

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#2 - 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.) | 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 | | | | | | | | | | | | | | | | | | | |
| 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.22.23.FALLCYCLE.tues .wk#2 - Day: 2 | | 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) |
| 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) |
| 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) |

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) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|-----------|
| 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.) | 50 | 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) |
| 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#2 - Day: 3 | 450 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; 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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|--------------|
| 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) |
| Buffalo Chicken Dip w/Chips & Garlic Knot, MMA, WG - LR100519 (1 serv.) | 100 | 477.24 | 20.21 | 6.90 | 0.02 | 79.43 (M) | 727.94 | 48.54 | 15.03 | 3.55 | (M) | 24.32 | 1.01(M) | 43.73 (M) | 400.21 (M) | 0.01(M) | 0.00(M) | 108.00 (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) |
| 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.) | 180 | 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 | | | | | | | | | | | | | | | | | | | |
| 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) |

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) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|--------------|
| 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.thurs .wk#2 - Day: 4 | | | | | | | | | | | | | | | | | | | |
| 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) |
| Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich) | 100 | 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) |
| French Toast Sticks w/ Sausage, MS/HS, MMA, WG - LR100391 (1 serv.) | 100 | 402.17 | 17.02 | 4.00 | 0.00(M) | 20.00 | 482.01 | 52.70 | 3.00 | 9.00(M) | (M) | 12.00 | 2.37 | 60.98 | 0.00(M) | 0.00(M) | 0.00(M) | 150.00 (M) | 5.93(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) | Moisture (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.) | 150 | 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) |
| 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#2 - Day: 5 | 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) |

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) |
| 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) |
| 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) |
| Oriental Sweet & Sour Chicken over Rice, MMA, WG - LR100121 (1 serv.) | 100 | 424.75 | 15.15 | 2.77 | 0.00 | 22.15 | 517.67 | 54.01 | 4.32 | 19.11 | 0.00(M) | 17.51 | 2.58(M) | 36.55 (M) | 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.) | 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 | | | | | | | | | | | | | | | | | | | |
| 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) |

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) | 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) |