

Weekly - Nutrient Analysis

Menu Names: 21.22 Winter Elementary Lunch Cycle, Wk#2. Mon, 21.22 Winter Elementary Lunch Cycle, Wk#2. Tues, 21.22 Winter Elementary Lunch Cycle, Wk#2. Wed, 21.22 Winter Elementary Lunch Cycle, wk#2, Thurs, 21.22 Winter Elementary Lunch Cycle, wk#2, Fri
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: Elementary School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	590.83(M)	
Total Fat (g)		17.16(M)	26.13
Sat Fat (g)(1)	< 10.00 % of Calories	5.51(M)	8.39
Trans Fat (g)(2)		0.01(M)	
Chol (mg)		58.99(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	1,011.87(M)	
Sodium Target 2 (mg) (13)	< 935.00	1,011.87(M)	
Carb (g)		86.65(M)	58.66
Total Fiber (g)		7.05(M)	
Total Sugars (g)		43.02(M)	29.13
Added Sugars (g)		3.23(M)	
Protein (g)		24.08(M)	16.30
Iron (mg)		2.85(M)	
Calcium (mg)		382.96(M)	
VitA (IU)		2,110.38(M)	
VitC (mg)		63.21(M)	
VitD (mcg)		0.47(M)	
Potassium (mg)		370.51(M)	
Mois (g)		45.44(M)	
Ash (g)		0.71(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[10.000 - 10.250](a)	
Grains	[8.000 - 9.000]	[9.750 - 15.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	56.750	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	[5.000 - 7.500]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.750	[5.500 - 8.625]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	4.625	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	1.000	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 5.000	5.000	
MILK-V		Fail	

Legend

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

2 Trans Fat is provided for informational purposes, not for monitoring purposes.

3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.

a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

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#2. Mon - Day: 1	300																			
Category: Entrees; May Choose: 1																				
6" FRENCH BREAD PIZZA, WHOLE GRAIN, CHEESE, TONY'S - LR100732 (1 piece)	70	320.00	15.00	6.00	0.00	25.00	580.00	30.00	0.00	3.00	0.00(M)	18.00	2.30	340.00	0.00(M)	0.00	0.00	200.00	55.80	
Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	20	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)	
Individual Pizza, IW, Tony's, WG - LR100713 (1 serv.)	70	310.00	13.00	6.00	0.00	30.00	440.00	31.00	3.00	9.00	0.00(M)	16.00	2.10	280.00	328.00	0.00	0.00	440.00	77.80	
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	100	410.16	9.01	3.00	0.00	35.09	1160.87	59.49	6.00	20.00	0.00(M)	22.02	2.88	257.96	826.43 (M)	138.60 (M)	0.00(M)	109.98 (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																				

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)	100	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)	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)
21.22 Winter Elementary Lunch Cycle, Wk#2. Tues - Day: 2	300																		
Category: Entrees; May Choose: 1																			
Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	20	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)
Entree, Shepherd's Pie & Rolls, MMA, WGR - LR100735 (1 1/4 c.)	140	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	100	410.16	9.01	3.00	0.00	35.09	1160.87	59.49	6.00	20.00	0.00(M)	22.02	2.88	257.96	826.43 (M)	138.60 (M)	0.00(M)	109.98 (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																			
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)

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)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	75	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)	100	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)	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)
21.22 Winter Elementary Lunch Cycle, Wk#2. Wed - Day: 3		300																	
Category: Entrees; May Choose: 1																			
Breaded Chicken & Cheese Wrap, MMA, WG, VO - LR100589 (1 wrap)	140	526.25	27.50	7.50	0.00	55.00	1135.00	44.25	6.50	4.75	1.00(M)	24.25	3.17	249.00	0.00(M)	10.50 (M)	0.00(M)	754.78 (M)	(M)
Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	20	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)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	100	410.16	9.01	3.00	0.00	35.09	1160.87	59.49	6.00	20.00	0.00(M)	22.02	2.88	257.96	826.43 (M)	138.60 (M)	0.00(M)	109.98 (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																			
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)

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)
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)	100	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)	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)
21.22 Winter Elementary Lunch Cycle, wk#2, Thurs - Day: 4		300																	
Category: Entrees; May Choose: 1																			
Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	20	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.)	140	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)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	100	410.16	9.01	3.00	0.00	35.09	1160.87	59.49	6.00	20.00	0.00(M)	22.02	2.88	257.96	826.43 (M)	138.60 (M)	0.00(M)	109.98 (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																			
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	50	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.)	75	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.)	50	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																			

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.)	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)	100	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)	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)
21.22 Winter Elementary Lunch Cycle, wk#2, Fri - Day: 5		300																	
Category: Entrees; May Choose: 1																			
Beef Sloppy Joe on Roll, ELEM, MMA, WG - LR100064 (1 sandwich)	140	409.08	6.53	3.01	0.00(M)	40.00	1142.72	72.03	2.46	45.43 (M)	0.00(M)	15.29	2.65	43.04	1.97(M)	1.48(M)	0.00(M)	219.08 (M)	45.89 (M)
Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	20	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)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	100	410.16	9.01	3.00	0.00	35.09	1160.87	59.49	6.00	20.00	0.00(M)	22.02	2.88	257.96	826.43 (M)	138.60 (M)	0.00(M)	109.98 (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																			
Broccoli Florets w/ Ranch, VDG, 0.5C - LR100275 (1 serv.)	50	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, VDG, VRO - LR100322 (1 salad)	50	94.88	5.26	1.04	0.00	0.00	634.54	11.17	1.88	7.41	(M)	1.44	1.36	62.50	7817.54	18.76	0.00(M)	343.68 (M)	86.91 (M)
Tossed Salad w/ Dressing, VDG, VRO - LR100542 (1 salad)	50	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)

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)
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)	100	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)	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)