

Menu Cycle Week – Nutrient Analysis

Generated on: 12/13/2019 11:45:03 AM by Christine Schlosman

Menu Cycle: 19.20 ELEM Winter Lunch Week #2
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: Elementary School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	649.63	
Total Fat (g)		19.83	27.47
Sat Fat (g)(1)	< 10.00 % of Calories	6.65	9.21
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		50.98	
Sodium Target 1 (mg) (13)	< 1,230.00	1,014.48	
Sodium Target 2 (mg) (13)	< 935.00	1,014.48	
Carb (g)		90.77	55.89
Total Fiber (g)		7.60(M)	
Sugars (g)		43.52(M)	26.80
Added Sugars (g)		0.00(M)	
Protein (g)		28.79	17.73
Iron (mg)		3.42(M)	
Calcium (mg)		464.77(M)	
VitA (IU)		2,236.39(M)	
VitC (mg)		38.95(M)	
VitD (mcg)		0.07(M)	
Potassium (mg)		102.39(M)	
Mois (g)		38.28(M)	
Ash (g)		0.29(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[2.500 - 5.000]	
Veg	>= 3.750	[5.000 - 7.500]	
Veg-DG	>= 0.500	0.500	
Veg-RO	>= 0.750	4.250	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	2.000	
Veg-O	>= 0.500	1.000	
Grains	[8.000 - 9.000]	[8.750 - 15.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	88.000	100.00
Meat/MA	[8.000 - 10.000]	[10.000 - 14.500](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

Legend

PrimeroEdge will flag based on USDA requirements 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 ELEM Winter Lunch Week #2 Monday - Day: 1	260																		
Category: Entrees; May Choose: 1																			
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	3	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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	15	530.95	10.62	3.08	0.00	14.58	305.06	98.94	5.63(M)	55.75 (M)	(M)	13.61	3.26(M)	244.23 (M)	1541.65 (M)	10.52 (M)	0.60(M)	177.71 (M)	25.33 (M)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	3	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	(M)	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)	(M)
Mega Mini Chicken Nuggets w/ Roll, MMA, WG - LR100509 (1 serv.)	125	327.14	13.86	2.14	0.00	57.14	645.71	28.29	3.43	1.00	(M)	25.86	2.62	26.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	25	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)	20	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)
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	2	403.16	14.39	4.72	0.04	30.67	1029.72	47.22	6.05	12.41	(M)	20.61	1.82	192.14	5430.82	113.99	(M)	(M)	(M)
Two Cheese Grilled Cheese Sandwich, MMA, WG - LR100493 (1 sandwich)	67	330.75	14.04	8.03	0.00	40.13	742.13	31.01	4.00	2.00(M)	(M)	19.09	2.35(M)	819.57 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Potatoes, Waffle Cut French Fries, Ore-Ida, McCain Foods, OIF01037A, Veg-S - SR100418 (86 g.)	185	140.00	5.00	1.00	0.00	0.00	80.00	22.00	3.00	0.99	(M)	2.00	0.72	0.00	0.00	3.60	(M)	(M)	(M)
Soup, Tomato Soup, Canned, Campbell's, 51000-00016 - SR101500 (3/4 Cup (8 oz))	75	67.50	0.00	0.00	0.00	0.00	360.00	15.00	0.75	9.00	(M)	1.50	0.54	0.00	225.00	4.50	(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)	120	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"))	15	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)	85	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)	125	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.)	15	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)	80	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)	25	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																			
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	20	130.06	9.42	1.44	0.14	1.53	371.11	11.05	0.34	9.55	(M)	0.69	0.26	8.77	8.81	0.10	(M)	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	150	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)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	25	40.00	0.00	0.00	0.00	0.00	65.00	10.00	(M)	8.00	(M)	0.00	0.00	(M)	0.00	0.00	(M)	(M)	(M)
19.20 ELEM Winter Lunch Week #2 Tuesday - Day: 2																			
Category: Entrees; May Choose: 1																			
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	3	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)

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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	15	530.95	10.62	3.08	0.00	14.58	305.06	98.94	5.63(M)	55.75 (M)	(M)	13.61	3.26(M)	244.23 (M)	1541.65 (M)	10.52 (M)	0.60(M)	177.71 (M)	25.33 (M)
Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100110 (1 sandwich)	35	350.00	13.50	2.50	0.00	25.00	690.00	37.00	5.00	2.00	(M)	18.00	3.24	26.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	3	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	(M)	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	25	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)	20	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)
Spicy Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100111 (1 sandwich)	32	380.00	15.50	3.00	0.00	25.00	630.00	39.00	5.00	2.00	(M)	19.00	4.14	26.00	100.00 (M)	0.00(M)	(M)	(M)	(M)
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	2	403.16	14.39	4.72	0.04	30.67	1029.72	47.22	6.05	12.41	(M)	20.61	1.82	192.14	5430.82	113.99	(M)	(M)	(M)
Walking Beefy Taco w/ Fixings, ELEM, MMA, WG, VRO, VO - LR100127 (1 serv.)	125	370.37	19.74	7.04	0.00	35.00	489.20	32.13	5.01	2.90	(M)	16.75	2.80(M)	51.20 (M)	555.57 (M)	7.17(M)	0.00(M)	157.41 (M)	76.96 (M)
Category: Vegetables; May Choose: 2																			
Beans, Taco Fiesta Black Beans Bush's Best, Veg-BP - SR109445 (3/4 c.)	35	180.00	0.75	0.00	0.00	0.00	690.00	33.00	7.50	1.50	(M)	10.50	2.70	60.00	(M)	(M)	(M)	(M)	(M)
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	200	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)	120	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"))	15	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

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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	10	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.)	80	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)	125	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.)	15	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)	80	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)	25	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)	65	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 ELEM Winter Lunch Week #2 Wednesday - Day: 3																			
Category: Entrees; May Choose: 1																			
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	3	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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	15	530.95	10.62	3.08	0.00	14.58	305.06	98.94	5.63(M)	55.75 (M)	(M)	13.61	3.26(M)	244.23 (M)	1541.65 (M)	10.52 (M)	0.60(M)	177.71 (M)	25.33 (M)
Cheese Stuffed Stick w/ Meatballs, ELEM/MS, MMA, WG - LR100510 (1 serv.)	85	292.60	12.48	4.54	0.00(M)	28.72	790.00	27.94	3.50	9.00	(M)	17.64	2.88	183.80	166.80	0.42	(M)	(M)	(M)
Cheeseburger, ELEM, MMA, WG - LR100004 (1 sandwich)	107	355.00	17.00	7.50	0.00	82.50	565.00	23.00	2.00	1.50	(M)	28.50	1.44(M)	26.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	3	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	(M)	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (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)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	25	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)	20	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)
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	2	403.16	14.39	4.72	0.04	30.67	1029.72	47.22	6.05	12.41	(M)	20.61	1.82	192.14	5430.82	113.99	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1/2 c.)	125	25.76	0.11	0.02	0.00	0.00	10.12	4.92	2.76	1.35	(M)	2.85	0.56	30.36	930.12	36.89	0.00	130.64	83.46
Marinara Sauce, Plastic Dipping Cup 2.5oz, Red Gold, REDNA2ZC84, Veg-RO - SR107006 (1/4 c.)	45	40.00	1.00	0.00	0.00	0.00	200.00	7.00	2.00	4.00	(M)	1.00	0.00	20.00	(M)	(M)	(M)	(M)	(M)
Potato, Evercrisp Thin Fries, Ore-Ida, McCain, OIF01028A, Veg-S - SR100509 (1/2 cup servin)	150	130.00	6.00	1.00	0.00	0.00	300.00	18.00	1.00	0.00	(M)	1.00	0.90	10.00	0.00	3.00	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	120	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"))	15	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)	5	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
Tangerines, (mandarin oranges), canned, juice pack - SR105085 (1/2 c.)	65	46.06	0.04	0.00	0.00	0.00	6.22	11.91	0.87	11.04	(M)	0.77	0.34	13.70	1060.74	42.58	0.00	165.59	111.44
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	125	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.)	15	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)	Mois (g)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	80	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)	25	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)	175	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)
Category: Desserts; May Choose: 1																			
Ice Cream, Fudge-O Bar, Hershey's, 24682-31152 - SR109354 (1 ea.)	65	80.00	0.00	0.00	0.00	0.00	80.00	16.00	0.00	15.00	(M)	3.00	0.00	100.00	0.00	0.00	(M)	(M)	(M)
Ice Cream, Orange Blossom, Bar, Hershey's - LR100516 (1 ea.)	45	80.00	2.50	1.50	0.00	10.00	40.00	13.00	0.00	13.00	(M)	1.00	0.00	40.00	0.00	0.00	(M)	(M)	(M)
19.20 ELEM Winter Lunch Week #2 Thursday - Day: 4	260																		
Category: Entrees; May Choose: 1																			
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	3	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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	15	530.95	10.62	3.08	0.00	14.58	305.06	98.94	5.63(M)	55.75 (M)	(M)	13.61	3.26(M)	244.23 (M)	1541.65 (M)	10.52 (M)	0.60(M)	177.71 (M)	25.33 (M)
Build Your Own Yogurt Parfait, MMA, WG, F - LR100404 (1 serv.)	92	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)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	3	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	(M)	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	25	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)	100	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)	20	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)

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)
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	2	403.16	14.39	4.72	0.04	30.67	1029.72	47.22	6.05	12.41	(M)	20.61	1.82	192.14	5430.82	113.99	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Baby Carrots, 2.6 oz, VRO - SR106923 (1 pkg.)	100	30.00	0.00	0.00	0.00	0.00	55.00	7.00	2.00	5.00	(M)	0.00	0.00	0.00	5000.00	6.00	(M)	(M)	(M)
Mixed Vegetables, 4-Way Mixed Vegetables (Carrots, - SR101815 (1/2 Cup Cooked)	45	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																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	135	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"))	15	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)	5	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)	125	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.)	15	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)	80	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)	25	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)
19.20 ELEM Winter Lunch Week #2 Friday - Day: 5																			
Category: Entrees; May Choose: 1																			
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	3	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)

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 Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	15	530.95	10.62	3.08	0.00	14.58	305.06	98.94	5.63(M)	55.75 (M)	(M)	13.61	3.26(M)	244.23 (M)	1541.65 (M)	10.52 (M)	0.60(M)	177.71 (M)	25.33 (M)
Chicken Bacon Ranch Sandwich, ELEM, MMA, WG - LR100465 (1 sandwich)	85	435.00	20.00	3.00	0.00	37.50	1050.00	40.00	5.00	2.50	(M)	22.00	3.24	36.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	3	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	(M)	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)	(M)
Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)	107	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.)	25	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)	20	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)
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	2	403.16	14.39	4.72	0.04	30.67	1029.72	47.22	6.05	12.41	(M)	20.61	1.82	192.14	5430.82	113.99	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Fresh Veggies w/ Dip, VRO, VO - LR100027 (1 serv.)	100	61.35	0.13	0.04	0.00	0.00	573.64	15.98	2.58	5.33(M)	(M)	0.67	0.45	36.89	4074.13	31.43	0.00(M)	103.41 (M)	59.73 (M)
Potato, Reduced Sodium Tater Tots Shaped, Ore-Ida, 1000002789, Veg-S - SR107909 (8 pieces)	200	90.00	3.50	0.00	0.00	0.00	170.00	14.00	1.00	0.99	(M)	1.00	0.36	0.00	0.00	1.19	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	125	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"))	25	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)	20	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
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	65	60.00	0.00	0.00	0.00	0.00	5.00	16.00	2.00	12.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Cycle Week – Nutrient Analysis

Generated on: 12/13/2019 11:45:03 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)
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	145	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.)	15	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)	80	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)	25	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)	200	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)