

Menu Cycle Week – Nutrient Analysis

Generated on: 4/22/2019 9:53:37 AM by Christine Schlosman

Menu Cycle: Week of 05.20.19 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]	680.78	
Fat (g)		24.80	32.78
Sfat (g)(1)	< 10.00 % of Calories	7.56	9.99
TFat (g)(2)		0.03(M)	
Chol (mg)		50.55	
Sodium Target 1 (mg) (13)	< 1,360.00	1,019.14	
Sodium Target 2 (mg) (13)	< 1,035.00	1,019.14	
Carb (g)		89.90	52.82
TDF (g)		9.99(M)	
Sugars (g)		43.21(M)	25.39
Pro (g)		27.90	16.39
Fe (mg)		3.40(M)	
Ca (mg)		513.27(M)	
A,IU		7,370.37(M)	
VitC (mg)		67.16(M)	
Mois (g)		74.76(M)	
Ash (g)		0.58(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[2.500 - 5.000]	
Veg	>= 3.750	[5.000 - 12.000]	
Veg-DG	>= 0.500	3.500	
Veg-RO	>= 0.750	5.250	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	2.750	
Grains	[8.000 - 10.000]	[10.000 - 14.250](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	116.500	100.00
Meat/MA	[9.000 - 10.000]	[10.000 - 14.250](a)	
MILK-F	>= 5.000	6.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

Legend

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

(M) Indicates missing nutrient values.

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

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Menu Item (Serving Size)	Plan Qty	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 05.20.19 - 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)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	85	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.)	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)
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.)	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)
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)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	65	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)
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)	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.)	5	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)
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.)	65	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)
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
Romaine Salad, VDG, VRO - LR100014 (1 salad)	80	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)	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
Fruit, mixed, canned, packed in extra light syrup - SR104099 (1/2 c.)	60	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)
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																	

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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)
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	15	33.31	2.89	0.47	0.04	0.67	145.10	1.75	0.06	0.43	0.11	0.02	2.14	0.42	0.01	(M)	(M)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	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 05.21.19 - 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)
Chef's Salad w/ Croutons & Roll, MMA, WG, VDG, VRO - LR100017 (1 salad)	15	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.)	105	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)	40	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.)	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)
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)	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)

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 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.)	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)
Category: Vegetables; Choose: 2																	
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	100	63.16	2.89	0.47	0.04	0.67	199.72	8.72	2.05	5.41	0.11	0.02	2.14	4980.82	5.99	(M)	(M)
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.)	200	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)
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
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	85	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)	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																	

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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)
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	15	33.31	2.89	0.47	0.04	0.67	145.10	1.75	0.06	0.43	0.11	0.02	2.14	0.42	0.01	(M)	(M)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	245	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 05.22.19 - Day: 3	325																
Category: Entrees; Choose: 1																	
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	10	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.)	85	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.)	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)
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.)	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)
Hot Ham & Cheese on Pretzel Roll, MS/HS, MMA, WG - LR100247 (1 sandwich)	45	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)	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)

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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)
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.)	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)
Category: Vegetables; Choose: 2																	
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	150	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)
Ranch Chick Peas, VBP - LR100420 (1 serv.)	45	143.34	5.38	0.47	0.00(M)	0.00	342.57	17.50	5.00	3.00	6.00	0.02(M)	30.03 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(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
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	85	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)	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

Generated on: 4/22/2019 9:53:37 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)
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)	35	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 05.23.19 - 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)
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)
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)
Corn Dog, Lite Whole Grain Mini Turkey, 0.72 oz, State Fair, Sara Lee Foodservice, 09180, MMA, WGR - SR107055 (6 Mini Corn)	65	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.)	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)
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)	100	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.)	30	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)	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)
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)

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 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)
Category: Vegetables; Choose: 2																	
Broccoli, raw - SR105147 (1/2 cup choppe)	85	15.47	0.17	0.02	0.00	0.00	15.02	3.02	1.18	0.77	1.28	0.33	21.39	283.46	40.59	40.63	0.40
Honey Glazed Carrots, VRO - LR100147 (1 serv.)	85	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)
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
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"))	20	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)
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.)	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																	

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)	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)	100	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 05.24.19 - Day: 5	100																
Category: Entrees; Choose: 1																	
PB&J Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100397 (1 bag lunch)	80	866.32	42.27	8.44	0.09	16.34	1069.45	102.44	13.10	57.82	26.21	2.93	364.27	10511.65(M)	121.18(M)	(M)	(M)
String Cheese & Cracker Bagged Lunch, MS/HS, MMA, WG, VRO, F, M - LR100396 (1 bag lunch)	20	699.35	27.13	11.35	0.09	55.97	1284.26	88.41	10.10	47.82	28.04	1.85	819.33	11959.18	227.98	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)	1	130.00	0.00	0.00	0.00	5.00	175.00	22.00	0.00	22.00	8.00	0.00	300.00	300.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	1	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, Fat Free, Clover Farms, MILK - SR103510 (1 Carton)	1	130.00	0.00	0.00	0.00	5.00	130.00	25.00	0.00	25.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)