

Weekly - Nutrient Analysis

Menu Names: HS.22.23FALLCYCLE.tues.wk#4, HS.22.23FALLCYCLE.wed.wk#4,
 HS.22.23FALLCYCLE.thurs.wk#4, HS.22.23FALLCYCLE.fri.wk#4
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014
 Meal Type: Lunch
 Serving Group: 9-12
 Site Group: High School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[750.00 - 850.00]	723.37	
Total Fat (g)		21.33	26.53
Sat Fat (g)(1)	< 10.00 % of Calories	5.40	6.72
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		86.49(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,035.66	
Sodium Target 2 (mg) (13)	< 1,080.00	1,035.66	
Carb (g)		105.08	58.10
Total Fiber (g)		10.26(M)	
Total Sugars (g)		49.79(M)	27.53
Added Sugars (g)		3.27(M)	
Protein (g)		29.61	16.37
Iron (mg)		4.42(M)	
Calcium (mg)		418.58(M)	
VitA (IU)		4,922.36(M)	
VitC (mg)		32.46(M)	
VitD (mcg)		0.53(M)	
Potassium (mg)		539.56(M)	
Mois (g)		85.55(M)	
Ash (g)		0.68(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 9.500]	[14.000 - 20.000](a)	
Grains	[8.000 - 9.500]	[18.500 - 24.750](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	78.750	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 4.000	[4.000 - 8.000]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 4.000	[4.000 - 7.250]	
Veg-DG	>= 0.500	2.500	
Veg-RO	>= 1.250	2.250	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	2.000	
Veg-O	>= 0.750	4.000	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 4.000	4.000	
MILK-V		Fail	

Legend

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

2 Trans Fat is provided for informational purposes, not for monitoring purposes.

3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.

a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

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)
HS.22.23FALLCYCLE.tues. wk#4 - Day: 1	450																		
Category: Entrees; May Choose: 1																			
Apple & Peanut Butter Power Pack, HS, MMA, WG, F, VRO - LR100765 (1 pkg.)	50	610.27	21.77	5.89	0.04(M)	197.17	570.61	69.59	5.88	35.72	15.00 (M)	14.88	2.89	60.85	5240.82 (M)	26.99 (M)	1.10(M)	163.00 (M)	37.31 (M)
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	50	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, HS, MMA, WG - LR100473 (1 sandwich)	50	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, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	25	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)
Burrito Bowl - LR100544 (1 c.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Max Cheese Sticks w/ Marinara, 3-sticks, MMA, WG, VRO - LR100048 (1 serv.)	100	507.67	19.41	5.97	0.00	29.84	821.43	57.75	4.98	6.00(M)	1.00(M)	25.88	4.58	592.21	0.00(M)	0.00(M)	0.00	652.36	(M)
Mediterranean Power Pack, HS &MS, MMA, WG, VRO, VO - LR100705 (1 serv.)	50	620.83	17.09	4.53	0.00	180.00	766.56	86.09	10.86	38.61	0.00(M)	26.51	5.95	360.48	444.90 (M)	29.97 (M)	1.70(M)	438.51 (M)	74.28 (M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	25	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)
Category: Grains; May Choose: 1																			
Dinner Roll, Side, WG - LR100764 (1 roll.)	50	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	(M)	3.00	1.08	26.00	(M)	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Chick Peas w/ Salsa, 0.5C WBP, 0.25C VRO - LR100407 (1 serv.)	150	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.)	150	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
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																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	100	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)

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)
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	100	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.)	100	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.)	100	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)	125	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)	125	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)	125	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)
HS.22.23FALLCYCLE.wed. wk#4 - Day: 2																			
Category: Entrees; May Choose: 1																			
Apple & Peanut Butter Power Pack, HS, MMA, WG, F, VRO - LR100765 (1 pkg.)	50	610.27	21.77	5.89	0.04(M)	197.17	570.61	69.59	5.88	35.72	15.00 (M)	14.88	2.89	60.85	5240.82 (M)	26.99 (M)	1.10(M)	163.00 (M)	37.31 (M)
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	50	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, HS, MMA, WG - LR100473 (1 sandwich)	50	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, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	25	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)
Chicken Caesar Salad, MMA, WG, VDG - LR100015 (1 salad)	100	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)
Mediterranean Power Pack, HS &MS, MMA, WG, VRO, VO - LR100705 (1 serv.)	50	620.83	17.09	4.53	0.00	180.00	766.56	86.09	10.86	38.61	0.00(M)	26.51	5.95	360.48	444.90 (M)	29.97 (M)	1.70(M)	438.51 (M)	74.28 (M)
Popcorn Chicken w/ Roll, MMA, WG - LR100508 (1 serv.)	100	324.75	15.40	2.77	0.00	22.15	547.67	29.51	5.32	2.11	0.00(M)	18.51	3.29	62.55	0.00(M)	0.00(M)	0.00(M)	719.96 (M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	25	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)
Category: Grains; 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)	Moisture (g)
Dinner Roll, Side, WG - LR100764 (1 roll.)	200	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	(M)	3.00	1.08	26.00	(M)	(M)	(M)	(M)	(M)
Pretzel, Rold Gold Heartzels, Frito-Lay, PepsiCo, 15940, WGR - SR105324 (1 pkg.)	400	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)
Category: Vegetables; May Choose: 2																			
Garlicky Roasted Broccoli, VDG, 0.5C - LR100599 (1 serv.)	200	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)
Steamed Corn, VS, 0.5C - LR100615 (1/2 c.)	200	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)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	100	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.)	100	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.)	100	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))	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, 1% White, Clover Farms - LR100726 (1 Carton)	125	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)	125	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)	125	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)
HS.22.23FALLCYCLE.thurs .wk#4 - Day: 3																			
Category: Entrees; May Choose: 1																			
Apple & Peanut Butter Power Pack, HS, MMA, WG, F, VRO - LR100765 (1 pkg.)	50	610.27	21.77	5.89	0.04(M)	197.17	570.61	69.59	5.88	35.72	15.00 (M)	14.88	2.89	60.85	5240.82 (M)	26.99 (M)	1.10(M)	163.00 (M)	37.31 (M)
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	50	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, HS, MMA, WG - LR100473 (1 sandwich)	50	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)

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)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	25	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)
Bacon, Egg & Cheese on Croissant, MMA, WG - LR100145 (1 sandwich)	100	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)	55.00 (M)	(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	0	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)
Mediterranean Power Pack, HS &MS, MMA, WG, VRO, VO - LR100705 (1 serv.)	50	620.83	17.09	4.53	0.00	180.00	766.56	86.09	10.86	38.61	0.00(M)	26.51	5.95	360.48	444.90 (M)	29.97 (M)	1.70(M)	438.51 (M)	74.28 (M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	25	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)
Category: Grains; May Choose: 1																			
Dinner Roll, Side, WG - LR100764 (1 roll.)	50	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	(M)	3.00	1.08	26.00	(M)	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.)	200	(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.)	200	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)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	100	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.)	100	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.)	100	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.)	100	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)	125	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)	125	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)	125	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)
HS.22.23FALLCYCLE.fri.wk#4 - Day: 4	450																		
Category: Entrees; May Choose: 1																			
Apple & Peanut Butter Power Pack, HS, MMA, WG, F, VRO - LR100765 (1 pkg.)	50	610.27	21.77	5.89	0.04(M)	197.17	570.61	69.59	5.88	35.72	15.00 (M)	14.88	2.89	60.85	5240.82 (M)	26.99 (M)	1.10(M)	163.00 (M)	37.31 (M)
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	50	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, HS, MMA, WG - LR100473 (1 sandwich)	50	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, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	25	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)
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	100	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)
Ham & Cheese Sandwich on Pretzel Bun - LR100019 (1 sandwich)	100	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)
Mediterranean Power Pack, HS &MS, MMA, WG, VRO, VO - LR100705 (1 serv.)	50	620.83	17.09	4.53	0.00	180.00	766.56	86.09	10.86	38.61	0.00(M)	26.51	5.95	360.48	444.90 (M)	29.97 (M)	1.70(M)	438.51 (M)	74.28 (M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	25	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)
Category: Grains; May Choose: 1																			
Dinner Roll, Side, WG - LR100764 (1 roll.)	50	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	(M)	3.00	1.08	26.00	(M)	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Cauliflower & Cucumber Dippers w/ Ranch, 0.5 C - VO - LR100282 (1 serv.)	200	(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.)	200	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)	Moisture (g)
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	100	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.)	100	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.)	100	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))	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, 1% White, Clover Farms - LR100726 (1 Carton)	125	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)	125	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)	125	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)
Category: Desserts; May Choose: 1																			
Chocolate Chip Cookie, David's, WG - LR100323 (1 cookie)	400	100.00	3.50	1.00	0.00	5.00	85.00	17.00	1.00	8.00	(M)	2.00	0.72	20.00	100.00	0.00	(M)	(M)	(M)