

# 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 High 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	511.11	10.09	2.64	0.00	16.11	319.02	97.00	5.39	54.76 (M)	28.57 (M)	12.71	3.17(M)	276.35 (M)	674.93 (M)	9.49(M)	4.36(M)	485.05 (M)	25.04 (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)
Pizza, Buffalo Chicken, 16", 5.21 oz., Big Daddy's Primo, Schwan's, 78639, MMA, WGR - SR108199 (1/8 pizza)	0	390.00	19.00	7.00	0.00	45.00	750.00	35.00	3.00	8.00	2.00	20.00	1.80	250.00	400.00	0.00	0.00	386.00	(M)
<b>Category: Vegetables; May Choose: 1</b>																			
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)
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)
<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)	Moisture (g)	
<b>21/22 - Fall High 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	511.11	10.09	2.64	0.00	16.11	319.02	97.00	5.39	54.76 (M)	28.57 (M)	12.71	3.17(M)	276.35 (M)	674.93 (M)	9.49(M)	4.36(M)	485.05 (M)	25.04 (M)	
Max Cheese Sticks w/ Marinara, 3-sticks, MMA, WG, VRO - LR100048 (1 serv.)	0	520.00	19.50	6.00	0.00	30.00	825.00	60.00	5.00	8.00(M)	(M)	26.00	4.32	470.00	500.00 (M)	6.00(M)	(M)	282.00 (M)	(M)	
Taco Salad , HS, MMA, WG - LR100594 (1 serv.)	0	638.62	31.19	11.26	0.00	61.29	1958.28	63.26	12.19	9.33	0.00(M)	29.99	4.00(M)	408.54 (M)	921.71 (M)	5.61(M)	0.00(M)	912.32 (M)	98.37 (M)	
<b>Category: Vegetables; May Choose: 1</b>																				
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)	
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)	
<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 High School Lunch, Wed, Wk#3 - Day: 3</b>	900																			
<b>Category: Entrees; May Choose: 1</b>																				

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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 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	511.11	10.09	2.64	0.00	16.11	319.02	97.00	5.39	54.76 (M)	28.57 (M)	12.71	3.17(M)	276.35 (M)	674.93 (M)	9.49(M)	4.36(M)	485.05 (M)	25.04 (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)
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)	0	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)
<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 High School Lunch, Thurs, Wk#3 - Day: 4</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)

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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 Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	0	511.11	10.09	2.64	0.00	16.11	319.02	97.00	5.39	54.76 (M)	28.57 (M)	12.71	3.17(M)	276.35 (M)	674.93 (M)	9.49(M)	4.36(M)	485.05 (M)	25.04 (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)
Popcorn Chicken w/ Roll & Dips, MMA, WG - LR100431 (1 serv.)	0	401.46	15.40	2.77	0.00	22.15	721.07	48.18	5.32(M)	17.45	0.00(M)	18.51	3.29(M)	62.55 (M)	0.00(M)	0.00(M)	0.00(M)	719.96 (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)
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 High 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)	25278.98(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	511.11	10.09	2.64	0.00	16.11	319.02	97.00	5.39	54.76 (M)	28.57 (M)	12.71	3.17(M)	276.35 (M)	674.93 (M)	9.49(M)	4.36(M)	485.05 (M)	25.04 (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)

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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)
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)
<b>Category: Vegetables; May Choose: 1</b>																			
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	0	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)
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)