

Menu Cycle Week – Nutrient Analysis

Generated on: 1/27/2020 7:58:06 AM by Kathleen McCullough

Menu Cycle: February 3-7 2020
 Week: 1
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Breakfast
 Serving Group: K-12
 Site Group: All Grades

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 500.00]	498.43	
Total Fat (g)		8.17	14.76
Sat Fat (g)(1)	< 10.00 % of Calories	1.91	3.44
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		7.74	
Sodium Target 1 (mg) (13)	< 540.00	428.00	
Sodium Target 2 (mg) (13)	< 485.00	428.00	
Carb (g)		93.53	75.06
Total Fiber (g)		5.01	
Sugars (g)		32.46(M)	26.05
Added Sugars (g)		0.00(M)	
Protein (g)		13.81	11.08
Iron (mg)		2.11	
Calcium (mg)		484.46	
VitA (IU)		928.84	
VitC (mg)		11.57	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		67.49(M)	
Ash (g)		0.62(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	6.000	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	[9.000 - 10.000]	9.000	
Non-WGR		0.000	
WGR	>= 50.000 % of	9.000	100.00
Meat/MA		1.000	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D		1.000	
Vegetable-J		0.000	
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: 1/27/2020 8:00:18 AM by Kathleen McCullough

Menu Cycle: February 18 -21 2020
 Week: 1
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Breakfast
 Serving Group: K-12
 Site Group: All Grades

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 500.00]	496.82	
Total Fat (g)		7.70	13.96
Sat Fat (g)(1)	< 10.00 % of Calories	2.22	4.02
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		10.22	
Sodium Target 1 (mg) (13)	< 540.00	407.69	
Sodium Target 2 (mg) (13)	< 485.00	407.69	
Carb (g)		95.56	76.94
Total Fiber (g)		5.43	
Sugars (g)		30.15(M)	24.27
Added Sugars (g)		0.00(M)	
Protein (g)		13.15	10.59
Iron (mg)		2.51	
Calcium (mg)		497.87	
VitA (IU)		851.17	
VitC (mg)		11.24	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		75.89(M)	
Ash (g)		0.77(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 4.000	5.000	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	[7.000 - 8.000]	7.750	
Non-WGR		0.750	
WGR	>= 50.000 % of	7.000	90.32
Meat/MA		0.000	
MILK-F	>= 4.000	4.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D		0.750	
Vegetable-J		0.000	
MILK-V		Pass	

Legend

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Menu Cycle Week – Nutrient Analysis

Generated on: 1/27/2020 8:01:41 AM by Kathleen McCullough

Menu Cycle: February 18 -21 2020
 Week: 1
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Breakfast
 Serving Group: K-12
 Site Group: All Grades

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 500.00]	496.82	
Total Fat (g)		7.70	13.96
Sat Fat (g)(1)	< 10.00 % of Calories	2.22	4.02
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		10.22	
Sodium Target 1 (mg) (13)	< 540.00	407.69	
Sodium Target 2 (mg) (13)	< 485.00	407.69	
Carb (g)		95.56	76.94
Total Fiber (g)		5.43	
Sugars (g)		30.15(M)	24.27
Added Sugars (g)		0.00(M)	
Protein (g)		13.15	10.59
Iron (mg)		2.51	
Calcium (mg)		497.87	
VitA (IU)		851.17	
VitC (mg)		11.24	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		75.89(M)	
Ash (g)		0.77(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 4.000	5.000	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	[7.000 - 8.000]	7.750	
Non-WGR		0.750	
WGR	>= 50.000 % of	7.000	90.32
Meat/MA		0.000	
MILK-F	>= 4.000	4.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D		0.750	
Vegetable-J		0.000	
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.

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Menu Cycle Week – Nutrient Analysis

Generated on: 1/27/2020 8:02:39 AM by Kathleen McCullough

Menu Cycle: February 24-28 2020
 Week: 1
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Breakfast
 Serving Group: K-12
 Site Group: All Grades

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 500.00]	497.12	
Total Fat (g)		8.33	15.09
Sat Fat (g)(1)	< 10.00 % of Calories	1.94	3.52
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		8.50	
Sodium Target 1 (mg) (13)	< 540.00	401.02	
Sodium Target 2 (mg) (13)	< 485.00	401.02	
Carb (g)		93.46	75.20
Total Fiber (g)		4.95	
Sugars (g)		37.87(M)	30.47
Added Sugars (g)		0.00(M)	
Protein (g)		12.20	9.82
Iron (mg)		2.17	
Calcium (mg)		385.15	
VitA (IU)		740.40	
VitC (mg)		13.54	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		59.66(M)	
Ash (g)		0.57(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	5.625	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	[9.000 - 10.000]	10.000	
Non-WGR		0.000	
WGR	>= 50.000 % of	10.000	100.00
Meat/MA		0.000	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D		1.000	
Vegetable-J		0.000	
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.

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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

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)
February 24 2020 - Day: 1	100																		
Category: Grains; May Choose: 2																			
chocolate chip oatmeal bars - LR100065 (1 bar (1.25)	90	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	100	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)	(M)
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: Desserts; May Choose: 1																			
Graham Cracker, Teddy Grahams Chocolate, Honey Maid, Nabisco, 4400004557, WGR - SR107577 (1 1/8 ounces)	90	130.00	4.00	0.50	0.00	0.00	95.00	22.00	2.00	8.00	(M)	2.00	1.44	100.00	0.00	0.00	(M)	(M)	(M)
February 25 2020 - Day: 2	100																		
Category: Grains; May Choose: 2																			
Bar, Nutri-Grain Cereal Bar Apple Cinnamon for Schools, 96/1.55oz, Kellogg's 59779, WGR - SR106330 (1 Bar)	90	160.00	4.00	0.50	0.00	0.00	135.00	30.00	3.00	14.00	(M)	2.00	1.80	200.00	750.00	0.00	(M)	(M)	(M)
Oatmeal Bites Choc Chip - LR100318 (1 1/4 oz.)	90	150.66	6.03	1.00	0.00	0.00	130.57	24.11	2.01	9.04	(M)	2.01	0.36	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	90	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)	(M)

Menu Cycle Week – Nutrient Analysis

Generated on: 1/27/2020 8:02:39 AM 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)
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)	35	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)	35	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)	5	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)	5	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
February 26 2020 - Day: 3	100																		
Category: Grains; May Choose: 2																			
Pillsbury Chocolate Crescent Roll - LR100306 (1 ea.)	85	230.00	8.00	1.50	0.00	0.00	270.00	37.00	2.00	10.00	(M)	6.00	1.44	20.00	0.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
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
UD Bananas, raw - LR100185 (1 cup, mashe)	85	200.25	0.74	0.25	(M)	0.00	2.25	51.39	5.85	27.52	(M)	2.45	0.58	11.25	144.00	19.57	(M)	(M)	168.55
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
February 27 2020 - Day: 4	100																		
Category: Grains; May Choose: 2																			
Cookies, Cinnamon Graham Crackers, Keebler Bug Bites, Kellogg's, 210/1 oz., 55644, WGR - SR106517 (1 pkg.)	90	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	(M)	2.00	0.72	100.00	500.00	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)
Toaster Pastries, Pop-Tarts Frosted Brown Sugar Cinnamon 1.76, Kellogg's, 55125, WGR - AR1297 (1 toaster pa)	90	183.57	2.48	0.99	0.00	0.00	188.53	37.21	2.98	15.38	(M)	2.48	1.79	99.22	496.13	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	90	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)	(M)
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)	35	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)	35	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)	5	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)	5	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
February 28 2020 - Day: 5																			
Category: Grains; May Choose: 2																			
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	90	240.00	7.00	1.50	0.00	0.00	270.00	39.00	2.00	15.00	(M)	5.00	1.44	40.00	0.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	90	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)	(M)
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)	35	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)	35	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)	5	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

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)	Moisture (g)
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	5	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

Generated on: 1/27/2020 8:01:41 AM 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)
February 18, 2020 - Day: 1	100																		
Category: Grains; May Choose: 2																			
Cereal Bar, Trix, General Mills, 31915, WGR - SR101821 (1 ea.)	100	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	(M)	2.00	1.80	200.00	100.00	1.20	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	100	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)	(M)
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: Desserts; May Choose: 1																			
Teddy Graham, Cinnamon 0.8 oz, Nabisco, 1932001670, Non-WG - SR101327 (1 pouch)	90	90.00	3.00	0.50	0.00	0.00	95.00	16.00	1.00	5.00	(M)	1.00	0.72	80.00	0.00	0.00	(M)	(M)	(M)
February 19, 2020 - Day: 2	100																		
Category: Grains; May Choose: 2																			
Bagel, White Whole Grain, 2 oz, Lender's Bagels, 00074, WG - SR104277 (1 bagel)	100	140.00	1.00	0.00	0.00	0.00	180.00	29.00	4.00	5.00	(M)	6.00	1.80	40.00	0.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
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
UD 825009 BANANAS, FRESH Petite 150ct - LR100230 (1 150ct, Raw)	90	68.88	0.26	0.09	(M)	0.00	0.77	17.68	2.01	(M)	(M)	0.84	0.20	3.87	49.53	6.73	(M)	(M)	57.97
Category: Milk; 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)	Mois (g)
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																			
Phila-Cream Cheese Spread, Kraft 1oz serving - LR100320 (1 container)	90	70.00	7.00	4.00	0.00	20.00	115.00	1.00	0.00	1.00	(M)	1.00	0.11	33.32	309.40	0.00	(M)	(M)	18.00
February 20,2020 - Day: 3		100																	
Category: Grains; May Choose: 2																			
Cereal Bar, Cocoa Puffs, General Mills, 45577, WGR - SR104913 (1 Bar)	100	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	(M)	3.00	1.80	200.00	100.00	1.20	(M)	(M)	(M)
Cookies, Cinnamon Graham Crackers, Keebler Bug Bites, Kellogg's, 210/1 oz., 55644, WGR - SR106517 (1 pkg.)	100	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	(M)	2.00	0.72	100.00	500.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	100	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)	(M)
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
February 21, 2020 - Day: 4		100																	
Category: Grains; May Choose: 2																			

Menu Cycle Week – Nutrient Analysis

Generated on: 1/27/2020 8:01:41 AM 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)	Moisture (g)
Oatmeal Bites S'mores - LR100317 (1 1/4 oz.)	100	150.00	6.00	1.50	0.00	0.00	125.00	24.00	2.00	9.00	(M)	2.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)
Pastry, Pop-Tarts Frosted Strawberry Made With Whole Grain, 1.76 oz./12/10, Kellogg's, 38000-55130, WGR - SR106318 (1 pastry)	100	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	15.00	(M)	2.00	1.80	100.00	500.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
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
UD 825009 BANANAS, FRESH Petite 150ct - LR100230 (1 150ct, Raw)	100	68.88	0.26	0.09	(M)	0.00	0.77	17.68	2.01	(M)	(M)	0.84	0.20	3.87	49.53	6.73	(M)	(M)	57.97
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

Generated on: 1/27/2020 8:00:18 AM 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)
February 18, 2020 - Day: 1	100																		
Category: Grains; May Choose: 2																			
Cereal Bar, Trix, General Mills, 31915, WGR - SR101821 (1 ea.)	100	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	(M)	2.00	1.80	200.00	100.00	1.20	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	100	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)	(M)
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: Desserts; May Choose: 1																			
Teddy Graham, Cinnamon 0.8 oz, Nabisco, 1932001670, Non-WG - SR101327 (1 pouch)	90	90.00	3.00	0.50	0.00	0.00	95.00	16.00	1.00	5.00	(M)	1.00	0.72	80.00	0.00	0.00	(M)	(M)	(M)
February 19, 2020 - Day: 2	100																		
Category: Grains; May Choose: 2																			
Bagel, White Whole Grain, 2 oz, Lender's Bagels, 00074, WG - SR104277 (1 bagel)	100	140.00	1.00	0.00	0.00	0.00	180.00	29.00	4.00	5.00	(M)	6.00	1.80	40.00	0.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
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
UD 825009 BANANAS, FRESH Petite 150ct - LR100230 (1 150ct, Raw)	90	68.88	0.26	0.09	(M)	0.00	0.77	17.68	2.01	(M)	(M)	0.84	0.20	3.87	49.53	6.73	(M)	(M)	57.97
Category: Milk; 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)	Mois (g)
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																			
Phila-Cream Cheese Spread, Kraft 1oz serving - LR100320 (1 container)	90	70.00	7.00	4.00	0.00	20.00	115.00	1.00	0.00	1.00	(M)	1.00	0.11	33.32	309.40	0.00	(M)	(M)	18.00
February 20,2020 - Day: 3		100																	
Category: Grains; May Choose: 2																			
Cereal Bar, Cocoa Puffs, General Mills, 45577, WGR - SR104913 (1 Bar)	100	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	(M)	3.00	1.80	200.00	100.00	1.20	(M)	(M)	(M)
Cookies, Cinnamon Graham Crackers, Keebler Bug Bites, Kellogg's, 210/1 oz., 55644, WGR - SR106517 (1 pkg.)	100	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	(M)	2.00	0.72	100.00	500.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	100	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)	(M)
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
February 21, 2020 - Day: 4		100																	
Category: Grains; May Choose: 2																			

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)
Oatmeal Bites S'mores - LR100317 (1 1/4 oz.)	100	150.00	6.00	1.50	0.00	0.00	125.00	24.00	2.00	9.00	(M)	2.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)
Pastry, Pop-Tarts Frosted Strawberry Made With Whole Grain, 1.76 oz./12/10, Kellogg's, 38000-55130, WGR - SR106318 (1 pastry)	100	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	15.00	(M)	2.00	1.80	100.00	500.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
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
UD 825009 BANANAS, FRESH Petite 150ct - LR100230 (1 150ct, Raw)	100	68.88	0.26	0.09	(M)	0.00	0.77	17.68	2.01	(M)	(M)	0.84	0.20	3.87	49.53	6.73	(M)	(M)	57.97
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)
February 3 2020 - Day: 1	100																		
Category: Grains; May Choose: 2																			
Bar, Nutri-Grain Cereal Bar Apple Cinnamon for Schools, 96/1.55oz, Kellogg's 59779, WGR - AR1318 (1 Bar)	100	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	(M)	2.00	1.80	200.00	750.00	0.00	(M)	(M)	(M)
Oatmeal Bites Choc Chip - LR100318 (1 1/4 oz.)	100	150.66	6.03	1.00	0.00	0.00	130.57	24.11	2.01	9.04	(M)	2.01	0.36	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	100	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)	(M)
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
February 4 2020 - Day: 2	100																		
Category: Grains; May Choose: 2																			
Pastry, Pop-Tarts Frosted Strawberry Made With Whole Grain, 1.76 oz./12/10, Kellogg's, 38000-55130, WGR - SR106318 (1 pastry)	100	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	15.00	(M)	2.00	1.80	100.00	500.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	100	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)	(M)
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)

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 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: Desserts; May Choose: 1																			
Graham Cracker, Teddy Grahams Chocolate, Honey Maid, Nabisco, 4400004557, WGR - SR107577 (1 1/8 ounces)	100	130.00	4.00	0.50	0.00	0.00	95.00	22.00	2.00	8.00	(M)	2.00	1.44	100.00	0.00	0.00	(M)	(M)	(M)
February 5 2020 - Day: 3		100																	
Category: Entrees; May Choose: 1																			
Cheese, Light Mozzarella String Cheese, 1.0 oz, Land O'Lakes, 59703, MMA - SR101672 (1 oz.)	100	60.75	3.04	2.02	0.00	10.13	202.50	1.01	0.00	1.01	(M)	7.09	0.00	151.88	405.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 2																			
Oatmeal Bites S'mores - LR100317 (1 1/4 oz.)	100	150.00	6.00	1.50	0.00	0.00	125.00	24.00	2.00	9.00	(M)	2.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
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
UD 825009 BANANAS, FRESH Petite 150ct - LR100230 (1 150ct, Raw)	100	68.88	0.26	0.09	(M)	0.00	0.77	17.68	2.01	(M)	(M)	0.84	0.20	3.87	49.53	6.73	(M)	(M)	57.97
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
February 6 2020 - Day: 4		100																	
Category: Grains; May Choose: 2																			

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)
Cereal Bar, Cocoa Puffs, General Mills, 45577, WGR - SR104913 (1 Bar)	100	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	(M)	3.00	1.80	200.00	100.00	1.20	(M)	(M)	(M)
Cookies, Cinnamon Graham Crackers, Keebler Bug Bites, Kellogg's, 210/1 oz., 55644, WGR - SR106517 (1 pkg.)	100	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	(M)	2.00	0.72	100.00	500.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	100	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)	(M)
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
February 7 2020 - Day: 5																			
Category: Grains; May Choose: 2																			
Strudel, Cherry Frudel K-12 Hot Breakfast, Pillsbury, General Mills, 127851000, WGR - SR102114 (1 frudel)	100	210.00	6.00	1.00	0.00	0.00	260.00	37.00	2.00	11.00	(M)	5.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
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
UD 825009 BANANAS, FRESH Petite 150ct - LR100230 (1 150ct, Raw)	100	68.88	0.26	0.09	(M)	0.00	0.77	17.68	2.01	(M)	(M)	0.84	0.20	3.87	49.53	6.73	(M)	(M)	57.97
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)

Menu Cycle Week – Nutrient Analysis

Generated on: 1/27/2020 7:58:06 AM 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)	Moisture (g)
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