

Menu Cycle Week – Nutrient Analysis

Generated on: 2/22/2020 7:58:12 AM by Christine Schlosman

Menu Cycle: HS Lunch Week of 3.16.2020
 Week: 1
 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]	755.75	
Total Fat (g)		24.30	28.94
Sat Fat (g)(1)	< 10.00 % of Calories	7.78	9.26
Trans Fat (g)(2)		0.06(M)	
Chol (mg)		52.48(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,322.16	
Sodium Target 2 (mg) (13)	< 1,080.00	1,322.16	
Carb (g)		106.70	56.47
Total Fiber (g)		10.19(M)	
Sugars (g)		46.29(M)	24.50
Added Sugars (g)		0.00(M)	
Protein (g)		30.99	16.40
Iron (mg)		4.62(M)	
Calcium (mg)		626.50(M)	
VitA (IU)		5,866.19(M)	
VitC (mg)		26.92(M)	
VitD (mcg)		0.08(M)	
Potassium (mg)		271.63(M)	
Mois (g)		101.45(M)	
Ash (g)		0.71(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[5.000 - 7.500]	
Veg	>= 5.000	[5.000 - 9.625]	
Veg-DG	>= 0.500	3.500	
Veg-RO	>= 1.250	5.500	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	2.125	
Veg-O	>= 0.750	2.250	
Grains	[10.000 - 12.000]	[10.500 - 14.750](a)	
Non-WGR		1.500	
WGR	>= 50.000 % of	69.500	97.89
Meat/MA	[10.000 - 12.000]	[10.000 - 14.500](a)	
MILK-F	>= 5.000	5.000	
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

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.

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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)	Moisture (g)
HS Lunch Week of 3.16.2020 Monday - Day: 1	450																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	80	491.81	17.90	3.56	0.00	52.08 (M)	1183.00	61.33	13.03	11.83 (M)	(M)	29.91	6.48(M)	786.10 (M)	25353.86(M)	22.59 (M)	0.00(M)	794.22 (M)	305.95 (M)
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	40	366.36	13.80	4.33	0.00	58.99	1067.35	39.38	4.25	3.96	(M)	24.03	2.45(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	60	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.)	100	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)
Meatball Sub w/ Marinara & Cheese, MMA, WG, VRO - LR100469 (1 sandwich)	145	436.75	15.18	5.42	0.00(M)	41.33	1147.13	47.91	5.00	8.00(M)	(M)	26.15	4.73	874.57	28.00 (M)	0.70(M)	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	25	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	(M)	18.00	2.70	60.00	(M)	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)	245	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
Potato, Spiral Cut French Fries, Redstone Canyon, McCain Foods, MCL03622, Veg-S - SR100380 (1/2 cup fries)	395	109.81	4.99	0.50	0.00	0.00	299.49	14.97	1.00	0.00	(M)	1.00	0.36	0.00	0.00	3.59	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
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"))	40	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

Menu Cycle Week – 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)
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	125	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)	50	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)	285	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)	45	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)
Category: Condiments; May Choose: 1																			
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)
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	40	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)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	345	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)
Mayonnaise, SS Packet, 12 gram, Heinz, 531700 - SR100709 (1 individual)	15	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	10	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, REDO1Z - SR102279 (1 Tbsp.)	25	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)
HS Lunch Week of 3.16.2020 Tuesday - Day: 2	450																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	80	491.81	17.90	3.56	0.00	52.08 (M)	1183.00	61.33	13.03	11.83 (M)	(M)	29.91	6.48(M)	786.10 (M)	25353.86(M)	22.59 (M)	0.00(M)	794.22 (M)	305.95 (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 Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	40	366.36	13.80	4.33	0.00	58.99	1067.35	39.38	4.25	3.96	(M)	24.03	2.45(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	40	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)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	60	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)
Popcorn Chicken w/ Roll, MMA, WG - LR100508 (1 serv.)	185	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)	45	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)
Category: Vegetables; May Choose: 2																			
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	200	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)
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	350	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.)	285	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)
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
Category: Fruits; May Choose: 2																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	526	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"))	80	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)	50	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)

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: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	285	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)	45	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)
Category: Condiments; May Choose: 1																			
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)
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)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	195	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)
Mayonnaise, SS Packet, 12 gram, Heinz, 531700 - SR100709 (1 individual)	15	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	10	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, RED0A1Z - SR102279 (1 Tbsp.)	25	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)
HS Lunch Week of 3.16.2020 Wednesday - Day: 3		450																	
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	30	491.81	17.90	3.56	0.00	52.08 (M)	1183.00	61.33	13.03	11.83 (M)	(M)	29.91	6.48(M)	786.10 (M)	25353.86(M)	22.59 (M)	0.00(M)	794.22 (M)	305.95 (M)
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	60	366.36	13.80	4.33	0.00	58.99	1067.35	39.38	4.25	3.96	(M)	24.03	2.45(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	20	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)

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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)
Beef & Cheese Baked Rotini w/ Garlic Toast, MMA, WG, VRO - LR100538 (1 serv.)	175	580.77	15.54	5.03	0.00	50.13	1532.31	80.02	11.00	16.99 (M)	(M)	31.09	4.32(M)	793.58 (M)	200.00 (M)	0.00(M)	(M)	(M)	(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	65	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)
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)
Category: Vegetables; May Choose: 2																			
Cheesy Broccoli, VDG - LR100409 (1 serv.)	245	69.09	3.44	2.02	0.00	10.00	193.45	6.59	2.76	1.35	(M)	5.18	0.56	97.03	930.12 (M)	36.89	0.00(M)	130.64 (M)	83.46 (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
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
Category: Fruits; May Choose: 2																			
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"))	40	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
Cherry Crisp, F, NWG - LR100537 (1 portion)	150	248.04	3.95	0.74	0.68(M)	0.00	93.07	51.99	1.69	37.85 (M)	(M)	1.43	0.59	7.98	162.70 (M)	0.01(M)	0.49(M)	7.37(M)	0.82(M)
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)	50	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)	285	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)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Milk, 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)	45	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)
Category: Condiments; May Choose: 1																			
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)
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)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	165	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)
Mayonnaise, SS Packet, 12 gram, Heinz, 531700 - SR100709 (1 individual)	15	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	10	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.)	25	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)
HS Lunch Week of 3.16.2020 Thursday - Day: 4		450																	
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	30	491.81	17.90	3.56	0.00	52.08 (M)	1183.00	61.33	13.03	11.83 (M)	(M)	29.91	6.48(M)	786.10 (M)	25353.86(M)	22.59 (M)	0.00(M)	794.22 (M)	305.95 (M)
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	60	366.36	13.80	4.33	0.00	58.99	1067.35	39.38	4.25	3.96	(M)	24.03	2.45(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	20	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)
Hot Dogs on Rolls, HS, MMA, WG - LR100315 (1 sandwich)	150	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	25	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	(M)	18.00	2.70	60.00	(M)	(M)	(M)	(M)	(M)

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)
Two Cheese Grilled Cheese Sandwich, MMA, WG - LR100493 (1 sandwich)	165	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)
Category: Vegetables; May Choose: 2																			
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
Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces)	400	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)
Soup, Tomato Soup, Canned, Campbell's, 51000-00016 - SR101500 (1 Cup (8 oz)	165	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)	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"))	40	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)	215	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)	50	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)	285	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)	45	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)
Category: Condiments; May Choose: 1																			
Dressing, Honey Mustard Cups 1.5 oz, Cains, 153D - SR102764 (1 ea.)	35	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)

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)	40	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)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	165	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)
Mayonnaise, SS Packet, 12 gram, Heinz, 531700 - SR100709 (1 individual)	15	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	45	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.)	25	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)
HS Lunch Week of 3.16.2020 Friday - Day: 5	450																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	60	491.81	17.90	3.56	0.00	52.08 (M)	1183.00	61.33	13.03	11.83 (M)	(M)	29.91	6.48(M)	786.10 (M)	25353.86(M)	22.59 (M)	0.00(M)	794.22 (M)	305.95 (M)
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	40	366.36	13.80	4.33	0.00	58.99	1067.35	39.38	4.25	3.96	(M)	24.03	2.45(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	40	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)
Pepperoni Pizza, MMA, WG - LR100471 (1 slice)	60	333.01	15.54	10.22	0.00	50.42	519.38	28.22	3.00	3.00	(M)	20.30	1.88	450.00	750.00	0.00	(M)	(M)	(M)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	85	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)	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)
Walking Beefy Taco w/ Fixings, MS/HS, MMA, WG, VRO, VO - LR100181 (1 serv.)	150	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)
Category: Vegetables; May Choose: 2																			
Black Bean Salsa, VBP, VO - LR100364 (1 serv.)	65	3.97	0.28	0.04	0.00(M)	0.00	1.54	0.30	0.10	0.03(M)	(M)	0.09	0.03	0.63	7.24	0.50	0.00(M)	1.65(M)	0.81(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)
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
Salsa, Mild Nutritionally Enhanced, Red Gold, REDSC99, Veg-RO - SR107003 (1/2 c.)	100	40.00	0.00	0.00	0.00	0.00	140.00	12.00	0.00	4.00	(M)	4.00	0.00	0.00	(M)	(M)	(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"))	40	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)	50	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.)	150	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)	285	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)	45	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)
Category: Condiments; May Choose: 1																			
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)
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)
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)
Mayonnaise, SS Packet, 12 gram, Heinz, 531700 - SR100709 (1 individual)	15	80.00	9.00	1.50	0.00	5.00	65.00	0.00	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)	Moisture (g)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	25	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.)	25	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																			
Cookie Dough, Cookie Chocolate Chip Gourmet Frozen, Davids Cookies, 50011, Non-WG - SR101923 (1 1/2 ounces)	300	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)