

Menu Cycle Week – Nutrient Analysis

Menu Cycle: HS Lunch Week of 2.26.24
 Week: 1
 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]	789.09	
Total Fat (g)		23.76	27.10
Sat Fat (g)(1)	< 10.00 % of Calories	6.88	7.85
Trans Fat (g)(2)		0.02(M)	
Chol (mg)		50.67(M)	
Sodium Target 1 (mg) (1)	<= 1,420.00	1,086.33	
Sodium Target 1A (mg) (1)	<= 1,280.00	1,086.33	
Carb (g)		116.31	58.96
Total Fiber (g)		10.27	
Total Sugars (g)		62.82(M)	31.85
Added Sugars (g)		3.29(M)	
Protein (g)		30.58	15.50
Iron (mg)		4.28(M)	
Calcium (mg)		422.45(M)	
VitA (IU)		5,486.13(M)	
VitC (mg)		32.16(M)	
VitD (mcg)		0.22(M)	
Potassium (mg)		553.60(M)	
Mois (g)		82.41(M)	
Ash (g)		0.58(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[10.000 - 12.000]	[10.000 - 23.500](a)	
Grains	[10.000 - 12.000]	[15.500 - 30.000](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	74.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 5.000	[5.000 - 8.000]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 5.000	[5.625 - 8.875]	
Veg-DG	>= 0.500	3.500	
Veg-RO	>= 1.250	3.000	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.750	2.000	
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.

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)
HS Lunch 2.26.24 - Day: 1	450																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	50	502.21	18.84	3.63	0.00	55.26 (M)	1175.17	62.34	13.21	11.75	0.14(M)	30.15	6.15(M)	136.59 (M)	25278.98(M)	21.57 (M)	0.18(M)	848.00 (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	0.99(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)	175	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)	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)
Category: Grains; May Choose: 1																			
Dinner Roll, Side, WG - LR100764 (1 roll.)	125	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.)	250	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 (1/2 c.)	250	40.35	2.97	0.49	0.04	0.67	185.34	3.25	0.87	1.11	(M)	0.46	0.12	22.34	227.16	1.58	0.00(M)	131.30 (M)	48.19 (M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	250	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.)	300	64.85	0.00	0.00	0.00	0.00	6.47	15.24	0.00	13.61	0.00	0.00	0.00	3.20	0.00(M)	13.45 (M)	0.00	142.64	(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))	150	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																			

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, 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)	250	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)
HS Lunch 2.27.24 - Day: 2	450																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	20	502.21	18.84	3.63	0.00	55.26 (M)	1175.17	62.34	13.21	11.75	0.14(M)	30.15	6.15(M)	136.59 (M)	25278.98(M)	21.57 (M)	0.18(M)	848.00 (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	0.99(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.)	80	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	75	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)
Walking Beefy Taco w/ Fixings, MS/HS, MMA, WG, VRO, VO - LR100181 (1 serv.)	200	497.08	26.48	7.35	0.00	35.00	685.35	50.12	5.63	4.33	0.00(M)	18.59	3.05(M)	30.98 (M)	555.57 (M)	7.17(M)	0.00(M)	364.69 (M)	76.96 (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																			
Red Pepper Strips w/ Dip, VRO, 0.5C - LR100299 (1 serv.)	200	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.)	150	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.)	225	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)

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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	300	64.85	0.00	0.00	0.00	0.00	6.47	15.24	0.00	13.61	0.00	0.00	0.00	3.20	0.00(M)	13.45 (M)	0.00	142.64	(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)
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)	300	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)	25	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 Lunch 2.28.24 - Day: 3																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.21	18.84	3.63	0.00	55.26 (M)	1175.17	62.34	13.21	11.75	0.14(M)	30.15	6.15(M)	136.59 (M)	25278.9 8(M)	21.57 (M)	0.18(M)	848.00 (M)	305.95 (M)
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	20	363.44	13.82	4.33	0.00	59.16	1067.73	39.38	4.25	4.30	0.99(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)
French Toast Sticks w/ Sausage, MS/HS, MMA, WG - LR100391 (1 serv.)	300	402.17	17.02	4.00	0.00(M)	20.00	482.01	52.70	3.00	9.00(M)	8.00(M)	12.00	2.37	60.98	0.00(M)	0.00(M)	0.00(M)	150.00 (M)	5.93(M)
Popcorn Chicken w/ Roll, MMA, WG - LR100508 (1 serv.)	55	320.91	15.18	2.73	0.00	21.82	541.82	29.27	5.27	2.09	0.00(M)	18.27	3.15	58.73	0.00(M)	0.00(M)	0.11(M)	283.64 (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																			
Broccoli Florets w/ Ranch, VDG, 0.5C - LR100275 (1 serv.)	200	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)

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)
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)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	200	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.)	300	64.85	0.00	0.00	0.00	0.00	6.47	15.24	0.00	13.61	0.00	0.00	0.00	3.20	0.00(M)	13.45 (M)	0.00	142.64 (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))	125	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)	300	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)	25	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 Lunch 2.29.24 - Day: 4																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	50	502.21	18.84	3.63	0.00	55.26 (M)	1175.17	62.34	13.21	11.75	0.14(M)	30.15	6.15(M)	136.59 (M)	25278.98(M)	21.57 (M)	0.18(M)	848.00 (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	0.99(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)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	150	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)
Meatball Sub w/ Marinara & Cheese, MMA, WG, VRO - LR100469 (1 sandwich)	150	427.08	15.16	5.40	0.00(M)	41.20	1146.68	46.09	5.10	6.03	0.00(M)	26.15	4.49(M)	126.14 (M)	280.72 (M)	4.69(M)	0.00(M)	352.67 (M)	2.63(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)
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																			
Roasted Ranch Chick Peas, VBP - LR100420 (1/2 c.)	200	167.34	5.38	0.47	0.00(M)	0.00	342.57	22.50	4.00	4.00	0.00(M)	5.00	0.02(M)	30.03 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(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.)	200	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.)	300	64.85	0.00	0.00	0.00	0.00	6.47	15.24	0.00	13.61	0.00	0.00	0.00	3.20	0.00(M)	13.45 (M)	0.00	142.64	(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)
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)	300	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)	25	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 Lunch Day Off - Day: 5		450																	
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	50	502.21	18.84	3.63	0.00	55.26 (M)	1175.17	62.34	13.21	11.75	0.14(M)	30.15	6.15(M)	136.59 (M)	25278.98(M)	21.57 (M)	0.18(M)	848.00 (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	0.99(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)

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)
Chicken Tenders w/ Roll, MMA, WG - LR100316 (1 serv.)	125	296.00	11.00	2.00	0.00	52.00	510.00	28.00	3.50	2.00	0.00(M)	22.00	2.58	38.00	0.00(M)	0.00(M)	0.00(M)	511.00 (M)	(M)
Hamburger on Roll, MS/HS, MMA, WG - LR100319 (1 sandwich)	150	380.00	15.00	5.00	0.00	60.00	680.00	37.00	4.00	1.00	(M)	24.00	4.14	104.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Mediterranean Power Pack, HS &MS, MMA, WG, VRO, VO - LR100705 (1 serv.)	25	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)
Category: Grains; May Choose: 1																			
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)
Category: Vegetables; May Choose: 2																			
Cauliflower & Cucumber Dippers w/ Ranch, 0.5 C - VO - LR100282 (1/2 c.)	200	43.88	2.99	0.52	0.04	0.67	153.48	4.02	0.72	1.38	(M)	0.79	0.21	12.17	27.72	13.64	0.00(M)	118.24 (M)	24.76 (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	64.85	0.00	0.00	0.00	0.00	6.47	15.24	0.00	13.61	0.00	0.00	0.00	3.20	0.00(M)	13.45 (M)	0.00	142.64	(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)
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																			

Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2024 9:07:53 AM 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)
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)