

# Menu Cycle Week – Nutrient Analysis

Generated on: 10/12/2023 2:01:07 PM by Sarah Ginn

Menu Cycle: HS.23.24.FALLCYCLE.wk#4  
 Week: 1  
 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]	777.25	
Total Fat (g)		22.42	25.97
Sat Fat (g)(1)	< 10.00 % of Calories	6.88	7.96
Trans Fat (g)(2)		0.01(M)	
Chol (mg)		78.22(M)	
Sodium Target 1 (mg) (1)	<= 1,420.00	1,234.98	
Sodium Target 1A (mg) (1)	<= 1,280.00	1,234.98	
Carb (g)		115.45	59.41
Total Fiber (g)		11.42	
Total Sugars (g)		54.04(M)	27.81
Added Sugars (g)		3.54(M)	
Protein (g)		32.72	16.84
Iron (mg)		5.04(M)	
Calcium (mg)		508.50(M)	
VitA (IU)		6,059.61(M)	
VitC (mg)		30.40(M)	
VitD (mcg)		0.43(M)	
Potassium (mg)		609.97(M)	
Mois (g)		86.26(M)	
Ash (g)		0.62(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[10.000 - 12.000]	[8.000 - 25.000]	
Grains	[10.000 - 12.000]	[14.000 - 30.750](a)	
Non-WGR		3.000	
WGR	>= 80.000 % of	85.000	96.59
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	3.125	
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

PrimeroEdge will flag based on USDA requirements starting School Year 2022-2023 for WGR and 1% flavored milk, for prior years, please consult your State Agency for that School Year requirements and waiver status.

(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.

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.

# Menu Cycle Week – 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)	
<b>HS.22.23FALLCYCLE.mon.wk#4 :107386 - Day: 1</b>	450																			
<b>Category: Entrees; May Choose: 1</b>																				
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	11.61	0.00(M)	30.04	6.17(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	4.30	(M)	23.75	2.54(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	579.57	12.71	3.63	0.00(M)	5.55(M)	576.00	107.56	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.74 (M)	209.69 (M)	2.80(M)	3.34(M)	623.81 (M)	24.10 (M)	
Cheese Pizza, Slice - LR100758 (1 slice)	125	320.00	15.00	10.00	0.00	45.00	450.00	28.00	3.00	3.00	(M)	19.00	1.80	450.00	750.00	0.00	(M)	(M)	(M)	
Mediterranean Power Pack, HS &MS, MMA, WG, VRO, VO - LR100705 (1 serv.)	50	620.83	17.09	5.03	0.00	180.00	766.56	97.09	11.87	38.61	7.00(M)	26.51	6.39	383.48	144.90 (M)	15.57 (M)	1.70(M)	690.51 (M)	74.28 (M)	
Pepperoni Pizza, MMA, WG - LR100471 (1 slice)	125	331.68	15.58	10.20	0.00	49.87	512.29	28.20	3.00	3.19	0.20(M)	20.17	1.88	450.00	750.00 (M)	0.00(M)	0.00(M)	17.52 (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.)	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)	
<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)	(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(M)	0.00(M)	0.39	14.84	2.08	9.62	(M)	0.71	0.13(M)	13.97 (M)	92.67 (M)	32.38	0.00(M)	195.11 (M)	55.49 (M)	

# Menu Cycle Week – 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)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (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.tues. wk#4 :107386 - Day: 2</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
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	11.61	0.00(M)	30.04	6.17(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	4.30	(M)	23.75	2.54(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	579.57	12.71	3.63	0.00(M)	5.55(M)	576.00	107.56	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.74 (M)	209.69 (M)	2.80(M)	3.34(M)	623.81 (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	5.03	0.00	180.00	766.56	97.09	11.87	38.61	7.00(M)	26.51	6.39	383.48	144.90 (M)	15.57 (M)	1.70(M)	690.51 (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)
Subway Ham & American Cheese, 6" Multi Grain, Includes Lettuce, Tomatoes, Cucumbers - LR100744 (1 serv.)	75	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)

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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)
Subway Turkey & American Cheese, 6" Multi Grain, Includes Lettuce, Tomatoes, Cucumbers - LR100743 (1 serv.)	75	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	20.58	0.10	0.02	0.00	0.00	1.96	3.70	1.27	1.96	(M)	1.37	1.02	21.07	532.63	29.40	0.00	98.00	43.56
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(M)	0.00(M)	0.39	14.84	2.08	9.62	(M)	0.71	0.13(M)	13.97 (M)	92.67 (M)	32.38	0.00(M)	195.11 (M)	55.49 (M)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	100	180.00	0.00	0.00	0.00	0.00	0.00	42.00	4.00	38.00	0.00(M)	2.00	(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#4 :107386 - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
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	11.61	0.00(M)	30.04	6.17(M)	137.09 (M)	25278.9 8(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	4.30	(M)	23.75	2.54(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)

# Menu Cycle Week – Nutrient Analysis

Generated on: 10/12/2023 2:01:07 PM by Sarah Ginn

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	579.57	12.71	3.63	0.00(M)	5.55(M)	576.00	107.56	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.74 (M)	209.69 (M)	2.80(M)	3.34(M)	623.81 (M)	24.10 (M)
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)	150	394.50	14.67	6.59	0.00	30.46	1165.19	45.48	3.03	6.09	0.00	19.26	1.72	445.49	112.72 (M)	0.00(M)	0.00	273.25	(M)
Mediterranean Power Pack, HS &MS, MMA, WG, VRO, VO - LR100705 (1 serv.)	50	620.83	17.09	5.03	0.00	180.00	766.56	97.09	11.87	38.61	7.00(M)	26.51	6.39	383.48	144.90 (M)	15.57 (M)	1.70(M)	690.51 (M)	74.28 (M)
Popcorn Chicken w/ Roll, MMA, WG - LR100508 (1 serv.)	100	320.91	15.18	2.73	0.00	21.82	541.82	29.27	5.27	2.09	0.00(M)	18.27	3.26	62.00	0.00(M)	0.00(M)	0.00(M)	709.09 (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.)	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	0.99	(M)	2.00	0.80	30.00	0.00(M)	0.00(M)	0.00	120.00	(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	31.93	6.42	2.52	1.65	0.00(M)	2.73	0.71	45.48	602.85	86.32	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(M)	0.00(M)	0.39	14.84	2.08	9.62	(M)	0.71	0.13(M)	13.97 (M)	92.67 (M)	32.38	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>																			

# Menu Cycle Week – 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)
<b>HS.22.23FALLCYCLE.thurs .wk#4 :107386 - Day: 4</b>	450																		
<b>Category: Entrees; May Choose: 1</b>																			
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	11.61	0.00(M)	30.04	6.17(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	4.30	(M)	23.75	2.54(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	579.57	12.71	3.63	0.00(M)	5.55(M)	576.00	107.56	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.74 (M)	209.69 (M)	2.80(M)	3.34(M)	623.81 (M)	24.10 (M)
Bacon, Egg & Cheese on Croissant, MMA, WG - LR100145 (1 sandwich)	150	347.86	18.36	7.71	0.00	175.00	771.43	31.36	3.00	6.36	3.36(M)	16.07	2.30	121.50	221.00 (M)	0.00(M)	0.00(M)	57.14 (M)	(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)
Mediterranean Power Pack, HS &MS, MMA, WG, VRO, VO - LR100705 (1 serv.)	50	620.83	17.09	5.03	0.00	180.00	766.56	97.09	11.87	38.61	7.00(M)	26.51	6.39	383.48	144.90 (M)	15.57 (M)	1.70(M)	690.51 (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>																			
Grape Tomatoes w/ Ranch Dip, VRO 0.5C - LR100371 (1 serv.)	200	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>																			

# Menu Cycle Week – 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)
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(M)	0.00(M)	0.39	14.84	2.08	9.62	(M)	0.71	0.13(M)	13.97 (M)	92.67 (M)	32.38	0.00(M)	195.11 (M)	55.49 (M)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	100	180.00	0.00	0.00	0.00	0.00	0.00	42.00	4.00	38.00	0.00(M)	2.00	(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>																			
Pudding, Chocolate RTU, Canned shelf Stable, MONARCH, 280004 - SR100723 (1/2 cup servin)	200	120.00	3.00	0.50	0.00	0.00	200.00	24.00	1.00	16.00	(M)	1.00	0.72	20.00	0.00	0.00	(M)	(M)	(M)
<b>HS.22.23FALLCYCLE.fri.wk#4 :107386 - Day: 5</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 (M)	570.61	69.59	6.88	36.72	15.00 (M)	14.88	2.89(M)	70.85	5240.82 (M)	5.99(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	11.61	0.00(M)	30.04	6.17(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	4.30	(M)	23.75	2.54(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	579.57	12.71	3.63	0.00(M)	5.55(M)	576.00	107.56	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.74 (M)	209.69 (M)	2.80(M)	3.34(M)	623.81 (M)	24.10 (M)
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	100	350.00	11.50	3.00	0.00	10.00	1060.00	47.00	6.00	8.00	(M)	18.00	3.90	341.00	0.00(M)	0.00(M)	0.00	536.05	(M)
Ham & Cheese Sandwich on Pretzel Bun - LR100019 (1 sandwich)	100	325.98	12.42	5.96	0.00	56.76	730.49	38.92	3.00	6.96	4.00(M)	19.80	2.40(M)	10.00 (M)	0.00(M)	0.00(M)	0.30(M)	110.00 (M)	(M)

# Menu Cycle Week – 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)
Mediterranean Power Pack, HS &MS, MMA, WG, VRO, VO - LR100705 (1 serv.)	50	620.83	17.09	5.03	0.00	180.00	766.56	97.09	11.87	38.61	7.00(M)	26.51	6.39	383.48	144.90 (M)	15.57 (M)	1.70(M)	690.51 (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>																			
Baked Beans, Low Sodium Bush's Vegetarian - LR100757 (1 serv.)	200	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)	200	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(M)	0.00(M)	0.39	14.84	2.08	9.62	(M)	0.71	0.13(M)	13.97 (M)	92.67 (M)	32.38	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)