

# 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 #2 Monday - Day: 1</b>	350																		
<b>Category: Entrees; May Choose: 1</b>																			
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	35	308.24	11.60	2.15	0.00	23.00	703.80	41.50	11.43	6.89	0.00(M)	19.20	4.51(M)	146.07 (M)	29480.38(M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (M)
Pizza, Cheese Pizza, Mickey's, Slice, S16C16S08F, 1/8VEG-RO, 2MMA, 2NON-WGR - SR110750 (1 slice)	290	340.00	16.00	9.00	0.00	40.00	460.00	30.00	2.00	3.00	0.00	19.00	2.00	416.00	(M)	(M)	0.00	385.00	(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>																			
Peas, green, cooked from frozen, drained, without salt [100350, A160] - SR100123 (1/2 c.)	100	62.00	0.22	0.04	0.00	0.00	58.00	11.41	4.40	(M)	(M)	4.12	1.26	19.00	1680.00	7.90	(M)	(M)	(M)
Potatoes, Reduced Sodium Smile, 2.41 oz, McCain, OIF03456, Veg-S - SR101907 (2.41 oz.)	260	130.00	4.50	0.50	0.00	0.00	180.00	20.00	2.00	0.00	0.00	2.00	0.40	10.00	0.00(M)	0.00(M)	0.00	250.04	(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)
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	225	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)	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>Category: Condiments; May Choose: 1</b>																			
Condiment, Ketchup, Natural Low Sodium, Sweetened With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	200	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)
<b>24.25 Fall ELEM Lunch Week #2 Tuesday - Day: 2</b>	350																		
<b>Category: Entrees; May Choose: 1</b>																			

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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)
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)
Chicken Burrito Wrap, ELEM, MMA, WG - LR100561 (1 wrap)	200	452.85	8.70	4.16	0.00(M)	88.35	1204.20	56.33	5.28	6.16(M)	0.00(M)	31.81	6.45(M)	80.00 (M)	400.19 (M)	36.07 (M)	0.00(M)	339.22 (M)	33.49 (M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	75	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, 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.)	225	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.)	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)
Peaches, Diced, Cups - Frozen - SR109822 (4.4 oz.)	200	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 #2 Wednesday - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Cheesy Lasagna Roll w/ Sauce & Breadstick, MMA, WG, VRO - LR100289 (1 serv.)	275	350.00	7.50	2.50	0.00(M)	5.00	595.00	51.50	4.50	10.49	1.50(M)	17.50	2.60	207.00	0.00(M)	0.00(M)	0.00	549.93	(M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	50	308.24	11.60	2.15	0.00	23.00	703.80	41.50	11.43	6.89	0.00(M)	19.20	4.51(M)	146.07 (M)	29480.38(M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (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>																			

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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)
Frozen Cut Green Beans, VO - LR100852 (1/2 c.)	150	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)
Leafy Green Side Salad, VDG, VRO - LR100014 (1 salad)	150	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.)	50	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)	280	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 #2 Thursday - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	130	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)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	195	430.00	16.00	2.50	0.00	25.00	860.00	53.00	7.00	2.00	1.00(M)	21.00	4.50	124.00	0.00(M)	0.00(M)	0.00(M)	705.00 (M)	(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.)	150	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)
Celery Sticks w/ Ranch, VO - LR100280 (1/2 c.)	100	27.07	0.09	0.02	0.00	0.00	115.40	5.50	0.81	0.68	(M)	0.35	0.10	20.20	226.75	1.57	0.00(M)	131.30	48.19 (M)
<b>Category: Fruits; May Choose: 1</b>																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	35	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)	165	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)	265	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)

# 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 #2 Friday - Day: 5</b>	350																			
<b>Category: Entrees; May Choose: 1</b>																				
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	75	308.24	11.60	2.15	0.00	23.00	703.80	41.50	11.43	6.89	0.00(M)	19.20	4.51(M)	146.07 (M)	29480.38(M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (M)	
Hamburger on Roll, ELEM, MMA, WG - LR100049 (1 sandwich)	225	310.00	13.50	5.00	0.00	60.00	520.00	25.00	3.00	1.00	(M)	22.00	2.88	26.00	0.00(M)	0.00(M)	(M)	(M)	(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)	
<b>Category: Vegetables; May Choose: 2</b>																				
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	100	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	(M)	0.72	0.27	10.98	555.57	7.17	0.00	157.41	76.96	
Vegetable, Broccoli, No Salt Added, Frozen, USDA Foods, 110473, VEG-DG - SR108822 (1/2 c.)	150	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>																				
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	215	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.)	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)	
<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)	