

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/18/2020 1:21:36 PM by Christine Schlosman

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

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Breakfast  
 Serving Group: 9-12  
 Site Group: High School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 600.00]	472.50	
Total Fat (g)		11.00	20.95
Sat Fat (g)(1)	< 10.00 % of Calories	4.38	8.35
Trans Fat (g)(2)		0.00	
Chol (mg)		67.32	
Sodium Target 1 (mg) (13)	< 640.00	448.37	
Sodium Target 2 (mg) (13)	< 570.00	448.37	
Carb (g)		81.73	69.19
Total Fiber (g)		4.71(M)	
Sugars (g)		45.63(M)	38.63
Added Sugars (g)		2.42(M)	
Protein (g)		12.61	10.68
Iron (mg)		2.58(M)	
Calcium (mg)		219.51(M)	
VitA (IU)		596.37(M)	
VitC (mg)		21.35(M)	
VitD (mcg)		0.07(M)	
Potassium (mg)		107.67(M)	
Mois (g)		25.58(M)	
Ash (g)		0.24(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	[9.000 - 10.000]	[10.000 - 21.000](ab)	
Non-WGR		0.000	
WGR	>= 50.000 % of	82.000	100.00
Meat/MA		[0.000 - 10.000]	
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)	
<b>19.20 Spring HS Breakfast Monday - Day: 1</b>	80																			
<b>Category: Entrees; May Choose: 1</b>																				
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	12	283.47	1.15	0.00	0.00	0.00	399.37	59.09	4.49	7.59	(M)	9.48	2.89	61.86	30.00	0.00	(M)	(M)	(M)	
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	5	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 Muffins, MS/HS, WG - LR100454 (1 serv.)	25	385.83	12.00	3.92	0.00	88.33	260.00	62.92	4.67	33.50	(M)	6.75	2.33	60.00	100.00	0.20	(M)	(M)	(M)	
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	5	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.)	3	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)	
Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - LR100099 (1 pkg.)	19	240.00	8.00	2.00	0.00	0.00	300.00	40.00	2.00	15.00	(M)	5.00	1.44	40.00	0.00	0.00	(M)	(M)	(M)	
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	6	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	(M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	0.69(M)	185.39 (M)	25.24 (M)	
<b>Category: Fruits; May Choose: 2</b>																				
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.)	50	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)	
<b>Category: Milk; May Choose: 1</b>																				
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	45	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)	3	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)	

# 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, 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)
<b>Category: Condiments; May Choose: 1</b>																			
Jelly, Assorted 1/2 oz, Smucker's, 5150000774 - SR106395 (1 packet)	10	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)
<b>19.20 Spring HS Breakfast Tuesday - Day: 2</b>		80																	
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	5	283.47	1.15	0.00	0.00	0.00	399.37	59.09	4.49	7.59	(M)	9.48	2.89	61.86	30.00	0.00	(M)	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	3	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.)	3	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 Muffins, MS/HS, WG - LR100454 (1 serv.)	25	385.83	12.00	3.92	0.00	88.33	260.00	62.92	4.67	33.50	(M)	6.75	2.33	60.00	100.00	0.20	(M)	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	2	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.)	1	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)
Egg, Ham & Cheese on Croissant, MMA, WG - LR100496 (1 sandwich)	36	342.00	18.50	8.50	0.00	185.50	802.00	30.00	2.00	6.00	21.00 (M)	17.50	2.16(M)	113.00 (M)	371.00 (M)	0.00(M)	0.30(M)	30.00 (M)	(M)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	5	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	(M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	0.69(M)	185.39 (M)	25.24 (M)
<b>Category: Fruits; May Choose: 2</b>																			
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.)	33	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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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.)	2	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)

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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)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	2	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 )	2	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>																			
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)
<b>19.20 Spring HS Breakfast Wednesday - Day: 3</b>		80																	
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	25	283.47	1.15	0.00	0.00	0.00	399.37	59.09	4.49	7.59	(M)	9.48	2.89	61.86	30.00	0.00	(M)	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	2	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.)	2	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 Muffins, MS/HS, WG - LR100454 (1 serv.)	20	385.83	12.00	3.92	0.00	88.33	260.00	62.92	4.67	33.50	(M)	6.75	2.33	60.00	100.00	0.20	(M)	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	2	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.)	1	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)
Bulldog Egg & Bacon Sandwich, WG, M/MA - LR100529 (1 sandwich)	24	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)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	4	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	(M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	0.69(M)	185.39 (M)	25.24 (M)
<b>Category: Fruits; May Choose: 2</b>																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	75	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.)	35	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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	25	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)	Moisture (g)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	2	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)	1	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)	1	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>																			
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)
<b>19.20 Spring HS Breakfast Thursday - Day: 4</b>	80																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	18	283.47	1.15	0.00	0.00	0.00	399.37	59.09	4.49	7.59	(M)	9.48	2.89	61.86	30.00	0.00	(M)	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	2	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.)	2	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 Muffins, MS/HS, WG - LR100454 (1 serv.)	35	385.83	12.00	3.92	0.00	88.33	260.00	62.92	4.67	33.50	(M)	6.75	2.33	60.00	100.00	0.20	(M)	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	2	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.)	1	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)
Pancakes, Frozen Mini Pancakes Chocolatey Chip Explosion, Pillsbury, 16049000, WGR - SR109906 (1 pkg.)	15	240.00	6.00	0.50	0.00	0.00	280.00	43.00	3.00	15.00	14.00	4.00	1.70	70.00	(M)	(M)	0.00	240.00	(M)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	5	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	(M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	0.69(M)	185.39 (M)	25.24 (M)
<b>Category: Fruits; May Choose: 2</b>																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	55	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.)	30	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)

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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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	25	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.)	2	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)	1	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 )	1	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>																			
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)
<b>19.20 Spring HS Breakfast Friday - Day: 5</b>		80																	
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	13	283.47	1.15	0.00	0.00	0.00	399.37	59.09	4.49	7.59	(M)	9.48	2.89	61.86	30.00	0.00	(M)	(M)	(M)
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)	2	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.)	2	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 Muffins, MS/HS, WG - LR100454 (1 serv.)	35	385.83	12.00	3.92	0.00	88.33	260.00	62.92	4.67	33.50	(M)	6.75	2.33	60.00	100.00	0.20	(M)	(M)	(M)
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)	2	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.)	1	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)
Chocolate Mini Donuts, Bake Crafters, 1929, WG - LR100268 (1 pkg.)	15	320.00	16.00	9.00	0.00	20.00	260.00	42.00	3.00	17.00	(M)	5.00	2.70	40.00	400.00	0.00	(M)	(M)	(M)
Powdered Sugar Donuts, Bake Crafters, 1931, WG - LR100530 (1 pkg.)	5	310.00	11.00	5.00	0.00	20.00	250.00	52.00	2.00	29.00	(M)	3.00	1.30	40.00	(M)	(M)	(M)	(M)	(M)
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)	5	476.29	11.91	4.00	0.00	4.16	232.83	82.41	5.45(M)	48.45 (M)	(M)	13.37	2.18(M)	189.53 (M)	1359.46 (M)	5.09(M)	0.69(M)	185.39 (M)	25.24 (M)
<b>Category: Fruits; May Choose: 2</b>																			

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/18/2020 1:21:36 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)	Moisture (g)
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	55	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.)	25	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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	25	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.)	2	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)	2	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 )	1	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>																			
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)