

Menu Cycle Week – Nutrient Analysis

Generated on: 8/30/2022 12:44:47 PM b

Menu Cycle: High School Lunch Week 3 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]	755.93	
Total Fat (g)		23.65	32.45
Sat Fat (g)(1)	< 10.00 % of Calories	6.8	9.71
Trans Fat (g)(2)		0.05(M)	
Chol (mg)		59.54(M)	
Sodium Target 1 (mg)(13)	< 1,420.00	1,412.00	
Sodium Target 2 (mg)(13)	< 1,080.00	1,412.00	
Carb (g)		80.58	49.14
Total Fiber (g)		6.70(M)	
Total Sugars (g)		28.31(M)	17.27
Added Sugars (g)		1.70(M)	
Protein (g)		31.71	19.34
Iron (mg)		3.67(M)	
Calcium (mg)		467.31(M)	
VitA (IU)		2,301.44(M)	
VitC (mg)		19.89(M)	
VitD (mcg)		0.02(M)	
Potassium (mg)		413.25(M)	
Mois (g)		42.24(M)	
Ash (g)		0.32(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 - 19.500](a)	
Non-WGR		33.250	
WGR	>= 50.000 % of	154.750	82.31
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 - 14.625]	
Veg-DG	>= 0.500	5.500	
Veg-RO	>= 1.250	2.500	
Veg-BP	>= 0.500	1.500	
Veg-S	>= 0.500	4.000	
Veg-O	>= 0.750	3.875	
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)	
HS Lunch Menu Week 3	700																		
Category: Entrees; May Choose: 1																			
Buffalo Chicken Sub - LR100207 (1 ea.)	100	726.13	31.07	7.29	0.00	45.19	1842.25	69.51	2.50	5.51	0.00(M)	36.59	2.70(M)	307.56(M)	0.00(M)	0.00(M)	0.00(M)	25.22(M)	
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 Caesar Wrap - LR100221 (1 serv.)	40	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)	
Flatbread Grilled Cheese - LR100220 (1 ea.)	120	397.28	22.78	12.85	0.00	59.26	705.31	29.98	3.00	2.00	0.00(M)	17.85	1.60	423.09	(M)	(M)	0.50	159.77	
High School Pizza Pepperoni - LR100035 (1)	50	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/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 - LR100058 (2 - pretzel)	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	15	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)	
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)	
Meatball Hoagie - LR100234 (1 ea.)	130	387.33	13.75	2.67	0.00	58.77	789.43	43.41	6.07	8.00	0.50(M)	26.10	3.37	142.42	0.00(M)	0.00(M)	0.00(M)	578.12(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)	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)	
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	
Spicy Grilled Chicken Sandwich - LR100240 (1	40	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)	
Category: Vegetables; May Choose: 2																			
Carrots, baby-cut, fresh, cooked - LR100002 (100g)	125	25.60	0.09	0.01	0.00	0.00	56.32	5.92	2.10	(M)	(M)	0.46	0.65	23.04	10006.8	1.92	(M)	(M)	
Corn, golden or yellow, whole kernel, cooked from frozen - LR100003 (1 cup)	125	66.00	0.55	0.08	0.00	0.00	1.00	15.83	2.00	(M)	(M)	2.09	0.39	2.00	163.00	2.90	(M)	(M)	
Potatoes, Reduced Sodium Total Fat - LR100004 (1 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	
Category: Fruits; May Choose: 2																			
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)	
Tangerines, (mandarin orange) - canned juice	250	46.06	0.04	0.00	0.00	0.00	6.22	11.91	0.87	11.04	(M)	0.77	0.34	13.70	1060.74	42.58	0.00	165.59	
Category: Milk; May Choose: 1																			
Milk, 1% Lowfat, Cholesterol - Milk	350	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)	
Milk, Chocolate, Fat Free, Turquoise Dairy Milk	75	130.00	0.50	0.00	0.00	5.00	200.00	24.00	0.00	22.00	(M)	8.00	0.36	300.00	400.00	2.40	(M)	(M)	
Category: Condiments; May Choose: 2																			
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, Metropolitan	15	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 Dressing - Fat Free Ranch	5	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 Dressing - Fat Free	5	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	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 - Fat Free	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)	

Menu Cycle Week – Nutrient Analysis

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)
Mayonnaise, 1.5 Gallon Dispenser	25	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)
Pickle, Dill Crinkle-Cut Chip, 400-500 count, Mesquite	25	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, Mesquite	25	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)
HS Lunch Menu Week 3	700																	
Category: Entrees; May Choose: 1																		
Buffalo Chicken Stromboli - LR100273 (1 ea.)	100	432.19	18.12	8.47	0.00	60.81	1090.12	41.28	2.00	2.01	0.00(M)	23.67	5.44(M)	495.35(M)	596.30(M)	0.00(M)	0.00(M)	300.15(M)
Buffalo Chicken Wrap - LR100029 (1 ea.)	40	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 - LR100061 (1 ea.)	45	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)
High School Chicken Patty - LR100043 (1 ea.)	55	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)	30	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/anchovies	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 - High School Soft Pretzel - LR100050 (1 pretzel)	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 Soft Pretzel - LR100050 (1 pretzel)	45	240.00	7.50	3.50	0.00	20.00	380.00	33.00	3.00	3.00	(M)	12.00	1.80	220.00	200.00	1.20	(M)	(M)
High school turkey and cheese w/anchovies	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)
Nachos Grande - LR100081 (1 serv.)	230	508.57	25.65	5.94	0.00	20.85	1174.68	52.84	4.88	2.83	(M)	15.06	4.23	97.68	513.53(M)	18.00(M)	0.00(M)	159.80(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)
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
Category: Vegetables; May Choose: 2																		
Potatoes, Fries, Crispy Bakeable Seasoned & Cut	325	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
Spinach Salad side - LR100066 (1 salad)	225	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)
Vegetable, Refried Beans, Veg-BP - SR102341 (1/2)	50	119.35	1.62	0.61	0.00	10.12	149.72	19.79	6.78	(M)	(M)	7.00	2.12	52.63	0.00	7.68	(M)	(M)
Category: Fruits; May Choose: 2																		
Fruit, Applesauce, Unsweetened, Canned	350	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)
Category: Milk; May Choose: 1																		
Milk, Fat Free, Unflavored, Lohish Yellow Dairy	350	90.00	0.00	0.00	0.00	0.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.00	(M)	(M)
Milk, 1% Chocolate, Cabot's, SR100446 (1)	150	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)
Category: Condiments; May Choose:																		
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, Fat Free Ranch, Ranch 1.5 oz, Kraft	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, Bull	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)

Menu Cycle Week – Nutrient Analysis

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)
Mayonnaise, 1.5 Gallon Dispenser, Heinz, #16700	25	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, Borden, Heinz, #52000	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)
Pepper, Banana, Mild, Old World, #16546	10	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)
Pickle, Dill Crinkle-Cut Chip, 400-500 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, #00461	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)
HS Lunch Menu Week 3	700																	
Wednesday, 8/31/22																		
Category: Entrees; May Choose: 1																		
Cheeseburger High School - LR100061 (1 ea.)	50	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 Tenders - LR100104 (1 ea.)	200	382.87	17.14	3.28	0.00	45.54	669.85	32.14	2.51	4.04	2.52	23.73	2.84	0.00	0.00(M)	0.00(M)	0.00	713.44(M)
Cold Cut Wrap - LR100244 (1 ea.)	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)	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)
High School Grilled Chicken - LR100041 (1 ea.)	40	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 ea.)	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 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 - High School Soft Pretzel - LR100058 (2 ea.)	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 Bagels - LR100098 (1 ea.)	120	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)
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)
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(M)
Category: Vegetables; May Choose: 2																		
Cucumber, with peel, raw - CR105245 (1/2 cup slices)	125	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(M)
Potatoes, Fries, Crispy, Seasoned, 3-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(M)
Potatoes, Real Mashed, Potatoes, Low Sodium, milk	100	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)
Category: Fruits; May Choose: 2																		
Juice - LR100023 (1 ea.)	300	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, Strawberries w/Topping, # CR103472	300	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, Subsidized, CR100446 (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, Fat Free Skim Milk, Half Pint, Subsidized	150	80.00	0.00	0.00	0.00	4.99	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Category: Condiments; May Choose:																		
Cheese, Parmesan, Grated, 2-oz, Subsidized, #E450	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 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)

Menu Cycle Week – Nutrient Analysis

Dressing, French Style Fat Free, Ranch 12.4 ea. (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	80	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	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)
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, Sliced, Bulk 0.16546	15	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)
Pickle, Dill Crinkle-Cut Chip, 400.500 count, Mesquite	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, Mesquite 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)
HS Lunch Menu Week 3	700																	
Category: Entrees; May Choose: 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)
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)
General Tso - LR100269 (1 serv.)	180	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 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 Hoagie - LR100004 (1 sandwich)	220	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 pizza)	30	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	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)	45	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)
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)
Steak and Cheese Hoagie High School - LR100170 (1 sandwich)	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)
Category: Vegetables; May Choose: 2																		
Celery and Hummus - LR100070 (1 ea.)	100	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(M)
Green Beans, Frozen, Baked, Veg O - SR100071	150	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 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(M)
Category: Fruits; May Choose: 2																		
Bananas, raw - SR105089 (1 medium (7))	200	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(M)
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)
Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, Chocidale - 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, Chocidale - 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:																		
Cheese, Parmesan, Grated, 2.5oz - SR100450	25	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)

Menu Cycle Week – Nutrient Analysis

Condiment, Mayonnaise, Light 1.5 Calories Dispenser Dressing, Fat Free Ranch, Ranch 1.5 Cal. Kraft	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, French Style Fat Free, Ranch 12.4 Cal. Kraft	5	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	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 Calories 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 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)
Pickle, Dill Crinkle-Cut Chip, 400.500 count, Mayonnaise	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, Mayonnaise 300161	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)
HS Lunch Menu Week 3	700																	
Category: Entrees; May Choose: 1																		
Bacon Ranch Quesadilla - LR100064 (1 ea.)	100	375.58	16.16	6.83	0.25(M)	69.63(M)	705.14	29.09	4.11	0.67(M)	0.00(M)	24.78	2.20(M)	189.48(M)	69.02(M)	0.01(M)	0.00(M)	225.05(M)
Boneless wings w/onion rings - LR100007 (1 ea.)	115	440.00	17.50	3.25	0.00	30.00	605.00	45.00	5.00	6.00	4.00	24.00	2.50	63.50	0.00(M)	0.00(M)	0.00	1004.75(M)
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)
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)	1733.11(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)
Fish Taco - LR100080 (1 Taco)	100	300.00	9.50	2.00	0.00	50.00	355.00	35.00	4.00	1.00	0.00(M)	17.00	2.08	59.00	0.00(M)	0.00(M)	0.00(M)	106.22(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)	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/subham	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 - pretzel)	45	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 - LR100058 (2 - pretzel)	45	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/subham	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)	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)
Sandwich, 5.3 oz Ham/steak, 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																		
Carrots, baby-cut, fresh, peeled - LR100003 - 40041	150	26.00	0.09	0.02	0.00	0.00	57.20	6.01	2.13	(M)	(M)	0.46	0.66	23.40	10163.40	1.95	(M)	(M)
Peas, green, cooked, boiled, drained, without salt	150	67.20	0.18	0.03	0.00	0.00	2.40	12.50	4.40	4.74	(M)	4.29	1.23	21.60	640.80	11.36	0.00	216.80
Potatoes, Reduced Sodium - LR100003 - 2.52	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, fresh, raw, sliced, unpeeled (with skin) from	225	51.15	0.18	0.04	0.00	0.00	1.76	13.81	2.47	(M)	(M)	0.26	0.12	5.29	54.67	4.59	(M)	(M)
Juice - LR100023 (1 ea.)	225	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)
Category: Milk; May Choose: 1																		

Menu Cycle Week – Nutrient Analysis

Milk, 1% Chocolate, Substituted, 35100446/11	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, Fat Free Skim Milk, Half Pint, Substituted	150	80.00	0.00	0.00	0.00	4.99	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Category: Condiments; May Choose:																		
Cheese, Parmesan, Grated, 3 Star, Substituted, 25450	25	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	20	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, Ready, 1.5 Gallon, Kraft	5	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, Ready, 12.4 Gallon, Kraft	5	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	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	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, 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)
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, Sliced, Bagged, 016546	8	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)
Pickle, Dill Crinkle-Cut Chip, 400-500 count, Monarch	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, Monarch, 200461	25	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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