

# 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 Lunch Week #3 Monday :116691 - Day: 1</b>	350																			
<b>Category: Entrees; May Choose: 1</b>																				
Cheese Pizza, Slice - LR100758 (1 slice)	300	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)	
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	670.00	48.00	6.00	15.99	12.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	355.00 (M)	0.00(M)	
Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich)	25	305.00	7.50	3.00	0.00	52.50	1405.00	34.00	4.00	3.50	(M)	26.50	4.00(M)	66.00 (M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	
<b>Category: Vegetables; May Choose: 2</b>																				
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	100	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.)	200	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)	
<b>Category: Fruits; May Choose: 1</b>																				
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)	250	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)	
<b>Category: Milk; May Choose: 1</b>																				
Assorted Milk, M - LR100851 (8 fluid ounce)	265	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)	
<b>Category: Condiments; May Choose: 1</b>																				
Condiment, Ketchup, Natural Low Sodium, Sweetened With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	250	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)	
<b>24.25 Fall ELEM Lunch Week #3 Tuesday :116691 - Day: 2</b>	350																			
<b>Category: Entrees; May Choose: 1</b>																				
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	75	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)	

# 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)	Moisture (g)
Nachos Grande w/ Salsa, MMA, WG, VRO - LR100441 (1 serv.)	235	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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	40	470.00	24.00	8.50	0.00	20.00	670.00	48.00	6.00	15.99	12.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	355.00 (M)	0.00(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Beans, Taco Fiesta Black Beans Bush's Best, Veg-BP - SR109445 (1/2 cup, cooke)	65	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.)	220	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)
<b>Category: Fruits; May Choose: 1</b>																			
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)
Peaches, Diced, Cups - Frozen - SR109822 (4.4 oz.)	180	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)
<b>Category: Milk; May Choose: 1</b>																			
Assorted Milk, M - LR100851 (8 fluid ounce)	240	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)
<b>24.25 Fall ELEM Lunch Week #3 Wednesday :116691 - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken Tenders w/ Muffin, MMA, WG - LR100807 (1 serv.)	250	418.33	20.00	4.17	0.00	54.17	498.33	41.50	4.67	14.83	14.17	17.50	2.95	66.67	0.00(M)	0.00(M)	0.13	393.33	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	50	470.00	24.00	8.50	0.00	20.00	670.00	48.00	6.00	15.99	12.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	355.00 (M)	0.00(M)
Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich)	50	305.00	7.50	3.00	0.00	52.50	1405.00	34.00	4.00	3.50	(M)	26.50	4.00(M)	66.00 (M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Leafy Green Side Salad, VDG, VRO - LR100014 (1 salad)	150	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)
Oven Baked Fries, V-S. 0.5C - LR100642 (1 c.)	100	200.00	7.00	0.00	0.00	0.00	260.00	34.00	2.00	0.00	0.00	4.00	0.72	0.00	0.00	7.20	0.00	519.82	(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)
<b>Category: Fruits; May Choose: 1</b>																			
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)
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	265	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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>24.25 Fall ELEM Lunch Week #3 Thursday :116691 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	670.00	48.00	6.00	15.99	12.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	355.00 (M)	0.00(M)
Subway Ham & American Cheese, 6" Multi Grain, Includes Lettuce, Tomatoes, Cucumbers - LR100744 (1 serv.)	125	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Green Beans, Raw, VO, 0.5C - LR100706 (1/2 c.)	100	20.58	0.10	0.02	0.00	0.00	1.96	3.70	1.27	1.96	(M)	1.37	1.02	21.07	532.63	29.40	0.00	98.00	43.56
Red Pepper Strips w/ Dip, VRO, 0.5C - LR100299 (1 serv.)	100	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)
<b>Category: Fruits; May Choose: 1</b>																			
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)
Strawberries, Diced, Cups, Frozen, 4.5 oz., USDA, 100256, F - SR109098 (1 Container)	235	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)

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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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>24.25 Fall ELEM Lunch Week #3 Friday :116691 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Popcorn Chicken w/ Breadstick, MMA, WG - LR100157 (1 serv.)	290	360.91	15.68	2.73	0.00	21.82	531.82	37.27	4.27	4.09	0.00(M)	18.27	2.43	52.73	0.00(M)	2.40(M)	0.11(M)	283.64 (M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	35	470.00	24.00	8.50	0.00	20.00	670.00	48.00	6.00	15.99	12.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	355.00 (M)	0.00(M)
Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich)	25	305.00	7.50	3.00	0.00	52.50	1405.00	34.00	4.00	3.50	(M)	26.50	4.00(M)	66.00 (M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Baked Beans, Low Sodium Bush's Vegetarian - LR100757 (1 serv.)	100	140.00	0.00	0.00	0.00	0.00	370.00	30.00	5.00	12.00	(M)	5.00	1.80	40.00	0.00	0.00	(M)	270.00	(M)
Celery Sticks w/ Ranch, VO - LR100280 (1/2 c.)	100	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)
<b>Category: Fruits; May Choose: 1</b>																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	300	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.)	25	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)
<b>Category: Milk; May Choose: 1</b>																			
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)