

# Weekly - Nutrient Analysis

Menu Names: 19.20 ELEM Winter Lunch Week #1 Monday, 19.20 ELEM Winter Lunch Week #1 Tuesday, 19.20 ELEM Winter Lunch Week #1 Wednesday, 19.20 ELEM Winter Lunch Week #1 Thursday, 19.20 ELEM Winter Lunch Week #1 Friday  
 Result: **Exceeded**

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	647.78	
Total Fat (g)		20.19	28.05
Sat Fat (g)(1)	< 10.00 % of Calories	6.01	8.35
Trans Fat (g)(2)		0.01	
Chol (mg)		48.85	
Sodium Target 1 (mg) (13)	< 1,230.00	1,020.80	
Sodium Target 2 (mg) (13)	< 935.00	1,020.80	
Carb (g)		89.21	55.09
Total Fiber (g)		6.97(M)	
Sugars (g)		40.89(M)	25.25
Added Sugars (g)		0.00(M)	
Protein (g)		28.85	17.82
Iron (mg)		3.01(M)	
Calcium (mg)		400.38(M)	
VitA (IU)		1,974.58(M)	
VitC (mg)		38.75(M)	
VitD (mcg)		0.03(M)	
Potassium (mg)		71.71(M)	
Mois (g)		26.67(M)	
Ash (g)		0.22(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[2.500 - 5.000]	
Veg	>= 3.750	[5.000 - 7.500]	
Veg-DG	>= 0.500	0.500	
Veg-RO	>= 0.750	3.500	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	2.500	
Veg-O	>= 0.500	0.500	
Grains	[8.000 - 9.000]	[9.000 - 15.000](a)	
Non-WGR		5.500	
WGR	>= 50.000 % of	81.750	93.70
Meat/MA	[8.000 - 10.000]	[12.000 - 16.750](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**

(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)
<b>19.20 ELEM Winter Lunch Week #1 Monday - Day: 1</b>	260																		
<b>Category: Entrees; May Choose: 1</b>																			
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	3	373.16	11.89	3.97	0.04	180.67	679.72	48.72	7.05	15.40	(M)	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(M)	(M)	(M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	15	530.95	10.62	3.08	0.00	14.58	305.06	98.94	5.63(M)	55.75 (M)	(M)	13.61	3.26(M)	244.23 (M)	1541.65 (M)	10.52 (M)	0.60(M)	177.71 (M)	25.33 (M)
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	52	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)
Chicken Tenders w/ Roll, MMA, WG - LR100316 (1 serv.)	80	291.00	11.30	2.00	0.00	52.00	510.00	26.00	3.40	1.00	(M)	23.00	2.16	26.00	0.00(M)	3.00(M)	(M)	(M)	(M)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	3	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	(M)	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	25	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	(M)	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	20	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	(M)	18.00	2.70	60.00	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Tenders w/ Roll, MMA, WG - LR100505 (1 serv.)	60	305.00	10.00	2.10	0.00	44.00	510.00	32.00	2.00	1.00	(M)	23.00	1.98	26.00	0.00(M)	2.40(M)	(M)	(M)	(M)
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	2	403.16	14.39	4.72	0.04	30.67	1029.72	47.22	6.05	12.41	(M)	20.61	1.82	192.14	5430.82	113.99	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - SR105101 (1/2 c.)	60	19.00	0.11	0.03	0.00	0.00	6.00	4.35	2.00	(M)	(M)	1.01	0.59	33.00	376.00	2.80	(M)	(M)	(M)
Emoticon Mashed potato Shapes - McCain - SR109332 (2 1/2 ounces)	200	119.93	4.00	0.50	0.00	0.00	79.95	17.99	2.00	0.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			

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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)
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	150	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	15	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	85	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	10	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	125	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	80	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container )	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)
<b>Category: Condiments; May Choose: 1</b>																			
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	15	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)	180	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.)	30	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)
<b>19.20 ELEM Winter Lunch Week #1 Tuesday - Day: 2</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	3	373.16	11.89	3.97	0.04	180.67	679.72	48.72	7.05	15.40	(M)	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(M)	(M)	(M)

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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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	15	530.95	10.62	3.08	0.00	14.58	305.06	98.94	5.63(M)	55.75 (M)	(M)	13.61	3.26(M)	244.23 (M)	1541.65 (M)	10.52 (M)	0.60(M)	177.71 (M)	25.33 (M)
Cheeseburger, ELEM, MMA, WG - LR100004 (1 sandwich)	87	355.00	17.00	7.50	0.00	82.50	565.00	23.00	2.00	1.50	(M)	28.50	1.44(M)	26.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	3	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	(M)	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)	(M)
Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)	105	240.00	11.50	5.00	0.00	30.00	560.00	23.00	2.00	1.00	(M)	10.00	2.52	26.00	100.00 (M)	0.00(M)	(M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	25	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	(M)	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	20	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	(M)	18.00	2.70	60.00	(M)	(M)	(M)	(M)	(M)
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	2	403.16	14.39	4.72	0.04	30.67	1029.72	47.22	6.05	12.41	(M)	20.61	1.82	192.14	5430.82	113.99	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Beans, Baked, Vegetarian in Brown Sugar, Bush's Best, 01637, MMA - SR107881 (1/2 c.)	30	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, Reduced Sodium Tater Tots Shaped, Ore-Ida, 1000002789, Veg-S - SR107909 (8 pieces)	225	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)
<b>Category: Fruits; May Choose: 1</b>																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	120	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	15	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	10	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08

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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)
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	80	53.00	0.13	0.00	0.00	0.00	6.00	13.39	1.30	(M)	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	125	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	80	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container )	25	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
<b>Category: Condiments; May Choose: 1</b>																			
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	225	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	(M)	0.00	(M)	0.00	0.00	0.00	(M)	(M)	(M)
<b>19.20 ELEM Winter Lunch Week #1 Wednesday - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	3	373.16	11.89	3.97	0.04	180.67	679.72	48.72	7.05	15.40	(M)	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(M)	(M)	(M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	15	530.95	10.62	3.08	0.00	14.58	305.06	98.94	5.63(M)	55.75 (M)	(M)	13.61	3.26(M)	244.23 (M)	1541.65 (M)	10.52 (M)	0.60(M)	177.71 (M)	25.33 (M)
Chicken Nuggets w/ Garlic Bread Stick, MMA, WG - LR100507 (1 serv.)	155	372.50	16.50	2.50	0.00	25.00	550.00	38.25	3.50	4.25	(M)	19.25	2.61	45.00	125.00	2.40	(M)	(M)	(M)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	3	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	(M)	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)	(M)
Macaroni & Cheese w/ Garlic Breadstick, MMA, WG - LR100506 (1 serv.)	37	404.50	12.67	6.09	0.00	30.46	1145.19	53.48	3.03	9.09	(M)	20.26	1.46	324.65	507.75	2.40(M)	(M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	25	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	(M)	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(M)	(M)	(M)

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Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	20	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	(M)	18.00	2.70	60.00	(M)	(M)	(M)	(M)	(M)
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	2	403.16	14.39	4.72	0.04	30.67	1029.72	47.22	6.05	12.41	(M)	20.61	1.82	192.14	5430.82	113.99	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1/2 c.)	150	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
Red Pepper Strips w/ Dip, VRO - LR100299 (1 serv.)	85	45.24	3.02	0.50	0.04	0.67	146.78	4.52	1.02	2.36	(M)	0.56	0.22	5.36	1440.68	58.75	0.00	97.06 (M)	42.42 (M)
<b>Category: Fruits; May Choose: 1</b>																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	135	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	15	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
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)	5	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	125	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	80	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container )	25	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
<b>Category: Condiments; May Choose: 1</b>																			

# 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)
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	15	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)	100	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, REDO1Z - SR102279 (1 Tbsp.)	35	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)
<b>19.20 ELEM Winter Lunch Week #1 Thursday - Day: 4</b>	260																		
<b>Category: Entrees; May Choose: 1</b>																			
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	3	373.16	11.89	3.97	0.04	180.67	679.72	48.72	7.05	15.40	(M)	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(M)	(M)	(M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	15	530.95	10.62	3.08	0.00	14.58	305.06	98.94	5.63(M)	55.75 (M)	(M)	13.61	3.26(M)	244.23 (M)	1541.65 (M)	10.52 (M)	0.60(M)	177.71 (M)	25.33 (M)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	3	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	(M)	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)	(M)
Max Cheese Sticks w/ Marinara ELEM, MMA, WG, VRO - LR100079 (1 serv.)	85	400.00	16.00	5.00	0.00	20.00	1080.00	46.00	6.00	10.00	(M)	16.00	1.44	240.00	(M)	(M)	(M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	25	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	(M)	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(M)	(M)	(M)
Popcorn Chicken w/ Roll, MMA, WG - LR100508 (1 serv.)	107	300.00	14.00	2.50	0.00	20.00	510.00	28.00	5.00	2.00	(M)	17.00	2.88	26.00	100.00 (M)	0.00(M)	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	20	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	(M)	18.00	2.70	60.00	(M)	(M)	(M)	(M)	(M)
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	2	403.16	14.39	4.72	0.04	30.67	1029.72	47.22	6.05	12.41	(M)	20.61	1.82	192.14	5430.82	113.99	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			

# 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)
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)
Fluffy Whipped Potatoes w/ Chicken Gravy, VS - LR100358 (1 serv.)	120	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)
<b>Category: Fruits; May Choose: 1</b>																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	65	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)
Assorted Juice Rush, Hershey IC, F - LR100232 (1 serv.)	115	110.00	0.00	0.00	0.00	0.00	20.00	27.00	0.00	24.00	(M)	0.99	0.00	20.00	0.00	0.00	(M)	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	15	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	5	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	125	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	80	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container )	25	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
<b>Category: Condiments; May Choose: 1</b>																			
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)	85	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, REDO1Z - SR102279 (1 Tbsp.)	12	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)



# 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)	
<b>19.20 ELEM Winter Lunch Week #1 Friday - Day: 5</b>	260																			
<b>Category: Entrees; May Choose: 1</b>																				
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	3	373.16	11.89	3.97	0.04	180.67	679.72	48.72	7.05	15.40	(M)	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(M)	(M)	(M)	
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	15	530.95	10.62	3.08	0.00	14.58	305.06	98.94	5.63(M)	55.75 (M)	(M)	13.61	3.26(M)	244.23 (M)	1541.65 (M)	10.52 (M)	0.60(M)	177.71 (M)	25.33 (M)	
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	3	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	(M)	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)	(M)	
Hamburger on Roll, ELEM, MMA, WG - LR100049 (1 sandwich)	85	310.00	13.50	5.00	0.00	60.00	520.00	25.00	3.00	1.00	(M)	22.00	2.88	26.00	0.00(M)	0.00(M)	(M)	(M)	(M)	
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	25	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	(M)	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(M)	(M)	(M)	
Pizza, Big Daddy's Original, 16" Rolled Edge Cheese, Schwan's Food Service Inc., 73142, MMA, Non-WG - SR102010 (1 Slice (1/8))	112	400.00	17.00	9.00	0.00	40.00	580.00	42.00	2.00	9.00	(M)	19.00	2.70	250.00	500.00	0.00	(M)	(M)	(M)	
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	15	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	(M)	18.00	2.70	60.00	(M)	(M)	(M)	(M)	(M)	
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	2	403.16	14.39	4.72	0.04	30.67	1029.72	47.22	6.05	12.41	(M)	20.61	1.82	192.14	5430.82	113.99	(M)	(M)	(M)	
<b>Category: Vegetables; May Choose: 2</b>																				
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	165	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, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces)	200	113.71	3.62	0.00	0.00	0.00	134.39	17.57	1.03	0.00	(M)	2.07	0.37	0.00	0.00	3.72	(M)	(M)	(M)	
<b>Category: Fruits; May Choose: 1</b>																				
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	125	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)	

# Weekly - Nutrient Analysis

Generated on: 2/1/2020 1:05:36 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)
Bananas, raw - SR105089 (1 medium (7"))	25	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	20	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	65	60.00	0.00	0.00	0.00	0.00	5.00	16.00	2.00	12.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	145	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	80	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container )	25	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
<b>Category: Condiments; May Choose: 1</b>																			
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	185	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)