

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 HS Lunch, Wk#4, Mon - Day: 1	500																			
Category: Entrees; May Choose: 1																				
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	40	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)	70	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)	
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)	
Beef Lo Mein, WG, MMA, VO - LR100736 (1 serv.)	200	399.65	16.22	5.08	0.00(M)	44.83	974.36	47.20	9.05(M)	17.02	(M)	18.17	0.54(M)	60.42 (M)	10920.18(M)	11.31 (M)	0.00(M)	452.90 (M)	175.99 (M)	
Max Cheese Sticks w/ Marinara, 3-sticks, MMA, WG, VRO - LR100048 (1 serv.)	130	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)	
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	30	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.)	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)	
Copy of Carrot Raisin Salad, VRO- 0.5 Cup - LR100740 (1/2 c.)	100	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.)	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																				
Apples, raw, with skin, F - SR105078 (1 medium (3))	100	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)	100	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))	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, 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)	

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, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	100	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)	80	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 HS Lunch, Wk#4, Tues - Day: 2	500																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	60	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)	80	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)
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)
Dominos, 14" Whole Grain, Cheese - LR100748 (1 slice)	150	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)	150	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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	30	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																			
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)	100	(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.)	100	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.)	100	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))	100	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)	100	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))	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)

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: Milk; May Choose: 1																			
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)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	100	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)	80	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 HS Lunch, Wk#4, Wed - Day: 3																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	40	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)	70	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)
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)
Bacon, Egg & Cheese on Croissant, MMA, WG - LR100145 (1 sandwich)	200	347.86	19.36	8.21	0.00	180.00	811.43	28.00	2.00	5.00	2.00(M)	16.07	2.15	151.50	221.00 (M)	0.00(M)	0.30(M)	54.91 (M)	(M)
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)	130	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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	30	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 Italian Seasoned Chick Peas, VBP,0.5C - LR100587 (1 serv.)	80	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.)	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))	100	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)	Mois (g)
Bananas, Petite, Raw, Small (6" to 6-7/8") 09040 - SR109218 (1 Banana)	100	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))	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, 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)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	100	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)	80	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 HS Lunch, Wk#4, Thurs - Day: 4																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	40	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)	70	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)
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)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	130	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)
Pasta, Baked Ziti, MMA, WG - LR100742 (1 c.)	200	384.13	11.90	6.09	0.01(M)	59.93	496.81	50.45	7.58	5.37	(M)	24.46	2.58	410.40	680.27 (M)	1.96(M)	0.27(M)	321.95 (M)	72.64 (M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	30	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.)	100	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.)	100	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.)	100	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																			

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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)
Apples, raw, with skin, F - SR105078 (1 medium (3))	100	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)	100	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))	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, 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)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	100	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)	80	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 HS Lunch, Wk#4, Fri - Day: 5																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	40	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)	70	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)
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 Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100486 (1 serv.)	130	340.00	9.50	2.00	0.00	15.00	1050.00	48.00	6.00	10.00	(M)	19.00	3.78	220.00	0.00(M)	0.00(M)	(M)	188.00 (M)	(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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	30	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.)	100	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)

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)
Garden Side Salad, 1C-VDG, 0.5C-VRO - LR100014 (1 salad)	100	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)
Parmesan Roasted Broccoli, VDG -0.5C - LR100527 (1 serv.)	100	89.15	6.11	2.23	0.00(M)	10.00 (M)	171.93	6.42	2.52(M)	1.65(M)	(M)	6.73	0.71(M)	45.48 (M)	602.85 (M)	86.32 (M)	0.00(M)	305.78 (M)	86.41 (M)
Category: Fruits; May Choose: 2																			
Apples, raw, with skin, F - SR105078 (1 medium (3)	100	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)	100	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)	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, 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)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	100	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)	80	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)