

# 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 HS Breakfast Monday - Day: 1</b>	350																			
<b>Category: Entrees; May Choose: 1</b>																				
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	10	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 Bagels, MS/HS, WG - LR100501 (1 bagel)	70	303.09	1.19	0.00	0.00	0.00	362.96	62.99	4.74	8.48	0.00(M)	9.98	3.44	57.32	0.00(M)	0.00(M)	0.00(M)	63.75 (M)	(M)	
Assorted Bake Crafters Donuts - LR100782 (1 pkg.)	15	315.00	15.50	8.50	0.00	20.00	250.00	42.00	2.50	21.50	21.50	3.00	1.70	35.00	(M)	(M)	0.00	105.02	(M)	
Assorted Muffins, 4 oz, WG - LR100454 (1 serv.)	100	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.)	10	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)	
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	20	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)	
Cinnamon Roll w/ String Cheese, MMA, WG - LR100798 (1 serv.)	125	319.01	12.93	5.45	0.00	19.75	437.53	39.98	3.00	12.99	11.00	10.93	1.80	235.56	0.00(M)	0.00(M)	0.00	148.32	(M)	
<b>Category: Fruits; May Choose: 2</b>																				
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	325	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.)	20	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)	20	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 )	165	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 HS Breakfast Tuesday - Day: 2</b>	350																			
<b>Category: Entrees; May Choose: 1</b>																				
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	15	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 Bagels, MS/HS, WG - LR100501 (1 bagel)	70	303.09	1.19	0.00	0.00	0.00	362.96	62.99	4.74	8.48	0.00(M)	9.98	3.44	57.32	0.00(M)	0.00(M)	0.00(M)	63.75 (M)	(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 Bake Crafters Donuts - LR100782 (1 pkg.)	10	315.00	15.50	8.50	0.00	20.00	250.00	42.00	2.50	21.50	21.50	3.00	1.70	35.00	(M)	(M)	0.00	105.02	(M)
Assorted Muffins, 4 oz, WG - LR100454 (1 serv.)	100	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.)	10	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)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	20	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, Egg & Cheese on Croissant, MMA, WG - LR100145 (1 sandwich)	95	347.86	18.36	7.71	0.00	175.00	771.43	31.36	3.00	6.36	3.36(M)	16.07	2.30	121.50	221.00 (M)	0.00(M)	0.00(M)	57.14 (M)	(M)
Cinnamon Roll w/ String Cheese, MMA, WG - LR100798 (1 serv.)	30	319.01	12.93	5.45	0.00	19.75	437.53	39.98	3.00	12.99	11.00	10.93	1.80	235.56	0.00(M)	0.00(M)	0.00	148.32	(M)
<b>Category: Fruits; May Choose: 2</b>																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	325	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.)	30	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)	20	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 )	165	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 HS Breakfast Wednesday - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	10	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 Bagels, MS/HS, WG - LR100501 (1 bagel)	70	303.09	1.19	0.00	0.00	0.00	362.96	62.99	4.74	8.48	0.00(M)	9.98	3.44	57.32	0.00(M)	0.00(M)	0.00(M)	63.75 (M)	(M)
Assorted Bake Crafters Donuts - LR100782 (1 pkg.)	10	315.00	15.50	8.50	0.00	20.00	250.00	42.00	2.50	21.50	21.50	3.00	1.70	35.00	(M)	(M)	0.00	105.02	(M)
Assorted Muffins, 4 oz, WG - LR100454 (1 serv.)	120	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.)	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)

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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 Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	20	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)
Cinnamon Roll w/ String Cheese, MMA, WG - LR100798 (1 serv.)	20	319.01	12.93	5.45	0.00	19.75	437.53	39.98	3.00	12.99	11.00	10.93	1.80	235.56	0.00(M)	0.00(M)	0.00	148.32	(M)
Sausage, Egg & Cheese Croissant, MMA, WG - LR100212 (1 sandwich)	85	365.00	18.50	7.50	0.00	142.50	610.00	31.00	3.00	4.50	3.00(M)	18.50	2.90(M)	48.60 (M)	0.00(M)	0.00(M)	0.60(M)	282.00 (M)	(M)
<b>Category: Fruits; May Choose: 2</b>																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	340	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.)	125	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.)	40	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)	20	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 )	165	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 HS Breakfast Thursday - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	10	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 Bagels, MS/HS, WG - LR100501 (1 bagel)	70	303.09	1.19	0.00	0.00	0.00	362.96	62.99	4.74	8.48	0.00(M)	9.98	3.44	57.32	0.00(M)	0.00(M)	0.00(M)	63.75 (M)	(M)
Assorted Bake Crafters Donuts - LR100782 (1 pkg.)	15	315.00	15.50	8.50	0.00	20.00	250.00	42.00	2.50	21.50	21.50	3.00	1.70	35.00	(M)	(M)	0.00	105.02	(M)
Assorted Muffins, 4 oz, WG - LR100454 (1 serv.)	115	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.)	10	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)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	25	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)
Cinnamon Roll w/ String Cheese, MMA, WG - LR100798 (1 serv.)	20	319.01	12.93	5.45	0.00	19.75	437.53	39.98	3.00	12.99	11.00	10.93	1.80	235.56	0.00(M)	0.00(M)	0.00	148.32	(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)
Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - LR100099 (1 pkg.)	50	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.)	35	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.)	240	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.)	40	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)	20	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 )	165	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 HS Breakfast Friday - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	10	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 Bagels, MS/HS, WG - LR100501 (1 bagel)	75	303.09	1.19	0.00	0.00	0.00	362.96	62.99	4.74	8.48	0.00(M)	9.98	3.44	57.32	0.00(M)	0.00(M)	0.00(M)	63.75 (M)	(M)
Assorted Bake Crafters Donuts - LR100782 (1 pkg.)	10	315.00	15.50	8.50	0.00	20.00	250.00	42.00	2.50	21.50	21.50	3.00	1.70	35.00	(M)	(M)	0.00	105.02	(M)
Assorted Muffins, 4 oz, WG - LR100454 (1 serv.)	100	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.)	10	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)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	20	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)
Cinnamon Roll w/ String Cheese, MMA, WG - LR100798 (1 serv.)	5	319.01	12.93	5.45	0.00	19.75	437.53	39.98	3.00	12.99	11.00	10.93	1.80	235.56	0.00(M)	0.00(M)	0.00	148.32	(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)
Egg & Cheese on Croissant, MMA, WG - LR100796 (1 sandwich)	120	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.)	340	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.)	40	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)	20	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)	165	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)