

Weekly - Nutrient Analysis

Menu Names: HS.22.23FALLCYCLE.mon.wk#4, HS.22.23FALLCYCLE.tues.wk#4,
 HS.22.23FALLCYCLE.wed.wk#4, HS.22.23FALLCYCLE.thurs.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] | 712.55 | |
| Total Fat (g) | | 21.32 | 26.93 |
| Sat Fat (g)(1) | < 10.00 % of Calories | 5.85 | 7.38 |
| Trans Fat (g)(2) | | 0.01(M) | |
| Chol (mg) | | 87.85(M) | |
| Sodium Target 1 (mg) (13) | < 1,420.00 | 1,027.55 | |
| Sodium Target 2 (mg) (13) | < 1,080.00 | 1,027.55 | |
| Carb (g) | | 102.16 | 57.35 |
| Total Fiber (g) | | 10.26(M) | |
| Total Sugars (g) | | 50.09(M) | 28.12 |
| Added Sugars (g) | | 3.38(M) | |
| Protein (g) | | 28.99 | 16.27 |
| Iron (mg) | | 4.34(M) | |
| Calcium (mg) | | 438.32(M) | |
| VitA (IU) | | 5,513.23(M) | |
| VitC (mg) | | 32.33(M) | |
| VitD (mcg) | | 0.53(M) | |
| Potassium (mg) | | 478.29(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 | 2.750 | |
| Veg-BP | >= 0.500 | 1.000 | |
| Veg-S | >= 0.500 | 1.500 | |
| 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 | Calorie s (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) | Calciu m (mg) | VitA (IU) | VitC (mg) | VitD (mcg) | Potassi um (mg) | Mois (g) |
|--|----------|------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|---------------|-------------|-----------|------------|-----------------|------------|
| HS.22.23FALLCYCLE.mon. 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) |
| Dominos, 14" Whole Grain, Cheese - LR100748 (1 slice) | 100 | 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) | 100 | 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) |
| 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 | 781.90 (M) | 29.97 (M) | 1.70(M) | 438.49 (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.) | 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) |
| Category: Vegetables; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.) | 200 | 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.) | 200 | (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.) | 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) |

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 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) |
| HS.22.23FALLCYCLE.tues. 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) |
| 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 | 781.90 (M) | 29.97 (M) | 1.70(M) | 438.49 (M) | 74.28 (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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|-----------|
| 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) |
| 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: 3 | 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) |

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 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 | 781.90 (M) | 29.97 (M) | 1.70(M) | 438.49 (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 | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | |

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, 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: 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) |
| 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) | 54.91 (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 | 781.90 (M) | 29.97 (M) | 1.70(M) | 438.49 (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) |

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) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|--------------|
| 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) |
| 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) |