

Menu Cycle Week – Nutrient Analysis

Generated on: 9/2/2021 1:40:22 PM by Sarah Ginn

Menu Cycle: 21/22 Fall Elementary Lunch Cycle, Week#3
 Week: 1
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: Elementary School

| Cycle Week Nutrient Summary | | | |
|-----------------------------|-----------------------|--------------|---------------|
| Nutrient | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1) | [550.00 - 650.00] | 0.00 | |
| Total Fat (g) | | 0.00 | |
| Sat Fat (g)(1) | < 10.00 % of Calories | 0.00 | |
| Trans Fat (g)(2) | | 0.00(M) | |
| Chol (mg) | | 0.00(M) | |
| Sodium Target 1 (mg) (13) | < 1,230.00 | 0.00 | |
| Sodium Target 2 (mg) (13) | < 935.00 | 0.00 | |
| Carb (g) | | 0.00 | |
| Total Fiber (g) | | 0.00(M) | |
| Total Sugars (g) | | 0.00(M) | |
| Added Sugars (g) | | 0.00(M) | |
| Protein (g) | | 0.00 | |
| Iron (mg) | | 0.00(M) | |
| Calcium (mg) | | 0.00(M) | |
| VitA (IU) | | 0.00(M) | |
| VitC (mg) | | 0.00(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 | [8.000 - 10.000] | [6.000 - 14.000] | |
| Grains | [8.000 - 9.000] | [7.750 - 10.000] | |
| Non-WGR | | 0.000 | |
| WGR | >= 50.000 % of | 37.750 | 100.00 |
| Grain-D | <= 2.000 | 0.000 | |
| Fruit | >= 2.500 | [2.500 - 5.000] | |
| Fruit-J | <= 50.000 % of | 0.000 | 0.00 |
| Veg | >= 3.750 | [5.625 - 7.625] | |
| Veg-DG | >= 0.500 | 1.000 | |
| Veg-RO | >= 0.750 | 2.750 | |
| Veg-BP | >= 0.500 | 1.000 | |
| Veg-S | >= 0.500 | 1.000 | |
| Veg-O | >= 0.500 | 2.000 | |
| Veg-X | | 0.000 | |
| Vegetable-J | <= 50.000 % of | 0.000 | 0.00 |
| MILK-F | >= 5.000 | 5.000 | |
| MILK-V | | Fail | |

Legend

PrimeroEdge will flag based on USDA requirements starting School Year 2019-2020 for WGR and 1% flavored milk, for prior years, please consult your State Agency for that School Year requirements and waiver status.

(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.

Menu Cycle Week – 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#3 - Day: 1 | 1500 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich) | 0 | 340.77 | 10.93 | 3.96 | 0.00 | 65.52 | 961.54 | 36.05 | 3.70 | 2.91 | (M) | 22.51 | 2.68(M) | 85.24 (M) | 423.56 (M) | 7.14(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) |
| 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) |
| Smucker's PBJ w/ Pretzels, ELEM, MMA, WG - LR100707 (1 serv.) | 0 | 380.00 | 17.00 | 3.50 | 0.00 | 0.00 | 480.00 | 48.00 | 6.00 | 14.00 | 13.00 (M) | 11.00 | 1.80 | 73.00 | 0.00(M) | 0.00(M) | 0.00 | 348.00 | (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) |
| Garlicky Roasted Broccoli, VDG, 0.5C - LR100599 (1 serv.) | 0 | 65.40 | 3.86 | 0.36 | 0.00 | 0.00(M) | 31.93 | 6.42 | 2.52(M) | 1.65(M) | (M) | 2.73 | 0.71(M) | 45.48 (M) | 602.85 (M) | 86.32 (M) | 0.00(M) | 305.78 (M) | 86.41 (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#3 - Day: 2 | 1500 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |

Menu Cycle Week – 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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|------------|
| American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich) | 0 | 340.77 | 10.93 | 3.96 | 0.00 | 65.52 | 961.54 | 36.05 | 3.70 | 2.91 | (M) | 22.51 | 2.68(M) | 85.24 (M) | 423.56 (M) | 7.14(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/ Pretzels, ELEM, MMA, WG - LR100707 (1 serv.) | 0 | 380.00 | 17.00 | 3.50 | 0.00 | 0.00 | 480.00 | 48.00 | 6.00 | 14.00 | 13.00 (M) | 11.00 | 1.80 | 73.00 | 0.00(M) | 0.00(M) | 0.00 | 348.00 | (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: 3 | | 1500 | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich) | 0 | 340.77 | 10.93 | 3.96 | 0.00 | 65.52 | 961.54 | 36.05 | 3.70 | 2.91 | (M) | 22.51 | 2.68(M) | 85.24 (M) | 423.56 (M) | 7.14(M) | 0.00(M) | 120.18 (M) | 55.02 (M) |

Menu Cycle Week – 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) |
| 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/ Pretzels, ELEM, MMA, WG - LR100707 (1 serv.) | 0 | 380.00 | 17.00 | 3.50 | 0.00 | 0.00 | 480.00 | 48.00 | 6.00 | 14.00 | 13.00 (M) | 11.00 | 1.80 | 73.00 | 0.00(M) | 0.00(M) | 0.00 | 348.00 | (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: 4 | 1500 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich) | 0 | 340.77 | 10.93 | 3.96 | 0.00 | 65.52 | 961.54 | 36.05 | 3.70 | 2.91 | (M) | 22.51 | 2.68(M) | 85.24 (M) | 423.56 (M) | 7.14(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) |
| 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) |

Menu Cycle Week – 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) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|------------|
| Smucker's PBJ w/ Pretzels, ELEM, MMA, WG - LR100707 (1 serv.) | 0 | 380.00 | 17.00 | 3.50 | 0.00 | 0.00 | 480.00 | 48.00 | 6.00 | 14.00 | 13.00 (M) | 11.00 | 1.80 | 73.00 | 0.00(M) | 0.00(M) | 0.00 | 348.00 | (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: 5 | | 1500 | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich) | 0 | 340.77 | 10.93 | 3.96 | 0.00 | 65.52 | 961.54 | 36.05 | 3.70 | 2.91 | (M) | 22.51 | 2.68(M) | 85.24 (M) | 423.56 (M) | 7.14(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) |
| 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) |
| Category: Vegetables; May Choose: 2 | | | | | | | | | | | | | | | | | | | |

Menu Cycle Week – 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) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|--------------|
| 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) |