

# Menu Cycle Week Nutrient Analysis

Menu Cycle: Jr. Sr. Lunch Week 3  
 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)<br>(13) | < 1,360.00            | 0.00         |               |
| Sodium Target 2 (mg)<br>(13) | < 1,035.00            | 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 - 10.000]     |            |
| Veg                               | >= 3.750         | [4.750 - 15.375]     |            |
| Veg-DG                            | >= 0.500         | 9.500                |            |
| Veg-RO                            | >= 0.750         | 6.125                |            |
| Veg-BP                            | >= 0.500         | 2.625                |            |
| Veg-S                             | >= 0.500         | 2.625                |            |
| Veg-O                             | >= 0.500         | 6.250                |            |
| Grains                            | [8.000 - 10.000] | [5.000 - 25.250]     |            |
| Non-WGR                           |                  | [0.000 - 11.250]     |            |
| WGR                               | >= 100.000 % of  | 146.500              | 92.87      |
| Meat/MA                           | [9.000 - 10.000] | [10.000 - 15.000](a) |            |
| MILK-F                            | >= 5.000         | 5.000                |            |
| Fruit-J                           | <= 50.000 % of   | 3.000                | 30.00      |
| 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|-------------|-----------|------------|---------|
| <b>High School Lunch Menu Week 3 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)     |
| 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)     |
| Flatbread, Buffalo Chicken Flatbread, MMA, WG - MCR100009 (1 ea.)                                   | 0        | 309.96          | 12.97   | 4.28     | 0.03     | 52.38     | 697.97  | 27.53    | 3.03    | 2.25       | 21.62   | 0.59(M) | 102.04 (M) | 302.35 (M)  | 4.02(M)   | (M)        | (M)     |
| Flatbread, Steak and Cheddar, M/MA, WG - MCR100395 (1 ea.)  | 0        | 612.84          | 44.82   | 17.09    | 0.00     | 102.50    | 529.73  | 26.50    | 3.00    | 2.00       | 26.50   | 2.16(M) | 100.00 (M) | 468.94 (M)  | 0.00(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) |
| Quesadilla, Chicken Flatbread, 6-8, 9-12, MMA, WG - MCR100389 (1 ea.)                               | 0        | 426.52          | 22.55   | 9.21     | 0.00     | 84.85     | 1039.88 | 28.62    | 3.00    | 3.62       | 26.56   | 0.50(M) | 232.35 (M) | 942.46 (M)  | 7.76(M)   | (M)        | (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)     |

# 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 (M)   | VitC (M)  | Mois (M)  | Ash (g) |
|--|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|------------|-----------|-----------|---------|
| 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>   |          |                  |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |
| 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, Cheese, and Rice Casserole (new), USDA #I-08, MMA, WG, Veg-DG - MCR100657 (1/3 c.) | 0        | 135.90           | 6.62    | 3.24     | 0.00     | 14.48     | 263.20  | 12.63    | 1.79    | 1.10       | 6.55    | 0.53    | 146.35  | 438.84     | 19.31     | 47.09 (M) | 0.68(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    |
| 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>   |          |                  |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |

# Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:24:39 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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| 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)     |
| 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)     |
| 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>High School Lunch Menu Week 3 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)     |
| Chicken Nuggets, WG, with WG Dinner Rolls, 6-8, 9-12 - MCR100355 (1 ea.)                                | 0        | 404.00          | 16.40   | 3.60     | 0.00     | 52.80     | 824.00  | 40.40    | 5.20    | 4.00       | 25.20   | 4.32    | 64.00   | 120.00 (M)  | 0.00(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) |

# 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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|------------|-----------|-----------|---------|
| 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>   |          |                 |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |
| 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>   |          |                 |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |
| Bean, Vegetarian Black (Poblanos) - MCR100364 (3 oz.)                                  | 0        | 52.31           | 3.52    | 0.54     | 0.00     | 0.00      | 23.55   | 4.49     | 1.10    | 0.96(M)    | 1.09    | 0.30    | 12.07   | 50.66      | 8.94      | 22.44 (M) | 0.09(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, Sweet Potato French Fry, Simplot, Veg-RO - MCR100310 (1 serving 1/)            | 0        | 140.00          | 6.00    | 1.00     | 0.00     | 0.00      | 135.00  | 20.00    | 3.00    | 8.00       | 1.00    | 0.72    | 40.00   | 1250.00    | 0.00      | (M)       | (M)     |
| <b>Category: Fruits; Choose: 2</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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|-----------|---------|
| 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)     |
| <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)     |
| Corn and Black Bean Salsa (new), Condiment - MCR100524 (1/2 c.)                            | 0        | 63.35           | 0.38    | 0.04     | 0.00     | 0.00      | 41.69   | 12.82    | 2.77    | 1.01       | 2.93    | 0.73    | 20.83   | 460.26 | 12.01     | 31.46 (M) | 0.17(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)     |

# 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, 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, Brown - MCR100325 (1/4 c.)   | 0 (M)    | (M)             | (M)     | (M)      | (M)      | (M)       | (M)     | (M)      | (M)     | (M)        | (M)     | (M)     | (M)     | (M)         | (M)       | (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>High School Lunch Menu Week 3 Day 3 2017-2022 - Day: 3</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)     |
| Chicken in Gravy over WG Biscuit, MMA, WG - MCR100106 (1 serv.)   | 0        | 307.07          | 11.85   | 7.67     | 0.00     | 52.65     | 606.33  | 31.00    | 2.00    | 3.00       | 21.41   | 1.81    | 150.00  | 0.00        | 0.00      | (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) |



# 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, 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)     |
| 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>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |
| 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, Schwabels, 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    |

# 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) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| 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    |
| 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    |
| 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)     |

# 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|-----------|-------------|-----------|------------|---------|
| 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)     |
| <b>High School Lunch Menu Week 3 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)     |
| 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) |
| Deli Bar, MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100026 (1 sandwich)                                       | 0        | 514.68          | 25.27   | 10.23    | 0.08(M)  | 92.88     | 1957.35 | 38.07    | 5.86    | 6.26(M)    | 36.41   | 4.07    | 349.30    | 7653.64 (M) | 14.03 (M) | 210.93 (M) | 4.50(M) |
| Jacked Up Fries, Buffalo Chicken - MCR100814 (1 ea.)  | 0        | 544.29          | 21.80   | 6.02     | 0.84(M)  | 58.90     | 1417.71 | 59.66    | 5.03    | 5.42       | 27.54   | 2.54(M) | 43.56 (M) | 301.47 (M)  | 3.35(M)   | 0.01(M)    | 0.01(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 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) |
| 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, Italian Hot Sausage, w/Peppers, MMA, WG - MCR100605 (1 sandwich)                     | 0        | 585.87          | 38.03   | 13.50    | 0.00     | 95.00     | 1280.81 | 32.23    | 4.44    | 3.35       | 27.21   | 9.09    | 41.95   | 402.62 (M)  | 26.33 (M) | 21.40 (M)  | 0.10(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, 6-8, 9-12 - MCR100136 (1 ea.)               | 0        | 483.96          | 8.82    | 3.96     | 0.00     | 17.31     | 440.61  | 89.98    | 6.38    | 55.40      | 16.53   | 2.54    | 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)     |

# 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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|----------|-----------|----------|---------|
| 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    |
| 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)     |
| <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)     |

# Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:24:39 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)     |
| 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)     |
| 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|------------|---------|
| <b>High School Lunch Menu Week 3 Day 5 2017-2022 - Day: 5</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)     |
| Chicken Alfredo over Penne, WG, 6-8, 9-12 - MCR100110 (1 ea.)                                       | 0        | 508.60          | 26.11   | 14.80    | 0.00     | 86.99     | 397.33  | 44.22    | 4.00    | 2.68       | 24.88   | 2.09(M) | 295.68  | 444.52 (M)  | 0.00(M)   | 0.30(M)    | 0.00(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) |
| 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, Turkey Reuben, M/MA, WG, 9-12 - MCR100359 (1 ea.)   | 0        | 730.52          | 55.73   | 17.27    | 0.00     | 73.55     | 2084.95 | 35.37    | 5.35    | 15.14      | 23.26   | 3.39    | 148.15  | 1332.03     | 8.23      | 56.89 (M)  | 2.38(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) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|------------|-----------|-----------|---------|
| 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>  |          |                  |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |
| 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)     |
| 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    |
| 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    |
| Salad, Caesar Side - MCR100114 (1 serv.)  | 0        | 64.00            | 4.13    | 1.01     | 0.00     | 5.85      | 210.00  | 5.07     | 2.00    | 0.47       | 1.98    | 0.20    | 26.38   | 500.00     | 1.20      | (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)     |



# Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:24:39 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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| 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)     |
| 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, 1% Low Fat, Unflavored, Half Pint, Galliker - SR100321 (1 Carton)                    | 0        | 110.00          | 2.50    | 1.50     | 0.00     | 15.00     | 130.00  | 13.00    | 0.00    | 12.00      | 9.00    | 0.00    | 300.00  | 500.00 | 2.40      | (M)      | (M)     |
| Milk, Strawberry, Fat Free, Half Pint, Galliker's, - SR100319 (1 Carton)                   | 0        | 150.00          | 0.00    | 0.00     | 0.00     | 4.99      | 140.00  | 30.00    | 0.00    | 28.00      | 8.00    | 0.00    | 300.00  | 500.00 | 2.40      | (M)      | (M)     |
| Milk, Vanilla, Fat Free, Half Pint, Galliker's, MI - SR100311 (1 Carton)                   | 0        | 130.00          | 0.00    | 0.00     | 0.00     | 4.99      | 120.00  | 24.00    | 0.00    | 22.00      | 8.00    | 0.00    | 300.00  | 500.00 | 2.40      | (M)      | (M)     |
| 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)     |

# Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:24:39 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| 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)     |