

Menu Cycle Week – Nutrient Analysis

Generated on: 11/27/2019 12:26:43 PM by Christine Schlosman

Menu Cycle: 19.20 HS Winter Breakfast Week #2
 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]	471.20	
Total Fat (g)		11.55	22.05
Sat Fat (g)(1)	< 10.00 % of Calories	3.81	7.27
Trans Fat (g)(2)		0.00	
Chol (mg)		75.18	
Sodium Target 1 (mg) (13)	< 640.00	522.67	
Sodium Target 2 (mg) (13)	< 570.00	522.67	
Carb (g)		79.39	67.40
Total Fiber (g)		4.77(M)	
Sugars (g)		41.39(M)	35.14
Added Sugars (g)		0.00(M)	
Protein (g)		13.02	11.05
Iron (mg)		2.60(M)	
Calcium (mg)		191.13(M)	
VitA (IU)		666.95(M)	
VitC (mg)		19.76(M)	
VitD (mcg)		0.04(M)	
Potassium (mg)		88.24(M)	
Mois (g)		23.58(M)	
Ash (g)		0.22(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	[9.000 - 10.000]	[10.000 - 20.250](ab)	
Non-WGR		2.000	
WGR	>= 50.000 % of	78.500	97.52
Meat/MA		[0.000 - 11.250]	
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 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 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.

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)	
19.20 Winter HS Breakfast Monday #2 - Day: 1	80																			
Category: Entrees; May Choose: 1																				
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	13	283.47	1.15	0.00	0.00	0.00	399.37	59.09	4.49	7.59	(M)	9.48	2.89	61.86	30.00	0.00	(M)	(M)	(M)	
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	2	183.30	7.28	3.60	0.00	14.81	355.98	23.70	2.00	7.71	(M)	8.63	4.89	298.96	570.19	6.60	(M)	(M)	(M)	
Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.)	2	304.29	8.36	2.14	0.00	0.00	188.57	55.71	4.00	23.71	(M)	4.71	6.89	113.43	471.43	6.60	(M)	(M)	(M)	
Assorted Muffins, MS/HS, WG - LR100454 (1 serv.)	30	385.83	12.00	3.92	0.00	88.33	260.00	62.92	4.67	33.50	(M)	6.75	2.33	60.00	100.00	0.20	(M)	(M)	(M)	
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	2	245.00	5.75	3.13	0.00	10.00	390.00	39.00	3.00	16.25	(M)	9.25	1.40	250.00	900.00	0.00	(M)	(M)	(M)	
Bacon, Egg & Cheese on Croissant, MMA, WG - LR100145 (1 sandwich)	24	345.00	19.50	7.50	0.00	177.50	850.00	28.00	2.00	5.00	(M)	16.50	2.16	133.00	671.00	1.20	(M)	(M)	(M)	
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	1	185.00	5.00	2.50	0.00	15.00	275.00	30.00	4.00	6.00	(M)	8.00	1.80	60.00	200.00	0.00	(M)	(M)	(M)	
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	6	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	(M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	0.69(M)	185.39 (M)	25.24 (M)	
Category: Fruits; May Choose: 2																				
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	55	67.48	0.00	0.00	0.00	0.00	5.07	15.86	0.00	14.16	(M)	0.00	0.00	0.00	0.00(M)	14.00 (M)	(M)	(M)	(M)	
Assorted Fresh Fruit, F - LR100026 (1 serv.)	30	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)	
Category: Milk; May Choose: 1																				
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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.)	2	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)	2	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)	

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)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	1	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																			
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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
19.20 Winter HS Breakfast Tuesday #2 - Day: 2																			
Category: Entrees; May Choose: 1																			
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	20	283.47	1.15	0.00	0.00	0.00	399.37	59.09	4.49	7.59	(M)	9.48	2.89	61.86	30.00	0.00	(M)	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	2	183.30	7.28	3.60	0.00	14.81	355.98	23.70	2.00	7.71	(M)	8.63	4.89	298.96	570.19	6.60	(M)	(M)	(M)
Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.)	2	304.29	8.36	2.14	0.00	0.00	188.57	55.71	4.00	23.71	(M)	4.71	6.89	113.43	471.43	6.60	(M)	(M)	(M)
Assorted Muffins, MS/HS, WG - LR100454 (1 serv.)	20	385.83	12.00	3.92	0.00	88.33	260.00	62.92	4.67	33.50	(M)	6.75	2.33	60.00	100.00	0.20	(M)	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	3	245.00	5.75	3.13	0.00	10.00	390.00	39.00	3.00	16.25	(M)	9.25	1.40	250.00	900.00	0.00	(M)	(M)	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	1	185.00	5.00	2.50	0.00	15.00	275.00	30.00	4.00	6.00	(M)	8.00	1.80	60.00	200.00	0.00	(M)	(M)	(M)
Breakfast Bowl w/ Ham & Toast, MMA, WG, VS - LR100497 (1 bowl)	27	402.00	15.50	5.50	0.00	208.00	1012.00	47.00	5.00	3.99	(M)	20.00	3.08(M)	86.00 (M)	300.00 (M)	1.19(M)	(M)	(M)	(M)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	5	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	(M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	0.69(M)	185.39 (M)	25.24 (M)
Category: Fruits; May Choose: 2																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	55	67.48	0.00	0.00	0.00	0.00	5.07	15.86	0.00	14.16	(M)	0.00	0.00	0.00	0.00(M)	14.00 (M)	(M)	(M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	30	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	20	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.)	2	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)

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)	Moisture (g)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	2	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)	2	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																			
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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	0	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)
19.20 Winter HS Breakfast Wednesday #2 - Day: 3	80																		
Category: Entrees; May Choose: 1																			
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	15	283.47	1.15	0.00	0.00	0.00	399.37	59.09	4.49	7.59	(M)	9.48	2.89	61.86	30.00	0.00	(M)	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	2	183.30	7.28	3.60	0.00	14.81	355.98	23.70	2.00	7.71	(M)	8.63	4.89	298.96	570.19	6.60	(M)	(M)	(M)
Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.)	2	304.29	8.36	2.14	0.00	0.00	188.57	55.71	4.00	23.71	(M)	4.71	6.89	113.43	471.43	6.60	(M)	(M)	(M)
Assorted Muffins, MS/HS, WG - LR100454 (1 serv.)	18	385.83	12.00	3.92	0.00	88.33	260.00	62.92	4.67	33.50	(M)	6.75	2.33	60.00	100.00	0.20	(M)	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	2	245.00	5.75	3.13	0.00	10.00	390.00	39.00	3.00	16.25	(M)	9.25	1.40	250.00	900.00	0.00	(M)	(M)	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	1	185.00	5.00	2.50	0.00	15.00	275.00	30.00	4.00	6.00	(M)	8.00	1.80	60.00	200.00	0.00	(M)	(M)	(M)
Maple Waffle, Egg, Bacon & Cheese Sandwich, MMA, WG - LR100500 (1 sandwich)	35	435.00	23.50	6.00	0.00	177.50	1240.00	39.00	1.00	6.00	0.00(M)	16.50	2.52	113.00	371.00	0.00	0.00(M)	0.00(M)	(M)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	5	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	(M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	0.69(M)	185.39 (M)	25.24 (M)
Category: Fruits; May Choose: 2																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	50	67.48	0.00	0.00	0.00	0.00	5.07	15.86	0.00	14.16	(M)	0.00	0.00	0.00	0.00(M)	14.00 (M)	(M)	(M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	35	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)

Menu Cycle Week – Nutrient Analysis

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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)
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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.)	2	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)	1	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)	1	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																			
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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
19.20 Winter HS Breakfast Thursday #2 - Day: 4	80																		
Category: Entrees; May Choose: 1																			
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	14	283.47	1.15	0.00	0.00	0.00	399.37	59.09	4.49	7.59	(M)	9.48	2.89	61.86	30.00	0.00	(M)	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	2	183.30	7.28	3.60	0.00	14.81	355.98	23.70	2.00	7.71	(M)	8.63	4.89	298.96	570.19	6.60	(M)	(M)	(M)
Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.)	2	304.29	8.36	2.14	0.00	0.00	188.57	55.71	4.00	23.71	(M)	4.71	6.89	113.43	471.43	6.60	(M)	(M)	(M)
Assorted Muffins, MS/HS, WG - LR100454 (1 serv.)	32	385.83	12.00	3.92	0.00	88.33	260.00	62.92	4.67	33.50	(M)	6.75	2.33	60.00	100.00	0.20	(M)	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	2	245.00	5.75	3.13	0.00	10.00	390.00	39.00	3.00	16.25	(M)	9.25	1.40	250.00	900.00	0.00	(M)	(M)	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	1	185.00	5.00	2.50	0.00	15.00	275.00	30.00	4.00	6.00	(M)	8.00	1.80	60.00	200.00	0.00	(M)	(M)	(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	(M)	4.00	1.44	20.00	2000.00	1.20	(M)	(M)	(M)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	2	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	(M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	0.69(M)	185.39 (M)	25.24 (M)
Category: Fruits; May Choose: 2																			

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)
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	55	67.48	0.00	0.00	0.00	0.00	5.07	15.86	0.00	14.16	(M)	0.00	0.00	0.00	0.00(M)	14.00 (M)	(M)	(M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	30	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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.)	2	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)	2	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)	1	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																			
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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
19.20 Winter HS Breakfast Friday #2 - Day: 5		80																	
Category: Entrees; May Choose: 1																			
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	15	283.47	1.15	0.00	0.00	0.00	399.37	59.09	4.49	7.59	(M)	9.48	2.89	61.86	30.00	0.00	(M)	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	2	183.30	7.28	3.60	0.00	14.81	355.98	23.70	2.00	7.71	(M)	8.63	4.89	298.96	570.19	6.60	(M)	(M)	(M)
Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.)	2	304.29	8.36	2.14	0.00	0.00	188.57	55.71	4.00	23.71	(M)	4.71	6.89	113.43	471.43	6.60	(M)	(M)	(M)
Assorted Muffins, MS/HS, WG - LR100454 (1 serv.)	30	385.83	12.00	3.92	0.00	88.33	260.00	62.92	4.67	33.50	(M)	6.75	2.33	60.00	100.00	0.20	(M)	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	2	245.00	5.75	3.13	0.00	10.00	390.00	39.00	3.00	16.25	(M)	9.25	1.40	250.00	900.00	0.00	(M)	(M)	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	1	185.00	5.00	2.50	0.00	15.00	275.00	30.00	4.00	6.00	(M)	8.00	1.80	60.00	200.00	0.00	(M)	(M)	(M)
French Toast Sticks, Rich's, 37722, WGR - LR100498 (4 ea.)	24	260.00	10.00	2.00	0.00	0.00	300.00	38.00	3.00	9.00	(M)	6.00	1.82	34.00	22.00	0.00	(M)	(M)	(M)

Menu Cycle Week – Nutrient Analysis

Generated on: 11/27/2019 12:26:43 PM 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)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	4	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	(M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	0.69(M)	185.39 (M)	25.24 (M)
Category: Fruits; May Choose: 2																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	55	67.48	0.00	0.00	0.00	0.00	5.07	15.86	0.00	14.16	(M)	0.00	0.00	0.00	0.00(M)	14.00 (M)	(M)	(M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	35	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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.)	2	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)	2	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)	1	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																			
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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Syrup, Pancake, 1.5 oz Cup, Poco Pac - SR105936 (1 ea.)	20	110.00	0.00	0.00	0.00	0.00	10.00	27.00	0.00	18.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)