

Menu Cycle Week – Nutrient Analysis

Generated on: 2/26/2024 11:46:02 AM by Sarah Ginn

Menu Cycle: MS Spring Lunch Week #2
 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]	644.92	
Total Fat (g)		20.15	28.12
Sat Fat (g)(1)	< 10.00 % of Calories	5.96	8.32
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		50.14(M)	
Sodium Target 1 (mg) (1)	<= 1,360.00	1,028.06	
Sodium Target 1A (mg) (1)	<= 1,225.00	1,028.06	
Carb (g)		91.25	56.60
Total Fiber (g)		8.65	
Total Sugars (g)		53.11(M)	32.94
Added Sugars (g)		2.29(M)	
Protein (g)		25.99	16.12
Iron (mg)		3.13(M)	
Calcium (mg)		319.42(M)	
VitA (IU)		3,801.99(M)	
VitC (mg)		17.16(M)	
VitD (mcg)		0.17(M)	
Potassium (mg)		549.94(M)	
Mois (g)		59.74(M)	
Ash (g)		0.83(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	[10.000 - 10.500](a)	
Grains	[8.000 - 10.000]	[10.000 - 13.750](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	53.750	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	[5.500 - 8.625]	
Veg-DG	>= 0.500	3.500	
Veg-RO	>= 0.750	2.500	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	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.

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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)	Mois (g)
MS Spring Lunch Week #2 Monday - Day: 1	415																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	497.92	18.62	3.49	0.00	54.54 (M)	1163.03	62.26	13.21	11.75	0.14(M)	29.65	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)	60	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.)	30	579.63	12.71	3.63	0.00(M)	5.55(M)	576.15	107.57	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.76 (M)	209.69 (M)	2.80(M)	3.34(M)	623.90 (M)	24.10 (M)
Individual Pizza, IW, Tony's, WG - LR100713 (1 serv.)	290	310.00	13.00	6.00	0.00	30.00	440.00	31.00	3.00	9.00	0.00(M)	16.00	2.10	280.00	328.00	0.00	0.00	440.00	77.80
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	10	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.99	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	150	166.00	14.09	2.52	0.00	10.00	317.20	8.01	2.13	1.00(M)	0.00(M)	1.46	0.66	23.40	10163.40	3.15	0.00(M)	0.00(M)	0.00(M)
Celery Sticks w/ Ranch, VO - LR100280 (1/2 c.)	100	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.)	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 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.)	65	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))	80	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)	25	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)	200	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)	5	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 Spring Lunch Week #2 Tuesday - Day: 2	415																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	497.92	18.62	3.49	0.00	54.54 (M)	1163.03	62.26	13.21	11.75	0.14(M)	29.65	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.)	15	579.63	12.71	3.63	0.00(M)	5.55(M)	576.15	107.57	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.76 (M)	209.69 (M)	2.80(M)	3.34(M)	623.90 (M)	24.10 (M)
Chicken Tenders w/ Goldfish, MMA, WG - LR100416 (1 serv.)	315	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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	10	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.99	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - SR105101 (1/2 c.)	125	19.00	0.11	0.03	0.00	0.00	6.00	4.35	2.00	(M)	(M)	1.01	0.59	33.00	376.00	2.80	(M)	(M)	(M)
Cucumber Slices w/ Ranch, 0.5C - VO - LR100298 (1 serv.)	100	147.80	14.06	2.52	0.00	10.00	261.04	3.89	0.26	1.87	(M)	1.34	0.15	8.32	54.60	2.66	0.00(M)	76.44 (M)	49.52 (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)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	65	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)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	65	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)	Mois (g)
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	30	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)	200	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)	5	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 Spring Lunch Week #2 Wednesday - Day: 3	415																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	15	497.92	18.62	3.49	0.00	54.54 (M)	1163.03	62.26	13.21	11.75	0.14(M)	29.65	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)	45	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.)	15	579.63	12.71	3.63	0.00(M)	5.55(M)	576.15	107.57	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.76 (M)	209.69 (M)	2.80(M)	3.34(M)	623.90 (M)	24.10 (M)
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	330	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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	10	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.99	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Garden Side Salad, 1C-VDG, 0.5C-VRO - LR100014 (1 salad)	100	115.16	6.73	1.10	0.00(M)	5.00	129.01	13.49	5.32	5.47	(M)	3.02	1.92(M)	73.45 (M)	20586.78(M)	18.80 (M)	0.00(M)	517.01 (M)	187.06 (M)
Parmesan Roasted Broccoli, VDG -0.5C - LR100527 (1 serv.)	160	89.15	6.11	2.23	0.00(M)	10.00	171.93	6.42	2.52	1.65	0.00(M)	6.73	0.71(M)	45.48 (M)	602.85 (M)	86.32 (M)	0.00(M)	305.78 (M)	86.41 (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)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	65	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))	160	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)	Mois (g)
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	30	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)	200	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)	5	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 Spring Lunch Week #2 Thursday - Day: 4	415																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	30	497.92	18.62	3.49	0.00	54.54 (M)	1163.03	62.26	13.21	11.75	0.14(M)	29.65	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)	65	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.)	15	579.63	12.71	3.63	0.00(M)	5.55(M)	576.15	107.57	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.76 (M)	209.69 (M)	2.80(M)	3.34(M)	623.90 (M)	24.10 (M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	45	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.99	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Taco Seasoned Chicken w/ Shredded Cheese & Chips, MMA, WG - LR100811 (1 serv.)	260	385.50	14.50	5.50	0.00(M)	86.50 (M)	917.75	37.00	4.12	5.63	(M)	25.13	0.65(M)	40.00 (M)	50.00 (M)	(M)	0.00(M)	60.00 (M)	(M)
Category: Vegetables; May Choose: 2																			
Grape Tomatoes w/ Ranch Dip, VRO 0.5C - LR100371 (1 serv.)	85	53.78	3.39	0.47	0.04(M)	0.67(M)	149.49	5.95	1.66	0.43(M)	(M)	0.76	0.27	10.64	0.42(M)	0.01(M)	(M)	197.50 (M)	0.00(M)
Steamed Corn, VS, 0.5C - LR100615 (1/2 c.)	215	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 Fresh Fruit, F - LR100026 (1 serv.)	65	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.)	165	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)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	80	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)	30	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)	225	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)	5	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 Spring Lunch Week #2 Friday - Day: 5	415																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	30	497.92	18.62	3.49	0.00	54.54 (M)	1163.03	62.26	13.21	11.75	0.14(M)	29.65	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)	65	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.)	15	579.63	12.71	3.63	0.00(M)	5.55(M)	576.15	107.57	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.76 (M)	209.69 (M)	2.80(M)	3.34(M)	623.90 (M)	24.10 (M)
Chicken, Mini Chicken Corn Dogs, Breaded, Tyson Foods Inc., 10270240928, MMA, WGR - SR109655 (6 pcs.)	280	315.24	16.97	3.64	0.00	48.50	497.10	26.67	2.42	6.06	(M)	13.34	1.75	24.25	0.00(M)	0.00(M)	0.00	569.85	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.99	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
BBQ Baked Beans, VBP - LR100810 (1 serv.)	80	175.00	0.00	0.00	0.00	0.00	515.00	39.00	5.00	20.00	(M)	5.00	1.80	40.00	0.00	1.80	(M)	270.00 (M)	(M)
Potatoes, EverCrisp Thin Regular Fries 5x16" x 3/8" XL, McCain, Ore-Ida, OIF01028A, Veg-S - SR100509 (1/2 cup servin)	325	131.76	5.76	0.82	0.00	0.00	296.47	18.12	1.65	0.00	0.00	1.65	0.89	0.00	0.00(M)	0.00(M)	0.00	205.91	(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 Fresh Fruit, F - LR100026 (1 serv.)	65	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))	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)	30	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)	200	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)	5	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)