

Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 11:54:57 AM by Christine Schlosman

Menu Cycle: 19.20 HS Lunch Week #1 Fall Weeks of 8.26~9.23~10.21~11.18.19

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]	760.37	
Fat (g)		25.94	30.70
Sfat (g)(1)	< 10.00 % of Calories	7.68	9.09
TFat (g)(2)		0.01(M)	
Chol (mg)		64.18(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,177.60	
Sodium Target 2 (mg) (13)	< 1,080.00	1,177.60	
Carb (g)		103.25	54.31
TDF (g)		10.39(M)	
Sugars (g)		45.73(M)	24.06
Pro (g)		31.77	16.71
Fe (mg)		4.58(M)	
Ca (mg)		459.16(M)	
A,IU		7,689.65(M)	
VitC (mg)		25.49(M)	
Mois (g)		117.09(M)	
Ash (g)		0.83(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[5.000 - 7.500]	
Veg	>= 5.000	[5.500 - 12.375]	
Veg-DG	>= 0.500	6.625	
Veg-RO	>= 1.250	2.750	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.750	1.875	
Grains	[10.000 - 12.000]	[10.000 - 13.750](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	100.750	100.00
Meat/MA	[10.000 - 12.000]	[10.000 - 18.000](a)	
MILK-F	>= 5.000	5.000	
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

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)
19.20 HS Lunch Week #1 Monday - Day: 1	400																
Category: Entrees; Choose: 1																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	25	627.44	28.18	5.16	0.00	176.35	1063.77	69.09	15.15	24.04 (M)	34.73	9.18	919.20	29480.38 (M)	26.49 (M)	357.76 (M)	2.19(M)
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	65	363.62	13.80	4.33	0.00	58.99	1054.31	39.47	4.28	4.02	23.72	2.46(M)	87.34 (M)	87.50 (M)	1.03(M)	23.42 (M)	0.12(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)
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)
Chicken Nuggets w/ Soft Pretzel, HS, MMA, WG - LR100410 (1 serv.)	125	490.00	24.50	4.00	0.00	40.00	740.00	40.00	5.00	2.00	28.00	4.32	40.00	200.00	0.00	(M)	(M)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	20	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)
Max Cheese Sticks w/ Marinara, HS, MMA, WG, VRO - LR100048 (1 serv.)	70	550.00	22.50	7.50	0.00	30.00	1155.00	60.00	5.00	11.00	23.00	3.24	320.00	500.00 (M)	6.00(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	20	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)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	35	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	25.24 (M)	0.66(M)
Category: Vegetables; Choose: 2																	
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)
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1/2 c.)	200	25.76	0.11	0.02	0.00	0.00	10.12	4.92	2.76	1.35	2.85	0.56	30.36	930.12	36.89	83.46	0.65
Category: Fruits; Choose: 2																	
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)

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"))	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)	150	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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	40	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	180	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)	15	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	60	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, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	15	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	150	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)
Mayonnaise, SS Packet, 12 gram, Heinz, 531700 - SR100709 (1 individual)	25	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	10	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDO1Z - SR102279 (1 Tbsp.)	25	40.00	0.00	0.00	0.00	0.00	65.00	10.00	(M)	8.00	0.00	0.00	(M)	0.00	0.00	(M)	(M)
19.20 HS Lunch Week #1 Tuesday - Day: 2																	
Category: Entrees; Choose: 1																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	25	627.44	28.18	5.16	0.00	176.35	1063.77	69.09	15.15	24.04 (M)	34.73	9.18	919.20	29480.38 (M)	26.49 (M)	357.76 (M)	2.19 (M)

Menu Cycle Week – Nutrient Analysis

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	65	363.62	13.80	4.33	0.00	58.99	1054.31	39.47	4.28	4.02	23.72	2.46(M)	87.34 (M)	87.50 (M)	1.03(M)	23.42 (M)	0.12(M)
Cheeseburger Nachos, MMA, WG, VO, VRO - LR100461 (1 serv.)	125	410.48	20.03	6.56	0.00(M)	32.50	836.20	42.56	5.47	7.90(M)	16.63	2.95(M)	57.31 (M)	564.39 (M)	8.34(M)	88.75 (M)	0.80(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)
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)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	20	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)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	85	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	25	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)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	15	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	25.24 (M)	0.66(M)
Category: Vegetables; Choose: 2																	
Cucumber Slices w/ Ranch, VO - LR100298 (1 serv.)	125	41.08	2.94	0.49	0.04	0.67	145.98	3.63	0.32	1.30	0.45	0.17	10.46	55.02	1.47	49.52 (M)	0.20(M)
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	100	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: 2																	
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"))	60	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
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	45	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40

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)
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)	265	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)	15	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	85	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, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	15	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	100	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)
Mayonnaise, SS Packet, 12 gram, Heinz, 531700 - SR100709 (1 individual)	25	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	10	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDO1Z - SR102279 (1 Tbsp.)	25	40.00	0.00	0.00	0.00	0.00	65.00	10.00	(M)	8.00	0.00	0.00	(M)	0.00	0.00	(M)	(M)
Sour Cream, Regular, Single Serve Packets, Daisy Brand, IDP100 - SR108475 (1 packet)	85	60.00	5.00	4.00	0.00	20.00	15.00	1.00	0.00	1.00	1.00	0.00	20.00	200.00	0.00	(M)	(M)
Category: Desserts; Choose: 1																	
Pudding, Chocolate 3.5 oz Cup, Snack Pack, ConAgra Foods, 27000-55418 - SR102161 (1 cup servin)	200	110.00	2.50	1.50	0.00	0.00	135.00	20.00	1.00	14.00	0.00	0.72	0.00	(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)
Pudding, Vanilla 3.5 oz, Snack Pack, ConAgra Foods, 27000-55419 - SR102162 (1 cup servin)	85	100.00	3.00	1.50	0.00	0.00	125.00	18.00	1.00	13.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
19.20 HS Lunch Week #1 Wednesday - Day: 3	400																
Category: Entrees; Choose: 1																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	20	627.44	28.18	5.16	0.00	176.35	1063.77	69.09	15.15	24.04 (M)	34.73	9.18	919.20	29480.38 (M)	26.49 (M)	357.76 (M)	2.19 (M)
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	60	363.62	13.80	4.33	0.00	58.99	1054.31	39.47	4.28	4.02	23.72	2.46 (M)	87.34 (M)	87.50 (M)	1.03 (M)	23.42 (M)	0.12 (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)	10	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)
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)
Honey Sriracha Wings w/ Breadstick, MMA, WG - LR100470 (1 serv.)	145	395.00	15.00	2.25	0.00	52.50	525.00	43.00	2.50	6.00	25.50	1.98	20.00	300.00	4.20	(M)	(M)
Meatball Hoagie w/ Cheese, MMA, WG, VRO - LR100469 (1 sandwich)	100	431.00	16.14	5.90	0.00 (M)	43.70	860.00	49.90	5.00	9.50	21.56	4.38 (M)	121.00 (M)	528.00 (M)	6.70 (M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	25	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)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	20	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45 (M)	48.45 (M)	13.37	2.18 (M)	189.53 (M)	1359.46 (M)	5.09 (M)	25.24 (M)	0.66 (M)
Category: Vegetables; Choose: 2																	
Garden Side Salad, VDG, VRO - LR100014 (1 salad)	125	48.41	0.58	0.08	0.00 (M)	0.00	37.26	10.09	4.92	4.51	2.61	1.81	68.45	20278.78	13.40	187.06	1.28
Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces)	365	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)

Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 11:54:57 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)
Category: Fruits; Choose: 2																	
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"))	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
Mixed Berries, Cups, Frozen - Strawberries & Blueberries - SR109492 (1/2 c.)	100	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	45	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	265	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)	15	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	85	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, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	15	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	300	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)
Mayonnaise, SS Packet, 12 gram, Heinz, 531700 - SR100709 (1 individual)	25	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	10	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDO1Z - SR102279 (1 Tbsp.)	25	40.00	0.00	0.00	0.00	0.00	65.00	10.00	(M)	8.00	0.00	0.00	(M)	0.00	0.00	(M)	(M)
19.20 HS Lunch Week #1 Thursday - Day: 4	400																

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)
Category: Entrees; Choose: 1																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	10	627.44	28.18	5.16	0.00	176.35	1063.77	69.09	15.15	24.04 (M)	34.73	9.18	919.20	29480.38 (M)	26.49 (M)	357.76 (M)	2.19(M)
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	50	363.62	13.80	4.33	0.00	58.99	1054.31	39.47	4.28	4.02	23.72	2.46(M)	87.34 (M)	87.50 (M)	1.03(M)	23.42 (M)	0.12(M)
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)	140	475.00	22.50	7.50	0.00	82.50	1005.00	38.00	4.00	1.50(M)	30.50	4.14(M)	104.00 (M)	0.00(M)	0.00(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)	50	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)
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)	10	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)
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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	45	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)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	20	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	25.24 (M)	0.66(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.)	100	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)
Potatoes, Crispy Seasoned Spirals, McCain, 1000004108 - SR108459 (2 1/8 ounces)	365	105.00	3.50	0.70	0.00	0.00	168.00	17.50	1.40	0.00	1.40	0.50	0.00	0.00	0.00	(M)	(M)

Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 11:54:57 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)
Category: Fruits; Choose: 2																	
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"))	60	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
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	40	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	145	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)	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.)	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)	15	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	45	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, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	15	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	300	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)
Mayonnaise, SS Packet, 12 gram, Heinz, 531700 - SR100709 (1 individual)	25	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	10	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	25	40.00	0.00	0.00	0.00	0.00	65.00	10.00	(M)	8.00	0.00	0.00	(M)	0.00	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)
Category: Desserts; Choose: 1																	
Pudding, Chocolate 3.5 oz Cup, Snack Pack, ConAgra Foods, 27000-55418 - SR102161 (1 cup servin)	165	110.00	2.50	1.50	0.00	0.00	135.00	20.00	1.00	14.00	0.00	0.72	0.00	(M)	(M)	(M)	(M)
Pudding, Vanilla 3.5 oz, Snack Pack, ConAgra Foods, 27000-55419 - SR102162 (1 cup servin)	85	100.00	3.00	1.50	0.00	0.00	125.00	18.00	1.00	13.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
19.20 HS Lunch Week #1 Friday - Day: 5																	
Category: Entrees; Choose: 1																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	10	627.44	28.18	5.16	0.00	176.35	1063.77	69.09	15.15	24.04 (M)	34.73	9.18	919.20	29480.38 (M)	26.49 (M)	357.76 (M)	2.19(M)
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	65	363.62	13.80	4.33	0.00	58.99	1054.31	39.47	4.28	4.02	23.72	2.46(M)	87.34 (M)	87.50 (M)	1.03(M)	23.42 (M)	0.12(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)
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)
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)
Hot Dog on Roll, HS, MMA, WG - LR100315 (1 sandwich)	120	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)
Pepperoni Pizza, MMA, WG - LR100471 (1 slice)	30	361.52	17.08	10.87	0.00	64.03	695.67	29.04	3.00	3.00	23.84	2.30	456.92	1009.52	2.08	(M)	(M)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	50	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	50	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)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	20	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	25.24 (M)	0.66(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)
Category: Vegetables; Choose: 2																	
Beans, Baked, Vegetarian, Bush's Best, 1637 - SR107881 (1/2 c.)	75	130.00	0.00	0.00	0.00	0.00	550.00	29.00	5.00	10.00	7.00	1.80	40.00	0.00	0.00	(M)	(M)
Potatoes, Waffle Cut French Fries, Ore-Ida, McCain Foods, OIF01037A, Veg-S - SR100418 (86 g.)	380	140.00	5.00	1.00	0.00	0.00	80.00	22.00	3.00	0.99	2.00	0.72	0.00	0.00	3.60	(M)	(M)
Category: Fruits; Choose: 2																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	180	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, mixed, canned, packed in extra light syrup - SR104099 (1/2 c.)	120	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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	45	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Category: Milk; Choose: 1																	
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.)	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)	15	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	45	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, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	15	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	0.69	0.26	8.77	8.81	0.10	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	300	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	0.00	(M)	0.00	0.00	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)
Mayonnaise, SS Packet, 12 gram, Heinz, 531700 - SR100709 (1 individual)	25	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	10	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	25	40.00	0.00	0.00	0.00	0.00	65.00	10.00	(M)	8.00	0.00	0.00	(M)	0.00	0.00	(M)	(M)