

Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 8:21:05 AM by Christine Schlosman

Menu Cycle: 19.20 MS Lunch Week #2 Fall Weeks of 9.2~9.30~10.28~11.25.2019
 Week: 1
 Result: **Exceeded**

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	640.01	
Fat (g)		18.87	26.53
Sfat (g)(1)	< 10.00 % of Calories	6.11	8.59
TFat (g)(2)		0.01(M)	
Chol (mg)		52.48(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,085.28	
Sodium Target 2 (mg) (13)	< 1,035.00	1,085.28	
Carb (g)		90.52	56.58
TDF (g)		9.91(M)	
Sugars (g)		36.59(M)	22.87
Pro (g)		30.18	18.86
Fe (mg)		4.06(M)	
Ca (mg)		613.25(M)	
A,IU		7,673.33(M)	
VitC (mg)		39.23(M)	
Mois (g)		97.90(M)	
Ash (g)		0.64(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[2.500 - 5.000]	
Veg	>= 3.750	[5.375 - 12.250]	
Veg-DG	>= 0.500	6.125	
Veg-RO	>= 0.750	3.500	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	2.125	
Veg-O	>= 0.500	1.500	
Grains	[8.000 - 10.000]	[9.750 - 15.250](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	118.750	100.00
Meat/MA	[9.000 - 10.000]	[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)
19.20 MS Lunch Week #2 Monday - Day: 1	375																
Category: Entrees; Choose: 1																	
Almost Vegetarian Lurchable, MMA, WG, VRO, F - LR100430 (1 serv.)	15	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)
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, MS, MMA, WG - LR100214 (1 sandwich)	55	338.33	11.24	4.98	0.00	59.03	1123.30	38.52	3.98	3.41	24.68	2.34(M)	86.33 (M)	40.16 (M)	0.22(M)	7.65(M)	0.03(M)
Cheesy Pasta Bake, MMA, WG, VRO - LR100087 (1 serv.)	100	397.54	9.65	4.13	0.00(M)	20.25	834.47	55.28	7.08	9.00(M)	22.22	1.82(M)	1528.51 (M)	1.57(M)	0.00(M)	0.04(M)	0.02(M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	10	433.99	13.14	3.17	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	27.79	6.30(M)	899.65 (M)	29480.38 (M)	26.49 (M)	357.76 (M)	2.19(M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	40	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)
Pizza Lurchable, 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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	5	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Veggie Burger on Kaiser Roll, MMA, WG - LR100156 (1 sandwich)	65	330.00	6.50	0.49	0.00	0.00	840.00	46.00	7.00	4.00	23.00	4.14	164.00	0.00(M)	0.00(M)	(M)	(M)
Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)	10	481.98	4.94	1.55	0.00	5.00	328.69	101.64	5.90(M)	55.74	11.39	5.21(M)	303.38 (M)	1850.27 (M)	11.79 (M)	30.32 (M)	0.62(M)
Category: Vegetables; Choose: 2																	
Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces)	300	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)
Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.)	65	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)

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)
Category: Fruits; Choose: 1																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	200	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)	100	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)	15	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)	190	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																	
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)	10	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)	15	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)
19.20 MS Lunch Week #2 Tuesday - Day: 2	375																
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)

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)
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	5	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, MS, MMA, WG - LR100214 (1 sandwich)	45	338.33	11.24	4.98	0.00	59.03	1123.30	38.52	3.98	3.41	24.68	2.34(M)	86.33 (M)	40.16 (M)	0.22(M)	7.65(M)	0.03(M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	0	433.99	13.14	3.17	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	27.79	6.30(M)	899.65 (M)	29480.38(M)	26.49 (M)	357.76 (M)	2.19(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)
Hawaiian Pizza, MMA, WG - LR100462 (1 slice)	45	352.66	15.82	10.41	0.00(M)	52.38	547.58	33.07	3.25	3.41(M)	21.18	1.89(M)	450.00 (M)	750.00 (M)	3.00(M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	20	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(M)	(M)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	80	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)	5	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Walking Beefy Taco w/ Fixings, MS/HS, MMA, WG, VRO, VO - LR100181 (1 serv.)	120	437.79	22.77	7.54	0.00	35.00	590.32	41.57	6.02	3.24	17.77	3.17(M)	57.95 (M)	555.57 (M)	7.17(M)	76.96 (M)	0.35(M)
Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)	5	481.98	4.94	1.55	0.00	5.00	328.69	101.64	5.90(M)	55.74	11.39	5.21(M)	303.38 (M)	1850.27 (M)	11.79 (M)	30.32 (M)	0.62(M)
Category: Vegetables; Choose: 2																	
Black Bean Salsa, VBP, VO - LR100364 (1 serv.)	50	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.)	225	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: 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)
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	200	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
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	30	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.)	100	53.00	0.13	0.00	0.00	0.00	6.00	13.39	1.30	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	185	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	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)	80	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																	
Mayonnaise, SS Packet, 12 gram, Heinz, 531700 - SR100709 (1 individual)	15	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)	15	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)
19.20 MS Lunch Week #2 Wednesday - Day: 3	375																
Category: Entrees; Choose: 1																	
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	15	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)
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, MS, MMA, WG - LR100214 (1 sandwich)	35	338.33	11.24	4.98	0.00	59.03	1123.30	38.52	3.98	3.41	24.68	2.34(M)	86.33 (M)	40.16 (M)	0.22(M)	7.65(M)	0.03(M)

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Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	10	433.99	13.14	3.17	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	27.79	6.30(M)	899.65 (M)	29480.38(M)	26.49 (M)	357.76 (M)	2.19(M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	15	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)	15	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)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	50	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)	115	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)
Popcorn Chicken w/ Goldfish, MMA, WG - LR100463 (1 serv.)	100	330.00	17.00	3.50	0.00	20.00	520.00	28.00	4.00	1.00	16.00	2.52	20.00	100.00	0.00	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	5	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)	5	481.98	4.94	1.55	0.00	5.00	328.69	101.64	5.90(M)	55.74	11.39	5.21(M)	303.38 (M)	1850.27 (M)	11.79 (M)	30.32 (M)	0.62(M)
Category: Vegetables; Choose: 2																	
Hash Brown Rounds - McCain - SR109300 (2 pieces)	180	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)
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: 1																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	200	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
Mixed Berries, Cups, Frozen - Strawberries & Blueberries - SR109492 (1/2 c.)	85	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)

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)	15	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)	190	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)	75	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																	
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	180	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)	15	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)	15	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)
19.20 MS Lunch Week #2 Thursday - Day: 4	375																
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)
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, MS, MMA, WG - LR100214 (1 sandwich)	50	338.33	11.24	4.98	0.00	59.03	1123.30	38.52	3.98	3.41	24.68	2.34(M)	86.33 (M)	40.16 (M)	0.22(M)	7.65(M)	0.03(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	125	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)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	10	433.99	13.14	3.17	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	27.79	6.30(M)	899.65 (M)	29480.38(M)	26.49 (M)	357.76 (M)	2.19(M)

Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 8:21:05 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)
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)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	20	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	5	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Spaghetti w/ Meatballs, MMA, WG - LR100436 (1 serv.)	100	386.00	11.64	3.40	0.00(M)	31.20	365.00	55.90	9.00	9.00	21.06	4.38	63.00	528.00	6.70	(M)	(M)
Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)	5	481.98	4.94	1.55	0.00	5.00	328.69	101.64	5.90(M)	55.74	11.39	5.21(M)	303.38 (M)	1850.27 (M)	11.79 (M)	30.32 (M)	0.62(M)
Category: Vegetables; Choose: 2																	
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	200	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: 1																	
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"))	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
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	30	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.)	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																	

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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	195	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)	20	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																	
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	85	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)	15	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)	15	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)
19.20 MS Lunch Week #2 Friday - Day: 5	375																
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)
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, MS, MMA, WG - LR100214 (1 sandwich)	65	338.33	11.24	4.98	0.00	59.03	1123.30	38.52	3.98	3.41	24.68	2.34(M)	86.33 (M)	40.16 (M)	0.22(M)	7.65(M)	0.03(M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	5	433.99	13.14	3.17	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	27.79	6.30(M)	899.65 (M)	29480.38 (M)	26.49 (M)	357.76 (M)	2.19(M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	65	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)

Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 8:21:05 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, ELEM/MS, MMA, WG - LR100104 (1 sandwich)	125	240.00	11.50	5.00	0.00	30.00	560.00	23.00	2.00	1.00	10.00	2.52	26.00	100.00 (M)	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	10	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)	10	481.98	4.94	1.55	0.00	5.00	328.69	101.64	5.90(M)	55.74	11.39	5.21(M)	303.38 (M)	1850.27 (M)	11.79 (M)	30.32 (M)	0.62(M)
Category: Vegetables; Choose: 2																	
Grape Tomatoes w/ Ranch Dip, VRO - LR100371 (1 serv.)	85	47.05	2.89	0.47	0.04(M)	0.67	148.51	4.81	1.08	2.47	0.62	0.21	7.24	638.00	9.80	0.00(M)	0.00(M)
Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces)	300	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)
Category: Fruits; Choose: 1																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	200	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, 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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	25	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)	195	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)	20	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)

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, 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																	
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)	15	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)