

Menu Cycle Week – Nutrient Analysis

Generated on: 1/29/2019 9:16:17 AM by Christine Schlosman

Menu Cycle: Week of 02.11.19 ELEM
 Week: 1
 Result: **Exceeded**

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	649.28	
Fat (g)		19.58	27.14
Sfat (g)(1)	< 10.00 % of Calories	5.62	7.79
TFat (g)(2)		0.01(M)	
Chol (mg)		67.31(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	1,005.79	
Sodium Target 2 (mg) (13)	< 935.00	1,005.79	
Carb (g)		90.56	55.79
TDF (g)		8.08(M)	
Sugars (g)		36.93(M)	22.75
Pro (g)		27.71	17.07
Fe (mg)		3.58(M)	
Ca (mg)		517.82(M)	
A,IU		2,565.13(M)	
VitC (mg)		59.45(M)	
Mois (g)		39.75(M)	
Ash (g)		0.30(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.000	[2.000 - 4.000]	
Veg	>= 3.000	[4.250 - 11.000]	
Veg-DG	>= 0.500	3.250	
Veg-RO	>= 0.750	2.125	
Veg-BP	>= 0.500	1.250	
Veg-S	>= 0.500	2.250	
Veg-O	>= 0.500	2.125	
Grains	[6.500 - 7.000]	[7.750 - 12.000](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	65.750	100.00
Meat/MA	[6.500 - 8.000]	[8.000 - 10.500](a)	
MILK-F	>= 4.000	4.000	
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	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)
ELEM 02.11.19 - Day: 1	245																
Category: Entrees; Choose: 1																	
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	10	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/ Soft Pretzel, MMA, WG - LR100164 (1 serv.)	95	332.50	15.50	2.50	0.00	25.00	500.00	30.25	3.50	1.25	18.25	2.97	25.00	125.00	0.00	(M)	(M)
Garden Salad & Dinner roll - LR100043 (1 serv.)	15	372.77	9.88	4.17	0.00	20.25	759.90	49.97	12.04	8.83(M)	26.90	5.01(M)	1639.19 (M)	15494.99(M)	56.43 (M)	225.48 (M)	1.37(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	10	488.50	3.77	1.40	0.00	5.00	318.75	102.10	6.79(M)	40.50 (M)	14.69	2.88(M)	232.78	1416.21	6.93(M)	28.95 (M)	0.60(M)
Pizza, French Bread Cheese Pizza, 6", Tony's, Schwan's Food Service, Inc. 78356, MMA, WG, Veg-RO - SR100365 (1 portion)	100	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)
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)	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)
Category: Vegetables; Choose: 2																	
Peas, green, cooked from frozen, drained, without salt [100350, A160] - SR100123 (1/2 c.)	40	62.00	0.22	0.04	0.00	0.00	58.00	11.41	4.40	(M)	4.12	1.26	19.00	1680.00	7.90	(M)	(M)
Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces)	185	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)
Category: Fruits; Choose: 1																	
Bananas, raw - SR105089 (1 medium (7"))	25	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

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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)
Fruit, Sweet Apples, Fresh Cut, Slices, 2 oz package, appealingfruit - SR108280 (1 pkg.)	125	30.00	0.00	0.00	0.00	0.00	0.00	8.00	2.00	6.00	0.00	0.18	0.00	50.00	108.00	(M)	(M)
Tangerines, (mandarin oranges), canned, juice pack - SR105085 (1/2 c.)	65	46.06	0.04	0.00	0.00	0.00	6.22	11.91	0.87	11.04	0.77	0.34	13.70	1060.74	42.58	111.44	0.35
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	145	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.)	6	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)	8	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)	15	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)	10	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)	125	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)
ELEM 02.12.19 - Day: 2	245																
Category: Entrees; Choose: 1																	
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	10	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)
Chef's Salad, ELEM, MMA, WG, VDG, VRO - LR100017 (1 serv.)	15	434.97	19.66	7.59	0.04	58.37	1284.33	45.16	6.35	6.62	25.27	2.72(M)	42.08 (M)	3669.22 (M)	2.93(M)	29.98 (M)	0.14(M)
Chicken Parmesan Sandwich, ELEM/MS, MMA, WG - LR100362 (1 sandwich)	85	444.92	17.29	4.69	0.00	35.13	1122.17	43.68	6.50	5.50(M)	26.25	4.19	796.24	16.67 (M)	0.00(M)	(M)	(M)
Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)	115	240.00	11.50	5.00	0.00	30.00	560.00	23.00	2.00	1.00	10.00	2.52	26.00	100.00 (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)

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
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)	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)
Category: Vegetables; Choose: 2																	
Beans, Vegetarian Beans, Dawn Glo Brand, Veg-BP - SR103448 (1/2 cup servin)	35	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)
Mixed Vegetables, 4-Way Mixed Vegetables (Carrots, - SR101815 (1/2 Cup Cooked)	80	58.46	0.00	0.00	0.00	0.00	46.37	12.10	3.02	(M)	3.02	0.73	20.16	3527.93	9.07	(M)	(M)
Category: Fruits; Choose: 1																	
Bananas, raw - SR105089 (1 medium (7"))	25	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, Sweet Apples, Fresh Cut, Slices, 2 oz package, appealingfruit - SR108280 (1 pkg.)	145	30.00	0.00	0.00	0.00	0.00	0.00	8.00	2.00	6.00	0.00	0.18	0.00	50.00	108.00	(M)	(M)
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	60	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)	145	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.)	8	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)	15	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)	25	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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Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	10	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)
ELEM 02.13.19 - Day: 3	245																
Category: Entrees; Choose: 1																	
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	10	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)
French Toast Sticks w/ Sausage, ELEM, MMA, WG - LR100390 (1 serv.)	165	368.84	12.35	3.84	0.00(M)	186.67	582.01	48.04	2.67	6.67(M)	16.67	2.77	74.32	266.67	0.00	5.93(M)	0.04(M)
Garden Salad & Dinner roll - LR100043 (1 serv.)	15	372.77	9.88	4.17	0.00	20.25	759.90	49.97	12.04	8.83(M)	26.90	5.01(M)	1639.19 (M)	15494.99(M)	56.43 (M)	225.48 (M)	1.37(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)
Philly Cheese Steak on Club Roll, ELEM, MMA, WG - LR100285 (1 sandwich)	45	333.36	11.84	5.00	0.00	45.01	573.44	35.67	4.00	2.00	21.34	3.24	164.71	0.00(M)	0.00(M)	(M)	(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)	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)
Category: Vegetables; Choose: 2																	
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	100	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)
Potato, Tater Tots Shaped, Ore-Ida, McCain, OIF00215A, Veg-S - SR103488 (3/4 c.)	200	216.94	9.15	1.31	0.00	0.00	470.47	24.83	2.61	0.00	2.61	0.47	0.00	0.00	4.70	(M)	(M)
Category: Fruits; Choose: 1																	
Bananas, raw - SR105089 (1 medium (7"))	25	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)
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	100	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)
Fruit, Sweet Apples, Fresh Cut, Slices, 2 oz package, appealingfruit - SR108280 (1 pkg.)	0	30.00	0.00	0.00	0.00	0.00	0.00	8.00	2.00	6.00	0.00	0.18	0.00	50.00	108.00	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	145	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.)	8	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)	15	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)	25	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)	10	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)	195	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)
ELEM 02.14.19 - Day: 4	245																
Category: Entrees; Choose: 1																	
Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100110 (1 sandwich)	80	350.00	13.50	2.50	0.00	25.00	690.00	37.00	5.00	2.00	18.00	3.24	26.00	0.00(M)	0.00(M)	(M)	(M)
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	10	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)
Cheesy Pepperoni Pizza Bagels, MMA, WG, VRO - LR100392 (2 halves)	40	362.64	9.63	4.70	0.00	34.52	1128.51	43.80	8.00	13.00 (M)	25.81	4.32	1592.34	194.64	1.56	(M)	(M)
Cheesy Pizza Bagels, MMA, WG, VRO - LR100363 (2 halves)	20	331.50	8.07	4.05	0.00	20.25	944.25	43.02	8.00	13.00 (M)	22.18	3.95	1587.15	0.00	0.00	(M)	(M)

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Garden Salad & Dinner roll - LR100043 (1 serv.)	15	372.77	9.88	4.17	0.00	20.25	759.90	49.97	12.04	8.83(M)	26.90	5.01(M)	1639.19 (M)	15494.9 9(M)	56.43 (M)	225.48 (M)	1.37(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	10	488.50	3.77	1.40	0.00	5.00	318.75	102.10	6.79(M)	40.50 (M)	14.69	2.88(M)	232.78	1416.21	6.93(M)	28.95 (M)	0.60(M)
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)	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)
Spicy Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100111 (1 sandwich)	55	380.00	15.50	3.00	0.00	25.00	630.00	39.00	5.00	2.00	19.00	4.14	26.00	100.00 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1/2 c.)	125	25.76	0.11	0.02	0.00	0.00	10.12	4.92	2.76	1.35	2.85	0.56	30.36	930.12	36.89	83.46	0.65
Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces)	200	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)
Category: Fruits; Choose: 1																	
Bananas, raw - SR105089 (1 medium (7"))	25	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, Sweet Apples, Fresh Cut, Slices, 2 oz package, appealingfruit - SR108280 (1 pkg.)	125	30.00	0.00	0.00	0.00	0.00	0.00	8.00	2.00	6.00	0.00	0.18	0.00	50.00	108.00	(M)	(M)
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	65	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)	145	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.)	8	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: 1/29/2019 9:16:17 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)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	15	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)	25	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)	15	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)	185	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, Cherry Vanilla Swirl, 3 oz Cup, Hershey's, 24682-31642 - SR109347 (1 ea.)	150	70.00	1.00	0.50	0.00	4.99	60.00	14.00	0.00	10.00	2.00	0.00	100.00	200.00	0.00	(M)	(M)