035.00	1,193.59	
Carb (g)		87.67	53.55
TDF (g)		8.49(M)	
Sugars (g)		38.30(M)	23.39
Pro (g)		28.72	17.54
Fe (mg)		3.50(M)	
Ca (mg)		450.13(M)	
A,IU		4,127.42(M)	
VitC (mg)		28.60(M)	
Mois (g)		95.41(M)	
Ash (g)		0.63(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[2.500 - 5.000]	
Veg	>= 3.750	[5.000 - 11.875]	
Veg-DG	>= 0.500	4.000	
Veg-RO	>= 0.750	4.875	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.750	
Veg-O	>= 0.500	3.250	
Grains	[8.000 - 10.000]	[9.500 - 15.000](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	207.250	100.00
Meat/MA	[9.000 - 10.000]	[10.000 - 15.250](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 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 MS Lunch Week #1. Monday - Day: 1</b>	250																
<b>Category: Entrees; Choose: 1</b>																	
American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich)	3	359.72	16.11	5.51	0.00	52.50	1068.80	37.59	3.70(M)	4.91	16.51	2.88(M)	105.24 (M)	473.56 (M)	5.98(M)	55.02 (M)	0.27(M)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	3	330.00	12.50	6.00	0.00	190.00	395.00	39.00	5.00	8.00	18.00	2.34	190.00	850.00	109.20	(M)	(M)
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	3	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 Nuggets w/ Dinner Roll, MMA, WG - LR100120 (1 serv.)	108	332.50	16.00	2.50	0.00	25.00	560.00	30.25	4.50	2.25	19.25	3.33	51.00	125.00 (M)	0.00(M)	(M)	(M)
Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	3	470.48	25.85	5.16	0.00	61.65	1031.86	41.38	4.74	7.15	20.02	2.64	80.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	2	360.48	17.35	3.65	0.00	51.65	671.86	34.38	5.74	3.17	19.02	2.08	74.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Ham & Cheese on Kaiser Roll, MMA, WG - LR100308 (1 sandwich)	5	335.98	11.42	4.96	0.00	56.76	1125.49	42.92	4.00	3.96	21.80	2.70(M)	104.00 (M)	(M)	(M)	(M)	(M)
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)
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.)	5	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, WG, 8 cut, Mickey's, MMA, WG - LR100231 (1 piece)	65	320.00	15.00	10.00	0.00	45.00	450.00	28.00	3.00	3.00	19.00	1.80	450.00	0.00	0.00	(M)	(M)
Roast Beef on Kaiser Roll, MMA, WG - LR100309 (1 sandwich)	3	370.00	6.50	0.00	0.00	75.00	1590.00	40.00	4.00	4.00	37.00	5.94	164.00	0.00(M)	0.00(M)	(M)	(M)
Roast Beef Wrap, MMA, WG - LR100312 (1 sandwich)	3	330.00	8.00	0.50	0.00	75.00	1460.00	30.00	5.00	3.00	35.00	4.68	120.00	0.00	0.00	(M)	(M)
Salad Bar, MS, MMA, VO - LR100303 (1 salad)	15	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)

# 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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	4	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)	6	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich)	3	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Carrots, sliced or crinkle-cut, cooked from frozen, without salt [100352, A099] - SR105161 (1/2 c.)	140	27.00	0.50	0.09	0.00	0.00	43.00	5.64	2.40	(M)	0.42	0.39	26.00	12137.00	1.70	(M)	(M)
Cucumber & Celery Dippers w/ Ranch, VO - LR100272 (1 serv.)	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.)	80	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: 1</b>																	
Apples, raw, with skin, F - SR105078 (1/2 medium (3 )	60	47.32	0.15	0.03	0.00	0.00	0.91	12.57	2.18	9.46	0.24	0.11	5.46	49.14	4.19	77.86	0.17
Bananas, raw - SR105089 (1 medium (7"))	45	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
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
Pineapple, Canned, tidbits, in juice, fancy 100% Hawaiian, 24/20 oz; as served - SR105251 (1/2 c.)	100	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)	145	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)

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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.)	20	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)	2	178.01	15.82	2.47	0.00	0.00	247.24	8.90	0.00	7.91	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	8	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)
Dressing, Lt. Caesar, 1.5 oz PC Pouch, Cains, 02100 - SR106050 (1 pouch)	8	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)	6	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 MS Lunch Week #1. Tuesday - Day: 2</b>	250																
<b>Category: Entrees; Choose: 1</b>																	
American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich)	4	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.)	5	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.)	5	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)	2	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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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)
Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)	82	240.00	11.50	5.00	0.00	30.00	560.00	23.00	2.00	1.00	10.00	2.52	26.00	100.00 (M)	0.00(M)	(M)	(M)
Italian Hoagie on Club Roll, MMA, WG, VO, VRO - LR100304 (1 sandwich)	6	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)
Philly Cheese Steak on Steak Roll, ELEM, MMA, WG - LR100185 (1 sandwich)	94	353.36	12.34	5.00	0.00	45.01	633.44	40.67	5.00	2.00	22.34	3.44	157.71	0.00(M)	0.00(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)	12	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)	6	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)	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)
<b>Category: Vegetables; Choose: 2</b>																	

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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)
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)
Broccoli Dippers w/ Ranch, VDG - LR100275 (1 serv.)	125	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.)	45	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: 1</b>																	
Apples, raw, with skin, F - SR105078 (1/2 medium (3 )	40	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"))	35	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Fruit, Peaches, Fresh, Small, 1/2 cup Fruit - SR107906 (1 small peac)	120	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)
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.)	10	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.)	10	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)	5	178.01	15.82	2.47	0.00	0.00	247.24	8.90	0.00	7.91	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	8	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)

# 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)
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)	65	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 MS Lunch Week #1. Wednesday - Day: 3</b>	250																
<b>Category: Entrees; Choose: 1</b>																	
American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich)	3	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.)	5	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.)	5	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)	2	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 Tenders w/ Roll, MMA, WG - LR100316 (1 sandwich)	92	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)
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)	4	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.)	5	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)
Max Cheese Sticks w/ Marinara ELEM/MS, MMA, WG, VRO - LR100079 (1 serv.)	83	400.00	16.00	5.00	0.00	20.00	1080.00	46.00	6.00	10.00	16.00	1.44	240.00	(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)	2	370.00	6.50	0.00	0.00	75.00	1590.00	40.00	4.00	4.00	37.00	5.94	164.00	0.00(M)	0.00(M)	(M)	(M)
Roast Beef Wrap, MMA, WG - LR100312 (1 sandwich)	2	330.00	8.00	0.50	0.00	75.00	1460.00	30.00	5.00	3.00	35.00	4.68	120.00	0.00	0.00	(M)	(M)
Salad Bar, MS, MMA, VO - LR100303 (1 salad)	18	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)	9	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich)	2	336.00	12.04	2.02	0.00	40.00	911.60	37.74	4.68	5.68	18.44	2.08(M)	75.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	2	366.00	12.04	2.02	0.00	40.00	951.60	44.74	4.68	4.68	19.44	2.78(M)	113.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich)	3	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich)	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)
<b>Category: Vegetables; Choose: 2</b>																	
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	45	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	0.72	0.27	10.98	555.57	7.17	76.96	0.36
Potato, Tater Tots Shaped, Ore-Ida, McCain, OIF00215A, Veg-S - SR103488 (1/2 c.)	225	144.63	6.10	0.87	0.00	0.00	313.65	16.55	1.74	0.00	1.74	0.31	0.00	0.00	3.14	(M)	(M)
Trio Veggie Dipper, VDG, VRO, VO - LR100220 (1 serv.)	115	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: 1</b>																	
Apples, raw, with skin, F - SR105078 (1/2 medium (3 )	45	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"))	30	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)	145	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

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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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	15	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.)	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.)	15	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.)	10	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)	5	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.)	5	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)	2	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)	15	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)
<b>18.19 MS Lunch Week #1. Thursday - Day: 4</b>	250																
<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)
Breaded Chicken Patty on Roll, MMA, WG - LR100110 (1 sandwich)	72	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)

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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.)	5	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.)	5	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)	4	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)	4	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)	8	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)
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)
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)	54	394.50	15.17	7.09	0.00	30.46	1165.19	45.48	3.03	6.09	19.26	1.82	324.65	507.75	0.00(M)	(M)	(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	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)
Roast Beef on Kaiser Roll, MMA, WG - LR100309 (1 sandwich)	3	370.00	6.50	0.00	0.00	75.00	1590.00	40.00	4.00	4.00	37.00	5.94	164.00	0.00(M)	0.00(M)	(M)	(M)
Roast Beef Wrap, MMA, WG - LR100312 (1 sandwich)	3	330.00	8.00	0.50	0.00	75.00	1460.00	30.00	5.00	3.00	35.00	4.68	120.00	0.00	0.00	(M)	(M)
Salad Bar, MS, MMA, VO - LR100303 (1 salad)	18	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)	9	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)	24	380.00	15.50	3.00	0.00	25.00	630.00	39.00	5.00	2.00	19.00	4.14	26.00	100.00 (M)	0.00(M)	(M)	(M)
Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich)	3	336.00	12.04	2.02	0.00	40.00	911.60	37.74	4.68	5.68	18.44	2.08(M)	75.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)

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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)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	3	366.00	12.04	2.02	0.00	40.00	951.60	44.74	4.68	4.68	19.44	2.78(M)	113.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich)	5	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich)	3	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Corn, Whole Kernel, No Salt Added, Frozen, USDA, 100348, VEG-S - SR109112 (1/2 c.)	150	67.00	1.00	0.00	0.00	0.00	1.00	16.00	2.00	3.00	2.00	(M)	(M)	(M)	(M)	(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
Popeye Salad, VDG, VRO - LR100277 (1 salad)	80	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
<b>Category: Fruits; Choose: 1</b>																	
Assorted Juice Rush, Hershey IC, F - LR100232 (1 serv.)	165	110.00	0.00	0.00	0.00	0.00	20.00	27.00	0.00	24.00	0.99	0.00	20.00	0.00	0.00	(M)	(M)
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	45	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)	145	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.)	8	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.)	6	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)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:28:01 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	5	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)	15	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)	90	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 MS Lunch Week #1. Friday - Day: 5</b>	250																
<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)
Bacon Cheeseburger, ELEM, MMA, WG - LR100262 (1 sandwich)	60	372.91	20.84	7.44	0.99	57.07	772.30	24.98	2.99	1.50(M)	22.35	3.22(M)	65.51 (M)	98.77 (M)	0.00(M)	(M)	(M)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	5	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.)	5	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)	2	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)	3	295.98	12.92	5.46	0.00	56.76	995.49	32.92	5.00	2.96	19.80	1.44(M)	60.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Italian Hoagie on Club Roll, MMA, WG, VO, VRO - LR100304 (1 sandwich)	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.)	7	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)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:28:01 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Pizza, Stuffed Crust Whole Grain Cheese 4.84 oz, The MAX, ConAgra, 77387-12671, MMA, WGR, Veg-RO - SR101359 (1 slice cook)	102	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)	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)	18	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)	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)	6	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich)	3	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	35	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	0.72	0.27	10.98	555.57	7.17	76.96	0.36
Potato, Tater Tots Shaped, Ore-Ida, McCain, OIF00215A, Veg-S - SR103488 (3/4 c.)	200	216.94	9.15	1.31	0.00	0.00	470.47	24.83	2.61	0.00	2.61	0.47	0.00	0.00	4.70	(M)	(M)
Trio Veggie Dipper, VDG, VRO, VO - LR100220 (1 serv.)	85	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: 1</b>																	
Apples, raw, with skin, F - SR105078 (1/2 medium (3))	65	47.32	0.15	0.03	0.00	0.00	0.91	12.57	2.18	9.46	0.24	0.11	5.46	49.14	4.19	77.86	0.17
Bananas, raw - SR105089 (1 medium (7"))	25	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)
Fruit, mixed, canned, packed in extra light syrup - SR104099 (1/2 c.)	65	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)	15	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)	135	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.)	10	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.)	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.)	8	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)
Dressing, Lt. Caesar, 1.5 oz PC Pouch, Cains, 02100 - SR106050 (1 pouch)	2	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)	15	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)