

# Menu Cycle Week – Nutrient Analysis

Generated on: 10/25/2023 12:42:49 PM by Sarah Ginn

Menu Cycle: MS.23.24.WINTER.CYCLE.wk#4  
 Week: 1  
 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]	623.73	
Total Fat (g)		19.13	27.60
Sat Fat (g)(1)	< 10.00 % of Calories	5.53	7.98
Trans Fat (g)(2)		0.01(M)	
Chol (mg)		39.57(M)	
Sodium Target 1 (mg) (1)	<= 1,360.00	989.05	
Sodium Target 1A (mg) (1)	<= 1,225.00	989.05	
Carb (g)		89.15	57.17
Total Fiber (g)		9.13	
Total Sugars (g)		42.59(M)	27.31
Added Sugars (g)		3.63(M)	
Protein (g)		26.99	17.31
Iron (mg)		3.70(M)	
Calcium (mg)		309.92(M)	
VitA (IU)		4,871.77(M)	
VitC (mg)		27.46(M)	
VitD (mcg)		0.35(M)	
Potassium (mg)		446.32(M)	
Mois (g)		69.94(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	
Grains	[8.000 - 10.000]	[10.750 - 14.750](a)	
Non-WGR		3.000	
WGR	>= 80.000 % of	55.500	94.87
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	[5.750 - 8.875]	
Veg-DG	>= 0.500	3.500	
Veg-RO	>= 0.750	2.750	
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

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.

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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)
<b>MS.22.23FALLCYCLE.mon. wk#4 :109266 - Day: 1</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.76	18.87	3.64	0.00	55.30 (M)	1176.01	62.37	13.21	11.75	0.14(M)	30.18	6.17(M)	137.14 (M)	25278.9 8(M)	21.57 (M)	0.17(M)	910.33 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	336.39	11.07	4.88	0.00	57.47	1126.08	38.20	4.03	3.61	(M)	24.59	2.40(M)	86.16 (M)	11.29 (M)	0.06(M)	0.00(M)	3.17(M)	2.15(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)	75	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)
Pepperoni Pizza, MMA, WG - LR100471 (1 slice)	50	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)	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)
<b>Category: Vegetables; May Choose: 2</b>																			
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)
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)	100	(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.)	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(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))	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)
<b>Category: Milk; May Choose: 1</b>																			
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)

# 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)	Moisture (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)
<b>MS.22.23FALLCYCLE.tues. wk#4 :109266 - Day: 2</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.76	18.87	3.64	0.00	55.30 (M)	1176.01	62.37	13.21	11.75	0.14(M)	30.18	6.17(M)	137.14 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.33 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	336.39	11.07	4.88	0.00	57.47	1126.08	38.20	4.03	3.61	(M)	24.59	2.40(M)	86.16 (M)	11.29 (M)	0.06(M)	0.00(M)	3.17(M)	2.15(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)
Cheesy Ravioli w/ Dinner Roll, MMA, WG, VRO - LR100351 (1 serv.)	125	330.00	4.00	1.00	0.00	5.00	490.00	55.00	7.00	12.00	(M)	20.00	3.56	166.00	500.00 (M)	6.00(M)	0.00(M)	180.00 (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)
<b>Category: Vegetables; May Choose: 2</b>																			
Chick Peas w/ Salsa, 0.5C WBP, 0.25C VRO - LR100407 (1 serv.)	100	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.)	100	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
<b>Category: Fruits; May Choose: 2</b>																			
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(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)
<b>Category: Milk; May Choose: 1</b>																			
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)

# 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)	Moisture (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)
<b>MS.22.23FALLCYCLE.wed. wk#4 :109266 - Day: 3</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.76	18.87	3.64	0.00	55.30 (M)	1176.01	62.37	13.21	11.75	0.14(M)	30.18	6.17(M)	137.14 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.33 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	336.39	11.07	4.88	0.00	57.47	1126.08	38.20	4.03	3.61	(M)	24.59	2.40(M)	86.16 (M)	11.29 (M)	0.06(M)	0.00(M)	3.17(M)	2.15(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)
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)
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.)	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>																			
Pretzels, Rold Gold Heartzels.70 oz - SR109475 (1 pkg.)	125	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	(M)	(M)	0.00	120.00	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	100	83.47	2.09	0.30	0.00(M)	0.00	1.84	16.78	2.33	0.61(M)	0.00(M)	2.27	0.47	3.82	442.57	16.84	0.00(M)	41.72 (M)	18.64 (M)
Garlicky Roasted Broccoli, VDG, 0.5C - LR100599 (1 serv.)	100	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)
<b>Category: Fruits; May Choose: 2</b>																			
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(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	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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>MS.22.23FALLCYCLE.thurs .wk#4 :109266 - Day: 4</b>		275																	
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.76	18.87	3.64	0.00	55.30 (M)	1176.01	62.37	13.21	11.75	0.14(M)	30.18	6.17(M)	137.14 (M)	25278.9 8(M)	21.57 (M)	0.17(M)	910.33 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	336.39	11.07	4.88	0.00	57.47	1126.08	38.20	4.03	3.61	(M)	24.59	2.40(M)	86.16 (M)	11.29 (M)	0.06(M)	0.00(M)	3.17(M)	2.15(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)
Chicken & Waffles - LR100791 (1 serv.)	125	424.09	14.54	2.41	0.00	51.20	751.96	45.07	4.01	8.99	5.00(M)	23.09	3.01	64.07	0.00(M)	0.00(M)	0.30	907.84	0.00(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)
<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.)	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.)	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(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	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>Category: Milk; May Choose: 1</b>																			
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)
<b>MS.22.23FALLCYCLE.fri.wk#4 :109266 - Day: 5</b>		275																	
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.76	18.87	3.64	0.00	55.30 (M)	1176.01	62.37	13.21	11.75	0.14(M)	30.18	6.17(M)	137.14 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.33 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	336.39	11.07	4.88	0.00	57.47	1126.08	38.20	4.03	3.61	(M)	24.59	2.40(M)	86.16 (M)	11.29 (M)	0.06(M)	0.00(M)	3.17(M)	2.15(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)
Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)	125	240.00	11.50	5.00	0.00	30.00	560.00	23.00	2.00	1.00	(M)	10.00	2.52	26.00	100.00 (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)
<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.)	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(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))	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)

# 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)	Moisture (g)	
<b>Category: Milk; May Choose: 1</b>																				
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)	