

Menu Cycle Week – Nutrient Analysis

Generated on: 11/20/2019 3:20:08 PM by Kathleen McCullough

Menu Cycle: Middle School December Week 1 2019
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: 6-8
 Site Group: Middle School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	627.81	
Total Fat (g)		19.97	28.62
Sat Fat (g)(1)	< 10.00 % of Calories	6.10	8.75
Trans Fat (g)(2)		0.03(M)	
Chol (mg)		47.36	
Sodium Target 1 (mg) (13)	< 1,360.00	1,029.15	
Sodium Target 2 (mg) (13)	< 1,035.00	1,029.15	
Carb (g)		85.91	54.74
Total Fiber (g)		7.67	
Sugars (g)		29.82(M)	19.00
Added Sugars (g)		0.00(M)	
Protein (g)		29.56	18.84
Iron (mg)		3.68	
Calcium (mg)		537.48(M)	
VitA (IU)		5,464.05(M)	
VitC (mg)		32.46(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		110.62(M)	
Ash (g)		0.74(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	3.000	
Veg	>= 3.750	[4.750 - 8.875]	
Veg-DG	>= 0.500	3.000	
Veg-RO	>= 0.750	1.375	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	3.000	
Grains	[8.000 - 10.000]	[8.000 - 13.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	37.000	100.00
Meat/MA	[9.000 - 10.000]	[10.000 - 10.750](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	1.000	33.33
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

Legend

PrimeroEdge 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.

Menu Cycle Week – Nutrient Analysis

Generated on: 11/20/2019 3:21:59 PM by Kathleen McCullough

Menu Cycle: Middle School Week 2 December 2019
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: 6-8
 Site Group: Middle School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	675.19	
Total Fat (g)		22.23	29.63
Sat Fat (g)(1)	< 10.00 % of Calories	6.56	8.75
Trans Fat (g)(2)		0.03(M)	
Chol (mg)		52.96	
Sodium Target 1 (mg) (13)	< 1,360.00	1,110.94	
Sodium Target 2 (mg) (13)	< 1,035.00	1,110.94	
Carb (g)		89.59	53.08
Total Fiber (g)		8.60	
Sugars (g)		29.06(M)	17.22
Added Sugars (g)		0.00(M)	
Protein (g)		33.86	20.06
Iron (mg)		4.38	
Calcium (mg)		559.17(M)	
VitA (IU)		4,440.68(M)	
VitC (mg)		28.54(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		7.27(M)	
Mois (g)		106.34(M)	
Ash (g)		0.68(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	3.000	
Veg	>= 3.750	[4.750 - 9.750]	
Veg-DG	>= 0.500	6.000	
Veg-RO	>= 0.750	1.375	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	2.000	
Veg-O	>= 0.500	1.000	
Grains	[8.000 - 10.000]	[9.250 - 15.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	42.250	100.00
Meat/MA	[9.000 - 10.000]	[10.000 - 10.250](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	1.000	33.33
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

Legend

PrimeroEdge 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.

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Menu Cycle Week – Nutrient Analysis

Generated on: 11/20/2019 3:22:59 PM by Kathleen McCullough

Menu Cycle: Middle School December Week 3 2019
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: 6-8
 Site Group: Middle School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	620.15(M)	
Total Fat (g)		20.31(M)	29.47
Sat Fat (g)(1)	< 10.00 % of Calories	5.92(M)	8.59
Trans Fat (g)(2)		0.03(M)	
Chol (mg)		42.62(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,084.85(M)	
Sodium Target 2 (mg) (13)	< 1,035.00	1,084.85(M)	
Carb (g)		84.15(M)	54.27
Total Fiber (g)		21.16(M)	
Sugars (g)		26.91(M)	17.36
Added Sugars (g)		0.00(M)	
Protein (g)		30.36(M)	19.58
Iron (mg)		4.36(M)	
Calcium (mg)		587.38(M)	
VitA (IU)		9,079.93(M)	
VitC (mg)		30.17(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		148.11(M)	
Ash (g)		0.94(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	3.000	
Veg	>= 3.750	[4.750 - 9.750]	
Veg-DG	>= 0.500	6.000	
Veg-RO	>= 0.750	1.375	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	1.000	
Grains	[8.000 - 10.000]	[11.000 - 17.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	43.000	100.00
Meat/MA	[9.000 - 10.000]	[10.000 - 10.250](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	1.000	33.33
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

Legend

PrimeroEdge 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.

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Menu Cycle Week – Nutrient Analysis

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 within the required range.

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Middle School December 16 2019 - Day: 1	100																		
Category: Entrees; May Choose: 1																			
827993-BURG: BACON CHEESEBURGER - AR1512 (1 ea.)	20	517.89	21.16	9.08	0.04	66.33	1035.26	52.98	4.79	7.35	(M)	30.50	3.88	243.74	232.08	0.00	(M)	(M)	(M)
Chicken Caesar Salad - LR100029 (1 ea.)	20	176.00	7.30	2.46	0.00	35.00	745.00	12.90	81.00	0.00	(M)	16.40	3.11	161.40	3515.00	1.50	(M)	(M)	36.59
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	20	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	20	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD MIDDLE CHICKEN CHEESE STEAK - LR100144 (1 sandwich)	20	239.33	6.86	2.55	0.00	30.28	568.16	28.08	3.92	2.96(M)	(M)	16.43	1.83	165.25	75.38	0.73	(M)	(M)	0.00(M)
Category: Grains; May Choose: 2																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	20	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	(M)	200.00	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Green Beans - LR100036 (1/2 c.)	100	22.00	12.00	0.03	0.00	0.00	1.00	4.49	2.09	0.00	(M)	1.04	0.46	29.30	388.00	2.90	(M)	(M)	63.67
Category: Fruits; May Choose: 1																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	10	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
Category: Condiments; May Choose: 1																			

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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet)	50	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	(M)	(M)	0.00	0.00	0.00	10.00	0.00	(M)	(M)	(M)
UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet)	50	80.00	8.00	1.50	0.00	5.00	75.00	1.00	0.00	1.00	(M)	0.00	0.00	0.00	5.00	0.00	(M)	(M)	0.00
Middle School December 17 2019 - Day: 2	100																		
Category: Entrees; May Choose: 1																			
Chicken Caesar Salad - LR100029 (1 ea.)	30	176.00	7.30	2.46	0.00	35.00	745.00	12.90	81.00	0.00	(M)	16.40	3.11	161.40	3515.00	1.50	(M)	(M)	36.59
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	20	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	20	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD SOFT BEEF TACO - LR100143 (1 1/2 oz.)	30	180.00	9.26	4.25	0.00	22.00	315.00	15.31	2.55	0.00	(M)	9.90	1.66	187.82	188.00	0.10	(M)	(M)	(M)
Category: Grains; May Choose: 2																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	20	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	(M)	200.00	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
black beans - LR100354 (1 c.)	100	240.00	1.00	0.00	0.00	0.00	920.00	44.00	10.00	2.00	(M)	14.00	3.60	80.00	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Sorbet, 100% Frozen Juice, Cherry/Blue Raspberry Swirl, 4.4 fl. oz., Luigi's, 48446, F - SR108054 (1 serv.)	100	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	(M)	0.00	0.36	80.00	500.00	60.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68

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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Middle School December 18 2019 - Day: 3	100																		
Category: Entrees; May Choose: 1																			
Chicken Caesar Salad - LR100029 (1 ea.)	5	176.00	7.30	2.46	0.00	35.00	745.00	12.90	81.00	0.00	(M)	16.40	3.11	161.40	3515.00	1.50	(M)	(M)	36.59
mac and cheese with popcorn chicken - LR100373 (6 oz.)	50	414.13	20.19	5.81	0.00	36.45	792.80	33.18	4.30	4.99	(M)	25.18	2.50	306.23	598.90	0.00	(M)	(M)	(M)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	25	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	20	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
Category: Grains; May Choose: 2																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	5	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	(M)	200.00	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
CEASAR SALAD - LR100151 (1/2 c.)	85	133.55	11.31	1.93	0.15(M)	1.18	232.33	6.73	2.29	1.13(M)	(M)	2.11	1.10	47.72	8261.26	3.79	(M)	(M)	89.41 (M)
Category: Fruits; May Choose: 1																			
ud diced peaches - LR100141 (1/2 c.)	95	43.48	0.03	0.00	0.00	0.00	3.90	11.35	1.27	10.07	(M)	0.61	0.26	5.86	368.99	3.50	(M)	(M)	85.87
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Middle School December 19 2019 - Day: 4	100																		
Category: Entrees; May Choose: 1																			
Chicken Caesar Salad - LR100029 (1 ea.)	10	176.00	7.30	2.46	0.00	35.00	745.00	12.90	81.00	0.00	(M)	16.40	3.11	161.40	3515.00	1.50	(M)	(M)	36.59

Menu Cycle Week – Nutrient Analysis

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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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	30	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	10	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
Whole Grain Breaded Homestyle Chicken Nuggets, 0.69 Oz - SR109435 (5 pieces)	50	220.00	12.00	3.00	0.00	40.00	470.00	12.00	1.00	0.00	(M)	16.00	1.80	20.00	100.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 2																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	50	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	(M)	200.00	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.)	90	25.00	0.09	0.01	0.00	0.00	55.28	5.84	2.06	3.37	(M)	0.45	0.63	22.68	9773.49	1.84	(M)	(M)	64.03
Category: Fruits; May Choose: 1																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	90	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Middle School December 20 2019 - Day: 5																			
Category: Entrees; May Choose: 1																			
Chicken Caesar Salad - LR100029 (1 ea.)	10	176.00	7.30	2.46	0.00	35.00	745.00	12.90	81.00	0.00	(M)	16.40	3.11	161.40	3515.00	1.50	(M)	(M)	36.59
Spicy Popcorn Chicken Wrap - LR100356 (1 ea.)	20	217.73 (M)	0.00(M)	0.54(M)	0.00(M)	0.00(M)	108.86 (M)	40.82 (M)	26.13 (M)	0.00(M)	(M)	15.24 (M)	11.92 (M)	408.24 (M)	108183.60(M)	48.99 (M)	(M)	(M)	1175.19 (M)

Menu Cycle Week – Nutrient Analysis

Generated on: 11/20/2019 3:22:59 PM by Kathleen McCullough

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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	20	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Breakfast, Chicken Sausage, Tyson Foods, Inc., 17443-928, MMA - LR100208 (1 piece)	40	90.00	5.00	1.50	0.00	35.00	240.00	1.00	0.00	0.00	(M)	10.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	10	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
Category: Grains; May Choose: 2																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	20	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	(M)	200.00	(M)	(M)	(M)	(M)
UD Pancakes, Maple Burst'n Mini K-12 Hot Breakfast, Pillsbury, General Mills, 32259, WGR - LR100201 (1 package 1)	40	230.00	7.00	1.00	0.00	0.00	150.00	41.00	3.00	14.00	(M)	4.00	0.72	40.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Tater Tots - LR100049 (1/2 Cup (8 oz)	100	95.00	4.76	1.02	0.00	0.00	183.60	10.88	1.36	0.00	(M)	1.36	0.24	13.60	68.00	0.82	(M)	(M)	0.00
Category: Fruits; May Choose: 1																			
Sorbet, 100% Frozen Juice, Cherry/Blue Raspberry Swirl, 4.4 fl. oz., Luigi's, 48446, F - SR108054 (1 serv.)	100	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	(M)	0.00	0.36	80.00	500.00	60.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68

Menu Cycle Week – Nutrient Analysis

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 within the required range.

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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Middle School December 9 2019 - Day: 1	100																		
Category: Entrees; May Choose: 1																			
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	15	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	40	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD Elem Cheesesteak - LR100349 (1 ea.)	40	265.46	10.48	4.15	0.00	36.98	717.26	28.39	2.00	5.39	(M)	15.80	2.05	121.53	108.69	0.00	(M)	(M)	(M)
UD Popcorn Chicken Salad - LR100268 (1 salad)	5	260.16	13.93	2.68	0.00	21.43	383.56	17.58	4.07	1.07	(M)	15.86	2.24	67.77	1395.75	7.73	(M)	(M)	(M)
Category: Grains; May Choose: 2																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	5	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	(M)	200.00	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Green Beans - LR100036 (1/2 c.)	85	22.00	12.00	0.03	0.00	0.00	1.00	4.49	2.09	0.00	(M)	1.04	0.46	29.30	388.00	2.90	(M)	(M)	63.67
Category: Fruits; May Choose: 1																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	85	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Middle School December 10 2019 - Day: 2	100																		
Category: Entrees; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

Generated on: 11/20/2019 3:21:59 PM by Kathleen McCullough

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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
HOT AND SPICY CHICKEN PATTY SANDWICH - LR100220 (1 ea.)	15	420.00	17.50	3.50	0.00	25.00	720.00	44.00	6.00	4.00	(M)	21.00	4.14	100.00	100.00	0.00	(M)	(M)	(M)
Rainbow Pizza - LR100372 (1 ea.)	40	363.20	15.18	6.09	0.00	30.62	579.27	35.10	5.01	2.43(M)	(M)	22.09	5.22	465.47	456.90 (M)	12.39 (M)	0.00(M)	90.86 (M)	35.15 (M)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	15	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	15	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD Popcorn Chicken Salad - LR100268 (1 salad)	15	260.16	13.93	2.68	0.00	21.43	383.56	17.58	4.07	1.07	(M)	15.86	2.24	67.77	1395.75	7.73	(M)	(M)	(M)
Category: Grains; May Choose: 2																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	15	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	(M)	200.00	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
black beans - LR100354 (1 c.)	90	240.00	1.00	0.00	0.00	0.00	920.00	44.00	10.00	2.00	(M)	14.00	3.60	80.00	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Sorbet, 100% Frozen Juice, Cherry/Blue Raspberry Swirl, 4.4 fl. oz., Luigi's, 48446, F - SR108054 (1 serv.)	75	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	(M)	0.00	0.36	80.00	500.00	60.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Middle School December 11 2019 - Day: 3																			
Category: Entrees; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

Generated on: 11/20/2019 3:21:59 PM by Kathleen McCullough

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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
827993-BURG: BACON CHEESEBURGER - AR1512 (1 ea.)	45	517.89	21.16	9.08	0.04	66.33	1035.26	52.98	4.79	7.35	(M)	30.50	3.88	243.74	232.08	0.00	(M)	(M)	(M)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	15	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	10	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD Popcorn Chicken Salad - LR100268 (1 salad)	15	260.16	13.93	2.68	0.00	21.43	383.56	17.58	4.07	1.07	(M)	15.86	2.24	67.77	1395.75	7.73	(M)	(M)	(M)
UDHS Chicken, Golden Crispy WG Tenders, Tyson, 70334-928, MMA, WG - LR100216 (3 piece)	15	260.00	15.00	2.50	0.00	25.00	390.00	16.00	3.00	1.00	(M)	15.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 2																			
UD School Wheat Dinner Roll - LR100332 (1 1/2 oz.)	15	110.00	1.00	0.00	0.00	0.00	200.00	21.00	2.00	2.00	(M)	4.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
CEASAR SALAD - LR100151 (1/2 c.)	85	133.55	11.31	1.93	0.15(M)	1.18	232.33	6.73	2.29	1.13(M)	(M)	2.11	1.10	47.72	8261.26	3.79	(M)	(M)	89.41 (M)
Category: Fruits; May Choose: 1																			
ud diced peaches - LR100141 (1/2 c.)	100	43.48	0.03	0.00	0.00	0.00	3.90	11.35	1.27	10.07	(M)	0.61	0.26	5.86	368.99	3.50	(M)	(M)	85.87
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Middle School December 12 2019 - Day: 4																			
Category: Entrees; May Choose: 1																			
Chicken Mashed Potato Bowl - LR100335 (1 bowl)	20	383.25	16.06	5.13	0.00	31.76	538.03	43.20	4.78	3.12	(M)	19.05	2.16	136.71	320.36	39.89	(M)	(M)	96.79 (M)

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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	20	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	20	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	20	374.45	11.91	2.31	0.01	50.00	623.86	40.01	3.60	4.32	(M)	28.13	2.85	51.45	5.00	0.00	(M)	(M)	(M)
UD Popcorn Chicken Salad - LR100268 (1 salad)	20	260.16	13.93	2.68	0.00	21.43	383.56	17.58	4.07	1.07	(M)	15.86	2.24	67.77	1395.75	7.73	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Tater Tots - LR100049 (1/2 Cup (8 oz))	100	95.00	4.76	1.02	0.00	0.00	183.60	10.88	1.36	0.00	(M)	1.36	0.24	13.60	68.00	0.82	(M)	(M)	0.00
Category: Fruits; May Choose: 1																			
Sorbet, 100% Frozen Juice, Cherry/Blue Raspberry Swirl, 4.4 fl. oz., Luigi's, 48446, F - SR108054 (1 serv.)	100	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	(M)	0.00	0.36	80.00	500.00	60.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Middle School December 13 2019 - Day: 5																			
Category: Entrees; May Choose: 1																			
sausage patty chicken - LR100115 (2 patty)	40	380.42	22.83	5.71	0.00	152.17	874.97	3.80	0.00	0.00	(M)	41.85	2.74	0.00	0.00	0.00	(M)	(M)	0.00
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	20	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	20	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)

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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
UD Popcorn Chicken Salad - LR100268 (1 salad)	20	260.16	13.93	2.68	0.00	21.43	383.56	17.58	4.07	1.07	(M)	15.86	2.24	67.77	1395.75	7.73	(M)	(M)	(M)
Category: Grains; May Choose: 2																			
French Toast Sticks, Farm Rich Whole Grain, Frozen, Rich's, 37722, WGR - LR100345 (4 ea.)	40	260.00	10.00	2.00	0.00	0.00	300.00	38.00	3.00	9.00	(M)	6.00	1.82	34.00	22.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.)	95	25.00	0.09	0.01	0.00	0.00	55.28	5.84	2.06	3.37	(M)	0.45	0.63	22.68	9773.49	1.84	(M)	(M)	64.03
Category: Fruits; May Choose: 1																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	95	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Category: Condiments; May Choose: 1																			
Syrup, Madeira Farms Pancake Syrup, Kraft Heinz, SR109757, Condiment - SR109757 (1 1/2 ounces)	40	283.00	0.06	0.06	0.06	0.06	69.71	71.95	0.08	51.49	(M)	0.05	0.21	6.87	10.30	0.03	(M)	(M)	(M)

Menu Cycle Week – Nutrient Analysis

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 within the required range.

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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Middle School December 2 2019 - Day: 1	100																		
Category: Entrees; May Choose: 1																			
Pizza CHEESE STEAK - LR100366 (1 sandwich)	25	373.96	18.56	7.65	0.00(M)	52.52	645.52	31.36	5.72	2.35(M)	(M)	21.26	2.46	164.22	315.00	13.50	(M)	(M)	0.00(M)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	15	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Beef Nacho Salad - LR100324 (1 ea.)	10	207.96	13.24	7.86	0.00	47.91	350.51	6.80	1.95	0.95(M)	(M)	14.77	2.00	240.73	6966.69 (M)	20.13 (M)	(M)	(M)	75.28 (M)
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	50	374.45	11.91	2.31	0.01	50.00	623.86	40.01	3.60	4.32	(M)	28.13	2.85	51.45	5.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Green Beans - LR100036 (1/2 c.)	75	22.00	12.00	0.03	0.00	0.00	1.00	4.49	2.09	0.00	(M)	1.04	0.46	29.30	388.00	2.90	(M)	(M)	63.67
Category: Fruits; May Choose: 1																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Category: Condiments; May Choose: 1																			
UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet)	50	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	(M)	(M)	0.00	0.00	0.00	10.00	0.00	(M)	(M)	(M)
UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet)	50	80.00	8.00	1.50	0.00	5.00	75.00	1.00	0.00	1.00	(M)	0.00	0.00	0.00	5.00	0.00	(M)	(M)	0.00
Middle School December 3 2019 - Day: 2	100																		

Menu Cycle Week – Nutrient Analysis

Generated on: 11/20/2019 3:20:08 PM by Kathleen McCullough

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Category: Entrees; May Choose: 1																			
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	15	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Beef Nacho Salad - LR100324 (1 ea.)	40	207.96	13.24	7.86	0.00	47.91	350.51	6.80	1.95	0.95(M)	(M)	14.77	2.00	240.73	6966.69 (M)	20.13 (M)	(M)	(M)	75.28 (M)
ud grilled cheese - LR100137 (1 sandwich)	20	345.33	17.09	9.78	0.00	54.35	1131.49	32.11	3.74	7.79	(M)	16.48	1.35	438.36	434.76	0.00	(M)	(M)	0.00(M)
UD MIDDLE SCHOOL CHICKEN TACO - LR100218 (2 oz.)	25	180.00	9.26	4.25	0.00	22.00	315.00	15.31	2.55	0.00	(M)	9.90	1.66	187.82	188.00	0.10	(M)	(M)	0.00
Category: Grains; May Choose: 2																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	50	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	(M)	200.00	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
black beans - LR100354 (1 c.)	85	240.00	1.00	0.00	0.00	0.00	920.00	44.00	10.00	2.00	(M)	14.00	3.60	80.00	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Sorbet, 100% Frozen Juice, Kiwi Strawberry Swirl, 4.4 fl. oz., Luigi's, 48445, F - SR108053 (1 serv.)	100	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	(M)	0.00	0.36	60.00	0.00	60.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Middle School December 4 2019 - Day: 3																			
Category: Entrees; May Choose: 1																			
Fully Cooked Breaded Chicken Tenders: 46015 -WG - SR109421 (3 piece)	20	170.00	6.00	0.00	0.00	0.00	380.00	14.00	1.00	1.00	(M)	14.00	1.80	60.00	100.00	0.00	(M)	(M)	(M)

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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Sandwich, Meatball Sandwich on Roll, 2 MMA, 2 WG, - SR102254 (1 ea.)	40	293.58	8.29	2.48	0.00	35.24	676.74	36.59	4.50	2.24	(M)	18.29	3.65	81.97	187.50 (M)	2.25(M)	(M)	(M)	(M)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	20	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Beef Nacho Salad - LR100324 (1 ea.)	20	207.96	13.24	7.86	0.00	47.91	350.51	6.80	1.95	0.95(M)	(M)	14.77	2.00	240.73	6966.69 (M)	20.13 (M)	(M)	(M)	75.28 (M)
Category: Grains; May Choose: 1																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	50	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	(M)	200.00	(M)	(M)	(M)	(M)
UD School Wheat Dinner Roll - LR100332 (1 1/2 oz.)	20	110.00	1.00	0.00	0.00	0.00	200.00	21.00	2.00	2.00	(M)	4.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
CEASAR SALAD - LR100151 (1/2 c.)	85	133.55	11.31	1.93	0.15(M)	1.18	232.33	6.73	2.29	1.13(M)	(M)	2.11	1.10	47.72	8261.26	3.79	(M)	(M)	89.41 (M)
Category: Fruits; May Choose: 1																			
ud diced peaches - LR100141 (1/2 c.)	85	43.48	0.03	0.00	0.00	0.00	3.90	11.35	1.27	10.07	(M)	0.61	0.26	5.86	368.99	3.50	(M)	(M)	85.87
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Middle School December 5 2019 - Day: 4																			
Category: Entrees; May Choose: 1																			
Caesar Chicken Wrap - LR100020 (1 ea.)	15	267.00	17.00	3.71	0.03	21.00	666.00	16.60	2.35	0.00	(M)	12.14	2.37	185.10	2032.00	0.90	(M)	(M)	20.46
Chicken Chunks, Breaded Mini-Tyson, 26976-928 - SR109408 (10 pieces)	45	257.14	12.86	2.14	0.00	57.14	485.71	14.29	1.43	0.00	(M)	22.86	1.54	0.00	0.00	0.00	(M)	(M)	(M)

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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	20	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Beef Nacho Salad - LR100324 (1 ea.)	20	207.96	13.24	7.86	0.00	47.91	350.51	6.80	1.95	0.95(M)	(M)	14.77	2.00	240.73	6966.69 (M)	20.13 (M)	(M)	(M)	75.28 (M)
Category: Vegetables; May Choose: 1																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.)	100	25.00	0.09	0.01	0.00	0.00	55.28	5.84	2.06	3.37	(M)	0.45	0.63	22.68	9773.49	1.84	(M)	(M)	64.03
Category: Fruits; May Choose: 1																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Category: Condiments; May Choose: 1																			
Condiment, BBQ Sauce, Ken's Foods Inc, KE0520 - SR102206 (30 grams)	50	50.00	0.00	0.00	0.00	0.00	316.67	12.50	0.00	8.33	(M)	0.00	0.30	16.67	0.00	3.00	(M)	(M)	(M)
UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet)	50	80.00	8.00	1.50	0.00	5.00	75.00	1.00	0.00	1.00	(M)	0.00	0.00	0.00	5.00	0.00	(M)	(M)	0.00
Middle school December 6 2019 - Day: 5																			
Category: Entrees; May Choose: 1																			
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	30	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Breakfast, Chicken Sausage, Tyson Foods, Inc., 17443-928, MMA - LR100208 (1 piece)	50	90.00	5.00	1.50	0.00	35.00	240.00	1.00	0.00	0.00	(M)	10.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
UD CHEESEBURGER - LR100127 (1 ea.)	20	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
Category: Grains; May Choose: 2																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	20	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	(M)	200.00	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Tater Tots - LR100049 (1/2 Cup (8 oz)	100	95.00	4.76	1.02	0.00	0.00	183.60	10.88	1.36	0.00	(M)	1.36	0.24	13.60	68.00	0.82	(M)	(M)	0.00
Category: Fruits; May Choose: 1																			
Sorbet, 100% Frozen Juice, Kiwi Strawberry Swirl, 4.4 fl. oz., Luigi's, 48445, F - SR108053 (1 serv.)	100	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	(M)	0.00	0.36	60.00	0.00	60.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Category: Condiments; May Choose: 1																			
Syrup, Madeira Farms Pancake Syrup, Kraft Heinz, SR109757, Condiment - SR109757 (1 1/2 ounces)	50	283.00	0.06	0.06	0.06	0.06	69.71	71.95	0.08	51.49	(M)	0.05	0.21	6.87	10.30	0.03	(M)	(M)	(M)