

# 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 Winter High School Lunch Cycle, WK#4, Tuesday - Day: 1</b>                                | 550      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| <b>Category: Entrees; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)          |
| 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)    |
| <b>Category: Grains; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)          |
| <b>Category: Vegetables; May Choose: 2</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)      |
| <b>Category: Fruits; May Choose: 2</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |

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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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|--------------|
| 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)          |
| <b>Category: Milk; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)          |
| <b>21.22 Winter High School Lunch Cycle, Wk#4 Wednesday - Day: 2</b>                               |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| <b>Category: Entrees; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)   | 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)    |
| Creamy Mac & Cheese w/ Dinner Roll, MMA, WG - LR100434 (1 serv.)                                   | 150      | 364.50          | 12.17         | 6.09        | 0.00          | 30.46     | 1125.19     | 49.48    | 4.03            | 8.09             | 0.00(M)          | 20.26       | 1.01(M)   | 425.49 (M)   | 507.75 (M)  | 0.00(M)   | 0.00(M)    | 213.35 (M)     | 0.00(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)      |

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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)   |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|------------|
| 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)  |
| <b>Category: Grains; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| 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)        |
| <b>Category: Vegetables; May Choose: 2</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| 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)        |
| <b>Category: Fruits; May Choose: 2</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| 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)        |
| <b>Category: Milk; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| 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)        |
| <b>21.22 Winter High School Lunch Cycle, Wk#4 Thursday - Day: 3</b>                            |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| <b>Category: Entrees; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| 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) |

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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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|--------------|
| 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)                              | 200      | 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)    |
| Entree, Shepherd's Pie & Rolls, MMA, WGR - LR100735 (1 1/4 c.)                                     | 150      | (M)             | (M)           | (M)         | (M)           | (M)       | (M)         | (M)      | (M)             | (M)              | (M)              | (M)         | (M)       | (M)          | (M)         | (M)       | (M)        | (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)    |
| <b>Category: Grains; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)          |
| <b>Category: Vegetables; May Choose: 2</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)          |
| <b>Category: Fruits; May Choose: 2</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)    |

# 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))                                      | 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)        |
| <b>Category: Milk; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| 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)        |
| <b>21.22 Winter High School Lunch Cycle, Wk#4 Friday - Day: 4</b>                                  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| <b>Category: Entrees; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| 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)  |
| Ham & Cheese Sandwich on Pretzel Bun - LR100019 (1 sandwich)                                       | 200      | 305.98          | 11.92         | 5.96        | 0.00          | 56.76     | 745.49      | 34.92    | 3.00            | 4.96             | (M)              | 19.80       | 1.80(M)   | 20.00 (M)    | 0.00(M)     | 0.00(M)   | (M)        | (M)            | (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)  |
| <b>Category: Grains; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| 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)        |
| <b>Category: Vegetables; May Choose: 2</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |

# 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)   |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|------------|
| 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) |
| <b>Category: Fruits; May Choose: 2</b>                            |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |            |
| 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)        |
| <b>Category: Milk; May Choose: 1</b>                              |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |            |
| 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)        |