

# Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 8:21:42 AM by Christine Schlosman

Menu Cycle: 19.20 MS Lunch Week #3 Fall Weeks of 9.9~10.7~11.4.2019  
 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]	648.12	
Fat (g)		19.38	26.91
Sfat (g)(1)	< 10.00 % of Calories	6.08	8.44
TFat (g)(2)		0.01(M)	
Chol (mg)		59.40(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,231.10	
Sodium Target 2 (mg) (13)	< 1,035.00	1,231.10	
Carb (g)		90.31	55.73
TDF (g)		9.77(M)	
Sugars (g)		36.93(M)	22.79
Pro (g)		30.97	19.11
Fe (mg)		4.34(M)	
Ca (mg)		603.37(M)	
A,IU		7,188.58(M)	
VitC (mg)		38.52(M)	
Mois (g)		92.92(M)	
Ash (g)		0.63(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[2.500 - 5.000]	
Veg	>= 3.750	[5.000 - 12.500]	
Veg-DG	>= 0.500	6.125	
Veg-RO	>= 0.750	3.000	
Veg-BP	>= 0.500	0.750	
Veg-S	>= 0.500	2.000	
Veg-O	>= 0.500	2.625	
Grains	[8.000 - 10.000]	[9.750 - 15.250](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	119.750	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.

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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)
<b>19.20 MS Lunch Week #3 Monday - Day: 1</b>	375																
<b>Category: Entrees; Choose: 1</b>																	
Almost Vegetarian Lurchable, 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)	15	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)
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	100	380.00	13.50	3.00	0.00	10.00	1100.00	49.00	6.00	10.00	17.00	3.78	220.00	0.00(M)	0.00(M)	(M)	(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)	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 Tenders w/ Goldfish, MMA, WG - LR100416 (1 serv.)	110	360.00	19.00	3.50	0.00	25.00	560.00	30.00	4.00	1.00	17.00	2.52	20.00	100.00	0.00	(M)	(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)
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)
<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

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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)
Emoticon Mashed potato Shapes - McCain - SR109332 (2 1/2 ounces)	245	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: 1</b>																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	165	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	0.00	12.00	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	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)	120	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
<b>Category: Milk; Choose: 1</b>																	
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 )	65	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.)	35	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)	200	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)	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)

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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)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	65	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 MS Lunch Week #3 Tuesday - Day: 2</b>	375																
<b>Category: Entrees; Choose: 1</b>																	
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)	15	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)
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)	125	435.00	19.50	7.50	0.00	72.50	815.00	38.00	4.00	1.50	26.50	4.14(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(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)	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)
Garden Salad w/ Cheese & Dinner Roll, MMA, WG, VDG, VRO, VPB, VO - LR100043 (1 serv.)	65	372.77	9.88	4.17	0.00	20.25	759.90	49.97	12.04	8.83(M)	26.90	5.01(M)	1639.19 (M)	15494.99(M)	56.43 (M)	225.48 (M)	1.37(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	35	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(M)	(M)
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.)	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)
<b>Category: Vegetables; Choose: 2</b>																	
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)

# 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)
Mixed Vegetables, 4-Way Mixed Vegetables (Carrots, - SR101815 (1/2 Cup Cooked)	60	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: 1</b>																	
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)
<b>Category: Milk; Choose: 1</b>																	
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.)	5	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)
<b>Category: Condiments; Choose: 1</b>																	
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)
<b>19.20 MS Lunch Week #3 Wednesday - Day: 3</b>	375																
<b>Category: Entrees; Choose: 1</b>																	
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)

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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)	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)	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)
Meatballs & Sauce on Club Roll, MMA, WG, VRO - LR100114 (1 sandwich)	85	388.50	12.39	3.90	0.00(M)	31.20	770.00	49.40	5.00	9.00	19.56	4.56	141.00	578.00 (M)	6.70(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)	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.)	15	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)
<b>Category: Vegetables; Choose: 2</b>																	
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)	125	41.36	2.97	0.49	0.04	0.67	185.34	3.25	0.87	1.11	0.46	0.12	22.34	227.16	1.58	48.19 (M)	0.38(M)
Potato, Reduced Sodium Tater Tots Shaped, Ore-Ida, 1000002789, Veg-S - SR107909 (8 pieces)	300	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: 1</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"))	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.)	65	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)	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
<b>Category: Milk; Choose: 1</b>																	
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 )	65	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>																	
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)
<b>19.20 MS Lunch Week #3 Thursday - Day: 4</b>	375																
<b>Category: Entrees; Choose: 1</b>																	
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)	15	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)

# Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 8:21:42 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/ 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)	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 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)
Max Cheese Sticks w/ Marinara, HS, MMA, WG, VRO - LR100048 (1 serv.)	80	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)
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)	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)
<b>Category: Vegetables; Choose: 2</b>																	
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	245	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.)	60	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: 1</b>																	
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



# 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
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	80	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 )	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.)	5	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)
<b>Category: Condiments; Choose: 1</b>																	
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)
<b>19.20 MS Lunch Week #3 Friday - Day: 5</b>	375																
<b>Category: Entrees; Choose: 1</b>																	
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)	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)
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)	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)

# Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 8:21:42 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/ 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)
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.)	15	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)	95	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)
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)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Baked, Vegetarian, Bush's Best, 1637 - SR107881 (1/2 c.)	60	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, Smiles Shaped, McCain, OIF03456, Veg-S - SR101907 (4 ea.)	245	130.00	4.50	0.50	0.00	0.00	180.00	20.00	2.00	0.00	2.00	0.36	0.00	0.00	2.40	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
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.)	65	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)	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
<b>Category: Milk; Choose: 1</b>																	
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)

# 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.)	5	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>																	
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	225	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)	80	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)