

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 Elem Lunch, Wk#2, Tues - Day: 1	300																		
Category: Entrees; May Choose: 1																			
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	120	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)	140	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)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	20	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)
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)
Celery Sticks w/ Ranch, VO - LR100280 (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.)	75	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)
Garlic Parmesan Roasted Cauliflower, 0.5C, VO - LR100687 (1/2 c.)	50	80.44	3.39	1.04	0.05(M)	4.30	168.07	9.50	1.46	1.55(M)	(M)	3.59	0.66	69.92	48.70	25.80	0.03(M)	185.57 (M)	1.69(M)
Category: Fruits; May Choose: 2																			
Apples, raw, with skin, F - SR105078 (1 medium (3)	75	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, Raw, Slices, USDA, 9040 - SR109218 (1/2 c.)	75	109.76	0.33	0.00	0.00(M)	0.00(M)	0.44	25.76	1.90	17.70	(M)	0.83	0.44	5.60	1.12	0.00(M)	(M)	365.12	84.34
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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	75	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.)	75	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)

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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)
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 SPRING Elem Lunch, Wk#2, Wed - Day: 2	300																		
Category: Entrees; May Choose: 1																			
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	20	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)
Oriental Sweet & Sour Chicken over Rice, MMA, WG - LR100121 (1 serv.)	140	424.75	15.15	2.77	0.00	22.15	517.67	54.01	4.32	19.11	0.00(M)	17.51	2.58(M)	36.55 (M)	0.00(M)	0.00(M)	0.00(M)	719.96 (M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	120	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 (M)	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)
Category: Vegetables; May Choose: 2																			
Honey Roasted Chick Peas, VBP, 0.5C - LR100611 (1 serv.)	75	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.)	75	(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.)	75	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))	75	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, Raw, Slices, USDA, 9040 - SR109218 (1/2 c.)	75	109.76	0.33	0.00	0.00(M)	0.00(M)	0.44	25.76	1.90	17.70	(M)	0.83	0.44	5.60	1.12	0.00(M)	(M)	365.12	84.34
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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	75	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.)	75	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)

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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)
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 SPRING Elem Lunch, Wk#2, Thurs - Day: 3	300																		
Category: Entrees; May Choose: 1																			
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	20	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.)	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.)	120	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 (M)	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)
Category: Vegetables; May Choose: 2																			
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	75	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)	75	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.)	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)
Category: Fruits; May Choose: 2																			
Apples, raw, with skin, F - SR105078 (1 medium (3))	75	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, Raw, Slices, USDA, 9040 - SR109218 (1/2 c.)	75	109.76	0.33	0.00	0.00(M)	0.00(M)	0.44	25.76	1.90	17.70	(M)	0.83	0.44	5.60	1.12	0.00(M)	(M)	365.12	84.34
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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	75	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.)	75	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)

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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)
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 SPRING Elem Lunch, Wk#2, Fri - Day: 4	300																		
Category: Entrees; May Choose: 1																			
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	20	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, ELEM, MMA, WG - LR100049 (1 sandwich)	160	310.00	13.50	5.00	0.00	60.00	520.00	25.00	3.00	1.00	(M)	22.00	2.88	26.00	0.00(M)	0.00(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)
Category: Vegetables; May Choose: 2																			
Broccoli Florets w/ Ranch, VDG, 0.5C - LR100275 (1 serv.)	75	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.)	75	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)	25	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)
Category: Fruits; May Choose: 2																			
Apples, raw, with skin, F - SR105078 (1 medium (3)	75	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, Raw, Slices, USDA, 9040 - SR109218 (1/2 c.)	75	109.76	0.33	0.00	0.00(M)	0.00(M)	0.44	25.76	1.90	17.70	(M)	0.83	0.44	5.60	1.12	0.00(M)	(M)	365.12	84.34
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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	75	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.)	75	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)	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)