

Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 11:56:58 AM by Christine Schlosman

Menu Cycle: 19.20 HS Lunch Week #4 Fall Weeks of 9.16~10.14~11.11.2019

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]	766.09	
Fat (g)		26.24	30.83
Sfat (g)(1)	< 10.00 % of Calories	7.42	8.72
TFat (g)(2)		0.02(M)	
Chol (mg)		73.35(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,231.57	
Sodium Target 2 (mg) (13)	< 1,080.00	1,231.57	
Carb (g)		103.66	54.12
TDF (g)		12.14(M)	
Sugars (g)		43.47(M)	22.70
Pro (g)		33.66	17.58
Fe (mg)		5.06(M)	
Ca (mg)		746.83(M)	
A,IU		12,658.15(M)	
VitC (mg)		30.70(M)	
Mois (g)		161.39(M)	
Ash (g)		1.10(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[5.000 - 7.500]	
Veg	>= 5.000	[5.875 - 12.750]	
Veg-DG	>= 0.500	6.625	
Veg-RO	>= 1.250	2.375	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	2.125	
Veg-O	>= 0.750	2.250	
Grains	[10.000 - 12.000]	[10.000 - 13.250](a)	
Non-WGR		[0.000 - 1.250]	
WGR	>= 100.000 % of	95.250	98.70
Meat/MA	[10.000 - 12.000]	[10.000 - 18.500](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)
19.20 HS Lunch Week #4 Monday - Day: 1	400																
Category: Entrees; Choose: 1																	
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)
Cheesy Ravioli w/ Breadstick, MMA, WG, VRO - LR100482 (1 serv.)	85	370.00	7.00	2.50	0.00	25.00	650.00	58.00	5.00	13.00	20.00	2.52	240.00	700.00	14.40	(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)
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 Bacon Ranch Sandwich, MS/HS, MMA, WG - LR100466 (1 sandwich)	65	535.00	23.00	3.00	0.00	42.50	1305.00	55.00	7.00	2.50 (M)	27.00	4.50	114.00	0.00 (M)	0.00 (M)	(M)	(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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	40	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)
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
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)
Category: Fruits; Choose: 2																	

Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 11:56:58 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)
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, 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)	215	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	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)	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)
19.20 HS Lunch Week #4 Tuesday - Day: 2	400																

Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 11:56:58 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)
Category: Entrees; Choose: 1																	
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	30	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)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	25	511.99	17.64	3.42	0.00	20.13	1098.93	67.01	15.13	10.39 (M)	29.79	7.20	899.65	29530.38(M)	26.49 (M)	357.76 (M)	2.19(M)
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	25	511.99	17.64	3.42	0.00	20.13 (M)	1168.93	67.01	15.13	10.39 (M)	29.79	7.20(M)	899.65 (M)	29530.38(M)	26.49 (M)	357.76 (M)	2.19(M)
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)	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	35	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)
Tostito Taco Tuesday, MS/HS, MMA, WG - LR100365 (1 serv.)	115	641.95	39.07	20.76	0.00	110.00	835.08	33.63	4.99	2.30	31.36	2.65(M)	75.49 (M)	477.79 (M)	3.59(M)	38.48 (M)	0.18(M)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	30	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																	
Black Bean Salsa, VBP, VO - LR100364 (1 serv.)	65	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 (1/2 c.)	265	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)
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

Generated on: 7/24/2019 11:56:58 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)
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
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	165	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)
19.20 HS Lunch Week #4 Wednesday - Day: 3																	
Category: Entrees; Choose: 1																	
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)

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)
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)
Cheesy Flatbread Pizza, MMA, WG, VRO - LR100485 (1 serv.)	45	353.06	12.60	5.06	0.00(M)	20.25	1024.40	38.43	4.78	9.00(M)	21.23	2.78	1558.08	10.05	0.08	0.06(M)	0.05(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)	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)
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, Quesadilla Chicken Whole Grain 5 oz, The MAX, ConAgra, 77387-12700, MMA, WGR, Veg-RO - SR101365 (1 each quesadilla)	100	300.00	10.00	2.00	0.00	15.00	700.00	37.00	4.00	2.00	17.00	2.70	150.00	(M)	(M)	(M)	(M)
Roasted Fall Vegetable Flatbread Pizza, MMA, WG - LR100484 (1 serv.)	30	400.59	17.91	6.00	0.00(M)	20.25	1604.49	40.68	5.86	5.00(M)	20.78	2.02(M)	1552.54 (M)	220.92 (M)	5.61(M)	42.52 (M)	0.66(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.)	10	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																	
Broccoli Florets w/ Ranch, VDG - LR100275 (1 serv.)	245	48.75	3.06	0.49	0.04	0.67	159.95	4.77	1.24	1.20	1.39	0.35	23.52	283.88	40.60	40.63 (M)	0.40(M)
Hash Brown Rounds - McCain - SR109300 (2 pieces)	325	100.00	3.50	0.00	0.00	0.00	105.00	16.00	1.00	0.00	1.00	0.18	0.00	0.00	3.60	(M)	(M)
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"))	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.)	125	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, 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)
19.20 HS Lunch Week #4 Thursday - Day: 4	400																
Category: Entrees; Choose: 1																	
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

Generated on: 7/24/2019 11:56:58 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)
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)
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)	100	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)
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)	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, Buffalo Chicken, 16", Big Daddy's Primo, 78639, MMA, WGR - SR108199 (1/8 pizza)	75	390.00	19.00	7.00	0.00	45.00	750.00	35.00	3.00	8.00	20.00	0.40	3200.00	3750.00	0.00	(M)	(M)
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.)	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																	
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)
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)
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	125	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)	50	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)
19.20 HS Lunch Week #4 Friday - Day: 5	400																
Category: Entrees; Choose: 1																	
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)	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)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	100	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	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	25	511.99	17.64	3.42	0.00	20.13	1098.93	67.01	15.13	10.39 (M)	29.79	7.20	899.65	29530.38 (M)	26.49 (M)	357.76 (M)	2.19 (M)
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	25	511.99	17.64	3.42	0.00	20.13 (M)	1168.93	67.01	15.13	10.39 (M)	29.79	7.20 (M)	899.65 (M)	29530.38 (M)	26.49 (M)	357.76 (M)	2.19 (M)
Chicken & Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100486 (1 serv.)	85	360.00	11.50	2.00	0.00	15.00	1090.00	47.00	6.00	9.00	19.00	3.78	170.00	0.00 (M)	0.00 (M)	(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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	35	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)
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.)	75	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, Waffle Cut French Fries, Ore-Ida, McCain Foods, OIF01037A, Veg-S - SR100418 (86 g.)	365	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)	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
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)

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)
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)	320	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)