

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 Elementary Lunch Cycle, Mon, Wk#1 - Day: 1	300																			
Category: Entrees; May Choose: 1																				
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	125	540.27	16.27	5.39	0.04(M)	187.17	555.61	64.09	6.88	30.21	0.00(M)	14.38	2.43	210.85	5240.82 (M)	26.99 (M)	1.10(M)	63.00 (M)	37.31 (M)	
Max Cheese Sticks w/ Marinara ELEM, MMA, WG, VRO - LR100079 (1 serv.)	150	480.00	17.50	4.50	0.00	20.00	1030.00	60.00	6.99	8.00(M)	0.00(M)	20.00	2.86	360.00	(M)	(M)	0.00(M)	248.16 (M)	(M)	
Smucker's PBJ w/ soft pretzel, ELEM - LR100158 (1 sandwich)	25	(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.)	75	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.)	75	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)	
Crunchy Broccoli Salad, VDG 0.5 Cup - LR100681 (1 c.)	25	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)	
Category: Fruits; May Choose: 1																				
Assorted Fresh Fruit, F - LR100026 (1 serv.)	150	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)	100	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, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	50	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)	
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	25	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#1 - Day: 2	300																			
Category: Entrees; May Choose: 1																				
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	100	540.27	16.27	5.39	0.04(M)	187.17	555.61	64.09	6.88	30.21	0.00(M)	14.38	2.43	210.85	5240.82 (M)	26.99 (M)	1.10(M)	63.00 (M)	37.31 (M)	
Chunky Monkey Parfait, 2MMA, 1WG, F - LR100387 (1 serv.)	50	600.08	28.09	8.74	0.00	3.33	299.82	75.73	7.12	46.68	11.35 (M)	17.98	3.65	159.99	526.36 (M)	6.60(M)	2.52(M)	424.13 (M)	45.05 (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)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Strawberry & Yogurt Parfait w/ & Granola, 2 MMA, 1 WG, F - LR100716 (1 serv.)	25	348.30	2.85	1.05	0.00	6.66	171.07	74.74	3.69	43.37	22.68 (M)	9.21	1.00(M)	250.10 (M)	625.89 (M)	4.73(M)	4.52(M)	507.11 (M)	28.95 (M)
Walking Beefy Taco w/ Fixings, ELEM, MMA, WG, VRO, VO - LR100127 (1 serv.)	100	414.85	22.52	6.89	0.00	35.00	560.48	38.54	4.71	3.72	0.00(M)	17.38	2.71(M)	30.98 (M)	555.57 (M)	7.17(M)	0.00(M)	312.87 (M)	76.96 (M)
Category: Vegetables; May Choose: 2																			
Cucumber Slices w/ Ranch, 0.5C - VO - LR100298 (1 serv.)	100	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)
Green Beans, Raw, VO, 0.5C - LR100706 (1/2 c.)	100	15.50	0.11	0.03	0.00	0.00	3.00	3.48	1.35	1.63	(M)	0.92	0.52	18.50	345.00	6.10	0.00	105.50	45.16
Zesty Fiesta Beans, VBP, VRO - LR100331 (1 serv.)	50	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 Fresh Fruit, F - LR100026 (1 serv.)	200	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)	100	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, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	50	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	50	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#1 - Day: 3																			
Category: Entrees; May Choose: 1																			
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	125	540.27	16.27	5.39	0.04(M)	187.17	555.61	64.09	6.88	30.21	0.00(M)	14.38	2.43	210.85	5240.82 (M)	26.99 (M)	1.10(M)	63.00 (M)	37.31 (M)
Chicken Nuggets w/ Garlic Bread Stick, MMA, WG - LR100507 (1 serv.)	125	372.50	16.50	2.50	0.00	25.00	550.00	38.25	3.50	4.25	0.00(M)	19.25	2.86	57.50	0.00(M)	2.40(M)	0.00(M)	737.50 (M)	(M)
Smucker's PBJ w/ soft pretzel, ELEM - LR100158 (1 sandwich)	50	(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																			
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	100	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)
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	100	503.08	12.54	1.78	0.00(M)	0.00	119.03	101.25	13.73	4.10(M)	(M)	13.69	2.87	24.46	2843.53	132.19	0.00(M)	248.20 (M)	119.77 (M)
Category: Fruits; May Choose: 1																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	125	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.)	125	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)	100	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, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	50	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	50	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#1 - Day: 4	300																		
Category: Entrees; May Choose: 1																			
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	100	540.27	16.27	5.39	0.04(M)	187.17	555.61	64.09	6.88	30.21	0.00(M)	14.38	2.43	210.85	5240.82 (M)	26.99 (M)	1.10(M)	63.00 (M)	37.31 (M)
Cheeseburger, ELEM, MMA, WG - LR100004 (1 sandwich)	100	355.00	17.00	7.50	0.00	82.50	565.00	23.00	2.00	1.50	(M)	28.50	1.44(M)	26.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Chunky Monkey Parfait, 2MMA, 1WG, F - LR100387 (1 serv.)	25	600.08	28.09	8.74	0.00	3.33	299.82	75.73	7.12	46.68	11.35 (M)	17.98	3.65	159.99	526.36 (M)	6.60(M)	2.52(M)	424.13 (M)	45.05 (M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Strawberry & Yogurt Parfait w/ & Granola, 2 MMA, 1 WG, F - LR100716 (1 serv.)	50	348.30	2.85	1.05	0.00	6.66	171.07	74.74	3.69	43.37	22.68 (M)	9.21	1.00(M)	250.10 (M)	625.89 (M)	4.73(M)	4.52(M)	507.11 (M)	28.95 (M)
Category: Vegetables; May Choose: 2																			

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)
Cucumber & Celery Dippers w/ Ranch, 0.5C - VO - LR100272 (1 serv.)	100	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)
Tossed Salad w/ Dressing, VDG, VRO - LR100542 (1 salad)	100	134.12	7.83	1.06	0.00(M)	6.59	307.57	15.36	4.92	5.83	(M)	3.27	1.81	68.45	20278.78	13.40	0.00(M)	517.01 (M)	187.06 (M)
Category: Fruits; May Choose: 1																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	100	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.)	100	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)	100	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, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	25	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	25	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#1 - Day: 5																			
Category: Entrees; May Choose: 1																			
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	100	540.27	16.27	5.39	0.04(M)	187.17	555.61	64.09	6.88	30.21	0.00(M)	14.38	2.43	210.85	5240.82 (M)	26.99 (M)	1.10(M)	63.00 (M)	37.31 (M)
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)	100	394.50	14.67	6.59	0.00	30.46	1165.19	45.48	3.02	6.09	0.00	19.26	1.72	445.49	507.75 (M)	0.00(M)	0.00	273.51	(M)
Smucker's PBJ w/ soft pretzel, ELEM - LR100158 (1 sandwich)	100	(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.)	100	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)
Oven Baked Fries, V-S, 0.5C - LR100642 (1 c.)	100	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																			

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 100% Fruit Juice, F - LR100036 (4 fl. oz.)	100	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.)	100	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)	100	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, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	25	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	25	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)