

# 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 #2 Monday :118842 - Day: 1</b>	350																		
<b>Category: Entrees; May Choose: 1</b>																			
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	35	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)	290	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)	(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)
<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)
Peas, green, cooked from frozen, drained, without salt [100350, A160] - SR100123 (1/2 c.)	100	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)
<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)	225	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)	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>Category: Condiments; May Choose: 1</b>																			
Condiment, Ketchup, Natural Low Sodium, Sweetened With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	200	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 #2 Tuesday :118842 - Day: 2</b>	350																		
<b>Category: Entrees; May Choose: 1</b>																			

# 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.)	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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	75	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)
Tamale, Chicken Tomatillo and Vegetable Protein Tamale, Padrino Foods, 02-304, WGR MMA - SR110736 (1 tamale)	100	320.00	16.00	3.00	0.00	24.00	650.00	31.00	4.00	1.00	(M)	15.00	1.44	60.00	150.00	6.60	(M)	(M)	(M)
Tamales, Beef and Vegetable Protein Tamale, Padrino Foods, 5.1oz, 03304, WGR, MMA - SR110733 (1 tamale)	100	340.00	20.00	5.00	0.00	27.00	650.00	29.00	4.00	1.00	(M)	16.00	3.60	90.00	700.00	0.00	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Beans, Taco Fiesta Black Beans Bush's Best, Veg-BP - SR109445 (1/2 cup, cooke)	50	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.)	150	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)
<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)
Peaches, Diced, Cups - Frozen - SR109822 (4.4 oz.)	200	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)	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>Category: Desserts; May Choose: 1</b>																			
Chocolate Chip Cookie, David's, WG - LR100323 (1 cookie)	450	100.00	3.50	1.00	0.00	5.00	85.00	17.00	1.00	8.00	(M)	2.00	0.72	20.00	100.00	0.00	(M)	(M)	(M)
<b>24.25 Fall ELEM Lunch Week #2 Wednesday :118842 - Day: 3</b>	350																		
<b>Category: Entrees; May Choose: 1</b>																			

# 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)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	50	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)
Pinwheel, WG Philly Steak and Cheese, ES Foods, 25415, 2MMA, 2WG - SR110257 (1 serv.)	275	310.00	12.00	6.00	0.00	35.00	680.00	32.00	2.00	2.00	2.00	20.00	3.60	250.00 (M)	(M)	(M)	0.00	94.00 (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)
<b>Category: Vegetables; May Choose: 2</b>																			
Cauliflower Dippers w/ Ranch, VO, 0.5 C - LR100809 (1 serv.)	100	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)	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)
<b>Category: Fruits; May Choose: 1</b>																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	50	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.)	225	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)	280	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 ELEM Lunch Week #2 Thursday :118842 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	130	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 Parmesan over Pasta, ELEM/MS, MMA, WG - LR100362 (1 sandwich)	195	512.78	18.49	4.86	0.00	35.00 (M)	886.17	57.89	9.34	4.99	1.50(M)	28.92	4.41(M)	64.76 (M)	0.00(M)	0.00(M)	0.00(M)	602.83 (M)	70.44 (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)
<b>Category: Vegetables; May Choose: 2</b>																			

# 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)
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)
Vegetables, Mixed Vegetables, Frozen, Veg-O - SR105384 (3/4 c.)	100	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: 1</b>																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	35	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 Juice Rush, Hershey IC, F - LR100232 (1 serv.)	100	70.00	0.00	0.00	0.00	0.00	6.67	17.00	0.00	16.00	0.00(M)	0.33	0.67	18.67	0.00(M)	0.00(M)	0.00(M)	69.33 (M)	(M)
Strawberries, Diced, Cups, Frozen, 4.5 oz., USDA, 100256, F - SR109098 (1 Container)	165	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)	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>24.25 Fall ELEM Lunch Week #2 Friday :118842 - Day: 5</b>		350																	
<b>Category: Entrees; May Choose: 1</b>																			
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	75	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)	225	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.)	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)
<b>Category: Vegetables; May Choose: 2</b>																			
Grape Tomatoes w/ Ranch Dip, VRO 0.5C - LR100371 (1 serv.)	100	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.)	150	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>																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	215	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)

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/28/2025 8:45:08 AM by Sarah Ginn

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)
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)
<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)