

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: 9-12
 Site Group: High School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[750.00 - 850.00]	0.00	
Fat (g)		0.00	
Sfat (g)(1)	< 10.00 % of Calories	0.00	
TFat (g)(2)		0.00(M)	
Chol (mg)		0.00	
Sodium Target 1 (mg) (13)	< 1,420.00	0.00	
Sodium Target 2 (mg) (13)	< 1,080.00	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	>= 5.000	[5.000 - 10.000]	
Veg	>= 5.000	[4.750 - 15.375]	
Veg-DG	>= 0.500	9.500	
Veg-RO	>= 1.250	6.125	
Veg-BP	>= 0.500	2.625	
Veg-S	>= 0.500	2.625	
Veg-O	>= 0.750	6.250	
Grains	[10.000 - 12.000]	[5.000 - 25.250]	
Non-WGR		[0.000 - 11.250]	
WGR	>= 100.000 % of	146.500	92.87
Meat/MA	[10.000 - 12.000]	[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.

a

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)
High School Lunch Menu Week 3 Day 1 2017-2022 - Day: 1	1																
Category: Entrees; Choose: 1																	
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)
Category: Grains; Choose: 1																	
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)
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, 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)
Category: Fruits; 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)
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)
Category: Milk; Choose: 1																	
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)
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, 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)
High School Lunch Menu Week 3 Day 2 2017-2022 - Day: 2	1																
Category: Entrees; Choose: 1																	
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)
Category: Grains; Choose: 1																	
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)
Category: Vegetables; Choose: 2																	
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)
Category: Fruits; 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)
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, 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)
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, 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)
High School Lunch Menu Week 3 Day 3 2017-2022 - Day: 3	1																
Category: Entrees; Choose: 1																	
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)
Category: Grains; Choose: 1																	
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)
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

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)
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, 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)
Category: Milk; Choose: 1																	
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)
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, 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)
High School Lunch Menu Week 3 Day 4 2017-2022 - Day: 4	1																
Category: Entrees; Choose: 1																	
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)
Category: Grains; Choose: 1																	
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)
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
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)
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, 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

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)
Category: Milk; Choose: 1																	
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)
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, 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)
High School Lunch Menu Week 3 Day 5 2017-2022 - Day: 5	1																
Category: Entrees; Choose: 1																	
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	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)
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)
Category: Grains; Choose: 1																	
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)
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)
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)
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)

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)
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)
Category: Milk; Choose: 1																	
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)
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, 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: 9/5/2018 1:53:48 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)