

# 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 Middle School Lunch, Mon Wk#3 - Day: 1</b>	900																			
<b>Category: Entrees; May Choose: 1</b>																				
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	0	494.26	18.15	3.57	0.00	52.38 (M)	1188.42	61.59	13.07	11.72	0.00(M)	29.97	6.15(M)	137.51 (M)	25278.98(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)	
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	0	513.66	10.15	2.70	0.00	16.11	296.18	97.63	5.35	55.91 (M)	28.57 (M)	12.74	3.20(M)	274.37 (M)	737.45 (M)	9.73(M)	4.44(M)	493.83 (M)	25.18 (M)	
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	0	360.00	11.50	3.00	0.00	10.00	1060.00	49.00	6.00	10.00	(M)	18.00	1.08(M)	270.00	0.00(M)	0.00(M)	(M)	(M)	(M)	
Chicken & Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100486 (1 serv.)	0	340.00	9.50	2.00	0.00	15.00	1050.00	48.00	6.00	10.00	(M)	19.00	3.78	220.00	0.00(M)	0.00(M)	(M)	188.00 (M)	(M)	
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (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: 1</b>																				
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)	
Marinara Sauce, Multi-Purpose, Red Pack, Red Gold, RPKNA99, Veg-RO - SR107005 (1/2 c.)	0	60.00	1.50	0.00	0.00	0.00	390.00	10.00	2.00	7.00	(M)	2.00	1.08	20.00	0.00	0.00	(M)	(M)	(M)	
<b>Category: Fruits; May Choose: 1</b>																				
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)	
<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)	

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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)
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 Middle School Lunch, Tues Wk#3 - Day: 2</b>	900																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	0	494.26	18.15	3.57	0.00	52.38 (M)	1188.42	61.59	13.07	11.72	0.00(M)	29.97	6.15(M)	137.51 (M)	25278.98(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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	0	513.66	10.15	2.70	0.00	16.11	296.18	97.63	5.35	55.91 (M)	28.57 (M)	12.74	3.20(M)	274.37 (M)	737.45 (M)	9.73(M)	4.44(M)	493.83 (M)	25.18 (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	313.46	736.29 (M)	8.18(M)	0.00	973.69	111.39 (M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (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: 1</b>																			
Cucumber Slices w/ Ranch, 0.5C - VO - 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)
<b>Category: Fruits; May Choose: 1</b>																			
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)
<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)

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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>21/22 - Fall Middle School Lunch, Wed Wk#3 - Day: 3</b>	900																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	0	494.26	18.15	3.57	0.00	52.38 (M)	1188.42	61.59	13.07	11.72	0.00(M)	29.97	6.15(M)	137.51 (M)	25278.98(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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	0	513.66	10.15	2.70	0.00	16.11	296.18	97.63	5.35	55.91 (M)	28.57 (M)	12.74	3.20(M)	274.37 (M)	737.45 (M)	9.73(M)	4.44(M)	493.83 (M)	25.18 (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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (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: 1</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	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)
<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 Middle School Lunch, Thurs Wk#3 - Day: 4</b>	900																		
<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	494.26	18.15	3.57	0.00	52.38 (M)	1188.42	61.59	13.07	11.72	0.00(M)	29.97	6.15(M)	137.51 (M)	25278.9 8(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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	0	513.66	10.15	2.70	0.00	16.11	296.18	97.63	5.35	55.91 (M)	28.57 (M)	12.74	3.20(M)	274.37 (M)	737.45 (M)	9.73(M)	4.44(M)	493.83 (M)	25.18 (M)
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)	0	477.86	21.36	8.21	0.00	95.00	976.43	38.00	4.00	1.50	(M)	35.07	2.83(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (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: 1</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)
Cucumber Slices w/ Ranch, 0.5C - VO - 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: 1</b>																			
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)
<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 Middle School Lunch, Fri Wk#3 - Day: 5</b>	900																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	0	494.26	18.15	3.57	0.00	52.38 (M)	1188.42	61.59	13.07	11.72	0.00(M)	29.97	6.15(M)	137.51 (M)	25278.9 8(M)	21.57 (M)	0.00(M)	897.07 (M)	305.95 (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)
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)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	0	513.66	10.15	2.70	0.00	16.11	296.18	97.63	5.35	55.91 (M)	28.57 (M)	12.74	3.20(M)	274.37 (M)	737.45 (M)	9.73(M)	4.44(M)	493.83 (M)	25.18 (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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (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)
Soup, Tomato Soup Recipe, Veg-RO - SR101847 (1/2 Cup (8 oz))	0	128.92	0.00	0.00	0.00	0.00	588.44	26.62	1.14	17.19	(M)	4.60	0.82	88.91	487.59	7.44	0.00(M)	0.71(M)	70.80 (M)
<b>Category: Vegetables; May Choose: 1</b>																			
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)
<b>Category: Fruits; May Choose: 1</b>																			
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)
<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)