

# Menu Cycle Week – Nutrient Analysis

Menu Cycle: High School Lunch Week 2 review  
 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]	789.48	
Total Fat (g)		28.28	32.23
Sat Fat (g)(1)	< 10.00 % of Calories	6.48	9.8
Trans Fat (g)(2)		0.17(M)	
Chol (mg)		74.18(M)	
Sodium Target 1 (mg)(13)	< 1,420.00	1,368.64	
Sodium Target 2 (mg)(13)	< 1,080.00	1,668.64	
Carb (g)		101.30	51.33
Total Fiber (g)		8.91	
Total Sugars (g)		40.59(M)	20.56
Added Sugars (g)		6.53(M)	
Protein (g)		35.66	18.07
Iron (mg)		4.37(M)	
Calcium (mg)		519.26(M)	
VitA (IU)		2,825.29(M)	
VitC (mg)		33.21(M)	
VitD (mcg)		0.69(M)	
Potassium (mg)		442.30(M)	
Mois (g)		56.45(M)	
Ash (g)		0.58(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[10.000 - 12.000]	[10.000 - 18.000](a)	
Grains	[10.000 - 12.000]	[12.000 - 22.250](a)	
Non-WGR		43.500	
WGR	>= 50.000 % of	157.750	78.39
Grain-D	<= 2.000	0.000	
Fruit	>= 5.000	[5.000 - 5.500]	
Fruit-J	<= 50.000 % of	2.500	45.45
Veg	>= 5.000	[5.000 - 25.625]	
Veg-DG	>= 0.500	8.500	
Veg-RO	>= 1.250	7.500	
Veg-BP	>= 0.500	0.875	
Veg-S	>= 0.500	3.500	
Veg-O	>= 0.750	15.750	
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 2</b>	700																	
<b>Monday Review - Day 1</b>																		
<b>Category: Entrees; May Choose: 1</b>																		
Chef Salad Entree - LR100179 (1 salad)	10	426.69	14.81	5.30	0.00	137.47	1162.35	46.32	9.39	10.93	(M)	31.61	6.32	352.13	29687.01(M)	19.14(M)	0.00(M)	867.43(M)
Chicken Bacon Ranch Pizza - LR100107 (1 slice)	75	651.00	28.49	14.35	0.07	85.07	1205.56	65.11	2.76	2.81	(M)	31.91	3.87	544.92	963.92	12.02	(M)	(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)
Chicken Nuggets and Bread Stick - LR100246 (1 serv.)	225	384.36	15.69	3.29	0.00	30.55	672.36	35.27	4.04	1.00	1.00	25.38	2.73	13.74	0.00(M)	0.00(M)	0.00	900.86
Chicken Patty Sandwich High School - LR100063 (1)	60	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 ham and cheese sandwich	20	305.00	10.50	4.13	0.00	43.13	1075.63	34.50	3.88	6.00	1.13(M)	18.75	1.98	157.75	62.50(M)	0.00(M)	0.04(M)	33.65(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/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 revised - High school sandwich Italian combo w/grahams -	25	432.34	23.54	10.33	0.00	69.90	1281.95	30.57	3.62	4.32	0.25(M)	21.91	2.11	226.25	212.50(M)	0.11(M)	0.04(M)	3.75(M)
High school Soft Pretzel - LR100058 (2 pretzels)	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 turkey and cheese w/peppers	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)
Hot Dog High School - LR100062 (1 dog)	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)
Pizza High School - LR100034 (1 slice)	40	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)
Sandwich, 5.3 oz Unseasoned, Dressed, Butter	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)
Spicy Grilled Chicken Sandwich - LR100240 (1)	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>																		
Peppers, sweet, green, raw - LR100140 (1/2 cup)	75	14.90	0.13	0.04	0.00	0.00	2.23	3.46	1.27	1.79	(M)	0.64	0.25	7.45	275.65	59.90	0.00	130.38
Potatoes, Reduced Sodium Total Fat 2.5g	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
Salad, Cucumber/Tomato Salad, Veg O - SR104584	100	66.35	0.14	0.07	0.00(M)	0.00(M)	440.98	15.28	0.82	14.11(M)	(M)	0.69	0.39	16.81	155.84	4.56	0.00(M)	121.16(M)
Vegetable, California Blend, Frozen, Veg O - SR101770	250	16.67	0.00	0.00	(M)	(M)	10.00	2.00	1.33	(M)	(M)	1.33	0.24	13.33	4166.67	10.00	(M)	(M)
<b>Category: Fruits; May Choose: 2</b>																		
Apples, Slices, 2 oz. bags, Unseasoned, Canned	50	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	50	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44
Cranberries, Dried, Individual Portions, 1.16	50	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)
Fruit, Applesauce, Unseasoned, Canned	200	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)
High School Lunch Juice Variety Pack - LR100255	250	13.79	0.00	0.00	0.00	0.00	1.93	3.30	0.00	3.03	(M)	0.00	0.00	0.00	0.00(M)	5.92	(M)	2.68(M)
Oranges; varieties include Naval, Valencia, Blood	50	62.00	0.16	0.03	0.00	0.00	0.00	15.39	3.10	(M)	(M)	1.23	0.13	51.99	295.00	69.70	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																		
Milk, 1% Chocolate, Canned, Milk - SR100446 (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, Canned, Milk	220	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)

# Menu Cycle Week – Nutrient Analysis

Category: Condiments; May Choose:																		
Cheese, Parmesan, Grated, 2 cups - CR100245 (1 cup sliced)	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)
Cucumber, with peel, raw - CR100245 (1 cup sliced)	5	15.60	0.11	0.04	0.00	0.00	2.08	3.78	0.52	1.74	(M)	0.68	0.29	16.64	109.20	2.91	0.00	152.88
Dressing, Balsamic Vinaigrette, Marketplace	4	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 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)
Dressing, French Style Fat Free, Ranch 1.5 Gallon	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, Kraft, Catalina Fat Free - LR100230 (1.5 Gallon)	10	60.00	0.00	0.00	0.00	0.00	420.00	14.00	0.00	9.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Light Italian w/ Olive Oil Dressing, Bull's	70	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, Ranch 1.5 Gallon	300	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)
Ketchup, Tomato Fancy, 1.5 Gallon Dressing	300	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, cos or romaine, raw - CR100244 (1 cup)	5	57.07	1.01	0.13	0.00	0.00	26.86	11.05	7.05	4.00	(M)	4.13	3.26	110.79	29240.7	13.43	0.00	829.21
Mayonnaise, 1.5 Gallon Dressing, Heinz - F16700	100	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 Ranch, Heinz - F52000	15	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)
Olives, ripe, canned (small - extra large) - CR100211 (1 cup)	4	155.90	14.65	3.06	0.00	0.00	987.84	8.12	2.15	0.00	(M)	1.13	8.44	118.27	443.52	1.21	0.00	10.75
Onions, Red, Raw, VEG-O - CR100007 (1 cup, sliced)	4	64.00	0.16	0.07	0.00	0.00	6.40	14.94	2.72	6.78	(M)	1.76	0.34	36.80	3.20	11.84	(M)	(M)
Pepper, Banana, Mild, Sliced, Ranch - G16546	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peppers, jalapeno, canned, solids and liquids	2	36.72	1.28	0.13	0.00	0.00	2272.56	6.45	3.54	2.91	(M)	1.25	2.56	31.28	2312.00	13.60	0.00	262.48
Peppers, sweet, green, raw - CR100243 (1 cup, sliced)	4	29.80	0.25	0.09	0.00	0.00	4.47	6.91	2.53	3.58	(M)	1.28	0.51	14.90	551.30	119.80	0.00	260.75
Pickle, Dill Crinkle-Cut Chip, 100.500 count, Market	50	5.06	0.00	0.00	0.00	0.00	405.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, Hot Sauce, Shelf Stable, Market - 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)
Tomatoes, red, ripe, raw, year-round average	10	32.40	0.36	0.05	0.00	0.00	9.00	7.00	2.16	4.73	(M)	1.58	0.49	18.00	1499.40	24.66	0.00	426.60
<b>HS Lunch Menu Week 2</b>	<b>700</b>																	
<b>Category: Entrees; May Choose: 1</b>																		
Cheeseburger High School - LR100061 (1 ea.)	65	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 Ranch Wrap High School - LR100132 (1 ea.)	40	461.67	22.19	7.96	0.05	68.39	1166.30	44.98	6.07	1.49	0.00(M)	20.05	0.75(M)	348.98(M)	500.48(M)	0.01(M)	0.00(M)	19.96(M)
Garden Salad Entree - LR100072 (1 salad)	10	487.99	18.69	9.04	0.00	50.47	686.86	59.00	12.04	9.63(M)	(M)	25.73	6.20	524.16	29912.75	21.44	0.00(M)	867.43(M)
High School Chicken Patty - LR100043 (1 ea.)	60	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 ham and cheese sandwich	20	305.00	10.50	4.13	0.00	43.13	1075.63	34.50	3.88	6.00	1.13(M)	18.75	1.98	157.75	62.50(M)	0.00(M)	0.04(M)	33.65(M)
High School Pizza Pepperoni - LR100035 (1 pizza)	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/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 - High School Soft Pretzel - LR100050 (2 pretzels)	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 - LR100050 (2 pretzels)	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 - LR100205 (1 pizza)	200	637.47	29.11	17.04	0.00	83.54	1503.54	57.04	4.00	4.00	2.00(M)	32.30	4.09	340.00	0.00(M)	0.00(M)	0.00(M)	180.00(M)
High school turkey and cheese w/grahams	25	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)
Pizza Bagels - LR100098 (1 bagel)	125	357.02	16.55	8.82	0.00	50.47	541.14	34.59	5.05	8.72	0.00(M)	19.30	2.67	387.03	736.98	12.58	(M)	(M)

# Menu Cycle Week – Nutrient Analysis

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	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>																		
Potatoes, Real Mashed	250	64.95	0.81	0.00	0.00	0.00	92.15	13.80	0.81	0.81(M)	(M)	1.62	0.29	19.08	0.00	24.36	(M)	(M)
Potatoes, Reduced Sodium	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
Spinach Salad side - LR100066 (1 salad)	150	16.14	0.12	0.02	0.00(M)	0.00	26.10	3.14	1.34	1.50	(M)	1.20	0.94	33.12	3240.95	15.00	0.00(M)	167.40(M)
<b>Category: Fruits; May Choose: 2</b>																		
Apple slices and caramel - LR100105 (1 cup)	250	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)
Apples, fresh, raw, sliced, unpeeled (with skin) from	50	29.00	0.10	0.02	0.00	0.00	1.00	7.83	1.40	(M)	(M)	0.15	0.07	3.00	31.00	2.60	(M)	(M)
Apples, Slices, 2 oz. bags, Bananas, Fresh - SR10103	50	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)
Bananas, raw - SR105089 (1 medium (2 1/2"))	50	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44
Cranberries, Dried, Individual Portions, 1.16	50	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)
High School Lunch Juice Variety Pack - LR100255	400	13.79	0.00	0.00	0.00	0.00	1.93	3.30	0.00	3.03	(M)	0.00	0.00	0.00	0.00(M)	5.92	(M)	2.68(M)
Oranges; varieties include Naval, Valencia, Bloods	50	62.00	0.16	0.03	0.00	0.00	0.00	15.39	3.10	(M)	(M)	1.23	0.13	51.99	295.00	69.70	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																		
Milk, 1% Chocolate, Substituted - SR100446 (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	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, 3/4 cup - SR100311 (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)
Cucumber, with peel, raw - SR105245 (1 cup sliced)	4	15.60	0.11	0.04	0.00	0.00	2.08	3.78	0.52	1.74	(M)	0.68	0.29	16.64	109.20	2.91	0.00	152.88
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, Kraft, Catalina Fat Free - LR100220 (1	10	60.00	0.00	0.00	0.00	0.00	420.00	14.00	0.00	9.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
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, Low Fat Ranch Dressing, Bulk, 1.5 Gallon	200	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)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	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)
Lettuce, cos or romaine, raw - SR105104 (1 cup)	4	28.54	0.50	0.07	0.00	0.00	13.43	5.52	3.52	2.00	(M)	2.06	1.63	55.39	14620.3	6.71	0.00	414.61
Mayonnaise, 1.5 Gallon Dispenser - Heinz - F16700	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 Ranch, Heinz - F52000	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)
Olives, ripe, canned (small-cut) - SR105211 (1	2	155.90	14.65	3.06	0.00	0.00	987.84	8.12	2.15	0.00	(M)	1.13	8.44	118.27	443.52	1.21	0.00	10.75
Onions, Red, Raw, VEG-O - SR100087 (1 cup, chopped)	4	64.00	0.16	0.07	0.00	0.00	6.40	14.94	2.72	6.78	(M)	1.76	0.34	36.80	3.20	11.84	(M)	(M)
Pepper, Banana, Mild, Sliced, Bealls - 816546	25	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)
Peppers, jalapeno, canned, solids and liquids	2	36.72	1.28	0.13	0.00	0.00	2272.56	6.45	3.54	2.91	(M)	1.25	2.56	31.28	2312.00	13.60	0.00	262.48
Peppers, sweet, green, raw - SR105242 (1 cup, chopped)	4	29.80	0.25	0.09	0.00	0.00	4.47	6.91	2.53	3.58	(M)	1.28	0.51	14.90	551.30	119.80	0.00	260.75
Pickle, Dill Crinkle-Cut Chip, 100.500 count, Monarch	75	5.06	0.00	0.00	0.00	0.00	405.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Tomatoes, red, ripe, raw, vine-ripened average	4	32.40	0.36	0.05	0.00	0.00	9.00	7.00	2.16	4.73	(M)	1.58	0.49	18.00	1499.40	24.66	0.00	426.60
<b>HS Lunch Menu Week 2 Day</b>	<b>700</b>																	

# Menu Cycle Week – Nutrient Analysis

Category: Entrees; May Choose: 1																		
Cheeseburger High School - LR100061 (1 ea.)	75	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 Parm Sandwich High School - LR100117 (1 ea.)	80	403.19	16.81	3.08	0.00	50.75	893.76	40.72	4.44	5.89	0.00(M)	24.76	2.13	125.05	166.21(M)	1.36(M)	0.00(M)	167.90(M)
Cold Cut Wrap - LR100244 (1 wrap)	40	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)	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 Grilled Chicken Sandwich - LR100006 (1 sandwich)	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 ham and cheese sandwich	25	305.00	10.50	4.13	0.00	43.13	1075.63	34.50	3.88	6.00	1.13(M)	18.75	1.98	157.75	62.50(M)	0.00(M)	0.04(M)	33.65(M)
High School Pizza Pepperoni - LR100035 (1 pizza)	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 sandwich	20	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 - High School Soft Pretzel - LR100059 (2 pretzels)	20	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 sandwich	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 sandwich	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)
Personal Pizza - LR100211 (1 ea.)	100	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)	40	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 Nachos - LR100200 (1 bowl)	100	501.50	25.65	6.03	0.00	54.00	1095.88	45.50	4.05	0.00	(M)	21.55	0.73(M)	81.00(M)	0.00(M)	0.00(M)	(M)	(M)
Sandwich, 5.3 oz Unmountable, 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
Category: Vegetables; May Choose: 2																		
Broccoli, Broccoli Frozen Boiled, Vea-DG - SR102476	250	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)
Cucumber, with peel, raw - SR105245 (1/2 cup sliced)	150	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, Reduced Sodium Total Fat 2.52g	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
Category: Fruits; May Choose: 2																		
Apples, Slices, 2 oz. bags, Bette's Farms 202102	50	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)
Bananas, raw - SR105089 (1 medium fruit)	50	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44
Cranberries, Dried, Individual Portions 1.16	50	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)
High School Lunch Juice Variety Pack - LR100255	400	13.79	0.00	0.00	0.00	0.00	1.93	3.30	0.00	3.03	(M)	0.00	0.00	0.00	0.00(M)	5.92	(M)	2.68(M)
Oranges; varieties include Navel, Valencia, Bloods	75	62.00	0.16	0.03	0.00	0.00	0.00	15.39	3.10	(M)	(M)	1.23	0.13	51.99	295.00	69.70	(M)	(M)
Strawberries, Strawberries w/ Topping 5 - SR103472	250	119.77	0.14	0.01	0.00(M)	0.00	11.78	31.65	2.05	25.52(M)	(M)	0.75	0.65	18.19	37.48	44.03	0.00(M)	104.29(M)
Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, Schofields - 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, Schofields 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)
Category: Condiments; May Choose:																		
Condiment, Mayonnaise, Light 1.5 Calories Dressing	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)
Cucumber, peeled, raw - SR105230 (1 cup sliced)	4	11.90	0.19	0.09	0.00	0.00	2.38	2.57	0.83	1.64	(M)	0.70	0.26	16.66	85.68	3.81	0.00	161.84
Dressing, Fat Free Ranch, Dressing 1.5 cal - Kraft	25	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 cal - Kraft	25	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

Dressing, Kraft, Catalina Est. Price - LR100270 (1)	10	60.00	0.00	0.00	0.00	0.00	420.00	14.00	0.00	9.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
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, Low Fat Ranch Dressings Pack 1.5 Gallon	100	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 Miscellaneous - Est. Price	5	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 Dressings	100	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, cos or romaine, raw - CR10E104 (1.5 cups)	4	28.54	0.50	0.07	0.00	0.00	13.43	5.52	3.52	2.00	(M)	2.06	1.63	55.39	14620.3	6.71	0.00	414.61
Mustard, Yellow, Dispenser Dressings - Est. Price	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)
Olives, ripe, canned (small- cut) - CR10E211 (1)	4	155.90	14.65	3.06	0.00	0.00	987.84	8.12	2.15	0.00	(M)	1.13	8.44	118.27	443.52	1.21	0.00	10.75
Onions, Red, Raw, VEG-O - CR10E087 (1 cup, chopped)	4	64.00	0.16	0.07	0.00	0.00	6.40	14.94	2.72	6.78	(M)	1.76	0.34	36.80	3.20	11.84	(M)	(M)
Peppers, jalapeno, canned, solids and liquids	2	36.72	1.28	0.13	0.00	0.00	2272.56	6.45	3.54	2.91	(M)	1.25	2.56	31.28	2312.00	13.60	0.00	262.48
Peppers, sweet, green, raw CR10E243 (1 cup, sliced)	4	29.80	0.25	0.09	0.00	0.00	4.47	6.91	2.53	3.58	(M)	1.28	0.51	14.90	551.30	119.80	0.00	260.75
Pickle, Dill Crinkle-Cut Chip, 4oz. 5oz. count, Masonic	100	5.06	0.00	0.00	0.00	0.00	405.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Tomatoes, red, ripe, raw, near round average	4	32.40	0.36	0.05	0.00	0.00	9.00	7.00	2.16	4.73	(M)	1.58	0.49	18.00	1499.40	24.66	0.00	426.60
<b>HS Lunch Menu Week 2</b>	700																	
<b>Category: Entrees; May Choose: 1</b>																		
Chicken Yakisoba Noodle Bowl - LR100276 (1 serv.)	100	527.87	12.30	2.69	0.00	68.32	1884.63	67.70	5.08	2.63	0.00(M)	29.85	5.78(M)	136.97(M)	2619.76(M)	15.90(M)	0.03(M)	330.95(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	29475.7	19.14(M)	0.00(M)	1733.1
Crispy CHicken Wrap 9-12 - LR100060 (1 wrap)	40	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)
High school ham and cheese sandwich	20	305.00	10.50	4.13	0.00	43.13	1075.63	34.50	3.88	6.00	1.13(M)	18.75	1.98	157.75	62.50(M)	0.00(M)	0.04(M)	33.65(M)
High School Hoagie - LR100004 (1 sandwich)	175	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	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 sandwich	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 -	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 - LR100050 (2 pretzels)	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 sandwich	25	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)
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 Unseasonable 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
Steak and Cheese Hoagie High School - LR100170 (1	75	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)
Turkey Bacon Swiss on Bread - LR100162 (1	115	365.57	10.18	4.25	0.00	52.74	697.03	38.50	3.00	5.50	0.00(M)	29.78	4.94	146.00	250.00	0.00(M)	0.00(M)	10.11(M)
<b>Category: Vegetables; May Choose: 2</b>																		
Baby Carrots School Pack, 100/3.5oz. Quantity	250	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, Reduced Sodium Tater Tots 2.52 oz	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
Whole kernel Corn - Unsalted - CR100280 (1/2	250	70.00	1.00	0.00	0.00	0.00	5.00	13.00	2.00	3.00	(M)	1.00	0.36	20.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; May Choose: 2</b>																		
Apples, Slices, 2 oz. bags, Dressings - Est. Price	50	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)

# Menu Cycle Week – Nutrient Analysis

Bananas, raw - SR105089 (1 medium (7 1/2"))	150	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44
Cranberries, Dried, Individual Portion - 1.16	50	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)
High School Lunch Juice Variety Pack - LR100255	400	13.79	0.00	0.00	0.00	0.00	1.93	3.30	0.00	3.03	(M)	0.00	0.00	0.00	0.00(M)	5.92	(M)	2.68(M)
Oranges, varieties include Navel, Valencia, Bloods	150	62.00	0.16	0.03	0.00	0.00	0.00	15.39	3.10	(M)	(M)	1.23	0.13	51.99	295.00	69.70	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																		
Milk, 1% Chocolate, Schneider - SR100446 (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, Schneider - 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>																		
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)
Cucumber, with peel, raw - SR105245 (1 cup sliced)	4	15.60	0.11	0.04	0.00	0.00	2.08	3.78	0.52	1.74	(M)	0.68	0.29	16.64	109.20	2.91	0.00	152.88
Dressing, Fat Free Ranch, Ranch - Fat Free Kraft	25	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	25	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, Kraft, Catalina Fat Free - LR100230 (1)	10	60.00	0.00	0.00	0.00	0.00	420.00	14.00	0.00	9.00	(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, Low Fat Ranch Dressing, Ranch - 1.5 Gallon Dispenser	100	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	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	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)
Lettuce, iceberg (includes ribbed heads) - 100	4	10.08	0.10	0.01	0.00	0.00	7.20	2.14	0.86	1.42	(M)	0.65	0.29	12.96	361.44	2.02	0.00	101.52
Mustard, Yellow, Dispenser Ranch - Heinz - CE2000	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)
Olives, ripe, canned (small-cut) - SR105211 (1)	4	155.90	14.65	3.06	0.00	0.00	987.84	8.12	2.15	0.00	(M)	1.13	8.44	118.27	443.52	1.21	0.00	10.75
Onions, Red, Raw, VEG-O - SR100007 (1 cup chopped)	4	64.00	0.16	0.07	0.00	0.00	6.40	14.94	2.72	6.78	(M)	1.76	0.34	36.80	3.20	11.84	(M)	(M)
Peppers, jalapeno, canned, solids and liquids	2	36.72	1.28	0.13	0.00	0.00	2272.56	6.45	3.54	2.91	(M)	1.25	2.56	31.28	2312.00	13.60	0.00	262.48
Peppers, sweet, green, raw - SR105242 (1 cup chopped)	4	29.80	0.25	0.09	0.00	0.00	4.47	6.91	2.53	3.58	(M)	1.28	0.51	14.90	551.30	119.80	0.00	260.75
Pickle, Dill Crinkle-Cut Chip, 400-500 count, Mezzetta	75	5.06	0.00	0.00	0.00	0.00	405.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Tomatoes, red, ripe, raw, vine-ripened - 100	4	32.40	0.36	0.05	0.00	0.00	9.00	7.00	2.16	4.73	(M)	1.58	0.49	18.00	1499.40	24.66	0.00	426.60
<b>HS Lunch Menu Week 2</b>	700																	
<b>Category: Entrees; May Choose: 1</b>																		
Cheeseburger High School - LR100061 (1 ea)	115	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)
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)
Fish Sandwich High School - LR100065 (1 ea)	20	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 ham and cheese sandwich	20	305.00	10.50	4.13	0.00	43.13	1075.63	34.50	3.88	6.00	1.13(M)	18.75	1.98	157.75	62.50(M)	0.00(M)	0.04(M)	33.65(M)
High School Pizza Pepperoni - LR100035 (1)	45	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	15	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 -	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 - LR100050 (2 pretzels)	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/grahams	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)

# Menu Cycle Week – Nutrient Analysis

Italian Flatbread - LR100025 (1 sandwich)	145	462.66	22.74	9.35	0.00	135.86	1531.41	27.95	6.12	0.29	(M)	38.62	3.03	255.53	304.98	2.85	(M)	(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)
Shrimp Po Boy - LR100326 (1 sandwich)	125	655.56	28.56	4.76	0.00	122.53	1348.34	74.51	7.00	5.00	(M)	29.00	5.68	122.00	220.00	2.00	(M)	(M)
Yogurt Parfait Bar - LR100230 (1 sandwich)	100	578.78	9.94	2.26	0.00	6.66	492.75	110.43	5.85	58.38	39.17(M)	15.11	2.93(M)	292.33(M)	381.13(M)	7.51(M)	4.01(M)	732.50(M)
<b>Category: Vegetables; May Choose: 2</b>																		
celery and peanut butter - LR100034 (1 sandwich)	100	104.22	8.03	1.55	0.00(M)	0.00	126.85	5.72	1.93	1.04(M)	(M)	3.95	0.47	33.99	284.51	1.96	0.00(M)	94.72(M)
Celery, raw - SR105165 (1/2 cup chopped)	100	7.07	0.09	0.02	0.00	0.00	40.40	1.50	0.81	0.68	(M)	0.35	0.10	20.20	226.75	1.57	0.00	131.30
Potatoes, Reduced Sodium Tater Tots 3.53 oz	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, Glazed Carrots, Side Dish #16 Veg PO	225	93.01	5.15	0.96	0.84(M)	0.00	329.99	12.01	2.80	5.34(M)	(M)	0.51	0.49	35.18	14343.0	1.99	0.61(M)	8.38(M)
<b>Category: Fruits; May Choose: 2</b>																		
Apples, Slices, 2 oz. bags, Babcock Farms 202102	50	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	100	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44
Cranberries, Dried, Individual Portions 1.16	75	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)
High School Lunch Juice Variety Pack - LR100025	400	13.79	0.00	0.00	0.00	0.00	1.93	3.30	0.00	3.03	(M)	0.00	0.00	0.00	0.00(M)	5.92	(M)	2.68(M)
Oranges; varieties include Navel, Valencia, Blood	85	62.00	0.16	0.03	0.00	0.00	0.00	15.39	3.10	(M)	(M)	1.23	0.13	51.99	295.00	69.70	(M)	(M)
Pineapple, Cup in 100% Juice, Dole SR100448 (1	250	60.00	0.00	0.00	0.00	0.00	0.00	15.00	1.00	14.00	0.00	0.99	0.00	0.00	0.00(M)	21.00	(M)	94.00
<b>Category: Milk; May Choose: 1</b>																		
Milk, 1% Chocolate, Schneiders SR100446 (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, Schneiders 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, MMA SR100040 (1/2 cup)	50	37.80	2.51	1.38	0.08	7.74	162.36	1.25	0.00	0.01	(M)	2.56	0.04	76.77	87.66	0.00	0.04	16.20
Condiment, Mayonnaise, Light 1.5 Gallon Dressing	100	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)
Cucumber, with peel, raw - SR105245 (1 cup sliced)	4	15.60	0.11	0.04	0.00	0.00	2.08	3.78	0.52	1.74	(M)	0.68	0.29	16.64	109.20	2.91	0.00	152.88
Dressing, Fat Free Ranch, Rough 1.5 Gallon Kraft	50	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, Rough 12.4 Gallon Kraft	50	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, Kraft, Catalina Fat Free SR100230 (1	10	60.00	0.00	0.00	0.00	0.00	420.00	14.00	0.00	9.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
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, Low Fat Ranch Dressing, Rough 1.5 Gallon	100	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 Vestibule Fat Free	25	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 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)
Lettuce, cos or romaine, raw SR105104 (1 cup)	4	28.54	0.50	0.07	0.00	0.00	13.43	5.52	3.52	2.00	(M)	2.06	1.63	55.39	14620.3	6.71	0.00	414.61
Lettuce, iceberg (includes cabbage) SR105104 (1 cup)	4	10.08	0.10	0.01	0.00	0.00	7.20	2.14	0.86	1.42	(M)	0.65	0.29	12.96	361.44	2.02	0.00	101.52
Mustard, Yellow, Dispenser Rough Heinz SR2000	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)
Olives, ripe, canned (small- extra large) SR105211 (1	4	155.90	14.65	3.06	0.00	0.00	987.84	8.12	2.15	0.00	(M)	1.13	8.44	118.27	443.52	1.21	0.00	10.75
Onions, Red, Raw, VEG-O - SR100027 (1 cup chopped)	4	64.00	0.16	0.07	0.00	0.00	6.40	14.94	2.72	6.78	(M)	1.76	0.34	36.80	3.20	11.84	(M)	(M)
Pepper, Banana, Mild, Sliced, Beards SR10510	50	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)



# Menu Cycle Week – Nutrient Analysis

Peppers, jalapeno, canned, solids and liquids	2	36.72	1.28	0.13	0.00	0.00	2272.56	6.45	3.54	2.91	(M)	1.25	2.56	31.28	2312.00	13.60	0.00	262.48
Peppers, sweet, green, raw	4	14.90	0.13	0.04	0.00	0.00	2.23	3.46	1.27	1.79	(M)	0.64	0.25	7.45	275.65	59.90	0.00	130.38
Pickle, Dill Crinkle-Cut Chip, 100-500 count, Mezzetta	100	5.06	0.00	0.00	0.00	0.00	405.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Tomatoes, red, ripe, raw, measured average	4	32.40	0.36	0.05	0.00	0.00	9.00	7.00	2.16	4.73	(M)	1.58	0.49	18.00	1499.40	24.66	0.00	426.60
<b>Category: Desserts; May Choose: 1</b>																		
Muffin, WG Double Chocolate Muffin, 4 oz	500	340.00	13.00	3.00	0.00	20.00	210.00	54.00	4.00	29.00	28.00	5.00	3.00	25.00	0.00(M)	0.00(M)	3.50	220.00



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