

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 HS Lunch Week #3 Monday - Day: 1	375																		
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, HS, MMA, WG - LR100473 (1 sandwich)	15	347.75	13.13	3.88	0.00	57.19	1123.82	38.25	4.39	4.22	0.99(M)	22.49	2.73(M)	83.74 (M)	107.73 (M)	1.45(M)	0.00(M)	51.33 (M)	25.13 (M)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	30	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, Whole Grain Rich 17oz crust, 16 oz Cheese Pizza - 8 cut, Mickey's, G16C16SO8F, WGR, MMA, Veg-RO - SR102916 (1/8 pizza)	245	320.00	15.00	10.00	0.00	45.00	450.00	28.00	3.00	3.00	(M)	19.00	1.80	450.00	750.00	0.00	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	60	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.)	350	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)
Vegetable, Broccoli, No Salt Added, Frozen, USDA Foods, 110473, VEG-DG - SR108822 (1/2 c.)	300	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: 2																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	325	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)	325	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)	350	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 HS Lunch Week #3 Tuesday - Day: 2	375																		
Category: Entrees; 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)
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, HS, MMA, WG - LR100473 (1 sandwich)	15	347.75	13.13	3.88	0.00	57.19	1123.82	38.25	4.39	4.22	0.99(M)	22.49	2.73(M)	83.74 (M)	107.73 (M)	1.45(M)	0.00(M)	51.33 (M)	25.13 (M)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	30	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)
Max Cheese Sticks w/ Marinara, 3-sticks, MMA, WG, VRO - LR100048 (1 serv.)	85	510.00	19.50	6.00	0.00	30.00	825.00	58.00	5.00	6.00(M)	1.00(M)	26.00	4.60	595.00	0.00(M)	0.00(M)	0.00	653.91	(M)
Nachos Grande w/ Salsa, MMA, WG, VRO - LR100441 (1 serv.)	200	571.86	29.01	11.50	0.70	71.98	702.89	50.44	4.16	14.14	0.00(M)	26.11	6.69	404.31	419.82 (M)	37.13 (M)	0.00	2468.07	5.39(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	25	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)	100	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.)	325	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: 2																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	325	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.)	350	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)	325	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 HS Lunch Week #3 Wednesday - Day: 3																			
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)

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)
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	10	347.75	13.13	3.88	0.00	57.19	1123.82	38.25	4.39	4.22	0.99(M)	22.49	2.73(M)	83.74 (M)	107.73 (M)	1.45(M)	0.00(M)	51.33 (M)	25.13 (M)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	30	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	15	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)
Subway Ham & American Cheese, 6" Multi Grain, Includes Lettuce, Tomatoes, Cucumbers - LR100744 (1 serv.)	150	360.00	10.00	5.00	0.00	55.00	1350.00	42.00	4.00	7.00	0.00	24.00	2.70	100.00	1000.00	3.60	(M)	(M)	(M)
Subway Turkey & American Cheese, 6" Multi Grain, Includes Lettuce, Tomatoes, Cucumbers - LR100743 (1 serv.)	150	340.00	10.00	5.00	0.00	50.00	1170.00	41.00	4.00	5.00	0.00	23.00	1.80	100.00	1000.00	3.60	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Leafy Green Side Salad, VDG, VRO - LR100014 (1 salad)	300	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)
Vegetable, Peas, Green, No Salt Added, Frozen, USDA Foods, 110763, VEG-S - SR108827 (1/2 c.)	200	62.00	0.00	0.00	0.00	0.00	58.00	11.00	4.00	4.00	(M)	4.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	325	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.)	320	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)	325	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)	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)
24.25 Fall HS Lunch Week #3 Thursday - Day: 4	375																		
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, HS, MMA, WG - LR100473 (1 sandwich)	10	347.75	13.13	3.88	0.00	57.19	1123.82	38.25	4.39	4.22	0.99(M)	22.49	2.73(M)	83.74 (M)	107.73 (M)	1.45(M)	0.00(M)	51.33 (M)	25.13 (M)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	30	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)	100	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)
Breaded Spicy Chicken Patty on Roll, MS/HS, MMA, WG - LR100112 (1 sandwich)	45	420.00	15.00	2.50	0.00	20.00	760.00	52.00	6.00	2.00	1.00(M)	20.00	4.70	134.00	0.00(M)	0.00(M)	0.00(M)	690.00 (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)
Swedish Meatballs over Egg Noodles, MMA, WG - LR100859 (1 serv.)	125	579.00	15.00	5.50	0.60	96.00	1255.00	78.00	7.00	11.00	1.00(M)	25.00	3.88	199.00	50.00 (M)	0.00(M)	0.00(M)	1132.00 (M)	(M)
Category: Vegetables; May Choose: 2																			
Red Pepper Strips w/ Dip, VRO, 0.5C - LR100299 (1 serv.)	300	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.)	300	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: 2																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	325	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)
Strawberries, Diced, Cups, Frozen, 4.5 oz., USDA, 100256, F - SR109098 (1 Container)	325	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)	350	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 HS Lunch Week #3 Friday - Day: 5																			
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, HS, MMA, WG - LR100473 (1 sandwich)	15	347.75	13.13	3.88	0.00	57.19	1123.82	38.25	4.39	4.22	0.99(M)	22.49	2.73(M)	83.74 (M)	107.73 (M)	1.45(M)	0.00(M)	51.33 (M)	25.13 (M)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	30	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)
Ham & Cheese Sandwich on Pretzel Bun - LR100019 (1 sandwich)	150	325.98	12.42	5.96	0.00	56.76	730.49	38.92	3.00	6.96	4.00(M)	19.80	2.40(M)	10.00 (M)	0.00(M)	0.00(M)	0.30(M)	110.00 (M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	25	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)
Walking Beefy Taco w/ Fixings, HS, MMA, WG, VRO, VO - LR100181 (1 serv.)	130	458.08	23.64	8.52	0.70	56.98	712.78	39.82	4.97	5.89	0.00(M)	19.71	6.87(M)	76.97 (M)	915.57 (M)	43.17 (M)	0.00(M)	779.92 (M)	76.96 (M)
Category: Vegetables; May Choose: 2																			
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	275	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)
Potatoes, Mashed Potato Pearls, 12/28 oz. Pouch, Basic American Foods, 76468, Veg-S - SR109800 (1/2 c.)	200	70.00	1.00	0.00	0.00	0.00	340.00	14.00	1.00	0.00	0.00	2.00	0.30	10.00	(M)	(M)	0.00	320.07	(M)
Category: Fruits; May Choose: 2																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	325	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)

Menu Cycle Week – Nutrient Analysis

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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 Fresh Fruit, F - LR100026 (1 serv.)	325	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)	350	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)