

Weekly - Nutrient Analysis

Menu Names: 19.20 HS Winter Lunch Week #2 Monday., 19.20 HS Winter Lunch Week #2 Tuesday., 19.20 HS Winter Lunch Week #2 Wednesday., 19.20 HS Winter Lunch Week #2 Thursday.
 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]	773.67	
Total Fat (g)		25.91	30.14
Sat Fat (g)(1)	< 10.00 % of Calories	8.50	9.89
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		52.32(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,331.09	
Sodium Target 2 (mg) (13)	< 1,080.00	1,331.09	
Carb (g)		108.32	56.00
Total Fiber (g)		11.47(M)	
Sugars (g)		41.63(M)	21.52
Added Sugars (g)		0.00(M)	
Protein (g)		29.51	15.26
Iron (mg)		5.00(M)	
Calcium (mg)		436.23(M)	
VitA (IU)		4,611.26(M)	
VitC (mg)		25.33(M)	
VitD (mcg)		0.04(M)	
Potassium (mg)		186.35(M)	
Mois (g)		70.52(M)	
Ash (g)		0.48(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 4.000	[4.000 - 6.000]	
Veg	>= 4.000	[4.125 - 10.375]	
Veg-DG	>= 0.500	5.500	
Veg-RO	>= 1.250	2.250	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	2.125	
Veg-O	>= 0.750	1.375	
Grains	[8.000 - 9.500]	[8.500 - 12.750](a)	
Non-WGR		0.500	
WGR	>= 50.000 % of	95.750	99.48
Meat/MA	[8.000 - 9.500]	[8.000 - 14.500](a)	
MILK-F	>= 4.000	4.000	
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

(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.

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.

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
19.20 HS Winter Lunch Week #2 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)	20	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.)	165	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)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	4	665.42	31.54	8.89	0.00	220.00	1387.79	65.77	14.77	10.98	(M)	38.29	7.09 (M)	158.65 (M)	29745.86 (M)	15.98 (M)	0.00 (M)	873.36 (M)	335.22 (M)
Hot Ham & Cheese on Pretzel Roll, MS/HS, MMA, WG - LR100247 (1 sandwich)	120	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	59	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.)	45	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																			
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)
Potato, Redstone Canyon Spirals, Veg-S - SR101372 (3 ounces)	340	150.00	7.00	1.00	0.00	0.00	420.00	21.00	2.00	0.00	(M)	2.00	0.72	0.00	0.00	4.80	(M)	(M)	(M)

Weekly - 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)
Category: Fruits; May Choose: 2																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	250	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)	265	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)	365	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)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - 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																			

Weekly - Nutrient Analysis

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Cookie Dough, Cookie Chocolate Chip Gourmet Frozen, Davids Cookies, 50011, Non-WG - SR101923 (1 1/2 ounces)	225	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 #2 Tuesday. - Day: 2	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)
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)	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)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	6	665.42	31.54	8.89	0.00	220.00	1387.79	65.77	14.77	10.98	(M)	38.29	7.09 (M)	158.65 (M)	29745.86 (M)	15.98 (M)	0.00 (M)	873.36 (M)	335.22 (M)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	100	320.00	15.00	10.00	0.00	45.00	450.00	28.00	3.00	3.00	(M)	19.00	1.80	450.00	750.00	0.00	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	40	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)
Walking Beefy Taco w/ Fixings, MS/HS, MMA, WG, VRO, VO - LR100181 (1 serv.)	221	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.)	25	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)

Weekly - Nutrient Analysis

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Category: Vegetables; May Choose: 2																			
Beans, Taco Fiesta Black Beans Bush's Best, Veg-BP - SR109445 (3/4 c.)	165	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.)	360	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: 2																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	245	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.)	200	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: Desserts; May Choose: 1																			
Pudding, Chocolate 3.5 oz Cup, Snack Pack, ConAgra Foods, 27000-55418 - SR102161 (1 cup servin)	250	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)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Pudding, Vanilla 3.5 oz, Snack Pack, ConAgra Foods, 27000-55419 - SR102162 (1 cup servin)	125	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 #2 Wednesday - Day: 3	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)	20	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)	85	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)	85	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)	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	665.42	31.54	8.89	0.00	220.00	1387.79	65.77	14.77	10.98	(M)	38.29	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)	55	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)	115	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)

Weekly - Nutrient Analysis

Generated on: 2/1/2020 1:30:14 PM by Christine Schlosman

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)	45	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)
Garden Side Salad, VDG, VRO - LR100014 (1 salad)	150	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
Potato, Evercrisp Thin Fries, Ore-Ida, McCain, OIF01028A, Veg-S - SR100509 (1/2 cup servin)	300	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)
Soup, Tomato Soup, Canned, Campbell's, 51000-00016 - SR101500 (1 Cup (8 oz)	85	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: 2																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	225	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
Grapefruit Slices, F - LR100526 (1/2 cup sectio)	50	36.80	0.12	0.02	0.00	0.00	0.00	9.29	1.26	8.03	(M)	0.72	0.10	13.80	1066.05	39.56	0.00	159.85	104.52
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)	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.)	10	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	80	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	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																			

Weekly - 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)
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	60	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)	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 HS Winter Lunch Week #2 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)	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 Dip w/Chips & Garlic Knot, MMA, WG - LR100519 (1 serv.)	195	487.24	22.21	7.40	0.02	79.43 (M)	797.94	45.54	14.03	3.55	(M)	24.32	2.17 (M)	67.73 (M)	600.21 (M)	6.01 (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)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	4	665.42	31.54	8.89	0.00	220.00	1387.79	65.77	14.77	10.98	(M)	38.29	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)	165	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)

Weekly - 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)	17	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																			
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1/2 c.)	125	25.76	0.11	0.02	0.00	0.00	10.12	4.92	2.76	1.35	(M)	2.85	0.56	30.36	930.12	36.89	0.00	130.64	83.46
Potato, Reduced Sodium Tater Tots Shaped, Ore-Ida, 1000002789, Veg-S - SR107909 (8 pieces)	325	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)	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.)	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)	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)	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.)	10	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	80	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	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																			

Weekly - Nutrient Analysis

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	360	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)	35	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)