

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, Mon, Wk#4 - Day: 1	1500																			
Category: Entrees; May Choose: 1																				
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)	
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	0	330.00	12.00	6.00	0.00	185.00	395.00	38.00	5.00	7.00	0.00(M)	18.00	2.34	244.00	550.00 (M)	109.20 (M)	0.80(M)	124.00 (M)	(M)	
Pizza, Cheese Pizza with Whole Grain Crust, MMA, WG, Veg-RO - SR105070 (1 slice)	0	350.77	12.39	6.35	0.00(M)	32.32	645.67	35.84	4.47	6.95(M)	(M)	23.91	2.24	445.87	366.65	0.00	(M)	(M)	26.65 (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)
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)	
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)	
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, Tues, Wk#4 - Day: 2	1500																			
Category: Entrees; May Choose: 1																				

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)
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)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	0	330.00	12.00	6.00	0.00	185.00	395.00	38.00	5.00	7.00	0.00(M)	18.00	2.34	244.00	550.00 (M)	109.20 (M)	0.80(M)	124.00 (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)
Totchos with Taco Seasoned Ground Beef, MMA, WG, VS, ELEM - LR100631 (1 serv.)	0	490.96	25.99	8.35	0.00(M)	38.07	1262.41	49.86	7.70	5.55	0.00(M)	16.36	1.98	236.31	932.06 (M)	11.08 (M)	0.17(M)	171.55 (M)	10.42 (M)
Category: Vegetables; May Choose: 2																			
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)
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#4 - Day: 3	1500																		
Category: Entrees; May Choose: 1																			
BBQ Chicken Shaker Salad, ELEM, MMA, WG, VRO, VO, VS - LR100568 (1 salad)	0	338.55	8.80	1.55	0.00(M)	62.00	383.98	44.44	2.16	19.49 (M)	9.00(M)	20.49	1.63(M)	38.06 (M)	1074.65 (M)	11.36 (M)	0.00(M)	38.22 (M)	24.76 (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)
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)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	0	330.00	12.00	6.00	0.00	185.00	395.00	38.00	5.00	7.00	0.00(M)	18.00	2.34	244.00	550.00 (M)	109.20 (M)	0.80(M)	124.00 (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)
Category: Vegetables; May Choose: 2																			
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)
Red Pepper Strips w/ Dip, VRO, 1C - LR100299 (1 serv.)	0	45.24	3.02	0.50	0.04	0.67	146.78	4.52	1.02	2.36	(M)	0.56	0.22	5.36	1440.68	58.75	0.00(M)	97.06 (M)	42.42 (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#4 - Day: 4	1500																		
Category: Entrees; May Choose: 1																			
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)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	0	330.00	12.00	6.00	0.00	185.00	395.00	38.00	5.00	7.00	0.00(M)	18.00	2.34	244.00	550.00 (M)	109.20 (M)	0.80(M)	124.00 (M)	(M)
Maple Pancake Sausage Nuggets, ELEM - LR100191 (3 ea.)	0	330.00	9.00	2.50	0.00	25.00	335.00	55.00	3.00	31.00	(M)	6.00	1.80	20.00	0.00	0.00	(M)	(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)
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)
Category: Vegetables; May Choose: 2																			
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)
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)
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#4 - Day: 5	1500																		
Category: Entrees; May Choose: 1																			
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)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	0	330.00	12.00	6.00	0.00	185.00	395.00	38.00	5.00	7.00	0.00(M)	18.00	2.34	244.00	550.00 (M)	109.20 (M)	0.80(M)	124.00 (M)	(M)
Lo Mein Noodles with Chicken, WG, MMA, VO - LR100712 (1 serv.)	0	372.81	13.14	2.27	0.00(M)	80.16	1165.69	43.97	7.01(M)	17.02	0.00(M)	21.13	1.39(M)	60.42 (M)	10920.18(M)	11.31 (M)	0.00(M)	690.84 (M)	175.99 (M)
Oriental Chicken Salad w/ Romaine, ELEM, MMA, NWG, VDG, VRO, VO - LR100555 (1 salad)	0	353.20	12.26	2.55	0.00	42.00	646.46	43.41	7.70	8.78	(M)	19.00	4.16(M)	74.57 (M)	19327.88(M)	9.12(M)	0.00(M)	568.26 (M)	207.19 (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)

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)
Category: Vegetables; May Choose: 2																			
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)
Garden Side Salad, 1C-VDG, 0.5C-VRO - LR100014 (1 salad)	0	108.41	6.58	1.08	0.00(M)	5.00	127.26	12.09	4.92	4.51	(M)	2.61	1.81(M)	68.45 (M)	20278.78(M)	13.40 (M)	0.00(M)	517.01 (M)	187.06 (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)