

# Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 8:14:06 AM by Christine Schlosman

Menu Cycle: HS Breakfast #1 Week of 8.26~9.9~9.23~10.7~10.21~11.4~11.18.2019  
 Week: 1  
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Breakfast  
 Serving Group: 9-12  
 Site Group: High School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 600.00]	488.71	
Fat (g)		10.36	19.08
Sfat (g)(1)	< 10.00 % of Calories	4.35	8.02
TFat (g)(2)		0.00	
Chol (mg)		56.04	
Sodium Target 1 (mg) (13)	< 640.00	459.16	
Sodium Target 2 (mg) (13)	< 570.00	459.16	
Carb (g)		84.24	68.95
TDF (g)		4.71(M)	
Sugars (g)		52.21(M)	42.73
Pro (g)		14.92	12.21
Fe (mg)		2.33(M)	
Ca (mg)		343.72(M)	
A,IU		980.92(M)	
VitC (mg)		25.27(M)	
Mois (g)		32.41(M)	
Ash (g)		0.28(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[5.000 - 7.500]	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	[9.000 - 10.000]	[10.000 - 16.500](ab)	
Non-WGR		0.000	
WGR	>= 100.000 % of	73.500	100.00
Meat/MA		[0.000 - 1.000]	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D		0.000	
Vegetable-J		0.000	
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 Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met.
- b 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	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 SY HS Breakfast Week #1 Monday - Day: 1</b>	150																
<b>Category: Entrees; Choose: 1</b>																	
Assorted Benefit Bars, WG - LR100453 (1 ea.)	10	290.00	9.00	2.75	0.00	22.50	220.00	47.00	3.00	21.50	5.00	1.80	30.00	0.00	0.00	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	15	183.30	7.28	3.60	0.00	14.81	355.98	23.70	2.00	7.71	8.63	4.89	298.96	570.19	6.60	(M)	(M)
Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.)	10	304.29	8.36	2.14	0.00	0.00	188.57	55.71	4.00	23.71	4.71	6.89	113.43	471.43	6.60	(M)	(M)
Assorted Muffins, WG - LR100454 (1 serv.)	15	386.67	12.00	4.00	0.00	83.33	263.33	62.00	4.67	33.33	6.67	2.16	66.67	200.00	0.00	(M)	(M)
Assorted Nutri Grain Bars, WG - LR100295 (1 serv.)	5	320.00	8.00	1.00	0.00	0.00	280.00	60.00	6.00	28.00	4.00	3.60	400.00	1500.00	0.00	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	5	242.50	5.63	3.13	0.00	10.00	387.50	38.75	3.00	16.00	9.25	1.40	250.00	900.00	0.00	(M)	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	35	185.00	5.00	2.50	0.00	15.00	275.00	30.00	4.00	6.00	8.00	1.80	60.00	200.00	0.00	(M)	(M)
Breakfast Yogurt Parfait w/ Fruit & Granola, HS, MMA, WG, F - LR100296 (1 serv.)	5	348.50	3.27	1.40	0.00	5.00	168.75	72.10	3.79(M)	39.50 (M)	9.69	1.07(M)	212.78	1416.21	5.73(M)	28.95 (M)	0.60(M)
Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - LR100099 (1 pkg.)	50	240.00	8.00	2.00	0.00	0.00	300.00	40.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	100	67.48	0.00	0.00	0.00	0.00	5.07	15.86	0.00	14.16	0.00	0.00	0.00	0.00(M)	14.00 (M)	(M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	85	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	0.71	0.13	20.63	92.67	23.38	55.49 (M)	0.46(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	95	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 )	15	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)

# 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)
<b>Category: Condiments; Choose: 1</b>																	
Jelly, Assorted 1/2 oz, Smucker's, 5150000774 - SR106395 (1 packet)	35	35.00	0.00	0.00	0.00	0.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>19.20 SY HS Breakfast Week #1 Tuesday - Day: 2</b>																	
<b>Category: Entrees; Choose: 1</b>																	
Assorted Benefit Bars, WG - LR100453 (1 ea.)	5	290.00	9.00	2.75	0.00	22.50	220.00	47.00	3.00	21.50	5.00	1.80	30.00	0.00	0.00	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	10	183.30	7.28	3.60	0.00	14.81	355.98	23.70	2.00	7.71	8.63	4.89	298.96	570.19	6.60	(M)	(M)
Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.)	10	304.29	8.36	2.14	0.00	0.00	188.57	55.71	4.00	23.71	4.71	6.89	113.43	471.43	6.60	(M)	(M)
Assorted Muffins, WG - LR100454 (1 serv.)	25	386.67	12.00	4.00	0.00	83.33	263.33	62.00	4.67	33.33	6.67	2.16	66.67	200.00	0.00	(M)	(M)
Assorted Nutri Grain Bars, WG - LR100295 (1 serv.)	10	320.00	8.00	1.00	0.00	0.00	280.00	60.00	6.00	28.00	4.00	3.60	400.00	1500.00	0.00	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	15	242.50	5.63	3.13	0.00	10.00	387.50	38.75	3.00	16.00	9.25	1.40	250.00	900.00	0.00	(M)	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	30	185.00	5.00	2.50	0.00	15.00	275.00	30.00	4.00	6.00	8.00	1.80	60.00	200.00	0.00	(M)	(M)
Breakfast Yogurt Parfait w/ Fruit & Granola, HS, MMA, WG, F - LR100296 (1 serv.)	5	348.50	3.27	1.40	0.00	5.00	168.75	72.10	3.79(M)	39.50 (M)	9.69	1.07(M)	212.78	1416.21	5.73(M)	28.95 (M)	0.60(M)
Ham, Egg & Cheese Wrap, MMA, WG - LR100450 (1 sandwich)	40	262.00	10.50	5.00	0.00	205.50	612.00	26.00	3.00	1.50	15.50	1.80(M)	60.00 (M)	300.00 (M)	0.00(M)	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	120	67.48	0.00	0.00	0.00	0.00	5.07	15.86	0.00	14.16	0.00	0.00	0.00	0.00(M)	14.00 (M)	(M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	85	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	0.71	0.13	20.63	92.67	23.38	55.49 (M)	0.46(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	95	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)

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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)
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 )	15	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>																	
Jelly, Assorted 1/2 oz, Smucker's, 5150000774 - SR106395 (1 packet)	25	35.00	0.00	0.00	0.00	0.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(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)
<b>19.20 SY HS Breakfast Week #1 Wednesday - Day: 3</b>	150																
<b>Category: Entrees; Choose: 1</b>																	
Assorted Benefit Bars, WG - LR100453 (1 ea.)	5	290.00	9.00	2.75	0.00	22.50	220.00	47.00	3.00	21.50	5.00	1.80	30.00	0.00	0.00	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	5	183.30	7.28	3.60	0.00	14.81	355.98	23.70	2.00	7.71	8.63	4.89	298.96	570.19	6.60	(M)	(M)
Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.)	5	304.29	8.36	2.14	0.00	0.00	188.57	55.71	4.00	23.71	4.71	6.89	113.43	471.43	6.60	(M)	(M)
Assorted Muffins, WG - LR100454 (1 serv.)	15	386.67	12.00	4.00	0.00	83.33	263.33	62.00	4.67	33.33	6.67	2.16	66.67	200.00	0.00	(M)	(M)
Assorted Nutri Grain Bars, WG - LR100295 (1 serv.)	5	320.00	8.00	1.00	0.00	0.00	280.00	60.00	6.00	28.00	4.00	3.60	400.00	1500.00	0.00	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	10	242.50	5.63	3.13	0.00	10.00	387.50	38.75	3.00	16.00	9.25	1.40	250.00	900.00	0.00	(M)	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	35	185.00	5.00	2.50	0.00	15.00	275.00	30.00	4.00	6.00	8.00	1.80	60.00	200.00	0.00	(M)	(M)
Breakfast Yogurt Parfait w/ Fruit & Granola, HS, MMA, WG, F - LR100296 (1 serv.)	5	348.50	3.27	1.40	0.00	5.00	168.75	72.10	3.79(M)	39.50 (M)	9.69	1.07(M)	212.78	1416.21	5.73(M)	28.95 (M)	0.60(M)
Dutch Waffle, J&J Snack Foods, 4521 IW, WGR - LR100263 (1 ea.)	65	300.00	13.00	3.00	0.00	20.00	350.00	43.00	3.00	12.00	4.00	1.80	40.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	120	67.48	0.00	0.00	0.00	0.00	5.07	15.86	0.00	14.16	0.00	0.00	0.00	0.00(M)	14.00 (M)	(M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	85	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	0.71	0.13	20.63	92.67	23.38	55.49 (M)	0.46(M)

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<b>Category: Milk; Choose: 1</b>																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	95	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 )	15	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>																	
Jelly, Assorted 1/2 oz, Smucker's, 5150000774 - SR106395 (1 packet)	30	35.00	0.00	0.00	0.00	0.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>19.20 SY HS Breakfast Week #1 Thursday - Day: 4</b>	150																
<b>Category: Entrees; Choose: 1</b>																	
Assorted Benefit Bars, WG - LR100453 (1 ea.)	10	290.00	9.00	2.75	0.00	22.50	220.00	47.00	3.00	21.50	5.00	1.80	30.00	0.00	0.00	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	10	183.30	7.28	3.60	0.00	14.81	355.98	23.70	2.00	7.71	8.63	4.89	298.96	570.19	6.60	(M)	(M)
Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.)	10	304.29	8.36	2.14	0.00	0.00	188.57	55.71	4.00	23.71	4.71	6.89	113.43	471.43	6.60	(M)	(M)
Assorted Muffins, WG - LR100454 (1 serv.)	25	386.67	12.00	4.00	0.00	83.33	263.33	62.00	4.67	33.33	6.67	2.16	66.67	200.00	0.00	(M)	(M)
Assorted Nutri Grain Bars, WG - LR100295 (1 serv.)	5	320.00	8.00	1.00	0.00	0.00	280.00	60.00	6.00	28.00	4.00	3.60	400.00	1500.00	0.00	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	5	242.50	5.63	3.13	0.00	10.00	387.50	38.75	3.00	16.00	9.25	1.40	250.00	900.00	0.00	(M)	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	50	185.00	5.00	2.50	0.00	15.00	275.00	30.00	4.00	6.00	8.00	1.80	60.00	200.00	0.00	(M)	(M)
Breakfast Yogurt Parfait w/ Fruit & Granola, HS, MMA, WG, F - LR100296 (1 serv.)	5	348.50	3.27	1.40	0.00	5.00	168.75	72.10	3.79(M)	39.50 (M)	9.69	1.07(M)	212.78	1416.21	5.73(M)	28.95 (M)	0.60(M)
Yoplait Yogurt Parfait w/ Cinnamon Roll, MMA, WG - LR100445 (1 serv.)	30	562.57	12.75	5.75	0.00	23.75	420.04	81.27	5.00	45.51	10.75	1.44(M)	112.57 (M)	562.85 (M)	0.00(M)	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	

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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 100% Fruit Juice, F - LR100036 (4 fl. oz.)	120	67.48	0.00	0.00	0.00	0.00	5.07	15.86	0.00	14.16	0.00	0.00	0.00	0.00(M)	14.00 (M)	(M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	85	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	0.71	0.13	20.63	92.67	23.38	55.49 (M)	0.46(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	85	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 )	15	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>																	
Jelly, Assorted 1/2 oz, Smucker's, 5150000774 - SR106395 (1 packet)	35	35.00	0.00	0.00	0.00	0.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>19.20 SY HS Breakfast Week #1 Friday - Day: 5</b>	150																
<b>Category: Entrees; Choose: 1</b>																	
Assorted Benefit Bars, WG - LR100453 (1 ea.)	5	290.00	9.00	2.75	0.00	22.50	220.00	47.00	3.00	21.50	5.00	1.80	30.00	0.00	0.00	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	5	183.30	7.28	3.60	0.00	14.81	355.98	23.70	2.00	7.71	8.63	4.89	298.96	570.19	6.60	(M)	(M)
Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.)	5	304.29	8.36	2.14	0.00	0.00	188.57	55.71	4.00	23.71	4.71	6.89	113.43	471.43	6.60	(M)	(M)
Assorted Muffins, WG - LR100454 (1 serv.)	15	386.67	12.00	4.00	0.00	83.33	263.33	62.00	4.67	33.33	6.67	2.16	66.67	200.00	0.00	(M)	(M)
Assorted Nutri Grain Bars, WG - LR100295 (1 serv.)	5	320.00	8.00	1.00	0.00	0.00	280.00	60.00	6.00	28.00	4.00	3.60	400.00	1500.00	0.00	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	10	242.50	5.63	3.13	0.00	10.00	387.50	38.75	3.00	16.00	9.25	1.40	250.00	900.00	0.00	(M)	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	50	185.00	5.00	2.50	0.00	15.00	275.00	30.00	4.00	6.00	8.00	1.80	60.00	200.00	0.00	(M)	(M)
Breakfast Yogurt Parfait w/ Fruit & Granola, HS, MMA, WG, F - LR100296 (1 serv.)	5	348.50	3.27	1.40	0.00	5.00	168.75	72.10	3.79(M)	39.50 (M)	9.69	1.07(M)	212.78	1416.21	5.73(M)	28.95 (M)	0.60(M)

# Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 8:14:06 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)
Cheesy Egg Pocket, MMA, WG - LR100446 (1 sandwich)	50	190.00	8.50	4.50	0.00	190.00	342.50	16.00	1.50	0.99	11.00	1.26(M)	46.00 (M)	300.00 (M)	0.00(M)	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	125	67.48	0.00	0.00	0.00	0.00	5.07	15.86	0.00	14.16	0.00	0.00	0.00	0.00(M)	14.00 (M)	(M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	85	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	0.71	0.13	20.63	92.67	23.38	55.49 (M)	0.46(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	95	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 )	15	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>																	
Jelly, Assorted 1/2 oz, Smucker's, 5150000774 - SR106395 (1 packet)	25	35.00	0.00	0.00	0.00	0.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(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)