

# Menu Cycle Week – Nutrient Analysis

Generated on: 3/29/2019 10:20:00 AM by Christine Schlosman

Menu Cycle: Week of 04.29.19 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]     | 806.93       |               |
| Fat (g)                      |                       | 25.29        | 28.20         |
| Sfat (g)(1)                  | < 10.00 % of Calories | 7.46         | 8.32          |
| TFat (g)(2)                  |                       | 0.02(M)      |               |
| Chol (mg)                    |                       | 67.46(M)     |               |
| Sodium Target 1 (mg)<br>(13) | < 1,420.00            | 1,386.53     |               |
| Sodium Target 2 (mg)<br>(13) | < 1,080.00            | 1,386.53     |               |
| Carb (g)                     |                       | 115.12       | 57.07         |
| TDF (g)                      |                       | 12.41(M)     |               |
| Sugars (g)                   |                       | 49.86(M)     | 24.72         |
| Pro (g)                      |                       | 33.14        | 16.43         |
| Fe (mg)                      |                       | 4.89(M)      |               |
| Ca (mg)                      |                       | 773.71(M)    |               |
| A,IU                         |                       | 11,032.50(M) |               |
| VitC (mg)                    |                       | 51.60(M)     |               |
| Mois (g)                     |                       | 175.97(M)    |               |
| Ash (g)                      |                       | 1.24(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          | 4.250                |            |
| Veg-BP                            | >= 0.500          | 0.500                |            |
| Veg-S                             | >= 0.500          | 2.750                |            |
| Veg-O                             | >= 0.750          | 2.000                |            |
| 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 04.29.19 - 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

Generated on: 3/29/2019 10:20:00 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 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)     |

# 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|-------------|-----------|------------|---------|
| 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 04.30.19 - 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)      |

# 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) | 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)   | 40       | 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)     |
| Fresh Veggies w/ Dip, VRO, VO - LR100027 (1 serv.)  | 100      | 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)                                   | 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)   | 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 10:20:00 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)                             | 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) | 240      | 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 05.01.19 - 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 10:20:00 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

| 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 05.02.19 - 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

Generated on: 3/29/2019 10:20:00 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|-------------|-----------|------------|---------|
| 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 | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg)    | A,IU       | VitC (mg) | Mois (g)  | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|------------|-----------|-----------|---------|
| Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)      | 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 05.03.19 - 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

Generated on: 3/29/2019 10:20:00 AM by Christine Schlosman

|   |    |        |       |       |         |           |         |       |         |           |       |         |            |             |           |            |         |
|---|----|--------|-------|-------|---------|-----------|---------|-------|---------|-----------|-------|---------|------------|-------------|-----------|------------|---------|
| 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)     |