

# Weekly - Nutrient Analysis

Menu Names: HS.22.23FALLCYCLE.mon.wk#2, HS.22.23.FALLCYCLE.tues.wk#2,  
 HS.22.23FALLCYCLE.wed.wk#2, HS.22.23FALLCYCLE.thurs.wk#2,  
 HS.22.23FALLCYCLE.fri.wk#2  
 Result: **Exceeded**

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]	775.99	
Total Fat (g)		23.23	26.94
Sat Fat (g)(1)	< 10.00 % of Calories	6.29	7.29
Trans Fat (g)(2)		0.01(M)	
Chol (mg)		83.14(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,109.11	
Sodium Target 2 (mg) (13)	< 1,080.00	1,109.11	
Carb (g)		111.66	57.56
Total Fiber (g)		11.05(M)	
Total Sugars (g)		53.90(M)	27.78
Added Sugars (g)		3.28(M)	
Protein (g)		31.08	16.02
Iron (mg)		4.70(M)	
Calcium (mg)		446.10(M)	
VitA (IU)		5,525.03(M)	
VitC (mg)		30.61(M)	
VitD (mcg)		0.52(M)	
Potassium (mg)		564.30(M)	
Mois (g)		81.63(M)	
Ash (g)		0.61(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[10.000 - 12.000]	[20.000 - 25.000](a)	
Grains	[10.000 - 12.000]	[26.500 - 32.000](a)	
Non-WGR		3.000	
WGR	>= 50.000 % of	98.000	97.03
Grain-D	<= 2.000	0.000	
Fruit	>= 5.000	[5.000 - 10.000]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 5.000	[5.500 - 9.500]	
Veg-DG	>= 0.500	3.500	
Veg-RO	>= 1.250	4.250	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.750	4.750	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 5.000	5.000	
MILK-V		Pass	

## 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.

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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)
<b>HS.22.23FALLCYCLE.mon. wk#2 - Day: 1</b>	450																		
<b>Category: Entrees; May Choose: 1</b>																			
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	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)
<b>Category: Grains; May Choose: 1</b>																			
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)
<b>Category: Vegetables; May Choose: 2</b>																			
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)
<b>Category: Fruits; May Choose: 2</b>																			
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)

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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.)	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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Category: Desserts; May Choose: 1</b>																			
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)
<b>HS.22.23.FALLCYCLE.tues .wk#2 - Day: 2</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
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	510.00	19.50	6.00	0.00	30.00	825.00	58.00	5.00	6.00(M)	1.00(M)	26.00	4.60	595.00	0.00(M)	0.00(M)	0.00	653.91	(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)

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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)	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)
<b>Category: Grains; May Choose: 1</b>																			
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)
<b>Category: Vegetables; May Choose: 2</b>																			
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)
<b>Category: Fruits; May Choose: 2</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>HS.22.23FALLCYCLE.wed. wk#2 - Day: 3</b>	450																		
<b>Category: Entrees; 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)
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	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)
<b>Category: Grains; May Choose: 1</b>																			
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)
<b>Category: Vegetables; May Choose: 2</b>																			
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)
<b>Category: Fruits; May Choose: 2</b>																			
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)

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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)
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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Category: Desserts; May Choose: 1</b>																			
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)
<b>HS.22.23FALLCYCLE.thurs .wk#2 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
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	444.90 (M)	29.97 (M)	1.70(M)	438.51 (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)
<b>Category: Grains; May Choose: 1</b>																			
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)
<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.)	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)
<b>Category: Fruits; May Choose: 2</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>HS.22.23FALLCYCLE.fri.wk#2 - Day: 5</b>	450																		
<b>Category: Entrees; May Choose: 1</b>																			
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)	Mois (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	444.90 (M)	29.97 (M)	1.70(M)	438.51 (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)
<b>Category: Grains; May Choose: 1</b>																			
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)
<b>Category: Vegetables; May Choose: 2</b>																			
Baked Beans, Low Sodium Bush's Vegetarian - LR100757 (1 serv.)	100	140.00	0.00	0.00	0.00	0.00	370.00	30.00	5.00	12.00	(M)	5.00	1.80	40.00	0.00	0.00	(M)	270.00	(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.)	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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Category: Desserts; May Choose: 1</b>																			
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)