

# 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 Elementary Lunch Cycle, Mon, Wk#1 - Day: 1</b>	300																			
<b>Category: Entrees; May Choose: 1</b>																				
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	125	410.27	13.77	4.39	0.04(M)	187.17	460.61	38.59	4.88	19.71	0.00(M)	12.88	1.89	60.85	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)	
<b>Category: Vegetables; May Choose: 2</b>																				
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)	
<b>Category: Fruits; May Choose: 1</b>																				
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)	
<b>Category: Milk; May Choose: 1</b>																				
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)	
<b>21-22 Fall Elementary Lunch Cycle, Tues, Wk#1 - Day: 2</b>	300																			
<b>Category: Entrees; May Choose: 1</b>																				
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	100	410.27	13.77	4.39	0.04(M)	187.17	460.61	38.59	4.88	19.71	0.00(M)	12.88	1.89	60.85	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)	

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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)
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)
<b>Category: Vegetables; May Choose: 2</b>																			
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)
<b>Category: Fruits; May Choose: 1</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>21-22 Fall Elementary Lunch Cycle, Wed, Wk#1 - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	125	410.27	13.77	4.39	0.04(M)	187.17	460.61	38.59	4.88	19.71	0.00(M)	12.88	1.89	60.85	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)

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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>Category: Vegetables; May Choose: 2</b>																			
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)
<b>Category: Fruits; May Choose: 1</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>21-22 Fall Elementary Lunch Cycle, Thurs, Wk#1 - Day: 4</b>	300																		
<b>Category: Entrees; May Choose: 1</b>																			
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	100	410.27	13.77	4.39	0.04(M)	187.17	460.61	38.59	4.88	19.71	0.00(M)	12.88	1.89	60.85	5240.82 (M)	26.99 (M)	1.10(M)	63.00 (M)	37.31 (M)
Subway Ham & American Cheese, 6" Multi Grain, Includes Lettuce, Tomatoes, Cucumbers - LR100744 (1 serv.)	100	360.00	10.00	5.00	0.00	55.00	1350.00	42.00	4.00	7.00	0.00	24.00	2.70	100.00	1000.00	3.60	(M)	(M)	(M)
Subway Turkey & American Cheese, 6" Multi Grain, Includes Lettuce, Tomatoes, Cucumbers - LR100743 (1 serv.)	100	340.00	10.00	5.00	0.00	50.00	1170.00	41.00	4.00	5.00	0.00	23.00	1.80	100.00	1000.00	3.60	(M)	(M)	(M)
<b>Category: Grains; May Choose: 2</b>																			
Pretzels, Rold Gold Heartzels.70 oz - SR109475 (1 pkg.)	100	80.00	1.00	0.00	0.00	0.00	200.00	16.00	2.00	0.00	(M)	2.00	0.72	20.00	(M)	(M)	(M)	(M)	(M)

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<b>Category: Vegetables; May Choose: 2</b>																			
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)
<b>Category: Fruits; May Choose: 1</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Category: Desserts; May Choose: 1</b>																			
Chocolate Chip Cookie, David's, WG - LR100323 (1 cookie)	100	100.00	3.50	1.00	0.00	5.00	85.00	17.00	1.00	8.00	(M)	2.00	0.72	20.00	100.00	0.00	(M)	(M)	(M)
<b>21-22 Fall Elementary Lunch Cycle, Fri, Wk#1 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	100	410.27	13.77	4.39	0.04(M)	187.17	460.61	38.59	4.88	19.71	0.00(M)	12.88	1.89	60.85	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)
<b>Category: Vegetables; May Choose: 2</b>																			

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Honey Roasted Chick Peas, VBP, 0.5C - LR100611 (1 serv.)	100	5.61	0.13	0.01	0.00(M)	0.00	2.84	1.05	0.19	0.55	0.00(M)	0.11	0.02(M)	2.04(M)	0.59(M)	0.01(M)	0.00(M)	0.29(M)	0.12(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)
<b>Category: Fruits; May Choose: 1</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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)