

Menu Cycle Week – Nutrient Analysis

Generated on: 12/2/2018 1:04:42 PM by Christine Schlosman

Menu Cycle: Week of 12.17.18 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]	786.12	
Fat (g)		22.46	25.71
Sfat (g)(1)	< 10.00 % of Calories	7.75	8.87
TFat (g)(2)		0.01(M)	
Chol (mg)		71.05(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,174.46	
Sodium Target 2 (mg) (13)	< 1,080.00	1,174.46	
Carb (g)		116.69	59.38
TDF (g)		12.11(M)	
Sugars (g)		50.86(M)	25.88
Pro (g)		34.16	17.38
Fe (mg)		4.44(M)	
Ca (mg)		617.58(M)	
A,IU		5,352.73(M)	
VitC (mg)		29.86(M)	
Mois (g)		191.20(M)	
Ash (g)		0.91(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 4.000	[4.000 - 7.750]	
Veg	>= 4.000	[4.875 - 9.875]	
Veg-DG	>= 0.500	2.750	
Veg-RO	>= 1.250	3.250	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	2.250	
Veg-O	>= 0.750	1.125	
Grains	[8.000 - 9.500]	[9.000 - 13.250](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	149.750	100.00
Meat/MA	[8.000 - 9.500]	[8.000 - 14.000](a)	
MILK-F	>= 4.000	4.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	1.000	
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)
HS 12.17.18 - Day: 1	325																
Category: Entrees; Choose: 1																	
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)	141	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.)	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)
Chicken Tenders w/ Soft Pretzel, MMA, WG - LR100348 (1 serv.)	100	330.00	15.50	2.50	0.00	25.00	490.00	30.00	4.00	1.00	17.00	2.52	0.00	100.00	0.00	(M)	(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)	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)	20	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)	3	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)

Menu Cycle Week – Nutrient Analysis

Generated on: 12/2/2018 1:04:42 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 (M)	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																	
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	165	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)
Beans, Vegetarian Beans, Dawn Glo Brand, Veg-BP - SR103448 (1/2 cup servin)	50	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)
Category: Fruits; Choose: 2																	
Apples, raw, with skin, F - SR105078 (1/2 medium (3)	185	47.32	0.15	0.03	0.00	0.00	0.91	12.57	2.18	9.46	0.24	0.11	5.46	49.14	4.19	77.86	0.17
Bananas, raw - SR105089 (1 medium (7"))	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
Pineapple, canned, juice pack, solids and liquids - SR105250 (3/4 cup, crush)	215	112.05	0.15	0.01	0.00	0.00	1.87	29.32	1.49	26.99	0.78	0.52	26.14	70.97	17.74	155.95	0.56
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.)	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)	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)	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)

Menu Cycle Week – Nutrient Analysis

Generated on: 12/2/2018 1:04:42 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)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	85	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																	
Cookies, Holiday, Whole Grain, Darlington, Various, WGR - SR108189 (1 cookie)	165	120.00	4.00	1.00	0.00	5.00	50.00	19.00	2.00	6.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
HS 12.18.18 - Day: 2																	
Category: Entrees; Choose: 1																	
Baked Ziti, MMA, WG, VRO - LR100087 (1 serv.)	125	405.54	9.67	4.14	0.00(M)	20.25	835.27	57.15	7.42	9.85(M)	22.44	1.87(M)	1533.11 (M)	1.97(M)	1.48(M)	17.86 (M)	0.09(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)
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)	2	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)
Mexican Tacos , HS, MMA, WG - LR100340 (1 serv.)	100	672.65	38.31	17.13	0.00	76.27	651.31	49.57	6.18	3.46	28.83	4.02(M)	61.49 (M)	681.01 (M)	1.01(M)	34.43 (M)	0.13(M)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	36	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

Generated on: 12/2/2018 1:04:42 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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	3	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)	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)	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																	
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)
Romaine Salad, VDG, VRO - LR100014 (1 salad)	125	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)	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"))	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.)	215	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)
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

Generated on: 12/2/2018 1:04:42 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)
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)	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)
HS 12.19.18 - Day: 3																	
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)
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.)	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)	76	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)	3	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)	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)
Top Your Own Mashed Potato Bar, MMA, WG VS - LR100324 (1 serv.)	175	670.46	25.22	7.39	0.00	52.75	1745.88	80.99	5.50	8.50(M)	33.38	4.53(M)	193.88 (M)	719.25 (M)	32.90 (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																	
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)
Mashed Potatoes, 12/28 oz. Pouch, Basic American Foods, 76468, VS - LR100290 (1/2 cup, cooke)	200	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)	185	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
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	225	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)
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

Generated on: 12/2/2018 1:04:42 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)
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)	165	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 12.20.18 - Day: 4	325																
Category: Entrees; Choose: 1																	
BBQ Beef Rib on Club Roll, HS, MMA, WG - LR100369 (1 sandwich)	74	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)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	80	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)	65	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)	5	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 1:04:42 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)	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	3	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)	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)	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																	
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)
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)	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 1:04:42 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"))	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
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	185	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.)	35	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)	20	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)	295	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)