

Menu Cycle Week – Nutrient Analysis

Generated on: 7/30/2024 10:43:33 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)	Mois (g)	
24.25 Fall HS Lunch Week #4 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)	275	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)	30	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.)	300	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)	350	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)	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 #4 Tuesday - Day: 2	375																			
Category: Entrees; May Choose: 1																				

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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)
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, 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)
Chicken & Vegetable Dumplings w/ Fried Rice & Fortune Cookie, MMA, WG - LR100860 (1 serv.)	200	522.10	9.50	0.50	0.00	35.00	990.70	87.75	6.01	7.67	2.67	23.18	3.70	45.52 (M)	(M)	0.00	0.00	284.83 (M)	(M)
Max Cheese Sticks w/ Marinara, 3-sticks, MMA, WG, VRO - LR100048 (1 serv.)	65	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)	(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	0.00	464.00 (M)	(M)
Category: Vegetables; May Choose: 2																			
Celery Sticks w/ Ranch, VO - LR100280 (1/2 c.)	200	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 (M)	48.19 (M)
Vegetables, Mixed Vegetables, Frozen, Veg-O - SR105384 (3/4 c.)	150	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: 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)	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)	(M)
24.25 Fall HS Lunch Week #4 Wednesday - Day: 3																			
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)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
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)
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	75	350.00	11.50	3.00	0.00	10.00	1060.00	47.00	6.00	8.00	(M)	18.00	3.90	341.00	0.00(M)	0.00(M)	0.00	536.05	(M)
Chicken & Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100486 (1 serv.)	85	330.00	9.50	2.00	0.00	15.00	1050.00	46.00	6.00	8.00	(M)	19.00	3.90	271.00	0.00(M)	0.00(M)	0.00	516.05	(M)
Popcorn Chicken w/ Roll, MMA, WG - LR100508 (1 serv.)	125	320.91	15.18	2.73	0.00	21.82	541.82	29.27	5.27	2.09	0.00(M)	18.27	3.15	58.73	0.00(M)	0.00(M)	0.11(M)	283.64 (M)	(M)
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																			
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	300	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)
Leafy Green Side Salad, VDG, VRO - LR100014 (1 salad)	225	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: 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.)	325	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)	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 # 4 Thursday - Day: 4																			
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)

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 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)	85	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)	75	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)
Chicken Alfredo over Penne w/ Breadstick, MMA, WG - LR100134 (1 serv.)	125	477.00	17.00	7.80	0.00	79.00	857.00	46.00	1.00	8.99	0.00(M)	30.00	1.80(M)	405.00 (M)	0.00(M)	0.00(M)	0.00(M)	969.00 (M)	(M)
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																			
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)
Vegetables, Mixed Vegetables, Frozen, Veg-O - SR105384 (3/4 c.)	150	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: 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)
Strawberries, Diced, Cups, Frozen, 4.5 oz., USDA, 100256, F - SR109098 (1 Container)	350	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 #4 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)

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.)	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)
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)	180	477.86	22.36	8.21	0.00	85.00	1036.43	38.36	4.00	1.86	0.36(M)	30.07	4.28(M)	104.00 (M)	0.00(M)	0.00(M)	0.00(M)	32.14 (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.)	100	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																			
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)
Potatoes, EverCrisp Thin Regular Fries 5x16" x 3/8" XL, McCain, Ore-Ida, OIF01028A, Veg-S - SR100509 (2.48 oz.)	350	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: 2																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	350	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.)	300	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)	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																			
Condiment, Ketchup, Natural Low Sodium, Sweetened With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	350	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)