

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 SPRING MS Lunch, Wk#2, Mon - Day: 1	400																			
Category: Entrees; May Choose: 1																				
6" FRENCH BREAD PIZZA, WHOLE GRAIN, CHEESE, TONY'S - LR100732 (1 piece)	75	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	
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	30	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, MS, MMA, WG - LR100214 (1 sandwich)	60	337.77	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	24.64	2.32(M)	85.61 (M)	20.08 (M)	0.11(M)	0.00(M)	5.64(M)	3.83(M)	
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	30	502.44	12.23	3.60	0.00	5.55	414.11	89.89	6.62	43.79	18.91 (M)	14.00	2.57(M)	243.96 (M)	595.89 (M)	11.60 (M)	3.85(M)	434.80 (M)	24.95 (M)	
Individual Pizza, IW, Tony's, WG - LR100713 (1 serv.)	75	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	
Pepperoni Pizza, MMA, WG - LR100471 (1 slice)	75	332.17	15.61	10.20	0.00	50.07	514.89	28.30	3.00	3.20	(M)	20.22	1.91	450.00	826.05	0.12	(M)	(M)	(M)	
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	55	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)	
Category: Vegetables; May Choose: 2																				
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	80	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.)	80	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.)	80	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																				
Apples, raw, with skin, F - SR105078 (1 medium (3))	80	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72	
Bananas, Petite, Raw, Small (6" to 6-7/8") 09040 - SR109218 (1 Banana)	80	89.90	0.33	0.00	0.00	0.00	1.01	23.10	2.63	12.40	(M)	1.10	0.26	5.10	64.50	8.79	(M)	(M)	(M)	
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	80	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)	Mois (g)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	80	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, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	80	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	60	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 SPRING MS Lunch, Wk#2, Tues - Day: 2	400																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	30	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, MS, MMA, WG - LR100214 (1 sandwich)	60	337.77	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	24.64	2.32(M)	85.61 (M)	20.08 (M)	0.11(M)	0.00(M)	5.64(M)	3.83(M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	30	502.44	12.23	3.60	0.00	5.55	414.11	89.89	6.62	43.79	18.91 (M)	14.00	2.57(M)	243.96 (M)	595.89 (M)	11.60 (M)	3.85(M)	434.80 (M)	24.95 (M)
Chicken & Cheese Fajita, MMA, WG - LR100367 (1 wrap)	225	348.59	10.62	4.56	0.00	86.18	1087.82	33.06	5.50	3.56	(M)	31.03	1.44(M)	60.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	55	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)
Category: Vegetables; May Choose: 2																			
Cauliflower & Cucumber Dippers w/ Ranch, 0.5 C - VO - LR100282 (1 serv.)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)	60	(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.)	60	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)
Pizza Green Beans, 0.5C, VO, VRO - LR100685 (1/2 c.)	60	38.03	0.15	0.04	0.00(M)	0.00	27.15	8.33	2.69	1.99(M)	(M)	1.75	1.75	52.24	726.70	12.53	0.00(M)	110.40 (M)	114.49 (M)
Category: Fruits; May Choose: 2																			
Apples, raw, with skin, F - SR105078 (1 medium (3)	80	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Bananas, Petite, Raw, Small (6" to 6-7/8") 09040 - SR109218 (1 Banana)	80	89.90	0.33	0.00	0.00	0.00	1.01	23.10	2.63	12.40	(M)	1.10	0.26	5.10	64.50	8.79	(M)	(M)	(M)

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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	80	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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	80	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, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	80	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	60	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 SPRING MS Lunch, Wk#2, Wed - Day: 3																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	30	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, MS, MMA, WG - LR100214 (1 sandwich)	60	337.77	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	24.64	2.32(M)	85.61 (M)	20.08 (M)	0.11(M)	0.00(M)	5.64(M)	3.83(M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	30	502.44	12.23	3.60	0.00	5.55	414.11	89.89	6.62	43.79	18.91 (M)	14.00	2.57(M)	243.96 (M)	595.89 (M)	11.60 (M)	3.85(M)	434.80 (M)	24.95 (M)
Meatball Sub w/ Marinara & Cheese, MMA, WG, VRO - LR100469 (1 sandwich)	225	437.08	15.16	5.40	0.00(M)	41.20	1146.68	48.09	5.10	8.03	0.00(M)	26.15	4.57(M)	125.14 (M)	280.72 (M)	4.69(M)	0.00(M)	16.62 (M)	2.63(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	55	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)
Category: Vegetables; May Choose: 2																			
Honey Roasted Chick Peas, VBP, 0.5C - LR100611 (1 serv.)	80	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.)	80	(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.)	80	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																			
Apples, raw, with skin, F - SR105078 (1 medium (3))	80	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72

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)
Bananas, Petite, Raw, Small (6" to 6-7/8") 09040 - SR109218 (1 Banana)	80	89.90	0.33	0.00	0.00	0.00	1.01	23.10	2.63	12.40	(M)	1.10	0.26	5.10	64.50	8.79	(M)	(M)	(M)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	80	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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	80	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, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	80	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	60	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 SPRING MS Lunch, Wk#2, Thurs - Day: 4																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	30	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, MS, MMA, WG - LR100214 (1 sandwich)	60	337.77	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	24.64	2.32(M)	85.61 (M)	20.08 (M)	0.11(M)	0.00(M)	5.64(M)	3.83(M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	30	502.44	12.23	3.60	0.00	5.55	414.11	89.89	6.62	43.79	18.91 (M)	14.00	2.57(M)	243.96 (M)	595.89 (M)	11.60 (M)	3.85(M)	434.80 (M)	24.95 (M)
French Toast Sticks & Egg Patty, 2MMA, 2WG - LR100746 (1 serv.)	225	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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	55	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)
Category: Vegetables; May Choose: 2																			
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	80	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)
Mashed Potatoes, 12/28 oz. Pouch, Basic American Foods, 76468, VS - LR100290 (1/2 cup, cooke)	80	35.00	1.50	0.00	0.00	0.00	170.00	7.00	0.00	0.00	(M)	0.70	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Oven Baked Fries, V-S. 0.5C - LR100642 (1 c.)	80	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)
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)
Apples, raw, with skin, F - SR105078 (1 medium (3))	80	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Bananas, Petite, Raw, Small (6" to 6-7/8") 09040 - SR109218 (1 Banana)	80	89.90	0.33	0.00	0.00	0.00	1.01	23.10	2.63	12.40	(M)	1.10	0.26	5.10	64.50	8.79	(M)	(M)	(M)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	80	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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	80	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, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	80	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	60	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 SPRING MS Lunch, Wk#2, Fri - Day: 5																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	30	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, MS, MMA, WG - LR100214 (1 sandwich)	60	337.77	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	24.64	2.32(M)	85.61 (M)	20.08 (M)	0.11(M)	0.00(M)	5.64(M)	3.83(M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	30	502.44	12.23	3.60	0.00	5.55	414.11	89.89	6.62	43.79	18.91 (M)	14.00	2.57(M)	243.96 (M)	595.89 (M)	11.60 (M)	3.85(M)	434.80 (M)	24.95 (M)
Hamburger on Roll, MS/HS, MMA, WG - LR100319 (1 sandwich)	225	380.00	15.00	5.00	0.00	60.00	680.00	37.00	4.00	1.00	(M)	24.00	4.14	104.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	55	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)
Category: Vegetables; May Choose: 2																			
Broccoli Florets w/ Ranch, VDG, 0.5C - LR100275 (1 serv.)	80	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)
Cheesy Broccoli, VDG - LR100409 (1 serv.)	80	69.09	3.44	2.02	0.00	10.00	193.45	6.59	2.76	1.35	0.00(M)	5.18	0.56	126.03	930.12 (M)	36.89 (M)	0.00	270.70	83.46 (M)
Garden Side Salad, 1C-VDG, 0.5C-VRO - LR100014 (1 salad)	80	108.41	6.58	1.08	0.00(M)	5.00	127.26	12.09	4.92	4.51	(M)	2.61	1.81(M)	68.45 (M)	20278.78(M)	13.40 (M)	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																			
Apples, raw, with skin, F - SR105078 (1 medium (3))	80	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Bananas, Petite, Raw, Small (6" to 6-7/8") 09040 - SR109218 (1 Banana)	80	89.90	0.33	0.00	0.00	0.00	1.01	23.10	2.63	12.40	(M)	1.10	0.26	5.10	64.50	8.79	(M)	(M)	(M)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	80	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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	80	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, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	80	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	60	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)