

# Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 11:56:16 AM by Christine Schlosman

Menu Cycle: 19.20 HS Lunch Week #3 Fall Weeks of 9.9~10.7~11.4.2019  
 Week: 1  
 Result: **Fail**

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]	772.19	
Fat (g)		27.11	31.59
Sfat (g)(1)	< 10.00 % of Calories	7.05	8.22
TFat (g)(2)		0.01(M)	
Chol (mg)		77.28(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,259.65	
Sodium Target 2 (mg) (13)	< 1,080.00	1,259.65	
Carb (g)		103.93	53.83
TDF (g)		12.35(M)	
Sugars (g)		44.27(M)	22.93
Pro (g)		33.98	17.60
Fe (mg)		5.09(M)	
Ca (mg)		645.95(M)	
A,IU		12,779.63(M)	
VitC (mg)		30.02(M)	
Mois (g)		172.52(M)	
Ash (g)		1.16(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[5.000 - 7.500]	
Veg	>= 5.000	[5.000 - 11.875]	
Veg-DG	>= 0.500	6.125	
Veg-RO	>= 1.250	1.625	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	2.000	
Veg-O	>= 0.750	1.750	
Grains	[10.000 - 12.000]	[10.000 - 13.250](a)	
Non-WGR		[0.000 - 1.250]	
WGR	>= 100.000 % of	93.000	98.67
Meat/MA	[10.000 - 12.000]	[10.000 - 17.500](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)
<b>19.20 HS Lunch Week #3 Monday - Day: 1</b>	400																
<b>Category: Entrees; Choose: 1</b>																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	45	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)	40	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)	30	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)	30	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 Tenders w/ Roll, MMA, WG - LR100316 (1 serv.)	85	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)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	45	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)
Stuffed Shells w/ Garlic Bread, MMA, WG - LR100479 (1 serv.)	60	390.00	10.00	3.50	0.00	20.00	650.00	56.00	6.00	13.99	20.00	2.88	320.00	1200.00	12.00	(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)
<b>Category: Vegetables; Choose: 2</b>																	
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
Emoticon Mashed potato Shapes - McCain - SR109332 (2 1/2 ounces)	345	119.93	4.00	0.50	0.00	0.00	79.95	17.99	2.00	0.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
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"))	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
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
<b>Category: Milk; Choose: 1</b>																	
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)
<b>Category: Condiments; Choose: 1</b>																	
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)
<b>19.20 HS Lunch Week #3 Tuesday - Day: 2</b>																	
<b>Category: Entrees; Choose: 1</b>																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	40	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	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)
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)
Cheesesteak Nachos, MMA, WG - LR100480 (1 serv.)	85	418.42	23.57	9.71	0.00	62.73	668.70	31.27	4.46	1.86	21.25	2.31(M)	46.64 (M)	0.40(M)	1.48(M)	17.82 (M)	0.07(M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	35	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)	30	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)	25	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)	70	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)	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)
<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)
Mixed Vegetables, 4-Way Mixed Vegetables (Carrots, - SR101815 (1/2 Cup Cooked)	65	58.46	0.00	0.00	0.00	0.00	46.37	12.10	3.02	(M)	3.02	0.73	20.16	3527.93	9.07	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
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.)	200	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 )	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)
<b>Category: Condiments; Choose: 1</b>																	
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)	40	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)
<b>19.20 HS Lunch Week #3 Wednesday - Day: 3</b>	400																
<b>Category: Entrees; Choose: 1</b>																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	60	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)	30	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)
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)

# 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)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	45	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)	40	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)	30	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.)	65	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)
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)
<b>Category: Vegetables; Choose: 2</b>																	
Celery Sticks w/ Bleu Cheese Dip, VO - LR100478 (1 serv.)	165	248.08	25.59	4.52	0.00	15.00	565.40	4.50	0.81	2.18	1.85	0.10	50.20	226.75	1.57	48.19 (M)	0.38(M)
Potato, Reduced Sodium Tater Tots Shaped, Ore-Ida, 1000002789, Veg-S - SR107909 (8 pieces)	360	90.00	3.50	0.00	0.00	0.00	170.00	14.00	1.00	0.99	1.00	0.36	0.00	0.00	1.19	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
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
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)	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
<b>Category: Milk; Choose: 1</b>																	

# 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)
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)
<b>Category: Condiments; Choose: 1</b>																	
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)
<b>19.20 HS Lunch Week #3 Thursday - Day: 4</b>	400																
<b>Category: Entrees; Choose: 1</b>																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	35	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)	45	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)
Buffalo Mac & Cheese w/ Breadstick, MMA, WG - LR100481 (1 serv.)	40	404.50	12.67	6.09	0.00	30.46 (M)	1355.19	53.48	3.03	9.09	20.26	1.46(M)	324.65 (M)	507.75 (M)	2.40(M)	(M)	(M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	35	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

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/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	35	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 & Cheese Fajita, MMA, WG - LR100367 (1 wrap)	125	344.79	10.60	4.56	0.00	85.36	1082.25	32.55	5.50	3.53(M)	30.89	2.42(M)	854.24 (M)	406.68 (M)	9.76(M)	(M)	(M)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	35	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)	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.)	25	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)
<b>Category: Vegetables; Choose: 2</b>																	
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	260	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)
Roasted Onions & Peppers, VO - LR100464 (1 serv.)	50	35.64	1.70	0.24	0.00(M)	0.00	968.09	5.18	1.07	3.00(M)	1.03	0.04(M)	1.29(M)	1.57(M)	0.00(M)	0.04(M)	0.01(M)
<b>Category: Fruits; Choose: 2</b>																	
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"))	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
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	60	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)
<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)



# 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.)	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)
<b>Category: Condiments; Choose: 1</b>																	
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)	30	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)
<b>19.20 HS Lunch Week #3 Friday - Day: 5</b>	400																
<b>Category: Entrees; Choose: 1</b>																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	35	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)	30	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)	45	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)	45	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)	30	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)

# Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 11:56:16 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)
Hot Dog on Roll, HS, MMA, WG - LR100315 (1 sandwich)	85	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)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	60	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)	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.)	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)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Baked, Vegetarian, Bush's Best, 1637 - SR107881 (1/2 c.)	85	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)
Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces)	380	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)	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
Fruit, mixed, canned, packed in extra light syrup - SR104099 (1/2 c.)	80	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
<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.)	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)

# 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, 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)
<b>Category: Condiments; Choose: 1</b>																	
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)	330	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)	20	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.)	20	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)