

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 Winter Elementary Lunch Cycle, Wk#1. Mon - Day: 1	300																		
Category: Entrees; May Choose: 1																			
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 w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	10	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)
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/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	20	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, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.)	20	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: Vegetables; May Choose: 2																			
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	50	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)
Copy of Carrot Raisin Salad, VRO- 0.5 Cup - LR100740 (1/2 c.)	50	271.08 (M)	8.66(M)	1.44(M)	0.02(M)	6.56(M)	637.67 (M)	50.08 (M)	2.61(M)	39.78 (M)	(M)	3.02(M)	1.09(M)	72.99 (M)	27.16 (M)	1.47(M)	0.00(M)	481.87 (M)	33.89 (M)
Red Pepper Strips w/ Dip, VRO, 0.5C - LR100299 (1 serv.)	50	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.)	50	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 Fresh Fruit, F - LR100026 (1 serv.)	50	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))	50	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)	50	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)

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)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	50	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 White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(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 Winter Elementary Lunch Cycle, Wk#1. Tues - Day: 2	300																		
Category: Entrees; May Choose: 1																			
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	150	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 w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	10	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)
Honey Garlic Baked Bone-In Chicken with Cornbread - LR100734 (1 serv.)	50	542.98	25.70	3.71	0.00(M)	82.47	354.21	52.63	2.05	22.42 (M)	9.00(M)	26.14	2.80	31.96	110.65 (M)	0.08(M)	0.00(M)	176.94 (M)	0.01(M)
Max Cheese Sticks w/ Marinara ELEM, MMA, WG, VRO - LR100079 (1 serv.)	50	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/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	20	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, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.)	20	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: Vegetables; May Choose: 2																			
Cauliflower & Cucumber Dippers w/ Ranch, 0.5 C - VO - LR100282 (1 serv.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cucumber Slices w/ Ranch, 0.5C - VO - LR100298 (1 serv.)	50	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.)	50	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
Category: Fruits; 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)
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	50	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.)	50	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.)	50	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))	50	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)	50	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)	50	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 White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(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 Winter Elementary Lunch Cycle, Wk#1. Wed - Day: 3	300																		
Category: Entrees; May Choose: 1																			
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 w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	10	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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	20	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)
Spaghetti with Meat Sauce - LR100745 (1 serv.)	150	465.73	14.99	6.08	0.00	52.42	407.92	59.81	10.40	13.96	0.00(M)	25.14	4.06	168.73	622.86 (M)	19.43 (M)	0.00(M)	12.61 (M)	(M)
Strawberry & Yogurt Parfait w/ & Granola, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.)	20	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: 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)
Honey Roasted Chick Peas, VBP, 0.5C - LR100611 (1 serv.)	50	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 Italian Seasoned Chick Peas, VBP,0.5C - LR100587 (1 serv.)	50	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)
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: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	50	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.)	50	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.)	50	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))	50	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)	50	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)	50	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 White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(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 Winter Elementary Lunch Cycle, Wk#1. Thurs - Day: 4	300																		
Category: Entrees; May Choose: 1																			
Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	10	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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	20	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)