

# Menu Cycle Week Nutrient Analysis

Generated on: 9/5/2018 1:56:00 PM by Tammy Vinglas

Menu Cycle: Jr. Sr. Lunch Week 5  
 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	
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	
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	[5.000 - 15.250]	
Veg-DG	>= 0.500	9.250	
Veg-RO	>= 1.250	7.250	
Veg-BP	>= 0.500	2.000	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.750	6.250	
Grains	[10.000 - 12.000]	[6.750 - 24.250]	
Non-WGR		[0.000 - 11.250]	
WGR	>= 100.000 % of	126.750	90.70
Meat/MA	[10.000 - 12.000]	[8.000 - 15.500]	
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 Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>High School Lunch Menu Week 5 Day 1 2017-2022 - Day: 1</b>	1																
<b>Category: Entrees; Choose: 1</b>																	
Burger, Bacon Cheeseburger on a Bun, 6-8, 9-12, MMA, WG - MCR100173 (1 ea.)	0	344.16	14.54	6.83	0.00	51.13	724.16	31.62	3.00	3.00	22.58	2.96	156.26	151.88 (M)	0.00(M)	1.16(M)	0.24(M)
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)
Corn Dog, WG - MCR100061 (1 ea.)	0	240.00	7.00	1.50	0.00	15.00	670.00	33.00	4.00	11.00	11.00	1.80	60.00	0.00	15.00	(M)	(M)
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)
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)

# 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)
Yogurt Parfait with Moz Cheese Stick with WG Roll, K-5 - MCR100135 (1 ea.)	0	457.07	8.57	3.96	0.00	17.31	428.88	84.11	5.89	53.20	15.92	2.36	356.45	628.92 (M)	52.78 (M)	93.31 (M)	0.31(M)
<b>Category: Grains; Choose: 1</b>																	
Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG - SR101636 (13 ea.)	0	141.75	7.09	1.01	0.00	0.00	121.50	18.23	2.02	0.00	2.02	0.37	40.50	0.00	0.00	(M)	(M)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - MCR100653 (1 ea.)	0	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Roll, Dinner, Wheat WG, Dinner Roll, Schwebels, 192, 1 oz WG - MCR100385 (1 bun)	0	70.00	1.00	0.00	0.00	0.00	110.00	13.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Chick Peas, Garbanzos, Canned, Furmano's, 4118804043, Veg-BP - MCR100167 (1/2 c.)	0	110.00	2.00	0.50	0.00	0.00	410.00	18.00	8.00	3.00	6.00	0.72	60.00	0.00	0.00	(M)	(M)
Broccoli, raw - MCR100054 (1/2 c.)	0	10.79	0.12	0.00	0.00	0.00	19.19	1.92	0.72	0.48	0.96	0.26	14.39	71.96	31.66	(M)	(M)
Carrots, Baby-Cut, Sticks, Fresh, Peeled, 100982 A094, Veg-RO - MCR100195 (1/2 c.)	0	29.98	0.10	0.02	0.00	0.00	65.96	6.93	2.46	0.00	0.54	0.77	26.99	11720.11	2.25	(M)	(M)
Cauliflower, raw - MCR100143 (1/2 c.)	0	28.00	0.28	0.06	0.00	0.00	30.00	4.97	2.00	0.00	1.92	0.42	22.00	0.00	48.20	92.07	0.76
Celery Sticks - MCR100052 (1/2 c.)	0	10.00	0.00	0.00	0.00	0.00	50.00	2.00	1.00	1.00	0.00	0.00	20.00	300.00	2.40	(M)	(M)
Cucumber, raw - MCR100053 (1/2 c.)	0	9.36	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	0.34	0.15	8.32	54.60	1.46	49.52	0.20
Potato, French Fry, 1/2" Straight-Cut, Reduced Sodium, McCain, MCX04717, Veg-S - MCR100880 (2 3/8 ounces)	0	120.00	4.00	0.50	0.00	0.00	135.00	20.00	2.00	0.00	1.00	0.36	0.00	0.00	2.40	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Apple, Raw, 138 count - MCR100191 (1 ea.)	0	130.00	0.00	0.00	0.00	0.00	0.00	34.00	5.00	25.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Applesauce, Unsweetened - MCR100192 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.15	4.00	35.00	1.50	(M)	(M)
Banana, Raw, Medium - MCR100206 (1 ea.)	0	112.14	0.42	0.14	0.00	0.00	1.26	28.78	3.28	15.41	1.37	0.33	6.30	80.64	10.96	94.39	1.03

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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)
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, Whole Segment, In Juice, Carbotrol - MCR100142 (1/2 c.)	0	50.96	0.00	0.00	0.00	0.00	15.29	13.25	2.04	10.19	0.00	0.00	203.85	509.62	12.23	(M)	(M)
Orange, Raw, Whole - MCR100188 (1 ea.)	0	72.89	0.19	0.03	0.00	0.00	0.00	18.09	3.65	15.40	1.45	0.15	61.12	346.79	81.94	(M)	(M)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	0	118.00	0.16	0.01	0.00	0.00	8.00	29.98	2.20	27.73	0.79	0.46	4.00	355.00	117.80	(M)	(M)
Pineapple Tidbits, Canned, In Juice, F - MCR100155 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	11.00	1.00	0.00	0.00	100.00	9.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, 1% Low Fat, Unflavored, Half Pint, Galliker - SR100321 (1 Carton)	0	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	9.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Strawberry, Fat Free, Half Pint, Galliker's, - SR100319 (1 Carton)	0	150.00	0.00	0.00	0.00	4.99	140.00	30.00	0.00	28.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Vanilla, Fat Free, Half Pint, Galliker's, MI - SR100311 (1 Carton)	0	130.00	0.00	0.00	0.00	4.99	120.00	24.00	0.00	22.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Variety, MS Lunch, Galliker's, MILK - SR102208 (8 ounces)	0	127.14	0.12	0.07	0.00	5.47	191.91	23.00	0.00	21.14	8.14	0.27	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
BBQue Sauce, Heinz - MCR100057 (2 Tbsp.)	0	40.00	0.00	0.00	0.00	0.00	450.00	10.00	0.50	7.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Condiment, Hot Sauce, Texas Pete, 10.012 - MCR100140 (1 tsp.)	0	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Condiment, Ketchup, Tomato Fancy, 33% Dispenser Pouch, Heinz, 515500 - MCR100154 (2 Tbsp.)	0	30.00	0.00	0.00	0.00	0.00	380.00	8.00	0.00	8.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Dressing, Cains Light Italian Dressing, Cains, 59770 - MCR100220 (2 tsp.)	0	15.00	1.00	0.00	0.00	0.00	560.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	1.20	(M)	(M)
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)
USDA Commodity, Peanut Butter, smooth - MCR100181 (2 Tbsp.)	0	188.16	15.85	3.05	0.00	0.00	152.32	7.67	1.82	2.08	7.02	0.69	17.28	0.00	0.00	0.50	0.96
<b>High School Lunch Menu Week 5 Day 2 2017-2022 - Day: 2</b>	1																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Sticks Dippers (Max) with Sauce (new), 1.93 oz/2 each, MMA, WG, Veg RO - MCR100100 (1 serv.)	0	355.00	14.50	5.00	0.00	20.00	750.00	38.00	4.00	6.00	15.00	2.16	220.00	1250.00 (M)	15.00 (M)	(M)	(M)
Nachos Grande, MMA, WG - MCR100162 (1 ea.)	0	470.04	28.05	7.00	0.00	39.92	917.43	43.02	2.45	1.18	15.43	2.12	44.90	224.36	7.37	27.23 (M)	0.29(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)
Pretzel Roll, Hot Ham & Cheese on Pretzel Roll, MM - MCR100000 (1 ea.)	0	264.35	8.37	3.96	0.00	39.68	798.50	32.22	3.00	2.00	15.65	1.80	95.00	150.00	0.00	(M)	(M)
Salad, 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)

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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)
Sandwich, Hoagie, Turkey and Cheese, MMA, WG - MCR100083 (1 sandwich)	0	322.63	11.36	4.63	0.00	68.66	1248.19	30.51	3.00	3.00	27.13	2.76	131.94	181.88(M)	5.20(M)	(M)	(M)
Yogurt Parfait with Moz Cheese Stick with WG Roll, K-5 - MCR100135 (1 ea.)	0	457.07	8.57	3.96	0.00	17.31	428.88	84.11	5.89	53.20	15.92	2.36	356.45	628.92(M)	52.78(M)	93.31(M)	0.31(M)
<b>Category: Grains; Choose: 1</b>																	
Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG - SR101636 (13 ea.)	0	141.75	7.09	1.01	0.00	0.00	121.50	18.23	2.02	0.00	2.02	0.37	40.50	0.00	0.00	(M)	(M)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - MCR100653 (1 ea.)	0	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Roll, Dinner, Wheat WG, Dinner Roll, Schwebels, 192, 1 oz WG - MCR100385 (1 bun)	0	70.00	1.00	0.00	0.00	0.00	110.00	13.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Chick Peas, Garbanzos, Canned, Furmano's, 4118804043, Veg-BP - MCR100167 (1/2 c.)	0	110.00	2.00	0.50	0.00	0.00	410.00	18.00	8.00	3.00	6.00	0.72	60.00	0.00	0.00	(M)	(M)
Broccoli, 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

Generated on: 9/5/2018 1:56:00 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)
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
Vegetable, Glazed Carrots, Veg-RO - MCR100160 (1/2 cup servin)	0	62.37	2.31	0.52	0.50	0.00	110.78	10.16	2.63	2.75	0.57	0.82	28.90	12608.69	2.40	0.00(M)	0.05(M)
<b>Category: Fruits; Choose: 2</b>																	
Apple, Raw, 138 count - MCR100191 (1 ea.)	0	130.00	0.00	0.00	0.00	0.00	0.00	34.00	5.00	25.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Applesauce, Unsweetened - MCR100192 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.15	4.00	35.00	1.50	(M)	(M)
Banana, Raw, Medium - MCR100206 (1 ea.)	0	112.14	0.42	0.14	0.00	0.00	1.26	28.78	3.28	15.41	1.37	0.33	6.30	80.64	10.96	94.39	1.03
Fruit, Mixed, Canned - MCR100193 (1/2 c.)	0	69.00	0.10	0.01	0.00	0.00	8.00	17.88	1.50	14.33	0.51	0.36	6.00	12.00	3.90	(M)	(M)
Juice Asst. - LR100006 (4 oz.)	0	60.00	0.00	0.00	0.00	0.00	3.75	15.25	0.00	14.25	0.50	0.00	0.00	0.00	54.00	(M)	(M)
Orange, Mandarin Orange, Whole Segment, In Juice, Carbotrol - MCR100142 (1/2 c.)	0	50.96	0.00	0.00	0.00	0.00	15.29	13.25	2.04	10.19	0.00	0.00	203.85	509.62	12.23	(M)	(M)
Orange, Raw, Whole - MCR100188 (1 ea.)	0	72.89	0.19	0.03	0.00	0.00	0.00	18.09	3.65	15.40	1.45	0.15	61.12	346.79	81.94	(M)	(M)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	0	118.00	0.16	0.01	0.00	0.00	8.00	29.98	2.20	27.73	0.79	0.46	4.00	355.00	117.80	(M)	(M)
Pineapple Tidbits, Canned, In Juice, F - MCR100155 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	11.00	1.00	0.00	0.00	100.00	9.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, MS Lunch, Galliker's, MILK - SR102208 (8 ounces)	0	127.14	0.12	0.07	0.00	5.47	191.91	23.00	0.00	21.14	8.14	0.27	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
BBQue Sauce, Heinz - MCR100057 (2 Tbsp.)	0	40.00	0.00	0.00	0.00	0.00	450.00	10.00	0.50	7.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Condiment, Hot Sauce, Texas Pete, 10.012 - MCR100140 (1 tsp.)	0	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Condiment, Ketchup, Tomato Fancy, 33% Dispenser Pouch, Heinz, 515500 - MCR100154 (2 Tbsp.)	0	30.00	0.00	0.00	0.00	0.00	380.00	8.00	0.00	8.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)

# 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)
USDA Commodity, Peanut Butter, smooth - MCR100181 (2 Tbsp.)	0	188.16	15.85	3.05	0.00	0.00	152.32	7.67	1.82	2.08	7.02	0.69	17.28	0.00	0.00	0.50	0.96
<b>High School Lunch Menu Week 5 Day 3 2017-2022 - Day: 3</b>	1																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Sticks Dippers (Max) with Sauce (new), 1.93 oz/2 each, MMA, WG, Veg RO - MCR100100 (1 serv.)	0	355.00	14.50	5.00	0.00	20.00	750.00	38.00	4.00	6.00	15.00	2.16	220.00	1250.00 (M)	15.00 (M)	(M)	(M)
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)



# 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, 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)
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, Toasted Cheese Sandwich, Grilled Cheese, - MCR100080 (1 sandwich)	0	342.50	20.23	10.13	0.00	50.63	1262.75	26.02	4.00	4.00	16.13	1.44(M)	343.75(M)	607.50(M)	0.00(M)	(M)	(M)
Taco, Beef Taco Filling - MCR100282 (1/4 c.)	0	120.90	8.04	3.51	0.00	39.92	277.49	2.25	0.48	1.19	11.45	1.38	5.38	165.39	2.11	27.80(M)	0.29(M)
Yogurt Parfait with Moz Cheese Stick with WG Roll, K-5 - MCR100135 (1 ea.)	0	457.07	8.57	3.96	0.00	17.31	428.88	84.11	5.89	53.20	15.92	2.36	356.45	628.92(M)	52.78(M)	93.31(M)	0.31(M)
<b>Category: Grains; Choose: 1</b>																	
Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG - SR101636 (13 ea.)	0	141.75	7.09	1.01	0.00	0.00	121.50	18.23	2.02	0.00	2.02	0.37	40.50	0.00	0.00	(M)	(M)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - MCR100653 (1 ea.)	0	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Roll, Dinner, Wheat WG, Dinner Roll, Schwebels, 192, 1 oz WG - MCR100385 (1 bun)	0	70.00	1.00	0.00	0.00	0.00	110.00	13.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
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)

# 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)
Celery Sticks - MCR100052 (1/2 c.)	0	10.00	0.00	0.00	0.00	0.00	50.00	2.00	1.00	1.00	0.00	0.00	20.00	300.00	2.40	(M)	(M)
Cucumber, raw - MCR100053 (1/2 c.)	0	9.36	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	0.34	0.15	8.32	54.60	1.46	49.52	0.20
Peas, green ,[100350, A160] - MCR100269 (1/2 c.)	0	62.00	0.22	0.04	0.00	0.00	58.00	11.41	4.40	0.00	4.12	1.26	19.00	1680.00	7.90	(M)	(M)
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
Soup, Tomato Soup, Canned, Campbell's, 51000-00016, Veg-RO - MCR100161 (1 c.)	0	90.00	0.00	0.00	0.00	0.00	480.00	20.00	1.00	12.00	2.00	0.72	0.00	400.00	6.00	(M)	(M)
Tomato Wedges - MCR100065 (1/2 c.)	0	18.00	0.18	0.03	0.00	0.00	4.50	3.50	1.08	2.37	0.79	0.24	9.00	749.70	12.33	85.07	0.45
<b>Category: Fruits; Choose: 2</b>																	
Apple, Raw, 138 count - MCR100191 (1 ea.)	0	130.00	0.00	0.00	0.00	0.00	0.00	34.00	5.00	25.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Applesauce, Unsweetened - MCR100192 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.15	4.00	35.00	1.50	(M)	(M)
Banana, Raw, Medium - MCR100206 (1 ea.)	0	112.14	0.42	0.14	0.00	0.00	1.26	28.78	3.28	15.41	1.37	0.33	6.30	80.64	10.96	94.39	1.03
Fruit, Mixed, Canned - MCR100193 (1/2 c.)	0	69.00	0.10	0.01	0.00	0.00	8.00	17.88	1.50	14.33	0.51	0.36	6.00	12.00	3.90	(M)	(M)
Juice Asst. - LR100006 (4 oz.)	0	60.00	0.00	0.00	0.00	0.00	3.75	15.25	0.00	14.25	0.50	0.00	0.00	0.00	54.00	(M)	(M)
Orange, Raw, Whole - MCR100188 (1 ea.)	0	72.89	0.19	0.03	0.00	0.00	0.00	18.09	3.65	15.40	1.45	0.15	61.12	346.79	81.94	(M)	(M)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	0	118.00	0.16	0.01	0.00	0.00	8.00	29.98	2.20	27.73	0.79	0.46	4.00	355.00	117.80	(M)	(M)
Pineapple Tidbits, Canned, In Juice, F - MCR100155 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	11.00	1.00	0.00	0.00	100.00	9.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, MS Lunch, Galliker's, MILK - SR102208 (8 ounces)	0	127.14	0.12	0.07	0.00	5.47	191.91	23.00	0.00	21.14	8.14	0.27	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
BBQue Sauce, Heinz - MCR100057 (2 Tbsp.)	0	40.00	0.00	0.00	0.00	0.00	450.00	10.00	0.50	7.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Condiment, Hot Sauce, Texas Pete, 10.012 - MCR100140 (1 tsp.)	0	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Condiment, Ketchup, Tomato Fancy, 33% Dispenser Pouch, Heinz, 515500 - MCR100154 (2 Tbsp.)	0	30.00	0.00	0.00	0.00	0.00	380.00	8.00	0.00	8.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Dressing, Cains Light Italian Dressing, Cains, 59770 - MCR100220 (2 tsp.)	0	15.00	1.00	0.00	0.00	0.00	560.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Dressing, Cains Lite French Dressing Gallon, Cains, 59760 - MCR100219 (1 Tbsp.)	0	120.00	9.00	0.00	0.00	0.00	465.00	10.50	0.00	6.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard, Dispenser, Heinz, 980450 - MCR100216 (1 Tbsp.)	0	255.00	25.50	4.50	0.00	15.00	202.50	7.50	0.00	7.50	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Ranch Low Fat, Heinz - MCR100047 (2 Tbsp.)	0	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	0.00	0.00	2.00	0.00	2.00	(M)	(M)
Margarine, Spread, Whipped, SS Cup, Shelf Stable, Fresh Buttery Taste, Land O Lakes - MCR100239 (2 ea.)	0	45.00	5.00	1.50	0.00	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00	(M)	(M)
Mayonnaise, Heinz - MCR100139 (1 Tbsp.)	0	100.00	11.00	2.00	0.00	10.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Pouch, Heinz, 652000 - MCR100203 (1 Tbsp.)	0	0.00	0.00	0.00	0.00	0.00	210.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>High School Lunch Menu Week 5 Day 4 2017-2022 - Day: 4</b>	1																
<b>Category: Entrees; Choose: 1</b>																	
Bar, Brunch Bar Concept, WG, MMA - MCR100726 (1 serv.)	0	423.16	15.87	3.46	0.00	226.84	750.71	55.72	4.41	19.93	14.36	2.67	109.60	507.86	13.28	6.13(M)	0.09(M)
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)

# 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)
Potatoes, Diced, No Salt Added: 110844 - SR109324 (1/2 c.)	0	52.00	0.00	0.00	0.00	0.00	15.00	12.00	1.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(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)
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, Monte Cristo, M/MA, WG, 6-8, 9-12 - MCR100394 (1 ea.)	0	426.17	19.41	8.81	0.00	130.59	1546.68	44.31	4.00	7.00	21.93	2.70(M)	305.00(M)	550.00(M)	0.00(M)	(M)	(M)
Taco, Beef Taco Filling - MCR100282 (1/4 c.)	0	120.90	8.04	3.51	0.00	39.92	277.49	2.25	0.48	1.19	11.45	1.38	5.38	165.39	2.11	27.80(M)	0.29(M)
Yogurt Parfait with Moz Cheese Stick with WG Roll, K-5 - MCR100135 (1 ea.)	0	457.07	8.57	3.96	0.00	17.31	428.88	84.11	5.89	53.20	15.92	2.36	356.45	628.92(M)	52.78(M)	93.31(M)	0.31(M)
<b>Category: Grains; Choose: 1</b>																	
Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG - SR101636 (13 ea.)	0	141.75	7.09	1.01	0.00	0.00	121.50	18.23	2.02	0.00	2.02	0.37	40.50	0.00	0.00	(M)	(M)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - MCR100653 (1 ea.)	0	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Roll, Dinner, Wheat WG, Dinner Roll, Schwebels, 192, 1 oz WG - MCR100385 (1 bun)	0	70.00	1.00	0.00	0.00	0.00	110.00	13.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Baked Beans, Veg-BP - MCR100172 (1/2 cup servin)	0	155.35	0.55	0.10	0.00	0.00	509.38	36.68	5.30	17.93	6.13	1.58	48.20	139.77	0.01	93.50(M)	2.32(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)

# 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)
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
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
<b>Category: Fruits; Choose: 2</b>																	
Apple, Raw, 138 count - MCR100191 (1 ea.)	0	130.00	0.00	0.00	0.00	0.00	0.00	34.00	5.00	25.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Applesauce, Unsweetened - MCR100192 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.15	4.00	35.00	1.50	(M)	(M)
Banana, Raw, Medium - MCR100206 (1 ea.)	0	112.14	0.42	0.14	0.00	0.00	1.26	28.78	3.28	15.41	1.37	0.33	6.30	80.64	10.96	94.39	1.03
Fruit, Mixed, Canned - MCR100193 (1/2 c.)	0	69.00	0.10	0.01	0.00	0.00	8.00	17.88	1.50	14.33	0.51	0.36	6.00	12.00	3.90	(M)	(M)
Juice Asst. - LR100006 (4 oz.)	0	60.00	0.00	0.00	0.00	0.00	3.75	15.25	0.00	14.25	0.50	0.00	0.00	0.00	54.00	(M)	(M)
Orange, Raw, Whole - MCR100188 (1 ea.)	0	72.89	0.19	0.03	0.00	0.00	0.00	18.09	3.65	15.40	1.45	0.15	61.12	346.79	81.94	(M)	(M)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	0	118.00	0.16	0.01	0.00	0.00	8.00	29.98	2.20	27.73	0.79	0.46	4.00	355.00	117.80	(M)	(M)
Pineapple Tidbits, Canned, In Juice, F - MCR100155 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	11.00	1.00	0.00	0.00	100.00	9.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, MS Lunch, Galliker's, MILK - SR102208 (8 ounces)	0	127.14	0.12	0.07	0.00	5.47	191.91	23.00	0.00	21.14	8.14	0.27	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
BBQue Sauce, Heinz - MCR100057 (2 Tbsp.)	0	40.00	0.00	0.00	0.00	0.00	450.00	10.00	0.50	7.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Condiment, Hot Sauce, Texas Pete, 10.012 - MCR100140 (1 tsp.)	0	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Condiment, Ketchup, Tomato Fancy, 33% Dispenser Pouch, Heinz, 515500 - MCR100154 (2 Tbsp.)	0	30.00	0.00	0.00	0.00	0.00	380.00	8.00	0.00	8.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)

# 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)
<b>High School Lunch Menu Week 5 Day 5 2017-2022 - Day: 5</b>	1																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Sticks Dippers (Max) with Sauce (new), 1.93 oz/2 each, MMA, WG, Veg RO - MCR100100 (1 serv.)	0	355.00	14.50	5.00	0.00	20.00	750.00	38.00	4.00	6.00	15.00	2.16	220.00	1250.00 (M)	15.00 (M)	(M)	(M)
Non WG Pasta (Spaghetti) Meat Sauce K-5, MMA, Non WG, Veg-RO - MCR100772 (1 3/8 cup servin)	0	370.58	8.97	3.68	0.00	39.92	412.10	52.82	3.01	4.06	20.13	4.23	23.99	549.07	3.97	48.26 (M)	1.03(M)
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)

# 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, 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)
Sandwich, Chicken Parmesan, MMA, WG, Veg-RO - MCR100023 (1 sandwich)	0	481.13	19.03	4.11	0.00	29.72	776.69	51.78	7.79	7.64	25.22	4.23	155.72	1292.42 (M)	13.72 (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)
Sandwich, Hoagie, Ham and Cheese, 6-8, 9-12 - MCR100082 (1 ea.)	0	264.25	7.87	3.46	0.00	39.63	1067.52	33.21	3.00	3.00	17.64	1.80	115.00	150.00 (M)	0.00(M)	(M)	(M)
Sandwich, Hoagie, Turkey and Cheese, MMA, WG - MCR100083 (1 sandwich)	0	322.63	11.36	4.63	0.00	68.66	1248.19	30.51	3.00	3.00	27.13	2.76	131.94	181.88 (M)	5.20(M)	(M)	(M)
Taco, Beef Taco Filling - MCR100282 (1/4 c.)	0	120.90	8.04	3.51	0.00	39.92	277.49	2.25	0.48	1.19	11.45	1.38	5.38	165.39	2.11	27.80 (M)	0.29(M)
Yogurt Parfait with Moz Cheese Stick with WG Roll, K-5 - MCR100135 (1 ea.)	0	457.07	8.57	3.96	0.00	17.31	428.88	84.11	5.89	53.20	15.92	2.36	356.45	628.92 (M)	52.78 (M)	93.31 (M)	0.31(M)
<b>Category: Grains; Choose: 1</b>																	
Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG - SR101636 (13 ea.)	0	141.75	7.09	1.01	0.00	0.00	121.50	18.23	2.02	0.00	2.02	0.37	40.50	0.00	0.00	(M)	(M)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - MCR100653 (1 ea.)	0	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Roll, Dinner, Wheat WG, Dinner Roll, Schwebels, 192, 1 oz WG - MCR100385 (1 bun)	0	70.00	1.00	0.00	0.00	0.00	110.00	13.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
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)

# Menu Cycle Week Nutrient Analysis

Generated on: 9/5/2018 1:56:00 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)
Broccoli, Chopped, Frozen, Monarch, 671195, Veg-DG - MCR100064 (1/2 Cup (Froze))	0	22.41	0.00	0.00	0.00	0.00	17.93	3.59	1.79	0.90	1.79	0.32	17.93	448.28	32.28	(M)	(M)
Carrots, Baby-Cut, Sticks, Fresh, Peeled, 100982 A094, Veg-RO - MCR100195 (1/2 c.)	0	29.98	0.10	0.02	0.00	0.00	65.96	6.93	2.46	0.00	0.54	0.77	26.99	11720.11	2.25	(M)	(M)
Carrots, Frozen, Harvest Value, RO - MCR100157 (1/2 c.)	0	30.00	0.00	0.00	0.00	0.00	60.00	7.00	2.00	5.00	1.00	0.36	20.00	5500.00	6.00	(M)	(M)
Cauliflower, raw - MCR100143 (1/2 c.)	0	28.00	0.28	0.06	0.00	0.00	30.00	4.97	2.00	0.00	1.92	0.42	22.00	0.00	48.20	92.07	0.76
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
<b>Category: Fruits; Choose: 2</b>																	
Apple, Raw, 138 count - MCR100191 (1 ea.)	0	130.00	0.00	0.00	0.00	0.00	0.00	34.00	5.00	25.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Applesauce, Unsweetened - MCR100192 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.15	4.00	35.00	1.50	(M)	(M)
Banana, Raw, Medium - MCR100206 (1 ea.)	0	112.14	0.42	0.14	0.00	0.00	1.26	28.78	3.28	15.41	1.37	0.33	6.30	80.64	10.96	94.39	1.03
Fruit, Mixed, Canned - MCR100193 (1/2 c.)	0	69.00	0.10	0.01	0.00	0.00	8.00	17.88	1.50	14.33	0.51	0.36	6.00	12.00	3.90	(M)	(M)
Juice Asst. - LR100006 (4 oz.)	0	60.00	0.00	0.00	0.00	0.00	3.75	15.25	0.00	14.25	0.50	0.00	0.00	0.00	54.00	(M)	(M)
Orange, Raw, Whole - MCR100188 (1 ea.)	0	72.89	0.19	0.03	0.00	0.00	0.00	18.09	3.65	15.40	1.45	0.15	61.12	346.79	81.94	(M)	(M)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	0	118.00	0.16	0.01	0.00	0.00	8.00	29.98	2.20	27.73	0.79	0.46	4.00	355.00	117.80	(M)	(M)
Pineapple Tidbits, Canned, In Juice, F - MCR100155 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	11.00	1.00	0.00	0.00	100.00	9.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, MS Lunch, Galliker's, MILK - SR102208 (8 ounces)	0	127.14	0.12	0.07	0.00	5.47	191.91	23.00	0.00	21.14	8.14	0.27	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
BBQue Sauce, Heinz - MCR100057 (2 Tbsp.)	0	40.00	0.00	0.00	0.00	0.00	450.00	10.00	0.50	7.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Condiment, Hot Sauce, Texas Pete, 10.012 - MCR100140 (1 tsp.)	0	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)



# Menu Cycle Week Nutrient Analysis

Generated on: 9/5/2018 1:56:00 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)
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)