

# Menu Cycle Week – Nutrient Analysis

Generated on: 3/29/2019 7:43:21 AM by Christine Schlosman

Menu Cycle: Week of 04.01.19 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]	821.66	
Fat (g)		26.65	29.19
Sfat (g)(1)	< 10.00 % of Calories	7.79	8.53
TFat (g)(2)		0.02(M)	
Chol (mg)		67.53(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,390.07	
Sodium Target 2 (mg) (13)	< 1,080.00	1,390.07	
Carb (g)		115.57	56.26
TDF (g)		12.83(M)	
Sugars (g)		50.22(M)	24.45
Pro (g)		33.29	16.21
Fe (mg)		4.98(M)	
Ca (mg)		778.19(M)	
A,IU		10,806.94(M)	
VitC (mg)		49.45(M)	
Mois (g)		177.63(M)	
Ash (g)		1.27(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[5.000 - 7.500]	
Veg	>= 5.000	[5.250 - 12.125]	
Veg-DG	>= 0.500	6.125	
Veg-RO	>= 1.250	4.000	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	2.250	
Veg-O	>= 0.750	2.750	
Grains	[10.000 - 12.000]	[10.000 - 13.750](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	244.250	100.00
Meat/MA	[10.000 - 12.000]	[10.000 - 15.000](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.500	6.67
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

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>HS 04.01.19 - Day: 1</b>	325																
<b>Category: Entrees; Choose: 1</b>																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO, VO - LR100013 (1 salad)	5	467.06	16.14	3.67	0.00	180.13	988.77	60.91	13.77	10.85 (M)	28.79	6.65	922.62	29823.41 (M)	26.52 (M)	357.43 (M)	2.23 (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)
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)	40	355.00	12.50	5.00	0.00	47.50	855.00	40.00	5.00	2.50	22.50	4.14 (M)	124.00 (M)	0.00 (M)	0.00 (M)	(M)	(M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	5	433.99	13.14	3.17	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	27.79	6.30 (M)	899.65 (M)	29480.38 (M)	26.49 (M)	357.76 (M)	2.19 (M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	25	511.99	17.64	3.42	0.00	20.13	1098.93	67.01	15.13	10.39 (M)	29.79	7.20	899.65	29530.38 (M)	26.49 (M)	357.76 (M)	2.19 (M)
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	20	511.99	17.64	3.42	0.00	20.13 (M)	1168.93	67.01	15.13	10.39 (M)	29.79	7.20 (M)	899.65 (M)	29530.38 (M)	26.49 (M)	357.76 (M)	2.19 (M)
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)	5	441.99	11.64	2.42	0.00	30.13	1193.93	61.51	13.63	9.89 (M)	31.79	6.48	899.65	29480.38 (M)	26.49 (M)	357.76 (M)	2.19 (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)	2	363.00	17.37	3.66	0.00	51.65	673.66	34.91	5.96	3.52	19.19	2.15	77.94	204.13 (M)	2.77 (M)	59.13 (M)	0.32 (M)
Chicken Tender Wrap, MMA, WG - LR100301 (1 sandwich)	15	465.00	20.17	3.17	0.00	25.83	596.67	49.00	7.00	1.17	20.00	3.60	63.33	100.00	0.00	(M)	(M)
Chunky Monkey Parfait, MMA, WG, F - LR100387 (1 serv.)	15	695.24	29.57	9.25	0.00	2.50	361.87	94.35	8.84 (M)	52.93	20.28	4.55 (M)	147.90	1287.95 (M)	8.07 (M)	45.91 (M)	1.07 (M)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	10	665.42	31.54	8.89	0.00	220.00	1357.79	65.77	14.77	10.98 (M)	38.29	7.09 (M)	158.65 (M)	29745.86 (M)	15.98 (M)	335.22 (M)	2.04 (M)
Ham & Cheese on Bread, MMA, WG - LR100335 (1 sandwich)	2	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

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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)
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)
Hamburger on Roll, MS/HS, MMA, WG - LR100319 (1 sandwich)	45	300.00	8.00	2.50	0.00	35.00	720.00	39.00	5.00	2.00	20.00	4.14	124.00	0.00(M)	0.00(M)	(M)	(M)
Pizza, Buffalo Chicken, 16", Big Daddy's Primo, 78639, MMA, WGR - SR108199 (1/8 pizza)	75	390.00	19.00	7.00	0.00	45.00	750.00	35.00	3.00	8.00	20.00	0.40	3200.00	3750.00	0.00	(M)	(M)
Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad)	10	378.28	11.38	3.85	0.00(M)	196.63	670.70	50.18	12.64	12.35 (M)	25.13	5.81	953.73	19434.40(M)	97.79 (M)	413.92 (M)	2.97(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	15	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Strawberry, Smucker's, 5150021028, MMA, WGR - SR107999 (1 sandwich)	9	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)	0.20(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)	0.20(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	2.85	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	1.85	27.66	3.13(M)	107.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
<b>Category: Vegetables; Choose: 2</b>																	
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)
Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces)	265	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)
<b>Category: Fruits; Choose: 2</b>																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	215	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	0.00	12.00	(M)	(M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
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
Tangerines, (mandarin oranges), canned, juice pack - SR105085 (1/2 c.)	185	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
<b>Category: Milk; Choose: 1</b>																	
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.)	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 )	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)
<b>Category: Condiments; Choose: 1</b>																	
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	45	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)	260	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)
<b>HS 04.02.19 - Day: 2</b>	325																
<b>Category: Entrees; Choose: 1</b>																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO, VO - LR100013 (1 salad)	5	467.06	16.14	3.67	0.00	180.13	988.77	60.91	13.77	10.85 (M)	28.79	6.65	922.62	29823.41 (M)	26.52 (M)	357.43 (M)	2.23 (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)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	10	433.99	13.14	3.17	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	27.79	6.30 (M)	899.65 (M)	29480.38 (M)	26.49 (M)	357.76 (M)	2.19 (M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	20	511.99	17.64	3.42	0.00	20.13	1098.93	67.01	15.13	10.39 (M)	29.79	7.20	899.65	29530.38 (M)	26.49 (M)	357.76 (M)	2.19 (M)
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	25	511.99	17.64	3.42	0.00	20.13 (M)	1168.93	67.01	15.13	10.39 (M)	29.79	7.20 (M)	899.65 (M)	29530.38 (M)	26.49 (M)	357.76 (M)	2.19 (M)
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)	10	441.99	11.64	2.42	0.00	30.13	1193.93	61.51	13.63	9.89 (M)	31.79	6.48	899.65	29480.38 (M)	26.49 (M)	357.76 (M)	2.19 (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)
Chunky Monkey Parfait, MMA, WG, F - LR100387 (1 serv.)	25	695.24	29.57	9.25	0.00	2.50	361.87	94.35	8.84 (M)	52.93	20.28	4.55 (M)	147.90	1287.95 (M)	8.07 (M)	45.91 (M)	1.07 (M)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	15	665.42	31.54	8.89	0.00	220.00	1357.79	65.77	14.77	10.98 (M)	38.29	7.09 (M)	158.65 (M)	29745.86 (M)	15.98 (M)	335.22 (M)	2.04 (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)
Hot Dog on Roll, HS, MMA, WG - LR100315 (1 sandwich)	95	300.00	12.50	5.00	0.00	30.00	690.00	33.00	3.00	1.00	12.00	2.88	78.00	100.00 (M)	0.00 (M)	(M)	(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	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, MS/HS, MMA, WG - LR100167 (1 sandwich)	30	364.75	14.98	6.49	0.00	57.42	534.93	33.00	3.00	1.50	22.48	3.24 (M)	78.00 (M)	0.00 (M)	0.00 (M)	(M)	(M)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	15	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)

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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 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)	0.20(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)	0.20(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	2.85	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	1.85	27.66	3.13(M)	107.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Vegetarian Beans, Dawn Glo Brand, Veg-BP - SR103448 (1/2 cup servin)	65	120.00	1.00	0.50	0.00	0.00	400.00	21.00	6.00	4.00	7.00	1.80	40.00	0.00	0.00	(M)	(M)
Celery Dippers w/ Ranch, VO - LR100280 (1 serv.)	180	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)
Onion Rings, Grabitizers Breaded, McCain Foods, 96110849, VO - LR100300 (10 pieces)	150	340.00	18.00	3.00	0.00	0.00	400.00	40.00	6.00	6.00	4.00	1.44	40.00	0.00	2.40	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	200	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	0.00	12.00	(M)	(M)
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
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	90	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)
<b>Category: Milk; Choose: 1</b>																	
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.)	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: 3/29/2019 7:43:21 AM 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)
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)
<b>Category: Condiments; Choose: 1</b>																	
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)	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)
<b>HS 04.03.19 - Day: 3</b>	325																
<b>Category: Entrees; Choose: 1</b>																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO, VO - LR100013 (1 salad)	10	467.06	16.14	3.67	0.00	180.13	988.77	60.91	13.77	10.85 (M)	28.79	6.65	922.62	29823.4 1(M)	26.52 (M)	357.43 (M)	2.23(M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	15	433.99	13.14	3.17	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	27.79	6.30(M)	899.65 (M)	29480.3 8(M)	26.49 (M)	357.76 (M)	2.19(M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	20	511.99	17.64	3.42	0.00	20.13	1098.93	67.01	15.13	10.39 (M)	29.79	7.20	899.65	29530.3 8(M)	26.49 (M)	357.76 (M)	2.19(M)
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	20	511.99	17.64	3.42	0.00	20.13 (M)	1168.93	67.01	15.13	10.39 (M)	29.79	7.20(M)	899.65 (M)	29530.3 8(M)	26.49 (M)	357.76 (M)	2.19(M)
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)	5	441.99	11.64	2.42	0.00	30.13	1193.93	61.51	13.63	9.89(M)	31.79	6.48	899.65	29480.3 8(M)	26.49 (M)	357.76 (M)	2.19(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)
Chunky Monkey Parfait, MMA, WG, F - LR100387 (1 serv.)	35	695.24	29.57	9.25	0.00	2.50	361.87	94.35	8.84(M)	52.93	20.28	4.55(M)	147.90	1287.95 (M)	8.07(M)	45.91 (M)	1.07(M)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	15	665.42	31.54	8.89	0.00	220.00	1357.79	65.77	14.77	10.98 (M)	38.29	7.09(M)	158.65 (M)	29745.8 6(M)	15.98 (M)	335.22 (M)	2.04(M)

# Menu Cycle Week – Nutrient Analysis

Generated on: 3/29/2019 7:43:21 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)
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)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	30	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)	45	378.28	11.38	3.85	0.00(M)	196.63	670.70	50.18	12.64	12.35 (M)	25.13	5.81	953.73	19434.40(M)	97.79 (M)	413.92 (M)	2.97(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	16	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Strawberry, Smucker's, 5150021028, MMA, WGR - SR107999 (1 sandwich)	10	630.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
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)	0.20(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)	0.20(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	2.85	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	1.85	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.)	80	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)	0.35(M)
<b>Category: Vegetables; Choose: 2</b>																	
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	145	66.00	0.55	0.08	0.00	0.00	1.00	15.83	2.00	(M)	2.09	0.39	2.00	163.00	2.90	(M)	(M)
Grape Tomatoes w/ Ranch Dip, VRO - LR100371 (1 serv.)	120	47.05	2.89	0.47	0.04(M)	0.67	148.51	4.81	1.08	2.47	0.62	0.21	7.24	638.00	9.80	0.00(M)	0.00(M)
<b>Category: Fruits; Choose: 2</b>																	



# Menu Cycle Week – Nutrient Analysis

Generated on: 3/29/2019 7:43:21 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)
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	215	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	0.00	12.00	(M)	(M)
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)	200	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)
<b>Category: Milk; Choose: 1</b>																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	225	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)	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 )	40	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>																	
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	75	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)
<b>HS 04.04.19 - Day: 4</b>	325																
<b>Category: Entrees; Choose: 1</b>																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO, VO - LR100013 (1 salad)	5	467.06	16.14	3.67	0.00	180.13	988.77	60.91	13.77	10.85 (M)	28.79	6.65	922.62	29823.41(M)	26.52 (M)	357.43 (M)	2.23(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	50	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)	30	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.)	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)

# 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)
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)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	5	433.99	13.14	3.17	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	27.79	6.30(M)	899.65 (M)	29480.38(M)	26.49 (M)	357.76 (M)	2.19(M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	10	511.99	17.64	3.42	0.00	20.13	1098.93	67.01	15.13	10.39 (M)	29.79	7.20	899.65	29530.38(M)	26.49 (M)	357.76 (M)	2.19(M)
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	15	511.99	17.64	3.42	0.00	20.13 (M)	1168.93	67.01	15.13	10.39 (M)	29.79	7.20(M)	899.65 (M)	29530.38(M)	26.49 (M)	357.76 (M)	2.19(M)
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)	5	441.99	11.64	2.42	0.00	30.13	1193.93	61.51	13.63	9.89(M)	31.79	6.48	899.65	29480.38(M)	26.49 (M)	357.76 (M)	2.19(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)
Chunky Monkey Parfait, MMA, WG, F - LR100387 (1 serv.)	25	695.24	29.57	9.25	0.00	2.50	361.87	94.35	8.84(M)	52.93	20.28	4.55(M)	147.90	1287.95 (M)	8.07(M)	45.91 (M)	1.07(M)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	6	665.42	31.54	8.89	0.00	220.00	1357.79	65.77	14.77	10.98 (M)	38.29	7.09(M)	158.65 (M)	29745.86(M)	15.98 (M)	335.22 (M)	2.04(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)
Max Cheese Sticks w/ Marinara, HS, MMA, WG, VRO - LR100048 (1 serv.)	65	520.00	19.50	9.00	0.00	45.00	1095.00	63.00	5.00	14.00	26.00	3.24	470.00	500.00 (M)	6.00(M)	(M)	(M)
Meatball Hoagie w/ Grated Cheese, MMA, WG, VRO - LR100114 (1 sandwich)	50	372.50	9.25	3.00	0.00	35.00	785.00	50.50	5.00	11.00	21.50	4.14	158.00	550.00 (M)	6.00(M)	(M)	(M)
Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad)	15	378.28	11.38	3.85	0.00(M)	196.63	670.70	50.18	12.64	12.35 (M)	25.13	5.81	953.73	19434.40(M)	97.79 (M)	413.92 (M)	2.97(M)

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	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)
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)	0.20(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)	0.20(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	2.85	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	1.85	27.66	3.13(M)	107.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
<b>Category: Vegetables; Choose: 2</b>																	
Cheesy Broccoli, VDG - LR100409 (1 serv.)	200	69.09	3.44	2.02	0.00	10.00	193.45	6.59	2.76	1.35	5.18	0.56	97.03	930.12 (M)	36.89	83.46 (M)	0.65(M)
Fresh Veggies w/ Dip, VRO, VO - LR100027 (1 serv.)	80	61.35	0.13	0.04	0.00	0.00	573.64	15.98	2.58	5.33(M)	0.67	0.45	36.89	4074.13	31.43	59.73 (M)	0.26(M)
Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces)	245	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)
<b>Category: Fruits; Choose: 2</b>																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	220	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	0.00	12.00	(M)	(M)
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.)	100	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)
<b>Category: Milk; Choose: 1</b>																	

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Milk, 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 )	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)
<b>Category: Condiments; Choose: 1</b>																	
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	35	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)	260	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)
<b>HS 04.05.19 - Day: 5</b>	325																
<b>Category: Entrees; Choose: 1</b>																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO, VO - LR100013 (1 salad)	5	467.06	16.14	3.67	0.00	180.13	988.77	60.91	13.77	10.85 (M)	28.79	6.65	922.62	29823.41 (M)	26.52 (M)	357.43 (M)	2.23(M)
BBQ Pulled Pork on Kaiser Roll, MMA, WG - LR100136 (1 sandwich)	14	574.09	22.97	7.13	0.00(M)	56.98	2007.54	67.31	6.00	27.00 (M)	23.68	4.18	109.95	0.00(M)	2.72(M)	47.78 (M)	2.30(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)
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	95	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)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	10	433.99	13.14	3.17	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	27.79	6.30(M)	899.65 (M)	29480.38 (M)	26.49 (M)	357.76 (M)	2.19(M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	20	511.99	17.64	3.42	0.00	20.13	1098.93	67.01	15.13	10.39 (M)	29.79	7.20	899.65	29530.38 (M)	26.49 (M)	357.76 (M)	2.19(M)

# Menu Cycle Week – Nutrient Analysis

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Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	25	511.99	17.64	3.42	0.00	20.13 (M)	1168.93	67.01	15.13	10.39 (M)	29.79	7.20(M)	899.65 (M)	29530.38(M)	26.49 (M)	357.76 (M)	2.19(M)
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)	10	441.99	11.64	2.42	0.00	30.13	1193.93	61.51	13.63	9.89(M)	31.79	6.48	899.65	29480.38(M)	26.49 (M)	357.76 (M)	2.19(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)
Chunky Monkey Parfait, MMA, WG, F - LR100387 (1 serv.)	30	695.24	29.57	9.25	0.00	2.50	361.87	94.35	8.84(M)	52.93	20.28	4.55(M)	147.90	1287.95 (M)	8.07(M)	45.91 (M)	1.07(M)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	15	665.42	31.54	8.89	0.00	220.00	1357.79	65.77	14.77	10.98 (M)	38.29	7.09(M)	158.65 (M)	29745.86(M)	15.98 (M)	335.22 (M)	2.04(M)
Grilled Cheese Sandwich, MMA, WG - LR100360 (1 sandwich)	50	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)
Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad)	14	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)	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)	0.20(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)	0.20(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	2.85	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	1.85	27.66	3.13(M)	107.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(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)
<b>Category: Vegetables; Choose: 2</b>																	
Fresh Veggies w/ Dip, VRO, VO - LR100027 (1 serv.)	165	61.35	0.13	0.04	0.00	0.00	573.64	15.98	2.58	5.33(M)	0.67	0.45	36.89	4074.13	31.43	59.73 (M)	0.26(M)
Potato, Tater Tots Shaped, Ore-Ida, Mccain, OIF00215A, Veg-S - SR103488 (3/4 c.)	275	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)
<b>Category: Fruits; Choose: 2</b>																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	225	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	0.00	12.00	(M)	(M)
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
Juice, Orange, 100%, 4oz cup, Suncup, 090100, F - SR100601 (1 serving (4))	210	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	(M)	42.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
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 )	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)
<b>Category: Condiments; Choose: 1</b>																	
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	35	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)	285	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)