

# Menu Cycle Week – Nutrient Analysis

Menu Cycle: 18.19 Elem Breakfast Weeks of 1.07 and 1.21.2019  
 Week: 1  
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Breakfast  
 Serving Group: K-5  
 Site Group: Elementary School

| Cycle Week Nutrient Summary  |                       |              |               |
|------------------------------|-----------------------|--------------|---------------|
| Nutrient                     | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1)           | [350.00 - 500.00]     | 463.68       |               |
| Fat (g)                      |                       | 9.07         | 17.60         |
| Sfat (g)(1)                  | < 10.00 % of Calories | 4.13         | 8.02          |
| TFat (g)(2)                  |                       | 0.00         |               |
| Chol (mg)                    |                       | 42.85        |               |
| Sodium Target 1 (mg)<br>(13) | < 540.00              | 441.42       |               |
| Sodium Target 2 (mg)<br>(13) | < 485.00              | 441.42       |               |
| Carb (g)                     |                       | 82.53        | 71.20         |
| TDF (g)                      |                       | 4.47(M)      |               |
| Sugars (g)                   |                       | 52.03(M)     | 44.88         |
| Pro (g)                      |                       | 14.56        | 12.56         |
| Fe (mg)                      |                       | 2.08(M)      |               |
| Ca (mg)                      |                       | 567.17       |               |
| A,IU                         |                       | 1,044.63(M)  |               |
| VitC (mg)                    |                       | 15.53(M)     |               |
| Mois (g)                     |                       | 60.04(M)     |               |
| Ash (g)                      |                       | 0.35(M)      |               |

| Cycle Week Food Component Summary |                  |                      |            |
|-----------------------------------|------------------|----------------------|------------|
| Food Component                    | Standard Value   | Actual Value         | % of Total |
| Fruit                             | >= 5.000         | [5.000 - 10.000]     |            |
| Veg                               |                  | 0.000                |            |
| Veg-DG                            |                  | 0.000                |            |
| Veg-RO                            |                  | 0.000                |            |
| Veg-BP                            |                  | 0.000                |            |
| Veg-S                             |                  | 0.000                |            |
| Veg-O                             |                  | 0.000                |            |
| Grains                            | [7.000 - 10.000] | [9.500 - 10.500](ab) |            |
| Non-WGR                           |                  | 0.000                |            |
| WGR                               | >= 100.000 % of  | 31.000               | 100.00     |
| Meat/MA                           |                  | [0.000 - 1.000]      |            |
| MILK-F                            | >= 5.000         | 5.000                |            |
| Fruit-J                           | <= 50.000 % of   | 0.000                | 0.00       |
| Grain-D                           |                  | 2.000                |            |
| Vegetable-J                       |                  | 0.000                |            |
| 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 Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met.
- b 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|-----------|---------|
| <b>ELEM Breakfast Monday #2 - Day: 1</b>  | 65       |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| <b>Category: Entrees; Choose: 1</b>   |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Assorted Cereals w/ Grahams, MMA, WG - LR100270 (1 serv.)                               | 10       | 224.29          | 5.36    | 1.14     | 0.00     | 0.00      | 283.57  | 41.71    | 3.00    | 13.71      | 3.71    | 5.88    | 201.43  | 471.43  | 6.60      | (M)       | (M)     |
| Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)                            | 15       | 242.50          | 5.63    | 3.13     | 0.00     | 10.00     | 387.50  | 38.75    | 3.00    | 16.00      | 9.25    | 1.40    | 250.00  | 900.00  | 0.00      | (M)       | (M)     |
| Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)  | 30       | 185.00          | 5.00    | 2.50     | 0.00     | 15.00     | 275.00  | 30.00    | 4.00    | 6.00       | 8.00    | 1.80    | 60.00   | 200.00  | 0.00      | (M)       | (M)     |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) | 10       | 248.59          | 2.52    | 0.90     | 0.00     | 2.50      | 116.29  | 52.62    | 3.79(M) | 25.51 (M)  | 6.20    | 1.07(M) | 112.87  | 916.65  | 5.73(M)   | 28.95 (M) | 0.60(M) |
| <b>Category: Fruits; Choose: 2</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Apples, raw, with skin, F - SR105078 (1 medium (3 )                                     | 15       | 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    |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)                                     | 45       | 67.48           | 0.00    | 0.00     | 0.00     | 0.00      | 5.07    | 15.86    | 0.00    | 14.16      | 0.00    | 0.00    | 0.00    | 0.00(M) | 14.00 (M) | (M)       | (M)     |
| Bananas, raw - SR105089 (1 medium (7"))   | 10       | 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    |
| <b>Category: Milk; Choose: 1</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )                       | 40       | 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.)                    | 5        | 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)                | 10       | 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 )                      | 10       | 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)     |
| <b>ELEM Breakfast Tuesday #2 - Day: 2</b>   | 65       |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| <b>Category: Entrees; Choose: 1</b>   |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Assorted Cereals w/ Grahams, MMA, WG - LR100270 (1 serv.)                               | 10       | 224.29          | 5.36    | 1.14     | 0.00     | 0.00      | 283.57  | 41.71    | 3.00    | 13.71      | 3.71    | 5.88    | 201.43  | 471.43  | 6.60      | (M)       | (M)     |
| Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)                            | 10       | 242.50          | 5.63    | 3.13     | 0.00     | 10.00     | 387.50  | 38.75    | 3.00    | 16.00      | 9.25    | 1.40    | 250.00  | 900.00  | 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|-----------|---------|
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) | 5        | 248.59          | 2.52    | 0.90     | 0.00     | 2.50      | 116.29  | 52.62    | 3.79(M) | 25.51 (M)  | 6.20    | 1.07(M) | 112.87  | 916.65  | 5.73(M)   | 28.95 (M) | 0.60(M) |
| French Toast Sticks, Sunny Fresh, 40032, MMA, WGR - LR100266 (3 sticks)                 | 40       | 170.00          | 4.00    | 1.00     | 0.00     | 125.00    | 300.00  | 25.00    | 2.00    | 5.00       | 8.00    | 1.80    | 40.00   | 200.00  | 0.00      | (M)       | (M)     |
| <b>Category: Fruits; Choose: 2</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Apples, raw, with skin, F - SR105078 (1 medium (3 )                                     | 15       | 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    |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)                                     | 45       | 67.48           | 0.00    | 0.00     | 0.00     | 0.00      | 5.07    | 15.86    | 0.00    | 14.16      | 0.00    | 0.00    | 0.00    | 0.00(M) | 14.00 (M) | (M)       | (M)     |
| Bananas, raw - SR105089 (1 medium (7"))   | 15       | 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    |
| <b>Category: Milk; Choose: 1</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )                       | 40       | 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.)                    | 5        | 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)                | 5        | 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 )                      | 5        | 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)     |
| <b>Category: Condiments; Choose: 1</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Syrup, Pancake, 1.5 oz Cup, POCO Pac - SR105936 (1 ea.)                                 | 25       | 110.00          | 0.00    | 0.00     | 0.00     | 0.00      | 10.00   | 27.00    | 0.00    | 18.00      | 0.00    | 0.00    | 0.00    | 0.00    | 0.00      | (M)       | (M)     |
| <b>ELEM Breakfast Wednesday #2 - Day: 3</b>   | 65       |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| <b>Category: Entrees; Choose: 1</b>   |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Assorted Cereals w/ Grahams, MMA, WG - LR100270 (1 serv.)                               | 5        | 224.29          | 5.36    | 1.14     | 0.00     | 0.00      | 283.57  | 41.71    | 3.00    | 13.71      | 3.71    | 5.88    | 201.43  | 471.43  | 6.60      | (M)       | (M)     |
| Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)                            | 10       | 242.50          | 5.63    | 3.13     | 0.00     | 10.00     | 387.50  | 38.75    | 3.00    | 16.00      | 9.25    | 1.40    | 250.00  | 900.00  | 0.00      | (M)       | (M)     |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) | 5        | 248.59          | 2.52    | 0.90     | 0.00     | 2.50      | 116.29  | 52.62    | 3.79(M) | 25.51 (M)  | 6.20    | 1.07(M) | 112.87  | 916.65  | 5.73(M)   | 28.95 (M) | 0.60(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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|-----------|---------|
| Pizza, Breakfast, Bacon Scramble, Tony's, 78353, MMA, WGR - SR108239 (1 piece)                      | 45       | 210.00          | 8.00    | 3.50     | 0.00     | 55.00     | 320.00  | 25.00    | 2.00    | 5.00       | 10.00   | 0.29    | 1550.00 | 0.00    | 0.00      | (M)       | (M)     |
| <b>Category: Fruits; Choose: 2</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Apples, raw, with skin, F - SR105078 (1 medium (3))   | 15       | 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    |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)   | 45       | 67.48           | 0.00    | 0.00     | 0.00     | 0.00      | 5.07    | 15.86    | 0.00    | 14.16      | 0.00    | 0.00    | 0.00    | 0.00(M) | 14.00 (M) | (M)       | (M)     |
| Bananas, raw - SR105089 (1 medium (7"))   | 15       | 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    |
| <b>Category: Milk; Choose: 1</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)                                    | 40       | 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.)                                | 5        | 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)                            | 5        | 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)                                   | 5        | 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)     |
| <b>ELEM Breakfast Thursday #2 - Day: 4</b>  | 65       |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| <b>Category: Entrees; Choose: 1</b>   |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Assorted Cereals w/ Grahams, MMA, WG - LR100270 (1 serv.)   | 10       | 224.29          | 5.36    | 1.14     | 0.00     | 0.00      | 283.57  | 41.71    | 3.00    | 13.71      | 3.71    | 5.88    | 201.43  | 471.43  | 6.60      | (M)       | (M)     |
| Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)  | 15       | 242.50          | 5.63    | 3.13     | 0.00     | 10.00     | 387.50  | 38.75    | 3.00    | 16.00      | 9.25    | 1.40    | 250.00  | 900.00  | 0.00      | (M)       | (M)     |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.)             | 5        | 248.59          | 2.52    | 0.90     | 0.00     | 2.50      | 116.29  | 52.62    | 3.79(M) | 25.51 (M)  | 6.20    | 1.07(M) | 112.87  | 916.65  | 5.73(M)   | 28.95 (M) | 0.60(M) |
| Pancake, Mini Pancake Maple Burst'n, Pillsbury, General Mills, 137732, WGR - SR100160 (1 package 1) | 35       | 210.00          | 6.00    | 0.50     | 0.00     | 0.00      | 270.00  | 38.00    | 2.00    | 11.00      | 4.00    | 1.08    | 40.00   | 0.00    | 0.00      | (M)       | (M)     |
| <b>Category: Fruits; Choose: 2</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Apples, raw, with skin, F - SR105078 (1 medium (3))   | 15       | 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: 1/7/2019 7:19:10 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|-----------|---------|
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)   | 45       | 67.48           | 0.00    | 0.00     | 0.00     | 0.00      | 5.07    | 15.86    | 0.00    | 14.16      | 0.00    | 0.00    | 0.00    | 0.00(M) | 14.00 (M) | (M)       | (M)     |
| Bananas, raw - SR105089 (1 medium (7"))   | 15       | 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    |
| <b>Category: Milk; Choose: 1</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )                                   | 40       | 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.)                                | 5        | 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)                            | 5        | 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 )                                  | 5        | 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)     |
| <b>ELEM Breakfast Friday #2 - Day: 5</b>  | 65       |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| <b>Category: Entrees; Choose: 1</b>   |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Assorted Cereals w/ Grahams, MMA, WG - LR100270 (1 serv.)   | 5        | 224.29          | 5.36    | 1.14     | 0.00     | 0.00      | 283.57  | 41.71    | 3.00    | 13.71      | 3.71    | 5.88    | 201.43  | 471.43  | 6.60      | (M)       | (M)     |
| Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)  | 5        | 242.50          | 5.63    | 3.13     | 0.00     | 10.00     | 387.50  | 38.75    | 3.00    | 16.00      | 9.25    | 1.40    | 250.00  | 900.00  | 0.00      | (M)       | (M)     |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.)             | 5        | 248.59          | 2.52    | 0.90     | 0.00     | 2.50      | 116.29  | 52.62    | 3.79(M) | 25.51 (M)  | 6.20    | 1.07(M) | 112.87  | 916.65  | 5.73(M)   | 28.95 (M) | 0.60(M) |
| Chocolate Mini Donuts, Bake Crafters, 1929, WG - LR100268 (1 pkg.)                                  | 30       | 320.00          | 16.00   | 9.00     | 0.00     | 20.00     | 260.00  | 42.00    | 3.00    | 17.00      | 5.00    | 2.70    | 40.00   | 400.00  | 0.00      | (M)       | (M)     |
| Donuts, Doughnuts, Powdered Sugar Cake, RF, IW, 3.2 oz, Bake Crafters, 1915, WGR - SR107438 (1 ea.) | 20       | 340.00          | 13.00   | 6.00     | 0.00     | 30.00     | 320.00  | 50.00    | 2.00    | 23.00      | 5.00    | 1.80    | 150.00  | 500.00  | 0.00      | (M)       | (M)     |
| <b>Category: Fruits; Choose: 2</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Apples, raw, with skin, F - SR105078 (1 medium (3 )   | 20       | 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    |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)   | 45       | 67.48           | 0.00    | 0.00     | 0.00     | 0.00      | 5.07    | 15.86    | 0.00    | 14.16      | 0.00    | 0.00    | 0.00    | 0.00(M) | 14.00 (M) | (M)       | (M)     |
| Bananas, raw - SR105089 (1 medium (7"))   | 15       | 105.02          | 0.39    | 0.13     | 0.00     | 0.00      | 1.18    | 26.95    | 3.07    | 14.43      | 1.29    | 0.31    | 5.90    | 75.52   | 10.27     | 88.39     | 0.97    |

# Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size)   | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU   | VitC (mg) | Mois (g) | Ash (g) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| <b>Category: Milk; Choose: 1</b>   |          |                 |         |          |          |           |         |          |         |            |         |         |         |        |           |          |         |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )        | 40       | 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.)     | 5        | 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) | 10       | 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 )       | 10       | 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)     |