

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 HS Lunch Week #1 Monday :116699 - Day: 1	375																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	15	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)	55	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.)	45	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)	250	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)	10	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.)	325	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.)	325	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.)	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)
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	325	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)
Category: Desserts; 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)	Moisture (g)
Pudding, Chocolate 3.5 oz Cup, Snack Pack, ConAgra Foods, 2700055418 - SR102161 (1 cup servin)	250	110.00	2.50	1.50	0.00	0.00	135.00	20.00	1.00	14.00	13.00	0.99	0.80	0.00	(M)	(M)	0.00	110.00	(M)
Pudding, Vanilla 3.5 oz, Snack Pack, ConAgra Foods, 2700055419 - SR102162 (1 cup servin)	75	100.00	3.00	1.50	0.00	0.00	125.00	18.00	0.99	13.00	12.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
24.25 Fall HS Lunch Week #1 Tuesday :116699 - Day: 2	375																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	10	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)	10	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 Tenders w/ Scooby Snacks, MMA, WG - LR100853 (1 serv.)	150	466.67	23.50	4.33	0.00	33.33	635.00	42.33	5.00	9.33	1.33	22.00	3.52	153.33	500.00 (M)	0.00(M)	0.13(M)	400.00 (M)	(M)
Max Cheese Sticks w/ Marinara, 3-sticks, MMA, WG, VRO - LR100048 (1 serv.)	120	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)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	55	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																			
Beans, Taco Fiesta Black Beans Bush's Best, Veg-BP - SR109445 (1/2 cup, cooke)	200	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.)	325	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)
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)

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)
Peaches, Diced, Cups - Frozen - SR109822 (4.4 oz.)	325	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)	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 #1 Wednesday :116699 - Day: 3																			
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	15	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)	10	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.)	35	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)
Buffalo Chicken Dip w/Chips, MMA, WG - LR100380 (1 serv.)	200	428.24	17.72	5.90	0.02	79.43 (M)	674.55	42.53	3.02	2.54	0.99(M)	23.31	0.63(M)	88.03 (M)	400.21 (M)	0.02(M)	0.00(M)	80.91 (M)	(M)
Popcorn Chicken w/ Roll, MMA, WG - LR100508 (1 serv.)	70	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)	45	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																			
Leafy Green Side Salad, VDG, VRO - LR100014 (1 salad)	125	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.)	125	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)
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.)	350	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)

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 HS Lunch Week #1 Thursday :116699 - Day: 4	375																		
Category: Entrees; May Choose: 1																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	10	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)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	75	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)	65	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)
Oriental Sweet & Sour Chicken over Rice, MMA, WG - LR100121 (1 serv.)	150	420.91	14.93	2.73	0.00	21.82	511.82	53.77	4.27	19.09	0.00(M)	17.27	2.43(M)	32.73 (M)	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)	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																			
Green Beans, Raw, VO, 0.5C - LR100706 (1/2 c.)	125	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.)	125	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: 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)	325	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)

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 HS Lunch Week #1 Friday :116699 - Day: 5	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)	
Meatball Sub w/ Marinara & Cheese, MMA, WG, VRO - LR100469 (1 sandwich)	115	405.08	13.52	4.50	0.60	41.00	1056.68	46.69	6.10	8.03	1.00(M)	23.59	3.99(M)	162.14 (M)	252.72 (M)	3.99(M)	0.00(M)	964.67 (M)	2.63(M)	
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	65	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.)	125	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)	150	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)	
Celery Sticks w/ Ranch, VO - LR100280 (1/2 c.)	125	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)	
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.)	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)	
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)	