

Menu Cycle Week – Nutrient Analysis

Generated on: 10/28/2018 10:04:36 AM by Christine Schlosman

Menu Cycle: Week of 11.12.18 - 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]	685.69	
Fat (g)		18.89	24.79
Sfat (g)(1)	< 10.00 % of Calories	6.15	8.08
TFat (g)(2)		0.03(M)	
Chol (mg)		67.20(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,045.29	
Sodium Target 2 (mg) (13)	< 1,035.00	1,045.29	
Carb (g)		104.33	60.86
TDF (g)		10.11(M)	
Sugars (g)		46.88(M)	27.35
Pro (g)		28.96	16.89
Fe (mg)		3.70(M)	
Ca (mg)		539.18(M)	
A,IU		3,932.06(M)	
VitC (mg)		33.77(M)	
Mois (g)		152.59(M)	
Ash (g)		0.81(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[5.000 - 10.000]	
Veg	>= 3.750	[5.250 - 12.125]	
Veg-DG	>= 0.500	3.250	
Veg-RO	>= 0.750	4.750	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	2.500	
Veg-O	>= 0.500	3.875	
Grains	[8.000 - 10.000]	[10.000 - 15.250](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	184.750	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.

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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)
Monday 11.12.18 - MS - Day: 1	390																
Category: Entrees; Choose: 1																	
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	12	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)
Chicken Tender Wrap, MMA, WG - LR100301 (1 sandwich)	85	465.00	20.17	3.17	0.00	25.83	596.67	49.00	7.00	1.17	20.00	3.60	63.33	100.00	0.00	(M)	(M)
Ham & Cheese on 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.)	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, French Bread Cheese Pizza, 6", Tony's, Schwan's Food Service, Inc. 78356, MMA, WG, Veg-RO - SR100365 (1 portion)	160	290.00	11.00	4.00	0.00	20.00	440.00	33.00	0.00	4.00	17.00	(M)	(M)	(M)	(M)	(M)	(M)
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)

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)	10	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)	10	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, green, cooked from frozen, drained, without salt [100350, A160] - SR100123 (3/4 c.)	100	93.00	0.34	0.06	0.00	0.00	87.00	17.11	6.60	(M)	6.18	1.90	28.50	2520.00	11.86	(M)	(M)
Popeye Salad, VDG, VRO - LR100277 (1 salad)	65	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
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"))	60	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)	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
Pineapple, Canned, tidbits, in juice, fancy 100% Hawaiian, 24/20 oz; as served - SR105251 (1/2 c.)	245	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)
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)

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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)
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)	65	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 11.13.18 - MS - Day: 2	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.)	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)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)	2	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)
English Muffin Pizza, MMA, WG, VRO - LR100302 (2 halves)	65	311.50	8.57	4.05	0.00	20.25	1014.25	38.02	6.00	9.00(M)	21.18	3.23	1627.15	0.00	0.00	(M)	(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)
Hot Dog on Roll, HS, MMA, WG - LR100315 (1 sandwich)	185	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.)	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)
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)	42	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)	10	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)	10	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)	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)
Cauliflower & Cucumber Dippers w/ Ranch, VO - LR100282 (1 serv.)	165	43.87	2.92	0.48	0.04(M)	0.67	153.48	4.03	0.72	1.40	0.81	0.21	12.18	27.72	13.58	24.76 (M)	0.10(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)
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)	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
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.)	245	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.)	45	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)	75	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)
Wednesday 11.14.18 - MS - Day: 3	390																
Category: Entrees; Choose: 1																	
American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich)	65	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.)	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)
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)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
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)
Turkey & Gravy w/ Bread Stuffing, MMA, WG - LR100338 (1 serv.)	172	355.98	7.01	1.80	0.00	48.08	983.71	46.78	4.03	5.05(M)	28.68	1.51	66.50	0.00(M)	4.86(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - SR105101 (1/2 c.)	125	19.00	0.11	0.03	0.00	0.00	6.00	4.35	2.00	(M)	1.01	0.59	33.00	376.00	2.80	(M)	(M)
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	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
Mashed Potatoes, 12/28 oz. Pouch, Basic American Foods, 76468, VS - LR100290 (1/2 cup, cooke)	245	35.00	1.50	0.00	0.00	0.00	170.00	7.00	0.00	0.00	0.70	(M)	(M)	(M)	(M)	(M)	(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"))	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
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	265	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

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)
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)	245	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)	55	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)	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.)	4	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)	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)	10	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)
Category: Desserts; Choose: 1																	
Ice Cream, Low Fat Spooky Sundae, Hershey's, 24682-31666 - SR109342 (1 ea.)	200	80.00	1.00	0.00	0.00	4.99	60.00	16.00	0.00	11.00	2.00	0.36	100.00	100.00	0.00	(M)	(M)
Thursday 11.15.18 - MS - Day: 4	390																
Category: Entrees; Choose: 1																	

Menu Cycle Week – Nutrient Analysis

Generated on: 10/28/2018 10:04:36 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)
Beefy Nacho Salad, MS/HS, MMA, WG, VO, VRO - LR100252 (1 serv.)	160	480.41	25.29	10.04	0.00	55.00	1402.80	42.20	5.44	4.61	24.08	4.21	277.68	1236.29 (M)	10.58 (M)	111.39 (M)	0.48(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	32	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)
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.)	42	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)

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)	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																	
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (3/4 c.)	215	99.00	0.82	0.12	0.00	0.00	1.50	23.74	3.00	(M)	3.14	0.59	3.00	244.50	4.35	(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
Red Pepper Dippers, VRO - LR100299 (1 serv.)	125	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"))	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)

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)	65	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 11.16.18 - MS - Day: 5	390																
Category: Entrees; Choose: 1																	
Bulldog Cheesy Burger on Roll, HS, MMA, WG - LR100328 (1 sandwich)	75	380.00	14.00	6.00	0.50	40.00	810.00	45.00	5.00	6.00	18.00	4.14	164.00	200.00 (M)	9.00(M)	(M)	(M)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	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)

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)
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.)	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)
Maxx Pizza Sticks w/ Marinara, MMA, WG, VRO - LR100048 (1 serv.)	175	335.00	12.75	6.00	0.00	30.00	707.50	40.00	3.00	8.00	17.00	1.98	310.00	250.00 (M)	3.00(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)	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)	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Strawberry, Smucker's, 5150021028, MMA, WGR - SR107999 (1 sandwich)	12	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
Potato, Smiles Shaped, McCain, OIF03456, Veg-S - SR101907 (4 ea.)	245	130.00	4.50	0.50	0.00	0.00	180.00	20.00	2.00	0.00	2.00	0.36	0.00	0.00	2.40	(M)	(M)
Trio Veggie Dipper, VDG, VRO, VO - LR100220 (1 serv.)	185	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																	

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)
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"))	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
Fruit, mixed, canned, packed in extra light syrup - SR104099 (1/2 c.)	125	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)
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)	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)