

Menu Cycle Week – Nutrient Analysis

Generated on: 10/28/2019 8:22:08 AM by Christine Schlosman

Menu Cycle: 19.20 MS Lunch Fall Early Dismissal Cycle
 Week: 1
 Result: **Fail**

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]	656.47	
Total Fat (g)		21.07	28.89
Sat Fat (g)(1)	< 10.00 % of Calories	6.70	9.18
Trans Fat (g)(2)		0.01(M)	
Chol (mg)		52.41(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,132.99	
Sodium Target 2 (mg) (13)	< 1,035.00	1,132.99	
Carb (g)		90.40	55.09
Total Fiber (g)		9.73(M)	
Sugars (g)		38.95(M)	23.73
Added Sugars (g)		0.00(M)	
Protein (g)		29.89	18.21
Iron (mg)		3.60(M)	
Calcium (mg)		586.61(M)	
VitA (IU)		8,032.82(M)	
VitC (mg)		53.31(M)	
VitD (mcg)		0.01(M)	
Potassium (mg)		202.03(M)	
Mois (g)		74.39(M)	
Ash (g)		0.48(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[2.500 - 4.500]	
Veg	>= 3.750	[5.375 - 10.875]	
Veg-DG	>= 0.500	4.500	
Veg-RO	>= 0.750	3.500	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	2.125	
Veg-O	>= 0.500	1.375	
Grains	[8.000 - 10.000]	[9.750 - 14.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	98.250	100.00
Meat/MA	[9.000 - 10.000]	[10.000 - 17.000](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		Fail	

Legend

PrimeroEdge will flag based on USDA requirements starting School Year 2019-2020 for WGR and 1% flavored milk, for prior years, please consult your State Agency for that School Year requirements and waiver status.

(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, 2024 and does not impact pass/fail compliance prior to that date.

Menu Cycle Week – Nutrient Analysis

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 Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
19.20 MS Lunch Fall Monday - Day: 1	375																		
Category: Entrees; May 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	(M)	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(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)	(M)	34.73	9.10	922.14	29480.38 (M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	55	342.50	11.24	4.98	0.00	59.03	1140.87	38.47	3.96	3.37	(M)	25.11	2.33(M)	85.97 (M)	30.12 (M)	0.17(M)	0.00(M)	8.46(M)	5.74(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)	(M)	22.22	1.82(M)	1528.51 (M)	1.57(M)	0.00(M)	(M)	(M)	0.04(M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	10	433.99	13.14	3.18	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	(M)	27.79	6.30(M)	899.65 (M)	29480.38 (M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	40	511.99	17.64	3.43	0.00	20.13	1098.93	67.01	15.13	10.39 (M)	(M)	29.79	7.20	899.65	29530.38 (M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (M)
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	30	511.99	17.64	3.43	0.00	20.13 (M)	1168.93	67.01	15.13	10.39 (M)	(M)	29.79	7.20(M)	899.65 (M)	29530.38 (M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (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	(M)	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(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	(M)	18.00	2.70	60.00	(M)	(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	(M)	23.00	4.14	164.00	0.00(M)	0.00(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	(M)	11.39	5.21(M)	303.38 (M)	1850.27 (M)	11.79 (M)	0.52(M)	193.49 (M)	30.32 (M)
Category: Vegetables; May 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	(M)	2.07	0.37	0.00	0.00	3.72	(M)	(M)	(M)

Menu Cycle Week – Nutrient Analysis

Generated on: 10/28/2019 8:22:08 AM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
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	(M)	6.00	0.02(M)	30.03 (M)	0.00(M)	0.00(M)	(M)	(M)	0.00(M)
Category: Fruits; May 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	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(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	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
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	(M)	0.00	(M)	(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	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
Category: Milk; May 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	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(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	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(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	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(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	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Category: Condiments; May 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	(M)	0.00	(M)	0.00	0.00	0.00	(M)	(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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
19.20 MS Lunch Fall Tuesday - Day: 2	375																		
Category: Entrees; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

Generated on: 10/28/2019 8:22:08 AM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
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	(M)	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(M)	(M)	(M)
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)	(M)	34.73	9.10	922.14	29480.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	45	342.50	11.24	4.98	0.00	59.03	1140.87	38.47	3.96	3.37	(M)	25.11	2.33 (M)	85.97 (M)	30.12 (M)	0.17 (M)	0.00 (M)	8.46 (M)	5.74 (M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	0	433.99	13.14	3.18	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	(M)	27.79	6.30 (M)	899.65 (M)	29480.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	20	511.99	17.64	3.43	0.00	20.13	1098.93	67.01	15.13	10.39 (M)	(M)	29.79	7.20	899.65	29530.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (M)
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	20	511.99	17.64	3.43	0.00	20.13 (M)	1168.93	67.01	15.13	10.39 (M)	(M)	29.79	7.20 (M)	899.65 (M)	29530.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (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)	(M)	21.18	1.89 (M)	450.00 (M)	750.00 (M)	3.00 (M)	(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	(M)	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(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	(M)	19.00	1.80	450.00	750.00	0.00	(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	(M)	18.00	2.70	60.00	(M)	(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	(M)	17.77	3.17 (M)	57.95 (M)	555.57 (M)	7.17 (M)	0.00 (M)	157.41 (M)	76.96 (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	(M)	11.39	5.21 (M)	303.38 (M)	1850.27 (M)	11.79 (M)	0.52 (M)	193.49 (M)	30.32 (M)
Category: Vegetables; May Choose: 2																			
Black Bean Salsa, VBP, VO - LR100364 (1 serv.)	50	3.97	0.28	0.04	0.00 (M)	0.00	1.54	0.30	0.10	0.03 (M)	(M)	0.09	0.03	0.63	7.24	0.50	0.00 (M)	1.65 (M)	0.81 (M)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
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)	(M)	2.09	0.39	2.00	163.00	2.90	(M)	(M)	(M)
Category: Fruits; May 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	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(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	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
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	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
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)	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)	(M)
Category: Milk; May 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	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(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	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(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	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(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	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Category: Condiments; May 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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
19.20 MS Lunch Fall Wednesday - Day: 3	375																		
Category: Entrees; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

Generated on: 10/28/2019 8:22:08 AM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
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	(M)	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(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)	(M)	34.73	9.10	922.14	29480.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	35	342.50	11.24	4.98	0.00	59.03	1140.87	38.47	3.96	3.37	(M)	25.11	2.33 (M)	85.97 (M)	30.12 (M)	0.17 (M)	0.00 (M)	8.46 (M)	5.74 (M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	10	433.99	13.14	3.18	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	(M)	27.79	6.30 (M)	899.65 (M)	29480.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	15	511.99	17.64	3.43	0.00	20.13	1098.93	67.01	15.13	10.39 (M)	(M)	29.79	7.20	899.65	29530.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (M)
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	15	511.99	17.64	3.43	0.00	20.13 (M)	1168.93	67.01	15.13	10.39 (M)	(M)	29.79	7.20 (M)	899.65 (M)	29530.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (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	(M)	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(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	(M)	19.00	1.80	450.00	750.00	0.00	(M)	(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	(M)	16.00	2.52	20.00	100.00	0.00	(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	(M)	18.00	2.70	60.00	(M)	(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	(M)	11.39	5.21 (M)	303.38 (M)	1850.27 (M)	11.79 (M)	0.52 (M)	193.49 (M)	30.32 (M)
Category: Vegetables; May 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	(M)	1.00	0.18	0.00	0.00	3.60	(M)	(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)	(M)	3.02	0.73	20.16	3527.93	9.07	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (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	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(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	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
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	(M)	0.00	(M)	(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	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
Category: Milk; May 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	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(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	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(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	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(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	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Category: Condiments; May 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	(M)	0.00	(M)	0.00	0.00	0.00	(M)	(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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
19.20 MS Lunch Early Dismissal Thursday - Day: 4		50																	
Category: Entrees; May Choose: 1																			
Ham & Cheese Sandwich Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100489 (1 bag lunch)	25	581.31	15.56	7.28	0.00	86.52	1555.66	84.56	10.00	46.78	(M)	32.89	2.18(M)	326.00 (M)	10750.00(M)	120.00 (M)	(M)	(M)	(M)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
PB&J Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100397 (1 bag lunch)	25	866.32	42.27	8.44	0.09	16.34	1069.45	102.44	13.10	57.82	(M)	26.21	2.93	364.27	10511.65(M)	121.18(M)	(M)	(M)	(M)
19.20 MS Lunch Fall Friday - Day: 5	375																		
Category: Entrees; May 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	(M)	19.11	1.64	224.14	5730.82(M)	113.99(M)	(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)	(M)	34.73	9.10	922.14	29480.38(M)	26.49(M)	0.00(M)	928.41(M)	357.76(M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	65	342.50	11.24	4.98	0.00	59.03	1140.87	38.47	3.96	3.37	(M)	25.11	2.33(M)	85.97(M)	30.12(M)	0.17(M)	0.00(M)	8.46(M)	5.74(M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	5	433.99	13.14	3.18	0.00	28.13	1155.93	62.01	13.63	10.89(M)	(M)	27.79	6.30(M)	899.65(M)	29480.38(M)	26.49(M)	0.00(M)	928.41(M)	357.76(M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	65	511.99	17.64	3.43	0.00	20.13	1098.93	67.01	15.13	10.39(M)	(M)	29.79	7.20	899.65	29530.38(M)	26.49(M)	0.00(M)	928.41(M)	357.76(M)
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	45	511.99	17.64	3.43	0.00	20.13(M)	1168.93	67.01	15.13	10.39(M)	(M)	29.79	7.20(M)	899.65(M)	29530.38(M)	26.49(M)	0.00(M)	928.41(M)	357.76(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	(M)	10.00	2.52	26.00	100.00(M)	0.00(M)	(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	(M)	23.27	3.09	220.34	839.27(M)	141.11(M)	(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	(M)	18.00	2.70	60.00	(M)	(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	(M)	11.39	5.21(M)	303.38(M)	1850.27(M)	11.79(M)	0.52(M)	193.49(M)	30.32(M)
Category: Vegetables; May 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	(M)	0.62	0.21	7.24	638.00	9.80	(M)	(M)	0.00(M)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
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	(M)	2.07	0.37	0.00	0.00	3.72	(M)	(M)	(M)
Category: Fruits; May 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	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(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	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
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	(M)	0.00	(M)	(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	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
Category: Milk; May 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	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(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	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(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	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(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	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Category: Condiments; May 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	(M)	0.00	(M)	0.00	0.00	0.00	(M)	(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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)