

# 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>24.25 Fall ELEM Lunch Week #1 Monday - Day: 1</b>	350																		
<b>Category: Entrees; May Choose: 1</b>																			
Chicken Nuggets w/ Goldfish, MMA, WG - LR100442 (1 serv.)	250	340.00	17.50	3.00	0.00	25.00	610.00	30.00	4.00	1.00	0.00	16.00	2.60	50.00	0.00(M)	0.00(M)	0.10	660.19	(M)
Lunch Kit, Pizza, Anytimers Cheese & Turkey Pepperoni Whole Grain, 5.43 oz., Tasty Brands, 10102, MMA, WG, Veg-RO - SR106655 (1 kit)	45	390.00	17.00	7.00	0.00	45.00	1130.00	40.00	4.00	5.00	2.00	20.00	3.00	388.00	0.00(M)	0.00(M)	6.00	290.00	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	30	429.72	15.28	6.75	0.00(M)	43.25 (M)	1065.42	53.73	8.13	13.72 (M)	1.73(M)	17.84	2.56(M)	72.37 (M)	10163.40(M)	40.95 (M)	0.50(M)	446.87 (M)	0.00(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	460.96	23.52	8.39	0.00	20.00	661.86	47.04	5.88	15.54	11.64 (M)	17.73	1.77(M)	71.70 (M)	0.00(M)	0.00(M)	0.00(M)	347.92 (M)	0.00(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Potatoes, EverCrisp Thin Regular Fries 5x16" x 3/8" XL, McCain, Ore-Ida, OIF01028A, Veg-S - SR100509 (2.48 oz.)	250	120.00	5.00	0.50	0.00	0.00	320.00	17.00	1.00	0.99	0.00	1.00	0.40	10.00	0.00(M)	0.00(M)	0.00	200.00	(M)
Vegetable, Broccoli, No Salt Added, Frozen, USDA Foods, 110473, VEG-DG - SR108822 (1/2 c.)	100	26.00	0.00	0.00	0.00	0.00	22.00	5.00	3.00	1.00	(M)	3.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			
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)
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	200	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Assorted Milk, M - LR100851 (8 fluid ounce)	300	110.00	1.25	0.75	0.00	7.50	137.50	16.50	0.00	16.00	4.50	8.00	0.50	296.00	150.00	0.00(M)	3.00	383.00	(M)
<b>Category: Condiments; May Choose: 1</b>																			
Condiment, Ketchup, Natural Low Sodium, Sweetened With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	250	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	2.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(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>24.25 Fall ELEM Lunch Week #1 Tuesday - Day: 2</b>	350																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	75	552.26	10.76	2.80	0.00(M)	5.55(M)	570.20	106.00	6.86	51.65	37.66 (M)	14.33	2.59(M)	266.17 (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.)	50	460.96	23.52	8.39	0.00	20.00	661.86	47.04	5.88	15.54	11.64 (M)	17.73	1.77(M)	71.70 (M)	0.00(M)	0.00(M)	0.00(M)	347.92 (M)	0.00(M)
Walking Beefy Taco w/ Fixings, ELEM/MS, MMA, WG, VRO, VO - LR100127 (1 serv.)	225	418.08	23.64	8.52	0.70	56.98	432.79	31.82	4.97	1.89	0.00(M)	19.71	2.87(M)	76.97 (M)	555.57 (M)	7.17(M)	0.00(M)	460.32 (M)	76.96 (M)
<b>Category: Vegetables; May Choose: 2</b>																			
Beans, Taco Fiesta Black Beans Bush's Best, Veg-BP - SR109445 (1/2 cup, cooke)	50	112.51	1.02	0.00	0.00	0.00	480.71	20.46	4.09	2.05	(M)	5.11	1.84	40.91	0.00	0.00	(M)	286.38	(M)
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	200	66.00	0.55	0.08	0.00	0.00	1.00	15.83	2.00	(M)	(M)	2.09	0.39	2.00	163.00	2.90	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			
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)
Peaches, Diced, Cups - Frozen - SR109822 (4.4 oz.)	215	89.81	0.00	0.00	0.00	0.00	0.00	20.96	2.00	18.96	(M)	1.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Assorted Milk, M - LR100851 (8 fluid ounce)	250	110.00	1.25	0.75	0.00	7.50	137.50	16.50	0.00	16.00	4.50	8.00	0.50	296.00	150.00	0.00(M)	3.00	383.00	(M)
<b>24.25 Fall ELEM Lunch Week #1 Wednesday - Day: 3</b>	350																		
<b>Category: Entrees; May Choose: 1</b>																			
Cheesy Pull Apart w/ Marinara, MMA, WG, VRO - LR100847 (1 serv.)	250	315.00	13.00	6.00	0.00	30.00	640.00	35.00	3.00	7.00	4.00	15.00	1.80	340.00	(M)	(M)	0.00	270.11	(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)
Lunch Kit, Pizza, Anytimers Cheese & Turkey Pepperoni Whole Grain, 5.43 oz., Tasty Brands, 10102, MMA, WG, Veg-RO - SR106655 (1 kit)	45	390.00	17.00	7.00	0.00	45.00	1130.00	40.00	4.00	5.00	2.00	20.00	3.00	388.00	0.00(M)	0.00(M)	6.00	290.00	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	30	429.72	15.28	6.75	0.00(M)	43.25 (M)	1065.42	53.73	8.13	13.72 (M)	1.73(M)	17.84	2.56(M)	72.37 (M)	10163.40(M)	40.95 (M)	0.50(M)	446.87 (M)	0.00(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	460.96	23.52	8.39	0.00	20.00	661.86	47.04	5.88	15.54	11.64 (M)	17.73	1.77(M)	71.70 (M)	0.00(M)	0.00(M)	0.00(M)	347.92 (M)	0.00(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	200	46.00	0.09	0.01	0.00	0.00	132.20	10.01	2.13	0.00(M)	0.00(M)	0.46	0.66	23.40	10163.40	1.95	0.00(M)	0.00(M)	0.00(M)
Leafy Green Side Salad, VDG, VRO - LR100014 (1 salad)	100	54.61	0.37	0.05	0.00	0.00	104.34	11.51	2.78	4.04	(M)	1.53	0.75	33.57	10060.12	13.97	0.00(M)	218.49 (M)	72.72 (M)
<b>Category: Fruits; May Choose: 1</b>																			
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)
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	225	60.00	0.00	0.00	0.00	0.00	5.00	16.00	2.00	12.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Assorted Milk, M - LR100851 (8 fluid ounce)	250	110.00	1.25	0.75	0.00	7.50	137.50	16.50	0.00	16.00	4.50	8.00	0.50	296.00	150.00	0.00(M)	3.00	383.00	(M)
<b>24.25 Fall ELEM Lunch Week #1 Thursday - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	55	552.26	10.76	2.80	0.00(M)	5.55(M)	570.20	106.00	6.86	51.65	37.66 (M)	14.33	2.59(M)	266.17 (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.)	65	460.96	23.52	8.39	0.00	20.00	661.86	47.04	5.88	15.54	11.64 (M)	17.73	1.77(M)	71.70 (M)	0.00(M)	0.00(M)	0.00(M)	347.92 (M)	0.00(M)
Teriyaki Chicken w/ Fried Rice, ELEM, MMA, WG - LR100848 (1 serv.)	230	285.21	6.25	1.00	0.00	60.00	590.35	37.04	2.00	11.50	10.00	19.00	1.05	15.01	(M)	(M)	0.50	210.00	(M)
<b>Category: Vegetables; May Choose: 2</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)
Red Pepper Strips w/ Dip, VRO, 0.5C - LR100299 (1 serv.)	180	31.96	0.14	0.03	0.00	0.00	76.84	6.77	0.97	1.93	0.00(M)	0.46	0.20	3.22	1440.26	58.74	0.00(M)	97.06	42.42 (M)
Vegetable, Broccoli, No Salt Added, Frozen, USDA Foods, 110473, VEG-DG - SR108822 (1/2 c.)	200	26.00	0.00	0.00	0.00	0.00	22.00	5.00	3.00	1.00	(M)	3.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			
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)
Strawberries, Diced, Cups, Frozen, 4.5 oz., USDA, 100256, F - SR109098 (1 Container)	200	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>																			
Assorted Milk, M - LR100851 (8 fluid ounce)	250	110.00	1.25	0.75	0.00	7.50	137.50	16.50	0.00	16.00	4.50	8.00	0.50	296.00	150.00	0.00(M)	3.00	383.00	(M)
<b>24.25 Fall ELEM Lunch Week #1 Friday - Day: 5</b>		350																	
<b>Category: Entrees; May Choose: 1</b>																			
Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)	225	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)
Lunch Kit, Pizza, Anytimers Cheese & Turkey Pepperoni Whole Grain, 5.43 oz., Tasty Brands, 10102, MMA, WG, Veg-RO - SR106655 (1 kit)	55	390.00	17.00	7.00	0.00	45.00	1130.00	40.00	4.00	5.00	2.00	20.00	3.00	388.00	0.00(M)	0.00(M)	6.00	290.00	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	45	429.72	15.28	6.75	0.00(M)	43.25 (M)	1065.42	53.73	8.13	13.72 (M)	1.73(M)	17.84	2.56(M)	72.37 (M)	10163.40(M)	40.95 (M)	0.50(M)	446.87 (M)	0.00(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	460.96	23.52	8.39	0.00	20.00	661.86	47.04	5.88	15.54	11.64 (M)	17.73	1.77(M)	71.70 (M)	0.00(M)	0.00(M)	0.00(M)	347.92 (M)	0.00(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Beans, Baked, Vegetarian in Brown Sugar, Bush's Best, 01637, Veg-BP - SR107881 (1/2 cup, cooke)	100	132.68	0.00	0.00	0.00	0.00	561.33	29.60	5.10	10.21	(M)	7.14	1.84	40.82	0.00	0.00	(M)	(M)	(M)
Frozen Cut Green Beans, VO - LR100852 (1/2 c.)	165	23.33	0.00	0.00	0.00	0.00	0.00	4.67	1.33	1.33	(M)	1.33	0.53	26.67	(M)	(M)	0.00	113.33	(M)
<b>Category: Fruits; May Choose: 1</b>																			

# Menu Cycle Week – Nutrient Analysis

Generated on: 7/30/2024 10:33:40 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)
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	250	30.00	0.00	0.00	0.00(M)	0.00(M)	0.00	7.00	1.00	6.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	39.00	(M)	(M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	80	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>																			
Assorted Milk, M - LR100851 (8 fluid ounce)	250	110.00	1.25	0.75	0.00	7.50	137.50	16.50	0.00	16.00	4.50	8.00	0.50	296.00	150.00	0.00(M)	3.00	383.00	(M)