

# Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 8:13:17 AM by Christine Schlosman

Menu Cycle: MS Breakfast #2 Week of 9.2~9.16~9.30~10.14~10.28~11.11~11.25.2019  
 Week: 1  
 Result: **Exceeded**

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

| Cycle Week Nutrient Summary |                       |              |               |
|-----------------------------|-----------------------|--------------|---------------|
| Nutrient                    | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1)          | [400.00 - 550.00]     | 478.28       |               |
| Fat (g)                     |                       | 10.45        | 19.67         |
| Sfat (g)(1)                 | < 10.00 % of Calories | 4.00         | 7.53          |
| TFat (g)(2)                 |                       | 0.00         |               |
| Chol (mg)                   |                       | 60.03        |               |
| Sodium Target 1 (mg) (13)   | < 600.00              | 464.96       |               |
| Sodium Target 2 (mg) (13)   | < 535.00              | 464.96       |               |
| Carb (g)                    |                       | 81.99        | 68.57         |
| TDF (g)                     |                       | 4.75(M)      |               |
| Sugars (g)                  |                       | 51.13(M)     | 42.76         |
| Pro (g)                     |                       | 15.02        | 12.56         |
| Fe (mg)                     |                       | 2.41(M)      |               |
| Ca (mg)                     |                       | 330.69(M)    |               |
| A,IU                        |                       | 1,062.16(M)  |               |
| VitC (mg)                   |                       | 27.82(M)     |               |
| Mois (g)                    |                       | 35.22(M)     |               |
| Ash (g)                     |                       | 0.31(M)      |               |

| Cycle Week Food Component Summary |                  |                       |            |
|-----------------------------------|------------------|-----------------------|------------|
| Food Component                    | Standard Value   | Actual Value          | % of Total |
| Fruit                             | >= 5.000         | [5.000 - 7.500]       |            |
| Veg                               |                  | [0.000 - 0.500]       |            |
| Veg-DG                            |                  | 0.000                 |            |
| Veg-RO                            |                  | 0.000                 |            |
| Veg-BP                            |                  | 0.000                 |            |
| Veg-S                             |                  | 0.500                 |            |
| Veg-O                             |                  | 0.000                 |            |
| Grains                            | [8.000 - 10.000] | [10.000 - 14.750](ab) |            |
| Non-WGR                           |                  | 0.000                 |            |
| WGR                               | >= 100.000 % of  | 66.000                | 100.00     |
| Meat/MA                           |                  | 0.000                 |            |
| 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 | 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 SY MS Breakfast Week #2 Monday - Day: 1</b>                                    | 75       |                  |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| <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 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.)  | 15       | 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, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) | 5        | 248.59           | 2.52    | 0.90     | 0.00     | 2.50      | 116.29  | 52.62    | 3.79(M) | 25.51 (M)  | 6.20    | 1.07(M) | 112.87  | 916.65  | 5.73(M)   | 28.95 (M) | 0.60(M) |
| Eggo Bites - Mini French Toast Chocolate Chip - 3800080801 - SR109318 (1 pouch)         | 20       | 210.00           | 6.00    | 1.50     | 0.00     | 0.00      | 260.00  | 35.00    | 4.00    | 11.00      | 5.00    | 3.60    | 200.00  | 1000.00 | (M)       | (M)       | (M)     |
| <b>Category: Fruits; Choose: 2</b>  |          |                  |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)                                     | 65       | 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.)  | 45       | 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 )                       | 40       | 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)                | 10       | 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 )                      | 5        | 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>  |          |                  |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |

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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) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|------------|-----------|-----------|---------|
| Jelly, Assorted 1/2 oz, Smucker's, 5150000774 - SR106395 (1 packet)                     | 10       | 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 MS Breakfast Week #2 Tuesday - Day: 2</b>                                   | 75       |                  |         |          |          |           |         |          |         |            |         |         |            |            |           |           |         |
| <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.)   | 10       | 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 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.)  | 15       | 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 Bowl w/ Bacon, MMA, WG, VS - LR100447 (1 bowl)                                | 25       | 345.00           | 19.00   | 8.00     | 0.00     | 200.00    | 810.00  | 28.00    | 2.00    | 1.99(M)    | 15.00   | 1.44(M) | 100.00 (M) | 300.00 (M) | 1.19(M)   | (M)       | (M)     |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) | 5        | 248.59           | 2.52    | 0.90     | 0.00     | 2.50      | 116.29  | 52.62    | 3.79(M) | 25.51 (M)  | 6.20    | 1.07(M) | 112.87     | 916.65     | 5.73(M)   | 28.95 (M) | 0.60(M) |
| <b>Category: Fruits; Choose: 2</b>  |          |                  |         |          |          |           |         |          |         |            |         |         |            |            |           |           |         |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)                                     | 65       | 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.)  | 45       | 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 )                       | 40       | 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)                | 10       | 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 )                      | 5        | 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)     |

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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)                        | 10       | 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) | 20       | 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 MS Breakfast Week #2 Wednesday - Day: 3</b>                                    | 75       |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| <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 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.)   | 10       | 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, ELEM & MS, MMA, WG, F - LR100237 (1 serv.)    | 5        | 248.59          | 2.52    | 0.90     | 0.00     | 2.50      | 116.29  | 52.62    | 3.79(M) | 25.51 (M)  | 6.20    | 1.07(M) | 112.87  | 916.65  | 5.73(M)   | 28.95 (M) | 0.60(M) |
| Cinnamon Roll w/ Drizzle Icing, Frozen, Hadley Farms, 375IW, WG - LR100234 (1 roll.)       | 25       | 190.00          | 6.00    | 1.00     | 0.00     | 0.00      | 180.00  | 32.00    | 4.00    | 11.00      | 4.00    | 1.44    | 20.00   | 2000.00 | 1.20      | (M)       | (M)     |
| <b>Category: Fruits; Choose: 2</b>   |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |           |         |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)  | 65       | 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.)   | 45       | 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)                           | 40       | 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 | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU    | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)                | 10       | 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 )                      | 5        | 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)                     | 5        | 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 MS Breakfast Week #2 Thursday - Day: 4</b>                                  | 75       |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |          |         |
| <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.)   | 10       | 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 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.)  | 15       | 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, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) | 5        | 248.59          | 2.52    | 0.90     | 0.00     | 2.50      | 116.29  | 52.62    | 3.79(M) | 25.51(M)   | 6.20    | 1.07(M) | 112.87  | 916.65  | 5.73(M)   | 28.95(M) | 0.60(M) |
| Wilson Power English Muffin, MMA, WG - LR100448 (1 sandwich)                            | 25       | 260.00          | 11.00   | 1.50     | 0.00     | 195.00    | 765.00  | 25.00    | 2.00    | 1.00(M)    | 18.00   | 1.80    | 100.00  | 300.00  | 0.00      | (M)      | (M)     |
| <b>Category: Fruits; Choose: 2</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |          |         |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)                                     | 65       | 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.)  | 45       | 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 )                       | 40       | 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

Generated on: 7/24/2019 8:13:17 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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| 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)                   | 10       | 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)                          | 5        | 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)                        | 10       | 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) | 20       | 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 MS Breakfast Week #2 Friday - Day: 5</b>                                       | 75       |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |          |         |
| <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 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.)   | 10       | 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)     |
| Blueberry Waffles w/ Sausage, MMA, WG - LR100452 (1 serv.)                                 | 10       | 270.00          | 10.00   | 2.00     | 0.00     | 30.00     | 260.00  | 37.00    | 3.00    | 12.00      | 10.00   | 1.08    | 20.00   | 0.00    | 0.00      | (M)      | (M)     |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.)    | 5        | 248.59          | 2.52    | 0.90     | 0.00     | 2.50      | 116.29  | 52.62    | 3.79(M) | 25.51(M)   | 6.20    | 1.07(M) | 112.87  | 916.65  | 5.73(M)   | 28.95(M) | 0.60(M) |
| Maple Waffles w/ Sausage, MMA, WG - LR100451 (1 serv.)                                     | 15       | 270.00          | 10.00   | 2.00     | 0.00     | 30.00     | 260.00  | 38.00    | 3.00    | 13.00      | 10.00   | 1.08    | 20.00   | 0.00    | 0.00      | (M)      | (M)     |
| <b>Category: Fruits; Choose: 2</b>   |          |                 |         |          |          |           |         |          |         |            |         |         |         |         |           |          |         |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)  | 65       | 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)     |

# Menu Cycle Week – Nutrient Analysis

Generated on: 7/24/2019 8:13:17 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 Fresh Fruit, F - LR100026 (1 serv.)                             | 45       | 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 )        | 40       | 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) | 10       | 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 )       | 5        | 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)      | 5        | 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)     |