

# Menu Cycle Week – Nutrient Analysis

Generated on: 5/10/2019 9:14:37 AM by Kathleen McCullough

Menu Cycle: UD MS Breakfast WK1 2018-2019  
 Week: 1  
 Result: **Exceeded**

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[400.00 - 550.00]	445.40	
Fat (g)		7.02	14.18
Sfat (g)(1)	< 10.00 % of Calories	1.90	3.83
TFat (g)(2)		0.00(M)	
Chol (mg)		12.98	
Sodium Target 1 (mg) (13)	< 600.00	459.22	
Sodium Target 2 (mg) (13)	< 535.00	459.22	
Carb (g)		82.97	74.52
TDF (g)		5.06	
Sugars (g)		17.52(M)	15.73
Pro (g)		12.74	11.44
Fe (mg)		2.25	
Ca (mg)		441.96	
A,IU		1,045.26	
VitC (mg)		4.75	
Mois (g)		69.19(M)	
Ash (g)		0.31(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	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	[8.000 - 10.000]	[9.000 - 11.500](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	15.000	100.00
Meat/MA		0.000	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D		0.000	
Vegetable-J		0.000	
MILK-V		Pass	

## Legend

PrimeroEdge will flag based on USDA requirements, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(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, 2020 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 within the required range.

# Menu Day – Nutrient Analysis

Menu: UD MS Breakfast 2018-2019 Day 3 :47248  
 Result: Pass

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

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[400.00 - 550.00]	490.20	
Fat (g)		13.62	25.00
Sfat (g)(1)	< 10.00 % of Calories	5.06	9.30
TFat (g)(2)		0.00(M)	
Chol (mg)		25.21	
Sodium Target 1 (mg) (13)	< 600.00	563.16	
Sodium Target 2 (mg) (13)	< 535.00	563.16	
Carb (g)		79.79	65.10
TDF (g)		3.24	
Sugars (g)		20.16(M)	16.45
Pro (g)		13.11	10.70
Fe (mg)		1.95	
Ca (mg)		399.37	
A,IU		844.24	
VitC (mg)		3.47	
Mois (g)		73.18(M)	
Ash (g)		0.65(M)	

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 1.000	1.000	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	>= 1.000	2.500	
Non-WGR		0.000	
WGR		2.500	
Meat/MA		0.000	
MILK-F	>= 1.000	1.000	
Fruit-J		0.000	
Grain-D		0.000	
Vegetable-J		0.000	
MILK-V		Pass	

## Legend

PrimeroEdge will flag based on USDA requirements, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(M) Indicates missing nutrient values.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
UD MS Breakfast 2018-2019 Day 3 :47248	1700																

# Menu Day – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Entrees; Choose: 1</b>																	
ud chocolate chip muffin loaf - LR100305 (2 oz.)	1,650	170.00	5.00	1.00	0.00	0.00	190.00	29.00	1.00	14.00	3.00	1.08	0.00	0.00	0.00	(M)	(M)
<b>Category: Grains; Choose: 2</b>																	
Pastry, Pop-Tarts Frosted Strawberry Made With Whole Grain, 1.76 oz./12/10, Kellogg's, 38000-55130, WGR - SR106318 (1 pastry)	50	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
UD HS Graham crackers - LR100271 (1 pkg.)	1,700	60.00	1.50	0.00	0.00	0.00	60.00	11.00	1.00	3.00	1.00	0.36	60.00	0.00	0.00	0.00	0.00
<b>Category: Fruits; Choose: 2</b>																	
Ardmore Farms Apple Juice - LR100117 (1 ea.)	1,000	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	700	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	0.31	0.14	7.18	64.60	5.50	102.36	0.23
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,500	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	100	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	50	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	50	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	8.26	0.07	299.07	500.08	0.00	222.68	1.84
<b>Category: Condiments; Choose: 1</b>																	
Phila-Cream Cheese Spread, Kraft 1oz serving - LR100320 (1 container )	1,700	70.00	7.00	4.00	0.00	20.00	115.00	1.00	0.00	1.00	1.00	0.11	33.32	309.40	0.00	18.00	0.45

# Menu Day – Nutrient Analysis

Menu: UD MS Breakfast 2018-2019 Day 2 :47248  
 Result: Pass

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

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[400.00 - 550.00]	488.08	
Fat (g)		6.35	11.70
Sfat (g)(1)	< 10.00 % of Calories	2.06	3.79
TFat (g)(2)		0.00(M)	
Chol (mg)		4.92	
Sodium Target 1 (mg) (13)	< 600.00	496.29	
Sodium Target 2 (mg) (13)	< 535.00	496.29	
Carb (g)		95.49	78.26
TDF (g)		5.22	
Sugars (g)		24.06(M)	19.72
Pro (g)		12.20	10.00
Fe (mg)		2.88	
Ca (mg)		482.36	
A,IU		1,463.44	
VitC (mg)		3.32	
Mois (g)		55.18(M)	
Ash (g)		0.20(M)	

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 1.000	1.000	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	>= 1.000	[1.500 - 2.000]	
Non-WGR		0.000	
WGR		[1.500 - 2.000]	
Meat/MA		0.000	
MILK-F	>= 1.000	1.000	
Fruit-J		0.000	
Grain-D		0.000	
Vegetable-J		0.000	
MILK-V		Pass	

## Legend

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
UD MS Breakfast 2018-2019 Day 2 :47248	1700																

# Menu Day – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Grains; Choose: 2</b>																	
Bar, Chocolate Chip Oatmeal, 1.24 oz, Betty Crocker, General Mills, 16000-45977, WG - SR106343 (1 Bar)	100	150.00	5.00	1.00	0.00	0.00	105.00	24.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Cookies, Cinnamon Graham Crackers, Keebler Bug Bites, Kellogg's, 210/1 oz., 55644, WGR - SR106517 (1 pkg.)	1,650	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Toaster Pastries, Pop-Tarts Frosted Brown Sugar Cinnamon 1.76, Kellogg's, 55125, WGR - AR1297 (1 toaster pa)	1,650	183.57	2.48	0.99	0.00	0.00	188.53	37.21	2.98	15.38	2.48	1.79	99.22	496.13	0.00	(M)	(M)
UD HS Graham crackers - LR100271 (1 pkg.)	100	60.00	1.50	0.00	0.00	0.00	60.00	11.00	1.00	3.00	1.00	0.36	60.00	0.00	0.00	0.00	0.00
<b>Category: Fruits; Choose: 2</b>																	
Ardmore Farms Apple Juice - LR100117 (1 ea.)	1,000	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	700	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	0.31	0.14	7.18	64.60	5.50	102.36	0.23
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,500	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	0	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	50	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	50	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	8.26	0.07	299.07	500.08	0.00	222.68	1.84

# Menu Day – Nutrient Analysis

Menu: UD MS Breakfast 2018-2019 Day 1 :47248  
 Result: Pass

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

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[400.00 - 550.00]	414.03	
Fat (g)		6.92	15.05
Sfat (g)(1)	< 10.00 % of Calories	1.12	2.44
TFat (g)(2)		0.00(M)	
Chol (mg)		5.21	
Sodium Target 1 (mg) (13)	< 600.00	377.57	
Sodium Target 2 (mg) (13)	< 535.00	377.57	
Carb (g)		76.40	73.81
TDF (g)		4.42	
Sugars (g)		14.19(M)	13.71
Pro (g)		11.32	10.94
Fe (mg)		1.59	
Ca (mg)		372.52	
A,IU		549.55	
VitC (mg)		3.47	
Mois (g)		55.18(M)	
Ash (g)		0.20(M)	

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 1.000	1.000	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	>= 1.000	[1.500 - 2.000]	
Non-WGR		0.000	
WGR		[1.500 - 2.000]	
Meat/MA		0.000	
MILK-F	>= 1.000	1.000	
Fruit-J		0.000	
Grain-D		0.000	
Vegetable-J		0.000	
MILK-V		Pass	

## Legend

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
UD MS Breakfast 2018-2019 Day 1 :47248	1700																

# Menu Day – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Grains; Choose: 2</b>																	
Bar, Chocolate Chip Oatmeal, 1.24 oz, Betty Crocker, General Mills, 16000-45977, WG - SR106343 (1 Bar)	1,700	150.00	5.00	1.00	0.00	0.00	105.00	24.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(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	2.00	1.80	100.00	500.00	0.00	(M)	(M)
UD HS Graham crackers - LR100271 (1 pkg.)	1,800	60.00	1.50	0.00	0.00	0.00	60.00	11.00	1.00	3.00	1.00	0.36	60.00	0.00	0.00	0.00	0.00
<b>Category: Fruits; Choose: 2</b>																	
Ardmore Farms Apple Juice - LR100117 (1 ea.)	1,000	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	700	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	0.31	0.14	7.18	64.60	5.50	102.36	0.23
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,500	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Strawberry non fat milk - LR100073 (1 Carton)	100	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	50	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	50	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	8.26	0.07	299.07	500.08	0.00	222.68	1.84

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>UD MS Breakfast 2018-2019 Day 1 :47243 - Day: 1</b>	1700																
<b>Category: Grains; Choose: 2</b>																	
831157-Bar, Butterscotch Oatmeal, 1.24 oz, Betty Crocker. General Mills, 16000-45976, WGR - AR1438 (1 Bar)	1,700	150.00	5.00	1.50	0.00	20.00	120.00	23.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
UD HS Graham crackers - LR100271 (1 pkg.)	1,700	60.00	1.50	0.00	0.00	0.00	60.00	11.00	1.00	3.00	1.00	0.36	60.00	0.00	0.00	0.00	0.00
<b>Category: Fruits; Choose: 2</b>																	
Ardmore Farms Apple Juice - LR100117 (1 ea.)	1,700	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	500	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	0.31	0.14	7.18	64.60	5.50	102.36	0.23
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,500	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Strawberry non fat milk - LR100073 (1 Carton)	100	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	50	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	50	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	8.26	0.07	299.07	500.08	0.00	222.68	1.84
<b>UD MS Breakfast 2018-2019 Day 2:47243 - Day: 2</b>	1700																
<b>Category: Grains; Choose: 2</b>																	
831157-Bar, Butterscotch Oatmeal, 1.24 oz, Betty Crocker. General Mills, 16000-45976, WGR - AR1438 (1 Bar)	100	150.00	5.00	1.50	0.00	20.00	120.00	23.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Bar, Nutri-Grain Cereal Bar Strawberry for Schools, 96/1.55oz, Kellogg's 59772 , WGR - AR1320 (1 Bar)	1,650	160.00	4.00	0.50	0.00	0.00	150.00	29.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)



# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Cookies, Cinnamon Graham Crackers, Keebler Bug Bites, Kellogg's, 210/1 oz., 55644, WGR - SR106517 (1 pkg.)	1,650	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
UD HS Graham crackers - LR100271 (1 pkg.)	100	60.00	1.50	0.00	0.00	0.00	60.00	11.00	1.00	3.00	1.00	0.36	60.00	0.00	0.00	0.00	0.00
<b>Category: Fruits; Choose: 2</b>																	
Ardmore Farms Apple Juice - LR100117 (1 ea.)	1,000	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	500	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	0.31	0.14	7.18	64.60	5.50	102.36	0.23
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,500	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	100	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	50	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	50	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	8.26	0.07	299.07	500.08	0.00	222.68	1.84
<b>UD MS Breakfast 2018-2019 Day 3:47243 - Day: 3</b>	1700																
<b>Category: Grains; Choose: 2</b>																	
Bagel, White Whole Grain Bagel, Lender's Bagels, Pinnacle Foods Group, 00074 WGR - SR100536 (1 bagel)	1,500	140.00	1.00	0.00	0.00	0.00	180.00	29.00	4.00	5.00	6.00	1.80	40.00	0.00	0.00	(M)	(M)
Bar, Nutri-Grain Cereal Bar Strawberry for Schools, 96/1.55oz, Kellogg's 59772 , WGR - AR1320 (1 Bar)	100	160.00	4.00	0.50	0.00	0.00	150.00	29.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(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	2.00	0.72	100.00	500.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	

# Menu Cycle Week – Nutrient Analysis

Generated on: 5/10/2019 9:14:37 AM by Kathleen McCullough

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	500	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	0.00	12.00	(M)	(M)
Ardmore Farms Apple Juice - LR100117 (1 ea.)	1,000	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,500	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	100	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	50	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	50	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	8.26	0.07	299.07	500.08	0.00	222.68	1.84
<b>UD MS Breakfast 2018-2019 Day 4 :47243 - Day: 4</b>	1700																
<b>Category: Grains; Choose: 2</b>																	
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	1,700	240.00	7.00	1.50	0.00	0.00	270.00	39.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Ardmore Farms Apple Juice - LR100117 (1 ea.)	500	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	1,700	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	0.31	0.14	7.18	64.60	5.50	102.36	0.23
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,500	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	100	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	50	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	50	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	8.26	0.07	299.07	500.08	0.00	222.68	1.84
<b>Category: Condiments; Choose: 1</b>																	

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Phila-Cream Cheese Spread, Kraft 1oz serving - LR100320 (1 container )	1,500	70.00	7.00	4.00	0.00	20.00	115.00	1.00	0.00	1.00	1.00	0.11	33.32	309.40	0.00	18.00	0.45
<b>UD MS Breakfast 2018-2019 Day 5 :47243 - Day: 5</b>	1700																
<b>Category: Grains; Choose: 2</b>																	
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	50	240.00	7.00	1.50	0.00	0.00	270.00	39.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Toaster Pastries, Pop-Tarts Frosted Brown Sugar Cinnamon 1.76, Kellogg's, 55125, WGR - AR1297 (1 toaster pa)	1,600	183.57	2.48	0.99	0.00	0.00	188.53	37.21	2.98	15.38	2.48	1.79	99.22	496.13	0.00	(M)	(M)
UD MS Graham crackers - LR100333 (28 g.)	1,600	120.00	3.00	0.00	0.00	0.00	130.00	22.00	2.00	6.00	2.00	0.72	120.00	600.00	0.00	0.00	0.00
<b>Category: Fruits; Choose: 2</b>																	
Ardmore Farms Apple Juice - LR100117 (1 ea.)	1,000	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	1,700	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	0.31	0.14	7.18	64.60	5.50	102.36	0.23
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,500	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	100	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	50	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	50	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	8.26	0.07	299.07	500.08	0.00	222.68	1.84