

Menu Cycle Week – Nutrient Analysis

Generated on: 3/27/2019 10:20:03 AM by Christine Schlosman

Menu Cycle: Week of 04.22.19 MS
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: 6-8
 Site Group: Middle School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	640.45	
Fat (g)		20.46	28.76
Sfat (g)(1)	< 10.00 % of Calories	6.99	9.83
TFat (g)(2)		0.02(M)	
Chol (mg)		56.74	
Sodium Target 1 (mg) (13)	< 1,360.00	990.10	
Sodium Target 2 (mg) (13)	< 1,035.00	990.10	
Carb (g)		88.70	55.40
TDF (g)		9.07(M)	
Sugars (g)		39.80(M)	24.86
Pro (g)		28.23	17.63
Fe (mg)		3.59(M)	
Ca (mg)		530.81(M)	
A,IU		5,946.17(M)	
VitC (mg)		44.61(M)	
Mois (g)		91.47(M)	
Ash (g)		0.72(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.000	[2.000 - 4.000]	
Veg	>= 3.000	[4.250 - 11.875]	
Veg-DG	>= 0.500	3.000	
Veg-RO	>= 0.750	4.500	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.875	
Veg-O	>= 0.500	3.000	
Grains	[6.500 - 8.000]	[8.000 - 12.250](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	123.750	100.00
Meat/MA	[7.000 - 8.000]	[8.000 - 13.000](a)	
MILK-F	>= 4.000	4.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

Legend

PrimeroEdge will flag based on USDA requirements, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.
- a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

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)
MS 04.23.19 - Day: 1	325																
Category: Entrees; Choose: 1																	
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	5	373.16	11.89	3.97	0.04	180.67	679.72	48.72	7.05	15.40	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(M)	(M)
Chef's Salad w/ Croutons & Roll, MMA, WG, VDG, VRO - LR100017 (1 salad)	25	415.47	12.47	3.04	0.00	34.88	1231.65	55.65	9.75	8.31(M)	28.91	4.64(M)	836.83 (M)	14775.50(M)	9.27(M)	176.41 (M)	1.07(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)
Chicken Tenders w/ Roll, MMA, WG - LR100316 (1 serv.)	100	330.00	16.00	2.50	0.00	25.00	550.00	30.00	5.00	2.00	18.00	2.88	26.00	100.00 (M)	0.00(M)	(M)	(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)
Grilled Cheese Sandwich, MMA, WG - LR100360 (1 sandwich)	65	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 Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	5	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	25	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(M)	(M)
Roast Beef Wrap, MS, MMA, WG - LR100344 (1 sandwich)	8	387.52	12.53	3.00	0.00	87.50	1596.80	31.54	5.22	3.85	37.66	4.75(M)	123.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad)	23	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)	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 Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	8	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)

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)
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	9	398.16	14.39	4.72	0.04	30.67	1009.72	47.22	6.05	12.41	20.11	1.82	192.14	5430.82	113.99	(M)	(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)
Category: Vegetables; Choose: 2																	
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	65	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	0.72	0.27	10.98	555.57	7.17	76.96	0.35
Potato, Smiles Shaped, McCain, OIF03456, Veg-S - SR101907 (4 ea.)	180	130.00	4.50	0.50	0.00	0.00	180.00	20.00	2.00	0.00	2.00	0.36	0.00	0.00	2.40	(M)	(M)
Soup, Tomato Soup, Canned, Campbell's, 51000-00016 - SR101500 (1 Cup (8 oz))	60	90.00	0.00	0.00	0.00	0.00	480.00	20.00	1.00	12.00	2.00	0.72	0.00	300.00	6.00	(M)	(M)
Category: Fruits; Choose: 1																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	165	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"))	35	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.)	100	53.00	0.13	0.00	0.00	0.00	6.00	13.39	1.30	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	185	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.)	30	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)	45	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)
Category: Condiments; Choose: 1																	
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	15	33.31	2.89	0.47	0.04	0.67	145.10	1.75	0.06	0.43	0.11	0.02	2.14	0.42	0.01	(M)	(M)

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)
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)
MS 04.24.19 - Day: 2	325																
Category: Entrees; Choose: 1																	
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	5	373.16	11.89	3.97	0.04	180.67	679.72	48.72	7.05	15.40	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(M)	(M)
Beefy Tacos w/ Cheese, MS/HS, MMA, WG - LR100365 (1 serv.)	60	685.09	40.51	19.25	0.00	85.02	670.17	47.50	5.50	2.50	28.51	3.42(M)	50.01 (M)	400.24 (M)	0.00(M)	(M)	(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.)	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)
Garden Salad w/ Cheese & Dinner Roll, ELEM, MMA, WG, VDG, VRO, VPB, VO - LR100043 (1 serv.)	35	372.77	9.88	4.17	0.00	20.25	759.90	49.97	12.04	8.83(M)	26.90	5.01(M)	1639.19 (M)	15494.99(M)	56.43 (M)	225.48 (M)	1.37(M)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	15	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)
Hot Ham & Cheese on Pretzel Roll, MS/HS, MMA, WG - LR100247 (1 sandwich)	65	240.00	6.02	3.02	0.25	20.06	722.43	31.27	3.00	(M)	13.29	0.27	75.94	(M)	0.00	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	35	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(M)	(M)
Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad)	30	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)	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)

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)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	5	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 Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	15	398.16	14.39	4.72	0.04	30.67	1009.72	47.22	6.05	12.41	20.11	1.82	192.14	5430.82	113.99	(M)	(M)
Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich)	5	307.52	7.53	3.00	0.00	52.50	1056.80	34.53	4.22	2.85	26.66	2.43(M)	69.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Category: Vegetables; Choose: 2																	
Black Bean Salsa, VBP, VO - LR100364 (1 serv.)	45	3.98	0.28	0.04	0.00(M)	0.00	1.54	0.30	0.10	0.03(M)	0.09	0.03	0.63	7.24	0.50	0.81(M)	0.00(M)
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (3/4 c.)	130	99.00	0.82	0.12	0.00	0.00	1.50	23.74	3.00	(M)	3.14	0.59	3.00	244.50	4.35	(M)	(M)
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	65	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	0.72	0.27	10.98	555.57	7.17	76.96	0.35
Category: Fruits; Choose: 1																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	185	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"))	35	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)	80	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	140	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.)	10	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)	25	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	25	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Category: Condiments; Choose: 1																	

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)
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	15	33.31	2.89	0.47	0.04	0.67	145.10	1.75	0.06	0.43	0.11	0.02	2.14	0.42	0.01	(M)	(M)
MS 04.25.19 - Day: 3	325																
Category: Entrees; Choose: 1																	
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	5	373.16	11.89	3.97	0.04	180.67	679.72	48.72	7.05	15.40	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(M)	(M)
Chef's Salad w/ Croutons & Roll, MMA, WG, VDG, VRO - LR100017 (1 salad)	35	415.47	12.47	3.04	0.00	34.88	1231.65	55.65	9.75	8.31(M)	28.91	4.64(M)	836.83 (M)	14775.50(M)	9.27(M)	176.41 (M)	1.07(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.)	45	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)
Corn Dog, Lite Whole Grain Mini Turkey, 0.72 oz, State Fair, Sara Lee Foodservice, 09180, MMA, WGR - SR107055 (6 Mini Corn)	85	240.00	12.00	2.25	0.00	30.00	690.00	24.00	3.00	6.00	12.00	1.62	60.00	0.00	0.00	(M)	(M)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	10	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)	40	394.50	15.17	7.09	0.00	30.46	1165.19	45.48	3.03	6.09	19.26	1.82	324.65	507.75	0.00(M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	35	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(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)	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)

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)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	5	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 Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	15	398.16	14.39	4.72	0.04	30.67	1009.72	47.22	6.05	12.41	20.11	1.82	192.14	5430.82	113.99	(M)	(M)
Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich)	5	307.52	7.53	3.00	0.00	52.50	1056.80	34.53	4.22	2.85	26.66	2.43(M)	69.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Category: Vegetables; Choose: 2																	
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - SR105101 (1/2 c.)	45	19.00	0.11	0.03	0.00	0.00	6.00	4.35	2.00	(M)	1.01	0.59	33.00	376.00	2.80	(M)	(M)
Honey Glazed Carrots, VRO - LR100147 (1 serv.)	80	48.56	0.50	0.10	0.00	0.00	215.63	11.48	2.42	8.80	0.45	0.42	25.98	12357.44	1.71	65.93 (M)	0.50(M)
Category: Fruits; Choose: 1																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	185	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"))	30	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.)	65	60.00	0.00	0.00	0.00	0.00	5.00	16.00	2.00	12.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	185	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.)	10	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	35	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Category: Condiments; Choose: 1																	

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)
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	30	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)	60	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)
MS 04.26.19 - Day: 4	325																
Category: Entrees; Choose: 1																	
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	5	373.16	11.89	3.97	0.04	180.67	679.72	48.72	7.05	15.40	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(M)	(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)	35	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)
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.)	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)
Garden Salad w/ Cheese & Dinner Roll, ELEM, MMA, WG, VDG, VRO, VPB, VO - LR100043 (1 serv.)	20	372.77	9.88	4.17	0.00	20.25	759.90	49.97	12.04	8.83(M)	26.90	5.01(M)	1639.19 (M)	15494.99(M)	56.43 (M)	225.48 (M)	1.37(M)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	5	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	20	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(M)	(M)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	100	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)	20	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)	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)	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 Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)	5	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 Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	10	398.16	14.39	4.72	0.04	30.67	1009.72	47.22	6.05	12.41	20.11	1.82	192.14	5430.82	113.99	(M)	(M)
Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich)	5	307.52	7.53	3.00	0.00	52.50	1056.80	34.53	4.22	2.85	26.66	2.43(M)	69.24 (M)	90.36 (M)	0.50(M)	17.21 (M)	0.07(M)
Category: Vegetables; Choose: 2																	
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	60	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	0.72	0.27	10.98	555.57	7.17	76.96	0.35
Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces)	215	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)
Romaine Salad, VDG, VRO - LR100014 (1 salad)	60	49.76	0.67	0.09	0.00	0.00	37.76	10.34	4.96	4.70	2.76	1.85	70.45	20341.13	14.77	229.60	1.51
Category: Fruits; Choose: 1																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	185	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"))	35	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, mixed, canned, packed in extra light syrup - SR104099 (1/2 c.)	85	60.00	0.00	0.00	0.00	0.00	5.00	15.00	1.00	12.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	185	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	25	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	25	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Category: Condiments; Choose: 1																	
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	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)