

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)	
21/22 - Fall Middle School Lunch, Mon Wk#1 - Day: 1	900																			
Category: Entrees; May Choose: 1																				
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	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)	
Cheese Pizza - LR100619 (1 slice)	0	376.65	13.66	6.42	0.47	27.90	620.00	42.01	4.18	7.39	(M)	21.53	3.88	283.65	336.35	0.62	(M)	446.40	74.43	
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)	
Category: Vegetables; May Choose: 1																				
Asian Slaw with Radishes & Cilantro - VO - 0.5C - LR100623 (1 c.)	0	243.80	12.63	1.82	0.00(M)	17.72	1895.06	25.20	2.77	8.24(M)	0.00(M)	4.01	0.94	46.53	1007.70 (M)	39.48 (M)	0.00(M)	249.94 (M)	98.82 (M)	
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)	
Carrot Raisin Salad, VRO - 0.5 Cup - LR100677 (1 c.)	0	542.17 (M)	17.32 (M)	2.88(M)	0.04(M)	13.12 (M)	1275.34 (M)	100.16 (M)	5.22(M)	79.56 (M)	(M)	6.04(M)	2.18(M)	145.98 (M)	54.33 (M)	2.94(M)	0.00(M)	963.75 (M)	67.79 (M)	
Cauliflower & Cucumber Dippers w/ Ranch, 0.5 C - VO - LR100282 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Celery Dippers w/ Peanut Butter, VO - LR100382 (1 serv.)	0	187.07	5.09	2.52	0.00	0.00	170.40	9.50	2.81	3.68	(M)	6.35	1.10	35.20	226.75 (M)	1.57(M)	0.00(M)	131.30 (M)	48.19 (M)	
Celery Sticks w/ Bleu Cheese Dip, VO - LR100478 (1 serv.)	0	247.07	25.59	4.52	0.00	15.00	565.40	4.50	0.81	2.18	(M)	1.85	0.10	50.20	226.75	1.57	0.00(M)	131.30 (M)	48.19 (M)	
Cheesy Broccoli, VDG - LR100409 (1 serv.)	0	69.09	3.44	2.02	0.00	10.00	193.45	6.59	2.76	1.35	0.00(M)	5.18	0.56	126.03	930.12 (M)	36.89 (M)	0.00	270.70	83.46 (M)	
Chick Peas w/ Salsa, 0.5C WBP, 0.25C VRO - LR100407 (1 serv.)	0	150.00	2.00	0.00	0.00	0.00	210.00	27.00	4.00	6.00	(M)	7.00	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)	(M)	

Weekly - Nutrient Analysis

Generated on: 9/15/2021 7:46:28 AM by Sarah Ginn

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)
Chili Cinnamon Roasted Sweet Potatoes, V-RO-0.5C - LR100679 (1 c.)	0	247.08	13.34	1.03	0.05(M)	0.00	479.83	31.99	7.45	5.69(M)	(M)	2.44	1.45	102.90	19123.61	3.43	0.00(M)	448.21 (M)	103.51
Coleslaw, 0.5C - VO - LR100172 (25 Servings)	0 (M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(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)
Crunchy Broccoli Salad, VDG 0.5 Cup - LR100681 (1 c.)	0	315.45	13.79	2.22	0.03(M)	9.60	536.80	48.16	4.60	33.15 (M)	(M)	4.34	1.48	77.37	591.04	82.29	0.00(M)	288.38 (M)	90.27 (M)
Cucumber & Celery Dippers w/ Ranch, 0.5C - VO - 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)
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)
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)
Garlic Parmesan Roasted Cauliflower, 0.5C, VO - LR100687 (1 c.)	0	160.87	6.78	2.09	0.10(M)	8.60	336.15	19.00	2.92	3.09(M)	(M)	7.18	1.33	139.84	97.40	51.60	0.05(M)	371.15 (M)	3.38(M)
Garlicky Green Beans, 0.5C - VO - LR100531 (1 serv.)	0	35.25	1.86	0.15	0.00	0.00(M)	6.00	4.35	2.00(M)	0.00(M)	(M)	1.01	0.59(M)	33.00 (M)	376.00 (M)	2.80(M)	0.00(M)	0.00(M)	0.00(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)
Grape Tomatoes w/ Ranch Dip, VRO - LR100371 (1 serv.)	0	47.05	2.89	0.47	0.04(M)	0.67	148.51	4.81	1.08	2.47	(M)	0.62	0.21	7.24	638.00	9.80	(M)	(M)	0.00(M)
Honey Glazed Carrots, VRO - LR100147 (1 serv.)	0	48.56	0.50	0.10	0.00	0.00	215.63	11.48	2.42	8.80	(M)	0.45	0.42	25.98	12357.44	1.71	0.00(M)	140.16 (M)	65.93 (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)
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	0	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	(M)	0.72	0.27	10.98	555.57	7.17	0.00	157.41	76.96
Mashed Potatoes w/ Beef Gravy, VS, 0.5C - LR100124 (1 serv.)	0	65.00	2.25	0.00	0.00	0.00	530.00	11.50	0.00	0.00	(M)	0.70	0.54(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Mashed Potatoes, 12/28 oz. Pouch, Basic American Foods, 76468, VS - LR100290 (1/2 cup, cooke)	0	35.00	1.50	0.00	0.00	0.00	170.00	7.00	0.00	0.00	(M)	0.70	(M)	(M)	(M)	(M)	(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)

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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)
Parmesan Peas, VS, 0.5C - LR100283 (1 serv.)	0	68.67	0.72	0.21	0.00	0.00	86.33	12.07	4.40	0.00(M)	(M)	4.45	1.26(M)	25.67	1680.00(M)	7.90(M)	(M)	(M)	(M)
Parmesan Roasted Carrots - V-RO - 0.5C - LR100627 (1/2 c.)	0	129.85	7.48	4.22	0.00(M)	4.00	350.73	8.51	2.58	2.66(M)	(M)	9.47	0.78	282.90	7790.73	5.99	(M)	(M)	0.31(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)
Roasted Fall Vegetables, 0.5C -VO, VRO - LR100483 (1 serv.)	0	57.34	1.77	0.25	0.00(M)	0.00	219.47	10.66	2.83	1.50(M)	(M)	1.10	0.51(M)	23.84(M)	220.92(M)	5.54(M)	0.00(M)	223.96(M)	42.52(M)
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)
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)
Roasted Zucchini, 1/2C - VO - LR100618 (1/2 c.)	0	70.21	6.95	0.98	0.00(M)	0.00(M)	5.09	1.93	0.62(M)	1.55(M)	(M)	0.75	0.27(M)	9.99(M)	124.00(M)	11.10(M)	0.00(M)	161.82(M)	58.77(M)
Spiced Chick Peas, VBP, 0.5C - LR100582 (1/2 c.)	0	109.83	4.88	0.47	0.00(M)	0.00(M)	240.07	14.00	4.00	2.00(M)	(M)	4.00	1.20	27.03(M)	0.00(M)	0.00(M)	0.00(M)	148.00(M)	0.00(M)
Steamed Corn, VS, 0.5C - LR100615 (1/2 c.)	0	75.76	1.16	0.04	0.00	0.00	14.56	17.52	2.80	3.22	(M)	2.80	0.66(M)	34.20(M)	58.17(M)	3.75(M)	0.00(M)	80.49(M)	0.18(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)
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)

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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)
21/22 - Fall Middle School Lunch, Tues Wk#1 - Day: 2	900																		
Category: Entrees; May Choose: 1																			
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	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)
Walking Beefy Taco w/ Fixings, MS/HS, MMA, WG, VRO, VO - LR100181 (1 serv.)	0	497.08	26.48	7.35	0.00	35.00	685.35	50.12	5.63	4.33	0.00(M)	18.59	3.05(M)	30.98 (M)	555.57 (M)	7.17(M)	0.00(M)	364.69 (M)	76.96 (M)
Category: Vegetables; May Choose: 1																			
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)
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 Middle School Lunch, Wed Wk#1 - Day: 3	900																		
Category: Entrees; May Choose: 1																			
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)

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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)
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	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)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	0	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	1.00(M)	21.00	4.70	139.00	0.00(M)	0.00(M)	0.00(M)	320.07 (M)	(M)
Category: Vegetables; May Choose: 1																			
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 Middle School Lunch, Thurs Wk#1 - Day: 4	900																		
Category: Entrees; May Choose: 1																			
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	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)
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)	0	435.00	18.50	7.50	0.00	82.50	755.00	38.00	4.00	1.50	(M)	31.50	2.70(M)	104.00 (M)	0.00(M)	0.00(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: 1																			
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)
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)
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)