

# Menu Cycle Week – Nutrient Analysis

Menu Cycle: High School Lunch Week 6 updated  
 Week: 1  
 Result: **Fail**

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]	760.54(M)	
Total Fat (g)		26.46(M)	32.15
Sat Fat (g)(1)	< 10.00 % of Calories	7.70(M)	9.57
Trans Fat (g)(2)		0.11(M)	
Chol (mg)		76.56(M)	
Sodium Target 1 (mg)(13)	< 1,420.00	1,419.01(M)	
Sodium Target 2 (mg)(13)	< 1,080.00	1,421.01(M)	
Carb (g)		95.89(M)	51.80
Total Fiber (g)		8.56(M)	
Total Sugars (g)		39.93(M)	21.57
Added Sugars (g)		8.54(M)	
Protein (g)		34.15(M)	18.45
Iron (mg)		4.79(M)	
Calcium (mg)		524.82(M)	
VitA (IU)		2,159.77(M)	
VitC (mg)		27.43(M)	
VitD (mcg)		0.73(M)	
Potassium (mg)		547.75(M)	
Mois (g)		57.25(M)	
Ash (g)		0.63(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[10.000 - 12.000]	[10.000 - 19.000](a)	
Grains	[10.000 - 12.000]	[12.000 - 20.500](a)	
Non-WGR		38.750	
WGR	>= 50.000 % of	150.000	79.47
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 - 12.875]	
Veg-DG	>= 0.500	4.000	
Veg-RO	>= 1.250	2.625	
Veg-BP	>= 0.500	1.250	
Veg-S	>= 0.500	3.625	
Veg-O	>= 0.750	4.000	
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 6</b>	740																		
<b>Monday, Updated: 9/20/2022</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Cheeseburger High School - LR100061 (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 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)	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 French toast w/yogurt cup - LR100352	185	720.00	27.00	6.00	0.00	315.00	920.00	97.00	6.00	48.00	30.00(M)	27.00	3.00	477.00	0.00(M)	1.20(M)	3.00(M)	345.00(M)	
High school ham and cheese sandwich	40	305.00	10.50	4.13	0.00	43.13	1070.63	34.50	3.88	6.00	1.13(M)	18.75	1.98	157.75	62.50(M)	0.00(M)	0.04(M)	33.76(M)	
High School Pizza Pepperoni - LR100035 (1 slice)	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)	144.97(M)	
High school salami and cheese w/grahams - LR100349 (1 serv.)	20	535.00	27.50	10.00	0.00	70.63	1495.00	54.88	5.63	13.63	7.25(M)	21.50	3.75	239.25	62.50(M)	1.20(M)	0.04(M)	138.86(M)	
High school sandwich Italian combo w/grahams - High School Soft Pretzel - LR100058 (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 turkey and cheese w/grahams - Italian Flatbread - LR100095 (1 sandwich)	40	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)	
Pizza High School - LR100034 (1 slice)	45	470.00	14.00	4.50	0.00	63.13	1840.00	53.38	5.63	12.63	7.25(M)	33.50	6.67	169.25	62.50(M)	0.00(M)	0.04(M)	113.86(M)	
Sandwich, 5.3 oz Uncrustable, Peanut Butter Spicy Grilled Chicken Sandwich - LR100340 (1 sandwich)	100	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)	
Celery, raw - SR105165 (1/2 cup choppe)	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)	144.97(M)	
Green Beans, Frozen, Boiled, Veg-O - SR102271	50	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	
Potatoes, Reduced Sodium Tater Tots, 2.52 oz.,	35	250.00	4.50	0.50	0.00	60.00	750.00	25.00	3.00	4.00	0.00(M)	28.00	1.88	70.00	0.00(M)	0.00(M)	0.00(M)	250.04(M)	
<b>Category: Vegetables; May Choose: 2</b>																			
Juice - LR100023 (1 ea.)	125	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	
Tangerines, (mandarin oranges), canned, juice	200	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)	
Milk, 1% Chocolate, Schneider's - SR109446 (1 cup)	350	90.00	3.50	0.00	0.00	0.00	160.00	14.00	2.00	0.00	0.00	1.00	0.40	10.00	0.00(M)	0.00(M)	0.00	180.01	
<b>Category: Fruits; May Choose: 2</b>																			
Milk, 1% Lowfat, Schneiders, MILK -	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)	
Milk, 1% Chocolate, Schneider's - SR109446 (1 cup)	300	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	
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% Lowfat, Schneiders, MILK -	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 -	200	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)	

# Menu Cycle Week – Nutrient Analysis

Category: Condiments; May Choose:																		
Cheese, Parmesan, Grated, 2 tsp., Schreiber, 25459 - SR108027 (2 tsp.)	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	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, French Style Fat Free, Pouch 12.4 g, 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	50	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 Dispenser Pack 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)
Mayonnaise, 1.5 Gallon Dispenser, Heinz, 516700 -	10	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 Pouch, Heinz, 652000 -	20	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pepper, Banana, Mild, Sliced, Beal's, 916546	4	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, Messer's	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, Messer's, 200461	50	0.00	0.00	0.00	0.00	0.00	135.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)
<b>HS Lunch Menu Week 6</b>	740																	
<b>Category: Entrees; May Choose: 1</b>																		
Buffalo Chicken Wrap - LR100029 (1 ea.)	35	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)	354.71(M)
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)
High school ham and cheese sandwich	45	305.00	10.50	4.13	0.00	43.13	1070.63	34.50	3.88	6.00	1.13(M)	18.75	1.98	157.75	62.50(M)	0.00(M)	0.04(M)	33.76(M)
High School Nuggets - LR100056 (1 serv.)	265	482.70	24.08	3.93	0.00	39.30	668.87	39.55	4.93	1.97	0.00(M)	27.55	4.65	58.96	0.00(M)	0.00(M)	0.00(M)	1159.4(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)	144.97(M)
High school salami and cheese w/grahams -	25	535.00	27.50	10.00	0.00	70.63	1495.00	54.88	5.63	13.63	7.25(M)	21.50	3.75	239.25	62.50(M)	1.20(M)	0.04(M)	138.86(M)
High school sandwich Italian combo w/grahams -	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 - LR100058 (2 crusts)	50	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 -	35	470.00	14.00	4.50	0.00	63.13	1840.00	53.38	5.63	12.63	7.25(M)	33.50	6.67	169.25	62.50(M)	0.00(M)	0.04(M)	113.86(M)
Hot Dog High School - LR100062 (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 ea.)	70	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)
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)	144.97(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter	30	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>																		

# Menu Cycle Week – Nutrient Analysis

Black and white bean salad - LR100005 (1/2 ea.)	150	258.44	10.05	1.48	0.00(M)	0.00(M)	525.76	31.93	9.87	1.77(M)	(M)	11.16	2.99	76.00	242.12	13.25	0.00(M)	334.63(M)
Corn, golden or yellow, whole kernel, cooked from frozen - LR100006 (1/2 ea.)	250	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, Fries, Crispy Potatoe - LR100007 (1/2 ea.)	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)
<b>Category: Fruits; May Choose: 2</b>																		
Fruit, Applesauce, Unsweetened, Canned, USDA - LR100008 (1/2 ea.)	300	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Juice - LR100023 (1 ea.)	350	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																		
Milk, 1% Chocolate, Schneider's - SR109446 (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, Schneiders, MILK - SR109447 (1 ea.)	200	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; May Choose: 3</b>																		
Cheese, Parmesan, Grated, 2 tsp., Schreiber, 25459 - SR109448 (1 ea.)	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, Ranch 1.5 Gallon Dispenser - SR109449 (1 ea.)	30	40.00	0.00	0.00	0.00	0.00	520.00	10.00	1.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Light Italian w/ Olive Oil Dressing, Bulk - SR109450 (1 ea.)	15	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 - SR109451 (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)
Mayonnaise, 1.5 Gallon Dispenser, Heinz, 516700 - SR109452 (1 ea.)	15	50.00	3.50	0.50	0.00	5.00	135.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Pouch, Heinz, 652000 - SR109453 (1 ea.)	20	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pepper, Banana, Mild, Sliced, Roseli, 816546 - SR109454 (1 ea.)	4	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, SR109455 (1 ea.)	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)
<b>Category: Desserts; May Choose: 1</b>																		
Pudding, Chocolate RTU, Canned shelf Stable, SR109456 (1 ea.)	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)
<b>HS Lunch Menu Week 6 Wednesday Updated - Daily</b>																		
<b>Category: Entrees; May Choose: 1</b>																		
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 Patty Sandwich High School - LR100062 (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)
Cold Cut Wrap - LR100244 (1 wrap)	30	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)	20	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)	1733.18(M)
High school ham and cheese sandwich	45	305.00	10.50	4.13	0.00	43.13	1070.63	34.50	3.88	6.00	1.13(M)	18.75	1.98	157.75	62.50(M)	0.00(M)	0.04(M)	33.76(M)
High School Pizza Pepperoni - LR100035 (1 ea.)	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)	144.97(M)

# Menu Cycle Week – Nutrient Analysis

High school salami and cheese w/grahams - LR100349 (1 serv.)	25	535.00	27.50	10.00	0.00	70.63	1495.00	54.88	5.63	13.63	7.25(M)	21.50	3.75	239.25	62.50(M)	1.20(M)	0.04(M)	138.86(M)
High school sandwich Italian combo w/grahams -	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 - LR100058 (1 pretzel)	50	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/grahams -	45	470.00	14.00	4.50	0.00	63.13	1840.00	53.38	5.63	12.63	7.25(M)	33.50	6.67	169.25	62.50(M)	0.00(M)	0.04(M)	113.86(M)
Pizza Bagels - LR100098 (1 bagel)	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)	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)	144.97(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter	35	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
Stuffed Shells w/Breadstick - LR100235 (1 serv.)	100	340.00	7.75	3.75	0.00	20.00	785.04	49.50	3.50	9.00	1.00(M)	18.50	2.48	327.50	400.00(M)	6.00(M)	0.00(M)	193.44(M)
Turkey Reuben - LR100093 (1 sandwich)	70	333.89	9.84	4.37	0.00(M)	70.00	1782.15	28.52	5.03	4.00(M)	(M)	34.32	5.96	290.65	242.10	5.22	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																		
Broccoli, Broccoli Frozen Boiled, Veg-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)
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
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)
<b>Category: Fruits; May Choose: 2</b>																		
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 -	300	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)
Juice - LR100023 (1 ea.)	350	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																		
Milk, 1% Chocolate, Schneider's - SR109446 (1	400	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 - SR102257 (1	200	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; May Choose:</b>																		
Cheese, Parmesan, Grated, 2 tsp., Schreiber, 25459 - SR108027 (2 tsp.)	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	10	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, Pouch, 1.5 oz, Ken's,	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, Pouch, 1.5 oz, Kraft	10	15.00	0.00	0.00	0.00	0.00	105.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Light Italian w/ Olive Oil Dressing, Bulk	25	50.00	4.00	0.50	0.00	0.00	290.00	3.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Raspberry Vinaigrette, Fat Free	10	50.00	0.00	0.00	0.00	0.00	115.00	12.00	0.00	10.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	200	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)

# Menu Cycle Week – Nutrient Analysis

Mustard, Yellow, Dispenser Pouch, Heinz, 652000 - SR100013 (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, Beal's, 016546	4	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, Mezzetta	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, Mezzetta, 300464	50	0.00	0.00	0.00	0.00	0.00	135.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)
<b>HS Lunch Menu Week 6</b>	740																	
<b>Category: Entrees; May Choose: 1</b>																		
Buffalo Chicken Macaroni and Cheese - LR100260 (1 serv.)	65	407.50(M)	21.63(M)	7.16(M)	0.00(M)	76.61(M)	836.95(M)	24.74(M)	1.53(M)	4.79(M)	3.00(M)	31.32(M)	1.52(M)	287.05(M)	55.42(M)	0.10(M)	0.00(M)	537.64(M)
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)
Crispy Chicken Salad - LR100073 (1 salad)	20	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)
Crispy CHicken Wrap 9-12 - LR100060 (1 wrap)	35	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)	9.88(M)
High school ham and cheese sandwich	95	305.00	10.50	4.13	0.00	43.13	1070.63	34.50	3.88	6.00	1.13(M)	18.75	1.98	157.75	62.50(M)	0.00(M)	0.04(M)	33.76(M)
High School Hoagie - LR100094 (1 sandwich)	140	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)	25.31(M)
High School Pierogies - LR100076 (1 serv.)	65	490.63	19.57	10.53	0.00	110.00	873.16	62.00	6.00	0.00	(M)	20.00	3.60	200.00	253.13	12.00	(M)	(M)
High School Pizza Pepperoni - LR100035 (1 ea.)	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)	144.97(M)
High school salami and cheese w/grahams -	15	535.00	27.50	10.00	0.00	70.63	1495.00	54.88	5.63	13.63	7.25(M)	21.50	3.75	239.25	62.50(M)	1.20(M)	0.04(M)	138.86(M)
High school sandwich Italian combo w/grahams -	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 - LR100058 (2 pretzel)	80	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 - LR100348 (1 serv.)	25	470.00	14.00	4.50	0.00	63.13	1840.00	53.38	5.63	12.63	7.25(M)	33.50	6.67	169.25	62.50(M)	0.00(M)	0.04(M)	113.86(M)
Pizza High School - LR100034 (1 slice)	25	444.62	18.26	9.45	0.00	40.50	884.80	40.28	1.99	5.00	0.00(M)	26.08	2.78	567.23	274.76(M)	0.00(M)	0.00(M)	144.97(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter	40	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)	40	266.92	9.71	5.30	0.00	54.16	427.82	23.48	2.00	2.18	0.00(M)	19.91	2.06	211.93	211.23(M)	0.00(M)	0.00(M)	60.00(M)
<b>Category: Vegetables; May Choose: 2</b>																		
celery and peanut butter - LR100074 (1 serv.)	200	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)
Peas, green, cooked, boiled, drained, without salt	250	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, Crispy Bakeable Seasoned & Cut Wedges	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
<b>Category: Fruits; May Choose: 2</b>																		
Juice - LR100023 (1 ea.)	400	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 - SR105449 (1/2 cup, halve)	350	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

# Menu Cycle Week – Nutrient Analysis

Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, Schneider's - SR109446 (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)
Category: Condiments; May Choose:																		
Cheese, Parmesan, Grated, 2 tsp., Schreiber, 25459 -	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	10	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, Pouch,1.5 oz, Ken's,	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, Pouch 12.4 g, Kraft	10	15.00	0.00	0.00	0.00	0.00	105.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Light Italian w/ Olive Oil Dressing, Bulk	200	50.00	4.00	0.50	0.00	0.00	290.00	3.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Raspberry Vinaigrette, Fat Free,	10	50.00	0.00	0.00	0.00	0.00	115.00	12.00	0.00	10.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	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 Pouch, Heinz, 652000 -	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, Roseli, 816546 -	4	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, 567679. Veg-O - SR100493	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, 209461 -	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																		
Muffin, WG Double Chocolate Muffin, 4 oz.,	400	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 6																		
740																		
Category: Entrees; May Choose: 1																		
Cheese Sticks Appetizer Basket - LR100270 (1	120	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.)	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)
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	45	305.00	10.50	4.13	0.00	43.13	1070.63	34.50	3.88	6.00	1.13(M)	18.75	1.98	157.75	62.50(M)	0.00(M)	0.04(M)	33.76(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)	144.97(M)
High school salami and cheese w/grahams - LR100349 (1 serv)	15	535.00	27.50	10.00	0.00	70.63	1495.00	54.88	5.63	13.63	7.25(M)	21.50	3.75	239.25	62.50(M)	1.20(M)	0.04(M)	138.86(M)
High school sandwich Italian combo w/grahams - LR100347 (1 serv)	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)

# Menu Cycle Week – Nutrient Analysis

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/grahams - LR100348 (1 serv.)	35	470.00	14.00	4.50	0.00	63.13	1840.00	53.38	5.63	12.63	7.25(M)	33.50	6.67	169.25	62.50(M)	0.00(M)	0.04(M)	113.86(M)
Pizza High School - LR100034 (1 slice)	35	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)	144.97(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter	30	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
Turkey Bacon Mozzarella on Pretzel Bun - LR100184 (1 serv.)	115	440.16	14.65	6.91	0.00	80.23	1604.33	40.70	3.00	7.29	(M)	35.79	5.98	183.03	211.23	0.00	(M)	(M)
Yogurt Parfait Bar - LR100229 (1 serv.)	150	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>																		
Carrots, raw - SR105160 (1/2 cup choppe)	125	26.24	0.15	0.02	0.00	0.00	44.16	6.13	1.79	3.03	(M)	0.59	0.19	21.12	10691.84	3.78	0.00	204.80
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
Vegetable, California Blend, Frozen, Veg-O - SR101778 (1/2 Cup Cooked)	150	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>																		
Bananas, raw - SR105089 (1 medium (7"))	350	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
Juice - LR100023 (1 ea.)	400	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																		
Milk, 1% Chocolate, Schneider's - SR109446 (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, Schneiders, MILK - SR103357 (1 carton 1.1)	175	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
<b>Category: Condiments; May Choose:</b>																		
Cheese, Parmesan, Grated, 2 tsp., Schreiber, 25459 -	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	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 oz. Kraft	10	40.00	0.00	0.00	0.00	0.00	520.00	10.00	1.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, French Style Fat Free, Ranch 1.5 oz. Kraft	4	15.00	0.00	0.00	0.00	0.00	105.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Light Italian w/ Olive Oil Dressing, Bulk	20	50.00	4.00	0.50	0.00	0.00	290.00	3.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	250	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Mayonnaise, 1.5 Gallon Dispenser, Heinz 516700	10	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 652000	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, Bealls 816546	4	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, 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 300461	50	0.00	0.00	0.00	0.00	0.00	135.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)





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