

# Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:21:40 PM by Tammy Vinglas

Menu Cycle: Jr. Sr. Lunch Week 1  
 Week: 1  
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Lunch  
 Serving Group: 6-8  
 Site Group: High School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	0.00	
Fat (g)		0.00	
Sfat (g)(1)	< 10.00 % of Calories	0.00	
TFat (g)(2)		0.00(M)	
Chol (mg)		0.00	
Sodium Target 1 (mg) (13)	< 1,360.00	0.00	
Sodium Target 2 (mg) (13)	< 1,035.00	0.00	
Carb (g)		0.00	
TDF (g)		0.00(M)	
Sugars (g)		0.00(M)	
Pro (g)		0.00	
Fe (mg)		0.00(M)	
Ca (mg)		0.00(M)	
A,IU		0.00(M)	
VitC (mg)		0.00(M)	
Mois (g)		0.00(M)	
Ash (g)		0.00(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[5.250 - 9.750]	
Veg	>= 3.750	[5.000 - 16.000]	
Veg-DG	>= 0.500	9.500	
Veg-RO	>= 0.750	6.000	
Veg-BP	>= 0.500	3.250	
Veg-S	>= 0.500	3.500	
Veg-O	>= 0.500	6.500	
Grains	[8.000 - 10.000]	[5.250 - 25.750]	
Non-WGR		[0.250 - 9.250]	
WGR	>= 100.000 % of	133.750	93.53
Meat/MA	[9.000 - 10.000]	[10.000 - 15.250](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	2.500	25.64
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

## Legend

PrimeroEdge will flag based on USDA requirements, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>High School Lunch Menu Week 1 Day 1 2017-2022 - Day: 1</b>	1																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Sticks Dippers (Max) with Sauce (new), 1.93 oz/2 each, MMA, WG, Veg RO - MCR100100 (1 serv.)	0	355.00	14.50	5.00	0.00	20.00	750.00	38.00	4.00	6.00	15.00	2.16	220.00	1250.00 (M)	15.00 (M)	(M)	(M)
K-12 Bowl Cuisine, Tater Tot Bowl, Loaded Taco - MCR100944 (1 ea.)	0	596.61	24.79	6.76	0.01	66.42	1633.43	65.33	8.22	10.96 (M)	29.43	4.27	135.55	8073.78 (M)	6.70(M)	194.64 (M)	2.37(M)
Non WG Pizza 16", Cheese & Pepperoni, MMA, Non WG - MCR100765 (1 slices,eac)	0	441.46	20.05	10.44	0.00	48.47	979.30	48.11	2.19	2.87	21.59	3.14	310.61	833.68	5.14	(M)	(M)
Peanut Butter and Jelly Sandwich, MMA, WG, K-5, 6-8, 9- - MCR100077 (1 sandwich)	0	587.20	33.71	6.09	0.00	0.00	534.64	57.77	7.65	25.17	20.04	2.82	74.56	0.00	0.00	0.99(M)	1.92(M)
Salad, Buffalo Chicken w/ WG Dinner Rolls, M/MA, WG, Veg-DG, Veg-RO, Veg-O - MCR100280 (1 ea.)	0	432.90	16.84	4.33	0.00	50.25	987.03	46.73	9.00	6.61	26.79	5.39	165.70	9473.02 (M)	72.22 (M)	88.57 (M)	1.19(M)
Salad, Chopped Garden (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100024 (1 salad)	0	436.64	22.37	10.11	0.00	45.25	925.39	42.62	10.05	9.10	22.44	5.10	495.76	19064.70(M)	59.75 (M)	122.42 (M)	2.23(M)
Salad, Crispy Chicken (new), 9-12, MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100025 (1 salad)	0	553.16	25.16	4.63	0.00	39.58	1035.74	55.88	11.90	6.38	28.21	4.52	146.03	1619.16 (M)	48.50 (M)	88.57 (M)	0.61(M)
Sandwich, Deli Hoagie, MMA, WG, 6-8, 9-12 - MCR100416 (1 sandwich)	0	320.24	10.56	3.52	0.01	54.51	1355.12	32.69	3.00	4.00	25.09	2.48	144.68	164.91	2.58	25.99 (M)	1.39(M)
Sandwich, Hoagie, Ham and Cheese, 6-8, 9-12 - MCR100082 (1 ea.)	0	264.25	7.87	3.46	0.00	39.63	1067.52	33.21	3.00	3.00	17.64	1.80	115.00	150.00 (M)	0.00(M)	(M)	(M)
Sandwich, Hoagie, Turkey and Cheese, MMA, WG - MCR100083 (1 sandwich)	0	322.63	11.36	4.63	0.00	68.66	1248.19	30.51	3.00	3.00	27.13	2.76	131.94	181.88 (M)	5.20(M)	(M)	(M)
Sandwich, Sloppy Joe, 6-8, 9-12, MMA, WG, Veg-RO - MCR100105 (1/3 c.)	0	404.38	18.42	6.71	0.96	57.97	361.26	38.65	3.81	8.71	21.86	3.95	85.05	273.98 (M)	4.19(M)	77.71 (M)	1.22(M)
Taco, Beef Taco Filling - MCR100282 (1/4 c.)	0	120.90	8.04	3.51	0.00	39.92	277.49	2.25	0.48	1.19	11.45	1.38	5.38	165.39	2.11	27.80 (M)	0.29(M)
<b>Category: Grains; Choose: 1</b>																	

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG - SR101636 (13 ea.)	0	141.75	7.09	1.01	0.00	0.00	121.50	18.23	2.02	0.00	2.02	0.37	40.50	0.00	0.00	(M)	(M)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - MCR100653 (1 ea.)	0	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Roll, Dinner, Wheat WG, Dinner Roll, Schwebels, 192, 1 oz WG - MCR100385 (1 bun)	0	70.00	1.00	0.00	0.00	0.00	110.00	13.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Chick Peas, Garbanzos, Canned, Furmano's, 4118804043, Veg-BP - MCR100167 (1/2 c.)	0	110.00	2.00	0.50	0.00	0.00	410.00	18.00	8.00	3.00	6.00	0.72	60.00	0.00	0.00	(M)	(M)
Broccoli, raw - MCR100054 (1/2 c.)	0	10.79	0.12	0.00	0.00	0.00	19.19	1.92	0.72	0.48	0.96	0.26	14.39	71.96	31.66	(M)	(M)
Carrots, Baby-Cut, Sticks, Fresh, Peeled, 100982 A094, Veg-RO - MCR100195 (1/2 c.)	0	29.98	0.10	0.02	0.00	0.00	65.96	6.93	2.46	0.00	0.54	0.77	26.99	11720.11	2.25	(M)	(M)
Cauliflower, raw - MCR100143 (1/2 c.)	0	28.00	0.28	0.06	0.00	0.00	30.00	4.97	2.00	0.00	1.92	0.42	22.00	0.00	48.20	92.07	0.76
Celery Sticks - MCR100052 (1/2 c.)	0	10.00	0.00	0.00	0.00	0.00	50.00	2.00	1.00	1.00	0.00	0.00	20.00	300.00	2.40	(M)	(M)
Cucumber, raw - MCR100053 (1/2 c.)	0	9.36	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	0.34	0.15	8.32	54.60	1.46	49.52	0.20
Potato,Tator Tots, Veg-S - MCR100062 (3 ounces)	0	167.90	8.89	1.48	0.00	0.00	227.16	18.77	0.99	0.00	1.98	0.36	0.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Apple, Raw, 138 count - MCR100191 (1 ea.)	0	130.00	0.00	0.00	0.00	0.00	0.00	34.00	5.00	25.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Applesauce, Unsweetened - MCR100192 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.15	4.00	35.00	1.50	(M)	(M)
Banana, Raw, Medium - MCR100206 (1 ea.)	0	112.14	0.42	0.14	0.00	0.00	1.26	28.78	3.28	15.41	1.37	0.33	6.30	80.64	10.96	94.39	1.03
Fruit, Mixed, Canned - MCR100193 (1/2 c.)	0	69.00	0.10	0.01	0.00	0.00	8.00	17.88	1.50	14.33	0.51	0.36	6.00	12.00	3.90	(M)	(M)
Juice Asst. - LR100006 (4 oz.)	0	60.00	0.00	0.00	0.00	0.00	3.75	15.25	0.00	14.25	0.50	0.00	0.00	0.00	54.00	(M)	(M)
Orange, Mandarin Orange Cup, Whole Segment, In Juice - MCR100283 (1/2 c.)	0	69.52	0.00	0.00	0.00	0.00	8.69	16.51	0.65	16.51	0.00	0.00	34.76	347.61	23.46	(M)	(M)

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Orange, Raw, Whole - MCR100188 (1 ea.)	0	72.89	0.19	0.03	0.00	0.00	0.00	18.09	3.65	15.40	1.45	0.15	61.12	346.79	81.94	(M)	(M)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	0	118.00	0.16	0.01	0.00	0.00	8.00	29.98	2.20	27.73	0.79	0.46	4.00	355.00	117.80	(M)	(M)
Pears, bartlett, canned, sliced, A433 - MCR100208 (1/2 c.)	0	62.00	0.09	0.00	0.00	0.00	5.00	16.05	2.00	(M)	0.42	0.36	11.00	0.00	2.00	(M)	(M)
Pineapple Tidbits, Canned, In Juice, F - MCR100155 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	11.00	1.00	0.00	0.00	100.00	9.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, MS Lunch, Galliker's, MILK - SR102208 (8 ounces)	0	127.14	0.12	0.07	0.00	5.47	191.91	23.00	0.00	21.14	8.14	0.27	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
BBQue Sauce, Heinz - MCR100057 (2 Tbsp.)	0	40.00	0.00	0.00	0.00	0.00	450.00	10.00	0.50	7.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Condiment, Hot Sauce, Texas Pete, 10.012 - MCR100140 (1 tsp.)	0	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Condiment, Ketchup, Tomato Fancy, 33% Dispenser Pouch, Heinz, 515500 - MCR100154 (2 Tbsp.)	0	30.00	0.00	0.00	0.00	0.00	380.00	8.00	0.00	8.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Dressing, Cains Light Italian Dressing, Cains, 59770 - MCR100220 (2 tsp.)	0	15.00	1.00	0.00	0.00	0.00	560.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Dressing, Cains Lite French Dressing Gallon, Cains, 59760 - MCR100219 (1 Tbsp.)	0	120.00	9.00	0.00	0.00	0.00	465.00	10.50	0.00	6.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard, Dispenser, Heinz, 980450 - MCR100216 (1 Tbsp.)	0	255.00	25.50	4.50	0.00	15.00	202.50	7.50	0.00	7.50	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Ranch Low Fat, Heinz - MCR100047 (2 Tbsp.)	0	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	0.00	0.00	2.00	0.00	2.00	(M)	(M)
Margarine, Spread, Whipped, SS Cup, Shelf Stable, Fresh Buttery Taste, Land O Lakes - MCR100239 (2 ea.)	0	45.00	5.00	1.50	0.00	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00	(M)	(M)
Mayonnaise, Heinz - MCR100139 (1 Tbsp.)	0	100.00	11.00	2.00	0.00	10.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Mustard, Yellow, Dispenser Pouch, Heinz, 652000 - MCR100203 (1 Tbsp.)	0	0.00	0.00	0.00	0.00	0.00	210.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>High School Lunch Menu Week 1 Day 2 2017-2022 - Day: 2</b>	1																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Sticks Dippers (Max) with Sauce (new), 1.93 oz/2 each, MMA, WG, Veg RO - MCR100100 (1 serv.)	0	355.00	14.50	5.00	0.00	20.00	750.00	38.00	4.00	6.00	15.00	2.16	220.00	1250.00 (M)	15.00 (M)	(M)	(M)
Non WG Pizza 16", Cheese & Pepperoni, MMA, Non WG - MCR100765 (1 slices,eac)	0	441.46	20.05	10.44	0.00	48.47	979.30	48.11	2.19	2.87	21.59	3.14	310.61	833.68	5.14	(M)	(M)
Peanut Butter and Jelly Sandwich, MMA, WG, K-5, 6-8, 9- - MCR100077 (1 sandwich)	0	587.20	33.71	6.09	0.00	0.00	534.64	57.77	7.65	25.17	20.04	2.82	74.56	0.00	0.00	0.99(M)	1.92(M)
Salad, Buffalo Chicken w/ WG Dinner Rolls, M/MA, WG, Veg-DG, Veg-RO, Veg-O - MCR100280 (1 ea.)	0	432.90	16.84	4.33	0.00	50.25	987.03	46.73	9.00	6.61	26.79	5.39	165.70	9473.02 (M)	72.22 (M)	88.57 (M)	1.19(M)
Salad, Chopped Garden (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100024 (1 salad)	0	436.64	22.37	10.11	0.00	45.25	925.39	42.62	10.05	9.10	22.44	5.10	495.76	19064.70(M)	59.75 (M)	122.42 (M)	2.23(M)
Salad, Crispy Chicken (new), 9-12, MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100025 (1 salad)	0	553.16	25.16	4.63	0.00	39.58	1035.74	55.88	11.90	6.38	28.21	4.52	146.03	1619.16 (M)	48.50 (M)	88.57 (M)	0.61(M)
Sandwich, BBQ Pork Patty, 6-8, 9-12 - MCR100081 (1 ea.)	0	270.00	7.00	2.50	0.00	30.00	550.00	34.00	4.00	5.00	19.00	3.24	80.00	100.00 (M)	1.20(M)	(M)	(M)
Sandwich, Deli Hoagie, MMA, WG, 6-8, 9-12 - MCR100416 (1 sandwich)	0	320.24	10.56	3.52	0.01	54.51	1355.12	32.69	3.00	4.00	25.09	2.48	144.68	164.91	2.58	25.99 (M)	1.39(M)
Sandwich, Hoagie, Ham and Cheese, 6-8, 9-12 - MCR100082 (1 ea.)	0	264.25	7.87	3.46	0.00	39.63	1067.52	33.21	3.00	3.00	17.64	1.80	115.00	150.00 (M)	0.00(M)	(M)	(M)
Sandwich, Hoagie, Turkey and Cheese, MMA, WG - MCR100083 (1 sandwich)	0	322.63	11.36	4.63	0.00	68.66	1248.19	30.51	3.00	3.00	27.13	2.76	131.94	181.88 (M)	5.20(M)	(M)	(M)
Taco, Beef Taco Filling - MCR100282 (1/4 c.)	0	120.90	8.04	3.51	0.00	39.92	277.49	2.25	0.48	1.19	11.45	1.38	5.38	165.39	2.11	27.80 (M)	0.29(M)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:21:40 PM by Tammy Vinglas

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Walking Taco w/WG Rolls, MMA,WG, 6-8, 9-12 - MCR100254 (1 ea.)	0	495.29	21.65	8.52	0.00	64.92	866.08	51.05	17.25	6.20	27.10	4.45	272.51	873.77 (M)	7.28(M)	66.94 (M)	0.48(M)
Yogurt Parfait with Moz Cheese Stick with WG Roll, K-5 - MCR100135 (1 ea.)	0	457.07	8.57	3.96	0.00	17.31	428.88	84.11	5.89	53.20	15.92	2.36	356.45	628.92 (M)	52.78 (M)	93.31 (M)	0.31(M)
<b>Category: Grains; Choose: 1</b>																	
Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG - SR101636 (13 ea.)	0	141.75	7.09	1.01	0.00	0.00	121.50	18.23	2.02	0.00	2.02	0.37	40.50	0.00	0.00	(M)	(M)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - MCR100653 (1 ea.)	0	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Roll, Dinner, Wheat WG, Dinner Roll, Schwebels, 192, 1 oz WG - MCR100385 (1 bun)	0	70.00	1.00	0.00	0.00	0.00	110.00	13.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Chick Peas, Garbanzos, Canned, Furmano's, 4118804043, Veg-BP - MCR100167 (1/2 c.)	0	110.00	2.00	0.50	0.00	0.00	410.00	18.00	8.00	3.00	6.00	0.72	60.00	0.00	0.00	(M)	(M)
Broccoli, raw - MCR100054 (1/2 c.)	0	10.79	0.12	0.00	0.00	0.00	19.19	1.92	0.72	0.48	0.96	0.26	14.39	71.96	31.66	(M)	(M)
Carrots, Baby-Cut, Sticks, Fresh, Peeled, 100982 A094, Veg-RO - MCR100195 (1/2 c.)	0	29.98	0.10	0.02	0.00	0.00	65.96	6.93	2.46	0.00	0.54	0.77	26.99	11720.11	2.25	(M)	(M)
Cauliflower, Frozen, Boiled, Veg-O - SR100813 (1/2 Cup (8 oz )	0	51.93	3.06	1.30	0.00(M)	0.00	206.80	5.32	3.83	1.49(M)	2.28	0.58	24.19	139.18	44.37	133.25 (M)	1.00(M)
Cauliflower, raw - MCR100143 (1/2 c.)	0	28.00	0.28	0.06	0.00	0.00	30.00	4.97	2.00	0.00	1.92	0.42	22.00	0.00	48.20	92.07	0.76
Cucumber, raw - MCR100053 (1/2 c.)	0	9.36	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	0.34	0.15	8.32	54.60	1.46	49.52	0.20
<b>Category: Fruits; Choose: 2</b>																	
Apple, Raw, 138 count - MCR100191 (1 ea.)	0	130.00	0.00	0.00	0.00	0.00	0.00	34.00	5.00	25.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Applesauce, Unsweetened - MCR100192 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.15	4.00	35.00	1.50	(M)	(M)
Banana, Raw, Medium - MCR100206 (1 ea.)	0	112.14	0.42	0.14	0.00	0.00	1.26	28.78	3.28	15.41	1.37	0.33	6.30	80.64	10.96	94.39	1.03

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Fruit, Mixed, Canned - MCR100193 (1/2 c.)	0	69.00	0.10	0.01	0.00	0.00	8.00	17.88	1.50	14.33	0.51	0.36	6.00	12.00	3.90	(M)	(M)
Juice Asst. - LR100006 (4 oz.)	0	60.00	0.00	0.00	0.00	0.00	3.75	15.25	0.00	14.25	0.50	0.00	0.00	0.00	54.00	(M)	(M)
Orange, Mandarin Orange Cup, Whole Segment, In Juice - MCR100283 (1/2 c.)	0	69.52	0.00	0.00	0.00	0.00	8.69	16.51	0.65	16.51	0.00	0.00	34.76	347.61	23.46	(M)	(M)
Orange, Raw, Whole - MCR100188 (1 ea.)	0	72.89	0.19	0.03	0.00	0.00	0.00	18.09	3.65	15.40	1.45	0.15	61.12	346.79	81.94	(M)	(M)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	0	118.00	0.16	0.01	0.00	0.00	8.00	29.98	2.20	27.73	0.79	0.46	4.00	355.00	117.80	(M)	(M)
Pears, bartlett, canned, sliced, A433 - MCR100208 (1/2 c.)	0	62.00	0.09	0.00	0.00	0.00	5.00	16.05	2.00	(M)	0.42	0.36	11.00	0.00	2.00	(M)	(M)
Pineapple Tidbits, Canned, In Juice, F - MCR100155 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	11.00	1.00	0.00	0.00	100.00	9.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, MS Lunch, Galliker's, MILK - SR102208 (8 ounces)	0	127.14	0.12	0.07	0.00	5.47	191.91	23.00	0.00	21.14	8.14	0.27	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
BBQue Sauce, Heinz - MCR100057 (2 Tbsp.)	0	40.00	0.00	0.00	0.00	0.00	450.00	10.00	0.50	7.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Condiment, Hot Sauce, Texas Pete, 10.012 - MCR100140 (1 tsp.)	0	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Condiment, Ketchup, Tomato Fancy, 33% Dispenser Pouch, Heinz, 515500 - MCR100154 (2 Tbsp.)	0	30.00	0.00	0.00	0.00	0.00	380.00	8.00	0.00	8.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Dressing, Cains Light Italian Dressing, Cains, 59770 - MCR100220 (2 tsp.)	0	15.00	1.00	0.00	0.00	0.00	560.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Dressing, Cains Lite French Dressing Gallon, Cains, 59760 - MCR100219 (1 Tbsp.)	0	120.00	9.00	0.00	0.00	0.00	465.00	10.50	0.00	6.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard, Dispenser, Heinz, 980450 - MCR100216 (1 Tbsp.)	0	255.00	25.50	4.50	0.00	15.00	202.50	7.50	0.00	7.50	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Ranch Low Fat, Heinz - MCR100047 (2 Tbsp.)	0	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	0.00	0.00	2.00	0.00	2.00	(M)	(M)

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Margarine, Spread, Whipped, SS Cup, Shelf Stable, Fresh Buttery Taste, Land O Lakes - MCR100239 (2 ea.)	0	45.00	5.00	1.50	0.00	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00	(M)	(M)
Mayonnaise, Heinz - MCR100139 (1 Tbsp.)	0	100.00	11.00	2.00	0.00	10.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Pouch, Heinz, 652000 - MCR100203 (1 Tbsp.)	0	0.00	0.00	0.00	0.00	0.00	210.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Salsa, Condiment, USDA - MCR100085 (1 oz.)	0	56.70	0.00	0.00	0.00	0.00	496.12	14.18	0.00	14.18	0.00	0.00	0.00	1417.48	51.03	(M)	(M)
<b>High School Lunch Menu Week 1 Day 3 2017-2022 - Day: 3</b>	1																
<b>Category: Entrees; Choose: 1</b>																	
Bowl, Chicken Potato Bowl, 6-8, 9-12, MMA, WG, Veg-S - MCR100021 (1 bowl)	0	576.34	21.05	3.83	0.00	31.25	844.75	77.83	10.50	6.75	26.34	4.62	127.00	338.00 (M)	25.40 (M)	(M)	(M)
Cheese Sticks Dippers (Max) with Sauce (new), 1.93 oz/2 each, MMA, WG, Veg RO - MCR100100 (1 serv.)	0	355.00	14.50	5.00	0.00	20.00	750.00	38.00	4.00	6.00	15.00	2.16	220.00	1250.00 (M)	15.00 (M)	(M)	(M)
Peanut Butter and Jelly Sandwich, MMA, WG, K-5, 6-8, 9- - MCR100077 (1 sandwich)	0	587.20	33.71	6.09	0.00	0.00	534.64	57.77	7.65	25.17	20.04	2.82	74.56	0.00	0.00	0.99(M)	1.92(M)
Salad, Buffalo Chicken w/ WG Dinner Rolls, M/MA, WG, Veg-DG, Veg-RO, Veg-O - MCR100280 (1 ea.)	0	432.90	16.84	4.33	0.00	50.25	987.03	46.73	9.00	6.61	26.79	5.39	165.70	9473.02 (M)	72.22 (M)	88.57 (M)	1.19(M)
Salad, Chopped Garden (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100024 (1 salad)	0	436.64	22.37	10.11	0.00	45.25	925.39	42.62	10.05	9.10	22.44	5.10	495.76	19064.70(M)	59.75 (M)	122.42 (M)	2.23(M)
Sandwich, Deli Hoagie, MMA, WG, 6-8, 9-12 - MCR100416 (1 sandwich)	0	320.24	10.56	3.52	0.01	54.51	1355.12	32.69	3.00	4.00	25.09	2.48	144.68	164.91	2.58	25.99 (M)	1.39(M)
Sandwich, Hoagie, Ham and Cheese, 6-8, 9-12 - MCR100082 (1 ea.)	0	264.25	7.87	3.46	0.00	39.63	1067.52	33.21	3.00	3.00	17.64	1.80	115.00	150.00 (M)	0.00(M)	(M)	(M)
Sandwich, Hoagie, Turkey and Cheese, MMA, WG - MCR100083 (1 sandwich)	0	322.63	11.36	4.63	0.00	68.66	1248.19	30.51	3.00	3.00	27.13	2.76	131.94	181.88 (M)	5.20(M)	(M)	(M)
Taco, Beef Taco Filling - MCR100282 (1/4 c.)	0	120.90	8.04	3.51	0.00	39.92	277.49	2.25	0.48	1.19	11.45	1.38	5.38	165.39	2.11	27.80 (M)	0.29(M)



# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Yogurt Parfait with Moz Cheese Stick with WG Roll, K-5 - MCR100135 (1 ea.)	0	457.07	8.57	3.96	0.00	17.31	428.88	84.11	5.89	53.20	15.92	2.36	356.45	628.92 (M)	52.78 (M)	93.31 (M)	0.31(M)
<b>Category: Grains; Choose: 1</b>																	
Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG - SR101636 (13 ea.)	0	141.75	7.09	1.01	0.00	0.00	121.50	18.23	2.02	0.00	2.02	0.37	40.50	0.00	0.00	(M)	(M)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - MCR100653 (1 ea.)	0	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Roll, Dinner, Wheat WG, Dinner Roll, Schwebels, 192, 1 oz WG - MCR100385 (1 bun)	0	70.00	1.00	0.00	0.00	0.00	110.00	13.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Chick Peas, Garbanzos, Canned, Furmano's, 4118804043, Veg-BP - MCR100167 (1/2 c.)	0	110.00	2.00	0.50	0.00	0.00	410.00	18.00	8.00	3.00	6.00	0.72	60.00	0.00	0.00	(M)	(M)
Broccoli, raw - MCR100054 (1/2 c.)	0	10.79	0.12	0.00	0.00	0.00	19.19	1.92	0.72	0.48	0.96	0.26	14.39	71.96	31.66	(M)	(M)
Carrots, Baby-Cut, Sticks, Fresh, Peeled, 100982 A094, Veg-RO - MCR100195 (1/2 c.)	0	29.98	0.10	0.02	0.00	0.00	65.96	6.93	2.46	0.00	0.54	0.77	26.99	11720.11	2.25	(M)	(M)
Cauliflower, raw - MCR100143 (1/2 c.)	0	28.00	0.28	0.06	0.00	0.00	30.00	4.97	2.00	0.00	1.92	0.42	22.00	0.00	48.20	92.07	0.76
Celery Sticks - MCR100052 (1/2 c.)	0	10.00	0.00	0.00	0.00	0.00	50.00	2.00	1.00	1.00	0.00	0.00	20.00	300.00	2.40	(M)	(M)
Corn, Yellow, Whole Kernel, Cooked from Frozen, Commodity, 100348, A130, Veg-S - MCR100169 (1/2 c.)	0	71.34	0.55	0.08	0.00	0.00	1.00	15.83	2.00	0.00	2.09	0.39	2.00	163.00	2.90	(M)	(M)
Potatoes, Mashed, Simplot, 1/2 cup - MCR100067 (23 g.)	0	90.00	1.50	0.00	0.00	0.00	390.00	17.00	2.00	1.00	2.00	0.36	20.00	0.00	2.40	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Apple, Raw, 138 count - MCR100191 (1 ea.)	0	130.00	0.00	0.00	0.00	0.00	0.00	34.00	5.00	25.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Applesauce, Unsweetened - MCR100192 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.15	4.00	35.00	1.50	(M)	(M)
Banana, Raw, Medium - MCR100206 (1 ea.)	0	112.14	0.42	0.14	0.00	0.00	1.26	28.78	3.28	15.41	1.37	0.33	6.30	80.64	10.96	94.39	1.03

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Cranberry sauce, canned, strained, with added sweetener such as high fructose corn syrup/corn sweetener [100214, A288] - MCR100460 (1/2 c.)	0	207.99	0.19	0.01	0.00	0.00	40.01	53.68	1.39	(M)	0.28	0.30	6.00	2.00	2.80	(M)	(M)
Fruit, Mixed, Canned - MCR100193 (1/2 c.)	0	69.00	0.10	0.01	0.00	0.00	8.00	17.88	1.50	14.33	0.51	0.36	6.00	12.00	3.90	(M)	(M)
Juice Asst. - LR100006 (4 oz.)	0	60.00	0.00	0.00	0.00	0.00	3.75	15.25	0.00	14.25	0.50	0.00	0.00	0.00	54.00	(M)	(M)
Orange, Mandarin Orange Cup, Whole Segment, In Juice - MCR100283 (1/2 c.)	0	69.52	0.00	0.00	0.00	0.00	8.69	16.51	0.65	16.51	0.00	0.00	34.76	347.61	23.46	(M)	(M)
Orange, Raw, Whole - MCR100188 (1 ea.)	0	72.89	0.19	0.03	0.00	0.00	0.00	18.09	3.65	15.40	1.45	0.15	61.12	346.79	81.94	(M)	(M)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	0	118.00	0.16	0.01	0.00	0.00	8.00	29.98	2.20	27.73	0.79	0.46	4.00	355.00	117.80	(M)	(M)
Pears, bartlett, canned, sliced, A433 - MCR100208 (1/2 c.)	0	62.00	0.09	0.00	0.00	0.00	5.00	16.05	2.00	(M)	0.42	0.36	11.00	0.00	2.00	(M)	(M)
Pineapple Tidbits, Canned, In Juice, F - MCR100155 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	11.00	1.00	0.00	0.00	100.00	9.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, MS Lunch, Galliker's, MILK - SR102208 (8 ounces)	0	127.14	0.12	0.07	0.00	5.47	191.91	23.00	0.00	21.14	8.14	0.27	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
BBQue Sauce, Heinz - MCR100057 (2 Tbsp.)	0	40.00	0.00	0.00	0.00	0.00	450.00	10.00	0.50	7.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Condiment, Hot Sauce, Texas Pete, 10.012 - MCR100140 (1 tsp.)	0	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Condiment, Ketchup, Tomato Fancy, 33% Dispenser Pouch, Heinz, 515500 - MCR100154 (2 Tbsp.)	0	30.00	0.00	0.00	0.00	0.00	380.00	8.00	0.00	8.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Dressing, Cains Light Italian Dressing, Cains, 59770 - MCR100220 (2 tsp.)	0	15.00	1.00	0.00	0.00	0.00	560.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Dressing, Cains Lite French Dressing Gallon, Cains, 59760 - MCR100219 (1 Tbsp.)	0	120.00	9.00	0.00	0.00	0.00	465.00	10.50	0.00	6.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Dressing, Honey Mustard, Dispenser, Heinz, 980450 - MCR100216 (1 Tbsp.)	0	255.00	25.50	4.50	0.00	15.00	202.50	7.50	0.00	7.50	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Ranch Low Fat, Heinz - MCR100047 (2 Tbsp.)	0	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	0.00	0.00	2.00	0.00	2.00	(M)	(M)
Gravy, Chicken, Low Sodium - MCR100614 (1/4 Cup (Prepa)	0	20.00	0.50	0.00	0.00	0.00	140.00	4.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Margarine, Spread, Whipped, SS Cup, Shelf Stable, Fresh Buttery Taste, Land O Lakes - MCR100239 (2 ea.)	0	45.00	5.00	1.50	0.00	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00	(M)	(M)
Mayonnaise, Heinz - MCR100139 (1 Tbsp.)	0	100.00	11.00	2.00	0.00	10.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Pouch, Heinz, 652000 - MCR100203 (1 Tbsp.)	0	0.00	0.00	0.00	0.00	0.00	210.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>Category: Desserts; Choose: 1</b>																	
Dessert, Apple Crisp, Non-WG, - MCR100787 (1 ea.)	0	169.78	7.51	4.61	0.00(M)	19.50	31.91	25.37	0.93	14.28 (M)	1.05	1.42	17.84	249.91	0.86	8.14(M)	0.19(M)
<b>High School Lunch Menu Week 1 Day 4 2017-2022 - Day: 4</b>	1																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Sticks Dippers (Max) with Sauce (new), 1.93 oz/2 each, MMA, WG, Veg RO - MCR100100 (1 serv.)	0	355.00	14.50	5.00	0.00	20.00	750.00	38.00	4.00	6.00	15.00	2.16	220.00	1250.00 (M)	15.00 (M)	(M)	(M)
Non WG Pizza 16", Cheese & Pepperoni, MMA, Non WG - MCR100765 (1 slices,eac)	0	441.46	20.05	10.44	0.00	48.47	979.30	48.11	2.19	2.87	21.59	3.14	310.61	833.68	5.14	(M)	(M)
Peanut Butter and Jelly Sandwich, MMA, WG, K-5, 6-8, 9- - MCR100077 (1 sandwich)	0	587.20	33.71	6.09	0.00	0.00	534.64	57.77	7.65	25.17	20.04	2.82	74.56	0.00	0.00	0.99(M)	1.92(M)
Ravioli w/Tomato Sauce/Dinner Roll (new), 6-8, 9-12, MMA, WG, Veg-RO - MCR100594 (14 ea.)	0	328.30	6.00	3.00	0.00	60.00	652.50	48.49	6.50	4.00	19.99	2.58	151.00	555.00	0.99	(M)	(M)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:21:40 PM by Tammy Vinglas

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU (M)	VitC (mg)	Mois (g)	Ash (g)
Salad, Buffalo Chicken w/ WG Dinner Rolls, M/MA, WG, Veg-DG, Veg-RO, Veg-O - MCR100280 (1 ea.)	0	432.90	16.84	4.33	0.00	50.25	987.03	46.73	9.00	6.61	26.79	5.39	165.70	9473.02 (M)	72.22 (M)	88.57 (M)	1.19(M)
Salad, Chopped Garden (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100024 (1 salad)	0	436.64	22.37	10.11	0.00	45.25	925.39	42.62	10.05	9.10	22.44	5.10	495.76	19064.70(M)	59.75 (M)	122.42 (M)	2.23(M)
Salad, Crispy Chicken (new), 9-12, MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100025 (1 salad)	0	553.16	25.16	4.63	0.00	39.58	1035.74	55.88	11.90	6.38	28.21	4.52	146.03	1619.16 (M)	48.50 (M)	88.57 (M)	0.61(M)
Salad, Salad Bar, MMA, WG, Veg-DG, Veg-RO, Veg - MCR100037 (1 salad)	0	454.12	16.71	5.34	0.01	105.78	1618.22	49.37	12.88	10.55	33.45	7.24	314.18	29125.04(M)	89.43 (M)	89.05 (M)	3.82(M)
Sandwich, Deli Hoagie, MMA, WG, 6-8, 9-12 - MCR100416 (1 sandwich)	0	320.24	10.56	3.52	0.01	54.51	1355.12	32.69	3.00	4.00	25.09	2.48	144.68	164.91	2.58	25.99 (M)	1.39(M)
Sandwich, Hoagie, Ham and Cheese, 6-8, 9-12 - MCR100082 (1 ea.)	0	264.25	7.87	3.46	0.00	39.63	1067.52	33.21	3.00	3.00	17.64	1.80	115.00	150.00 (M)	0.00(M)	(M)	(M)
Sandwich, Hoagie, Turkey and Cheese , MMA, WG - MCR100083 (1 sandwich)	0	322.63	11.36	4.63	0.00	68.66	1248.19	30.51	3.00	3.00	27.13	2.76	131.94	181.88 (M)	5.20(M)	(M)	(M)
Taco, Beef Taco Filling - MCR100282 (1/4 c.)	0	120.90	8.04	3.51	0.00	39.92	277.49	2.25	0.48	1.19	11.45	1.38	5.38	165.39	2.11	27.80 (M)	0.29(M)
Yogurt Parfait with Moz Cheese Stick with WG Roll, K-5 - MCR100135 (1 ea.)	0	457.07	8.57	3.96	0.00	17.31	428.88	84.11	5.89	53.20	15.92	2.36	356.45	628.92 (M)	52.78 (M)	93.31 (M)	0.31(M)
<b>Category: Grains; Choose: 1</b>																	
Breadstick, WG, 1.2 oz, Rich's - MCR100176 (1 ea.)	0	80.00	1.00	0.00	0.00	0.00	100.00	14.50	1.50	1.50	3.00	0.36	0.00	0.00	0.00	(M)	(M)
Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG - SR101636 (13 ea.)	0	141.75	7.09	1.01	0.00	0.00	121.50	18.23	2.02	0.00	2.02	0.37	40.50	0.00	0.00	(M)	(M)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - MCR100653 (1 ea.)	0	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Roll, Dinner, Wheat WG, Dinner Roll, Schwebels, 192, 1 oz WG - MCR100385 (1 bun)	0	70.00	1.00	0.00	0.00	0.00	110.00	13.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Beans, Chick Peas, Garbanzos, Canned, Furmano's, 4118804043, Veg-BP - MCR100167 (1/2 c.)	0	110.00	2.00	0.50	0.00	0.00	410.00	18.00	8.00	3.00	6.00	0.72	60.00	0.00	0.00	(M)	(M)
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - MCR100212 (1/2 c.)	0	19.00	0.11	0.03	0.00	0.00	6.00	4.35	2.00	(M)	1.01	0.59	33.00	376.00	2.80	(M)	(M)
Broccoli, raw - MCR100054 (1/2 c.)	0	10.79	0.12	0.00	0.00	0.00	19.19	1.92	0.72	0.48	0.96	0.26	14.39	71.96	31.66	(M)	(M)
Carrots, Baby-Cut, Sticks, Fresh, Peeled, 100982 A094, Veg-RO - MCR100195 (1/2 c.)	0	29.98	0.10	0.02	0.00	0.00	65.96	6.93	2.46	0.00	0.54	0.77	26.99	11720.11	2.25	(M)	(M)
Cauliflower, raw - MCR100143 (1/2 c.)	0	28.00	0.28	0.06	0.00	0.00	30.00	4.97	2.00	0.00	1.92	0.42	22.00	0.00	48.20	92.07	0.76
Celery Sticks - MCR100052 (1/2 c.)	0	10.00	0.00	0.00	0.00	0.00	50.00	2.00	1.00	1.00	0.00	0.00	20.00	300.00	2.40	(M)	(M)
Cucumber, raw - MCR100053 (1/2 c.)	0	9.36	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	0.34	0.15	8.32	54.60	1.46	49.52	0.20
Spinach, Fresh, baby Flat leaf, Veg-DG - MCR100144 (1 c.)	0	6.90	0.12	0.02	0.00	0.00	23.70	1.09	0.66	0.13	0.87	0.81	29.70	2813.10	8.43	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Apple, Raw, 138 count - MCR100191 (1 ea.)	0	130.00	0.00	0.00	0.00	0.00	0.00	34.00	5.00	25.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Applesauce, Unsweetened - MCR100192 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.15	4.00	35.00	1.50	(M)	(M)
Banana, Raw, Medium - MCR100206 (1 ea.)	0	112.14	0.42	0.14	0.00	0.00	1.26	28.78	3.28	15.41	1.37	0.33	6.30	80.64	10.96	94.39	1.03
Fruit, Mixed, Canned - MCR100193 (1/2 c.)	0	69.00	0.10	0.01	0.00	0.00	8.00	17.88	1.50	14.33	0.51	0.36	6.00	12.00	3.90	(M)	(M)
Juice Asst. - LR100006 (4 oz.)	0	60.00	0.00	0.00	0.00	0.00	3.75	15.25	0.00	14.25	0.50	0.00	0.00	0.00	54.00	(M)	(M)
Orange, Mandarin Orange Cup, Whole Segment, In Juice - MCR100283 (1/2 c.)	0	69.52	0.00	0.00	0.00	0.00	8.69	16.51	0.65	16.51	0.00	0.00	34.76	347.61	23.46	(M)	(M)
Orange, Raw, Whole - MCR100188 (1 ea.)	0	72.89	0.19	0.03	0.00	0.00	0.00	18.09	3.65	15.40	1.45	0.15	61.12	346.79	81.94	(M)	(M)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	0	118.00	0.16	0.01	0.00	0.00	8.00	29.98	2.20	27.73	0.79	0.46	4.00	355.00	117.80	(M)	(M)
Pears, bartlett, canned, sliced, A433 - MCR100208 (1/2 c.)	0	62.00	0.09	0.00	0.00	0.00	5.00	16.05	2.00	(M)	0.42	0.36	11.00	0.00	2.00	(M)	(M)

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Pineapple Tidbits, Canned, In Juice, F - MCR100155 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	11.00	1.00	0.00	0.00	100.00	9.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, MS Lunch, Galliker's, MILK - SR102208 (8 ounces)	0	127.14	0.12	0.07	0.00	5.47	191.91	23.00	0.00	21.14	8.14	0.27	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
BBQue Sauce, Heinz - MCR100057 (2 Tbsp.)	0	40.00	0.00	0.00	0.00	0.00	450.00	10.00	0.50	7.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Condiment, Hot Sauce, Texas Pete, 10.012 - MCR100140 (1 tsp.)	0	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Condiment, Ketchup, Tomato Fancy, 33% Dispenser Pouch, Heinz, 515500 - MCR100154 (2 Tbsp.)	0	30.00	0.00	0.00	0.00	0.00	380.00	8.00	0.00	8.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Dressing, Cains Light Italian Dressing, Cains, 59770 - MCR100220 (2 tsp.)	0	15.00	1.00	0.00	0.00	0.00	560.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Dressing, Cains Lite French Dressing Gallon, Cains, 59760 - MCR100219 (1 Tbsp.)	0	120.00	9.00	0.00	0.00	0.00	465.00	10.50	0.00	6.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard, Dispenser, Heinz, 980450 - MCR100216 (1 Tbsp.)	0	255.00	25.50	4.50	0.00	15.00	202.50	7.50	0.00	7.50	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Ranch Low Fat, Heinz - MCR100047 (2 Tbsp.)	0	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	0.00	0.00	2.00	0.00	2.00	(M)	(M)
Margarine, Spread, Whipped, SS Cup, Shelf Stable, Fresh Buttery Taste, Land O Lakes - MCR100239 (2 ea.)	0	45.00	5.00	1.50	0.00	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00	(M)	(M)
Mayonnaise, Heinz - MCR100139 (1 Tbsp.)	0	100.00	11.00	2.00	0.00	10.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Pouch, Heinz, 652000 - MCR100203 (1 Tbsp.)	0	0.00	0.00	0.00	0.00	0.00	210.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Syrup, Pancake Maple Flavored, 41/1 GA, Harvest Value, 231295 - MCR100253 (2 oz.)	0	197.16	0.00	0.00	0.00	0.00	54.22	50.27	0.00	48.30	0.00	0.00	0.00	0.00	0.00	(M)	(M)
USDA Commodity, Peanut Butter, smooth - MCR100181 (2 Tbsp.)	0	188.16	15.85	3.05	0.00	0.00	152.32	7.67	1.82	2.08	7.02	0.69	17.28	0.00	0.00	0.50	0.96

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>High School Lunch Menu Week 1 Day 5 2017-2022 - Day: 5</b>	1																
<b>Category: Entrees; Choose: 1</b>																	
Non WG Pizza 16", Cheese & Pepperoni, MMA, Non WG - MCR100765 (1 slices,eac)	0	441.46	20.05	10.44	0.00	48.47	979.30	48.11	2.19	2.87	21.59	3.14	310.61	833.68	5.14	(M)	(M)
Pasta, Grilled Chicken & Vegetables - MCR100868 (1 c.)	0	681.85	21.79	3.99	0.00(M)	46.81	471.76	89.19	10.24	5.03	34.32	11.68 (M)	130.71 (M)	5730.66 (M)	27.13 (M)	8.02(M)	0.14(M)
Peanut Butter and Jelly Sandwich, MMA, WG, K-5, 6-8, 9- - MCR100077 (1 sandwich)	0	587.20	33.71	6.09	0.00	0.00	534.64	57.77	7.65	25.17	20.04	2.82	74.56	0.00	0.00	0.99(M)	1.92(M)
Salad, Buffalo Chicken w/ WG Dinner Rolls, M/MA, WG, Veg-DG, Veg-RO, Veg-O - MCR100280 (1 ea.)	0	432.90	16.84	4.33	0.00	50.25	987.03	46.73	9.00	6.61	26.79	5.39	165.70	9473.02 (M)	72.22 (M)	88.57 (M)	1.19(M)
Salad, Chopped Garden (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100024 (1 salad)	0	436.64	22.37	10.11	0.00	45.25	925.39	42.62	10.05	9.10	22.44	5.10	495.76	19064.70(M)	59.75 (M)	122.42 (M)	2.23(M)
Salad, Crispy Chicken (new), 9-12, MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100025 (1 salad)	0	553.16	25.16	4.63	0.00	39.58	1035.74	55.88	11.90	6.38	28.21	4.52	146.03	1619.16 (M)	48.50 (M)	88.57 (M)	0.61(M)
Salad, Peaches and Cheese Entree Salad (new), M/MA, WG, Veg-DG, Fruit - MCR100520 (1 salad)	0	329.90	6.82	1.83	0.00	17.85	620.20	49.84	7.09	20.99	19.87	2.48	160.15	9157.00	25.20	83.78 (M)	2.06(M)
Sandwich, Deli Hoagie, MMA, WG, 6-8, 9-12 - MCR100416 (1 sandwich)	0	320.24	10.56	3.52	0.01	54.51	1355.12	32.69	3.00	4.00	25.09	2.48	144.68	164.91	2.58	25.99 (M)	1.39(M)
Sandwich, Hoagie, Ham and Cheese, 6-8, 9-12 - MCR100082 (1 ea.)	0	264.25	7.87	3.46	0.00	39.63	1067.52	33.21	3.00	3.00	17.64	1.80	115.00	150.00 (M)	0.00(M)	(M)	(M)
Sandwich, Hoagie, Turkey and Cheese , MMA, WG - MCR100083 (1 sandwich)	0	322.63	11.36	4.63	0.00	68.66	1248.19	30.51	3.00	3.00	27.13	2.76	131.94	181.88 (M)	5.20(M)	(M)	(M)
Sandwich, Panini, BBQ Chicken Cheddar, MMA, WG - MCR100482 (1 ea.)	0	599.95	27.56	7.97	0.00	59.79	1186.05	53.63	6.38(M)	9.82(M)	32.82	3.04	239.46 (M)	565.41 (M)	0.00(M)	(M)	(M)
Taco, Beef Taco Filling - MCR100282 (1/4 c.)	0	120.90	8.04	3.51	0.00	39.92	277.49	2.25	0.48	1.19	11.45	1.38	5.38	165.39	2.11	27.80 (M)	0.29(M)

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Yogurt Parfait with Moz Cheese Stick with WG Roll, K-5 - MCR100135 (1 ea.)	0	457.07	8.57	3.96	0.00	17.31	428.88	84.11	5.89	53.20	15.92	2.36	356.45	628.92 (M)	52.78 (M)	93.31 (M)	0.31(M)
<b>Category: Grains; Choose: 1</b>																	
Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG - SR101636 (13 ea.)	0	141.75	7.09	1.01	0.00	0.00	121.50	18.23	2.02	0.00	2.02	0.37	40.50	0.00	0.00	(M)	(M)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - MCR100653 (1 ea.)	0	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Roll, Dinner, Wheat WG, Dinner Roll, Schwebels, 192, 1 oz WG - MCR100385 (1 bun)	0	70.00	1.00	0.00	0.00	0.00	110.00	13.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Chick Peas, Garbanzos, Canned, Furmano's, 4118804043, Veg-BP - MCR100167 (1/2 c.)	0	110.00	2.00	0.50	0.00	0.00	410.00	18.00	8.00	3.00	6.00	0.72	60.00	0.00	0.00	(M)	(M)
Broccoli, raw - MCR100054 (1/2 c.)	0	10.79	0.12	0.00	0.00	0.00	19.19	1.92	0.72	0.48	0.96	0.26	14.39	71.96	31.66	(M)	(M)
Carrots, Baby-Cut, Sticks, Fresh, Peeled, 100982 A094, Veg-RO - MCR100195 (1/2 c.)	0	29.98	0.10	0.02	0.00	0.00	65.96	6.93	2.46	0.00	0.54	0.77	26.99	11720.11	2.25	(M)	(M)
Cauliflower, raw - MCR100143 (1/2 c.)	0	28.00	0.28	0.06	0.00	0.00	30.00	4.97	2.00	0.00	1.92	0.42	22.00	0.00	48.20	92.07	0.76
Cucumber, raw - MCR100053 (1/2 c.)	0	9.36	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	0.34	0.15	8.32	54.60	1.46	49.52	0.20
Peppers, Red, Raw - MCR100059 (1/2 c.)	0	23.09	0.22	0.02	0.00	0.00	2.98	4.49	1.56	0.00	0.74	0.32	5.21	2332.59	95.14	68.70	0.35
Vegetables, Mixed, California, Cooked, Drained, No salt - MCR100377 (1/2 c.)	0	33.00	1.00	0.00	0.00	0.00	18.00	4.30	2.30	1.40	1.80	0.36	20.00	1150.00	25.20	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Apple, Raw, 138 count - MCR100191 (1 ea.)	0	130.00	0.00	0.00	0.00	0.00	0.00	34.00	5.00	25.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Applesauce, Unsweetened - MCR100192 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.15	4.00	35.00	1.50	(M)	(M)
Banana, Raw, Medium - MCR100206 (1 ea.)	0	112.14	0.42	0.14	0.00	0.00	1.26	28.78	3.28	15.41	1.37	0.33	6.30	80.64	10.96	94.39	1.03
Fruit, Mixed, Canned - MCR100193 (1/2 c.)	0	69.00	0.10	0.01	0.00	0.00	8.00	17.88	1.50	14.33	0.51	0.36	6.00	12.00	3.90	(M)	(M)



# Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:21:40 PM by Tammy Vinglas

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Juice Asst. - LR100006 (4 oz.)	0	60.00	0.00	0.00	0.00	0.00	3.75	15.25	0.00	14.25	0.50	0.00	0.00	0.00	54.00	(M)	(M)
Orange, Mandarin Orange Cup, Whole Segment, In Juice - MCR100283 (1/2 c.)	0	69.52	0.00	0.00	0.00	0.00	8.69	16.51	0.65	16.51	0.00	0.00	34.76	347.61	23.46	(M)	(M)
Orange, Raw, Whole - MCR100188 (1 ea.)	0	72.89	0.19	0.03	0.00	0.00	0.00	18.09	3.65	15.40	1.45	0.15	61.12	346.79	81.94	(M)	(M)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	0	118.00	0.16	0.01	0.00	0.00	8.00	29.98	2.20	27.73	0.79	0.46	4.00	355.00	117.80	(M)	(M)
Pears, bartlett, canned, sliced, A433 - MCR100208 (1/2 c.)	0	62.00	0.09	0.00	0.00	0.00	5.00	16.05	2.00	(M)	0.42	0.36	11.00	0.00	2.00	(M)	(M)
Pineapple Tidbits, Canned, In Juice, F - MCR100155 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	11.00	1.00	0.00	0.00	100.00	9.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, MS Lunch, Galliker's, MILK - SR102208 (8 ounces)	0	127.14	0.12	0.07	0.00	5.47	191.91	23.00	0.00	21.14	8.14	0.27	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
BBQue Sauce, Heinz - MCR100057 (2 Tbsp.)	0	40.00	0.00	0.00	0.00	0.00	450.00	10.00	0.50	7.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Condiment, Hot Sauce, Texas Pete, 10.012 - MCR100140 (1 tsp.)	0	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Condiment, Ketchup, Tomato Fancy, 33% Dispenser Pouch, Heinz, 515500 - MCR100154 (2 Tbsp.)	0	30.00	0.00	0.00	0.00	0.00	380.00	8.00	0.00	8.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Dressing, Cains Light Italian Dressing, Cains, 59770 - MCR100220 (2 tsp.)	0	15.00	1.00	0.00	0.00	0.00	560.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Dressing, Cains Lite French Dressing Gallon, Cains, 59760 - MCR100219 (1 Tbsp.)	0	120.00	9.00	0.00	0.00	0.00	465.00	10.50	0.00	6.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard, Dispenser, Heinz, 980450 - MCR100216 (1 Tbsp.)	0	255.00	25.50	4.50	0.00	15.00	202.50	7.50	0.00	7.50	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Ranch Low Fat, Heinz - MCR100047 (2 Tbsp.)	0	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	0.00	0.00	2.00	0.00	2.00	(M)	(M)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:21:40 PM by Tammy Vinglas

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Margarine, Spread, Whipped, SS Cup, Shelf Stable, Fresh Buttery Taste, Land O Lakes - MCR100239 (2 ea.)	0	45.00	5.00	1.50	0.00	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00	(M)	(M)
Mayonnaise, Heinz - MCR100139 (1 Tbsp.)	0	100.00	11.00	2.00	0.00	10.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Pouch, Heinz, 652000 - MCR100203 (1 Tbsp.)	0	0.00	0.00	0.00	0.00	0.00	210.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Syrup, Pancake Maple Flavored, 41/1 GA, Harvest Value, 231295 - MCR100253 (2 oz.)	0	197.16	0.00	0.00	0.00	0.00	54.22	50.27	0.00	48.30	0.00	0.00	0.00	0.00	0.00	(M)	(M)