

# 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>MS.22.23FALLCYCLE.wed. wk#1 - Day: 1</b>	275																			
<b>Category: Entrees; May Choose: 1</b>																				
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.62	18.86	3.64	0.00	55.30 (M)	1172.92	62.23	13.07	11.50	0.00(M)	30.04	6.16(M)	137.09 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.20 (M)	305.95 (M)	
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	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.)	25	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 Chicken Salad w/ Romaine, ELEM, MMA, NWG, VDG, VRO, VO - LR100555 (1 salad)	125	353.20	12.26	2.55	0.00	42.00	646.46	43.41	7.70	8.78	(M)	19.00	4.16(M)	74.57 (M)	19327.88(M)	9.12(M)	0.00(M)	568.26 (M)	207.19 (M)	
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	50	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)	
<b>Category: Grains; May Choose: 1</b>																				
Pretzel, Rold Gold Heartzels, Frito-Lay, PepsiCo, 15940, WGR - SR105324 (1 pkg.)	200	80.00	1.00	0.00	0.00	0.00	200.00	16.00	2.00	0.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	
<b>Category: Vegetables; May Choose: 2</b>																				
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)	
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)	
<b>Category: Fruits; May Choose: 2</b>																				
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	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.)	75	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))	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)	
<b>Category: Milk; May Choose: 1</b>																				
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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)	

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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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	50	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 White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)
<b>MS.22.23FALLCYCLE.thurs .wk#1 - Day: 2</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.62	18.86	3.64	0.00	55.30 (M)	1172.92	62.23	13.07	11.50	0.00(M)	30.04	6.16(M)	137.09 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.20 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	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.)	25	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)	125	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	50	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Steamed Corn, VS, 0.5C - LR100615 (1/2 c.)	100	75.76	1.16	0.04	0.00	0.00	14.56	17.52	2.80	3.22	(M)	2.80	0.66(M)	34.20 (M)	58.17 (M)	3.75(M)	0.00(M)	80.49 (M)	0.18(M)
<b>Category: Fruits; May Choose: 2</b>																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	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.)	75	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.)	75	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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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 )	50	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)

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Milk, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)
<b>MS.22.23FALLCYCLE.fri.wk#1 - Day: 3</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.62	18.86	3.64	0.00	55.30 (M)	1172.92	62.23	13.07	11.50	0.00(M)	30.04	6.16(M)	137.09 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.20 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	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.)	25	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)
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)	125	394.50	14.67	6.59	0.00	30.46	1165.19	45.48	3.03	6.09	0.00	19.26	1.72	445.49	507.75 (M)	0.00(M)	0.00	273.35	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	50	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Cauliflower & Cucumber Dippers w/ Ranch, 0.5 C - VO - LR100282 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(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)
<b>Category: Fruits; May Choose: 2</b>																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	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.)	75	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))	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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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 )	50	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)

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Milk, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)
<b>MS.22.23FALLCYCLE.mon. wk#2 - Day: 4</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.62	18.86	3.64	0.00	55.30 (M)	1172.92	62.23	13.07	11.50	0.00(M)	30.04	6.16(M)	137.09 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.20 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	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.)	25	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)	75	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)	50	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)	50	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)
<b>Category: Vegetables; May Choose: 2</b>																			
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)
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)
<b>Category: Fruits; May Choose: 2</b>																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	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.)	75	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))	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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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)

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Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	50	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 White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)
<b>MS.22.23FALLCYCLE.tues. wk#2 - Day: 5</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.62	18.86	3.64	0.00	55.30 (M)	1172.92	62.23	13.07	11.50	0.00(M)	30.04	6.16(M)	137.09 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.20 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	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.)	25	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)
Nachos Grande w/ Salsa, MMA, WG, VRO - LR100441 (1 serv.)	125	475.29	24.56	8.37	0.00	60.00	1292.26	46.49	2.90	5.97	0.00(M)	19.43	6.17	204.65	419.82 (M)	37.13 (M)	0.00	961.62	5.39(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	50	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Chick Peas w/ Salsa, 0.5C WBP, 0.25C VRO - LR100407 (1 serv.)	100	150.00	2.00	0.00	0.00	0.00	280.00	25.00	4.00	6.00	(M)	5.00	2.00(M)	0.00(M)	180.00 (M)	18.00 (M)	0.00(M)	159.80 (M)	(M)
Green Beans, Raw, VO, 0.5C - LR100706 (1/2 c.)	100	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
<b>Category: Fruits; May Choose: 2</b>																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	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.)	75	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.)	75	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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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 )	50	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)	Mois (g)
Milk, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)
<b>MS.22.23FALLCYCLE.wed. wk#2 - Day: 6</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.62	18.86	3.64	0.00	55.30 (M)	1172.92	62.23	13.07	11.50	0.00(M)	30.04	6.16(M)	137.09 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.20 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	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.)	25	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	50	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)
Subway Ham & American Cheese, 6" Multi Grain, Includes Lettuce, Tomatoes, Cucumbers - LR100744 (1 serv.)	50	360.00	10.00	5.00	0.00	55.00	1350.00	42.00	4.00	7.00	0.00	24.00	2.70	100.00	1000.00	3.60	(M)	(M)	(M)
Subway Turkey & American Cheese, 6" Multi Grain, Includes Lettuce, Tomatoes, Cucumbers - LR100743 (1 serv.)	75	340.00	10.00	5.00	0.00	50.00	1170.00	41.00	4.00	5.00	0.00	23.00	1.80	100.00	1000.00	3.60	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	100	83.85	2.09	0.30	0.00(M)	0.00	19.84	16.87	2.29	0.68(M)	0.00(M)	2.28	0.48	4.08	473.92	22.03	0.00(M)	41.37 (M)	19.96 (M)
Garlicky Roasted Broccoli, VDG, 0.5C - LR100599 (1 serv.)	100	65.40	3.86	0.36	0.00	0.00(M)	31.93	6.42	2.52(M)	1.65(M)	(M)	2.73	0.71(M)	45.48 (M)	602.85 (M)	86.32 (M)	0.00(M)	305.78 (M)	86.41 (M)
<b>Category: Fruits; May Choose: 2</b>																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	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.)	75	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))	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)
<b>Category: Milk; May Choose: 1</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)	Moisture (g)
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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 )	50	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 White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)
<b>MS.22.23FALLCYCLE.thurs .wk#2 - Day: 7</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.62	18.86	3.64	0.00	55.30 (M)	1172.92	62.23	13.07	11.50	0.00(M)	30.04	6.16(M)	137.09 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.20 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	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.)	25	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.)	125	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	50	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Grape Tomatoes w/ Ranch Dip, VRO 0.5C - LR100371 (1 serv.)	100	47.05	2.89	0.47	0.04(M)	0.67	148.51	4.81	1.08	2.47	(M)	0.62	0.21	7.24	638.00	9.80	(M)	(M)	0.00(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)
<b>Category: Fruits; May Choose: 2</b>																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	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.)	75	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.)	75	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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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)

# 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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	50	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 White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)