

# Menu Cycle Week – Nutrient Analysis

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Menu Cycle: High School Lunch Week 1 updated  
 Week: 1  
 Result: Pass

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]	782.6	
Total Fat (g)		25.10	33.09
Sat Fat (g)(1)	< 10.00 % of Calories	6.76	9.55
Trans Fat (g)(2)		0.16(M)	
Chol (mg)		66.69(M)	
Sodium Target 1 (mg)(13)	< 1,420.00	1419.19	
Sodium Target 2 (mg)(13)	< 1,080.00	1,451.19	
Carb (g)		83.88	49.15
Total Fiber (g)		7.08(M)	
Total Sugars (g)		31.63(M)	18.53
Added Sugars (g)		1.89(M)	
Protein (g)		33.12	19.41
Iron (mg)		3.64(M)	
Calcium (mg)		503.36(M)	
VitA (IU)		1,827.73(M)	
VitC (mg)		18.66(M)	
VitD (mcg)		0.04(M)	
Potassium (mg)		385.35(M)	
Mois (g)		41.03(M)	
Ash (g)		0.52(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[10.000 - 12.000]	[10.000 - 17.250](a)	
Grains	[10.000 - 12.000]	[10.000 - 19.000](a)	
Non-WGR		42.000	
WGR	>= 50.000 % of	142.000	77.17
Grain-D	<= 2.000	0.000	
Fruit	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	2.500	50.00
Veg	>= 5.000	[5.000 - 9.750]	
Veg-DG	>= 0.500	2.500	
Veg-RO	>= 1.250	2.625	
Veg-BP	>= 0.500	1.125	
Veg-S	>= 0.500	3.000	
Veg-O	>= 0.750	3.500	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 5.000	5.000	
MILK-V		Pass	

## Legend

PrimerEdge will flag based on USDA requirements starting School Year 2019-2020 for WGR and 1% flavored milk, for prior years, please consult your State Agency for that School Year requirements and waiver status.

(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, 2024 and does not impact pass/fail compliance prior to that date.

a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	
<b>HS Lunch Menu Week 1</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
Cheeseburger High School - LR100061 (1 ea.)	90	397.92	21.15	8.39	1.00	76.77	716.31	25.24	3.00	4.90	(M)	24.44	2.53	179.65	0.00(M)	0.00	0.00(M)	138.88(M)	
Chicken Caesar Wrap - LR100221 (1 serv.)	30	384.08	17.21	6.05	0.00	57.61	1009.61	34.21	4.76	2.97	1.00(M)	26.83	3.81	264.57	7462.05(M)	3.36(M)	0.00(M)	738.33(M)	
Crispy Chicken Salad - LR100073 (1 salad)	10	559.10	19.77	2.60	0.00	24.57	844.58	70.50	13.84	12.28	0.00(M)	29.97	8.46	225.95	29475.78(M)	19.14(M)	0.00(M)	1733.1(M)	
High School Pizza Pepperoni - LR100035 (1)	65	472.12	20.51	10.20	0.00	45.50	944.80	40.53	1.99	5.00	0.00(M)	27.58	2.78(M)	567.23(M)	274.76(M)	0.00(M)	0.00(M)	144.73(M)	
High school salami and cheese w/cashmere	10	535.00	27.50	10.00	0.00	70.63	1505.00	54.88	5.63	13.63	7.25(M)	21.50	3.75	239.25	62.50(M)	1.20(M)	0.04(M)	138.64(M)	
High school sandwich Italian combo w/rahams - LR100058 (2 - crust)	25	552.34	27.54	11.33	0.00	69.90	1406.95	51.56	5.63	11.31	7.25(M)	23.91	3.31	226.25	212.50(M)	0.11(M)	0.04(M)	103.86(M)	
High School Soft Pretzel - LR100059 (2 - crust)	40	480.00	15.00	7.00	0.00	40.00	760.00	66.00	6.00	6.00	(M)	24.00	3.60	440.00	400.00	2.40	(M)	(M)	
High school turkey and cheese w/cashmere	20	590.00	16.00	4.50	0.00	113.13	3140.00	55.38	5.63	14.63	7.25(M)	55.50	4.11	169.25	62.50(M)	0.00(M)	0.04(M)	113.97(M)	
Meat lover's Pizza High School - LR100147 (1)	90	627.70	27.58	14.98	0.00	81.12	946.91	63.68	3.02	3.15	0.00(M)	29.46	4.08(M)	555.10(M)	1068.06(M)	16.19(M)	(M)	(M)	
Middle school ham and cheese sandwich	25	410.00	14.00	5.00	0.00	43.13	1185.00	52.88	5.63	12.13	7.25(M)	20.50	3.03	157.75	62.50(M)	0.00(M)	0.04(M)	121.25(M)	
Pasta and Meatballs Elementary and Middle	200	452.33	13.75	2.67	0.00	58.77	364.38	60.41	6.07	9.00	0.00(M)	26.10	3.95	49.92	500.00	6.00	0.00(M)	384.68(M)	
Pizza High School - LR100034 (1 slice)	25	444.62	18.26	9.45	0.00	40.50	884.80	40.28	1.99	5.00	0.00(M)	26.08	2.78	567.23	274.76(M)	0.00(M)	0.00(M)	144.73(M)	
Sandwich, 5.3 oz Unavailable, Peanut Butter	20	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	25.00	18.00	3.00	78.00	(M)	(M)	0.00	484.00(M)	
Spicy Grilled Chicken Sandwich - LR100340 (1)	50	250.00	4.50	0.50	0.00	60.00	750.00	25.00	3.00	4.00	0.00(M)	28.00	1.88	70.00	0.00(M)	0.00(M)	0.00(M)	250.04(M)	
<b>Category: Vegetables; May Choose: 2</b>																			
Green Beans, Frozen, Boiled, Veg O - LR100071	100	44.00	2.86	1.28	0.00(M)	0.00	187.28	4.35	2.00	0.00(M)	(M)	1.01	0.59	33.10	501.00	2.80	0.00(M)	0.03(M)	
Potatoes, Reduced Sodium Tater Tots - LR100072	350	90.00	3.50	0.00	0.00	0.00	160.00	14.00	2.00	0.00	0.00	1.00	0.40	10.00	0.00(M)	0.00(M)	0.00	180.01	
Vegetables, Baby Carrots and Green Beans, Veg	125	49.32	0.07	0.01	0.00(M)	0.00	375.02	11.29	2.21	5.02	(M)	0.53	0.18	12.56	5407.83	6.60	0.00(M)	97.60(M)	
<b>Category: Fruits; May Choose: 2</b>																			
Fruit, Applesauce, Unsweetened, Canned	250	60.00	0.00	0.00	0.00	0.00	15.00	15.00	1.00	18.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	
Juice - LR100023 (1 ea.)	250	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)	
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% Chocolate, Substituted - LR100446 (1)	350	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)	
Milk, 1% Lowfat, Substituted - MILK	200	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)	
<b>Category: Condiments; May Choose:</b>																			
Cheese, Parmesan, Grated	50	20.00	1.00	0.50	0.00	0.00	100.00	2.00	(M)	1.00	(M)	1.00	0.00	20.00	100.00	(M)	(M)	(M)	
Dressing, Balsamic Vinaigrette, Marcellino	10	120.00	12.00	2.00	0.00	0.00	240.00	2.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	
Dressing, Fat Free Ranch, Ranch 1.5 oz, Kraft	20	40.00	0.00	0.00	0.00	0.00	520.00	10.00	1.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	
Dressing, French Style Fat Free, Ranch 12.4 oz, Kraft	10	15.00	0.00	0.00	0.00	0.00	105.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	
Dressing, Light Italian w/ Olive Oil Dressing, Bulk	20	50.00	4.00	0.50	0.00	0.00	290.00	3.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	
Ketchup, Tomato Fancy, 1.5 Gallon Dressing	200	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)	

# Menu Cycle Week – Nutrient Analysis

Mayonnaise, 1.5 Gallon Dispenser - LR100029 (1 ea.)	15	50.00	3.50	0.50	0.00	5.00	135.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Bottle - LR100029 (1 ea.)	10	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, Hot Sauce, Shelf Bottle - LR100029 (1 ea.)	20	0.00	0.00	0.00	0.00	0.00	135.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)
<b>HS Lunch Menu Week 1</b>	700																	
<b>Category: Entrees; May Choose: 1</b>																		
Buffalo Chicken Wrap - LR100029 (1 ea.)	50	493.52	21.87	7.92	0.00(M)	71.96	1575.13	45.22	6.04	2.68	0.00(M)	27.75	1.77	353.57	522.84(M)	10.55(M)	0.00(M)	354.92(M)
Cheeseburger High School - LR100029 (1 ea.)	85	397.92	21.15	8.39	1.00	76.77	716.31	25.24	3.00	4.90	(M)	24.44	2.53	179.65	0.00(M)	0.00	0.00(M)	138.88(M)
Corn Dog, Lite Whole Grain Mini Turkey - LR100029 (1 ea.)	190	240.00	12.00	2.25	0.00	30.00	690.00	24.00	3.00	6.00	(M)	12.00	1.62	60.00	0.00	0.00	(M)	(M)
High School Grilled Chicken Sandwich - LR100029 (1 ea.)	50	367.04	14.84	1.98	0.00	44.44	832.59	37.83	3.99	4.00	0.00(M)	22.78	1.87	79.75	0.00(M)	0.00(M)	0.00(M)	167.90(M)
High School Pizza Pepperoni - LR100035 (1 ea.)	60	472.12	20.51	10.20	0.00	45.50	944.80	40.53	1.99	5.00	0.00(M)	27.58	2.78(M)	567.23(M)	274.76(M)	0.00(M)	0.00(M)	144.73(M)
High school salami and cheese w/arahams	10	535.00	27.50	10.00	0.00	70.63	1505.00	54.88	5.63	13.63	7.25(M)	21.50	3.75	239.25	62.50(M)	1.20(M)	0.04(M)	138.64(M)
High school sandwich gourmet cheese -	10	424.66	22.87	13.06	0.41	68.03	684.93	28.73	2.00	3.23	0.17(M)	24.99	1.65	660.46	604.08(M)	0.00(M)	0.00(M)	184.06(M)
High school sandwich Italian combo w/arahams -	10	552.34	27.54	11.33	0.00	69.90	1406.95	51.56	5.63	11.31	7.25(M)	23.91	3.31	226.25	212.50(M)	0.11(M)	0.04(M)	103.86(M)
High School Soft Pretzel - LR100029 (2 ea.)	35	480.00	15.00	7.00	0.00	40.00	760.00	66.00	6.00	6.00	(M)	24.00	3.60	440.00	400.00	2.40	(M)	(M)
High school turkey and cheese w/arahams	10	590.00	16.00	4.50	0.00	113.13	3140.00	55.38	5.63	14.63	7.25(M)	55.50	4.11	169.25	62.50(M)	0.00(M)	0.04(M)	113.97(M)
Middle school ham and cheese sandwich	25	410.00	14.00	5.00	0.00	43.13	1185.00	52.88	5.63	12.13	7.25(M)	20.50	3.03	157.75	62.50(M)	0.00(M)	0.04(M)	121.25(M)
Pizza High School - LR100034 (1 slice)	30	444.62	18.26	9.45	0.00	40.50	884.80	40.28	1.99	5.00	0.00(M)	26.08	2.78	567.23	274.76(M)	0.00(M)	0.00(M)	144.73(M)
Pulled Pork Sandwich - LR100175 (1 ea.)	75	349.44	12.00	4.00	0.00	72.00	844.81	33.45	3.00	4.00(M)	(M)	27.00	1.93(M)	60.00(M)	0.00(M)	2.83(M)	(M)	(M)
Sandwich, 5.3 oz Unseasoned, Dressing, Butter	20	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	25.00	18.00	3.00	78.00	(M)	(M)	0.00	484.00
White Pizza - LR100210 (1 slice)	40	766.17	37.74	20.15	0.00	100.92	935.67	70.42	3.01	2.65(M)	(M)	35.02	4.28	772.73	1294.86	13.62	0.00(M)	1.50(M)
<b>Category: Vegetables; May Choose: 2</b>																		
Black and white bean salad - LR100029 (1/2 ea.)	50	258.44	10.05	1.48	0.00(M)	0.00(M)	525.76	31.93	9.87	1.77(M)	(M)	11.16	2.99	76.00	242.12	13.25	0.00(M)	334.63(M)
Carrots, sliced or crinkle- cut, soaked from frozen	100	27.00	0.50	0.09	0.00	0.00	43.00	5.64	2.40	(M)	(M)	0.42	0.39	26.00	12137.00	1.70	(M)	(M)
Potatoes, Fries, Crispy Potatoes, Creamed & Cut	300	120.00	4.00	0.50	0.00	0.00	140.00	20.00	2.00	0.00	0.00	2.00	0.40	10.00	100.00	2.40	0.00	229.83
<b>Category: Fruits; May Choose: 2</b>																		
Apples, raw, with skin, F - GR105079 (1/2 medium (2 ea.))	250	47.32	0.15	0.03	0.00	0.00	0.91	12.57	2.18	9.46	(M)	0.24	0.11	5.46	49.14	4.19	0.00	97.37
Juice - LR100023 (1 ea.)	200	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																		
Milk, 1% Chocolate, Canned - LR100446 (1 ea.)	300	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Canned - MILK	150	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; May Choose: 2</b>																		
Cheese, Parmesan, Grated Topping - LR100029 (1 ea.)	50	20.00	1.00	0.50	0.00	0.00	100.00	2.00	(M)	1.00	(M)	1.00	0.00	20.00	100.00	(M)	(M)	(M)
Dressing, Fat Free Ranch, Bottle - LR100029 (1 ea.)	30	40.00	0.00	0.00	0.00	0.00	520.00	10.00	1.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Light Italian w/ Olive Oil Dressing - Bulk	40	50.00	4.00	0.50	0.00	0.00	290.00	3.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Ranch Dispenser Bottle - LR100029 (1 ea.)	100	160.00	17.00	3.00	0.00	10.00	240.00	1.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)

# Menu Cycle Week – Nutrient Analysis

Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	175	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Mayonnaise, 1.5 Gallon Dispenser	50	50.00	3.50	0.50	0.00	5.00	135.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser	10	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pepper, Banana, Mild, 5.3 oz	25	5.06	0.00	0.00	0.00	0.00	283.50	1.01	1.01	0.00	(M)	0.00	0.00	20.25	0.00	9.11	(M)	(M)
Sauce, Hot Sauce, Shelf Stable	20	0.00	0.00	0.00	0.00	0.00	135.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)
<b>HS Lunch Menu Week 1</b>	<b>700</b>																	
<b>Category: Entrees; May Choose: 1</b>																		
Cheeseburger High School - LR100064 (1 ea.)	85	397.92	21.15	8.39	1.00	76.77	716.31	25.24	3.00	4.90	(M)	24.44	2.53	179.65	0.00(M)	0.00	0.00(M)	138.88(M)
Cold Cut Wrap - LR100244 (1 wrap)	50	624.20	27.28	9.54	0.00	120.30	2970.29	41.80	6.00	3.80	(M)	48.16	2.20	301.88	651.88	0.00	(M)	(M)
Crispy Chicken Salad - LR100073 (1 salad)	15	559.10	19.77	2.60	0.00	24.57	844.58	70.50	13.84	12.28	0.00(M)	29.97	8.46	225.95	29475.78(M)	19.14(M)	0.00(M)	1733.1(M)
General Tso - LR100269 (1 serv.)	220	405.00	8.00	1.50	0.00	40.00	1106.00	64.50	3.50	16.50	1.00(M)	17.50	3.62	40.00(M)	405.00(M)	16.70	0.00(M)	180.00(M)
High School Pizza Pepperoni - LR100035 (1 pizza)	25	472.12	20.51	10.20	0.00	45.50	944.80	40.53	1.99	5.00	0.00(M)	27.58	2.78(M)	567.23(M)	274.76(M)	0.00(M)	0.00(M)	144.73(M)
High school salami and cheese w/grahams	10	535.00	27.50	10.00	0.00	70.63	1505.00	54.88	5.63	13.63	7.25(M)	21.50	3.75	239.25	62.50(M)	1.20(M)	0.04(M)	138.64(M)
High school sandwich Italian combo w/grahams - LR100058 (2 sandwiches)	30	552.34	27.54	11.33	0.00	69.90	1406.95	51.56	5.63	11.31	7.25(M)	23.91	3.31	226.25	212.50(M)	0.11(M)	0.04(M)	103.86(M)
High School Soft Pretzel - LR100050 (2 pretzels)	30	480.00	15.00	7.00	0.00	40.00	760.00	66.00	6.00	6.00	(M)	24.00	3.60	440.00	400.00	2.40	(M)	(M)
High school turkey and cheese w/grahams	10	590.00	16.00	4.50	0.00	113.13	3140.00	55.38	5.63	14.63	7.25(M)	55.50	4.11	169.25	62.50(M)	0.00(M)	0.04(M)	113.97(M)
Homemade Stromboli - LR100245 (1 ea.)	125	619.95	23.32	7.82	0.00	57.88	1961.42	67.82	10.00	19.32	4.00(M)	32.48	5.84(M)	487.34(M)	500.00(M)	0.00(M)	0.00(M)	1084.9(M)
Hot Dog High School - LR100063 (1 ea.)	30	580.00	34.00	9.00	0.00	60.00	1560.00	48.00	6.00	8.00	(M)	20.00	3.60	120.00	200.00	0.00	(M)	(M)
Middle school ham and cheese sandwich	30	410.00	14.00	5.00	0.00	43.13	1185.00	52.88	5.63	12.13	7.25(M)	20.50	3.03	157.75	62.50(M)	0.00(M)	0.04(M)	121.25(M)
Pizza High School - LR100034 (1 slice)	20	444.62	18.26	9.45	0.00	40.50	884.80	40.28	1.99	5.00	0.00(M)	26.08	2.78	567.23	274.76(M)	0.00(M)	0.00(M)	144.73(M)
Sandwich, 5.3 oz Usustainable Peanut Butter	20	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	25.00	18.00	3.00	78.00	(M)	(M)	0.00	484.00
<b>Category: Vegetables; May Choose: 2</b>																		
Broccoli, Broccoli Frozen Boiled. Veg-DG - SR102476	225	68.37	3.40	0.63	0.60(M)	0.00	200.66	7.61	4.25	2.08(M)	(M)	4.40	0.87	46.99	1576.17	56.85	0.43(M)	202.04(M)
Celery and Hummus - LR100070 (1 ea.)	200	79.50	5.45	0.79	0.00(M)	0.00	175.80	6.28	2.61	0.80(M)	(M)	2.75	0.88	38.10	276.30	1.86	0.00	249.60
Potatoes, Fries, Crispy Potatoes Crisped & Cut	400	120.00	4.00	0.50	0.00	0.00	140.00	20.00	2.00	0.00	0.00	2.00	0.40	10.00	100.00	2.40	0.00	229.83
<b>Category: Fruits; May Choose: 2</b>																		
Cranberries, Dried, Individual Portion 1.16	250	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Juice - LR100023 (1 ea.)	500	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																		
Milk, 1% Chocolate, Schneider - SR100446 (1 carton)	350	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Schneider - MILK	125	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; May Choose:</b>																		
Cheese, Parmesan, Grated, 3.5oz - Schneider - SR100450	50	20.00	1.50	1.00	0.00	5.00	105.00	1.00	0.00	0.00	(M)	1.00	0.00	40.00	0.00	0.00	(M)	(M)
Condiment, Mayonnaise, Light 1.5 Gallon Dispenser	25	66.44	4.65	0.66	0.00	6.64	179.40	5.32	0.00	2.66	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Fat Free Ranch, Dressing 1.5 oz - Kraft	20	40.00	0.00	0.00	0.00	0.00	520.00	10.00	1.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)

# Menu Cycle Week – Nutrient Analysis

Dressing, Light Italian w/ Olive Oil Dressing, Bulk	60	50.00	4.00	0.50	0.00	0.00	290.00	3.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Low Fat Ranch Dressing, Bulk 1.5 Gallon	250	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	(M)	0.00	0.00	20.00	0.00	1.20	(M)	(M)
Dressing, Raspberry Vinaigrette, Fat Free	20	50.00	0.00	0.00	0.00	0.00	115.00	12.00	0.00	10.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	250	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Mustard, Yellow, Dispenser	10	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pepper, Banana, Mild, Shred, Bagged 8.16546	20	5.06	0.00	0.00	0.00	0.00	283.50	1.01	1.01	0.00	(M)	0.00	0.00	20.25	0.00	9.11	(M)	(M)
Sauce, Hot Sauce, Shelf Stable, Msrch 200461	50	0.00	0.00	0.00	0.00	0.00	135.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)
<b>HS Lunch Menu Week 1</b>	700																	
<b>Category: Entrees; May Choose: 1</b>																		
Crispy CHicken Wrap 9-12 - LR100060 (1 wrap)	45	527.07	20.94	4.96	0.00	67.31	1236.33	54.74	7.75	4.00	0.00(M)	31.21	2.34	248.27	600.00(M)	3.60(M)	0.00(M)	9.98(M)
Grilled Cheese on Pretzel Bun - LR100160 (1)	110	351.67	11.59	7.05	0.00	27.07	485.25	42.96	3.00	8.60	(M)	19.75	1.84	418.58	0.00(M)	0.00	0.00(M)	555.54(M)
High School Hoagie - LR100004 (1 sandwich)	215	584.39	28.28	11.29	0.00	92.80	1790.29	46.82	2.00	4.82	0.00(M)	31.43	4.00	207.56	0.00(M)	0.60(M)	0.00(M)	25.22(M)
High School Pizza Pepperoni - LR100035 (1)	40	472.12	20.51	10.20	0.00	45.50	944.80	40.53	1.99	5.00	0.00(M)	27.58	2.78(M)	567.23(M)	274.76(M)	0.00(M)	0.00(M)	144.73(M)
High school salami and cheese w/aramham	10	535.00	27.50	10.00	0.00	70.63	1505.00	54.88	5.63	13.63	7.25(M)	21.50	3.75	239.25	62.50(M)	1.20(M)	0.04(M)	138.64(M)
High school sandwich Italian combo w/arahams -	10	552.34	27.54	11.33	0.00	69.90	1406.95	51.56	5.63	11.31	7.25(M)	23.91	3.31	226.25	212.50(M)	0.11(M)	0.04(M)	103.86(M)
High School Soft Pretzel - LR100050 (2 pretzels)	20	480.00	15.00	7.00	0.00	40.00	760.00	66.00	6.00	6.00	(M)	24.00	3.60	440.00	400.00	2.40	(M)	(M)
High school turkey and cheese w/aramham	10	590.00	16.00	4.50	0.00	113.13	3140.00	55.38	5.63	14.63	7.25(M)	55.50	4.11	169.25	62.50(M)	0.00(M)	0.04(M)	113.97(M)
Middle school ham and cheese sandwich	65	410.00	14.00	5.00	0.00	43.13	1185.00	52.88	5.63	12.13	7.25(M)	20.50	3.03	157.75	62.50(M)	0.00(M)	0.04(M)	121.25(M)
Pizza High School - LR100034 (1 slice)	15	444.62	18.26	9.45	0.00	40.50	884.80	40.28	1.99	5.00	0.00(M)	26.08	2.78	567.23	274.76(M)	0.00(M)	0.00(M)	144.73(M)
Pizza, Fiestada 51% Whole Crust Pizza 5.44 oz	100	360.00	14.00	6.00	0.00	25.00	710.00	43.00	4.00	8.00	3.00	17.00	3.10	241.00	91.00	0.00	0.00	473.00
Sandwich, 5.3 oz Unavailable, Peanut Butter	10	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	25.00	18.00	3.00	78.00	(M)	(M)	0.00	484.00
Steak and Cheese Hoagie High School - LR100170 (1)	50	266.92	9.71	5.30	0.00	54.16	427.82	23.48	2.00	2.18	0.00(M)	19.91	2.06	211.93	211.23(M)	0.00(M)	0.00(M)	60.00(M)
<b>Category: Vegetables; May Choose: 2</b>																		
Cucumber, with peel, raw - CR105245 (1/2 cup slices)	175	7.80	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	(M)	0.34	0.15	8.32	54.60	1.46	0.00	76.44
Potatoes, Fries, Crispy Seasoned & Cut	350	120.00	4.00	0.50	0.00	0.00	140.00	20.00	2.00	0.00	0.00	2.00	0.40	10.00	100.00	2.40	0.00	229.83
Vegetables, Mixed Vegetable Express Veg 2	175	85.44	1.84	0.35	0.34(M)	0.00	208.56	14.55	3.40	1.00(M)	(M)	3.38	0.83	23.99	3991.66	10.06	0.00(M)	2.99(M)
<b>Category: Fruits; May Choose: 2</b>																		
Apple slices and caramel - LR100105 (1 cup)	225	32.83	0.05	0.01	0.00	0.00	9.67	8.25	0.70	3.50(M)	(M)	0.24	0.03	8.17	15.50	1.30	(M)	(M)
Juice - LR100023 (1 ea.)	250	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																		
Milk, 1% Chocolate, Chocidada - CR100446 (1)	450	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Chocidada - MILK	150	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; May Choose:</b>																		
Cheese, Parmesan, Grated, 2 tsp - Chocidada - CR100446 (1)	50	20.00	1.50	1.00	0.00	5.00	105.00	1.00	0.00	0.00	(M)	1.00	0.00	40.00	0.00	0.00	(M)	(M)
Condiment, Mayonnaise, Light 1.5 Gallon Dispenser	25	66.44	4.65	0.66	0.00	6.64	179.40	5.32	0.00	2.66	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Fat Free Ranch, Bulk 1.5 Gallon	10	40.00	0.00	0.00	0.00	0.00	520.00	10.00	1.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)

# Menu Cycle Week – Nutrient Analysis

Dressing, French Style Fat Free, Ranch 12.4 oz. Kraft	10	15.00	0.00	0.00	0.00	0.00	105.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Light Italian w/ Olive Oil Dressing, Bulk	200	50.00	4.00	0.50	0.00	0.00	290.00	3.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Raspberry Vinaigrette, Fat Free	10	50.00	0.00	0.00	0.00	0.00	115.00	12.00	0.00	10.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	250	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Lettuce, iceberg (includes spinach/tomato)	50	2.52	0.03	0.00	0.00	0.00	1.80	0.53	0.22	0.35	(M)	0.16	0.07	3.24	90.36	0.50	0.00	25.38
Mustard, Yellow, Dispenser	10	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, Hot Sauce, Shelf Stable, Mornay 200461	50	0.00	0.00	0.00	0.00	0.00	135.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)
<b>HS Lunch Menu Week 1</b>	<b>700</b>																	
<b>Category: Entrees; May Choose: 1</b>																		
Buffalo Chicken Dip with Pita - LR100022 (1 ea.)	115	563.84	32.44	14.55	0.00(M)	113.30(M)	1327.89	45.89	4.00	2.24	0.00(M)	25.01	2.40(M)	313.59(M)	219.21(M)	0.00(M)	0.11(M)	54.13(M)
Cheeseburger High School - LR100061 (1 ea.)	90	397.92	21.15	8.39	1.00	76.77	716.31	25.24	3.00	4.90	(M)	24.44	2.53	179.65	0.00(M)	0.00	0.00(M)	138.88(M)
Fish Sandwich High School - LR100065 (1 ea.)	25	300.00	9.00	1.00	0.00	35.00	470.00	40.00	4.00	5.00	1.00(M)	16.00	2.16	60.00	0.00(M)	0.00(M)	0.00(M)	170.14(M)
High School Chicken Patty - LR100042 (1 ea.)	140	330.00	11.00	1.50	0.00	45.00	530.00	33.00	6.00	4.00	0.00(M)	24.00	2.16	60.00	0.00(M)	0.00(M)	0.00(M)	705.00(M)
High School Pizza Pepperoni - LR100035 (1 ea.)	65	472.12	20.51	10.20	0.00	45.50	944.80	40.53	1.99	5.00	0.00(M)	27.58	2.78(M)	567.23(M)	274.76(M)	0.00(M)	0.00(M)	144.73(M)
High school salami and cheese w/peppers	10	535.00	27.50	10.00	0.00	70.63	1505.00	54.88	5.63	13.63	7.25(M)	21.50	3.75	239.25	62.50(M)	1.20(M)	0.04(M)	138.64(M)
High school sandwich Italian combo w/arrahams -	35	552.34	27.54	11.33	0.00	69.90	1406.95	51.56	5.63	11.31	7.25(M)	23.91	3.31	226.25	212.50(M)	0.11(M)	0.04(M)	103.86(M)
High school turkey and cheese w/peppers	50	590.00	16.00	4.50	0.00	113.13	3140.00	55.38	5.63	14.63	7.25(M)	55.50	4.11	169.25	62.50(M)	0.00(M)	0.04(M)	113.97(M)
Middle school ham and cheese sandwich	50	410.00	14.00	5.00	0.00	43.13	1185.00	52.88	5.63	12.13	7.25(M)	20.50	3.03	157.75	62.50(M)	0.00(M)	0.04(M)	121.25(M)
Personal Pizza - LR100211 (1 ea.)	75	539.51	25.76	11.36	0.00	52.96	1091.43	44.23	3.05	6.68	0.00(M)	27.77	6.20(M)	639.87(M)	814.52(M)	12.58(M)	0.00(M)	63.05(M)
Pizza High School - LR100034 (1 slice)	25	444.62	18.26	9.45	0.00	40.50	884.80	40.28	1.99	5.00	0.00(M)	26.08	2.78	567.23	274.76(M)	0.00(M)	0.00(M)	144.73(M)
Sandwich, 5.3 oz Hamsteak, Peanut Butter	20	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	25.00	18.00	3.00	78.00	(M)	(M)	0.00	484.00
<b>Category: Vegetables; May Choose: 2</b>																		
Baby Carrots School Pack, 100/2.5oz. Grimway	200	30.00	0.00	0.00	0.00	0.00	60.00	7.00	2.00	5.00	(M)	1.00	0.36	20.00	(M)	(M)	(M)	(M)
Potatoes, REAL Mashed Potatoes, Prepared	250	10.50	0.13	0.00	0.07	0.00	43.52	2.23	0.13	0.13(M)	(M)	0.26	0.05	31.71	0.00	0.39	(M)	(M)
Potatoes, Reduced Sodium Total Fat 2.52 ea.	350	90.00	3.50	0.00	0.00	0.00	160.00	14.00	2.00	0.00	0.00	1.00	0.40	10.00	0.00(M)	0.00(M)	0.00	180.01
<b>Category: Fruits; May Choose: 2</b>																		
Juice - LR100023 (1 ea.)	250	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)
Strawberries, raw - CR105440 (1/2 cup, halves)	250	24.32	0.23	0.01	0.00	0.00	0.76	5.84	1.52	3.72	(M)	0.51	0.31	12.16	9.12	44.69	0.00	116.28
<b>Category: Milk; May Choose: 1</b>																		
Milk, 1% Chocolate, Chobani, LR100446 (1 ea.)	350	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Chobani, MILK	190	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; May Choose:</b>																		
Cheese, Parmesan, Grated, 3.5oz. Chobani, 2E450	100	20.00	1.50	1.00	0.00	5.00	105.00	1.00	0.00	0.00	(M)	1.00	0.00	40.00	0.00	0.00	(M)	(M)
Condiment, Mayonnaise, Light 1.5 Gallon Dispenser	45	66.44	4.65	0.66	0.00	6.64	179.40	5.32	0.00	2.66	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Fat Free Ranch, Ranch 1.5 Gallon Kraft	10	40.00	0.00	0.00	0.00	0.00	520.00	10.00	1.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, French Style Fat Free, Ranch 12.4 oz. Kraft	10	15.00	0.00	0.00	0.00	0.00	105.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)

# Menu Cycle Week – Nutrient Analysis

Generated on: 8/30/2022 11:05:00 AM b

Dressing, Light Italian w/ Olive Oil Dressing, Bulk	100	50.00	4.00	0.50	0.00	0.00	290.00	3.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Raspberry Vinaigrette, Fat Free	10	50.00	0.00	0.00	0.00	0.00	115.00	12.00	0.00	10.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	150	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Mustard, Yellow, Dispenser	20	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pepper, Banana, Mild, Glad, Reseal, 016546	2	10.13	0.00	0.00	0.00	0.00	567.00	2.02	2.02	0.00	(M)	0.00	0.00	40.50	0.00	18.23	(M)	(M)
Sauce, Hot Sauce, Shelf Stable, Mason, 200461	50	0.00	0.00	0.00	0.00	0.00	135.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)





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