

# Weekly - Nutrient Analysis

Menu Names: 20/21 Winter Lunch Cycle MS, Mon Week#4 :87844, 20/21 Winter Lunch Cycle MS, Tues Week#4 :87844, 20/21 Winter Lunch Cycle MS, Wed Week#4 :87844, 20/21 Winter Lunch Cycle MS, Thurs Week#4 :87844, 20/21 Winter Lunch Cycle MS, Fri Week#4 :87844  
 Result: **Fail**

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]	124.31	
Total Fat (g)		2.16	15.60
Sat Fat (g)(1)	< 10.00 % of Calories	1.29	9.36
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		12.93(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	138.28	
Sodium Target 2 (mg) (13)	< 1,035.00	138.28	
Carb (g)		19.07	61.36
Total Fiber (g)		0.00	
Total Sugars (g)		18.86(M)	60.69
Added Sugars (g)		0.00(M)	
Protein (g)		6.90	22.19
Iron (mg)		0.00(M)	
Calcium (mg)		232.41(M)	
VitA (IU)		562.07(M)	
VitC (mg)		0.25(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		0.00(M)	
Ash (g)		0.00(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[2.500 - 5.000]	
Veg	>= 3.750	[5.500 - 11.375]	
Veg-DG	>= 0.500	5.750	
Veg-RO	>= 0.750	3.125	
Veg-BP	>= 0.500	2.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	1.500	
Grains	[8.000 - 10.000]	[0.000 - 16.250]	
Non-WGR		4.000	
WGR	>= 50.000 % of	57.250	93.47
Meat/MA	[9.000 - 10.000]	[0.000 - 10.500]	
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.

# 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)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>20/21 Winter Lunch Cycle MS, Mon Week#4 :87844 - Day: 1</b>	435																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	0	494.50	18.15	3.59	0.00	52.38 (M)	1188.66	61.54	13.07	11.72	0.00(M)	29.97	6.17(M)	138.47 (M)	25283.75(M)	21.57 (M)	0.00(M)	897.07 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	0	337.77	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	24.64	2.32(M)	85.61 (M)	20.08 (M)	0.11(M)	0.00(M)	5.64(M)	3.83(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	0	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	1.00(M)	21.00	4.70	139.00	0.00(M)	0.00(M)	0.00(M)	320.07 (M)	(M)
Cheese Pizza - LR100619 (1 slice)	0	376.65	13.66	6.42	0.47	27.90	620.00	42.01	4.18	7.39	(M)	21.53	3.88	283.65	336.35	0.62	(M)	446.40	74.43
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	0	488.80	3.60	1.07	0.00	6.66	320.57	104.49	6.79	41.87 (M)	22.68 (M)	14.37	2.88	273.10	643.89	6.93(M)	4.52(M)	507.11 (M)	28.95 (M)
Pepperoni Pizza, MMA, WG - LR100471 (1 slice)	0	332.17	15.61	10.20	0.00	50.07	514.89	28.30	3.00	3.20	(M)	20.22	1.91	450.00	826.05	0.12	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	0	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)
Broccoli Florets w/ Ranch, VDG, 0.5C - LR100275 (1 serv.)	0	48.75	3.06	0.52	0.04	0.67	159.95	4.77	1.24	1.20	(M)	1.39	0.35	23.52	283.88	40.60	0.00(M)	143.78 (M)	40.63 (M)
Garden Side Salad, 0.75C VDG, 0.5C VRO - LR100657 (3/4 salad)	0	92.01	5.12	0.83	0.00(M)	3.75	100.48	11.14	5.01	4.13	(M)	2.73	1.97(M)	72.11 (M)	20691.72(M)	12.57 (M)	0.00(M)	543.23 (M)	199.85 (M)
<b>Category: Fruits; May Choose: 1</b>																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	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 )	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, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover * - SR103508 (1 Carton)	90	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)
<b>20/21 Winter Lunch Cycle MS, Tues Week#4 :87844 - Day: 2</b>	435																		
<b>Category: Entrees; May Choose: 1</b>																			

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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)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	0	494.50	18.15	3.59	0.00	52.38 (M)	1188.66	61.54	13.07	11.72	0.00(M)	29.97	6.17(M)	138.47 (M)	25283.75(M)	21.57 (M)	0.00(M)	897.07 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	0	337.77	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	24.64	2.32(M)	85.61 (M)	20.08 (M)	0.11(M)	0.00(M)	5.64(M)	3.83(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	0	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	1.00(M)	21.00	4.70	139.00	0.00(M)	0.00(M)	0.00(M)	320.07 (M)	(M)
Cheese Pizza - LR100619 (1 slice)	0	376.65	13.66	6.42	0.47	27.90	620.00	42.01	4.18	7.39	(M)	21.53	3.88	283.65	336.35	0.62	(M)	446.40	74.43
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	0	488.80	3.60	1.07	0.00	6.66	320.57	104.49	6.79	41.87 (M)	22.68 (M)	14.37	2.88	273.10	643.89	6.93(M)	4.52(M)	507.11 (M)	28.95 (M)
Pepperoni Pizza, MMA, WG - LR100471 (1 slice)	0	332.17	15.61	10.20	0.00	50.07	514.89	28.30	3.00	3.20	(M)	20.22	1.91	450.00	826.05	0.12	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - LR100612 (1 sandwich)	0	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	0	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)
Broccoli Florets w/ Ranch, VDG, 0.5C - LR100275 (1 serv.)	0	48.75	3.06	0.52	0.04	0.67	159.95	4.77	1.24	1.20	(M)	1.39	0.35	23.52	283.88	40.60	0.00(M)	143.78 (M)	40.63 (M)
Garden Side Salad, 0.75C VDG, 0.5C VRO - LR100657 (3/4 salad)	0	92.01	5.12	0.83	0.00(M)	3.75	100.48	11.14	5.01	4.13	(M)	2.73	1.97(M)	72.11 (M)	20691.72(M)	12.57 (M)	0.00(M)	543.23 (M)	199.85 (M)
<b>Category: Fruits; May Choose: 1</b>																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	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 )	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, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover * - SR103508 (1 Carton)	90	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)
<b>20/21 Winter Lunch Cycle MS, Wed Week#4 :87844 - Day: 3</b>	435																		
<b>Category: Entrees; 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)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	0	494.50	18.15	3.59	0.00	52.38 (M)	1188.66	61.54	13.07	11.72	0.00(M)	29.97	6.17(M)	138.47 (M)	25283.75(M)	21.57 (M)	0.00(M)	897.07 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	0	337.77	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	24.64	2.32(M)	85.61 (M)	20.08 (M)	0.11(M)	0.00(M)	5.64(M)	3.83(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	0	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	1.00(M)	21.00	4.70	139.00	0.00(M)	0.00(M)	0.00(M)	320.07 (M)	(M)
Cheese Pizza - LR100619 (1 slice)	0	376.65	13.66	6.42	0.47	27.90	620.00	42.01	4.18	7.39	(M)	21.53	3.88	283.65	336.35	0.62	(M)	446.40	74.43
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	0	488.80	3.60	1.07	0.00	6.66	320.57	104.49	6.79	41.87 (M)	22.68 (M)	14.37	2.88	273.10	643.89	6.93(M)	4.52(M)	507.11 (M)	28.95 (M)
Pepperoni Pizza, MMA, WG - LR100471 (1 slice)	0	332.17	15.61	10.20	0.00	50.07	514.89	28.30	3.00	3.20	(M)	20.22	1.91	450.00	826.05	0.12	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - LR100612 (1 sandwich)	0	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Cucumber Slices w/ Ranch, VO, 0.5C - LR100298 (1 serv.)	0	41.08	2.94	0.49	0.04	0.67	145.98	3.63	0.32	1.30	(M)	0.45	0.17	10.46	55.02	1.47	0.00(M)	76.44 (M)	49.52 (M)
Garden Side Salad, 0.75C VDG, 0.5C VRO - LR100657 (3/4 salad)	0	92.01	5.12	0.83	0.00(M)	3.75	100.48	11.14	5.01	4.13	(M)	2.73	1.97(M)	72.11 (M)	20691.72(M)	12.57 (M)	0.00(M)	543.23 (M)	199.85 (M)
Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.)	0	394.34	17.50	1.86	0.00(M)	0.00	685.27	45.00	8.00	8.00	0.00(M)	10.00	0.08(M)	60.13 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Category: Fruits; May Choose: 1</b>																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	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 )	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, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover * - SR103508 (1 Carton)	90	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)
<b>20/21 Winter Lunch Cycle MS, Thurs Week#4 :87844 - Day: 4</b>	435																		
<b>Category: Entrees; 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)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	0	494.50	18.15	3.59	0.00	52.38 (M)	1188.66	61.54	13.07	11.72	0.00(M)	29.97	6.17(M)	138.47 (M)	25283.75(M)	21.57 (M)	0.00(M)	897.07 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	0	337.77	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	24.64	2.32(M)	85.61 (M)	20.08 (M)	0.11(M)	0.00(M)	5.64(M)	3.83(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	0	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	1.00(M)	21.00	4.70	139.00	0.00(M)	0.00(M)	0.00(M)	320.07 (M)	(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	0	488.80	3.60	1.07	0.00	6.66	320.57	104.49	6.79	41.87 (M)	22.68 (M)	14.37	2.88	273.10	643.89	6.93(M)	4.52(M)	507.11 (M)	28.95 (M)
Maple Waffle, Egg, Bacon & Cheese Sandwich, MMA, WG - LR100500 (1 sandwich)	0	437.86	23.36	6.71	0.00	180.00	1241.43	39.00	1.00	6.00	0.00(M)	16.07	2.65	141.50	221.00 (M)	0.00(M)	0.00(M)	24.91 (M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - LR100612 (1 sandwich)	0	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)	0	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)
Honey Roasted Chick Peas, VBP, 0.75 Cup - LR100669 (1 serv.)	0	511.41	16.62	1.90	0.00(M)	0.00	213.54	86.28	11.42	52.78	0.00(M)	8.07	1.15(M)	103.74 (M)	29.50 (M)	0.66(M)	0.00(M)	29.48 (M)	10.75 (M)
Tater Tots, VS, 0.5C - LR100644 (1/2 c.)	0	90.00	3.50	0.00	0.00	0.00	170.00	14.00	1.00	0.99	0.00(M)	1.00	0.36	0.00	0.00	1.19	0.00(M)	0.00(M)	0.00(M)
<b>Category: Fruits; May Choose: 1</b>																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	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)	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, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover * - SR103508 (1 Carton)	90	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)
<b>20/21 Winter Lunch Cycle MS, Fri Week#4 :87844 - Day: 5</b>	435																		
<b>Category: Entrees; 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)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	0	494.50	18.15	3.59	0.00	52.38 (M)	1188.66	61.54	13.07	11.72	0.00(M)	29.97	6.17(M)	138.47 (M)	25283.75(M)	21.57 (M)	0.00(M)	897.07 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	0	337.77	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	24.64	2.32(M)	85.61 (M)	20.08 (M)	0.11(M)	0.00(M)	5.64(M)	3.83(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	0	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	1.00(M)	21.00	4.70	139.00	0.00(M)	0.00(M)	0.00(M)	320.07 (M)	(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	0	488.80	3.60	1.07	0.00	6.66	320.57	104.49	6.79	41.87 (M)	22.68 (M)	14.37	2.88	273.10	643.89	6.93(M)	4.52(M)	507.11 (M)	28.95 (M)
Maple Waffle, Egg, Bacon & Cheese Sandwich, MMA, WG - LR100500 (1 sandwich)	0	437.86	23.36	6.71	0.00	180.00	1241.43	39.00	1.00	6.00	0.00(M)	16.07	2.65	141.50	221.00 (M)	0.00(M)	0.00(M)	24.91 (M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - LR100612 (1 sandwich)	0	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)	0	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)
Honey Roasted Chick Peas, VBP, 0.75 Cup - LR100669 (1 serv.)	0	511.41	16.62	1.90	0.00(M)	0.00	213.54	86.28	11.42	52.78	0.00(M)	8.07	1.15(M)	103.74 (M)	29.50 (M)	0.66(M)	0.00(M)	29.48 (M)	10.75 (M)
Tater Tots, VS, 0.5C - LR100644 (1/2 c.)	0	90.00	3.50	0.00	0.00	0.00	170.00	14.00	1.00	0.99	0.00(M)	1.00	0.36	0.00	0.00	1.19	0.00(M)	0.00(M)	0.00(M)
<b>Category: Fruits; May Choose: 1</b>																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	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)	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, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover * - SR103508 (1 Carton)	90	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)