

Menu Cycle Week Nutrient Analysis

Menu Cycle: JVES Lunch 2018-2019 Cycle 2
 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	
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 - 13.750]	
Veg-DG	> = 0.500	9.750	
Veg-RO	> = 0.750	6.000	
Veg-BP	> = 0.500	0.500	
Veg-S	> = 0.500	2.000	
Veg-O	> = 0.500	7.500	
Grains	[8.000 - 9.000]	[8.000 - 13.500](a)	
Non-WGR		[0.000 - 2.000]	
WGR	> = 100.000 % of	126.250	96.93
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 2 Day 1 2017 -2022 - Day: 1	1																
Category: Entrees; Choose: 1																	
Chicken Nuggets with WG Roll, K-5 - MCR100071 (1 ea.)	0	290.00	13.00	3.00	0.00	44.00	600.00	25.00	3.00	2.00	19.00	2.88	40.00	100.00 (M)	0.00(M)	(M)	(M)
Corn Dog, WG - MCR100061 (1 ea.)	0	240.00	7.00	1.50	0.00	15.00	670.00	33.00	4.00	11.00	11.00	1.80	60.00	0.00	15.00	(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)
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)
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																	

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)
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)
Carrots, Frozen, Harvest Value, RO - MCR100157 (1/2 c.)	0	30.00	0.00	0.00	0.00	0.00	60.00	7.00	2.00	5.00	1.00	0.36	20.00	5500.00	6.00	(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
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)

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, 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 2 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)
Nachos Grande (Elementary), MMA, WG - MCR100684 (1 ea.)	0	435.04	25.05	6.25	0.00	39.92	707.43	40.52	2.45	1.18	15.43	2.12	44.90	224.36	7.37	27.23 (M)	0.29(M)
Pierogies w/WG Roll (new), K-5, 6-8, 9-12, MMA, WG - MCR100251 (1 serv.)	0	330.00	11.00	5.00	0.00	70.00	550.00	42.00	5.00	3.00	18.00	3.42	220.00	0.00	2.40	(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)

Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:30:26 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)
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																	
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
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)
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)
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)

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: 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 2 Day 3 2017 -2022 - Day: 3	1																
Category: Entrees; Choose: 1																	
Chicken, Popcorn with WG Roll, K-5, 6-8, 9-12 - MCR100088 (1 ea.)	0	320.00	16.00	2.50	0.00	25.00	510.00	29.00	5.00	3.00	18.00	2.88	40.00	100.00 (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)

Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:30:26 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) (M)	Mois (g) (M)	Ash (g) (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)
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 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)
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, sweet, green, raw - MCR100222 (1/2 cup, chopp)	0	14.90	0.00	0.00	0.00	0.00	2.23	3.46	1.27	2.23	0.64	0.25	7.45	275.65	59.90	69.95	0.32
Potato, Instant Mashed Potato with Vitamin C, Dehydrated, Veg-S - MCR100891 (1/2 cup, cooke)	0	67.50	0.75	0.00	0.00	0.00	18.75	15.75	1.50	0.75	1.50	0.27	15.00	0.00	22.50	(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: 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)
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)
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)

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 2 Day 4 2017 -2022 - Day: 4	1																
Category: Entrees; Choose: 1																	
Chicken Alfredo over Penne, WG, K-5 - MCR100121 (1 ea.)	0	416.95	22.98	13.22	0.00	75.53	335.64	33.49	3.00	2.18	19.64	1.58(M)	239.38	364.12 (M)	0.00(M)	0.30(M)	0.00(M)
Chicken, Tender Gluten Free M/MA - MCR100792 (4 ea.)	0	280.00	17.00	4.00	0.00	60.00	680.00	17.00	1.00	0.00	16.00	0.90	0.00	0.00	0.00	0.00	0.00
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)
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																	

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)
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)
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)
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
Tomatoes, Raw, Cherry, Veg- RO - MCR100272 (1/2 c.)	0	13.50	0.00	0.00	0.00	0.00	3.50	3.00	1.00	2.00	0.50	0.18	5.00	625.00	9.60	0.00	0.00
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																	

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)
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)
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)
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 2 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)

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)
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)
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
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)
Category: Fruits; Choose: 2																	

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)
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)
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)