

# 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 Breakfast Monday - Day: 1</b>	245																			
<b>Category: Entrees; May Choose: 1</b>																				
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	35	214.00	2.70	0.25	0.00	0.00	294.00	47.10	4.50	13.80	13.80	4.30	6.86	101.00	450.00 (M)	5.40(M)	2.91	125.00	(M)	
Assorted Pop Tarts, 2/pk, WG - LR100770 (1 serv.)	30	340.00	5.75	1.88	0.00	0.00	367.50	72.75	5.25	29.25	28.75	4.50	3.80	285.00	0.00(M)	0.00(M)	0.00	125.02	(M)	
Pillsbury Pull-Apart Soft Mini Bagels Filled with Cinnamon Neufchatel Cheese, 2.43 oz, General Mills, 138399000, WGR - LR100827 (1 pkg.)	75	230.00	6.00	2.00	0.00	10.00	190.00	42.00	2.00	13.00	12.00	6.00	1.60	30.00	(M)	(M)	0.00	140.00	(M)	
Strawberry Creamy Cheese Mini Bagel, General Mills, 138413, 2WG - LR100826 (1 bagel)	105	240.00	6.00	2.50	0.00	10.00	180.00	41.00	2.00	13.00	(M)	6.00	1.08	20.00	100.00	0.00	(M)	(M)	(M)	
<b>Category: Fruits; May Choose: 2</b>																				
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	225	40.00	0.00	0.00	0.00	0.00	4.00	9.40	0.00	8.40	0.00	0.00	0.00	2.00	0.00(M)	8.40(M)	0.00	88.00	(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)	
Assorted Fruit Cups, F - LR100769 (1 serv.)	125	76.67	0.00	0.00	0.00	0.00	5.33	18.67	1.67	17.67	0.00(M)	0.33	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	
<b>Category: Milk; May Choose: 1</b>																				
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	35	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	175	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)	
<b>24.25 Fall ELEM Breakfast Tuesday - Day: 2</b>	245																			
<b>Category: Entrees; May Choose: 1</b>																				
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	45	214.00	2.70	0.25	0.00	0.00	294.00	47.10	4.50	13.80	13.80	4.30	6.86	101.00	450.00 (M)	5.40(M)	2.91	125.00	(M)	
Assorted Muffins, 4 oz, WG - LR100454 (1 serv.)	155	369.23	11.46	3.85	0.00	81.54	249.23	59.54	4.77	32.08	23.08 (M)	7.00	2.45	54.62	7.69(M)	0.18(M)	0.37(M)	306.15 (M)	(M)	
Assorted Pop Tarts, 2/pk, WG - LR100770 (1 serv.)	45	340.00	5.75	1.88	0.00	0.00	367.50	72.75	5.25	29.25	28.75	4.50	3.80	285.00	0.00(M)	0.00(M)	0.00	125.02	(M)	
<b>Category: Fruits; May Choose: 2</b>																				
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	225	40.00	0.00	0.00	0.00	0.00	4.00	9.40	0.00	8.40	0.00	0.00	0.00	2.00	0.00(M)	8.40(M)	0.00	88.00	(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)
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)
Assorted Fruit Cups, F - LR100769 (1 serv.)	125	76.67	0.00	0.00	0.00	0.00	5.33	18.67	1.67	17.67	0.00(M)	0.33	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	35	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	175	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
<b>24.25 Fall ELEM Breakfast Wednesday - Day: 3</b>	245																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	20	214.00	2.70	0.25	0.00	0.00	294.00	47.10	4.50	13.80	13.80	4.30	6.86	101.00	450.00 (M)	5.40(M)	2.91	125.00	(M)
Assorted Pop Tarts, 2/pk, WG - LR100770 (1 serv.)	15	340.00	5.75	1.88	0.00	0.00	367.50	72.75	5.25	29.25	28.75	4.50	3.80	285.00	0.00(M)	0.00(M)	0.00	125.02	(M)
Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - LR100099 (1 pkg.)	160	240.00	8.00	2.00	0.00	0.00	300.00	40.00	2.00	15.00	(M)	5.00	1.44	40.00	0.00	0.00	(M)	(M)	(M)
Pillsbury Mini Cinnis Caramel, Frozen, Pull-Apart, 2.33 oz, General Mills, 18000-13184, 2WGR - LR100829 (1 pkg.)	50	210.00	6.00	1.00	0.00	0.00	280.00	35.00	2.00	10.00	8.00	5.00	1.50	30.00	(M)	(M)	0.00	130.00	(M)
<b>Category: Fruits; May Choose: 2</b>																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	225	40.00	0.00	0.00	0.00	0.00	4.00	9.40	0.00	8.40	0.00	0.00	0.00	2.00	0.00(M)	8.40(M)	0.00	88.00	(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)
Assorted Fruit Cups, F - LR100769 (1 serv.)	125	76.67	0.00	0.00	0.00	0.00	5.33	18.67	1.67	17.67	0.00(M)	0.33	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	35	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	175	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
<b>24.25 Fall ELEM Breakfast Thursday - Day: 4</b>	245																		
<b>Category: Entrees; May Choose: 1</b>																			

# 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)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	50	214.00	2.70	0.25	0.00	0.00	294.00	47.10	4.50	13.80	13.80	4.30	6.86	101.00	450.00 (M)	5.40(M)	2.91	125.00	(M)
Assorted Pop Tarts, 2/pk, WG - LR100770 (1 serv.)	25	340.00	5.75	1.88	0.00	0.00	367.50	72.75	5.25	29.25	28.75	4.50	3.80	285.00	0.00(M)	0.00(M)	0.00	125.02	(M)
Super Stars Mini Blueberry Glazed Donut Holes, 3 oz, Super Bakery, 9301, 2WG - LR100831 (1 serv.)	50	260.00	11.00	4.00	0.00	0.00	230.00	39.00	2.00	18.00	17.00	4.00	1.08	20.00	(M)	(M)	0.00	94.00	(M)
Super Stars Mini Chocolate Glazed Donut Holes, 3 oz, Super Bakery, 9302, 2WG - LR100832 (1 serv.)	120	270.00	12.00	5.00	0.00	0.00	260.00	38.00	4.00	14.00	13.00	5.00	2.00	32.00	(M)	(M)	0.00	228.00	(M)
<b>Category: Fruits; May Choose: 2</b>																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	225	40.00	0.00	0.00	0.00	0.00	4.00	9.40	0.00	8.40	0.00	0.00	0.00	2.00	0.00(M)	8.40(M)	0.00	88.00	(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)
Assorted Fruit Cups, F - LR100769 (1 serv.)	125	76.67	0.00	0.00	0.00	0.00	5.33	18.67	1.67	17.67	0.00(M)	0.33	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	35	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	175	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
<b>24.25 Fall ELEM Breakfast Friday - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	65	214.00	2.70	0.25	0.00	0.00	294.00	47.10	4.50	13.80	13.80	4.30	6.86	101.00	450.00 (M)	5.40(M)	2.91	125.00	(M)
Assorted Pop Tarts, 2/pk, WG - LR100770 (1 serv.)	55	340.00	5.75	1.88	0.00	0.00	367.50	72.75	5.25	29.25	28.75	4.50	3.80	285.00	0.00(M)	0.00(M)	0.00	125.02	(M)
Egg & Cheese on Croissant, MMA, WG - LR100796 (1 sandwich)	125	305.00	15.50	7.00	0.00	162.50	550.00	31.00	3.00	6.00	3.00(M)	12.50	2.16	121.50	221.00 (M)	0.00(M)	0.00(M)	25.00 (M)	(M)
<b>Category: Fruits; May Choose: 2</b>																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	225	40.00	0.00	0.00	0.00	0.00	4.00	9.40	0.00	8.40	0.00	0.00	0.00	2.00	0.00(M)	8.40(M)	0.00	88.00	(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)
Assorted Fruit Cups, F - LR100769 (1 serv.)	125	76.67	0.00	0.00	0.00	0.00	5.33	18.67	1.67	17.67	0.00(M)	0.33	0.00(M)	0.00(M)	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)	Moisture (g)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	35	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	175	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)