

Menu Cycle Week – Nutrient Analysis

Generated on: 12/13/2019 11:49:38 AM by Christine Schlosman

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

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] | 651.83 | |
| Total Fat (g) | | 21.74 | 30.02 |
| Sat Fat (g)(1) | < 10.00 % of Calories | 7.20 | 9.94 |
| Trans Fat (g)(2) | | 0.01(M) | |
| Chol (mg) | | 58.10(M) | |
| Sodium Target 1 (mg) (13) | < 1,360.00 | 1,124.47 | |
| Sodium Target 2 (mg) (13) | < 1,035.00 | 1,124.47 | |
| Carb (g) | | 84.82 | 52.05 |
| Total Fiber (g) | | 7.97(M) | |
| Sugars (g) | | 36.74(M) | 22.55 |
| Added Sugars (g) | | 0.00(M) | |
| Protein (g) | | 31.26 | 19.18 |
| Iron (mg) | | 3.55(M) | |
| Calcium (mg) | | 483.79(M) | |
| VitA (IU) | | 3,223.22(M) | |
| VitC (mg) | | 28.20(M) | |
| VitD (mcg) | | 0.01(M) | |
| Potassium (mg) | | 128.15(M) | |
| Mois (g) | | 55.17(M) | |
| Ash (g) | | 0.34(M) | |

| Cycle Week Food Component Summary | | | |
|-----------------------------------|------------------|----------------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Fruit | >= 2.500 | [2.500 - 5.250] | |
| Veg | >= 3.750 | [5.250 - 12.125] | |
| Veg-DG | >= 0.500 | 6.125 | |
| Veg-RO | >= 0.750 | 4.500 | |
| Veg-BP | >= 0.500 | 0.500 | |
| Veg-S | >= 0.500 | 2.000 | |
| Veg-O | >= 0.500 | 1.500 | |
| Grains | [8.000 - 10.000] | [8.750 - 15.000](a) | |
| Non-WGR | | 0.000 | |
| WGR | >= 50.000 % of | 139.000 | 100.00 |
| Meat/MA | [9.000 - 10.000] | [10.000 - 17.500](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 | 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 MS Winter Lunch Week #2 Monday - Day: 1 | 400 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.) | 2 | 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) | 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) | 6 | 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) | 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) |
| 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.) | 200 | 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.) | 6 | 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) |
| Two Cheese Grilled Cheese Sandwich, MMA, WG - LR100493 (1 sandwich) | 143 | 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) |
| Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.) | 8 | 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) |

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: Vegetables; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Potatoes, Waffle Cut French Fries, Ore-Ida, McCain Foods, OIF01037A, Veg-S - SR100418 (86 g.) | 280 | 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 (1 Cup (8 oz)) | 125 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | 480.00 | 20.00 | 1.00 | 12.00 | (M) | 2.00 | 0.72 | 0.00 | 300.00 | 6.00 | (M) | (M) | (M) |
| Category: Fruits; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag) | 230 | 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")) | 20 | 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) | 60 | 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) | 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 |
| Category: Milk; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 215 | 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.) | 30 | 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) | 100 | 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) | 35 | 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.) | 80 | 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) | 240 | 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) | Mois (g) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------|------------------|-------------|-----------|--------------|--------------|------------|------------|----------------|------------|
| Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.) | 65 | 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 MS Winter Lunch Week #2 Tuesday - Day: 2 | 400 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.) | 2 | 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) | 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) | 6 | 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, ELEM, MMA, WG - LR100110 (1 sandwich) | 65 | 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) |
| 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) | 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) |
| Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.) | 4 | 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.) | 4 | 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) |

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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|--------------|
| Spicy Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100111 (1 sandwich) | 65 | 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) |
| Walking Beefy Taco w/ Fixings, MS/HS, MMA, WG, VRO, VO - LR100181 (1 serv.) | 214 | 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.) | 6 | 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, Taco Fiesta Black Beans Bush's Best, Veg-BP - SR109445 (3/4 c.) | 65 | 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) | 230 | 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")) | 20 | 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 |
| Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.) | 75 | 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) | 215 | 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.) | 30 | 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) | 115 | 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) | 30 | 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 | | | | | | | | | | | | | | | | | | | |
| Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet) | 120 | 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 MS Winter Lunch Week #2 Wednesday - Day: 3 | | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.) | 2 | 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) | 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) | 6 | 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 Stuffed Stick w/ Meatballs, ELEM/MS, MMA, WG - LR100510 (1 serv.) | 116 | 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, MS/HS, MMA, WG - LR100052 (1 sandwich) | 224 | 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) |
| 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) | 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) |
| Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.) | 4 | 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.) | 8 | 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) |

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) | 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.) | 6 | 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 | | | | | | | | | | | | | | | | | | | |
| Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1/2 c.) | 200 | 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.) | 85 | 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) | 260 | 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) | 230 | 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")) | 20 | 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.) | 85 | 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) | 205 | 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.) | 30 | 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) | 115 | 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) | Moisture (g) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------|------------------|-------------|-----------|--------------|--------------|------------|------------|----------------|--------------|
| Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container) | 30 | 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) |
| Category: Desserts; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Ice Cream, Fudge-O Bar, Hershey's, 24682-31152 - SR109354 (1 ea.) | 125 | 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.) | 0 | 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 MS Winter Lunch Week #2 Thursday - Day: 4 | 400 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.) | 2 | 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) | 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) | 6 | 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) | 4 | 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) | 12 | 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) | 10 | 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) |
| Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.) | 1 | 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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------|------------------|-------------|-----------|--------------|-------------|------------|------------|----------------|-----------|
| Hot Ham & Cheese on Pretzel Roll, MS/HS, MMA, WG - LR100247 (1 sandwich) | 160 | 336.31 | 13.56 | 6.78 | 0.00 | 71.52 | 935.66 | 36.56 | 3.00 | 5.78 | (M) | 23.89 | 1.80(M) | 20.00 (M) | 0.00(M) | 0.00(M) | (M) | (M) | (M) |
| Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.) | 8 | 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) | 162 | 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) | 25 | 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.) | 6 | 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, 2.6 oz, VRO - SR106923 (1 pkg.) | 185 | 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) | 60 | 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) | 220 | 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")) | 20 | 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.) | 65 | 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) | 60 | 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.) | 25 | 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) | 100 | 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) | 30 | 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 MS Winter Lunch Week #2 Friday - Day: 5 | 400 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.) | 2 | 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) | 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) | 6 | 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) | 4 | 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) | 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) |
| Chicken Bacon Ranch Sandwich, ELEM, MMA, WG - LR100465 (1 sandwich) | 225 | 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.) | 2 | 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) | 112 | 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.) | 2 | 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) |

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) | 25 | 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.) | 6 | 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 | | | | | | | | | | | | | | | | | | | |
| Fresh Veggies w/ Dip, VRO, VO - LR100027 (1 serv.) | 125 | 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) | 315 | 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) | 220 | 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.) | 100 | 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) | 215 | 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.) | 30 | 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) | 115 | 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) | 35 | 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

Generated on: 12/13/2019 11:49:38 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) | Moisture (g) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|--------------|
| 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) |