

Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:29:17 PM by Tammy Vinglas

Menu Cycle: JVES Lunch 2018-2019 Cycle 1
 Week: 1
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: Elementary School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	0.00	
Fat (g)		0.00	
Sfat (g)(1)	< 10.00 % of Calories	0.00	
TFat (g)(2)		0.00	
Chol (mg)		0.00	
Sodium Target 1 (mg) (13)	< 1,230.00	0.00	
Sodium Target 2 (mg) (13)	< 935.00	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	[5.000 - 12.500]	
Veg	>= 3.750	[5.000 - 14.000]	
Veg-DG	>= 0.500	9.250	
Veg-RO	>= 0.750	5.750	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.500	7.500	
Grains	[8.000 - 9.000]	[9.750 - 13.750](a)	
Non-WGR		[0.000 - 6.250]	
WGR	>= 100.000 % of	126.750	93.89
Meat/MA	[8.000 - 10.000]	[10.000 - 17.500](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	5.000	40.00
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.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- 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 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)
JVES Lunch 2018-2019 Menu Week 1 Day 1 2017 -2022 - Day: 1	1																
Category: Entrees; Choose: 1																	
Chicken, Buffalo Dip w/ Nacho Chips (new), M/MA, WG, 6-8, 9-12 - MCR100564 (1 ea.)	0	599.68	37.37	14.27	0.00	100.38	994.01	41.03	2.33	2.35	28.82	1.35	361.50	1035.54	4.27	11.57 (M)	0.28(M)
Craveable, Ham & Cheese - MCR100912 (1 ea.)	0	558.13	28.77	15.16	0.00	91.00	1347.88	50.06	4.00	15.03	25.74	1.05	454.00	1267.50	11.10	0.00(M)	0.00(M)
Craveable, Nachos - MCR100438 (1 ea.)	0	572.63	32.13	12.52	0.00	55.00	852.25	55.34	4.04	4.00	24.04	0.91	480.75	600.00 (M)	0.00(M)	(M)	(M)
Craveable, Pizza, Flatbread - MCR100882 (1 ea.)	0	497.33	22.70	11.29	0.00	47.59	884.25	56.54	4.83	25.66	19.48	0.83(M)	322.04 (M)	1548.14 (M)	14.92 (M)	(M)	(M)
Craveable, Smuckers PB&J - LR100020 (1 ea.)	0	540.00	26.50	7.50	0.00	20.00	675.00	61.00	5.00	27.00	19.00	1.80(M)	240.00 (M)	100.00 (M)	0.00(M)	(M)	(M)
Craveable, Yogurt and Cheese Stick - MCR100906 (1 ea.)	0	420.00	13.00	5.50	0.00	30.00	630.00	58.00	2.00	26.00	17.00	0.72(M)	390.00 (M)	100.00 (M)	0.00(M)	(M)	(M)
Salad, Chef Salad, Ham/Turkey/WG Dinner Rolls (new), MMA, WG, Veg-DG, Ver-RO, Veg-O - MCR100013 (1 Chef Salad)	0	421.12	15.68	4.88	0.00	272.84	1115.50	46.20	9.67	7.18	26.57	3.59	151.65	1795.10 (M)	10.71 (M)	67.29 (M)	0.32(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, Garden Entree Salad K-5 (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100069 (1 salad)	0	324.88	13.74	5.09	0.00	42.40	971.63	36.06	6.67	5.96	18.41	2.36	187.35	1104.65 (M)	8.50(M)	67.29 (M)	0.32(M)
Sandwich, Ham and Cheese, K-5 - MCR100074 (1 ea.)	0	313.75	11.01	3.61	0.00	40.77	1061.05	36.47	3.84	5.12	19.11	2.00	156.57	164.37 (M)	0.78(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, Hot dog (turkey) on a WG Bun, K-5, 6-8, MMA, WG - MCR100133 (1 ea.)	0	269.37	11.95	2.49	0.00	49.74	558.42	28.99	3.00	5.00	13.96	2.15	159.47	99.47 (M)	1.19(M)	0.00(M)	0.00(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)

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)
Category: Vegetables; Choose: 2																	
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, raw - SR105165 (1/2 cup choppe)	0	8.08	0.09	0.02	0.00	0.00	40.40	1.50	0.81	0.68	0.35	0.10	20.20	226.75	1.57	48.19	0.38
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
Category: Fruits; Choose: 2																	
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, 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)
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)
Category: Milk; Choose: 1																	
Milk, Variety, Elementary, Lunch, Galliker's, MILK - SR102215 (8 ounces)	0	127.73	0.26	0.15	0.00	6.01	188.52	22.85	0.00	21.00	8.15	0.26	300.00	500.00	2.40	(M)	(M)
Category: Condiments; Choose: 1																	
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)

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)
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, 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)
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)
JVES Lunch 2018-2019 Menu Week 1 Day 2 2017-2022 - Day: 2	1																
Category: Entrees; Choose: 1																	
Craveable, Ham & Cheese - MCR100912 (1 ea.)	0	558.13	28.77	15.16	0.00	91.00	1347.88	50.06	4.00	15.03	25.74	1.05	454.00	1267.50	11.10	0.00(M)	0.00(M)
Craveable, Nachos - MCR100438 (1 ea.)	0	572.63	32.13	12.52	0.00	55.00	852.25	55.34	4.04	4.00	24.04	0.91	480.75	600.00 (M)	0.00(M)	(M)	(M)
Craveable, Pizza, Flatbread - MCR100882 (1 ea.)	0	497.33	22.70	11.29	0.00	47.59	884.25	56.54	4.83	25.66	19.48	0.83(M)	322.04 (M)	1548.14 (M)	14.92 (M)	(M)	(M)
Craveable, Smuckers PB&J - LR100020 (1 ea.)	0	540.00	26.50	7.50	0.00	20.00	675.00	61.00	5.00	27.00	19.00	1.80(M)	240.00 (M)	100.00 (M)	0.00(M)	(M)	(M)
Craveable, Yogurt and Cheese Stick - MCR100906 (1 ea.)	0	420.00	13.00	5.50	0.00	30.00	630.00	58.00	2.00	26.00	17.00	0.72(M)	390.00 (M)	100.00 (M)	0.00(M)	(M)	(M)
Pretzel Roll, Hot Ham & Cheese on Pretzel Roll, MM - MCR100000 (1 ea.)	0	264.35	8.37	3.96	0.00	39.68	798.50	32.22	3.00	2.00	15.65	1.80	95.00	150.00	0.00	(M)	(M)
Salad, Chef Salad, Ham/Turkey/WG Dinner Rolls (new), MMA, WG, Veg-DG, Ver-RO, Veg-O - MCR100013 (1 Chef Salad)	0	421.12	15.68	4.88	0.00	272.84	1115.50	46.20	9.67	7.18	26.57	3.59	151.65	1795.10 (M)	10.71 (M)	67.29 (M)	0.32(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)

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)
Salad, Garden Entree Salad K-5 (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100069 (1 salad)	0	324.88	13.74	5.09	0.00	42.40	971.63	36.06	6.67	5.96	18.41	2.36	187.35	1104.65 (M)	8.50(M)	67.29 (M)	0.32(M)
Sandwich, Ham and Cheese, K-5 - MCR100074 (1 ea.)	0	313.75	11.01	3.61	0.00	40.77	1061.05	36.47	3.84	5.12	19.11	2.00	156.57	164.37 (M)	0.78(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)
Walking Taco ,MMA,WG, K-5 - MCR100093 (1 ea.)	0	429.00	20.67	8.53	0.00	64.92	747.86	38.78	15.40	4.20	24.25	3.60	253.69	931.19 (M)	7.70(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)
Category: Vegetables; Choose: 2																	
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, raw - SR105165 (1/2 cup choppe)	0	8.08	0.09	0.02	0.00	0.00	40.40	1.50	0.81	0.68	0.35	0.10	20.20	226.75	1.57	48.19	0.38
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
Peas, green ,[100350, A160] - MCR100269 (1/2 c.)	0	62.00	0.22	0.04	0.00	0.00	58.00	11.41	4.40	0.00	4.12	1.26	19.00	1680.00	7.90	(M)	(M)
Category: Fruits; Choose: 2																	
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, 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)

Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:29:17 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)
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)
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)
Category: Milk; Choose: 1																	
Milk, Variety, Elementary, Lunch, Galliker's, MILK - SR102215 (8 ounces)	0	127.73	0.26	0.15	0.00	6.01	188.52	22.85	0.00	21.00	8.15	0.26	300.00	500.00	2.40	(M)	(M)
Category: Condiments; Choose: 1																	
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, 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, 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)
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)
JVES Lunch 2018-2019 Menu Week 1 Day 3 2017 -2022 - Day: 3	1																
Category: Entrees; Choose: 1																	
Craveable, Ham & Cheese - MCR100912 (1 ea.)	0	558.13	28.77	15.16	0.00	91.00	1347.88	50.06	4.00	15.03	25.74	1.05	454.00	1267.50	11.10	0.00(M)	0.00(M)
Craveable, Nachos - MCR100438 (1 ea.)	0	572.63	32.13	12.52	0.00	55.00	852.25	55.34	4.04	4.00	24.04	0.91	480.75	600.00 (M)	0.00(M)	(M)	(M)
Craveable, Pizza, Flatbread - MCR100882 (1 ea.)	0	497.33	22.70	11.29	0.00	47.59	884.25	56.54	4.83	25.66	19.48	0.83(M)	322.04 (M)	1548.14 (M)	14.92 (M)	(M)	(M)
Craveable, Smuckers PB&J - LR100020 (1 ea.)	0	540.00	26.50	7.50	0.00	20.00	675.00	61.00	5.00	27.00	19.00	1.80(M)	240.00 (M)	100.00 (M)	0.00(M)	(M)	(M)
Craveable, Yogurt and Cheese Stick - MCR100906 (1 ea.)	0	420.00	13.00	5.50	0.00	30.00	630.00	58.00	2.00	26.00	17.00	0.72(M)	390.00 (M)	100.00 (M)	0.00(M)	(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)
Non WG Pasta (Spaghetti) Meat Sauce K-5, MMA, Non WG, Veg-RO - MCR100772 (1 3/8 cup servin)	0	370.58	8.97	3.68	0.00	39.92	412.10	52.82	3.01	4.06	20.13	4.23	23.99	549.07	3.97	48.26 (M)	1.03(M)
Salad, Chef Salad, Ham/Turkey/WG Dinner Rolls (new), MMA, WG, Veg-DG, Ver-RO, Veg-O - MCR100013 (1 Chef Salad)	0	421.12	15.68	4.88	0.00	272.84	1115.50	46.20	9.67	7.18	26.57	3.59	151.65	1795.10 (M)	10.71 (M)	67.29 (M)	0.32(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, Garden Entree Salad K-5 (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100069 (1 salad)	0	324.88	13.74	5.09	0.00	42.40	971.63	36.06	6.67	5.96	18.41	2.36	187.35	1104.65 (M)	8.50(M)	67.29 (M)	0.32(M)
Sandwich, Chicken Patty, WG, on a WG Bun K-5 - MCR100072 (1 ea.)	0	458.34	17.36	2.47	0.00	24.66	727.38	50.34	6.80	6.11	24.74	3.16	116.26	98.65 (M)	0.00(M)	(M)	(M)
Sandwich, Ham and Cheese, K-5 - MCR100074 (1 ea.)	0	313.75	11.01	3.61	0.00	40.77	1061.05	36.47	3.84	5.12	19.11	2.00	156.57	164.37 (M)	0.78(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)
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)
Category: Grains; Choose: 1																	
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)
Category: Vegetables; Choose: 2																	
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)
Broccoli,Chopped, Frozen, Monarch, 671195, Veg-DG - MCR100064 (1/2 Cup Froze)	0	22.41	0.00	0.00	0.00	0.00	17.93	3.59	1.79	0.90	1.79	0.32	17.93	448.28	32.28	(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)

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)
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
Lettuce, Romaine, Chopped, Fresh, Veg-DG - MCR100194 (1 c.)	0	12.34	0.22	0.02	0.00	0.00	5.81	2.39	1.52	0.86	0.87	0.70	23.95	6321.37	17.42	(M)	0.42
Category: Fruits; Choose: 2																	
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, 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)
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)
Category: Milk; Choose: 1																	
Milk, Variety, Elementary, Lunch, Galliker's, MILK - SR102215 (8 ounces)	0	127.73	0.26	0.15	0.00	6.01	188.52	22.85	0.00	21.00	8.15	0.26	300.00	500.00	2.40	(M)	(M)
Category: Condiments; Choose: 1																	
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, 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, 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)
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)
JVES Lunch 2018-2019 Menu Week 1 Day 4 2017 -2022 - Day: 4	1																
Category: Entrees; Choose: 1																	
Burger, Cheeseburger on a Bun, K-5, MMA, WG - MCR100127 (1 ea.)	0	362.00	14.06	6.00	0.00	47.50	702.80	36.06	3.84	5.12	23.46	2.46	171.80	150.00 (M)	0.00(M)	(M)	(M)
Craveable, Ham & Cheese - MCR100912 (1 ea.)	0	558.13	28.77	15.16	0.00	91.00	1347.88	50.06	4.00	15.03	25.74	1.05	454.00	1267.50	11.10	0.00(M)	0.00(M)
Craveable, Nachos - MCR100438 (1 ea.)	0	572.63	32.13	12.52	0.00	55.00	852.25	55.34	4.04	4.00	24.04	0.91	480.75	600.00 (M)	0.00(M)	(M)	(M)
Craveable, Pizza, Flatbread - MCR100882 (1 ea.)	0	497.33	22.70	11.29	0.00	47.59	884.25	56.54	4.83	25.66	19.48	0.83(M)	322.04 (M)	1548.14 (M)	14.92 (M)	(M)	(M)
Craveable, Smuckers PB&J - LR100020 (1 ea.)	0	540.00	26.50	7.50	0.00	20.00	675.00	61.00	5.00	27.00	19.00	1.80(M)	240.00 (M)	100.00 (M)	0.00(M)	(M)	(M)
Craveable, Yogurt and Cheese Stick - MCR100906 (1 ea.)	0	420.00	13.00	5.50	0.00	30.00	630.00	58.00	2.00	26.00	17.00	0.72(M)	390.00 (M)	100.00 (M)	0.00(M)	(M)	(M)
Non WG Sandwich, Texas Toasted Cheese Sandwich, Grilled Cheese, MMA, Non WG - MCR100778 (1 sandwich)	0	362.50	20.23	10.13	0.00	50.63	1352.75	34.02	0.00(M)	0.00(M)	14.13	2.16(M)	423.75 (M)	607.50 (M)	0.00(M)	(M)	(M)
Salad, Chef Salad, Ham/Turkey/WG Dinner Rolls (new), MMA, WG, Veg-DG, Ver-RO, Veg-O - MCR100013 (1 Chef Salad)	0	421.12	15.68	4.88	0.00	272.84	1115.50	46.20	9.67	7.18	26.57	3.59	151.65	1795.10 (M)	10.71 (M)	67.29 (M)	0.32(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, Garden Entree Salad K-5 (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100069 (1 salad)	0	324.88	13.74	5.09	0.00	42.40	971.63	36.06	6.67	5.96	18.41	2.36	187.35	1104.65 (M)	8.50(M)	67.29 (M)	0.32(M)
Sandwich, Ham and Cheese, K-5 - MCR100074 (1 ea.)	0	313.75	11.01	3.61	0.00	40.77	1061.05	36.47	3.84	5.12	19.11	2.00	156.57	164.37 (M)	0.78(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)

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)
Category: Vegetables; Choose: 2																	
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
Potatoes, French Fries, Crinkle Cut, Frozen, Veg-S - MCR100221 (1/2 c.)	0	120.00	4.50	1.00	0.00	0.00	290.00	19.00	2.00	1.00	2.00	0.00	0.00	0.00	3.60	(M)	(M)
Soup, Tomato Soup, Canned, Campbell's, 51000-00016, Veg-RO - MCR100161 (1 c.)	0	90.00	0.00	0.00	0.00	0.00	480.00	20.00	1.00	12.00	2.00	0.72	0.00	400.00	6.00	(M)	(M)
Category: Fruits; Choose: 2																	
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, 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)
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)
Category: Milk; Choose: 1																	
Milk, Variety, Elementary, Lunch, Galliker's, MILK - SR102215 (8 ounces)	0	127.73	0.26	0.15	0.00	6.01	188.52	22.85	0.00	21.00	8.15	0.26	300.00	500.00	2.40	(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)
Category: Condiments; Choose: 1																	
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, 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, 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)
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)
JVES Lunch 2018-2019 Menu Week 1 Day 5 2017 -2022 - Day: 5	1																
Category: Entrees; Choose: 1																	
Craveable, Ham & Cheese - MCR100912 (1 ea.)	0	558.13	28.77	15.16	0.00	91.00	1347.88	50.06	4.00	15.03	25.74	1.05	454.00	1267.50	11.10	0.00(M)	0.00(M)
Craveable, Nachos - MCR100438 (1 ea.)	0	572.63	32.13	12.52	0.00	55.00	852.25	55.34	4.04	4.00	24.04	0.91	480.75	600.00(M)	0.00(M)	(M)	(M)
Craveable, Pizza, Flatbread - MCR100882 (1 ea.)	0	497.33	22.70	11.29	0.00	47.59	884.25	56.54	4.83	25.66	19.48	0.83(M)	322.04(M)	1548.14(M)	14.92(M)	(M)	(M)
Craveable, Smuckers PB&J - LR100020 (1 ea.)	0	540.00	26.50	7.50	0.00	20.00	675.00	61.00	5.00	27.00	19.00	1.80(M)	240.00(M)	100.00(M)	0.00(M)	(M)	(M)
Craveable, Yogurt and Cheese Stick - MCR100906 (1 ea.)	0	420.00	13.00	5.50	0.00	30.00	630.00	58.00	2.00	26.00	17.00	0.72(M)	390.00(M)	100.00(M)	0.00(M)	(M)	(M)
Pizza, Cheese, MMA, Non-WG - MCR100493 (1 Slice (1/8))	0	271.68	7.08	4.05	0.00	20.25	712.11	30.06	2.68	2.01(M)	20.52	2.27	1507.15	0.00(M)	0.00(M)	(M)	(M)
Pizza, Pepperoni, MMA, Non-WG - MCR100492 (1 slices,eac)	0	308.89	10.53	5.38	0.00	28.22	847.66	30.06	2.68	2.01(M)	22.11	2.46	1507.15	0.00(M)	0.00(M)	(M)	(M)
Salad, Chef Salad, Ham/Turkey/WG Dinner Rolls (new), MMA, WG, Veg-DG, Ver-RO, Veg-O - MCR100013 (1 Chef Salad)	0	421.12	15.68	4.88	0.00	272.84	1115.50	46.20	9.67	7.18	26.57	3.59	151.65	1795.10(M)	10.71(M)	67.29(M)	0.32(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 (M)	VitC (M)	Mois (g)	Ash (g)
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, Garden Entree Salad K-5 (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100069 (1 salad)	0	324.88	13.74	5.09	0.00	42.40	971.63	36.06	6.67	5.96	18.41	2.36	187.35	1104.65 (M)	8.50(M)	67.29 (M)	0.32(M)
Sandwich, Ham and Cheese, K-5 - MCR100074 (1 ea.)	0	313.75	11.01	3.61	0.00	40.77	1061.05	36.47	3.84	5.12	19.11	2.00	156.57	164.37 (M)	0.78(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)
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)
Category: Vegetables; Choose: 2																	
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
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)
Category: Fruits; Choose: 2																	
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)

Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:29:17 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)
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)
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)
Category: Milk; Choose: 1																	
Milk, Variety, Elementary, Lunch, Galliker's, MILK - SR102215 (8 ounces)	0	127.73	0.26	0.15	0.00	6.01	188.52	22.85	0.00	21.00	8.15	0.26	300.00	500.00	2.40	(M)	(M)
Category: Condiments; Choose: 1																	
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, 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, 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)
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)