

# 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>24.25 Fall HS Lunch Week #4 Monday :116702 - Day: 1</b>	375																			
<b>Category: Entrees; May Choose: 1</b>																				
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)	
<b>Category: Vegetables; May Choose: 2</b>																				
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, Seasoned Green Peas, Veg-S - SR105385 (1/2 c.)	100	87.92	2.20	0.41	0.34	0.00	256.99	12.70	4.19	4.65(M)	(M)	4.86	1.43	20.71	1994.91	16.74	0.00(M)	142.60 (M)	74.75	
<b>Category: Fruits; May Choose: 2</b>																				
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)	
<b>Category: Milk; May Choose: 1</b>																				
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)	
<b>24.25 Fall HS Lunch Week #4 Tuesday :116702 - Day: 2</b>	375																			
<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 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	521.67	9.50	0.50	0.00	35.00	990.00	87.67	6.00	7.67	2.67	23.17	3.70	45.50 (M)	(M)	(M)	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)	(M)	0.00	464.00 (M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Bush's Best Easy Entrees Texas Ranchero Beans - Veg - SR109479 (1/2 cup, cooke)	125	112.51	0.05	0.00	0.00	0.00	501.16	20.46	5.11	1.02	(M)	6.14	1.84	40.91	0.00	0.00	(M)	409.11 (M)	(M)
Potatoes, Reduced Sodium Smile, 2.41 oz, McCain, OIF03456, Veg-S - SR101907 (2.41 oz.)	200	130.00	4.50	0.50	0.00	0.00	180.00	20.00	2.00	0.00	0.00	2.00	0.40	10.00	0.00(M)	0.00(M)	0.00	250.04 (M)	(M)
<b>Category: Fruits; May Choose: 2</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>24.25 Fall HS Lunch Week #4 Wednesday :116702 - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
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)

# 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 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)
Beefy Chili w/ Cornbread, MMA, WG, VBP, VRO - LR100373 (1 serv.)	85	526.94	18.18	4.37	1.67(M)	68.45	639.36	67.13	11.65	20.76 (M)	15.00 (M)	24.04	3.42(M)	121.85 (M)	284.96 (M)	1.19(M)	0.00(M)	295.83 (M)	14.36 (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)
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)
<b>Category: Vegetables; May Choose: 2</b>																			
Cauliflower Dippers w/ Ranch, VO, 0.5 C - LR100809 (1 serv.)	150	33.40	0.15	0.07	0.00	0.00	91.05	6.66	1.07	1.02	(M)	1.02	0.23	11.75	0.00	25.80	0.00(M)	160.03	0.00(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)
<b>Category: Fruits; May Choose: 2</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>24.25 Fall HS Lunch Week # 4 Thursday :116702 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
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)

# 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 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)	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)
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)	125	394.50	14.67	6.59	0.00	30.46	1165.19	45.48	3.03	6.09	0.00	19.26	1.72	445.49	112.72 (M)	0.00(M)	0.00	273.25	(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)
<b>Category: Vegetables; May Choose: 2</b>																			
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)
Vegetables, Mixed Vegetables, Frozen, Veg-O - SR105384 (3/4 c.)	125	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)
<b>Category: Fruits; May Choose: 2</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>24.25 Fall HS Lunch Week #4 Friday :116702 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
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)

# 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 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)
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)
<b>Category: Vegetables; May Choose: 2</b>																			
Broccoli Florets w/ Ranch, VDG, 0.5C - LR100275 (1 serv.)	125	35.47	0.17	0.05	0.00	0.00	90.02	7.02	1.18	0.77	0.00(M)	1.28	0.33	21.39	283.46	40.59	0.00(M)	143.78	40.63 (M)
Grape Tomatoes w/ Ranch Dip, VRO 0.5C - LR100371 (1 serv.)	125	40.50	0.50	0.00	0.00(M)	0.00(M)	79.55	8.20	1.60	0.00(M)	(M)	0.65	0.25	8.50	0.00(M)	0.00(M)	(M)	197.50	0.00(M)
<b>Category: Fruits; May Choose: 2</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Category: Condiments; May Choose: 1</b>																			
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)