

# Weekly - Nutrient Analysis

Menu Names: 20/21 Winter Lunch Cycle HS, Mon Week #1 :88012, 20/21 Winter Lunch Cycle HS, Tues Week #1 :88012, 20/21 Winter Lunch Cycle HS, Wed Week #1 :88012, 20/21 Winter Lunch Cycle HS, Thurs Week #1 :88012, 20/21 Winter Lunch Cycle HS, Fri Week #1 :88012  
 Result: **Fail**

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]	143.07	
Total Fat (g)		2.43	15.31
Sat Fat (g)(1)	< 10.00 % of Calories	1.46	9.18
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		14.60(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	158.53	
Sodium Target 2 (mg) (13)	< 1,080.00	158.53	
Carb (g)		22.25	62.22
Total Fiber (g)		0.00	
Total Sugars (g)		22.08(M)	61.73
Added Sugars (g)		0.00(M)	
Protein (g)		7.79	21.77
Iron (mg)		0.00(M)	
Calcium (mg)		260.00(M)	
VitA (IU)		646.67(M)	
VitC (mg)		0.21(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
Meat/MA	[10.000 - 12.000]	[0.000 - 17.500]	
Grains	[10.000 - 12.000]	[0.000 - 16.250]	
Non-WGR		0.000	
WGR	>= 50.000 % of	82.500	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 5.000	[2.500 - 5.000]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 5.000	[5.000 - 8.750]	
Veg-DG	>= 0.500	3.500	
Veg-RO	>= 1.250	2.250	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.750	4.500	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 5.000	5.000	
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.

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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)	
<b>20/21 Winter Lunch Cycle HS, Mon Week #1 :88012 - Day: 1</b>	375																			
<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, HS, MMA, WG - LR100473 (1 sandwich)	0	363.44	13.82	4.33	0.00	59.16	1067.73	39.38	4.25	3.96	(M)	23.75	2.52(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)	
Beefy Nacho Salad, MS/HS, MMA, WG, VO, VRO - LR100252 (1 serv.)	0	494.89	28.07	10.40	0.00	70.00	1204.08	43.61	4.14	4.43	0.00(M)	22.70	2.50	304.46	736.29 (M)	8.18(M)	0.00(M)	783.81 (M)	111.39 (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)	
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)	0	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)	
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)	
Pizza, Buffalo Chicken, 16", 5.21 oz., Big Daddy's Primo, Schwan's, 78639, MMA, WGR - SR108199 (1/8 pizza)	0	390.00	19.00	7.00	0.00	45.00	750.00	35.00	3.00	8.00	2.00	20.00	1.80	250.00	400.00	0.00	0.00	386.00	(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)	
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)	
Cucumber & Celery Dippers w/ Ranch, VO, 0.5C - LR100272 (1 serv.)	0	40.71	2.96	0.49	0.04	0.67	165.66	3.44	0.59	1.20	(M)	0.45	0.15	16.40	141.09	1.52	0.00(M)	103.87 (M)	48.86 (M)	
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)	
<b>Category: Fruits; May Choose: 2</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 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 )	300	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)	65	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 HS, Tues Week #1 :88012 - Day: 2</b>																			
<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, HS, MMA, WG - LR100473 (1 sandwich)	0	363.44	13.82	4.33	0.00	59.16	1067.73	39.38	4.25	3.96	(M)	23.75	2.52(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)
Beefy Nacho Salad, MS/HS, MMA, WG, VO, VRO - LR100252 (1 serv.)	0	494.89	28.07	10.40	0.00	70.00	1204.08	43.61	4.14	4.43	0.00(M)	22.70	2.50	304.46	736.29 (M)	8.18(M)	0.00(M)	783.81 (M)	111.39 (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)
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)	0	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)
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)
Pizza, Buffalo Chicken, 16", 5.21 oz., Big Daddy's Primo, Schwan's, 78639, MMA, WGR - SR108199 (1/8 pizza)	0	390.00	19.00	7.00	0.00	45.00	750.00	35.00	3.00	8.00	2.00	20.00	1.80	250.00	400.00	0.00	0.00	386.00	(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)

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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)	Moisture (g)
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)
Cucumber & Celery Dippers w/ Ranch, VO, 0.5C - LR100272 (1 serv.)	0	40.71	2.96	0.49	0.04	0.67	165.66	3.44	0.59	1.20	(M)	0.45	0.15	16.40	141.09	1.52	0.00(M)	103.87 (M)	48.86 (M)
<b>Category: Fruits; May Choose: 2</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)	300	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)	65	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 HS, Wed Week #1 :88012 - Day: 3</b>	375																		
<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, HS, MMA, WG - LR100473 (1 sandwich)	0	363.44	13.82	4.33	0.00	59.16	1067.73	39.38	4.25	3.96	(M)	23.75	2.52(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)
Beefy Nacho Salad, MS/HS, MMA, WG, VO, VRO - LR100252 (1 serv.)	0	494.89	28.07	10.40	0.00	70.00	1204.08	43.61	4.14	4.43	0.00(M)	22.70	2.50	304.46	736.29 (M)	8.18(M)	0.00(M)	783.81 (M)	111.39 (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)
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)	0	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)
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)
Pizza, Buffalo Chicken, 16", 5.21 oz., Big Daddy's Primo, Schwan's, 78639, MMA, WGR - SR108199 (1/8 pizza)	0	390.00	19.00	7.00	0.00	45.00	750.00	35.00	3.00	8.00	2.00	20.00	1.80	250.00	400.00	0.00	0.00	386.00	(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)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
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>																			
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: 2</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 )	300	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)	65	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 HS, Thurs Week #1 :88012 - Day: 4</b>																			
<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, HS, MMA, WG - LR100473 (1 sandwich)	0	363.44	13.82	4.33	0.00	59.16	1067.73	39.38	4.25	3.96	(M)	23.75	2.52(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)
Beefy Nacho Salad, MS/HS, MMA, WG, VO, VRO - LR100252 (1 serv.)	0	494.89	28.07	10.40	0.00	70.00	1204.08	43.61	4.14	4.43	0.00(M)	22.70	2.50	304.46	736.29 (M)	8.18(M)	0.00(M)	783.81 (M)	111.39 (M)
Boneless BBQ Chicken Wings w/ Roll, MMA, WG - LR100513 (1 serv.)	0	273.64	9.91	1.91	0.00	25.45	503.64	26.73	4.54	1.00	(M)	20.82	2.35	37.45	0.00(M)	0.00(M)	0.00(M)	750.72 (M)	(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)
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)	0	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)
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)

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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)
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>																			
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)
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	0	83.85	2.09	0.30	0.00(M)	0.00	19.84	16.87	2.29	0.68(M)	(M)	2.28	0.48	4.08	473.92	22.03	0.00(M)	41.37 (M)	19.96 (M)
Fries, Crispy Bakeable Deep Groove Crinkle - SR109536 (1/2 c.)	0	100.00	3.00	0.00	0.00	0.00	170.00	15.00	2.00	0.00	(M)	1.00	0.36	0.00	0.00	3.60	(M)	210.09	(M)
<b>Category: Fruits; May Choose: 2</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 )	300	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)	65	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 HS, Fri Week #1 :88012 - Day: 5</b>																			
<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, HS, MMA, WG - LR100473 (1 sandwich)	0	363.44	13.82	4.33	0.00	59.16	1067.73	39.38	4.25	3.96	(M)	23.75	2.52(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)
Beefy Nacho Salad, MS/HS, MMA, WG, VO, VRO - LR100252 (1 serv.)	0	494.89	28.07	10.40	0.00	70.00	1204.08	43.61	4.14	4.43	0.00(M)	22.70	2.50	304.46	736.29 (M)	8.18(M)	0.00(M)	783.81 (M)	111.39 (M)
Boneless BBQ Chicken Wings w/ Roll, MMA, WG - LR100513 (1 serv.)	0	273.64	9.91	1.91	0.00	25.45	503.64	26.73	4.54	1.00	(M)	20.82	2.35	37.45	0.00(M)	0.00(M)	0.00(M)	750.72 (M)	(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)

# 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)
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)	0	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)
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)
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>																			
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)
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	0	83.85	2.09	0.30	0.00(M)	0.00	19.84	16.87	2.29	0.68(M)	(M)	2.28	0.48	4.08	473.92	22.03	0.00(M)	41.37 (M)	19.96 (M)
<b>Category: Fruits; May Choose: 2</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 )	300	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)	65	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)