

Menu Cycle Week – Nutrient Analysis

Generated on: 12/13/2019 11:51:00 AM by Christine Schlosman

Menu Cycle: 19.20 MS Winter Lunch Week #4
 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]	637.77	
Total Fat (g)		20.50	28.93
Sat Fat (g)(1)	< 10.00 % of Calories	5.86	8.27
Trans Fat (g)(2)		0.01(M)	
Chol (mg)		62.51(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,011.43	
Sodium Target 2 (mg) (13)	< 1,035.00	1,011.43	
Carb (g)		88.98	55.81
Total Fiber (g)		7.86(M)	
Sugars (g)		34.39(M)	21.57
Added Sugars (g)		0.00(M)	
Protein (g)		26.73	16.77
Iron (mg)		3.54(M)	
Calcium (mg)		389.16(M)	
VitA (IU)		3,725.40(M)	
VitC (mg)		25.30(M)	
VitD (mcg)		0.01(M)	
Potassium (mg)		156.27(M)	
Mois (g)		61.62(M)	
Ash (g)		0.38(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[2.500 - 5.250]	
Veg	>= 3.750	[5.500 - 12.375]	
Veg-DG	>= 0.500	6.125	
Veg-RO	>= 0.750	3.750	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	3.500	
Veg-O	>= 0.500	2.000	
Grains	[8.000 - 10.000]	[9.750 - 15.250](a)	
Non-WGR		2.000	
WGR	>= 50.000 % of	141.500	98.61
Meat/MA	[9.000 - 10.000]	[9.500 - 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 #4 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)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	100	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)	125	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)
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)
Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)	117	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.)	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)

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																			
Beans, Baked, Vegetarian, Bush's Best, 1637 - SR107881 (1/2 c.)	65	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, French Fry 5/16", Frozen, McCain Food USA, - SR101975 (2 1/2 ounces)	320	130.00	5.00	0.50	0.00	0.00	350.00	21.00	2.00	0.00	(M)	1.00	0.36	0.00	0.00	3.60	(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, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	100	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	15	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	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.)	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)	85	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)
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)
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)
19.20 MS Winter Lunch Week #4 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)
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)
Pizza, French Bread Cheese Pizza, 6", Tony's, Schwan's Food Service, Inc. 78356, MMA, WG, Veg-RO - SR100365 (1 portion)	120	290.00	11.00	4.00	0.00	20.00	440.00	33.00	0.00	4.00	(M)	17.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Popcorn Chicken Bowl, MMA, WG, VS - LR100155 (1 serv.)	224	476.00	17.05	2.58	0.00	20.00	981.00	64.83	6.00	5.00(M)	(M)	20.79	3.27(M)	22.00 (M)	263.00 (M)	17.90 (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																			
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	225	66.00	0.55	0.08	0.00	0.00	1.00	15.83	2.00	(M)	(M)	2.09	0.39	2.00	163.00	2.90	(M)	(M)	(M)
Fluffy Whipped Potatoes w/ Chicken Gravy, VS - LR100358 (1 serv.)	200	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: 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
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	30	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	100	53.00	0.13	0.00	0.00	0.00	6.00	13.39	1.30	(M)	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	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.)	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)	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)
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)	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)
19.20 MS Winter Lunch Week #4 Wednesday - Day: 3	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)
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)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	145	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)	Moisture (g)
Walking Beefy Taco w/ Fixings, ELEM, MMA, WG, VRO, VO - LR100127 (1 serv.)	195	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)
Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)	10	481.98	4.94	1.55	0.00	5.00	328.69	101.64	5.90(M)	55.74	(M)	11.39	5.21(M)	303.38 (M)	1850.27 (M)	11.79 (M)	0.52(M)	193.49 (M)	30.32 (M)
Category: Vegetables; May Choose: 2																			
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - SR105101 (1/2 c.)	100	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)
Garden Side Salad, VDG, VRO - LR100014 (1 salad)	125	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
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
Tangerines, (mandarin oranges), canned, juice pack - SR105085 (3/4 c.)	115	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)	220	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)	15	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)	65	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)
19.20 MS Winter Lunch Week #4 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)	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)
French Toast Sticks & Egg Patty, ELEM/MS, MMA, WG - LR100512 (1 serv.)	275	372.17	13.52	3.50	0.00(M)	175.00	447.01	52.70	3.00	9.00(M)	(M)	11.00	2.55	54.98	322.00	0.00	(M)	(M)	5.93(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)
Maple Waffle Chicken Patty Sandwich, MMA, WG - LR100515 (1 sandwich)	65	520.00	25.00	4.50	0.00	30.00	1120.00	52.00	4.00	5.00	0.00(M)	19.00	3.60	40.00	0.00	0.00	0.00(M)	0.00(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)

Menu Cycle Week – Nutrient Analysis

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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (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																			
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	125	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)	300	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
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)	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)	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)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	125	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)
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)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	285	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 #4 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)
Boneless BBQ Chicken Wings w/ Roll, MMA, WG - LR100513 (1 serv.)	225	228.56	7.94	1.49	0.00	19.82	427.57	23.91	3.98	1.00	(M)	16.87	1.79	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)
Hamburger on Roll, MS/HS, MMA, WG - LR100319 (1 sandwich)	117	380.00	15.00	5.00	0.00	60.00	680.00	37.00	4.00	1.00	(M)	24.00	4.14	104.00	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)

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)
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																			
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)	225	40.35	2.97	0.49	0.04	0.67	185.34	3.25	0.87	1.11	(M)	0.46	0.12	22.34	227.16	1.58	0.00(M)	131.30 (M)	48.19 (M)
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	65	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	(M)	0.72	0.27	10.98	555.57	7.17	0.00	157.41	76.96
Potatoes, Waffle Cut French Fries, Ore-Ida, McCain Foods, OIF01037A, Veg-S - SR100418 (86 g.)	300	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)
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.)	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)
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.)	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)	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)
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)	250	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.)	100	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)