

Weekly - Nutrient Analysis

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)
21.22 Winter High School Lunch Cycle, WK#1, 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)
Max Cheese Sticks w/ Marinara, 3-sticks, MMA, WG, VRO - LR100048 (1 serv.)	100	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)
Subway Ham & American Cheese, 6" Multi Grain, Includes Lettuce, Tomatoes, Cucumbers - LR100744 (1 serv.)	125	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.)	125	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)
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)

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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)
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)
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#1, Tuesday - Day: 2																			
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)

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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)
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)
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)

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#1 Wednesday - Day: 3	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)
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)	150	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)
Chicken Corn Soup w/ Soft Pretzel, MMA, WG, VS - LR100375 (1 serv.)	200	309.36	4.50	0.48	0.00(M)	56.00 (M)	686.45	45.62	5.12	1.41(M)	(M)	23.09	2.23(M)	27.43 (M)	175.81 (M)	4.76(M)	0.00(M)	24.81 (M)	11.97 (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																			

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)
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#1 Thursday - Day: 4																			
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)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	150	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)
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)

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)
Walking Beefy Taco w/ Fixings, MS/HS, MMA, WG, VRO, VO - LR100181 (1 serv.)	200	497.08	26.48	7.35	0.00	35.00	685.35	50.12	5.63	4.33	0.00(M)	18.59	3.05(M)	30.98 (M)	555.57 (M)	7.17(M)	0.00(M)	364.69 (M)	76.96 (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																			
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#1 Friday - Day: 5																			
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)

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)
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)
Honey Garlic Baked Bone-In Chicken with Cornbread - LR100734 (1 serv.)	200	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)
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)
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																			

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)
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)