

# Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:27:45 PM by Tammy Vinglas

Menu Cycle: Jr. Sr. Lunch Week 6  
 Week: 1  
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Lunch  
 Serving Group: 6-8  
 Site Group: High School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	7,025.05	
Fat (g)		174.80	22.39
Sfat (g)(1)	< 10.00 % of Calories	64.87	8.31
TFat (g)(2)		0.00(M)	
Chol (mg)		390.88	
Sodium Target 1 (mg) (13)	< 1,360.00	10,549.63	
Sodium Target 2 (mg) (13)	< 1,035.00	10,549.63	
Carb (g)		1,171.08	66.68
TDF (g)		86.39(M)	
Sugars (g)		719.92(M)	40.99
Pro (g)		252.43	14.37
Fe (mg)		29.79(M)	
Ca (mg)		5,602.86(M)	
A,IU		48,162.17(M)	
VitC (mg)		696.98(M)	
Mois (g)		93.71(M)	
Ash (g)		0.71(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[5.000 - 9.500]	
Veg	>= 3.750	[5.000 - 15.000]	
Veg-DG	>= 0.500	8.750	
Veg-RO	>= 0.750	6.500	
Veg-BP	>= 0.500	1.500	
Veg-S	>= 0.500	2.000	
Veg-O	>= 0.500	5.750	
Grains	[8.000 - 10.000]	[7.000 - 24.750]	
Non-WGR		[0.000 - 9.000]	
WGR	>= 100.000 % of	125.250	89.30
Meat/MA	[9.000 - 10.000]	[10.000 - 15.750](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	2.500	26.32
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.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 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 6 Day 1 2017-2022 - Day: 1</b>	98																
<b>Category: Entrees; Choose: 1</b>																	
Bacon Cheddar Pierogies - MCR100826 (1 ea.)	0	547.00	20.21	9.26	0.00(M)	78.75	1334.79	66.53	6.48(M)	6.57(M)	24.56	3.30(M)	308.30 (M)	300.57 (M)	3.30(M)	84.40 (M)	0.16(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)
Chicken, Buffalo Dip (new), M/MA, 6-8, 9-12 - MCR100668 (1 serv.)	0	237.19	16.62	8.52	0.00	81.63	639.01	4.28	0.33	2.35	19.57	0.63	171.50	810.55	4.27	11.57 (M)	0.28(M)
Non WG Pizza 16", Cheese & Pepperoni, MMA, Non WG - MCR100765 (1 slices,eac)	8	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.)	1	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)	1	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)
<b>Category: Grains; Choose: 1</b>																	

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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)
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)	3	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, Broccoli with Cheese Sauce - MCR100459 (3/4 c.)	0	92.41	6.00	1.50	0.00	0.00	437.93	8.59	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.)	8	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)
Celery Sticks - MCR100052 (1/2 c.)	7	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.)	7	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.)	13	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.)	45	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)
Fruit, Mixed, Canned - MCR100193 (1/2 c.)	12	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.)	40	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)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	11	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)
<b>Category: Milk; Choose: 1</b>																	
Milk, 1% Low Fat, Unflavored, Half Pint, Galliker - SR100321 (1 Carton)	6	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)	2	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)	1	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)

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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)
Milk, Variety, MS Lunch, Galliker's, MILK - SR102208 (8 ounces)	49	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.)	10	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.)	2	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.)	12	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.)	1	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.)	6	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.)	11	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.)	8	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.)	1	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.)	5	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.)	14	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 6 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)

# 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)
Chicken Nuggets, WG, with WG Dinner Rolls, 6-8, 9-12 - MCR100355 (1 ea.)	0	404.00	16.40	3.60	0.00	52.80	824.00	40.40	5.20	4.00	25.20	4.32	64.00	120.00 (M)	0.00(M)	(M)	(M)
Non WG Pizza 16", Cheese & Pepperoni, MMA, Non WG - MCR100765 (1 slices,eac)	22	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)	2	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.)	1	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.)	7	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)
Taco, Beef Taco, w/ 10" Soft Taco Shell, K-5, 6-8, 9-12, MMA, WW - MCR100508 (2 ea.)	0	773.64	40.19	20.03	0.00	129.83	1360.59	62.74	7.78	5.87	47.51	5.89	581.09	1351.15	8.72	120.40 (M)	0.86(M)
Yogurt Parfait with Moz Cheese Stick with WG Roll, K-5 - MCR100135 (1 ea.)	1	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.)	7	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)

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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)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - MCR100653 (1 ea.)	3	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)	4	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)
Beans, Chick Peas, Garbanzos, Canned, Furmano's, 4118804043, Veg-BP - MCR100167 (1/2 c.)	5	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.)	1	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.)	15	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)
Celery Sticks - MCR100052 (1/2 c.)	4	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)
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.)	25	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.)	40	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)
Fruit, Mixed, Canned - MCR100193 (1/2 c.)	7	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.)	46	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.)	7	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)
Pineapple Tidbits, Canned, In Juice, F - MCR100155 (1/2 c.)	18	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)	5	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)

# 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, Strawberry, Fat Free, Half Pint, Galliker's, - SR100319 (1 Carton)	4	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)	1	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)	46	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.)	2	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.)	2	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.)	4	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.)	1	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.)	5	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.)	4	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.)	6	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	0.00	0.00	2.00	0.00	2.00	(M)	(M)
Mayonnaise, Heinz - MCR100139 (1 Tbsp.)	5	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.)	4	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 6 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)

# 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)
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, 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, Grilled Chicken with WG Dinner Rolls, 6-8, 9-12 - MCR100278 (1 ea.)	0	445.68	18.42	5.30	0.00	262.50	875.77	40.98	7.77	8.31	34.77	10.22	201.66	9512.15(M)	30.89(M)	67.29(M)	0.90(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, Turkey and Cheese, 6-8, 9-12, MMA, WG - MCR100444 (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	151.94	181.88(M)	5.20(M)	(M)	(M)
Steak, Salisbury with Gravy and Dinner Rolls, 6-8, 9-12, MMA, WG - MCR100403 (1 serv.)	0	340.00	15.00	5.00	0.00	40.00	580.00	34.00	5.00	6.00	20.00	3.24	80.00	100.00	1.20	(M)	(M)
Yogurt Parfait with Moz Cheese Stick with WG Roll, 6-8, 9-12 - MCR100136 (1 ea.)	0	483.96	8.82	3.96	0.00	17.31	440.61	89.98	6.38	55.40	16.53	2.54	356.45	628.92(M)	52.78(M)	93.31(M)	0.31(M)
<b>Category: Grains; Choose: 1</b>																	
Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG - SR101636 (13 ea.)	0	141.75	7.09	1.01	0.00	0.00	121.50	18.23	2.02	0.00	2.02	0.37	40.50	0.00	0.00	(M)	(M)
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)



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

# 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)
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)
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 6 Day 4 2017-2022 - Day: 4</b>	1																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Sticks Dippers (Max) with Sauce (new), 1.93 oz/2 each, MMA, WG, Veg RO - MCR100100 (1 serv.)	0	355.00	14.50	5.00	0.00	20.00	750.00	38.00	4.00	6.00	15.00	2.16	220.00	1250.00 (M)	15.00 (M)	(M)	(M)

# 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)
Chicken Tenderloin Strips w/Dinner Rolls (new), WG, 6-8, 9-12 - MCR100532 (1 serv.)	0	486.67	22.00	3.33	0.00	33.33	740.00	47.33	8.00	5.33	26.00	3.84	93.33	133.33	0.00	(M)	(M)
Non WG Macaroni & Cheese w/WG Roll, 6-8, 9-12, MMA, Non WG - MCR100777 (1 c.)	0	557.25	23.38	11.23	0.00	51.94	892.58	60.77	4.31	3.31	27.72	2.98	571.11	875.71 (M)	0.69(M)	473.57 (M)	2.51(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)
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)

# 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)
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)
Cauliflower, raw - MCR100143 (1/2 c.)	0	28.00	0.28	0.06	0.00	0.00	30.00	4.97	2.00	0.00	1.92	0.42	22.00	0.00	48.20	92.07	0.76
Celery Sticks - MCR100052 (1/2 c.)	0	10.00	0.00	0.00	0.00	0.00	50.00	2.00	1.00	1.00	0.00	0.00	20.00	300.00	2.40	(M)	(M)
Cucumber, raw - MCR100053 (1/2 c.)	0	9.36	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	0.34	0.15	8.32	54.60	1.46	49.52	0.20
Peas, green ,[100350, A160] - MCR100269 (1/2 c.)	0	62.00	0.22	0.04	0.00	0.00	58.00	11.41	4.40	0.00	4.12	1.26	19.00	1680.00	7.90	(M)	(M)
<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, 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)

# 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)
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)
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 6 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)

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Non WG Pizza 16", Buffalo Chicken, MMA, Non WG - MCR100764 (1 Slice (1/8))	0	407.40	13.54	6.03	0.00	59.43	1746.59	51.75	2.33	6.73	23.10	3.02	174.72	945.83	13.13	(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)
Non WG Pizza 16", White, MMA, Veg-RO, Non WG - MCR100770 (1 Slice (1/8))	0	462.05	23.24	10.09	0.00	40.50	827.41	47.97	1.88	2.65	20.03	2.98	311.41	788.10	9.19	0.00(M)	0.00(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/MMA, 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)
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)

# Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:27:45 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	VitC (mg)	Mois (g)	Ash (g)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - MCR100653 (1 ea.)	0	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Roll, Dinner, Wheat WG, Dinner Roll, Schwebels, 192, 1 oz WG - MCR100385 (1 bun)	0	70.00	1.00	0.00	0.00	0.00	110.00	13.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Chick Peas, Garbanzos, Canned, Furmano's, 4118804043, Veg-BP - MCR100167 (1/2 c.)	0	110.00	2.00	0.50	0.00	0.00	410.00	18.00	8.00	3.00	6.00	0.72	60.00	0.00	0.00	(M)	(M)
Broccoli, raw - MCR100054 (1/2 c.)	0	10.79	0.12	0.00	0.00	0.00	19.19	1.92	0.72	0.48	0.96	0.26	14.39	71.96	31.66	(M)	(M)
Carrots, Baby-Cut, Sticks, Fresh, Peeled, 100982 A094, Veg-RO - MCR100195 (1/2 c.)	0	29.98	0.10	0.02	0.00	0.00	65.96	6.93	2.46	0.00	0.54	0.77	26.99	11720.11	2.25	(M)	(M)
Cauliflower, raw - MCR100143 (1/2 c.)	0	28.00	0.28	0.06	0.00	0.00	30.00	4.97	2.00	0.00	1.92	0.42	22.00	0.00	48.20	92.07	0.76
Celery Sticks - MCR100052 (1/2 c.)	0	10.00	0.00	0.00	0.00	0.00	50.00	2.00	1.00	1.00	0.00	0.00	20.00	300.00	2.40	(M)	(M)
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)
Tomatoes, Raw, Cherry, Veg- RO - MCR100272 (1/2 c.)	0	13.50	0.00	0.00	0.00	0.00	3.50	3.00	1.00	2.00	0.50	0.18	5.00	625.00	9.60	0.00	0.00
<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)

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	0	118.00	0.16	0.01	0.00	0.00	8.00	29.98	2.20	27.73	0.79	0.46	4.00	355.00	117.80	(M)	(M)
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)
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)



# Menu Cycle Week Nutrient Analysis

Generated on: 8/29/2018 1:27:45 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)
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