

Weekly - Nutrient Analysis

Menu Names: MS.22.23FALLCYCLE.mon.wk#3, MS.22.23FALLCYCLE.tues.wk#3,
 MS.22.23FALLCYCLE.wed.wk#3, MS.22.23FALLCYCLE.thurs.wk#3,
 MS.22.23FALLCYCLE.fri.wk#3
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014
 Meal Type: Lunch
 Serving Group: 6-8
 Site Group: Middle School

| Cycle Week Nutrient Summary | | | |
|------------------------------|-----------------------|--------------|---------------|
| Nutrient | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1) | [600.00 - 700.00] | 617.62 | |
| Total Fat (g) | | 21.22 | 30.93 |
| Sat Fat (g)(1) | < 10.00 % of Calories | 6.12 | 8.91 |
| Trans Fat (g)(2) | | 0.01(M) | |
| Chol (mg) | | 42.21(M) | |
| Sodium Target 1 (mg) (13) | < 1,360.00 | 967.99 | |
| Sodium Target 2 (mg) (13) | < 1,035.00 | 967.99 | |
| Carb (g) | | 84.37 | 54.64 |
| Total Fiber (g) | | 8.65 | |
| Total Sugars (g) | | 38.54(M) | 24.96 |
| Added Sugars (g) | | 2.45(M) | |
| Protein (g) | | 26.03 | 16.86 |
| Iron (mg) | | 3.22(M) | |
| Calcium (mg) | | 291.39(M) | |
| VitA (IU) | | 4,626.69(M) | |
| VitC (mg) | | 21.41(M) | |
| VitD (mcg) | | 0.32(M) | |
| Potassium (mg) | | 360.36(M) | |
| Mois (g) | | 69.09(M) | |
| Ash (g) | | 0.50(M) | |

| Cycle Week Food Component Summary | | | |
|-----------------------------------|------------------|----------------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Meat/MA | [9.000 - 10.000] | [10.000 - 12.000](a) | |
| Grains | [8.000 - 10.000] | [13.000 - 16.750](a) | |
| Non-WGR | | 0.000 | |
| WGR | >= 50.000 % of | 59.000 | 100.00 |
| Grain-D | <= 2.000 | 0.000 | |
| Fruit | >= 2.500 | [5.000 - 7.500] | |
| Fruit-J | <= 50.000 % of | 0.000 | 0.00 |
| Veg | >= 3.750 | [5.625 - 8.750] | |
| Veg-DG | >= 0.500 | 3.500 | |
| Veg-RO | >= 0.750 | 2.250 | |
| Veg-BP | >= 0.500 | 1.000 | |
| Veg-S | >= 0.500 | 1.000 | |
| Veg-O | >= 0.500 | 1.000 | |
| 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.

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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|--------------|
| MS.22.23FALLCYCLE.mon. wk#3 - Day: 1 | 275 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad) | 25 | 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, MS, MMA, WG - LR100214 (1 sandwich) | 50 | 337.77 | 11.24 | 4.98 | 0.00 | 59.03 | 1140.67 | 38.41 | 3.94 | 3.33 | (M) | 24.64 | 2.32(M) | 85.61 (M) | 20.08 (M) | 0.11(M) | 0.00(M) | 5.64(M) | 3.83(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) | 75 | 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) | 50 | 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) |
| Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich) | 50 | 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: Vegetables; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.) | 100 | 63.16 | 2.89 | 0.47 | 0.04 | 0.67 | 199.72 | 8.72 | 2.05 | 5.41 | (M) | 0.11 | 0.02 | 2.14 | 4980.82 | 5.99 | (M) | (M) | (M) |
| Broccoli Florets w/ Ranch, VDG, 0.5C - LR100275 (1 serv.) | 100 | 48.75 | 3.06 | 0.52 | 0.04 | 0.67 | 159.95 | 4.77 | 1.24 | 1.20 | (M) | 1.39 | 0.35 | 23.52 | 283.88 | 40.60 | 0.00(M) | 143.78 (M) | 40.63 (M) |
| Category: Fruits; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.) | 75 | 120.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30.00 | 28.00 | 2.00 | 36.00 | 0.00(M) | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Assorted Fresh Fruit, F - LR100026 (1 serv.) | 75 | 59.11 | 0.17 | 0.05 | 0.00 | 0.00 | 0.39 | 14.84 | 2.08 | 9.62 | (M) | 0.71 | 0.13 | 20.63 | 92.67 | 23.38 | 0.00(M) | 195.11 (M) | 55.49 (M) |
| Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz)) | 75 | 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) | 50 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M) | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) | (M) |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 50 | 155.00 | 2.50 | 1.50 | 0.00 | 15.00 | 170.00 | 25.00 | 0.00 | 25.00 | (M) | 8.00 | 0.00 | 260.00 | 700.00 | 0.00 | (M) | (M) | (M) |

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) | 50 | 83.31 | 0.00 | 0.00 | 0.00 | 4.63 | 120.34 | 12.03 | 0.00 | 11.11 | (M) | 7.41 | 0.00 | 277.71 | 462.86 | 1.11 | (M) | (M) | (M) |
| MS.22.23FALLCYCLE.tues. wk#3 - Day: 2 | 275 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad) | 25 | 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, MS, MMA, WG - LR100214 (1 sandwich) | 50 | 337.77 | 11.24 | 4.98 | 0.00 | 59.03 | 1140.67 | 38.41 | 3.94 | 3.33 | (M) | 24.64 | 2.32(M) | 85.61 (M) | 20.08 (M) | 0.11(M) | 0.00(M) | 5.64(M) | 3.83(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.) | 125 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich) | 50 | 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 | | | | | | | | | | | | | | | | | | | |
| Chip, Tortilla Chips, Crispy Rounds, RF, 1.45 oz, Tostitos/Pepsico, 30103, WGR - SR106868 (1 Bag) | 200 | 200.00 | 7.00 | 1.00 | 0.00 | 0.00 | 160.00 | 29.00 | 3.00 | 0.00 | (M) | 3.00 | 0.60 | 40.00 | (M) | (M) | 0.00(M) | 0.00(M) | (M) |
| Category: Vegetables; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Red Pepper Strips w/ Dip, VRO, 0.5C - LR100299 (1 serv.) | 100 | 45.24 | 3.02 | 0.50 | 0.04 | 0.67 | 146.78 | 4.52 | 1.02 | 2.36 | (M) | 0.56 | 0.22 | 5.36 | 1440.68 | 58.75 | 0.00(M) | 97.06 (M) | 42.42 (M) |
| Zesty Fiesta Beans, VBP, VRO - LR100331 (1 serv.) | 100 | 120.00 | 0.00 | 0.00 | 0.00 | 0.00 | 200.00 | 22.00 | 5.00 | 1.99 | (M) | 7.00 | 2.80 | 60.00 | 90.00 | 9.00 | 0.00(M) | 79.90 (M) | (M) |
| Category: Fruits; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.) | 75 | 120.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30.00 | 28.00 | 2.00 | 36.00 | 0.00(M) | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.) | 75 | 65.66 | 0.00 | 0.00 | 0.00 | 0.00 | 4.94 | 15.11 | 0.00 | 13.77 | (M) | 0.00 | 0.00 | 0.00 | 0.00(M) | 13.87 | (M) | 32.60 (M) | (M) |
| Assorted Fresh Fruit, F - LR100026 (1 serv.) | 75 | 59.11 | 0.17 | 0.05 | 0.00 | 0.00 | 0.39 | 14.84 | 2.08 | 9.62 | (M) | 0.71 | 0.13 | 20.63 | 92.67 | 23.38 | 0.00(M) | 195.11 (M) | 55.49 (M) |
| 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) | 50 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M) | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) | (M) |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 50 | 155.00 | 2.50 | 1.50 | 0.00 | 15.00 | 170.00 | 25.00 | 0.00 | 25.00 | (M) | 8.00 | 0.00 | 260.00 | 700.00 | 0.00 | (M) | (M) | (M) |
| Milk, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton) | 50 | 83.31 | 0.00 | 0.00 | 0.00 | 4.63 | 120.34 | 12.03 | 0.00 | 11.11 | (M) | 7.41 | 0.00 | 277.71 | 462.86 | 1.11 | (M) | (M) | (M) |
| MS.22.23FALLCYCLE.wed. wk#3 - Day: 3 | 275 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad) | 25 | 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, MS, MMA, WG - LR100214 (1 sandwich) | 50 | 337.77 | 11.24 | 4.98 | 0.00 | 59.03 | 1140.67 | 38.41 | 3.94 | 3.33 | (M) | 24.64 | 2.32(M) | 85.61 (M) | 20.08 (M) | 0.11(M) | 0.00(M) | 5.64(M) | 3.83(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) |
| Boneless BBQ Chicken Wings w/ Roll, MMA, WG - LR100513 (1 serv.) | 125 | 230.00 | 8.00 | 1.50 | 0.00 | 20.00 | 430.00 | 24.00 | 4.00 | 1.00 | 0.00(M) | 17.00 | 2.08 | 35.00 | 0.00(M) | 0.00(M) | 0.00(M) | 589.85 (M) | (M) |
| Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich) | 50 | 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 | | | | | | | | | | | | | | | | | | | |
| Pretzel, Rold Gold Heartzels, Frito-Lay, PepsiCo, 15940, WGR - SR105324 (1 pkg.) | 200 | 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 | | | | | | | | | | | | | | | | | | | |
| Cucumber Slices w/ Ranch, 0.5C - VO - LR100298 (1 serv.) | 100 | 41.08 | 2.94 | 0.49 | 0.04 | 0.67 | 145.98 | 3.63 | 0.32 | 1.30 | (M) | 0.45 | 0.17 | 10.46 | 55.02 | 1.47 | 0.00(M) | 76.44 (M) | 49.52 (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) |
| Category: Fruits; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.) | 75 | 120.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30.00 | 28.00 | 2.00 | 36.00 | 0.00(M) | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Assorted Fresh Fruit, F - LR100026 (1 serv.) | 75 | 59.11 | 0.17 | 0.05 | 0.00 | 0.00 | 0.39 | 14.84 | 2.08 | 9.62 | (M) | 0.71 | 0.13 | 20.63 | 92.67 | 23.38 | 0.00(M) | 195.11 (M) | 55.49 (M) |

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)) | 75 | 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) | 50 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M) | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) | (M) |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 50 | 155.00 | 2.50 | 1.50 | 0.00 | 15.00 | 170.00 | 25.00 | 0.00 | 25.00 | (M) | 8.00 | 0.00 | 260.00 | 700.00 | 0.00 | (M) | (M) | (M) |
| Milk, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton) | 50 | 83.31 | 0.00 | 0.00 | 0.00 | 4.63 | 120.34 | 12.03 | 0.00 | 11.11 | (M) | 7.41 | 0.00 | 277.71 | 462.86 | 1.11 | (M) | (M) | (M) |
| MS.22.23FALLCYCLE.thurs .wk#3 - Day: 4 | | 275 | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad) | 25 | 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, MS, MMA, WG - LR100214 (1 sandwich) | 50 | 337.77 | 11.24 | 4.98 | 0.00 | 59.03 | 1140.67 | 38.41 | 3.94 | 3.33 | (M) | 24.64 | 2.32(M) | 85.61 (M) | 20.08 (M) | 0.11(M) | 0.00(M) | 5.64(M) | 3.83(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 Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich) | 125 | 477.86 | 21.36 | 8.21 | 0.00 | 95.00 | 976.43 | 38.00 | 4.00 | 1.50 | (M) | 35.07 | 2.83(M) | 104.00 (M) | 0.00(M) | 0.00(M) | (M) | (M) | (M) |
| Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich) | 50 | 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: Vegetables; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.) | 100 | (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.) | 100 | 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.) | 75 | 120.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30.00 | 28.00 | 2.00 | 36.00 | 0.00(M) | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.) | 75 | 65.66 | 0.00 | 0.00 | 0.00 | 0.00 | 4.94 | 15.11 | 0.00 | 13.77 | (M) | 0.00 | 0.00 | 0.00 | 0.00(M) | 13.87 | (M) | 32.60 (M) | (M) |

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 Fresh Fruit, F - LR100026 (1 serv.) | 75 | 59.11 | 0.17 | 0.05 | 0.00 | 0.00 | 0.39 | 14.84 | 2.08 | 9.62 | (M) | 0.71 | 0.13 | 20.63 | 92.67 | 23.38 | 0.00(M) | 195.11 (M) | 55.49 (M) |
| Category: Milk; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Milk, 1% White, Clover Farms - LR100726 (1 Carton) | 50 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M) | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) | (M) |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 50 | 155.00 | 2.50 | 1.50 | 0.00 | 15.00 | 170.00 | 25.00 | 0.00 | 25.00 | (M) | 8.00 | 0.00 | 260.00 | 700.00 | 0.00 | (M) | (M) | (M) |
| Milk, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton) | 50 | 83.31 | 0.00 | 0.00 | 0.00 | 4.63 | 120.34 | 12.03 | 0.00 | 11.11 | (M) | 7.41 | 0.00 | 277.71 | 462.86 | 1.11 | (M) | (M) | (M) |
| MS.22.23FALLCYCLE.fri.wk#3 - Day: 5 | | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad) | 25 | 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, MS, MMA, WG - LR100214 (1 sandwich) | 50 | 337.77 | 11.24 | 4.98 | 0.00 | 59.03 | 1140.67 | 38.41 | 3.94 | 3.33 | (M) | 24.64 | 2.32(M) | 85.61 (M) | 20.08 (M) | 0.11(M) | 0.00(M) | 5.64(M) | 3.83(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) |
| Grilled Cheese Sandwich, MMA, WG - LR100360 (1 sandwich) | 125 | 400.00 | 20.00 | 10.00 | 0.00 | 50.00 | 980.00 | 38.00 | 4.00 | 4.00 | (M) | 18.00 | 2.16(M) | 104.00 (M) | 0.00(M) | 0.00(M) | (M) | (M) | (M) |
| Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich) | 50 | 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: Vegetables; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Cauliflower & Cucumber Dippers w/ Ranch, 0.5 C - VO - LR100282 (1 serv.) | 100 | (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.) | 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.) | 75 | 120.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30.00 | 28.00 | 2.00 | 36.00 | 0.00(M) | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Assorted Fresh Fruit, F - LR100026 (1 serv.) | 75 | 59.11 | 0.17 | 0.05 | 0.00 | 0.00 | 0.39 | 14.84 | 2.08 | 9.62 | (M) | 0.71 | 0.13 | 20.63 | 92.67 | 23.38 | 0.00(M) | 195.11 (M) | 55.49 (M) |

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)) | 75 | 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) | 50 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M) | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) | (M) |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 50 | 155.00 | 2.50 | 1.50 | 0.00 | 15.00 | 170.00 | 25.00 | 0.00 | 25.00 | (M) | 8.00 | 0.00 | 260.00 | 700.00 | 0.00 | (M) | (M) | (M) |
| Milk, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton) | 50 | 83.31 | 0.00 | 0.00 | 0.00 | 4.63 | 120.34 | 12.03 | 0.00 | 11.11 | (M) | 7.41 | 0.00 | 277.71 | 462.86 | 1.11 | (M) | (M) | (M) |