

Menu Cycle Week – Nutrient Analysis

Generated on: 12/2/2018 1:02:37 PM by Christine Schlosman

Menu Cycle: Week of 12.03.18 HS.
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: 9-12
 Site Group: High School

| Cycle Week Nutrient Summary | | | |
|------------------------------|-----------------------|--------------|---------------|
| Nutrient | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1) | [750.00 - 850.00] | 754.16 | |
| Fat (g) | | 22.34 | 26.65 |
| Sfat (g)(1) | < 10.00 % of Calories | 7.38 | 8.80 |
| TFat (g)(2) | | 0.08(M) | |
| Chol (mg) | | 64.90(M) | |
| Sodium Target 1 (mg) (13) | < 1,420.00 | 1,203.14 | |
| Sodium Target 2 (mg) (13) | < 1,080.00 | 1,203.14 | |
| Carb (g) | | 111.10 | 58.93 |
| TDF (g) | | 11.74(M) | |
| Sugars (g) | | 52.25(M) | 27.71 |
| Pro (g) | | 31.83 | 16.88 |
| Fe (mg) | | 4.14(M) | |
| Ca (mg) | | 472.00(M) | |
| A,IU | | 3,487.66(M) | |
| VitC (mg) | | 34.70(M) | |
| Mois (g) | | 180.85(M) | |
| Ash (g) | | 0.85(M) | |

| Cycle Week Food Component Summary | | | |
|-----------------------------------|-------------------|----------------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Fruit | >= 5.000 | [5.250 - 10.250] | |
| Veg | >= 5.000 | [5.625 - 11.875] | |
| Veg-DG | >= 0.500 | 3.250 | |
| Veg-RO | >= 1.250 | 4.250 | |
| Veg-BP | >= 0.500 | 0.500 | |
| Veg-S | >= 0.500 | 2.250 | |
| Veg-O | >= 0.750 | 2.125 | |
| Grains | [10.000 - 12.000] | [10.000 - 15.250](a) | |
| Non-WGR | | 0.000 | |
| WGR | >= 100.000 % of | 183.750 | 100.00 |
| Meat/MA | [10.000 - 12.000] | [10.000 - 17.000](a) | |
| MILK-F | >= 5.000 | 5.000 | |
| Fruit-J | <= 50.000 % of | 0.000 | 0.00 |
| Grain-D | <= 2.000 | 0.000 | |
| Vegetable-J | <= 50.000 % of | 0.000 | 0.00 |
| MILK-V | | Pass | |

Legend

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

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.
- 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

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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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|-------------|-----------|------------|---------|
| HS 12.03.18 - Day: 1 | 325 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.) | 2 | 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.) | 2 | 522.83 | 12.89 | 5.95 | 0.00 | 84.75 (M) | 705.16 | 85.39 | 7.00 | 53.82 | 21.60 | 2.97(M) | 190.00 (M) | 400.00 (M) | 0.00(M) | (M) | (M) |
| Chicken Nuggets w/ Dinner Roll, MMA, WG - LR100120 (1 serv.) | 100 | 332.50 | 16.00 | 2.50 | 0.00 | 25.00 | 560.00 | 30.25 | 4.50 | 2.25 | 19.25 | 3.33 | 51.00 | 125.00 (M) | 0.00(M) | (M) | (M) |
| Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich) | 3 | 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) | 3 | 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 Bread, MMA, WG - LR100335 (1 sandwich) | 3 | 336.31 | 13.06 | 5.78 | 0.00 | 71.52 | 1275.66 | 37.56 | 4.00 | 5.78 | 24.89 | 2.00(M) | 66.00 (M) | (M) | (M) | (M) | (M) |
| Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich) | 5 | 326.31 | 14.56 | 6.28 | 0.00 | 71.52 | 1185.66 | 34.56 | 5.00 | 3.78 | 23.89 | 1.44(M) | 60.00 (M) | 0.00(M) | 0.00(M) | (M) | (M) |
| Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.) | 5 | 488.50 | 3.77 | 1.40 | 0.00 | 5.00 | 318.75 | 102.10 | 6.79(M) | 40.50 (M) | 14.69 | 2.88(M) | 232.78 | 1416.21 | 6.93(M) | 28.95 (M) | 0.60(M) |
| Open Face Meatloaf Sandwich, HS, MMA, WG - LR100368 (1 serv.) | 100 | 590.00 | 26.75 | 12.00 | 1.00 | 80.00 | 1580.00 | 54.50 | 6.00 | 12.00 | 30.00 | 5.58 | 224.00 | 400.00 (M) | 18.00 (M) | (M) | (M) |
| Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza) | 65 | 320.00 | 15.00 | 10.00 | 0.00 | 45.00 | 450.00 | 28.00 | 3.00 | 3.00 | 19.00 | 1.80 | 450.00 | 750.00 | 0.00 | (M) | (M) |
| Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad) | 3 | 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) | 5 | 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) | 2 | 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) |

Menu Cycle Week – Nutrient Analysis

Generated on: 12/2/2018 1:02:37 PM by Christine Schlosman

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|--|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|-----------|-----------|-----------|---------|
| Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich) | 2 | 338.52 | 12.06 | 2.02 | 0.00 | 40.00 | 913.40 | 38.27 | 4.90 | 6.03 | 18.60 | 2.16(M) | 78.44 (M) | 91.16 (M) | 3.46(M) | 52.86 (M) | 0.21(M) |
| Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich) | 2 | 328.52 | 13.56 | 2.52 | 0.00 | 40.00 | 823.40 | 35.27 | 5.90 | 4.03 | 17.60 | 1.60(M) | 72.44 (M) | 91.16 (M) | 3.46(M) | 52.86 (M) | 0.21(M) |
| Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich) | 2 | 307.52 | 7.53 | 3.00 | 0.00 | 52.50 | 1056.80 | 34.53 | 4.22 | 2.86 | 26.66 | 2.43(M) | 69.24 (M) | 90.36 (M) | 0.50(M) | 17.21 (M) | 0.07(M) |
| Turkey & Cheese Wrap, MMA, WG - LR100311 (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.) | 225 | 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) |
| Mashed Potatoes w/ Chicken Gravy, VS - LR100358 (1 serv.) | 200 | 58.33 | 1.83 | 0.00 | 0.00 | 0.00 | 330.00 | 11.67 | 0.00 | 0.00 | 0.70 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | (M) | (M) |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Apples, raw, with skin, F - SR105078 (1 medium (3) | 150 | 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")) | 65 | 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 |
| Tangerines, (mandarin oranges), canned, juice pack - SR105085 (3/4 c.) | 200 | 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) | 215 | 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.) | 15 | 90.00 | 0.00 | 0.00 | 0.00 | 5.00 | 130.00 | 13.00 | 0.00 | 12.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton) | 35 | 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) | 30 | 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 | | | | | | | | | | | | | | | | | |

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| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|-------------|-----------|------------|---------|
| Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces) | 25 | 33.31 | 2.89 | 0.47 | 0.04 | 0.67 | 145.10 | 1.75 | 0.06 | 0.43 | 0.11 | 0.02 | 2.14 | 0.42 | 0.01 | (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) |
| HS 12.04.18 - Day: 2 | 325 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| BBQ Beef Rib on Club Roll, HS, MMA, WG - LR100369 (1 sandwich) | 90 | 390.00 | 11.50 | 4.00 | 0.00 | 60.00 | 920.00 | 40.00 | 5.00 | 5.00 | 30.00 | 4.68 | 118.00 | 200.00 (M) | 2.40(M) | (M) | (M) |
| Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.) | 5 | 330.00 | 12.50 | 6.00 | 0.00 | 190.00 | 395.00 | 39.00 | 5.00 | 8.00 | 18.00 | 2.34 | 190.00 | 850.00 | 109.20 | (M) | (M) |
| Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.) | 5 | 522.83 | 12.89 | 5.95 | 0.00 | 84.75 (M) | 705.16 | 85.39 | 7.00 | 53.82 | 21.60 | 2.97(M) | 190.00 (M) | 400.00 (M) | 0.00(M) | (M) | (M) |
| Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich) | 3 | 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) | 3 | 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) |
| Grilled Cheese Sandwich, MMA, WG - LR100360 (1 sandwich) | 120 | 400.00 | 20.00 | 10.00 | 0.00 | 50.00 | 980.00 | 38.00 | 4.00 | 4.00 | 18.00 | 2.16(M) | 104.00 (M) | 0.00(M) | 0.00(M) | (M) | (M) |
| Ham & Cheese on Bread, MMA, WG - LR100335 (1 sandwich) | 3 | 336.31 | 13.06 | 5.78 | 0.00 | 71.52 | 1275.66 | 37.56 | 4.00 | 5.78 | 24.89 | 2.00(M) | 66.00 (M) | (M) | (M) | (M) | (M) |
| Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich) | 3 | 326.31 | 14.56 | 6.28 | 0.00 | 71.52 | 1185.66 | 34.56 | 5.00 | 3.78 | 23.89 | 1.44(M) | 60.00 (M) | 0.00(M) | 0.00(M) | (M) | (M) |
| Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.) | 5 | 488.50 | 3.77 | 1.40 | 0.00 | 5.00 | 318.75 | 102.10 | 6.79(M) | 40.50 (M) | 14.69 | 2.88(M) | 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) | 40 | 320.00 | 15.00 | 10.00 | 0.00 | 45.00 | 450.00 | 28.00 | 3.00 | 3.00 | 19.00 | 1.80 | 450.00 | 750.00 | 0.00 | (M) | (M) |
| Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad) | 25 | 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) | 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) |
| Sandwich, 5.3 oz Uncrustable, Peanut Butter and Strawberry, Smucker's, 5150021028, MMA, WGR - SR107999 (1 sandwich) | 5 | 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) |
| Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich) | 3 | 338.52 | 12.06 | 2.02 | 0.00 | 40.00 | 913.40 | 38.27 | 4.90 | 6.03 | 18.60 | 2.16(M) | 78.44 (M) | 91.16 (M) | 3.46(M) | 52.86 (M) | 0.21(M) |
| Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich) | 3 | 328.52 | 13.56 | 2.52 | 0.00 | 40.00 | 823.40 | 35.27 | 5.90 | 4.03 | 17.60 | 1.60(M) | 72.44 (M) | 91.16 (M) | 3.46(M) | 52.86 (M) | 0.21(M) |
| Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich) | 3 | 307.52 | 7.53 | 3.00 | 0.00 | 52.50 | 1056.80 | 34.53 | 4.22 | 2.86 | 26.66 | 2.43(M) | 69.24 (M) | 90.36 (M) | 0.50(M) | 17.21 (M) | 0.07(M) |
| Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich) | 3 | 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.) | 245 | 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) |
| Soup, Tomato Soup, Canned, Campbell's, 51000-00016 - SR101500 (1 Cup (8 oz) | 185 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | 480.00 | 20.00 | 1.00 | 12.00 | 2.00 | 0.72 | 0.00 | 300.00 | 6.00 | (M) | (M) |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Apples, raw, with skin, F - SR105078 (1 medium (3) | 175 | 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")) | 65 | 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 |
| 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) | 200 | 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) |

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) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|------------|-----------|-----------|---------|
| Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.) | 15 | 90.00 | 0.00 | 0.00 | 0.00 | 5.00 | 130.00 | 13.00 | 0.00 | 12.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton) | 35 | 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) | 30 | 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 | | | | | | | | | | | | | | | | | |
| Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces) | 25 | 33.31 | 2.89 | 0.47 | 0.04 | 0.67 | 145.10 | 1.75 | 0.06 | 0.43 | 0.11 | 0.02 | 2.14 | 0.42 | 0.01 | (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) |
| HS 12.05.18 - Day: 3 | 325 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Build A Burger Bar, MMA, WG - LR100318 (1 sandwich) | 200 | 368.06 | 12.24 | 3.58 | 0.00 | 35.00 | 967.36 | 43.48 | 6.66 | 2.50(M) | 24.14 | 4.02(M) | 137.23 (M) | 0.00(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.) | 3 | 522.83 | 12.89 | 5.95 | 0.00 | 84.75 (M) | 705.16 | 85.39 | 7.00 | 53.82 | 21.60 | 2.97(M) | 190.00 (M) | 400.00 (M) | 0.00(M) | (M) | (M) |
| Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich) | 5 | 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) | 3 | 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 Bread, MMA, WG - LR100335 (1 sandwich) | 5 | 336.31 | 13.06 | 5.78 | 0.00 | 71.52 | 1275.66 | 37.56 | 4.00 | 5.78 | 24.89 | 2.00(M) | 66.00 (M) | (M) | (M) | (M) | (M) |
| Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich) | 5 | 326.31 | 14.56 | 6.28 | 0.00 | 71.52 | 1185.66 | 34.56 | 5.00 | 3.78 | 23.89 | 1.44(M) | 60.00 (M) | 0.00(M) | 0.00(M) | (M) | (M) |
| Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.) | 5 | 488.50 | 3.77 | 1.40 | 0.00 | 5.00 | 318.75 | 102.10 | 6.79(M) | 40.50 (M) | 14.69 | 2.88(M) | 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) | 43 | 320.00 | 15.00 | 10.00 | 0.00 | 45.00 | 450.00 | 28.00 | 3.00 | 3.00 | 19.00 | 1.80 | 450.00 | 750.00 | 0.00 | (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) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|-------------|-----------|------------|---------|
| Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad) | 25 | 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) | 5 | 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) | 5 | 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) |
| Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich) | 5 | 338.52 | 12.06 | 2.02 | 0.00 | 40.00 | 913.40 | 38.27 | 4.90 | 6.03 | 18.60 | 2.16(M) | 78.44 (M) | 91.16 (M) | 3.46(M) | 52.86 (M) | 0.21(M) |
| Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich) | 3 | 328.52 | 13.56 | 2.52 | 0.00 | 40.00 | 823.40 | 35.27 | 5.90 | 4.03 | 17.60 | 1.60(M) | 72.44 (M) | 91.16 (M) | 3.46(M) | 52.86 (M) | 0.21(M) |
| Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich) | 5 | 307.52 | 7.53 | 3.00 | 0.00 | 52.50 | 1056.80 | 34.53 | 4.22 | 2.86 | 26.66 | 2.43(M) | 69.24 (M) | 90.36 (M) | 0.50(M) | 17.21 (M) | 0.07(M) |
| Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich) | 5 | 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 Dippers w/ Ranch, VDG - LR100275 (1 serv.) | 150 | 48.75 | 3.06 | 0.49 | 0.04 | 0.67 | 159.95 | 4.77 | 1.24 | 1.20 | 1.39 | 0.36 | 23.52 | 283.88 | 40.60 | 40.63 (M) | 0.40(M) |
| Lettuce & Tomato, VO, VRO - LR100297 (1 serv.) | 100 | 13.14 | 0.14 | 0.02 | 0.00 | 0.00 | 5.85 | 2.82 | 0.97 | 1.89 | 0.72 | 0.27 | 10.98 | 555.57 | 7.17 | 76.96 | 0.36 |
| Potatoes, Golden Twirls Spiral Cut French Fries, Ore-Ida, McCain Foods, OIF01038A, Veg-S - SR100930 (2 ounces) | 300 | 90.21 | 3.01 | 0.00 | 0.00 | 0.00 | 25.06 | 13.03 | 2.00 | 0.00 | 2.00 | 0.00 | 0.00 | 0.00 | 3.61 | (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")) | 95 | 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) | 280 | 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

Generated on: 12/2/2018 1:02:37 PM by Christine Schlosman

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|------------|-----------|-----------|---------|
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 220 | 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.) | 25 | 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) | 30 | 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) | 35 | 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 | | | | | | | | | | | | | | | | | |
| Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces) | 20 | 33.31 | 2.89 | 0.47 | 0.04 | 0.67 | 145.10 | 1.75 | 0.06 | 0.43 | 0.11 | 0.02 | 2.14 | 0.42 | 0.01 | (M) | (M) |
| Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet) | 300 | 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) |
| HS 12.06.18 - Day: 4 | 325 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich) | 40 | 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) | 33 | 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.) | 3 | 330.00 | 12.50 | 6.00 | 0.00 | 190.00 | 395.00 | 39.00 | 5.00 | 8.00 | 18.00 | 2.34 | 190.00 | 850.00 | 109.20 | (M) | (M) |
| Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.) | 3 | 522.83 | 12.89 | 5.95 | 0.00 | 84.75 (M) | 705.16 | 85.39 | 7.00 | 53.82 | 21.60 | 2.97(M) | 190.00 (M) | 400.00 (M) | 0.00(M) | (M) | (M) |
| Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich) | 3 | 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) | 3 | 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 Bread, MMA, WG - LR100335 (1 sandwich) | 3 | 336.31 | 13.06 | 5.78 | 0.00 | 71.52 | 1275.66 | 37.56 | 4.00 | 5.78 | 24.89 | 2.00(M) | 66.00 (M) | (M) | (M) | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

Generated on: 12/2/2018 1:02:37 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 Wrap, MMA, WG - LR100310 (1 sandwich) | 5 | 326.31 | 14.56 | 6.28 | 0.00 | 71.52 | 1185.66 | 34.56 | 5.00 | 3.78 | 23.89 | 1.44(M) | 60.00 (M) | 0.00(M) | 0.00(M) | (M) | (M) |
| Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.) | 5 | 488.50 | 3.77 | 1.40 | 0.00 | 5.00 | 318.75 | 102.10 | 6.79(M) | 40.50 (M) | 14.69 | 2.88(M) | 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) | 45 | 320.00 | 15.00 | 10.00 | 0.00 | 45.00 | 450.00 | 28.00 | 3.00 | 3.00 | 19.00 | 1.80 | 450.00 | 750.00 | 0.00 | (M) | (M) |
| Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad) | 25 | 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) | 5 | 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) | 3 | 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) |
| Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich) | 0 | 338.52 | 12.06 | 2.02 | 0.00 | 40.00 | 913.40 | 38.27 | 4.90 | 6.03 | 18.60 | 2.16(M) | 78.44 (M) | 91.16 (M) | 3.46(M) | 52.86 (M) | 0.21(M) |
| Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich) | 3 | 328.52 | 13.56 | 2.52 | 0.00 | 40.00 | 823.40 | 35.27 | 5.90 | 4.03 | 17.60 | 1.60(M) | 72.44 (M) | 91.16 (M) | 3.46(M) | 52.86 (M) | 0.21(M) |
| Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich) | 3 | 307.52 | 7.53 | 3.00 | 0.00 | 52.50 | 1056.80 | 34.53 | 4.22 | 2.86 | 26.66 | 2.43(M) | 69.24 (M) | 90.36 (M) | 0.50(M) | 17.21 (M) | 0.07(M) |
| Turkey & Cheese Wrap, MMA, WG - LR100311 (1 sandwich) | 3 | 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) |
| Walking Beefy Taco w/ Fixings, MS/HS, MMA, WG, VRO, VO - LR100181 (1 serv.) | 140 | 487.87 | 25.78 | 8.54 | 0.00 | 40.02 | 795.49 | 44.57 | 6.02 | 4.24 | 19.77 | 3.53(M) | 57.96 (M) | 955.80 (M) | 7.17(M) | 76.96 (M) | 0.36(M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Celery Dippers w/ Ranch, VO - LR100280 (1 serv.) | 150 | 41.36 | 2.97 | 0.49 | 0.04 | 0.67 | 185.34 | 3.25 | 0.87 | 1.11 | 0.46 | 0.12 | 22.34 | 227.16 | 1.58 | 48.19 (M) | 0.38(M) |
| Mexican Beans, VBP, VRO - LR100331 (1 serv.) | 45 | 130.00 | 0.50 | 0.00 | 0.00 | 0.00 | 175.00 | 26.00 | 6.00 | 2.00 | 8.00 | 1.80 | 60.00 | 0.00(M) | 0.00(M) | (M) | (M) |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Apples, raw, with skin, F - SR105078 (1 medium (3)) | 220 | 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 |

Menu Cycle Week – Nutrient Analysis

Generated on: 12/2/2018 1:02:37 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|------------|-----------|----------|---------|
| Bananas, raw - SR105089 (1 medium (7")) | 85 | 105.02 | 0.39 | 0.13 | 0.00 | 0.00 | 1.18 | 26.95 | 3.07 | 14.43 | 1.29 | 0.31 | 5.90 | 75.52 | 10.27 | 88.39 | 0.97 |
| Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.) | 200 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 16.00 | 2.00 | 12.00 | 0.00 | (M) | (M) | (M) | (M) | (M) | (M) |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 200 | 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.) | 25 | 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) | 45 | 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) | 35 | 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 | | | | | | | | | | | | | | | | | |
| Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces) | 25 | 33.31 | 2.89 | 0.47 | 0.04 | 0.67 | 145.10 | 1.75 | 0.06 | 0.43 | 0.11 | 0.02 | 2.14 | 0.42 | 0.01 | (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) |
| HS 12.07.18 - Day: 5 | 325 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.) | 3 | 330.00 | 12.50 | 6.00 | 0.00 | 190.00 | 395.00 | 39.00 | 5.00 | 8.00 | 18.00 | 2.34 | 190.00 | 850.00 | 109.20 | (M) | (M) |
| Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.) | 3 | 522.83 | 12.89 | 5.95 | 0.00 | 84.75 (M) | 705.16 | 85.39 | 7.00 | 53.82 | 21.60 | 2.97(M) | 190.00 (M) | 400.00 (M) | 0.00(M) | (M) | (M) |
| Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.) | 100 | 380.00 | 13.50 | 3.00 | 0.00 | 10.00 | 1100.00 | 49.00 | 6.00 | 10.00 | 17.00 | 3.78 | 220.00 | 0.00(M) | 0.00(M) | (M) | (M) |
| Chicken Fingers w/ Dinner Roll, MS/HS, MMA, WG - LR100337 (1 serv.) | 145 | 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) |

Menu Cycle Week – Nutrient Analysis

Generated on: 12/2/2018 1:02:37 PM by Christine Schlosman

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|-------------|-----------|------------|---------|
| Chicken Salad Sandwich, MS/HS, MMA, WG - LR100305 (1 sandwich) | 5 | 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) | 3 | 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 Bread, MMA, WG - LR100335 (1 sandwich) | 3 | 336.31 | 13.06 | 5.78 | 0.00 | 71.52 | 1275.66 | 37.56 | 4.00 | 5.78 | 24.89 | 2.00(M) | 66.00 (M) | (M) | (M) | (M) | (M) |
| Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich) | 3 | 326.31 | 14.56 | 6.28 | 0.00 | 71.52 | 1185.66 | 34.56 | 5.00 | 3.78 | 23.89 | 1.44(M) | 60.00 (M) | 0.00(M) | 0.00(M) | (M) | (M) |
| Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.) | 3 | 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) | 12 | 320.00 | 15.00 | 10.00 | 0.00 | 45.00 | 450.00 | 28.00 | 3.00 | 3.00 | 19.00 | 1.80 | 450.00 | 750.00 | 0.00 | (M) | (M) |
| Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad) | 25 | 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) | 5 | 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) | 5 | 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) |
| Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich) | 3 | 338.52 | 12.06 | 2.02 | 0.00 | 40.00 | 913.40 | 38.27 | 4.90 | 6.03 | 18.60 | 2.16(M) | 78.44 (M) | 91.16 (M) | 3.46(M) | 52.86 (M) | 0.21(M) |
| Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich) | 2 | 328.52 | 13.56 | 2.52 | 0.00 | 40.00 | 823.40 | 35.27 | 5.90 | 4.03 | 17.60 | 1.60(M) | 72.44 (M) | 91.16 (M) | 3.46(M) | 52.86 (M) | 0.21(M) |
| Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich) | 3 | 307.52 | 7.53 | 3.00 | 0.00 | 52.50 | 1056.80 | 34.53 | 4.22 | 2.86 | 26.66 | 2.43(M) | 69.24 (M) | 90.36 (M) | 0.50(M) | 17.21 (M) | 0.07(M) |
| Turkey & Cheese Wrap, MMA, WG - LR100311 (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 | | | | | | | | | | | | | | | | | |
| Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces) | 285 | 113.71 | 3.62 | 0.00 | 0.00 | 0.00 | 134.39 | 17.57 | 1.03 | 0.00 | 2.07 | 0.37 | 0.00 | 0.00 | 3.72 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

Generated on: 12/2/2018 1:02:37 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|-----------|---------|
| 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) |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Apples, raw, with skin, F - SR105078 (1 medium (3) | 200 | 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")) | 95 | 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.) | 185 | 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) |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 215 | 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.) | 25 | 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) | 35 | 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) | 35 | 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 | | | | | | | | | | | | | | | | | |
| Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces) | 25 | 33.31 | 2.89 | 0.47 | 0.04 | 0.67 | 145.10 | 1.75 | 0.06 | 0.43 | 0.11 | 0.02 | 2.14 | 0.42 | 0.01 | (M) | (M) |
| Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet) | 275 | 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) |