

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)
21-22 Fall Elementary Lunch Cycle, Tues, Wk#3 - Day: 1	1500																		
Category: Entrees; May Choose: 1																			
American Hoagie on Hot Dog Roll, MMA, WG, VO, VRO - LR100284 (1 sandwich)	0	270.10	11.37	4.26	0.00	47.66	820.67	26.60	2.70(M)	3.91	(M)	16.59	2.34(M)	43.24 (M)	423.56 (M)	5.98(M)	0.00(M)	120.18 (M)	55.02 (M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	0	529.55	10.39	2.76	0.00	16.11	306.68	100.94	5.63	57.07 (M)	28.57 (M)	13.09	3.36(M)	275.71 (M)	799.97 (M)	9.98(M)	4.53(M)	502.61 (M)	25.33 (M)
Beefy Nacho Salad, ELEM, MMA, WG, VRO, VO - LR100249 (1 serv.)	0	433.44	22.87	7.48	0.00	53.71	928.27	40.67	4.14	4.43	0.00(M)	19.13	2.50	129.28	736.29 (M)	8.18(M)	0.00(M)	553.51 (M)	111.39 (M)
Smucker's PBJ w/ Soft Pretzel, ELEM, MMA, WG - LR100707 (1 serv.)	0	450.00	17.50	3.50	0.00	0.00	580.00	62.00	7.00	14.00	13.00 (M)	13.00	2.52	73.00	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	(M)
Category: Vegetables; May Choose: 2																			
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)
Zesty Fiesta Beans, VBP, VRO - LR100331 (1 serv.)	0	120.00	0.00	0.00	0.00	0.00	165.00	23.00	5.00	1.99	(M)	8.00	1.80	60.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	0	65.66	0.00	0.00	0.00	0.00	4.94	15.11	0.00	13.77	(M)	0.00	0.00	0.00	0.00(M)	13.87	(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)
Category: Milk; May Choose: 1																			
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)
21-22 Fall Elementary Lunch Cycle, Wed, Wk#3 - Day: 2	1500																		
Category: Entrees; May Choose: 1																			

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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)
American Hoagie on Hot Dog Roll, MMA, WG, VO, VRO - LR100284 (1 sandwich)	0	270.10	11.37	4.26	0.00	47.66	820.67	26.60	2.70(M)	3.91	(M)	16.59	2.34(M)	43.24 (M)	423.56 (M)	5.98(M)	0.00(M)	120.18 (M)	55.02 (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 Tenders w/ Roll, MMA, WG - LR100316 (1 serv.)	0	291.00	11.30	2.00	0.00	52.00	510.00	26.00	3.40	1.00	(M)	23.00	2.16	26.00	0.00(M)	3.00(M)	(M)	(M)	(M)
Smucker's PBJ w/ Soft Pretzel, ELEM, MMA, WG - LR100707 (1 serv.)	0	450.00	17.50	3.50	0.00	0.00	580.00	62.00	7.00	14.00	13.00 (M)	13.00	2.52	73.00	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	(M)
Category: Vegetables; May Choose: 2																			
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)
Category: Fruits; May Choose: 1																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	0	65.66	0.00	0.00	0.00	0.00	4.94	15.11	0.00	13.77	(M)	0.00	0.00	0.00	0.00(M)	13.87	(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)
Category: Milk; May Choose: 1																			
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)
21-22 Fall Elementary Lunch Cycle, Thurs, Wk#3 - Day: 3	1500																		
Category: Entrees; May Choose: 1																			
American Hoagie on Hot Dog Roll, MMA, WG, VO, VRO - LR100284 (1 sandwich)	0	270.10	11.37	4.26	0.00	47.66	820.67	26.60	2.70(M)	3.91	(M)	16.59	2.34(M)	43.24 (M)	423.56 (M)	5.98(M)	0.00(M)	120.18 (M)	55.02 (M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	0	529.55	10.39	2.76	0.00	16.11	306.68	100.94	5.63	57.07 (M)	28.57 (M)	13.09	3.36(M)	275.71 (M)	799.97 (M)	9.98(M)	4.53(M)	502.61 (M)	25.33 (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)
Bacon Cheeseburger, ELEM, MMA, WG - LR100262 (1 sandwich)	0	397.86	19.86	8.21	0.00	95.00	786.43	23.00	2.00	1.50	(M)	32.07	1.57(M)	26.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Smucker's PBJ w/ Soft Pretzel, ELEM, MMA, WG - LR100707 (1 serv.)	0	450.00	17.50	3.50	0.00	0.00	580.00	62.00	7.00	14.00	13.00 (M)	13.00	2.52	73.00	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	(M)
Category: Vegetables; May Choose: 2																			
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)
Fresh Spinach Salad, VDG, VRO - LR100322 (1 salad)	0	94.88	5.26	1.04	0.00	0.00	634.54	11.17	1.88	7.41	(M)	1.44	1.36	62.50	7817.54	18.76	0.00(M)	343.68 (M)	86.91 (M)
Category: Fruits; May Choose: 1																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	0	65.66	0.00	0.00	0.00	0.00	4.94	15.11	0.00	13.77	(M)	0.00	0.00	0.00	0.00(M)	13.87	(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)
Category: Milk; May Choose: 1																			
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)
21-22 Fall Elementary Lunch Cycle, Fri, Wk#3 - Day: 4	1500																		
Category: Entrees; May Choose: 1																			
American Hoagie on Hot Dog Roll, MMA, WG, VO, VRO - LR100284 (1 sandwich)	0	270.10	11.37	4.26	0.00	47.66	820.67	26.60	2.70(M)	3.91	(M)	16.59	2.34(M)	43.24 (M)	423.56 (M)	5.98(M)	0.00(M)	120.18 (M)	55.02 (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)
Grilled Cheese Sandwich, MMA, WG - LR100360 (1 sandwich)	0	400.00	20.00	10.00	0.00	50.00	980.00	38.00	4.00	4.00	(M)	18.00	2.16(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Smucker's PBJ w/ Soft Pretzel, ELEM, MMA, WG - LR100707 (1 serv.)	0	450.00	17.50	3.50	0.00	0.00	580.00	62.00	7.00	14.00	13.00 (M)	13.00	2.52	73.00	0.00(M)	0.00(M)	0.00(M)	348.00 (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)
Category: Vegetables; May Choose: 2																			
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)
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)
Category: Fruits; May Choose: 1																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	0	65.66	0.00	0.00	0.00	0.00	4.94	15.11	0.00	13.77	(M)	0.00	0.00	0.00	0.00(M)	13.87	(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)
Category: Milk; May Choose: 1																			
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)