

Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2020 2:51:52 PM by Christine Schlosman

Menu Cycle: MS Lunch Week of 3.30.2020
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: 6-8
 Site Group: Middle School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	672.49	
Total Fat (g)		20.92	28.00
Sat Fat (g)(1)	< 10.00 % of Calories	7.03	9.40
Trans Fat (g)(2)		0.12(M)	
Chol (mg)		57.02(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,204.87	
Sodium Target 2 (mg) (13)	< 1,035.00	1,204.87	
Carb (g)		91.95	54.69
Total Fiber (g)		8.17(M)	
Sugars (g)		39.00(M)	23.20
Added Sugars (g)		0.00(M)	
Protein (g)		31.31	18.62
Iron (mg)		3.73(M)	
Calcium (mg)		509.67(M)	
VitA (IU)		4,546.17(M)	
VitC (mg)		23.38(M)	
VitD (mcg)		0.04(M)	
Potassium (mg)		183.73(M)	
Mois (g)		60.99(M)	
Ash (g)		0.46(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 - 8.500]	
Veg-DG	>= 0.500	2.500	
Veg-RO	>= 0.750	3.375	
Veg-BP	>= 0.500	0.750	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.500	1.750	
Grains	[8.000 - 10.000]	[9.500 - 12.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	64.500	100.00
Meat/MA	[9.000 - 10.000]	[10.000 - 14.500](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	0.000	
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)	Mois (g)
MS Lunch Week of 3.30.2020 Monday - Day: 1	400																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	45	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, MS, MMA, WG - LR100214 (1 sandwich)	65	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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	25	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)
Breaded Chicken Shapes w/ Buttered Noodles, MMA, WG - LR100534 (1 serv.)	125	505.83	20.67	3.33	0.83	25.00	435.00	58.25	6.50	3.25	(M)	22.25	2.25(M)	25.00 (M)	291.67 (M)	0.00(M)	(M)	(M)	(M)
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	130	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	10	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.)	125	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)	285	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)
Category: Fruits; May Choose: 1																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	190	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"))	45	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

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)	15	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)	280	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)	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)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	5	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																			
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)
MS Lunch Week of 3.3.2020 Tuesday - Day: 2																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	45	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, MS, MMA, WG - LR100214 (1 sandwich)	65	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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	25	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 Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)	140	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	10	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	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)
Soft Shell Beef Taco, ELEM, MMA, WG - LR100062 (1 serv.)	115	361.03	13.05	4.01	0.00(M)	25.02 (M)	525.64	42.17	5.12(M)	3.00(M)	(M)	19.05	3.84(M)	81.11 (M)	514.69 (M)	0.00(M)	(M)	(M)	0.04(M)
Category: Vegetables; May Choose: 2																			
Fresh Veggies w/ Dip, VRO, VO - LR100027 (1 serv.)	85	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)
Parmesan Roasted Broccoli, VDG - LR100527 (1 serv.)	125	69.15	4.11	1.24	0.00(M)	5.00(M)	101.93	6.42	2.52(M)	1.65(M)	(M)	4.73	0.71(M)	45.48 (M)	602.85 (M)	86.32 (M)	0.00(M)	305.78 (M)	86.41 (M)
Category: Fruits; May Choose: 1																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	195	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"))	45	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.)	100	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)	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.)	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)	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)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	5	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																			
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	15	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)

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)
MS Lunch Week of 3.30.2020 Wednesday - Day: 3	400																		
Category: Entrees; May Choose: 1																			
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	45	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, MS/HS, MMA, WG - LR100052 (1 sandwich)	100	435.00	18.50	7.50	0.00	82.50	755.00	38.00	4.00	1.50	(M)	31.50	2.70(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Hamburger on Roll, MS/HS, MMA, WG - LR100319 (1 sandwich)	65	380.00	15.00	5.00	0.00	60.00	680.00	37.00	4.00	1.00	(M)	24.00	4.14	104.00	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)	10	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)
Sandwich, Cold Cut Combo, 6" 9-Grain Wheat, Lettuce, Tomatoes, Cucumbers, Cheese, Subway, WGR, MMA, Veg-RO, Veg-O - SR107075 (1 ea.)	85	413.00	17.00	7.00	1.00	62.00	1333.00	46.00	5.00	7.00	(M)	20.00	3.78	450.00	700.00	6.60	(M)	(M)	(M)
Sandwich, Turkey Breast & Ham, 6" 9-Grain Wheat, Lettuce, Tomatoes, Cucumbers, Cheese, Subway, WGR, MMA, Veg-RO, Veg-O - SR107081 (1 ea.)	95	391.00	11.50	5.60	0.40	54.40	1358.60	47.40	4.80	8.00	(M)	26.40	3.06	440.00	750.00	5.40	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Garlicky Green Beans, VO - LR100531 (1 serv.)	50	35.25	1.86	0.15	0.00	0.00(M)	6.00	4.35	2.00(M)	0.00(M)	(M)	1.01	0.59(M)	33.00 (M)	376.00 (M)	2.80(M)	0.00(M)	0.00(M)	0.00(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: 1																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	195	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"))	45	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

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, mixed, canned, packed in extra light syrup - SR104099 (1/2 c.)	35	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)	295	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)	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)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	5	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																			
Chip, Baked! Lay's Original Potato Crisps, 1.125 oz, Frito-Lay, 44396, Non-Creditable - SR100763 (1 bag, singl)	125	140.00	4.00	0.50	0.00	0.00	180.00	24.00	2.00	3.00	(M)	2.00	0.00	0.00	(M)	(M)	(M)	(M)	(M)
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	35	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)
MS Lunch Week of 3.30.2020 Thursday - Day: 4																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	45	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, MS, MMA, WG - LR100214 (1 sandwich)	65	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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	25	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)
Max Cheese Sticks w/ Marinara, MS/HS, MMA, WG, VRO - LR100048 (1 serv.)	180	550.00	22.50	7.50	0.00	30.00	1155.00	60.00	5.00	11.00	(M)	23.00	3.24	320.00	500.00 (M)	6.00(M)	(M)	(M)	(M)

Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2020 2:51:52 PM by Christine Schlosman

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)
Meatball Sub w/ Marinara & Cheese, MMA, WG, VRO - LR100469 (1 sandwich)	65	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)	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)
Category: Vegetables; May Choose: 2																			
Honey Glazed Carrots, VRO - LR100147 (1 serv.)	125	48.56	0.50	0.10	0.00	0.00	215.63	11.48	2.42	8.80	(M)	0.45	0.42	25.98	12357.44	1.71	0.00(M)	140.16 (M)	65.93 (M)
Potato, Spiral Cut French Fries, Redstone Canyon, McCain Foods, MCL03622, Veg-S - SR100380 (1/2 cup fries)	285	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: 1																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	195	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"))	45	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)	100	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)	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
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.)	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)	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)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	5	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)	Moisture (g)
Category: Condiments; May Choose: 1																			
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	265	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)
MS Lunch Week of 3.30.2020 Friday - Day: 5																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	45	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, MS, MMA, WG - LR100214 (1 sandwich)	65	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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	25	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)
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)	150	475.00	21.50	7.50	0.00	92.50	975.00	38.00	4.00	1.50	(M)	35.50	2.70(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Pepperoni Pizza, MMA, WG - LR100471 (1 slice)	45	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)	65	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)	5	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																			
Beans, Baked, Vegetarian in Brown Sugar, Bush's Best, 01637, MMA - SR107881 (3/4 c.)	40	195.00	0.00	0.00	0.00	0.00	825.00	43.50	7.50	15.00	(M)	10.50	2.70	60.00	0.00	0.00	(M)	(M)	(M)
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	45	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
Potatoes, Waffle Cut French Fries, Ore-Ida, McCain Foods, OIF01037A, Veg-S - SR100418 (86 g.)	245	140.00	5.00	1.00	0.00	0.00	80.00	22.00	3.00	0.99	(M)	2.00	0.72	0.00	0.00	3.60	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			

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)
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	195	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"))	45	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
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)
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	280	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)	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)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	5	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																			
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	200	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)