

Menu Cycle Week – Nutrient Analysis

Menu Cycle: High School Lunch Week 4 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]	757.97	
Total Fat (g)		26.08	31.38
Sat Fat (g)(1)	< 10.00 % of Calories	7.66	9.42
Trans Fat (g)(2)		0.11(M)	
Chol (mg)		66.65(M)	
Sodium Target 1 (mg)(13)	< 1,420.00	1,383.54	
Sodium Target 2 (mg)(13)	< 1,080.00	1,383.54	
Carb (g)		96.84	51.79
Total Fiber (g)		8.01	
Total Sugars (g)		36.78(M)	19.67
Added Sugars (g)		6.97(M)	
Protein (g)		35.20	18.82
Iron (mg)		4.81(M)	
Calcium (mg)		507.87(M)	
VitA (IU)		1,852.51(M)	
VitC (mg)		23.93(M)	
VitD (mcg)		0.65(M)	
Potassium (mg)		497.46(M)	
Mois (g)		41.24(M)	
Ash (g)		0.47(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 - 22.000](a)	
Non-WGR		40.750	
WGR	>= 50.000 % of	153.000	78.97
Grain-D	<= 2.000	0.000	
Fruit	>= 5.000	[5.000 - 6.000]	
Fruit-J	<= 50.000 % of	2.500	41.67
Veg	>= 5.000	[5.000 - 13.375]	
Veg-DG	>= 0.500	5.500	
Veg-RO	>= 1.250	2.750	
Veg-BP	>= 0.500	1.250	
Veg-S	>= 0.500	4.500	
Veg-O	>= 0.750	4.375	
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 4	700																		
Monday, Revised - Day 1																			
Category: Entrees; May Choose: 1																			
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)	
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 High school salami and cheese sandwich)	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 sandwich Italian combo w/arahams - High School Soft Pretzel - LR100050 (2 pretzels)	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 (2 pretzels)	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 - 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)	
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)	
Meat lover's Pizza High School - LR100147 (1)	100	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	35	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)	
Pizza, Fiestada 51% Whole Grain Pizza - LR100034 (1 slice)	150	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	
Pulled Pork Sandwich - LR100175 (1 sandwich)	45	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 Unsalted 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)	45	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																			
Green Beans, Frozen, Boiled, Veg O - SR102371	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 - SR102371	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	125	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, Baked Beans, Veg PB - SR102061 (1/2)	50	126.98	0.00	0.00	0.00	0.00	433.74	26.56	5.14	9.80	(M)	6.04	1.54	34.25	49.41	0.59	(M)	(M)	
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)	
Pineapple, Cup in 100% Juice, Pals - SR100440 (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	
Category: Milk; May Choose: 1																			
Milk, 1% Chocolate, Chobani - 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, Chobani - 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: 2																			
Cheese, Parmesan, Grated, 3 tsp - Chobani - SR10450	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)	
Dressing, Balsamic Vinaigrette, Metropolitan	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 Fat - Kraft	100	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 Fat - 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

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)
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 516700	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 Borden, Heinz 652000	50	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, Bessel 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, Meseruk	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, Meseruk 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 4	700																	
Category: Entrees; May Choose: 1																		
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)
Cheese Sticks Appetizer Basket - LR100070 (1 ea.)	100	502.86	15.31	5.37	0.00	36.57	1323.43	70.97	12.11	18.17	4.00(M)	22.51	12.55	453.14	171.43(M)	27.43(M)	0.00(M)	1047.10(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)
High School Chicken Patty - LR100042 (1 ea.)	45	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 High school salami and cheese w/subsauce)	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 sandwich Italian combo w/arrahams - High School Soft Pretzel - LR100058 (2 - crusts)	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 turkey and cheese w/subsauce	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 - crusts)	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/subsauce	30	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)
Mandarin orange chicken salad - LR100166 (1 salad)	10	423.93	12.52	5.56	0.00(M)	68.76	1062.98	57.18	10.05	20.65(M)	(M)	25.69	5.65(M)	328.41(M)	30448.39(M)	56.74(M)	0.00(M)	1033.00(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)
Popcorn Chicken Bowl - LR100082 (1 bowl)	180	528.53	19.05	2.85	0.00	22.15	1226.02	72.32	7.75	2.54(M)	0.00(M)	21.46	3.48	87.16	163.00(M)	15.82(M)	0.00(M)	719.96(M)
Sandwich, 5.3 oz Hickory, Bread, 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																		
Corn, Whole Kernel, No Salt Added, Frozen, USDA	175	67.00	1.00	0.00	0.00	0.00	1.00	16.00	2.00	3.00	(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)
Potatoes, Real Mashed	75	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 Tater Tots 2.53 oz	325	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)
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)
Category: Fruits; May Choose: 2																		
Diced Peaches, 4 oz 100% Fruit Juice, Dole	250	60.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	0.00	0.99	0.00	0.00	0.00(M)	18.00	(M)	94.00(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, 1% Chocolate, Carnation, GB100446 (1 Carnation, MILK)	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, Carnation, 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:																		

Menu Cycle Week – Nutrient Analysis

Cheese, Parmesan, Grated, 3/4 cup - SR100257	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)
Dressing, Fat Free Ranch, 1/2 cup - SR100258	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, Lite Italian, 1/2 cup - SR100259	100	15.00	1.00	0.00	0.00	0.00	560.00	2.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Ketchup, Tomato Fancy, 1/2 cup - SR100260	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)
Mayonnaise, 1.5 Gallon Dispenser - SR100261	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 - SR100262	50	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, 1/2 cup - SR100263	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, 1/2 cup - SR100264	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)
HS Lunch Menu Week 4	700																	
Wednesday - updated - Day																		
Category: Entrees; May Choose: 1																		
Beef and Broccoli Noodle Bowl - LR100257 (1 serv.)	170	424.50	11.59	3.28	0.00(M)	69.90	738.78	49.67	6.18	6.45(M)	0.00(M)	31.47	6.83(M)	131.51(M)	500.19(M)	0.71(M)	0.00(M)	75.00(M)
Cheeseburger High School - LR100265 (1 ea.)	55	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 Bacon Ranch Sub - LR100266 (1 ea.)	115	669.35	31.29	7.90	0.00	65.72	1327.67	56.51	2.50	7.51	1.50(M)	35.41	4.32	307.56	0.00(M)	0.00(M)	0.00(M)	730.22(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 - LR100041 (1 ea.)	45	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	35	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)	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/arrahams - LR100058 (2 sandwiches)	40	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 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	45	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)
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)	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
Potatoes, Reduced Sodium Total Fat 2.5g 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)
Strawberries, raw - SR105440 (1/2 cup whole)	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
Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, Chocidale - SR100446 (1 cup)	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, 3/4 cup - SR100257	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

Dressing, Fat Free Ranch, 1.5 Gallon Dispenser - LR100021 (1.5 gal)	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 Dispenser - LR100021 (1.5 gal)	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, Lite Italian Dressing - LR100021 (1.5 gal)	50	5.00	0.33	0.00	0.00	0.00	186.67	0.67	0.00	0.33	(M)	0.00	0.00	0.00	0.00	0.40	(M)	(M)
Dressing, Raspberry Vinaigrette - Fat Free - LR100021 (1.5 gal)	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 - LR100021 (1.5 gal)	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 - LR100021 (1.5 gal)	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 - LR100021 (1.5 gal)	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 - LR100021 (1.5 gal)	35	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, 100.500 count - LR100021 (1.5 gal)	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 - LR100021 (1.5 gal)	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)
Category: Desserts; May Choose: 1																		
Pudding, Chocolate RTU, Canned - LR100021 (1.5 gal)	400	120.00	3.00	0.50	0.00	0.00	200.00	24.00	1.00	16.00	(M)	1.00	0.72	20.00	0.00	0.00	(M)	(M)
HS Lunch Menu Week 4 Thursday - Updated - Row 4	700																	
Category: Entrees; May Choose: 1																		
Cheeseburger High School - LR100021 (1.5 gal)	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)
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)
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 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)	180	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 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 - LR100059 (2 - pretzel)	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 Soft Pretzel - LR100059 (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/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)
Nashville Chicken High School - LR100244 (1 sandwich)	100	310.00	13.00	2.50	0.00	40.00	680.00	31.00	2.00	3.00	1.00(M)	18.00	1.72	0.00	0.00(M)	1.20(M)	0.00(M)	339.81(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 Ham, Swiss, 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 sandwich)	45	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 Reuben - LR100093 (1 sandwich)	90	393.89	10.84	4.37	0.00(M)	95.00	2432.16	29.52	5.03	5.00(M)	(M)	45.32	3.04	290.65	242.10	5.22	(M)	(M)
Category: Vegetables; May Choose: 2																		
Carrots, baby-cut, fresh, cooked - LR100021 (1.5 gal)	125	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)
Potatoes, Crispy Bakeable Canned - LR100021 (1.5 gal)	350	89.95	2.50	0.00	0.00	0.00	19.99	15.99	1.00	0.00	0.00	1.00	0.20	9.99	0.00(M)	0.00(M)	0.00	240.03
Seasoned Green Beans, Vee Q - LR105202 (1/2 gal)	150	41.79	1.95	0.60	0.00(M)	0.00	157.62	6.08	2.36	2.47	(M)	1.17	0.52	33.46	397.20	3.22	0.00(M)	125.31(M)
Category: Fruits; May Choose: 2																		
Bananas, raw - SR105089 (1 - medium (70))	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

Menu Cycle Week – Nutrient Analysis

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, Substituted - SR100146 (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, Substituted - SR100146 (1 ea.)	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 tsp - Substituted - SR100146 (1 ea.)	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 - SR100146 (1 ea.)	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, Reduced Fat - SR100146 (1 ea.)	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 - SR100146 (1 ea.)	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 - SR100146 (1 ea.)	30	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 - SR100146 (1 ea.)	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 - SR100146 (1 ea.)	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) - SR100146 (1 ea.)	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 - SR100146 (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)
Pepper, Banana, Mild, Sliced - SR100146 (1 ea.)	5	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 - SR100146 (1 ea.)	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 - SR100146 (1 ea.)	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)
Category: Desserts; May Choose: 1																		
Muffin, WG Double Chocolate - SR100146 (1 ea.)	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
HS Lunch Menu Week 4	700																	
Category: Entrees; May Choose: 1																		
Cheeseburger High School - LR100061 (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)
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 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.)	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 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 - SR100068 (2 ea.)	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 - LR100068 (2 ea.)	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/anchovies	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)
Personal Pizza - LR100211 (1 ea.)	95	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)	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)
Sandwich, 5.3 oz Unavailable - Dessert 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
THS Pasta and Meatballs - LR100066 (1 ea.)	150	574.90	18.61	3.67	0.00	58.77	884.52	76.92	6.76	7.11	1.85(M)	29.80	4.92	51.20	0.00(M)	0.00(M)	0.00(M)	713.99(M)
Yogurt Parfait Bar - LR100220 (1 ea.)	95	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)
Category: Vegetables; May Choose: 2																		
Broccoli, raw - SR105147 (1/2 cup cheese)	125	15.47	0.17	0.05	0.00	0.00	15.02	3.02	1.18	0.77	(M)	1.28	0.33	21.39	283.46	40.59	0.00	143.78

Menu Cycle Week – Nutrient Analysis

Peas, green, cooked from frozen, drained, without	150	62.00	0.22	0.04	0.00	0.00	58.00	11.41	4.40	(M)	(M)	4.12	1.26	19.00	1680.00	7.90	(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
Category: Fruits; May Choose: 2																		
Apple slices and caramel - LR100105 (1 ea.)	200	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) frozen	100	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)
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, 1% Chocolate, Chocidese, CB100446 (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, Chocidese, 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: 2																		
Cheese, Parmesan, Grated, 3oz, Schreiber, 25450	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)
Dressing, Balsamic Vinaigrette, Metrosalita	20	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 1.5oz, 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 12.4oz, Kraft	20	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, Bull's	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)
Ketchup, Tomato Fancy, 1.5 Gallon, Borden	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, 516700	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, Heinz, 653000	50	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, Beal's, 016546	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)
Pickle, Dill Crinkle-Cut Chip, 4oz, 5oz, Hunt, Manisch	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, Manisch, 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)
Category: Desserts; May Choose: 1																		
Pudding, Chocolate RTU, Corned, shelf Stable	200	120.00	3.00	0.50	0.00	0.00	200.00	24.00	1.00	16.00	(M)	1.00	0.72	20.00	0.00	0.00	(M)	(M)

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