

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)	
24.25 Fall MS Lunch Week #2 Monday - Day: 1	300																			
Category: Entrees; May Choose: 1																				
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	35	387.00	17.02	3.28	0.00	54.50 (M)	828.46	42.02	10.93	5.87	0.14(M)	24.14	4.52(M)	137.41 (M)	25278.98(M)	21.57 (M)	0.13(M)	848.30 (M)	305.95 (M)	
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	30	326.69	10.95	4.78	0.00	54.60	1228.22	36.89	4.24	3.50	(M)	23.61	3.06(M)	81.56 (M)	64.24 (M)	0.81(M)	0.00(M)	18.20 (M)	9.03(M)	
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)	
Pizza, Cheese Pizza, Mickey's, Slice, S16C16S08F, 1/8VEG-RO, 2MMA, 2NON-WGR - SR110750 (1 slice)	135	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)	
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	45	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	83.00	(M)	(M)	0.00	464.00	(M)	
Category: Vegetables; May Choose: 2																				
Peas, green, cooked from frozen, drained, without salt [100350, A160] - SR100123 (1/2 c.)	65	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.)	225	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)	
Category: Fruits; May Choose: 1																				
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)	
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)	
Category: Milk; May Choose: 1																				
Assorted Milk, M - LR100851 (8 fluid ounce)	225	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)	
Category: Condiments; 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)
Condiment, Ketchup, Natural Low Sodium, Sweetened With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	225	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)
24.25 Fall MS Lunch Week #2 Tuesday - Day: 2	300																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	20	387.00	17.02	3.28	0.00	54.50 (M)	828.46	42.02	10.93	5.87	0.14(M)	24.14	4.52(M)	137.41 (M)	25278.98(M)	21.57 (M)	0.13(M)	848.30 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	35	326.69	10.95	4.78	0.00	54.60	1228.22	36.89	4.24	3.50	(M)	23.61	3.06(M)	81.56 (M)	64.24 (M)	0.81(M)	0.00(M)	18.20 (M)	9.03(M)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	50	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)	130	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	65	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	83.00	(M)	(M)	0.00	464.00	(M)
Category: Vegetables; May Choose: 2																			
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.)	220	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)
Category: Fruits; May Choose: 1																			
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.)	220	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)
Category: Milk; May Choose: 1																			
Assorted Milk, M - LR100851 (8 fluid ounce)	225	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)
24.25 Fall MS Lunch Week #2 Wednesday - Day: 3	300																		

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)
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	387.00	17.02	3.28	0.00	54.50 (M)	828.46	42.02	10.93	5.87	0.14(M)	24.14	4.52(M)	137.41 (M)	25278.98(M)	21.57 (M)	0.13(M)	848.30 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	25	326.69	10.95	4.78	0.00	54.60	1228.22	36.89	4.24	3.50	(M)	23.61	3.06(M)	81.56 (M)	64.24 (M)	0.81(M)	0.00(M)	18.20 (M)	9.03(M)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	35	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)
Cheesy Lasagna Roll w/ Sauce & Breadstick, MMA, WG, VRO - LR100289 (1 serv.)	180	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	35	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	83.00	(M)	(M)	0.00	464.00	(M)
Category: Vegetables; May Choose: 2																			
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)	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)
Category: Fruits; May Choose: 1																			
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)
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	200	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)
Category: Milk; May Choose: 1																			
Assorted Milk, M - LR100851 (8 fluid ounce)	225	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)
24.25 Fall MS Lunch Week #2 Thursday - Day: 4																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	30	387.00	17.02	3.28	0.00	54.50 (M)	828.46	42.02	10.93	5.87	0.14(M)	24.14	4.52(M)	137.41 (M)	25278.98(M)	21.57 (M)	0.13(M)	848.30 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	35	326.69	10.95	4.78	0.00	54.60	1228.22	36.89	4.24	3.50	(M)	23.61	3.06(M)	81.56 (M)	64.24 (M)	0.81(M)	0.00(M)	18.20 (M)	9.03(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)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	40	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)	150	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	45	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	83.00	(M)	(M)	0.00	464.00	(M)
Category: Vegetables; May Choose: 2																			
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.)	150	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)
Category: Fruits; May Choose: 1																			
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)
Strawberries, Diced, Cups, Frozen, 4.5 oz., USDA, 100256, F - SR109098 (1 Container)	215	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																			
Assorted Milk, M - LR100851 (8 fluid ounce)	225	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)
24.25 Fall MS Lunch Week #2 Friday - Day: 5																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	35	387.00	17.02	3.28	0.00	54.50 (M)	828.46	42.02	10.93	5.87	0.14(M)	24.14	4.52(M)	137.41 (M)	25278.98(M)	21.57 (M)	0.13(M)	848.30 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	20	326.69	10.95	4.78	0.00	54.60	1228.22	36.89	4.24	3.50	(M)	23.61	3.06(M)	81.56 (M)	64.24 (M)	0.81(M)	0.00(M)	18.20 (M)	9.03(M)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	45	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)
Hamburger on Roll, MS/HS, MMA, WG - LR100319 (1 sandwich)	180	380.00	15.00	5.00	0.00	60.00	680.00	37.00	4.00	1.00	(M)	24.00	4.14	104.00	0.00(M)	0.00(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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	20	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	83.00	(M)	(M)	0.00	464.00	(M)
Category: Vegetables; May Choose: 2																			
Lettuce & Tomato Salad, VO, VRO - LR100177 (1 salad)	0	26.28	0.28	0.04	0.00	0.00	11.70	5.64	1.94	3.79	(M)	1.44	0.54	21.96	1111.14	14.35	0.00	314.82	153.93
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)
Category: Fruits; May Choose: 1																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	200	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.)	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)
Category: Milk; May Choose: 1																			
Assorted Milk, M - LR100851 (8 fluid ounce)	225	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)