

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2024 8:30:26 PM by Sarah Ginn

Menu Cycle: MS Lunch Week of 2.26.24  
 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]	626.42	
Total Fat (g)		20.18	28.99
Sat Fat (g)(1)	< 10.00 % of Calories	6.02	8.64
Trans Fat (g)(2)		0.04(M)	
Chol (mg)		41.80(M)	
Sodium Target 1 (mg) (1)	<= 1,360.00	940.92	
Sodium Target 1A (mg) (1)	<= 1,225.00	940.92	
Carb (g)		88.58	56.56
Total Fiber (g)		9.12	
Total Sugars (g)		43.53	27.80
Added Sugars (g)		3.63(M)	
Protein (g)		26.88	17.17
Iron (mg)		3.32(M)	
Calcium (mg)		330.35(M)	
VitA (IU)		4,481.28(M)	
VitC (mg)		25.52(M)	
VitD (mcg)		0.38(M)	
Potassium (mg)		419.72(M)	
Mois (g)		77.32(M)	
Ash (g)		0.66(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]	[10.000 - 13.750](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	55.750	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	[5.750 - 8.875]	
Veg-DG	>= 0.500	3.000	
Veg-RO	>= 0.750	2.750	
Veg-BP	>= 0.500	1.500	
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.

# 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>MS Lunch 2.26.24 - Day: 1</b>	275																			
<b>Category: Entrees; May Choose: 1</b>																				
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)	25278.98(M)	21.57 (M)	0.18(M)	848.00 (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>																				
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.)	50	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)	
<b>Category: Fruits; May Choose: 2</b>																				
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	150	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)	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)
<b>MS Lunch 2.27.24 - Day: 2</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
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)	25278.98(M)	21.57 (M)	0.18(M)	848.00 (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)
Pasta, Baked Ziti, MMA, WG - LR100742 (1 c.)	125	384.13	11.90	6.09	0.01(M)	59.93	497.62	50.45	7.58	5.37	0.00(M)	24.46	2.79	407.31	680.27 (M)	1.96(M)	0.27(M)	604.49 (M)	72.64 (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>																			
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)
<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	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.)	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)
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)

# 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>MS Lunch 2.28.24 - Day: 3</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
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)	25278.98(M)	21.57 (M)	0.18(M)	848.00 (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 Tenders w/ Goldfish, MMA, WG - LR100416 (1 serv.)	125	360.00	18.50	3.00	0.00	25.00	560.00	30.00	4.00	1.00	1.00	17.00	2.80	60.00	0.00(M)	0.00(M)	0.10	360.00	(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>																			
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)
<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)
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 Lunch 2.29.24 - Day: 4</b>	275																		

# 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: Entrees; May Choose: 1</b>																			
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)	25278.98(M)	21.57 (M)	0.18(M)	848.00 (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 Ham & Cheese on Pretzel Roll, MMA, WG, ELEM - LR100248 (1 sandwich)	125	240.00	6.02	3.02	0.25	20.06	722.43	31.27	3.00	(M)	(M)	13.29	0.27	75.94	(M)	0.00	(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>																			
Roasted Ranch Chick Peas, VBP - LR100420 (1/2 c.)	100	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.)	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)
<b>Category: Fruits; May Choose: 2</b>																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	125	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	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.)	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)
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 Lunch DAY OFF - Day: 5</b>	275																		
<b>Category: Entrees; 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)
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)	25278.98(M)	21.57 (M)	0.18(M)	848.00 (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)
Ham & Cheese Sandwich on Pretzel Bun - LR100019 (1 sandwich)	125	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)
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>																			
Cauliflower & Cucumber Dippers w/ Ranch, 0.5 C - VO - LR100282 (1/2 c.)	100	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.)	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 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)
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)