

Menu Cycle Week – Nutrient Analysis

Generated on: 10/28/2018 10:03:37 AM by Christine Schlosman

Menu Cycle: Week of 11.05.18 - MS
 Week: 1
 Result: **Exceeded**

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]	695.45	
Fat (g)		21.60	27.95
Sfat (g)(1)	< 10.00 % of Calories	6.91	8.94
TFat (g)(2)		0.02(M)	
Chol (mg)		67.62(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,057.87	
Sodium Target 2 (mg) (13)	< 1,035.00	1,057.87	
Carb (g)		99.67	57.33
TDF (g)		10.16(M)	
Sugars (g)		49.97(M)	28.74
Pro (g)		28.59	16.45
Fe (mg)		3.83(M)	
Ca (mg)		513.49(M)	
A,IU		5,299.29(M)	
VitC (mg)		40.94(M)	
Mois (g)		173.25(M)	
Ash (g)		0.89(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[5.000 - 10.250]	
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]	[10.000 - 15.250](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	183.500	100.00
Meat/MA	[9.000 - 10.000]	[10.000 - 17.500](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

Legend

PrimeroEdge will flag based on USDA requirements, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.
- a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

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)
Monday 11.05.18 - MS - Day: 1	390																
Category: Entrees; Choose: 1																	
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)	125	395.00	15.50	5.00	0.00	57.50	1045.00	40.00	5.00	2.50(M)	26.50	4.14(M)	124.00 (M)	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.)	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 on Club Roll, MS, MMA, WG - LR100347 (1 sandwich)	2	482.47	25.37	5.16	0.00	61.65	1013.29	43.80	3.92	6.43	20.15	2.50	95.27	185.31 (M)	2.66(M)	55.55 (M)	0.31(M)
Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	2	472.47	25.87	5.16	0.00	61.65	1033.29	41.80	4.92	7.43	20.15	2.70	83.27	185.31 (M)	2.66(M)	55.55 (M)	0.31(M)
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	2	363.00	17.37	3.66	0.00	51.65	673.66	34.91	5.96	3.52	19.19	2.15	77.94	204.13 (M)	2.77(M)	59.13 (M)	0.32(M)
Ham & Cheese on Club Roll, MS, MMA, WG - LR100342 (1 sandwich)	2	328.83	14.58	6.28	0.00	71.52	1187.46	35.09	5.22	4.13	24.05	1.51(M)	63.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Ham & Cheese Wrap, MS, MMA, WG - LR100341 (1 sandwich)	2	328.83	14.58	6.28	0.00	71.52	1187.46	35.09	5.22	4.13	24.05	1.51(M)	63.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(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)	232.78	1416.21	6.93(M)	28.95 (M)	0.60(M)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	140	340.00	16.00	10.00	0.00	45.00	740.00	30.00	4.00	5.00	20.00	2.70	450.00	750.00	0.00	(M)	(M)
Roast Beef on Club Roll, MS, MMA, WG - LR100343 (1 sandwich)	2	407.52	10.53	2.50	0.00	87.50	1666.80	36.53	3.22	4.86	38.66	5.11(M)	141.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Roast Beef Wrap, MS, MMA, WG - LR100344 (1 sandwich)	2	387.52	12.53	3.00	0.00	87.50	1596.80	31.54	5.22	3.86	37.66	4.75(M)	123.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad)	40	378.28	11.38	3.85	0.00(M)	196.63	670.70	50.18	12.64	12.35 (M)	25.13	5.81	953.73	19434.40(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)	20	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

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 Strawberry, Smucker's, 5150021028, MMA, WGR - SR107999 (1 sandwich)	20	630.00	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)
Turkey & Cheese on Club Roll, MS, MMA, WG - LR100346 (1 sandwich)	2	317.52	7.03	3.00	0.00	52.50	1036.80	36.53	3.22	1.86	26.66	2.23(M)	81.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Turkey & Cheese Wrap, MS, MMA, WG - LR100345 (1 sandwich)	2	337.52	7.53	3.00	0.00	52.50	1096.80	41.53	4.22	1.86	27.66	3.13(M)	107.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Category: Vegetables; Choose: 2																	
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	200	63.16	2.89	0.47	0.04	0.67	199.72	8.72	2.05	5.41	0.11	0.02	2.14	4980.82	5.99	(M)	(M)
Hash Brown Rounds - McCain - SR109300 (2 pieces)	200	100.00	3.50	0.00	0.00	0.00	105.00	16.00	1.00	0.00	1.00	0.18	0.00	0.00	3.60	(M)	(M)
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	15	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	0.72	0.27	10.98	555.57	7.17	76.96	0.36
Category: Fruits; Choose: 2																	
Apples, raw, with skin, F - SR105078 (1 medium (3)	140	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 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
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	5	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.)	225	69.10	0.06	0.01	0.00	0.00	9.34	17.87	1.31	16.56	1.16	0.50	20.54	1591.11	63.87	167.16	0.52
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	240	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	20	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	50	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	20	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	8.00	0.00	260.00	700.00	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)
Category: Condiments; Choose: 1																	
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)	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.)	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)	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)	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, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	200	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Tuesday 11.06.18 - MS - Day: 2	390																
Category: Entrees; Choose: 1																	
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.)	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 Fingers w/ Dinner Roll, MS/HS, MMA, WG - LR100337 (1 serv.)	120	416.67	21.00	3.33	0.00	33.33	680.00	35.33	6.00	2.33	23.00	3.48	26.00	133.33 (M)	0.00(M)	(M)	(M)
Chicken Salad Sandwich on Club Roll, MS, MMA, WG - LR100347 (1 sandwich)	2	482.47	25.37	5.16	0.00	61.65	1013.29	43.80	3.92	6.43	20.15	2.50	95.27	185.31 (M)	2.66(M)	55.55 (M)	0.31(M)
Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	2	472.47	25.87	5.16	0.00	61.65	1033.29	41.80	4.92	7.43	20.15	2.70	83.27	185.31 (M)	2.66(M)	55.55 (M)	0.31(M)
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	2	363.00	17.37	3.66	0.00	51.65	673.66	34.91	5.96	3.52	19.19	2.15	77.94	204.13 (M)	2.77(M)	59.13 (M)	0.32(M)
Ham & Cheese on Club Roll, MS, MMA, WG - LR100342 (1 sandwich)	2	328.83	14.58	6.28	0.00	71.52	1187.46	35.09	5.22	4.13	24.05	1.51(M)	63.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(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)
Ham & Cheese Wrap, MS, MMA, WG - LR100341 (1 sandwich)	2	328.83	14.58	6.28	0.00	71.52	1187.46	35.09	5.22	4.13	24.05	1.51(M)	63.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Hot Dog on Roll, HS, MMA, WG - LR100315 (1 sandwich)	155	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)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	10	488.50	3.77	1.40	0.00	5.00	318.75	102.10	6.79(M)	40.50 (M)	14.69	2.88(M)	232.78	1416.21	6.93(M)	28.95 (M)	0.60(M)
Roast Beef on Club Roll, MS, MMA, WG - LR100343 (1 sandwich)	2	407.52	10.53	2.50	0.00	87.50	1666.80	36.53	3.22	4.86	38.66	5.11(M)	141.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Roast Beef Wrap, MS, MMA, WG - LR100344 (1 sandwich)	2	387.52	12.53	3.00	0.00	87.50	1596.80	31.54	5.22	3.86	37.66	4.75(M)	123.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad)	45	378.28	11.38	3.85	0.00(M)	196.63	670.70	50.18	12.64	12.35 (M)	25.13	5.81	953.73	19434.40(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)	15	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Strawberry, Smucker's, 5150021028, MMA, WGR - SR107999 (1 sandwich)	15	630.00	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)
Turkey & Cheese on Club Roll, MS, MMA, WG - LR100346 (1 sandwich)	2	317.52	7.03	3.00	0.00	52.50	1036.80	36.53	3.22	1.86	26.66	2.23(M)	81.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Turkey & Cheese Wrap, MS, MMA, WG - LR100345 (1 sandwich)	2	337.52	7.53	3.00	0.00	52.50	1096.80	41.53	4.22	1.86	27.66	3.13(M)	107.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Category: Vegetables; Choose: 2																	
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	15	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 & 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)	65	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
Category: Fruits; Choose: 2																	
Apples, raw, with skin, F - SR105078 (1 medium (3))	140	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

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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)
Assorted Juice Rush, Hershey IC, F - LR100232 (1 serv.)	265	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)
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
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	5	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
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	200	53.00	0.13	0.00	0.00	0.00	6.00	13.39	1.30	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	240	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	20	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	50	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	20	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Category: Condiments; Choose: 1																	
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)	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.)	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)	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)	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, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	25	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	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)
Wednesday 11.07.18 - MS - Day: 3	390																
Category: Entrees; Choose: 1																	
American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich)	68	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.)	10	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 on Club Roll, MS, MMA, WG - LR100347 (1 sandwich)	2	482.47	25.37	5.16	0.00	61.65	1013.29	43.80	3.92	6.43	20.15	2.50	95.27	185.31 (M)	2.66(M)	55.55 (M)	0.31(M)
Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	2	472.47	25.87	5.16	0.00	61.65	1033.29	41.80	4.92	7.43	20.15	2.70	83.27	185.31 (M)	2.66(M)	55.55 (M)	0.31(M)
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	2	363.00	17.37	3.66	0.00	51.65	673.66	34.91	5.96	3.52	19.19	2.15	77.94	204.13 (M)	2.77(M)	59.13 (M)	0.32(M)
Ham & Cheese on Club Roll, MS, MMA, WG - LR100342 (1 sandwich)	2	328.83	14.58	6.28	0.00	71.52	1187.46	35.09	5.22	4.13	24.05	1.51(M)	63.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Ham & Cheese Wrap, MS, MMA, WG - LR100341 (1 sandwich)	2	328.83	14.58	6.28	0.00	71.52	1187.46	35.09	5.22	4.13	24.05	1.51(M)	63.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	29	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)	232.78	1416.21	6.93(M)	28.95 (M)	0.60(M)
Macaroni & Cheese w/Gold Fish, MMA, WG - LR100230 (2/3 c.)	165	390.00	15.00	7.00	0.00	30.00	1150.00	45.00	3.00	6.00	19.00	1.80	320.00	500.00	0.00(M)	(M)	(M)
Roast Beef on Club Roll, MS, MMA, WG - LR100343 (1 sandwich)	2	407.52	10.53	2.50	0.00	87.50	1666.80	36.53	3.22	4.86	38.66	5.11(M)	141.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Roast Beef Wrap, MS, MMA, WG - LR100344 (1 sandwich)	2	387.52	12.53	3.00	0.00	87.50	1596.80	31.54	5.22	3.86	37.66	4.75(M)	123.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad)	50	378.28	11.38	3.85	0.00(M)	196.63	670.70	50.18	12.64	12.35 (M)	25.13	5.81	953.73	19434.40(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)	20	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

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 Strawberry, Smucker's, 5150021028, MMA, WGR - SR107999 (1 sandwich)	25	630.00	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)
Turkey & Cheese on Club Roll, MS, MMA, WG - LR100346 (1 sandwich)	2	317.52	7.03	3.00	0.00	52.50	1036.80	36.53	3.22	1.86	26.66	2.23(M)	81.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Turkey & Cheese Wrap, MS, MMA, WG - LR100345 (1 sandwich)	2	337.52	7.53	3.00	0.00	52.50	1096.80	41.53	4.22	1.86	27.66	3.13(M)	107.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Category: Vegetables; Choose: 2																	
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1/2 c.)	215	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.)	15	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.)	165	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)
Category: Fruits; Choose: 2																	
Apples, raw, with skin, F - SR105078 (1 medium (3)	165	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 medium (7"))	40	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)	245	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)	5	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	240	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	20	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	50	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	20	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Category: Condiments; Choose: 1																	
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)	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.)	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)	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)	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, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	25	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Thursday 11.08.18 - MS - Day: 4	390																
Category: Entrees; Choose: 1																	
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	44	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	21.00	4.50	104.00	0.00(M)	0.00(M)	(M)	(M)
Breaded Spicy Chicken Patty on Roll, MS/HS, MMA, WG - LR100112 (1 sandwich)	48	462.75	17.15	3.03	0.00	25.25	824.08	54.17	7.03	2.01	22.15	5.43	104.00	101.02(M)	0.00(M)	(M)	(M)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	10	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 on Club Roll, MS, MMA, WG - LR100347 (1 sandwich)	2	482.47	25.37	5.16	0.00	61.65	1013.29	43.80	3.92	6.43	20.15	2.50	95.27	185.31(M)	2.66(M)	55.55(M)	0.31(M)
Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	2	472.47	25.87	5.16	0.00	61.65	1033.29	41.80	4.92	7.43	20.15	2.70	83.27	185.31(M)	2.66(M)	55.55(M)	0.31(M)

Menu Cycle Week – Nutrient Analysis

Generated on: 10/28/2018 10:03:37 AM 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 Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	2	363.00	17.37	3.66	0.00	51.65	673.66	34.91	5.96	3.52	19.19	2.15	77.94	204.13 (M)	2.77(M)	59.13 (M)	0.32(M)
Ham & Cheese on Club Roll, MS, MMA, WG - LR100342 (1 sandwich)	2	328.83	14.58	6.28	0.00	71.52	1187.46	35.09	5.22	4.13	24.05	1.51(M)	63.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Ham & Cheese Wrap, MS, MMA, WG - LR100341 (1 sandwich)	2	328.83	14.58	6.28	0.00	71.52	1187.46	35.09	5.22	4.13	24.05	1.51(M)	63.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	25	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)	232.78	1416.21	6.93(M)	28.95 (M)	0.60(M)
Philly Cheese Steak, MS/HS, MMA, WG - LR100167 (1 sandwich)	165	364.75	14.98	6.49	0.00	57.42	534.93	33.00	3.00	1.50	22.48	3.24(M)	78.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Roast Beef on Club Roll, MS, MMA, WG - LR100343 (1 sandwich)	2	407.52	10.53	2.50	0.00	87.50	1666.80	36.53	3.22	4.86	38.66	5.11(M)	141.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Roast Beef Wrap, MS, MMA, WG - LR100344 (1 sandwich)	2	387.52	12.53	3.00	0.00	87.50	1596.80	31.54	5.22	3.86	37.66	4.75(M)	123.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad)	45	378.28	11.38	3.85	0.00(M)	196.63	670.70	50.18	12.64	12.35 (M)	25.13	5.81	953.73	19434.40 (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)	15	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Strawberry, Smucker's, 5150021028, MMA, WGR - SR107999 (1 sandwich)	15	630.00	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)
Turkey & Cheese on Club Roll, MS, MMA, WG - LR100346 (1 sandwich)	2	317.52	7.03	3.00	0.00	52.50	1036.80	36.53	3.22	1.86	26.66	2.23(M)	81.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Turkey & Cheese Wrap, MS, MMA, WG - LR100345 (1 sandwich)	2	337.52	7.53	3.00	0.00	52.50	1096.80	41.53	4.22	1.86	27.66	3.13(M)	107.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Category: Vegetables; Choose: 2																	
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)
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	25	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	0.72	0.27	10.98	555.57	7.17	76.96	0.36
Onion Rings, Grabitizers Breaded, McCain Foods, 96110849, VO - LR100300 (5 pieces)	200	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)

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)
Category: Fruits; Choose: 2																	
Apples, raw, with skin, F - SR105078 (1 medium (3)	160	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 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)	5	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.)	225	60.00	0.00	0.00	0.00	0.00	5.00	16.00	2.00	12.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	240	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	20	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	50	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	20	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Category: Condiments; Choose: 1																	
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)	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.)	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)	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)	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)

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)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	200	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Friday 11.09.18 - MS - Day: 5	390																
Category: Entrees; Choose: 1																	
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	10	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 on Club Roll, MS, MMA, WG - LR100347 (1 sandwich)	2	482.47	25.37	5.16	0.00	61.65	1013.29	43.80	3.92	6.43	20.15	2.50	95.27	185.31 (M)	2.66(M)	55.55 (M)	0.31(M)
Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich)	2	472.47	25.87	5.16	0.00	61.65	1033.29	41.80	4.92	7.43	20.15	2.70	83.27	185.31 (M)	2.66(M)	55.55 (M)	0.31(M)
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	2	363.00	17.37	3.66	0.00	51.65	673.66	34.91	5.96	3.52	19.19	2.15	77.94	204.13 (M)	2.77(M)	59.13 (M)	0.32(M)
Ham & Cheese on Club Roll, MS, MMA, WG - LR100342 (1 sandwich)	2	328.83	14.58	6.28	0.00	71.52	1187.46	35.09	5.22	4.13	24.05	1.51(M)	63.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Ham & Cheese Wrap, MS, MMA, WG - LR100341 (1 sandwich)	1	328.83	14.58	6.28	0.00	71.52	1187.46	35.09	5.22	4.13	24.05	1.51(M)	63.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Hot Roast Beef Sandwich, MMA, WG - LR100256 (1 sandwich)	2	368.22	8.44	1.98	0.00	64.23	1366.80	42.95	4.00	3.98	27.74	4.86	85.76	0.00(M)	0.00(M)	(M)	(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	45	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)	232.78	1416.21	6.93(M)	28.95 (M)	0.60(M)
Pizza, Stuffed Crust Whole Grain Cheese 4.84 oz, The MAX, ConAgra, 77387-12671, MMA, WGR, Veg-RO - SR101359 (1 slice cook)	236	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 Club Roll, MS, MMA, WG - LR100343 (1 sandwich)	2	407.52	10.53	2.50	0.00	87.50	1666.80	36.53	3.22	4.86	38.66	5.11(M)	141.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Roast Beef Wrap, MS, MMA, WG - LR100344 (1 sandwich)	2	387.52	12.53	3.00	0.00	87.50	1596.80	31.54	5.22	3.86	37.66	4.75(M)	123.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad)	40	378.28	11.38	3.85	0.00(M)	196.63	670.70	50.18	12.64	12.35 (M)	25.13	5.81	953.73	19434.40(M)	97.79 (M)	413.92 (M)	2.97(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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	18	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Strawberry, Smucker's, 5150021028, MMA, WGR - SR107999 (1 sandwich)	18	630.00	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)
Turkey & Cheese on Club Roll, MS, MMA, WG - LR100346 (1 sandwich)	2	317.52	7.03	3.00	0.00	52.50	1036.80	36.53	3.22	1.86	26.66	2.23(M)	81.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Turkey & Cheese Wrap, MS, MMA, WG - LR100345 (1 sandwich)	2	337.52	7.53	3.00	0.00	52.50	1096.80	41.53	4.22	1.86	27.66	3.13(M)	107.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Category: Vegetables; Choose: 2																	
Beans, Vegetarian Beans, Dawn Glo Brand, Veg-BP - SR103448 (1/2 cup servin)	95	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.)	15	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.)	215	54.20	2.98	0.48	0.04	0.67	173.53	6.36	1.46	2.94	0.81	0.22	14.56	2066.67	22.30	32.03 (M)	0.24(M)
Category: Fruits; Choose: 2																	
Apples, raw, with skin, F - SR105078 (1 medium (3))	165	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 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, mixed, canned, packed in extra light syrup - SR104099 (1/2 c.)	225	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)	5	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	240	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	20	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	50	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	20	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Category: Condiments; Choose: 1																	
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)	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.)	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)	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)	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, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	215	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)