

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 MS Lunch Week #2 Monday :116695 - Day: 1	350																		
Category: Entrees; May Choose: 1																			
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	0	308.24	11.60	2.15	0.00	23.00	703.80	41.50	11.43	6.89	0.00(M)	19.20	4.51(M)	146.07 (M)	29480.38(M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (M)
Pizza, Cheese Pizza, Mickey's, Slice, S16C16S08F, 1/8VEG-RO, 2MMA, 2NON-WGR - SR110750 (1 slice)	0	340.00	16.00	9.00	0.00	40.00	460.00	30.00	2.00	3.00	0.00	19.00	2.00	416.00	(M)	(M)	0.00	385.00	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	0	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)
Category: Vegetables; May Choose: 2																			
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	0	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)
Peas, green, cooked from frozen, drained, without salt [100350, A160] - SR100123 (1/2 c.)	0	62.00	0.22	0.04	0.00	0.00	58.00	11.41	4.40	(M)	(M)	4.12	1.26	19.00	1680.00	7.90	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	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)	0	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)	0	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: Condiments; May Choose: 1																			
Condiment, Ketchup, Natural Low Sodium, Sweetened With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	0	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)
24.25 Fall MS Lunch Week #2 Tuesday :116695 - Day: 2	350																		
Category: Entrees; 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)	Mois (g)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	0	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)
Corn Dogs, Mini, Turkey, 6 each (4.02 oz), JTM Food Group, 5090, MMA, WGR - SR109681 (6 corn dogs,)	0	256.83	9.55	1.79	0.10	37.23	361.80	34.98	0.00	10.80	9.48	9.77	1.74	54.78	0.00(M)	0.00(M)	0.20	336.89	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	0	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)
Category: Vegetables; May Choose: 2																			
Beans, Taco Fiesta Black Beans Bush's Best, Veg-BP - SR109445 (1/2 cup, cooke)	0	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)
Potatoes, Reduced Sodium Smile, 2.41 oz, McCain, OIF03456, Veg-S - SR101907 (2.41 oz.)	0	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)
Category: Fruits; May Choose: 1																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	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.)	0	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)	0	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 MS Lunch Week #2 Wednesday :116695 - Day: 3	350																		
Category: Entrees; May Choose: 1																			
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	0	308.24	11.60	2.15	0.00	23.00	703.80	41.50	11.43	6.89	0.00(M)	19.20	4.51(M)	146.07 (M)	29480.38(M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (M)
Chicken Nuggets w/ Goldfish, MMA, WG - LR100442 (1 serv.)	0	340.00	17.50	3.00	0.00	25.00	610.00	30.00	4.00	1.00	0.00	16.00	2.60	50.00	0.00(M)	0.00(M)	0.10	660.19	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	0	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)
Category: Vegetables; May Choose: 2																			

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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)
Cauliflower Dippers w/ Ranch, VO, 0.5 C - LR100809 (1 serv.)	0	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)	0	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)
Category: Fruits; May Choose: 1																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	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.)	0	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)	0	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 MS Lunch Week #2 Thursday :116695 - Day: 4		350																	
Category: Entrees; May Choose: 1																			
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	0	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)	0	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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	0	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)
Category: Vegetables; May Choose: 2																			
Celery Sticks w/ Ranch, VO - LR100280 (1/2 c.)	0	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.)	0	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)
Category: Fruits; May Choose: 1																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	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)	0	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																			

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 Milk, M - LR100851 (8 fluid ounce)	0	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 MS Lunch Week #2 Friday :116695 - Day: 5	350																		
Category: Entrees; May Choose: 1																			
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	0	308.24	11.60	2.15	0.00	23.00	703.80	41.50	11.43	6.89	0.00(M)	19.20	4.51(M)	146.07 (M)	29480.38(M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (M)
Hamburger on Roll, ELEM, MMA, WG - LR100049 (1 sandwich)	0	310.00	13.50	5.00	0.00	60.00	520.00	25.00	3.00	1.00	(M)	22.00	2.88	26.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	0	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)
Category: Vegetables; May Choose: 2																			
Grape Tomatoes w/ Ranch Dip, VRO 0.5C - LR100371 (1 serv.)	0	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)
Vegetable, Broccoli, No Salt Added, Frozen, USDA Foods, 110473, VEG-DG - SR108822 (1/2 c.)	0	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: 1																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	0	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.)	0	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)	0	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)