

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)	
ELEM22.23FALLCYCLE.mon.wk#4 - Day: 1	250																			
Category: Entrees; May Choose: 1																				
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	150	350.00	11.50	3.00	0.00	10.00	1060.00	47.00	6.00	8.00	(M)	18.00	3.90	341.00	0.00(M)	0.00(M)	0.00	536.05	(M)	
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	75	401.28	16.10	7.07	0.00	45.34	1053.37	44.49	7.00	13.00	1.00(M)	20.11	2.32(M)	48.97 (M)	426.43 (M)	108.60 (M)	0.50(M)	381.18 (M)	(M)	
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	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)	
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)	(M)
Category: Fruits; May Choose: 2																				
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)	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)	
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																				
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)	
ELEM22.23FALLCYCLE.tue.s.wk#4 - Day: 2	250																			
Category: Entrees; May Choose: 1																				
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	100	527.13	15.33	3.76	0.00	5.55	446.15	89.07	5.90	43.85	25.91 (M)	13.87	2.27(M)	229.20 (M)	220.80 (M)	10.13 (M)	3.34(M)	382.12 (M)	24.10 (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)
BBQ Chicken Sandwich, ELEM +MS, MMA, WG - LR100767 (1 serv.)	125	348.70	11.90	6.00	0.00	72.00	783.80	34.15	2.81	11.53	(M)	22.80	1.73(M)	26.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	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																			
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
Category: Fruits; May Choose: 2																			
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)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
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)
ELEM22.23FALLCYCLE.wed.wk#4 - Day: 3	250																		
Category: Entrees; May Choose: 1																			
Chicken Caesar Salad, MMA, WG, VDG - LR100015 (1 salad)	150	555.19	30.18	4.68	0.00	76.00	1242.42	51.89	8.75	6.49	(M)	26.54	3.84(M)	89.92 (M)	14775.50(M)	9.27(M)	0.00(M)	458.75 (M)	176.41 (M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	75	401.28	16.10	7.07	0.00	45.34	1053.37	44.49	7.00	13.00	1.00(M)	20.11	2.32(M)	48.97 (M)	426.43 (M)	108.60 (M)	0.50(M)	381.18 (M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	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																			

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)
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)
Category: Fruits; May Choose: 2																			
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)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
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)
ELEM22.23FALLCYCLE.thurs.wk#4 - Day: 4	250																		
Category: Entrees; May Choose: 1																			
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	100	527.13	15.33	3.76	0.00	5.55	446.15	89.07	5.90	43.85	25.91 (M)	13.87	2.27(M)	229.20 (M)	220.80 (M)	10.13 (M)	3.34(M)	382.12 (M)	24.10 (M)
Maple Sausage, Turkey, Pancake Nuggets, MMA, WG, CN - LR100190 (3 ea.)	125	180.00	9.00	2.50	0.00	25.00	280.00	15.00	3.00	4.00	(M)	6.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	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																			
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)
Category: Fruits; May Choose: 2																			
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)

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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 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)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
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)