

# 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) | Moisture (g) |     |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|------------|------------|----------------|--------------|-----|
| <b>21-22 Fall Elementary Lunch Cycle, Wed, Wk#1 - Day: 1</b>                    | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |     |
| <b>Category: Entrees; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |     |
| Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)                            | 0        | 540.27          | 16.27         | 5.39        | 0.04(M)       | 187.17    | 555.61      | 64.09    | 6.88            | 30.21            | 0.00(M)          | 14.38       | 2.43      | 210.85       | 5240.82 (M) | 26.99 (M)  | 1.10(M)    | 63.00 (M)      | 37.31 (M)    |     |
| Breakfast Yogurt Parfait w/ Fruit & Cereal, HS, MMA, WG, F - LR100440 (1 serv.) | 0        | 380.12          | 2.83          | 0.79        | 0.00          | 6.66      | 264.98      | 81.11    | 4.00            | 50.85            | 30.43 (M)        | 8.42        | 2.33(M)   | 297.64 (M)   | 451.80 (M)  | 2.70(M)    | 5.48(M)    | 353.68 (M)     | (M)          |     |
| Chicken Nuggets w/ Garlic Bread Stick, MMA, WG - LR100507 (1 serv.)             | 0        | 372.50          | 16.50         | 2.50        | 0.00          | 25.00     | 550.00      | 38.25    | 3.50            | 4.25             | 0.00(M)          | 19.25       | 2.86      | 57.50        | 0.00(M)     | 2.40(M)    | 0.00(M)    | 737.50 (M)     | (M)          |     |
| PB&J Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100397 (1 bag lunch)         | 0        | 866.32          | 42.27         | 8.44        | 0.09          | 16.34     | 1069.45     | 102.44   | 13.10           | 57.82            | 25.00 (M)        | 26.21       | 3.23      | 382.27       | 10511.65(M) | 121.18 (M) | 0.00(M)    | 484.00 (M)     | (M)          |     |
| Smucker's PBJ w/ soft pretzel, ELEM - LR100158 (1 sandwich)                     | 0        | (M)             | (M)           | (M)         | (M)           | (M)       | (M)         | (M)      | (M)             | (M)              | (M)              | (M)         | (M)       | (M)          | (M)         | (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)          |     |
| 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: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |     |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)                             | 0        | 67.48           | 0.00          | 0.00        | 0.00          | 0.00      | 5.07        | 15.52    | 0.00            | 14.16            | (M)              | 0.00        | 0.00      | 0.00         | 0.00(M)     | 14.42      | (M)        | 32.60 (M)      | (M)          |     |
| 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)                | 0        | 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, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)             | 0        | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 175.00      | 22.00    | 0.00            | 22.00            | (M)              | 8.00        | 0.00      | 300.00       | 300.00      | 1.20       | (M)        | (M)            | (M)          |     |
| Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)               | 0        | 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>21-22 Fall Elementary Lunch Cycle, Thurs, Wk#1 - Day: 2</b>                  | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |     |

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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) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|------------|------------|----------------|--------------|
| <b>Category: Entrees; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |
| Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)                            | 0        | 540.27          | 16.27         | 5.39        | 0.04(M)       | 187.17    | 555.61      | 64.09    | 6.88            | 30.21            | 0.00(M)          | 14.38       | 2.43      | 210.85       | 5240.82 (M) | 26.99 (M)  | 1.10(M)    | 63.00 (M)      | 37.31 (M)    |
| Breakfast Yogurt Parfait w/ Fruit & Cereal, HS, MMA, WG, F - LR100440 (1 serv.) | 0        | 380.12          | 2.83          | 0.79        | 0.00          | 6.66      | 264.98      | 81.11    | 4.00            | 50.85            | 30.43 (M)        | 8.42        | 2.33(M)   | 297.64 (M)   | 451.80 (M)  | 2.70(M)    | 5.48(M)    | 353.68 (M)     | (M)          |
| Cheeseburger, ELEM, MMA, WG - LR100004 (1 sandwich)                             | 0        | 355.00          | 17.00         | 7.50        | 0.00          | 82.50     | 565.00      | 23.00    | 2.00            | 1.50             | (M)              | 28.50       | 1.44(M)   | 26.00 (M)    | 0.00(M)     | 0.00(M)    | (M)        | (M)            | (M)          |
| PB&J Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100397 (1 bag lunch)         | 0        | 866.32          | 42.27         | 8.44        | 0.09          | 16.34     | 1069.45     | 102.44   | 13.10           | 57.82            | 25.00 (M)        | 26.21       | 3.23      | 382.27       | 10511.65(M) | 121.18 (M) | 0.00(M)    | 484.00 (M)     | (M)          |
| Smucker's PBJ w/ soft pretzel, ELEM - LR100158 (1 sandwich)                     | 0        | (M)             | (M)           | (M)         | (M)           | (M)       | (M)         | (M)      | (M)             | (M)              | (M)              | (M)         | (M)       | (M)          | (M)         | (M)        | (M)        | (M)            | (M)          |
| <b>Category: Vegetables; May Choose: 2</b>                                      |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |
| 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)    |
| Tossed Salad w/ Dressing, VDG, VRO - LR100542 (1 salad)                         | 0        | 134.12          | 7.83          | 1.06        | 0.00(M)       | 6.59      | 307.57      | 15.36    | 4.92            | 5.83             | (M)              | 3.27        | 1.81      | 68.45        | 20278.78    | 13.40      | 0.00(M)    | 517.01 (M)     | 187.06 (M)   |
| <b>Category: Fruits; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)                             | 0        | 67.48           | 0.00          | 0.00        | 0.00          | 0.00      | 5.07        | 15.52    | 0.00            | 14.16            | (M)              | 0.00        | 0.00      | 0.00         | 0.00(M)     | 14.42      | (M)        | 32.60 (M)      | (M)          |
| 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)                | 0        | 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, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)             | 0        | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 175.00      | 22.00    | 0.00            | 22.00            | (M)              | 8.00        | 0.00      | 300.00       | 300.00      | 1.20       | (M)        | (M)            | (M)          |
| Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)               | 0        | 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>21-22 Fall Elementary Lunch Cycle, Fri, Wk#1 - Day: 3</b>                    | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |
| <b>Category: Entrees; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |

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|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|------------|------------|----------------|--------------|
| Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)                                    | 0        | 540.27          | 16.27         | 5.39        | 0.04(M)       | 187.17    | 555.61      | 64.09    | 6.88            | 30.21            | 0.00(M)          | 14.38       | 2.43      | 210.85       | 5240.82 (M) | 26.99 (M)  | 1.10(M)    | 63.00 (M)      | 37.31 (M)    |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) | 0        | 298.77          | 2.77          | 0.90        | 0.00          | 4.99      | 143.89      | 64.15    | 3.79            | 33.53 (M)        | 17.01 (M)        | 7.70        | 1.07      | 193.06       | 587.19      | 5.73(M)    | 3.52(M)    | 427.07 (M)     | 28.95 (M)    |
| LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)                     | 0        | 394.50          | 14.67         | 6.59        | 0.00          | 30.46     | 1165.19     | 45.48    | 3.02            | 6.09             | 0.00             | 19.26       | 1.72      | 445.49       | 507.75 (M)  | 0.00(M)    | 0.00       | 273.51 (M)     |              |
| PB&J Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100397 (1 bag lunch)                 | 0        | 866.32          | 42.27         | 8.44        | 0.09          | 16.34     | 1069.45     | 102.44   | 13.10           | 57.82            | 25.00 (M)        | 26.21       | 3.23      | 382.27       | 10511.65(M) | 121.18 (M) | 0.00(M)    | 484.00 (M)     | (M)          |
| Smucker's PBJ w/ soft pretzel, ELEM - LR100158 (1 sandwich)                             | 0        | (M)             | (M)           | (M)         | (M)           | (M)       | (M)         | (M)      | (M)             | (M)              | (M)              | (M)         | (M)       | (M)          | (M)         | (M)        | (M)        | (M)            | (M)          |
| <b>Category: Vegetables; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |
| Honey Roasted Chick Peas, VBP, 0.5C - LR100611 (1 serv.)                                | 0        | 280.27          | 6.58          | 0.65        | 0.00(M)       | 0.00      | 142.22      | 52.42    | 9.37            | 27.50            | 0.00(M)          | 5.48        | 0.98(M)   | 101.95 (M)   | 29.50 (M)   | 0.52(M)    | 0.00(M)    | 14.74 (M)      | 5.91(M)      |
| Oven Baked Fries, V-S. 0.5C - LR100642 (1 c.)   | 0        | 200.00          | 7.00          | 0.00        | 0.00          | 0.00      | 260.00      | 34.00    | 2.00            | 0.00             | 0.00             | 4.00        | 0.72      | 0.00         | 0.00        | 7.20       | 0.00       | 519.82 (M)     |              |
| <b>Category: Fruits; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)                                     | 0        | 67.48           | 0.00          | 0.00        | 0.00          | 0.00      | 5.07        | 15.52    | 0.00            | 14.16            | (M)              | 0.00        | 0.00      | 0.00         | 0.00(M)     | 14.42      | (M)        | 32.60 (M)      | (M)          |
| 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 )                       | 0        | 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, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)                     | 0        | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 175.00      | 22.00    | 0.00            | 22.00            | (M)              | 8.00        | 0.00      | 300.00       | 300.00      | 1.20       | (M)        | (M)            | (M)          |
| Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container )                      | 0        | 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>21-22 Fall Elementary Lunch Cycle, Mon, Wk#2 - Day: 4</b>                            | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |
| <b>Category: Entrees; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |            |            |                |              |
| Breakfast Yogurt Parfait w/ Fruit & Cereal, HS, MMA, WG, F - LR100440 (1 serv.)         | 0        | 380.12          | 2.83          | 0.79        | 0.00          | 6.66      | 264.98      | 81.11    | 4.00            | 50.85            | 30.43 (M)        | 8.42        | 2.33(M)   | 297.64 (M)   | 451.80 (M)  | 2.70(M)    | 5.48(M)    | 353.68 (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) | Mois (g)  |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|------------|------------|----------------|-----------|
| 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)       |
| Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)  | 0        | 380.35          | 7.52          | 2.51        | 0.00          | 22.67     | 1001.88     | 58.75    | 6.00            | 19.50            | 0.00(M)          | 19.04       | 2.61      | 257.96       | 640.11 (M) | 138.30 (M) | 0.00(M)    | 109.98 (M)     | (M)       |
| Pizza, 5" Round Whole Wheat Pepperoni Pizza, Nardone Bros., 5WRMP1NY2, MMA, WGR, VEG-RO - SR109105 (1 pizza) | 0        | 366.00          | 17.00         | 11.00       | 0.00          | 45.00     | 739.00      | 32.00    | 2.00            | 2.00             | 0.00             | 20.00       | 1.00      | 246.00       | 0.00(M)    | 0.00(M)    | 0.00       | 2.00           | (M)       |
| Smucker's PBJ w/ soft pretzel, ELEM - LR100158 (1 sandwich)  | 0        | (M)             | (M)           | (M)         | (M)           | (M)       | (M)         | (M)      | (M)             | (M)              | (M)              | (M)         | (M)       | (M)          | (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) |
| <b>Category: Fruits; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |            |            |                |           |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)  | 0        | 67.48           | 0.00          | 0.00        | 0.00          | 0.00      | 5.07        | 15.52    | 0.00            | 14.16            | (M)              | 0.00        | 0.00      | 0.00         | 0.00(M)    | 14.42      | (M)        | 32.60 (M)      | (M)       |
| 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)   | 0        | 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, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)  | 0        | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 175.00      | 22.00    | 0.00            | 22.00            | (M)              | 8.00        | 0.00      | 300.00       | 300.00     | 1.20       | (M)        | (M)            | (M)       |
| Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)  | 0        | 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>21-22 Fall Elementary Lunch Cycle, Tues, Wk#2 - Day: 5</b>  | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |            |            |                |           |
| <b>Category: Entrees; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |            |            |                |           |
| Breakfast Yogurt Parfait w/ Fruit & Cereal, HS, MMA, WG, F - LR100440 (1 serv.)                              | 0        | 380.12          | 2.83          | 0.79        | 0.00          | 6.66      | 264.98      | 81.11    | 4.00            | 50.85            | 30.43 (M)        | 8.42        | 2.33(M)   | 297.64 (M)   | 451.80 (M) | 2.70(M)    | 5.48(M)    | 353.68 (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)  |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|------------|------------|----------------|-----------|
| Nachos Grande w/ Salsa, MMA, WG, VRO - LR100441 (1 serv.)                       | 0        | 475.29          | 24.56         | 8.37        | 0.00          | 60.00     | 1152.26     | 50.49    | 2.90            | 5.97             | 0.00(M)          | 23.43       | 2.17      | 204.65       | 59.82 (M)  | 1.13(M)    | 0.00(M)    | 642.02 (M)     | 5.39(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)       |
| Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)                           | 0        | 380.35          | 7.52          | 2.51        | 0.00          | 22.67     | 1001.88     | 58.75    | 6.00            | 19.50            | 0.00(M)          | 19.04       | 2.61      | 257.96       | 640.11 (M) | 138.30 (M) | 0.00(M)    | 109.98 (M)     | (M)       |
| Smucker's PBJ w/ soft pretzel, ELEM - LR100158 (1 sandwich)                     | 0        | (M)             | (M)           | (M)         | (M)           | (M)       | (M)         | (M)      | (M)             | (M)              | (M)              | (M)         | (M)       | (M)          | (M)        | (M)        | (M)        | (M)            | (M)       |
| <b>Category: Vegetables; May Choose: 2</b>                                      |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |            |            |                |           |
| Cauliflower & Cucumber Dippers w/ Ranch, VO - LR100282 (1 serv.)                | 0        | (M)             | (M)           | (M)         | (M)           | (M)       | (M)         | (M)      | (M)             | (M)              | (M)              | (M)         | (M)       | (M)          | (M)        | (M)        | (M)        | (M)            | (M)       |
| Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.)                              | 0        | (M)             | (M)           | (M)         | (M)           | (M)       | (M)         | (M)      | (M)             | (M)              | (M)              | (M)         | (M)       | (M)          | (M)        | (M)        | (M)        | (M)            | (M)       |
| <b>Category: Fruits; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |            |            |                |           |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)                             | 0        | 67.48           | 0.00          | 0.00        | 0.00          | 0.00      | 5.07        | 15.52    | 0.00            | 14.16            | (M)              | 0.00        | 0.00      | 0.00         | 0.00(M)    | 14.42      | (M)        | 32.60 (M)      | (M)       |
| 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)                | 0        | 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, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)             | 0        | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 175.00      | 22.00    | 0.00            | 22.00            | (M)              | 8.00        | 0.00      | 300.00       | 300.00     | 1.20       | (M)        | (M)            | (M)       |
| Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)               | 0        | 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>21-22 Fall Elementary Lunch Cycle, Wed, Wk#2 - Day: 6</b>                    | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |            |            |                |           |
| <b>Category: Entrees; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |            |            |                |           |
| Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100110 (1 sandwich)            | 0        | 350.00          | 13.50         | 2.50        | 0.00          | 25.00     | 690.00      | 37.00    | 5.00            | 2.00             | 1.00(M)          | 18.00       | 3.44      | 61.00        | 0.00(M)    | 0.00(M)    | 0.00(M)    | 320.07 (M)     | (M)       |
| Breakfast Yogurt Parfait w/ Fruit & Cereal, HS, MMA, WG, F - LR100440 (1 serv.) | 0        | 380.12          | 2.83          | 0.79        | 0.00          | 6.66      | 264.98      | 81.11    | 4.00            | 50.85            | 30.43 (M)        | 8.42        | 2.33(M)   | 297.64 (M)   | 451.80 (M) | 2.70(M)    | 5.48(M)    | 353.68 (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) | Moisture (g) |     |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|------------|------------|----------------|--------------|-----|
| Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)                           | 0        | 380.35          | 7.52          | 2.51        | 0.00          | 22.67     | 1001.88     | 58.75    | 6.00            | 19.50            | 0.00(M)          | 19.04       | 2.61      | 257.96       | 640.11 (M) | 138.30 (M) | 0.00(M)    | 109.98 (M)     | (M)          |     |
| Smucker's PBJ w/ soft pretzel, ELEM - LR100158 (1 sandwich)                     | 0        | (M)             | (M)           | (M)         | (M)           | (M)       | (M)         | (M)      | (M)             | (M)              | (M)              | (M)         | (M)       | (M)          | (M)        | (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)          |     |
| Oven Baked Fries, V-S. 0.5C - LR100642 (1 c.)                                   | 0        | 200.00          | 7.00          | 0.00        | 0.00          | 0.00      | 260.00      | 34.00    | 2.00            | 0.00             | 0.00             | 4.00        | 0.72      | 0.00         | 0.00       | 7.20       | 0.00       | 519.82         | (M)          |     |
| <b>Category: Fruits; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |            |            |                |              |     |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)                             | 0        | 67.48           | 0.00          | 0.00        | 0.00          | 0.00      | 5.07        | 15.52    | 0.00            | 14.16            | (M)              | 0.00        | 0.00      | 0.00         | 0.00(M)    | 14.42      | (M)        | 32.60 (M)      | (M)          |     |
| 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 )               | 0        | 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, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)             | 0        | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 175.00      | 22.00    | 0.00            | 22.00            | (M)              | 8.00        | 0.00      | 300.00       | 300.00     | 1.20       | (M)        | (M)            | (M)          |     |
| Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container )              | 0        | 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>21-22 Fall Elementary Lunch Cycle, Thurs, Wk#2 - Day: 7</b>                  | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |            |            |                |              |     |
| <b>Category: Entrees; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |            |            |                |              |     |
| Breakfast Yogurt Parfait w/ Fruit & Cereal, HS, MMA, WG, F - LR100440 (1 serv.) | 0        | 380.12          | 2.83          | 0.79        | 0.00          | 6.66      | 264.98      | 81.11    | 4.00            | 50.85            | 30.43 (M)        | 8.42        | 2.33(M)   | 297.64 (M)   | 451.80 (M) | 2.70(M)    | 5.48(M)    | 353.68 (M)     | (M)          |     |
| French Toast Sticks w/ Sausage, ELEM, MMA, WG - LR100390 (1 serv.)              | 0        | 372.17          | 14.02         | 2.50        | 0.00(M)       | 30.00     | 402.01      | 51.70    | 3.00            | 9.00(M)          | (M)              | 12.00       | 2.37      | 40.98        | 0.00(M)    | 0.00(M)    | 0.00(M)    | 150.00 (M)     | 5.93(M)      |     |
| Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)                           | 0        | 380.35          | 7.52          | 2.51        | 0.00          | 22.67     | 1001.88     | 58.75    | 6.00            | 19.50            | 0.00(M)          | 19.04       | 2.61      | 257.96       | 640.11 (M) | 138.30 (M) | 0.00(M)    | 109.98 (M)     | (M)          |     |
| Smucker's PBJ w/ soft pretzel, ELEM - LR100158 (1 sandwich)                     | 0        | (M)             | (M)           | (M)         | (M)           | (M)       | (M)         | (M)      | (M)             | (M)              | (M)              | (M)         | (M)       | (M)          | (M)        | (M)        | (M)        | (M)            | (M)          | (M) |
| <b>Category: Vegetables; May Choose: 2</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) | Moisture (g) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|--------------|
| Roasted Italian Seasoned Chick Peas, VBP,0.5C - LR100587 (1 serv.)  | 0        | 171.59          | 6.03          | 0.59        | 0.00(M)       | 0.00      | 259.66      | 22.33    | 4.00            | 4.89             | 0.00(M)          | 5.00        | 0.01(M)   | 0.03(M)      | 0.00(M)   | 0.00(M)   | 0.00(M)    | 0.00(M)        | 0.00(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 100% Fruit Juice, F - LR100036 (4 fl. oz.)                 | 0        | 67.48           | 0.00          | 0.00        | 0.00          | 0.00      | 5.07        | 15.52    | 0.00            | 14.16            | (M)              | 0.00        | 0.00      | 0.00         | 0.00(M)   | 14.42     | (M)        | 32.60 (M)      | (M)          |
| 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 )   | 0        | 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, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton) | 0        | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 175.00      | 22.00    | 0.00            | 22.00            | (M)              | 8.00        | 0.00      | 300.00       | 300.00    | 1.20      | (M)        | (M)            | (M)          |
| Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container )  | 0        | 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)          |