

Menu Cycle Week – Nutrient Analysis

Generated on: 2/18/2020 12:36:15 PM by Christine Schlosman

Menu Cycle: 19.20 Spring ELEM Breakfast Week #2
 Week: 1
 Result: **Exceeded**

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

| Cycle Week Nutrient Summary | | | |
|------------------------------|-----------------------|--------------|---------------|
| Nutrient | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1) | [350.00 - 500.00] | 438.02 | |
| Total Fat (g) | | 9.89 | 20.32 |
| Sat Fat (g)(1) | < 10.00 % of Calories | 4.19 | 8.60 |
| Trans Fat (g)(2) | | 0.00 | |
| Chol (mg) | | 45.35 | |
| Sodium Target 1 (mg) (13) | < 540.00 | 498.31 | |
| Sodium Target 2 (mg) (13) | < 485.00 | 498.31 | |
| Carb (g) | | 73.78 | 67.38 |
| Total Fiber (g) | | 4.41(M) | |
| Sugars (g) | | 43.71(M) | 39.92 |
| Added Sugars (g) | | 0.99(M) | |
| Protein (g) | | 15.07 | 13.77 |
| Iron (mg) | | 2.62(M) | |
| Calcium (mg) | | 371.44 | |
| VitA (IU) | | 1,175.97(M) | |
| VitC (mg) | | 27.39(M) | |
| VitD (mcg) | | 0.09(M) | |
| Potassium (mg) | | 154.05(M) | |
| Mois (g) | | 39.99(M) | |
| Ash (g) | | 0.38(M) | |

| Cycle Week Food Component Summary | | | |
|-----------------------------------|------------------|-----------------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Fruit | >= 5.000 | [5.000 - 7.500] | |
| Veg | | 0.000 | |
| Veg-DG | | 0.000 | |
| Veg-RO | | 0.000 | |
| Veg-BP | | 0.000 | |
| Veg-S | | 0.000 | |
| Veg-O | | 0.000 | |
| Grains | [7.000 - 10.000] | [10.000 - 12.500](ab) | |
| Non-WGR | | 2.000 | |
| WGR | >= 50.000 % of | 43.250 | 95.58 |
| Meat/MA | | [0.000 - 4.000] | |
| MILK-F | >= 5.000 | 5.000 | |
| Fruit-J | <= 50.000 % of | 0.000 | 0.00 |
| Grain-D | | 0.000 | |
| Vegetable-J | | 0.000 | |
| 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 Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met.
- b 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) | Moisture (g) | |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|--------------|--|
| 19.20 Spring ELEM Breakfast Monday #2 - Day: 1 | 85 | | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.) | 15 | 183.30 | 7.28 | 3.60 | 0.00 | 14.81 | 355.98 | 23.70 | 2.00 | 7.71 | (M) | 8.63 | 4.89 | 298.96 | 570.19 | 6.60 | (M) | (M) | (M) | |
| Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.) | 5 | 304.29 | 8.36 | 2.14 | 0.00 | 0.00 | 188.57 | 55.71 | 4.00 | 23.71 | (M) | 4.71 | 6.89 | 113.43 | 471.43 | 6.60 | (M) | (M) | (M) | |
| Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.) | 15 | 245.00 | 5.75 | 3.13 | 0.00 | 10.00 | 390.00 | 39.00 | 3.00 | 16.25 | (M) | 9.25 | 1.40 | 250.00 | 900.00 | 0.00 | (M) | (M) | (M) | |
| Bacon, Egg & Cheese on Croissant, MMA, WG - LR100145 (1 sandwich) | 20 | 345.00 | 19.50 | 7.50 | 0.00 | 177.50 | 790.00 | 28.00 | 2.00 | 5.00 | 21.00 (M) | 16.50 | 2.16 | 113.00 | 371.00 (M) | 0.00(M) | 0.30(M) | 30.00 (M) | (M) | |
| Bagel w/ Cream Cheese, WG - LR100089 (1 serv.) | 15 | 185.00 | 5.00 | 2.50 | 0.00 | 15.00 | 275.00 | 30.00 | 4.00 | 6.00 | (M) | 8.00 | 1.80 | 60.00 | 200.00 | 0.00 | (M) | (M) | (M) | |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) | 15 | 248.59 | 2.52 | 0.90 | 0.00 | 2.50 | 116.29 | 52.62 | 3.79(M) | 25.51 (M) | (M) | 6.20 | 1.07(M) | 112.87 | 916.65 | 5.73(M) | 0.52(M) | 186.93 (M) | 28.95 (M) | |
| Category: Fruits; May Choose: 2 | | | | | | | | | | | | | | | | | | | | |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.) | 65 | 67.48 | 0.00 | 0.00 | 0.00 | 0.00 | 5.07 | 15.86 | 0.00 | 14.16 | (M) | 0.00 | 0.00 | 0.00 | 0.00(M) | 14.00 (M) | (M) | (M) | (M) | |
| Assorted Fresh Fruit, F - LR100026 (1 serv.) | 55 | 59.11 | 0.17 | 0.05 | 0.00 | 0.00 | 0.39 | 14.84 | 2.08 | 9.62 | (M) | 0.71 | 0.13 | 20.63 | 92.67 | 23.38 | 0.00(M) | 195.11 (M) | 55.49 (M) | |
| Category: Milk; May Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 30 | 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) | 25 | 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) | 3 | 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 | 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) |
|---|----------|------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------|------------------|-------------|-----------|---------------|-----------|-----------|------------|-----------------|-----------|
| Jelly, Assorted 1/2 oz, Smucker's, 5150000774 - SR106395 (1 packet) | 5 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| 19.20 Spring ELEM Breakfast Tuesday #2 - Day: 2 | 85 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.) | 10 | 183.30 | 7.28 | 3.60 | 0.00 | 14.81 | 355.98 | 23.70 | 2.00 | 7.71 | (M) | 8.63 | 4.89 | 298.96 | 570.19 | 6.60 | (M) | (M) | (M) |
| Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.) | 5 | 304.29 | 8.36 | 2.14 | 0.00 | 0.00 | 188.57 | 55.71 | 4.00 | 23.71 | (M) | 4.71 | 6.89 | 113.43 | 471.43 | 6.60 | (M) | (M) | (M) |
| Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.) | 20 | 245.00 | 5.75 | 3.13 | 0.00 | 10.00 | 390.00 | 39.00 | 3.00 | 16.25 | (M) | 9.25 | 1.40 | 250.00 | 900.00 | 0.00 | (M) | (M) | (M) |
| Bagel w/ Cream Cheese, WG - LR100089 (1 serv.) | 15 | 185.00 | 5.00 | 2.50 | 0.00 | 15.00 | 275.00 | 30.00 | 4.00 | 6.00 | (M) | 8.00 | 1.80 | 60.00 | 200.00 | 0.00 | (M) | (M) | (M) |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) | 10 | 248.59 | 2.52 | 0.90 | 0.00 | 2.50 | 116.29 | 52.62 | 3.79(M) | 25.51 (M) | (M) | 6.20 | 1.07(M) | 112.87 | 916.65 | 5.73(M) | 0.52(M) | 186.93 (M) | 28.95 (M) |
| French Toast Sticks, Rich's, 37722, WGR - LR100498 (4 ea.) | 25 | 260.00 | 10.00 | 2.00 | 0.00 | 0.00 | 300.00 | 38.00 | 3.00 | 9.00 | (M) | 6.00 | 1.82 | 34.00 | 22.00 | 0.00 | (M) | (M) | (M) |
| Category: Fruits; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.) | 60 | 67.48 | 0.00 | 0.00 | 0.00 | 0.00 | 5.07 | 15.86 | 0.00 | 14.16 | (M) | 0.00 | 0.00 | 0.00 | 0.00(M) | 14.00 (M) | (M) | (M) | (M) |
| Assorted Fresh Fruit, F - LR100026 (1 serv.) | 55 | 59.11 | 0.17 | 0.05 | 0.00 | 0.00 | 0.39 | 14.84 | 2.08 | 9.62 | (M) | 0.71 | 0.13 | 20.63 | 92.67 | 23.38 | 0.00(M) | 195.11 (M) | 55.49 (M) |
| Category: Milk; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 30 | 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) | 25 | 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) | 3 | 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 | | | | | | | | | | | | | | | | | | | |
| Jelly, Assorted 1/2 oz, Smucker's, 5150000774 - SR106395 (1 packet) | 5 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|-----------|
| Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet) | 10 | 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) |
| Syrup, Pancake, 1.5 oz Cup, Poco Pac - SR105936 (1 ea.) | 25 | 110.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 27.00 | 0.00 | 18.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| 19.20 Spring ELEM Breakfast Wednesday #2 - Day: 3 | 85 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.) | 15 | 183.30 | 7.28 | 3.60 | 0.00 | 14.81 | 355.98 | 23.70 | 2.00 | 7.71 | (M) | 8.63 | 4.89 | 298.96 | 570.19 | 6.60 | (M) | (M) | (M) |
| Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.) | 5 | 304.29 | 8.36 | 2.14 | 0.00 | 0.00 | 188.57 | 55.71 | 4.00 | 23.71 | (M) | 4.71 | 6.89 | 113.43 | 471.43 | 6.60 | (M) | (M) | (M) |
| Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.) | 10 | 245.00 | 5.75 | 3.13 | 0.00 | 10.00 | 390.00 | 39.00 | 3.00 | 16.25 | (M) | 9.25 | 1.40 | 250.00 | 900.00 | 0.00 | (M) | (M) | (M) |
| Bagel w/ Cream Cheese, WG - LR100089 (1 serv.) | 15 | 185.00 | 5.00 | 2.50 | 0.00 | 15.00 | 275.00 | 30.00 | 4.00 | 6.00 | (M) | 8.00 | 1.80 | 60.00 | 200.00 | 0.00 | (M) | (M) | (M) |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) | 15 | 248.59 | 2.52 | 0.90 | 0.00 | 2.50 | 116.29 | 52.62 | 3.79(M) | 25.51 (M) | (M) | 6.20 | 1.07(M) | 112.87 | 916.65 | 5.73(M) | 0.52(M) | 186.93 (M) | 28.95 (M) |
| Maple Waffle, Egg, Bacon & Cheese Sandwich, MMA, WG - LR100500 (1 sandwich) | 25 | 435.00 | 23.50 | 6.00 | 0.00 | 177.50 | 1240.00 | 39.00 | 1.00 | 6.00 | 0.00(M) | 16.50 | 2.52 | 113.00 | 371.00 | 0.00 | 0.00(M) | 0.00(M) | (M) |
| Category: Fruits; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.) | 60 | 67.48 | 0.00 | 0.00 | 0.00 | 0.00 | 5.07 | 15.86 | 0.00 | 14.16 | (M) | 0.00 | 0.00 | 0.00 | 0.00(M) | 14.00 (M) | (M) | (M) | (M) |
| Assorted Fresh Fruit, F - LR100026 (1 serv.) | 55 | 59.11 | 0.17 | 0.05 | 0.00 | 0.00 | 0.39 | 14.84 | 2.08 | 9.62 | (M) | 0.71 | 0.13 | 20.63 | 92.67 | 23.38 | 0.00(M) | 195.11 (M) | 55.49 (M) |
| Category: Milk; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 40 | 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) | 20 | 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) | 3 | 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 | | | | | | | | | | | | | | | | | | | |
| Jelly, Assorted 1/2 oz, Smucker's, 5150000774 - SR106395 (1 packet) | 5 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| 19.20 Spring ELEM Breakfast Thursday #2 - Day: 4 | | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.) | 15 | 183.30 | 7.28 | 3.60 | 0.00 | 14.81 | 355.98 | 23.70 | 2.00 | 7.71 | (M) | 8.63 | 4.89 | 298.96 | 570.19 | 6.60 | (M) | (M) | (M) |
| Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.) | 5 | 304.29 | 8.36 | 2.14 | 0.00 | 0.00 | 188.57 | 55.71 | 4.00 | 23.71 | (M) | 4.71 | 6.89 | 113.43 | 471.43 | 6.60 | (M) | (M) | (M) |
| Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.) | 10 | 245.00 | 5.75 | 3.13 | 0.00 | 10.00 | 390.00 | 39.00 | 3.00 | 16.25 | (M) | 9.25 | 1.40 | 250.00 | 900.00 | 0.00 | (M) | (M) | (M) |
| Bagel w/ Cream Cheese, WG - LR100089 (1 serv.) | 15 | 185.00 | 5.00 | 2.50 | 0.00 | 15.00 | 275.00 | 30.00 | 4.00 | 6.00 | (M) | 8.00 | 1.80 | 60.00 | 200.00 | 0.00 | (M) | (M) | (M) |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) | 5 | 248.59 | 2.52 | 0.90 | 0.00 | 2.50 | 116.29 | 52.62 | 3.79(M) | 25.51 (M) | (M) | 6.20 | 1.07(M) | 112.87 | 916.65 | 5.73(M) | 0.52(M) | 186.93 (M) | 28.95 (M) |
| Cinnamon Roll w/ Drizzle Icing, Frozen, Hadley Farms, 375IW, WG - LR100234 (1 roll.) | 35 | 190.00 | 6.00 | 1.00 | 0.00 | 0.00 | 180.00 | 32.00 | 4.00 | 11.00 | (M) | 4.00 | 1.44 | 20.00 | 2000.00 | 1.20 | (M) | (M) | (M) |
| Category: Fruits; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.) | 50 | 67.48 | 0.00 | 0.00 | 0.00 | 0.00 | 5.07 | 15.86 | 0.00 | 14.16 | (M) | 0.00 | 0.00 | 0.00 | 0.00(M) | 14.00 (M) | (M) | (M) | (M) |
| Assorted Fresh Fruit, F - LR100026 (1 serv.) | 55 | 59.11 | 0.17 | 0.05 | 0.00 | 0.00 | 0.39 | 14.84 | 2.08 | 9.62 | (M) | 0.71 | 0.13 | 20.63 | 92.67 | 23.38 | 0.00(M) | 195.11 (M) | 55.49 (M) |
| Category: Milk; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 35 | 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) | 25 | 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) | 3 | 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 | 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) |
|---|----------|------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------|------------------|-------------|-----------|---------------|-----------|-----------|------------|-----------------|-----------|
| Jelly, Assorted 1/2 oz, Smucker's, 5150000774 - SR106395 (1 packet) | 5 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| 19.20 Spring ELEM Breakfast Friday #2 - Day: 5 | 85 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.) | 15 | 183.30 | 7.28 | 3.60 | 0.00 | 14.81 | 355.98 | 23.70 | 2.00 | 7.71 | (M) | 8.63 | 4.89 | 298.96 | 570.19 | 6.60 | (M) | (M) | (M) |
| Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.) | 10 | 304.29 | 8.36 | 2.14 | 0.00 | 0.00 | 188.57 | 55.71 | 4.00 | 23.71 | (M) | 4.71 | 6.89 | 113.43 | 471.43 | 6.60 | (M) | (M) | (M) |
| Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.) | 10 | 245.00 | 5.75 | 3.13 | 0.00 | 10.00 | 390.00 | 39.00 | 3.00 | 16.25 | (M) | 9.25 | 1.40 | 250.00 | 900.00 | 0.00 | (M) | (M) | (M) |
| Bagel w/ Cream Cheese, WG - LR100089 (1 serv.) | 15 | 185.00 | 5.00 | 2.50 | 0.00 | 15.00 | 275.00 | 30.00 | 4.00 | 6.00 | (M) | 8.00 | 1.80 | 60.00 | 200.00 | 0.00 | (M) | (M) | (M) |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) | 15 | 248.59 | 2.52 | 0.90 | 0.00 | 2.50 | 116.29 | 52.62 | 3.79(M) | 25.51 (M) | (M) | 6.20 | 1.07(M) | 112.87 | 916.65 | 5.73(M) | 0.52(M) | 186.93 (M) | 28.95 (M) |
| Bulldog Egg & Bacon Sandwich.WG, M/MA - LR100529 (1 sandwich) | 20 | 300.00 | 15.50 | 8.50 | 0.00 | 185.00 | 795.00 | 28.00 | 2.00 | 2.00 | (M) | 13.00 | 1.80 | 170.00 | 300.00 | 0.00 | (M) | (M) | (M) |
| Category: Fruits; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.) | 50 | 67.48 | 0.00 | 0.00 | 0.00 | 0.00 | 5.07 | 15.86 | 0.00 | 14.16 | (M) | 0.00 | 0.00 | 0.00 | 0.00(M) | 14.00 (M) | (M) | (M) | (M) |
| Assorted Fresh Fruit, F - LR100026 (1 serv.) | 55 | 59.11 | 0.17 | 0.05 | 0.00 | 0.00 | 0.39 | 14.84 | 2.08 | 9.62 | (M) | 0.71 | 0.13 | 20.63 | 92.67 | 23.38 | 0.00(M) | 195.11 (M) | 55.49 (M) |
| Category: Milk; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 30 | 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) | 25 | 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) | 3 | 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 | | | | | | | | | | | | | | | | | | | |
| Jelly, Assorted 1/2 oz, Smucker's, 5150000774 - SR106395 (1 packet) | 5 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |