

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:29:28 PM by Christine Schlosman

Menu Cycle: 18.19 MS Lunch Week #3  
 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]	664.46	
Fat (g)		21.77	29.49
Sfat (g)(1)	< 10.00 % of Calories	6.32	8.55
TFat (g)(2)		0.11(M)	
Chol (mg)		70.24(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,196.62	
Sodium Target 2 (mg) (13)	< 1,035.00	1,196.62	
Carb (g)		87.54	52.70
TDF (g)		9.01(M)	
Sugars (g)		42.53(M)	25.60
Pro (g)		29.95	18.03
Fe (mg)		3.69(M)	
Ca (mg)		526.64(M)	
A,IU		7,214.38(M)	
VitC (mg)		42.35(M)	
Mois (g)		166.62(M)	
Ash (g)		1.03(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[2.500 - 5.250]	
Veg	>= 3.750	[4.750 - 11.750]	
Veg-DG	>= 0.500	3.750	
Veg-RO	>= 0.750	5.375	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	0.750	
Veg-O	>= 0.500	3.125	
Grains	[8.000 - 10.000]	[9.500 - 15.000](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	204.750	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 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 MS Lunch Week #3. Monday - Day: 1</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)
Bacon Cheeseburger, ELEM, MMA, WG - LR100262 (1 sandwich)	85	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.)	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.)	4	522.83	12.89	5.95	0.00	84.75 (M)	705.16	85.39	7.00	53.82	21.60	2.97(M)	190.00 (M)	400.00 (M)	0.00(M)	(M)	(M)
Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	3	470.48	25.85	5.16	0.00	61.65	1031.86	41.38	4.74	7.15	20.02	2.64	80.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	3	360.48	17.35	3.65	0.00	51.65	671.86	34.38	5.74	3.17	19.02	2.08	74.70	113.77 (M)	2.26(M)	41.92 (M)	0.26(M)
Ham & Cheese on Kaiser Roll, MMA, WG - LR100308 (1 sandwich)	6	335.98	11.42	4.96	0.00	56.76	1125.49	42.92	4.00	3.96	21.80	2.70(M)	104.00 (M)	(M)	(M)	(M)	(M)
Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich)	3	295.98	12.92	5.46	0.00	56.76	995.49	32.92	5.00	2.96	19.80	1.44(M)	60.00 (M)	0.00(M)	0.00(M)	(M)	(M)
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)
Pizza, WG, 8 cut, Mickey's, MMA, WG - LR100231 (1 piece)	74	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)	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)

# 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)	3	336.00	12.04	2.02	0.00	40.00	911.60	37.74	4.68	5.68	18.44	2.08(M)	75.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	2	366.00	12.04	2.02	0.00	40.00	951.60	44.74	4.68	4.68	19.44	2.78(M)	113.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich)	4	335.00	7.50	3.00	0.00	52.50	1095.00	41.00	4.00	1.50	27.50	3.06(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich)	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>																	
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	120	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.)	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
Potato, Golden Hash Brown Patties, Ore-Ida, McCain Foods, OIF00589A, Veg-S - SR101441 (4 5/8 ounces)	120	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: 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"))	20	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)	20	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Tangerines, (mandarin oranges), canned, juice pack - SR105085 (3/4 c.)	85	69.10	0.06	0.01	0.00	0.00	9.34	17.87	1.31	16.56	1.16	0.50	20.54	1591.11	63.87	167.16	0.52
<b>Category: Milk; Choose: 1</b>																	
Milk, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)	130	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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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.)	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.)	18	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)	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)	4	98.89	7.91	1.48	0.00	9.89	682.38	6.92	0.00	2.97	0.99	0.00	39.56	0.00	0.00	(M)	(M)
Dressing, Ranch, 1.5 oz PC Pouch, Cains, 03850 - SR106051 (1 pouch)	18	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 MS Lunch Week #3. 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.)	6	330.00	12.50	6.00	0.00	190.00	395.00	39.00	5.00	8.00	18.00	2.34	190.00	850.00	109.20	(M)	(M)
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	6	522.83	12.89	5.95	0.00	84.75 (M)	705.16	85.39	7.00	53.82	21.60	2.97(M)	190.00 (M)	400.00 (M)	0.00(M)	(M)	(M)
Chicken Fingers w/ Dinner Roll, MMA, WG - LR100291 (1 serv.)	96	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)

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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 (M)	VitC (mg)	Mois (g)	Ash (g)
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)	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)	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)	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)	62	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)
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)	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)	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)	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.)	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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Peas & Carrots, VS, VRO - LR100023 (1 serv.)	100	44.50	0.36	0.06	0.00	0.00	50.50	8.53	3.40	(M)	2.27	0.83	22.50	6908.50	4.80	(M)	(M)
Romaine Salad, VDG, VRO - LR100014 (1 salad)	145	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: 1</b>																	
Assorted Juice Rush, Hershey IC, F - LR100232 (1 serv.)	200	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)	45	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)	160	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.)	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)	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.)	36	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)	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)	35	197.79	21.76	3.46	0.00	14.83	326.36	0.99	0.00	0.99	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	95	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)

# 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 MS Lunch Week #3. Wednesday - Day: 3</b>	250																
<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)
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)	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)
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)
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)	138	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.)	6	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)	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)	35	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)	7	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:29:28 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich)	4	336.00	12.04	2.02	0.00	40.00	911.60	37.74	4.68	5.68	18.44	2.08(M)	75.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	2	366.00	12.04	2.02	0.00	40.00	951.60	44.74	4.68	4.68	19.44	2.78(M)	113.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich)	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>																	
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1/2 c.)	180	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
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
Red Pepper Dippers, VRO - LR100299 (1 serv.)	85	47.54	3.02	0.48	0.04	0.67	146.78	4.52	1.02	2.36	0.56	0.22	5.36	1440.68	58.75	42.42 (M)	0.22(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"))	20	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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	10	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.)	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)



# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Milk, Strawberry, Fat Free, Clover Farms, MILK - SR103510 (1 Carton)	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.)	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)	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)	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 #3. Thursday - Day: 4</b>	250																
<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)
Breaded Chicken Patty on Roll, MMA, WG - LR100110 (1 sandwich)	48	350.00	13.50	2.50	0.00	25.00	690.00	37.00	5.00	2.00	18.00	3.24	26.00	0.00(M)	0.00(M)	(M)	(M)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	6	330.00	12.50	6.00	0.00	190.00	395.00	39.00	5.00	8.00	18.00	2.34	190.00	850.00	109.20	(M)	(M)
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	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)	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 2:29:28 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Ham & Cheese on Kaiser Roll, MMA, WG - LR100308 (1 sandwich)	6	335.98	11.42	4.96	0.00	56.76	1125.49	42.92	4.00	3.96	21.80	2.70(M)	104.00 (M)	(M)	(M)	(M)	(M)
Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich)	3	295.98	12.92	5.46	0.00	56.76	995.49	32.92	5.00	2.96	19.80	1.44(M)	60.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Italian Hoagie on Club Roll, MMA, WG, VO, VRO - LR100304 (1 sandwich)	8	424.00	19.46	7.77	0.28	53.00	1304.54	37.92	3.70	4.40	24.65	3.19	311.08	745.24 (M)	5.98(M)	55.02 (M)	0.27(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	8	488.50	3.77	1.40	0.00	5.00	318.75	102.10	6.79(M)	40.50 (M)	14.69	2.88(M)	282.74	1416.21	6.93(M)	28.95 (M)	0.60(M)
Philly Cheese Steak on Club Roll, ELEM, MMA, WG - LR100285 (1 sandwich)	62	333.36	11.84	5.00	0.00	45.01	573.44	35.67	4.00	2.00	21.34	3.24	164.71	0.00(M)	0.00(M)	(M)	(M)
Roast Beef on Kaiser Roll, MMA, WG - LR100309 (1 sandwich)	4	370.00	6.50	0.00	0.00	75.00	1590.00	40.00	4.00	4.00	37.00	5.94	164.00	0.00(M)	0.00(M)	(M)	(M)
Roast Beef Wrap, MMA, WG - LR100312 (1 sandwich)	2	330.00	8.00	0.50	0.00	75.00	1460.00	30.00	5.00	3.00	35.00	4.68	120.00	0.00	0.00	(M)	(M)
Salad Bar, MS, MMA, VO - LR100303 (1 salad)	36	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)
Spicy Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100111 (1 sandwich)	30	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)	4	336.00	12.04	2.02	0.00	40.00	911.60	37.74	4.68	5.68	18.44	2.08(M)	75.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	2	366.00	12.04	2.02	0.00	40.00	951.60	44.74	4.68	4.68	19.44	2.78(M)	113.20 (M)	0.80(M)	2.96(M)	35.64 (M)	0.14(M)
Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich)	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>																	
Cucumber & Celery Dippers w/ Ranch, VO - LR100272 (1 serv.)	165	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)

# 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)
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, Grabitzers Breaded, McCain Foods, 96110849, VO - LR100300 (5 pieces)	105	170.00	9.00	1.50	0.00	0.00	200.00	20.00	3.00	3.00	2.00	0.72	20.00	0.00	1.20	(M)	(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"))	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
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
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	80	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.)	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)	36	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)	6	178.01	15.82	2.47	0.00	0.00	247.24	8.90	0.00	7.91	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	10	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)

# 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, 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)	36	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)	75	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 #3. Friday - Day: 5</b>	250																
<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.)	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)	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)	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 Ham & Cheese on Pretzel Roll, MMA, WG, ELEM - LR100248 (1 sandwich)	80	240.00	6.02	3.02	0.25	20.06	722.43	31.27	3.00	(M)	13.29	0.27	75.94	(M)	0.00	(M)	(M)
Italian Hoagie on Club Roll, MMA, WG, VO, VRO - LR100304 (1 sandwich)	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)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:29:28 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)	73	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)	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)	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)	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>																	
Beans, Vegetarian Beans, Dawn Glo Brand, Veg-BP - SR103448 (1/2 cup servin)	45	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
Trio Veggie Dipper, VDG, VRO, VO - LR100220 (1 serv.)	125	54.20	2.98	0.48	0.04	0.67	173.53	6.36	1.46	2.94	0.81	0.22	14.56	2066.67	22.30	32.03 (M)	0.24(M)
<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"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97

# Menu Cycle Week Nutrient Analysis

Generated on: 8/30/2018 2:29:28 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Fruit, mixed, canned, packed in extra light syrup - SR104099 (1/2 c.)	85	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)	20	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.)	18	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.)	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)	4	178.01	15.82	2.47	0.00	0.00	247.24	8.90	0.00	7.91	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	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)	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)	85	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)