

Menu Cycle Week Nutrient Analysis

Generated on: 9/5/2018 1:55:02 PM by Tammy Vinglas

Menu Cycle: Jr. Sr. Lunch Week 4
 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 | |
| Ca (mg) | | 0.00 | |
| 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 | [5.000 - 15.375] | |
| Veg-DG | >= 0.500 | 8.250 | |
| Veg-RO | >= 1.250 | 5.125 | |
| Veg-BP | >= 0.500 | 2.125 | |
| Veg-S | >= 0.500 | 2.625 | |
| Veg-O | >= 0.750 | 6.500 | |
| Grains | [10.000 - 12.000] | [5.000 - 25.000] | |
| Non-WGR | | [0.000 - 11.250] | |
| WGR | >= 100.000 % of | 139.750 | 92.55 |
| Meat/MA | [10.000 - 12.000] | [10.000 - 14.250](a) | |
| MILK-F | >= 5.000 | 5.000 | |
| Fruit-J | <= 50.000 % of | 2.500 | 25.00 |
| 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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|------------|---------|
| High School Lunch Menu Week 4 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) |
| 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, Pulled Pork BBQ, K-5, MMA, WG - MCR100432 (1 ea.) | 0 | 255.67 | 3.37 | 0.30 | 0.00 | 4.37 | 911.55 | 47.36 | 4.48 | 14.08 | 10.19 | 1.43 | 77.45 | 256.49 (M) | 0.02(M) | (M) | (M) |
| Taco, Beef Taco Filling - MCR100282 (1/4 c.) | 0 | 120.90 | 8.04 | 3.51 | 0.00 | 39.92 | 277.49 | 2.25 | 0.48 | 1.19 | 11.45 | 1.38 | 5.38 | 165.39 | 2.11 | 27.80 (M) | 0.29(M) |

Menu Cycle Week Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|------------|-----------|-----------|---------|
| Yogurt Parfait with Moz Cheese Stick with WG Roll, K-5 - MCR100135 (1 ea.) | 0 | 457.07 | 8.57 | 3.96 | 0.00 | 17.31 | 428.88 | 84.11 | 5.89 | 53.20 | 15.92 | 2.36 | 356.45 | 628.92 (M) | 52.78 (M) | 93.31 (M) | 0.31(M) |
| 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 |
| Celery Sticks - MCR100052 (1/2 c.) | 0 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 50.00 | 2.00 | 1.00 | 1.00 | 0.00 | 0.00 | 20.00 | 300.00 | 2.40 | (M) | (M) |
| Corn, Yellow, Whole Kernel, Cooked from Frozen, Commodity, 100348, A130, Veg-S - MCR100169 (1/2 c.) | 0 | 71.34 | 0.55 | 0.08 | 0.00 | 0.00 | 1.00 | 15.83 | 2.00 | 0.00 | 2.09 | 0.39 | 2.00 | 163.00 | 2.90 | (M) | (M) |
| Cucumber, raw - MCR100053 (1/2 c.) | 0 | 9.36 | 0.06 | 0.02 | 0.00 | 0.00 | 1.04 | 1.89 | 0.26 | 0.87 | 0.34 | 0.15 | 8.32 | 54.60 | 1.46 | 49.52 | 0.20 |
| 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) |

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, 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) |

Menu Cycle Week Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|------------|---------|
| Margarine, Spread, Whipped, SS Cup, Shelf Stable, Fresh Buttery Taste, Land O Lakes - MCR100239 (2 ea.) | 0 | 45.00 | 5.00 | 1.50 | 0.00 | 0.00 | 75.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 300.00 | 0.00 | (M) | (M) |
| Mayonnaise, Heinz - MCR100139 (1 Tbsp.) | 0 | 100.00 | 11.00 | 2.00 | 0.00 | 10.00 | 85.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Mustard, Yellow, Dispenser Pouch, Heinz, 652000 - MCR100203 (1 Tbsp.) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 210.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| High School Lunch Menu Week 4 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) |
| 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, Taco Salad, MMA, WG, Veg-DG, Veg-RO - MCR100041 (1 salad) | 0 | 567.08 | 32.54 | 10.71 | 0.00 | 64.92 | 936.76 | 49.83 | 7.45 | 2.37 | 22.96 | 2.66 | 261.49 | 1893.44 | 10.79 | 80.89 (M) | 0.81(M) |
| Sandwich, Cheese Steak, Hoagie, 6-8, 9-12, MMA, WG - MCR100515 (1 sandwich) | 0 | 550.00 | 36.50 | 15.00 | 0.00 | 102.50 | 595.00 | 30.50 | 3.00 | 3.00 | 27.50 | 3.96 | 115.00 | 150.00 (M) | 0.00(M) | (M) | (M) |
| Sandwich, Deli Hoagie, MMA, WG, 6-8, 9-12 - MCR100416 (1 sandwich) | 0 | 320.24 | 10.56 | 3.52 | 0.01 | 54.51 | 1355.12 | 32.69 | 3.00 | 4.00 | 25.09 | 2.48 | 144.68 | 164.91 | 2.58 | 25.99 (M) | 1.39(M) |

Menu Cycle Week Nutrient Analysis

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|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|------------|-----------|------------|---------|
| 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, Frozen, Boiled, Veg-O - SR100813 (1/2 Cup (8 oz) | 0 | 51.93 | 3.06 | 1.30 | 0.00(M) | 0.00 | 206.80 | 5.32 | 3.83 | 1.49(M) | 2.28 | 0.58 | 24.19 | 139.18 | 44.37 | 133.25 (M) | 1.00(M) |
| Cucumber, raw - MCR100053 (1/2 c.) | 0 | 9.36 | 0.06 | 0.02 | 0.00 | 0.00 | 1.04 | 1.89 | 0.26 | 0.87 | 0.34 | 0.15 | 8.32 | 54.60 | 1.46 | 49.52 | 0.20 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Apple, Raw, 138 count - MCR100191 (1 ea.) | 0 | 130.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 34.00 | 5.00 | 25.00 | 1.00 | 0.36 | 20.00 | 100.00 | 4.80 | (M) | (M) |
| Applesauce, Unsweetened - MCR100192 (1/2 c.) | 0 | 51.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.00 | 14.00 | 1.00 | 11.00 | 0.00 | 0.15 | 4.00 | 35.00 | 1.50 | (M) | (M) |

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, 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) |
| 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 4 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) |
| 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) |
| Pepperoni Roll - MCR100179 (1 slice) | 0 | 345.32 | 18.75 | 10.29 | 0.00 | 47.59 | 695.24 | 29.05 | 2.00 | 1.00 | 18.57 | 0.93 | 313.54 | 405.00 | 0.00 | (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) |
| 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) |

Menu Cycle Week Nutrient Analysis

Generated on: 9/5/2018 1:55:02 PM by Tammy Vinglas

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|------------|-----------|-----------|---------|
| Sandwich, 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 | | | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Potato, Curly Fries - MCR100386 (1/2 c.) | 0 | 138.65 | 6.40 | 1.66 | 0.13 | 0.00 | 392.31 | 18.28 | 1.83 | 0.17 | 1.98 | 0.57 | 0.00 | 0.00 | 4.73 | (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) |

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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| 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) |
| 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) |
| 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 4 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) |
| Fajita, Chicken, 6-8, 9-12, MMA, WG - MCR100019 (1 ea.) | 0 | 355.44 | 15.13 | 8.06 | 0.00 | 82.89 | 874.10 | 29.57 | 3.00 | 2.56 | 26.08 | 1.92 | 311.29 | 612.93 | 7.51 | (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) |
| 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) |

Menu Cycle Week Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU (M) | VitC (mg) | Mois (g) | Ash (g) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|-----------|---------|
| Salad, Steak Salad Grab n Go/WG Rolls (new), 6-8, 9-12, MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100552 (1 serv.) | 0 | 592.41 | 37.39 | 14.72 | 0.00 | 102.50 | 433.29 | 37.61 | 7.93 | 8.50 | 29.93 | 5.67 | 192.47 | 9983.08 (M) | 63.22 (M) | 88.50 (M) | 1.01(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 |
| 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) |

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) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| 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) |
| 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) |

Menu Cycle Week Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|------------|---------|
| Dressing, Cains Light Italian Dressing, Cains, 59770 - MCR100220 (2 tsp.) | 0 | 15.00 | 1.00 | 0.00 | 0.00 | 0.00 | 560.00 | 2.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.20 | (M) | (M) |
| Dressing, 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 4 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) |
| 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) |

Menu Cycle Week Nutrient Analysis

Generated on: 9/5/2018 1:55:02 PM by Tammy Vinglas

| 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 (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|-----------|---------|
| Salad, Crispy Chicken (new), 9-12, MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100025 (1 salad) | 0 | 553.16 | 25.16 | 4.63 | 0.00 | 39.58 | 1035.74 | 55.88 | 11.90 | 6.38 | 28.21 | 4.52 | 146.03 | 1619.16 (M) | 48.50 (M) | 88.57 (M) | 0.61(M) |
| Salad, 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 Meatball and Cheese Hoagie, 6-8, 9-12, MMA, WG - MCR100084 (1 ea.) | 0 | 364.25 | 12.37 | 5.37 | 0.00 | 46.20 | 622.77 | 41.57 | 4.02 | 8.12 | 23.81 | 3.32 | 171.18 | 469.80 (M) | 1.13(M) | 49.55 (M) | 0.94(M) |
| Spaghetti with Meatballs & Breadstick 9-12, MMA, WG, Veg-RO - SR108416 (1 serv.) | 0 | 496.26 | 15.03 | 5.40 | 0.00 | 45.56 | 577.38 | 67.07 | 8.40 | 3.01(M) | 25.13 | 4.06 | 65.26 | 423.00 | 6.12 | (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 | | | | | | | | | | | | | | | | | |

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) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|----------|-----------|----------|---------|
| 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 |
| 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 | | | | | | | | | | | | | | | | | |

Menu Cycle Week Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| Milk, Variety, 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) |