

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 ELEM Lunch Week #4 Monday - Day: 1	350																		
Category: Entrees; May Choose: 1																			
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	50	476.00	15.59	7.51	0.00(M)	195.00 (M)	417.20	60.01	6.13	17.00 (M)	0.00(M)	21.46	2.82(M)	387.40 (M)	10163.40(M)	40.95 (M)	0.80(M)	2023.00 (M)	0.00(M)
Dumpling, Chicken and Vegetable with Whole Wheat Wrapper, 0.8 oz, Chef One, 60585, MMA, WGR - SR110159 (6 pcs.)	250	240.00	7.00	0.50	0.00	35.00	550.00	31.00	2.00	3.00	1.00	17.00	3.00	35.00	(M)	(M)	0.00	281.00	(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)
Category: Vegetables; May Choose: 2																			
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	125	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.)	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																			
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)
Category: Milk; May Choose: 1																			
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)
24.25 Fall ELEM Lunch Week #4 Tuesday - Day: 2	350																		
Category: Entrees; May Choose: 1																			
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	100	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)
French Toast Sticks w/ Sausage, ELEM, MMA, WG - LR100390 (1 serv.)	200	372.17	14.02	2.50	0.00(M)	30.00	402.01	51.70	3.00	9.00(M)	8.00(M)	12.00	2.41	40.98	0.00(M)	0.00(M)	0.00(M)	150.00 (M)	5.93(M)

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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)
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)
Category: Vegetables; May Choose: 2																			
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)
Vegetables, Mixed Vegetables, Frozen, Veg-O - SR105384 (3/4 c.)	100	128.15	2.76	0.52	0.51(M)	0.00	312.84	21.83	5.10	1.50(M)	(M)	5.06	1.24	35.98	5987.49	15.09	0.00(M)	4.48(M)	28.99 (M)
Category: Fruits; May Choose: 1																			
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.)	225	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)	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)
24.25 Fall ELEM Lunch Week #4 Wednesday - Day: 3																			
Category: Entrees; May Choose: 1																			
Bosco Cheese Sticks w/ Marinara, MMA, WG, VRO - LR100804 (1 serv.)	300	350.00	11.50	5.00	0.00	30.00	830.00	42.00	6.00	7.00	2.00(M)	22.00	3.00	465.00	(M)	(M)	4.00	496.05	(M)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	25	476.00	15.59	7.51	0.00(M)	195.00 (M)	417.20	60.01	6.13	17.00 (M)	0.00(M)	21.46	2.82(M)	387.40 (M)	10163.40 (M)	40.95 (M)	0.80(M)	2023.00 (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)
Category: Vegetables; May Choose: 2																			
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)
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																			
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)

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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)	Moisture (g)
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)
Category: Milk; May Choose: 1																			
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)
24.25 Fall ELEM Lunch Week #4 Thursday - Day: 4																			
Category: Entrees; May Choose: 1																			
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)
Macaroni & Cheese w/ Goldfish, MMA, WG - LR100813 (1 serv.)	225	394.50	14.67	6.59	0.00	30.46	1165.19	45.48	3.03	6.09	0.00	19.26	1.72	445.49	112.72 (M)	0.00(M)	0.00	273.25	(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)
Category: Vegetables; May Choose: 2																			
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)
Red Pepper Strips w/ Dip, VRO, 0.5C - LR100299 (1 serv.)	150	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)
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)	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)
Category: Milk; May Choose: 1																			
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)
24.25 Fall ELEM Lunch Week #4 Friday - Day: 5																			
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)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	75	476.00	15.59	7.51	0.00(M)	195.00 (M)	417.20	60.01	6.13	17.00 (M)	0.00(M)	21.46	2.82(M)	387.40 (M)	10163.40(M)	40.95 (M)	0.80(M)	2023.00 (M)	0.00(M)
Cheeseburger, ELEM, MMA, WG - LR100004 (1 sandwich)	225	276.37	11.32	5.01	0.00	50.63	655.96	24.00	2.40	1.90	(M)	19.14	2.85(M)	37.04 (M)	14.05 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(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)
Category: Vegetables; May Choose: 2																			
Beans, Baked, Vegetarian in Brown Sugar, Bush's Best, 01637, Veg-BP - SR107881 (1/2 cup, cooke)	50	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)
Potatoes, EverCrisp Thin Regular Fries 5x16" x 3/8" XL, McCain, Ore-Ida, OIF01028A, Veg-S - SR100509 (2.48 oz.)	225	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)
Category: Fruits; May Choose: 1																			
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.)	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)	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)
Category: Condiments; May Choose: 1																			
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)