

# Menu Cycle Week – Nutrient Analysis

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Menu Cycle: MS Spring Lunch Week #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]	686.19	
Total Fat (g)		19.99	26.21
Sat Fat (g)(1)	< 10.00 % of Calories	5.66	7.43
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		65.79(M)	
Sodium Target 1 (mg) (1)	<= 1,360.00	1,111.84	
Sodium Target 1A (mg) (1)	<= 1,225.00	1,111.84	
Carb (g)		101.43	59.12
Total Fiber (g)		8.88	
Total Sugars (g)		59.08(M)	34.44
Added Sugars (g)		3.27(M)	
Protein (g)		26.15	15.24
Iron (mg)		3.58(M)	
Calcium (mg)		280.14(M)	
VitA (IU)		4,444.14(M)	
VitC (mg)		18.71(M)	
VitD (mcg)		0.13(M)	
Potassium (mg)		482.56(M)	
Mois (g)		65.61(M)	
Ash (g)		0.84(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	[9.000 - 10.000]	
Grains	[8.000 - 10.000]	[10.000 - 14.000](a)	
Non-WGR		2.000	
WGR	>= 80.000 % of	53.250	96.38
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	2.125	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.500	
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 Spring Lunch Week #4 Monday - Day: 1</b>	415																		
<b>Category: Entrees; May Choose: 1</b>																			
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.)	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)
Individual Pizza, IW, Tony's, WG - LR100713 (1 serv.)	300	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.)	15	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	125	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)
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)
<b>Category: Fruits; May Choose: 2</b>																			
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.)	325	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.)	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))	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)	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)

# 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)
<b>MS Spring Lunch Week #4 Tuesday - Day: 2</b>	415																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	40	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)	125	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)
Maple Waffle Chicken Patty Sandwich, MMA, WG - LR100800 (1 sandwich)	200	520.00	25.00	4.50	0.00	30.00	1120.00	52.00	4.00	5.00	1.00	19.00	3.80	75.00	0.00(M)	0.00(M)	0.00	320.07	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	35	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - SR105101 (1/2 c.)	100	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)
Potatoes, EverCrisp Thin Regular Fries 5x16" x 3/8" XL, McCain, Ore-Ida, OIF01028A, Veg-S - SR100509 (1/2 cup servin)	200	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)
<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.)	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.)	160	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)

# 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)	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)
<b>MS Spring Lunch Week #4 Wednesday - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	35	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.)	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)
Pancakes w/ Maple Syrup & Egg Patty, MMA, WG - LR100751 (1 serv.)	300	400.00	12.00	2.50	0.00	135.00	430.00	67.00	4.00	30.00	10.00 (M)	7.00	3.60(M)	60.00 (M)	0.00(M)	0.00(M)	0.00(M)	140.06 (M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	5	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Grape Tomatoes w/ Ranch Dip, VRO 0.5C - LR100371 (1 serv.)	65	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)
Potatoes, Reduced Sodium Tater Tots, 2.52 oz., McCain, 1000002789, Veg-S - SR103989 (8 pcs.)	325	90.00	3.50	0.00	0.00	0.00	160.00	14.00	2.00	0.00	0.00	1.00	0.40	10.00	0.00(M)	0.00(M)	0.00	180.01	(M)
<b>Category: Fruits; May Choose: 2</b>																			
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)	Mois (g)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	180	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)	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)
<b>MS Spring Lunch Week #4 Thursday - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	35	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.)	5	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 Nuggets w/ Garlic Bread Stick, MMA, WG - LR100507 (1 serv.)	300	358.51	15.95	2.57	0.01	25.01	667.67	37.01	4.00	5.00	0.00(M)	18.00	2.98	50.19	0.00(M)	15.00 (M)	0.10(M)	600.05 (M)	(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)
<b>Category: Vegetables; May Choose: 2</b>																			
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	65	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)
Parmesan Roasted Broccoli, VDG -0.5C - LR100527 (1 serv.)	125	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)
<b>Category: Fruits; May Choose: 2</b>																			
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.)	160	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)

# 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))	85	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)	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)
<b>MS Spring Lunch Week #4 Friday - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	35	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)	85	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)
BBQ Pulled Pork on Club Roll, MMA, WG - LR100533 (1 sandwich)	245	494.00	12.50	4.00	0.00	72.00	1524.00	62.00	5.00	27.00	(M)	29.98	2.52(M)	78.00 (M)	0.00(M)	0.00(M)	(M)	0.00(M)	0.00(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	35	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)
<b>Category: Vegetables; May Choose: 2</b>																			
BBQ Baked Beans, VBP - LR100810 (1 serv.)	100	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)
Garden Side Salad, 1C-VDG, 0.5C-VRO - LR100014 (1 salad)	125	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)
<b>Category: Fruits; May Choose: 2</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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)