

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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|------------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|------------|
| 21.22 Winter High School Lunch Cycle, WK#2, Mon - Day: 1 | 550 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad) | 20 | 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) | 50 | 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) |
| Caramel Apple Yogurt Parfait, MMA, WG, F - LR100405 (1 serv.) | 30 | 398.93 | 3.73 | 1.01 | 0.00 | 6.66 | 371.45 | 87.22 | 5.05 | 41.31 | 22.70 (M) | 10.81 | 1.63 | 281.77 | 635.43 (M) | 23.47 (M) | 4.52(M) | 373.15 (M) | 0.86(M) |
| Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.) | 30 | 680.08 | 29.09 | 8.74 | 0.00 | 3.33 | 499.82 | 91.73 | 9.12 | 46.68 | 11.35 (M) | 19.98 | 4.37 | 179.99 | 526.36 (M) | 6.60(M) | 2.52(M) | 424.13 (M) | 45.05 (M) |
| Creamy Mac & Cheese w/ Dinner Roll, MMA, WG - LR100434 (1 serv.) | 175 | 503.50 | 20.17 | 7.59 | 0.00 | 66.47 | 1296.19 | 47.48 | 5.03 | 10.09 | 0.00(M) | 35.26 | 3.00 | 435.49 | 657.75 | 1.20(M) | 0.00(M) | 213.35 (M) | 0.00(M) |
| Max Cheese Sticks w/ Marinara, 3-sticks, MMA, WG, VRO - LR100048 (1 serv.) | 175 | 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) |
| Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich) | 40 | 600.00 | 34.00 | 6.00 | 0.00 | 0.00 | 540.00 | 64.00 | 7.00 | 29.00 | 0.00(M) | 18.00 | 2.70 | 60.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Strawberry & Yogurt Parfait w/ & Granola, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.) | 30 | 428.30 | 3.85 | 1.05 | 0.00 | 6.66 | 371.07 | 90.74 | 5.69 | 43.37 | 22.68 (M) | 11.21 | 1.73(M) | 270.10 (M) | 625.89 (M) | 4.73(M) | 4.52(M) | 507.11 (M) | 28.95 (M) |
| Category: Grains; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Pretzels, Rold Gold Heartzels.70 oz - SR109475 (1 pkg.) | 400 | 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) |
| 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) |
| Carrot Raisin Salad, VRO - 0.5 Cup - LR100677 (1 c.) | 100 | 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) |
| Grape Tomatoes w/ Ranch Dip, VRO 0.5C - LR100371 (1 serv.) | 100 | 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) |

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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|--------------|
| Red Pepper Strips w/ Dip, VRO, 0.5C - LR100299 (1 serv.) | 100 | 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) |
| Category: Fruits; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.) | 100 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 14.00 | 1.00 | 18.00 | 0.00(M) | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| 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) |
| Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz)) | 100 | 80.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 21.00 | 2.00 | 16.00 | (M) | 0.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Category: Milk; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Milk, 1% White, Clover Farms - LR100726 (1 Carton) | 200 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M) | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) | (M) |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 200 | 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) |
| 21.22 Winter High School Lunch Cycle, WK#2, Tuesday - Day: 2 | 550 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad) | 50 | 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) | 50 | 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) |
| Caramel Apple Yogurt Parfait, MMA, WG. F - LR100405 (1 serv.) | 10 | 398.93 | 3.73 | 1.01 | 0.00 | 6.66 | 371.45 | 87.22 | 5.05 | 41.31 | 22.70 (M) | 10.81 | 1.63 | 281.77 | 635.43 (M) | 23.47 (M) | 4.52(M) | 373.15 (M) | 0.86(M) |
| Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.) | 15 | 680.08 | 29.09 | 8.74 | 0.00 | 3.33 | 499.82 | 91.73 | 9.12 | 46.68 | 11.35 (M) | 19.98 | 4.37 | 179.99 | 526.36 (M) | 6.60(M) | 2.52(M) | 424.13 (M) | 45.05 (M) |
| Dominos, 14" Whole Grain, Cheese - LR100748 (1 slice) | 200 | 310.00 | 14.00 | 8.00 | 0.00 | 45.00 | 730.00 | 30.00 | 3.00 | 3.00 | 1.00 | 15.00 | 2.00 | 355.00 | (M) | (M) | 0.00 | 226.00 | (M) |
| Dominos, 14" Whole Grain, Pepperoni - LR100747 (1 slice) | 170 | 320.00 | 16.00 | 8.00 | 0.00 | 45.00 | 810.00 | 29.00 | 3.00 | 3.00 | 1.00 | 15.00 | 2.00 | 318.00 | (M) | (M) | 0.00 | 247.00 | (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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|-----------|
| Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich) | 40 | 600.00 | 34.00 | 6.00 | 0.00 | 0.00 | 540.00 | 64.00 | 7.00 | 29.00 | 0.00(M) | 18.00 | 2.70 | 60.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Strawberry & Yogurt Parfait w/ & Granola, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.) | 15 | 428.30 | 3.85 | 1.05 | 0.00 | 6.66 | 371.07 | 90.74 | 5.69 | 43.37 | 22.68 (M) | 11.21 | 1.73(M) | 270.10 (M) | 625.89 (M) | 4.73(M) | 4.52(M) | 507.11 (M) | 28.95 (M) |
| Category: Grains; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Pretzels, Rold Gold Heartzels.70 oz - SR109475 (1 pkg.) | 400 | 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) |
| Category: Vegetables; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Celery Sticks w/ Ranch, VO - LR100280 (1 serv.) | 135 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Cucumber & Celery Dippers w/ Ranch, 0.5C - VO - LR100272 (1 serv.) | 135 | 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) |
| Garlicky Green Beans, 0.5C -VO - LR100531 (1 serv.) | 135 | 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) |
| Category: Fruits; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.) | 100 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 14.00 | 1.00 | 18.00 | 0.00(M) | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| 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) |
| Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz)) | 100 | 80.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 21.00 | 2.00 | 16.00 | (M) | 0.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Category: Milk; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Milk, 1% White, Clover Farms - LR100726 (1 Carton) | 200 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M) | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) | (M) |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 200 | 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) |
| 21.22 Winter High School Lunch Cycle, Wk#2 Wednesday - Day: 3 | 550 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; 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) | Mois (g) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|------------|
| Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad) | 20 | 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) | 50 | 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) |
| Burrito Bowl - LR100544 (1 c.) | 150 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Caramel Apple Yogurt Parfait, MMA, WG, F - LR100405 (1 serv.) | 30 | 398.93 | 3.73 | 1.01 | 0.00 | 6.66 | 371.45 | 87.22 | 5.05 | 41.31 | 22.70 (M) | 10.81 | 1.63 | 281.77 | 635.43 (M) | 23.47 (M) | 4.52(M) | 373.15 (M) | 0.86(M) |
| Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich) | 200 | 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) |
| Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.) | 30 | 680.08 | 29.09 | 8.74 | 0.00 | 3.33 | 499.82 | 91.73 | 9.12 | 46.68 | 11.35 (M) | 19.98 | 4.37 | 179.99 | 526.36 (M) | 6.60(M) | 2.52(M) | 424.13 (M) | 45.05 (M) |
| Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich) | 40 | 600.00 | 34.00 | 6.00 | 0.00 | 0.00 | 540.00 | 64.00 | 7.00 | 29.00 | 0.00(M) | 18.00 | 2.70 | 60.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Strawberry & Yogurt Parfait w/ & Granola, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.) | 30 | 428.30 | 3.85 | 1.05 | 0.00 | 6.66 | 371.07 | 90.74 | 5.69 | 43.37 | 22.68 (M) | 11.21 | 1.73(M) | 270.10 (M) | 625.89 (M) | 4.73(M) | 4.52(M) | 507.11 (M) | 28.95 (M) |
| Category: Grains; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Pretzels, Rold Gold Heartzels.70 oz - SR109475 (1 pkg.) | 400 | 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) |
| Category: Vegetables; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Honey Roasted Chick Peas, VBP, 0.5C - LR100611 (1 serv.) | 135 | 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) |
| Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.) | 135 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Zesty Fiesta Beans, VBP, VRO - LR100331 (1 serv.) | 135 | 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: 2 | | | | | | | | | | | | | | | | | | | |
| Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.) | 100 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 14.00 | 1.00 | 18.00 | 0.00(M) | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| 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) |

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| Menu Item (Serving Size) | Plan Qty | Calorie s (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) |
|--|----------|------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|--------------|-----------|------------|----------------|------------|
| 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) |
| Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz)) | 100 | 80.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 21.00 | 2.00 | 16.00 | (M) | 0.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Category: Milk; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Milk, 1% White, Clover Farms - LR100726 (1 Carton) | 200 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M) | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) | (M) |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 200 | 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) |
| 21.22 Winter High School Lunch Cycle, Wk#2 Thursday - Day: 4 | | 550 | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad) | 20 | 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) | 25278.9 8(M) | 21.57 (M) | 0.00(M) | 897.07 (M) | 305.95 (M) |
| Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich) | 50 | 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) |
| Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich) | 175 | 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) |
| Caramel Apple Yogurt Parfait, MMA, WG, F - LR100405 (1 serv.) | 30 | 398.93 | 3.73 | 1.01 | 0.00 | 6.66 | 371.45 | 87.22 | 5.05 | 41.31 | 22.70 (M) | 10.81 | 1.63 | 281.77 | 635.43 (M) | 23.47 (M) | 4.52(M) | 373.15 (M) | 0.86(M) |
| Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.) | 30 | 680.08 | 29.09 | 8.74 | 0.00 | 3.33 | 499.82 | 91.73 | 9.12 | 46.68 | 11.35 (M) | 19.98 | 4.37 | 179.99 | 526.36 (M) | 6.60(M) | 2.52(M) | 424.13 (M) | 45.05 (M) |
| French Toast Sticks & Egg Patty, 2MMA, 2WG - LR100746 (1 serv.) | 175 | 452.17 | 22.02 | 5.00 | 0.00(M) | 250.00 | 532.01 | 53.70 | 3.00 | 9.00(M) | 0.00(M) | 12.00 | 1.83(M) | 34.98 (M) | 22.00 (M) | 0.00(M) | 0.00(M) | 0.00(M) | 5.93(M) |
| Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich) | 40 | 600.00 | 34.00 | 6.00 | 0.00 | 0.00 | 540.00 | 64.00 | 7.00 | 29.00 | 0.00(M) | 18.00 | 2.70 | 60.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Strawberry & Yogurt Parfait w/ & Granola, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.) | 30 | 428.30 | 3.85 | 1.05 | 0.00 | 6.66 | 371.07 | 90.74 | 5.69 | 43.37 | 22.68 (M) | 11.21 | 1.73(M) | 270.10 (M) | 625.89 (M) | 4.73(M) | 4.52(M) | 507.11 (M) | 28.95 (M) |
| Category: Grains; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Pretzels, Rold Gold Heartzels.70 oz - SR109475 (1 pkg.) | 400 | 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) |

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 | | | | | | | | | | | | | | | | | | | |
| Corn Salad, VS, 0.5C - LR100581 (1 serv.) | 135 | 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) |
| Oven Baked Fries, V-S. 0.5C - LR100642 (1 c.) | 135 | 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) |
| Parmesan Peas, VS, 0.5C - LR100283 (1 serv.) | 135 | 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) |
| Category: Fruits; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.) | 100 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 14.00 | 1.00 | 18.00 | 0.00(M) | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| 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) |
| Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz)) | 100 | 80.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 21.00 | 2.00 | 16.00 | (M) | 0.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Category: Milk; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Milk, 1% White, Clover Farms - LR100726 (1 Carton) | 200 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M) | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) | (M) |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 200 | 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) |
| 21.22 Winter High School Lunch Cycle, Wk#2 Friday - Day: 5 | 550 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad) | 20 | 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) | 50 | 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) |
| Caramel Apple Yogurt Parfait, MMA, WG, F - LR100405 (1 serv.) | 30 | 398.93 | 3.73 | 1.01 | 0.00 | 6.66 | 371.45 | 87.22 | 5.05 | 41.31 | 22.70 (M) | 10.81 | 1.63 | 281.77 | 635.43 (M) | 23.47 (M) | 4.52(M) | 373.15 (M) | 0.86(M) |
| Chicken Tenders w/ Roll, MMA, WG - LR100316 (1 serv.) | 200 | 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) |
| Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.) | 30 | 680.08 | 29.09 | 8.74 | 0.00 | 3.33 | 499.82 | 91.73 | 9.12 | 46.68 | 11.35 (M) | 19.98 | 4.37 | 179.99 | 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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|--------------|
| Quesadilla w/ Chicken, Cheese & Peppers, MS,HS - LR100613 (1 quesadilla) | 150 | 623.31 | 27.87 | 14.08 | 0.00(M) | 141.16 | 1603.42 | 56.09 | 12.11 | 12.66 | 2.00(M) | 37.46 | 4.23 | 438.95 | 1039.06 (M) | 61.01 (M) | 0.00(M) | 859.37 (M) | 145.46 (M) |
| Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich) | 40 | 600.00 | 34.00 | 6.00 | 0.00 | 0.00 | 540.00 | 64.00 | 7.00 | 29.00 | 0.00(M) | 18.00 | 2.70 | 60.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Strawberry & Yogurt Parfait w/ & Granola, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.) | 30 | 428.30 | 3.85 | 1.05 | 0.00 | 6.66 | 371.07 | 90.74 | 5.69 | 43.37 | 22.68 (M) | 11.21 | 1.73(M) | 270.10 (M) | 625.89 (M) | 4.73(M) | 4.52(M) | 507.11 (M) | 28.95 (M) |
| Category: Grains; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Pretzels, Rold Gold Heartzels.70 oz - SR109475 (1 pkg.) | 400 | 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) |
| Category: Vegetables; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Broccoli Florets w/ Ranch, VDG, 0.5C - LR100275 (1 serv.) | 200 | 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) |
| Fresh Spinach Salad, 0.75C VDG, 0.5C VRO - LR100658 (1 salad) | 200 | 98.33 | 5.32 | 1.05 | 0.00 | 0.00 | 646.39 | 11.72 | 2.21 | 7.47 | (M) | 1.87 | 1.76 | 77.35 | 9224.09 | 22.97 | 0.00(M) | 427.38 (M) | 100.62 (M) |
| Potato Pearls Extra Rich Mashed, Basic American Foods, VS, 0.5C - LR100503 (1/2 c.) | 200 | 80.00 | 1.50 | 0.50 | 0.00 | 0.00(M) | 250.00 | 15.00 | 1.00 | 0.00 | (M) | 2.00 | 0.20 | 20.00 | 1.00 | 3.21 | (M) | (M) | (M) |
| Category: Fruits; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.) | 100 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 14.00 | 1.00 | 18.00 | 0.00(M) | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| 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) |
| Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz)) | 100 | 80.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 21.00 | 2.00 | 16.00 | (M) | 0.00 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Category: Milk; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Milk, 1% White, Clover Farms - LR100726 (1 Carton) | 200 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M) | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) | (M) |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 200 | 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) |