

Menu Cycle Week – Nutrient Analysis

Generated on: 12/13/2019 11:54:18 AM by Christine Schlosman

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

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[750.00 - 850.00]	756.92	
Total Fat (g)		24.01	28.55
Sat Fat (g)(1)	< 10.00 % of Calories	7.34	8.72
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		51.73(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,213.30	
Sodium Target 2 (mg) (13)	< 1,080.00	1,213.30	
Carb (g)		108.49	57.33
Total Fiber (g)		8.92(M)	
Sugars (g)		47.26(M)	24.98
Added Sugars (g)		0.00(M)	
Protein (g)		29.02	15.34
Iron (mg)		4.51(M)	
Calcium (mg)		376.60(M)	
VitA (IU)		3,568.33(M)	
VitC (mg)		22.01(M)	
VitD (mcg)		0.03(M)	
Potassium (mg)		129.48(M)	
Mois (g)		47.83(M)	
Ash (g)		0.32(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[5.000 - 7.750]	
Veg	>= 5.000	[5.500 - 12.375]	
Veg-DG	>= 0.500	6.125	
Veg-RO	>= 1.250	2.000	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	2.500	
Veg-O	>= 0.750	1.625	
Grains	[10.000 - 12.000]	[10.500 - 15.250](a)	
Non-WGR		0.500	
WGR	>= 50.000 % of	119.250	99.58
Meat/MA	[10.000 - 12.000]	[10.000 - 18.000](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	0.500	
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	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 HS Winter Lunch Week #1 Monday - Day: 1	425																		
Category: Entrees; May Choose: 1																			
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	2	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)	25	342.22	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	25.09	2.32 (M)	85.61 (M)	20.08 (M)	0.11 (M)	0.00 (M)	5.64 (M)	3.83 (M)
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	158	380.00	13.50	3.00	0.00	10.00	1100.00	49.00	6.00	10.00	(M)	17.00	3.78	220.00	0.00 (M)	0.00 (M)	(M)	(M)	(M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	2	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)	4	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)	4	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)
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)	4	446.99	11.64	2.43	0.00	30.13	1213.93	61.51	13.63	9.89 (M)	(M)	32.29	6.48	899.65	29480.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (M)
Chicken Tenders w/ Roll, MMA, WG - LR100316 (1 serv.)	85	291.00	11.30	2.00	0.00	52.00	510.00	26.00	3.40	1.00	(M)	23.00	2.16	26.00	0.00 (M)	3.00 (M)	(M)	(M)	(M)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	4	664.93	31.51	8.89	0.00	219.88	1385.07	65.77	14.77	10.98	(M)	38.24	7.09 (M)	158.65 (M)	29745.86 (M)	15.98 (M)	0.00 (M)	873.36 (M)	335.22 (M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	45	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 Chicken Tenders w/ Roll, MMA, WG - LR100505 (1 serv.)	75	305.00	10.00	2.10	0.00	44.00	510.00	32.00	2.00	1.00	(M)	23.00	1.98	26.00	0.00 (M)	2.40 (M)	(M)	(M)	(M)
Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)	17	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																			

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)
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - SR105101 (1/2 c.)	85	19.00	0.11	0.03	0.00	0.00	6.00	4.35	2.00	(M)	(M)	1.01	0.59	33.00	376.00	2.80	(M)	(M)	(M)
Emoticon Mashed potato Shapes - McCain - SR109332 (2 1/2 ounces)	395	119.93	4.00	0.50	0.00	0.00	79.95	17.99	2.00	0.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	300	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)	225	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)	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
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	225	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.)	5	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)	40	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)	10	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.)	5	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)	350	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)

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)
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)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOAIZ - SR102279 (1 Tbsp.)	5	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)
Category: Desserts; May Choose: 1																			
Cookie Dough, Cookie Chocolate Chip Gourmet Frozen, Davids Cookies, 50011, Non-WG - SR101923 (1 1/2 ounces)	325	190.00	9.00	4.50	0.00	15.00	105.00	26.00	1.00	16.00	(M)	2.00	1.80	20.00	200.00	0.00	(M)	(M)	(M)
19.20 HS Winter Lunch Week #1 Tuesday - Day: 2																			
Category: Entrees; May Choose: 1																			
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	2	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)	25	342.22	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	25.09	2.32 (M)	85.61 (M)	20.08 (M)	0.11 (M)	0.00 (M)	5.64 (M)	3.83 (M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	2	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)	6	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)	6	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)
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)	4	446.99	11.64	2.43	0.00	30.13	1213.93	61.51	13.63	9.89 (M)	(M)	32.29	6.48	899.65	29480.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (M)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	2	664.93	31.51	8.89	0.00	219.88	1385.07	65.77	14.77	10.98	(M)	38.24	7.09 (M)	158.65 (M)	29745.86 (M)	15.98 (M)	0.00 (M)	873.36 (M)	335.22 (M)
Mega Mini Chicken Nuggets w/ Roll, MMA, WG - LR100509 (1 serv.)	175	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, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	135	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)

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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	47	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.)	21	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																			
Garden Side Salad, VDG, VRO - LR100014 (1 salad)	100	48.41	0.58	0.08	0.00(M)	0.00	37.26	10.09	4.92	4.51	(M)	2.61	1.81	68.45	20278.78	13.40	0.00(M)	517.01 (M)	187.06
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: 2																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	300	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.)	125	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)	200	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.)	5	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)	40	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)	10	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																			

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)
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	25	33.31	2.89	0.47	0.04	0.67	145.10	1.75	0.06	0.43	(M)	0.11	0.02	2.14	0.42	0.01	(M)	(M)	(M)
Dressing, Light Italian w/ Olive Oil Dressing, 12g, Cains, 03050 - SR106669 (1/2 ounces)	25	20.02	1.50	0.00	0.00	0.00	120.14	1.00	0.00	1.00	(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)	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)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	5	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)
Category: Desserts; May Choose: 1																			
Pudding, Chocolate 3.5 oz Cup, Snack Pack, ConAgra Foods, 27000-55418 - SR102161 (1 cup servin)	265	110.00	2.50	1.50	0.00	0.00	135.00	20.00	1.00	14.00	(M)	0.00	0.72	0.00	(M)	(M)	(M)	(M)	(M)
Pudding, Vanilla 3.5 oz, Snack Pack, ConAgra Foods, 27000-55419 - SR102162 (1 cup servin)	140	100.00	3.00	1.50	0.00	0.00	125.00	18.00	1.00	13.00	(M)	0.00	0.00	0.00	(M)	(M)	(M)	(M)	(M)
19.20 HS Winter Lunch Week #1 Wednesday - Day: 3																			
Category: Entrees; May Choose: 1																			
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	2	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)	25	342.22	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	25.09	2.32 (M)	85.61 (M)	20.08 (M)	0.11 (M)	0.00 (M)	5.64 (M)	3.83 (M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	95	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	(M)	21.00	4.50	104.00	0.00 (M)	0.00 (M)	(M)	(M)	(M)
Breaded Spicy Chicken Patty on Roll, MS/HS, MMA, WG - LR100112 (1 sandwich)	90	462.75	17.15	3.03	0.00	25.25	824.08	54.17	7.03	2.01	(M)	22.15	5.43	104.00	101.02 (M)	0.00 (M)	(M)	(M)	(M)
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)	170	435.00	18.50	7.50	0.00	82.50	755.00	38.00	4.00	1.50	(M)	31.50	2.70 (M)	104.00 (M)	0.00 (M)	0.00 (M)	(M)	(M)	(M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	2	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)

Menu Cycle Week – Nutrient Analysis

Generated on: 12/13/2019 11:54:18 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)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	2	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)	2	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)
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)	2	446.99	11.64	2.43	0.00	30.13	1213.93	61.51	13.63	9.89 (M)	(M)	32.29	6.48	899.65	29480.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (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)
Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)	15	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																			
Beans, Baked, Vegetarian, Bush's Best, 1637 - SR107881 (1/2 c.)	75	130.00	0.00	0.00	0.00	0.00	550.00	29.00	5.00	10.00	(M)	7.00	1.80	40.00	0.00	0.00	(M)	(M)	(M)
Potato, Evercrisp Thin Fries, Ore-Ida, McCain, OIF01028A, Veg-S - SR100509 (1/2 cup servin)	400	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: 2																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	300	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
Tangerines, (mandarin oranges), canned, juice pack - SR105085 (3/4 c.)	125	69.10	0.06	0.01	0.00	0.00	9.34	17.87	1.31	16.56	(M)	1.16	0.50	20.54	1591.11	63.87	0.00	248.38	167.16
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	200	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)

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, 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	(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)	40	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)	10	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)	380	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)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	25	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 HS Winter Lunch Week #1 Thursday - Day: 4	425																		
Category: Entrees; May Choose: 1																			
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	2	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)	25	342.22	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	25.09	2.32 (M)	85.61 (M)	20.08 (M)	0.11 (M)	0.00 (M)	5.64 (M)	3.83 (M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	2	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)	2	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)	2	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)
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)	2	446.99	11.64	2.43	0.00	30.13	1213.93	61.51	13.63	9.89 (M)	(M)	32.29	6.48	899.65	29480.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (M)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	2	664.93	31.51	8.89	0.00	219.88	1385.07	65.77	14.77	10.98	(M)	38.24	7.09 (M)	158.65 (M)	29745.86 (M)	15.98 (M)	0.00 (M)	873.36 (M)	335.22 (M)
Hot Dogs on Rolls, HS, MMA, WG - LR100315 (1 sandwich)	188	600.00	25.00	10.00	0.00	60.00	1380.00	66.00	6.00	2.00	(M)	24.00	5.76	156.00	200.00 (M)	0.00 (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)
Popcorn Chicken w/ Roll, MMA, WG - LR100508 (1 serv.)	165	300.00	14.00	2.50	0.00	20.00	510.00	28.00	5.00	2.00	(M)	17.00	2.88	26.00	100.00 (M)	0.00(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)
Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)	15	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																			
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	300	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)
Fluffy Whipped Potatoes w/ Chicken Gravy, VS - LR100358 (1 serv.)	350	58.33	1.83	0.00	0.00	0.00	330.00	11.67	0.00	0.00	(M)	0.70	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	300	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)
Assorted Juice Rush, Hershey IC, F - LR100232 (1 serv.)	365	110.00	0.00	0.00	0.00	0.00	20.00	27.00	0.00	24.00	(M)	0.99	0.00	20.00	0.00	0.00	(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
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	200	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.)	5	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)	40	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)	20	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)

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)
Category: Condiments; May Choose: 1																			
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	5	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)	225	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)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	5	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)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDO1Z - 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 HS Winter Lunch Week #1 Friday - Day: 5	425																		
Category: Entrees; May Choose: 1																			
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	2	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)	15	342.22	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	25.09	2.32 (M)	85.61 (M)	20.08 (M)	0.11 (M)	0.00 (M)	5.64 (M)	3.83 (M)
Buffalo Chicken Flatbread, MMA, WG - LR100518 (1 serv.)	100	327.96	10.70	4.10	0.00	82.45 (M)	1429.79	28.60	2.53	4.09 (M)	(M)	27.37	1.59 (M)	440.12 (M)	418.30 (M)	10.11 (M)	(M)	(M)	(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)	6	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)	6	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)
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)	4	446.99	11.64	2.43	0.00	30.13	1213.93	61.51	13.63	9.89 (M)	(M)	32.29	6.48	899.65	29480.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (M)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	4	664.93	31.51	8.89	0.00	219.88	1385.07	65.77	14.77	10.98	(M)	38.24	7.09 (M)	158.65 (M)	29745.86 (M)	15.98 (M)	0.00 (M)	873.36 (M)	335.22 (M)
French Toast Sticks w/ Sausage, MS/HS, MMA, WG - LR100391 (1 serv.)	200	402.17	17.02	4.50	0.00 (M)	20.00	482.01	52.70	3.00	9.00 (M)	(M)	12.00	2.19	54.98	22.00	0.00	(M)	(M)	5.93 (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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	47	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.)	36	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																			
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	175	63.16	2.89	0.47	0.04	0.67	199.72	8.72	2.05	5.41	(M)	0.11	0.02	2.14	4980.82	5.99	(M)	(M)	(M)
Potato, Reduced Sodium Tater Tots Shaped, Ore-Ida, 1000002789, Veg-S - SR107909 (8 pieces)	395	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: 2																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	350	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
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	165	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)
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	285	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.)	5	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)	40	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)	10	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																			

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)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	350	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)
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)
Category: Desserts; May Choose: 1																			
Pudding, Chocolate 3.5 oz Cup, Snack Pack, ConAgra Foods, 27000-55418 - SR102161 (1 cup servin)	300	110.00	2.50	1.50	0.00	0.00	135.00	20.00	1.00	14.00	(M)	0.00	0.72	0.00	(M)	(M)	(M)	(M)	(M)
Pudding, Vanilla 3.5 oz, Snack Pack, ConAgra Foods, 27000-55419 - SR102162 (1 cup servin)	100	100.00	3.00	1.50	0.00	0.00	125.00	18.00	1.00	13.00	(M)	0.00	0.00	0.00	(M)	(M)	(M)	(M)	(M)