

# Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 8:00:01 AM by Kathleen McCullough

Menu Cycle: UDHS LUNCH MENU 19-20  
 Week: 1  
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Lunch  
 Serving Group: 9-12  
 Site Group: High School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[750.00 - 850.00]	842.70	
Total Fat (g)		23.77	25.38
Sat Fat (g)(1)	< 10.00 % of Calories	9.13	9.75
Trans Fat (g)(2)		0.25(M)	
Chol (mg)		73.89(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,356.32	
Sodium Target 2 (mg) (13)	< 1,080.00	1,356.32	
Carb (g)		118.97	56.47
Total Fiber (g)		14.35(M)	
Sugars (g)		25.61(M)	12.16
Added Sugars (g)		0.00(M)	
Protein (g)		42.08	19.97
Iron (mg)		4.52(M)	
Calcium (mg)		647.39(M)	
VitA (IU)		5,517.09(M)	
VitC (mg)		70.18(M)	
VitD (mcg)		0.05(M)	
Potassium (mg)		132.23(M)	
Mois (g)		289.69(M)	
Ash (g)		1.74(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[5.000 - 10.000]	
Veg	>= 5.000	[5.000 - 15.250]	
Veg-DG	>= 0.500	6.625	
Veg-RO	>= 1.250	12.500	
Veg-BP	>= 0.500	3.375	
Veg-S	>= 0.500	8.000	
Veg-O	>= 0.750	5.625	
Grains	[10.000 - 12.000]	[21.000 - 28.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	259.500	100.00
Meat/MA	[10.000 - 12.000]	[10.000 - 16.500](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
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

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)
<b>UD HIGH SCHOOL MONDAY 2018-19 :47481 - Day: 1</b>	1900																		
<b>Category: Entrees; May Choose: 1</b>																			
Orange Popcorn Chicken w/Broccoli & Egg Roll - LR100338 (1 8 oz Servi)	100	328.59	14.76	2.83	0.00	22.49	480.51	32.37	5.05	9.17	(M)	17.44	2.50	66.07	662.86	43.45	(M)	(M)	(M)
UD ALFREDO SAUCE MEATBALL PASTA - LR100195 (1 serv.)	10	780.97	40.56	16.61	0.01(M)	90.65	1525.32	55.33	5.33	4.40(M)	(M)	41.59	2.99	405.98	406.66	0.00	(M)	(M)	199.63 (M)
UD BUFFALO CHICKEN Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100168 (1 slice)	100	524.00	18.57	8.96	0.00(M)	79.09	1414.10	47.71	4.36	2.67(M)	(M)	42.71	2.20	576.04	793.16	0.00	(M)	(M)	35.53 (M)
UD Cheese Nacho - LR100252 (1 serv.)	20	439.16	20.61	12.63	0.09	60.91	600.11	42.60	5.88	0.00(M)	(M)	20.83	1.63	467.63	635.38	0.91	(M)	(M)	65.94 (M)
UD Cheese Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100166 (1 slice)	20	2858.00	125.20	60.70	0.00	243.00	6356.00	252.20	28.00	28.00	(M)	157.40	7.68	2501.20	1200.16 (M)	9.76	(M)	(M)	(M)
UD Cheese Sandwich - LR100251 (1 ea.)	10	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 Cheese Taco - LR100244 (1 ea.)	100	390.00	21.00	13.50	0.00	60.00	590.00	29.00	4.00	2.00	(M)	20.00	1.80	550.00	600.00	0.00	(M)	(M)	(M)
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	100	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 GRILL LINE BURGER - LR100228 (1 ea.)	60	524.13	31.02	11.71	0.01	113.91	724.80	26.01	2.60	3.32	(M)	37.77	3.68	31.45	0.00	0.00	(M)	(M)	(M)
UD GRILL LINE CHEESEBURGER - LR100173 (1 ea.)	50	578.60	35.41	14.34	0.00	127.49	1018.33	27.54	3.00	3.54	(M)	40.36	3.72	181.53	108.69	0.00	(M)	(M)	(M)
UD HIGH SCHOOL Beef Nacho - LR100152 (1 ea.)	100	321.29	17.86	7.04	1.77	60.98 (M)	306.81	22.69	2.00(M)	0.06	(M)	17.88	0.36(M)	120.00 (M)	156.42 (M)	0.00(M)	(M)	(M)	(M)
UD HIGH SCHOOL Beef TACO - LR100159 (1 ea.)	50	401.29	19.86	8.54	1.77	60.98 (M)	676.82	34.69	4.00(M)	0.06	(M)	21.88	1.80(M)	280.00 (M)	156.42 (M)	0.00(M)	(M)	(M)	(M)
UD HIGH SCHOOL CHICKEN Nacho - LR100153 (1 ea.)	100	262.75	9.61	4.17	0.00	69.00	262.00	22.50	2.00	0.00	(M)	23.05	1.09	120.00	150.00	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL CHICKEN TACO - LR100160 (1 ea.)	150	342.75	11.61	5.67	0.00	69.00	632.00	34.50	4.00	0.00	(M)	27.05	2.53	280.00	150.00	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL HAM AND CHEESE HOAGIE - LR100171 (1 sandwich)	75	292.98	8.13	3.55	0.00(M)	51.58	1206.40	34.05	5.00	4.05	(M)	22.04	2.52	104.36	108.69	0.00	(M)	(M)	41.45 (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 HIGH SCHOOL HAM AND CHEESE WRAP - LR100172 (1 sandwich)	75	271.51	10.77	4.43	0.00	52.80	742.10	26.32	3.01	0.54(M)	(M)	16.89	1.92	182.00	108.69	0.78	(M)	(M)	(M)
UD HIGH SCHOOL turkey and cheese hoagie - LR100169 (1 sandwich)	50	289.66	7.83	3.45	0.00	38.90	790.14	35.57	5.00	3.54	(M)	20.83	2.17	121.78	108.69	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL TURKEY AND CHEESE WRAP - LR100170 (1 sandwich)	100	260.37	9.85	3.96	0.00	38.90	651.13	27.69	3.01	0.54(M)	(M)	16.85	1.81	202.25	108.69	0.00	(M)	(M)	(M)
UD HS Beef Cheese Steak with Onions - LR100284 (1 sandwich)	55	400.48	19.86	9.13	0.00	55.09	639.58	34.96	3.81	5.33	(M)	18.06	2.19	192.41	217.39	3.02	(M)	(M)	50.85 (M)
UD Mozzarella Cheese Sticks (5) - LR100326 (5 ea.)	55	325.61	13.02	4.34	0.00	21.71	607.80	34.73	4.34	2.17	(M)	21.71	1.56	(M)	(M)	(M)	(M)	(M)	(M)
UD Pasta, Rotini Pasta with Meatballs, MMA, WG, Veg-RO - LR100150 (1 ea.)	75	269.50	7.36	2.00	0.00	33.00	434.00	34.52	2.46	4.11	(M)	15.25	2.81	66.00	436.00	4.50	(M)	(M)	(M)
UD PERRERONI Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100167 (1 slice)	100	846.04	49.77	21.37	0.52(M)	113.22	2184.68	54.44	6.85	6.60(M)	(M)	45.04	3.39	609.73	519.45	0.33	(M)	(M)	35.53 (M)
UD Sandwich, Tuna Salad, WG, MMA - LR100192 (1 sandwich)	100	292.29	12.63	3.70	0.00	32.63	721.19	40.37	4.01	3.70	(M)	16.80	1.65	93.01	138.42 (M)	0.18(M)	0.00(M)	6.92(M)	4.17(M)
<b>Category: Grains; May Choose: 2</b>																			
Rice, brown, medium-grain, cooked - SR105143 (1/2 c.)	650	109.20	0.81	0.16	(M)	0.00	0.97	22.92	1.75	(M)	(M)	2.26	0.52	9.75	0.00	0.00	0.00	77.03	71.14
white wheat Philly rolls - LR100084 (1 ea.)	450	140.00	1.50	0.50	0.00	0.00	280.00	27.00	4.00	0.00	(M)	7.00	0.00	20.00	0.00	0.00	(M)	(M)	0.00
<b>Category: Vegetables; May Choose: 2</b>																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (1/2 c.)	1,000	16.67	0.06	0.01	0.00	0.00	36.85	3.89	1.37	2.25	(M)	0.30	0.42	15.12	6515.66	1.23	(M)	(M)	42.69
828361-VEG: PEPPER GRN & ON Saute 1/2 c - AR1363 (1/2 c.)	150	34.97	0.15	0.04	0.00	0.00	3.13	8.24	1.49	2.35(M)	(M)	1.03	0.33	16.86	214.87	38.09	(M)	(M)	91.36
829064-VEG: MUSHROOM, SlcFrRsRstd 1/2 c - AR1362 (1/2 c.)	150	36.02	0.55	0.08	0.00	0.00	2.78	6.97	2.67	2.63(M)	(M)	2.62	2.22	16.85	6.73(M)	6.33	0.22(M)	399.49 (M)	103.61
830255 VEG: Broccoli, Fresh Ckd 1/2c - AR1210 (1/2 c.)	55	14.88	0.17	0.03	0.00	0.00	17.43	3.05	1.40	0.59	(M)	1.01	0.28	17.01	658.28	27.60	0.00	124.60	37.95
Salad, Black Bean, Veg-BP, Veg-O - SR106311 (1/2 c.)	100	174.11	2.53	0.40	0.28(M)	0.04	533.33	28.40	6.57	5.79(M)	(M)	8.96	3.19	106.46	280.60	9.32	0.41(M)	55.84 (M)	32.61 (M)

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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 825931 - Veg: Corn, Fz 1/2c - LR100191 (1/2 c.)	400	66.98	0.55	0.09	0.00	0.00	0.83	15.96	1.98	2.54	(M)	2.11	0.39	2.48	164.55	2.89	0.00	192.66	63.69
UD 826730-VEG: Peas, Green Fz 1/2c - LR100202 (1/2 c.)	300	74.63	0.26	0.05	0.00	0.00	68.89	13.64	4.31	4.21	(M)	4.93	1.45	22.96	2009.27	9.47	0.00	105.25	76.08
UD Carrots, Frozen, Steamed, Veg-RO - LR100128 (1/2 cup servin)	280	52.45	0.96	0.17	0.00	0.00	83.63	10.96	4.68	5.78	(M)	0.82	0.75	49.61	23995.44	3.26	0.00	272.16	128.03
UD LETTUCE & TOMOATO - LR100154 (5 oz.)	720	24.55	0.00	0.00	0.00	0.00	18.82	5.03	1.41	1.81(M)	(M)	1.21	0.70	36.22	795.61	7.24	(M)	(M)	0.00
UD Potato HB, Tator Tots - LR100203 (1/2 c.)	350	140.00	7.00	1.50	0.00	0.00	270.00	16.00	2.00	0.00	(M)	2.00	0.36	20.00	100.00	1.20	(M)	(M)	0.00
UD TOMATO DICED - LR100155 (1/2 c.)	420	23.35	0.00	0.00	0.00	0.00	18.68	4.67	0.93	2.80	(M)	0.93	0.67	37.36	700.41	8.40	(M)	(M)	0.00
<b>Category: Fruits; May Choose: 2</b>																			
825035-FRUIT: Banana (100-120ct) Whl - AR1041 (1 100-120 Ct)	200	92.72	0.34	0.12	0.00	0.00	1.05	23.78	2.70	12.73	(M)	1.13	0.27	5.21	66.63	9.05	(M)	(M)	77.99
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	1,000	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	(M)	0.31	0.14	7.18	64.60	5.50	(M)	(M)	102.36
UD 828958- Fruit: PEARS - LR100181 (1 ea.)	200	103.24	0.21	0.02	0.00	0.00	1.78	27.52	5.52	(M)	(M)	0.68	0.30	16.02	40.94	7.48	(M)	(M)	148.04
ud diced peaches - LR100141 (1/2 c.)	1,200	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
<b>Category: Milk; May Choose: 1</b>																			
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,200	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	500	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- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	150	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)	150	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
<b>Category: Condiments; May Choose: 1</b>																			
829883-COND_Sour Cream AP - AR1054 (1 #60 scoop)	150	30.36	2.97	1.55	0.12	9.05	4.75	0.71	0.00	0.52	(M)	0.37	0.01	15.49	68.54	0.14	0.00	19.17	11.20
Cond_sauce, Chili Sriracha AP - AR1681 (1 Tbsp.)	150	21.42	0.09	0.00	0.00	0.07	525.56	4.77	0.45	4.19	(M)	0.38	0.16	3.50	486.00	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)
Dressing, Honey Mustard Dressing, 1 gallon, Ken's, KE0711 - SR101281 (2 tsp.)	150	53.33	5.00	0.83	0.00	5.00	96.67	1.33	0.33	1.00	(M)	0.33	0.12	0.00	0.00	0.00	(M)	(M)	(M)
ranch dressing pc - LR100062 (12 grams)	150	70.00	7.00	1.00	0.00	5.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet)	150	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)	150	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
UD GUACAMOLE TACO LINE - LR100161 (1 Tbsp.)	150	19.56	1.26	0.54	(M)	2.13	43.38	1.74	(M)	(M)	(M)	0.68	0.09	22.96	95.11	0.20	(M)	(M)	10.28
UD JALOPENO PEPPERS - LR100156 (1/2 oz.)	150	4.25	0.00	0.00	0.00	0.00	275.00	0.85	0.85	(M)	(M)	0.00	0.00	0.00	189.09	(M)	(M)	(M)	(M)
UD SALSA - LR100158 (1/4 c.)	350	10.58	0.00	0.00	0.00	0.00	179.89	2.12	0.00	1.06	(M)	0.00	0.00	0.00	105.82	380.95	(M)	(M)	(M)
<b>UD HIGH SCHOOL TUESDAY 2018-19 :47481 - Day: 2</b>	1900																		
<b>Category: Entrees; May Choose: 1</b>																			
829656-SDW BN, ChixDcd BBQ WG 2.0 - AR1470 (1 sandwich)	200	286.06	4.33	1.00	0.01	54.00	481.86	38.78	2.68	3.32(M)	(M)	23.92	2.33	34.56	14.02	2.70	(M)	(M)	0.00(M)
HOT AND SPICY CHICKEN PATTY SANDWICH - LR100220 (1 ea.)	100	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)
Mac and Cheese with chicken strips - LR100225 (6 oz.)	20	381.71	23.69	10.04	0.07(M)	60.50	531.15	17.97	2.04	4.42(M)	(M)	23.78	0.25	419.57	531.29 (M)	0.01(M)	0.07(M)	98.21 (M)	67.63 (M)
UD ALFREDO SAUCE MEATBALL PASTA - LR100195 (1 serv.)	15	780.97	40.56	16.61	0.01(M)	90.65	1525.32	55.33	5.33	4.40(M)	(M)	41.59	2.99	405.98	406.66	0.00	(M)	(M)	199.63 (M)
UD Buffalo Chicken Cheese steak - LR100281 (1 sandwich)	25	223.21	6.07	2.28	0.00	22.69	974.86	28.03	3.92	2.76(M)	(M)	14.40	1.82	164.75	294.97	0.49	(M)	(M)	0.00(M)
UD Cheese Nacho - LR100252 (1 serv.)	15	439.16	20.61	12.63	0.09	60.91	600.11	42.60	5.88	0.00(M)	(M)	20.83	1.63	467.63	635.38	0.91	(M)	(M)	65.94 (M)
UD Cheese Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100166 (1 slice)	50	2858.00	125.20	60.70	0.00	243.00	6356.00	252.20	28.00	28.00	(M)	157.40	7.68	2501.20	1200.16 (M)	9.76	(M)	(M)	(M)
UD Cheese Sandwich - LR100251 (1 ea.)	10	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 Cheese Taco - LR100244 (1 ea.)	10	390.00	21.00	13.50	0.00	60.00	590.00	29.00	4.00	2.00	(M)	20.00	1.80	550.00	600.00	0.00	(M)	(M)	(M)

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UD Chicken Salad Hoagie - LR100256 (1 sandwich)	225	299.97	9.84	1.83	0.00	68.19	512.77	29.91	4.78	2.94(M)	(M)	25.32	2.34	32.46	160.87	1.19	0.00(M)	88.21 (M)	34.82 (M)
UD Chicken Salad Wrap - LR100254 (1 sandwich)	200	321.59	12.19	2.92	0.00	68.19	434.26	29.71	4.66	2.46(M)	(M)	23.90	2.65	165.97	160.87	1.19	0.00(M)	88.21 (M)	34.82 (M)
UD GRILL LINE BURGER - LR100228 (1 ea.)	25	524.13	31.02	11.71	0.01	113.91	724.80	26.01	2.60	3.32	(M)	37.77	3.68	31.45	0.00	0.00	(M)	(M)	(M)
UD GRILL LINE CHEESEBURGER - LR100173 (1 ea.)	75	578.60	35.41	14.34	0.00	127.49	1018.33	27.54	3.00	3.54	(M)	40.36	3.72	181.53	108.69	0.00	(M)	(M)	(M)
UD HIGH SCHOOL Beef Nacho - LR100152 (1 ea.)	100	321.29	17.86	7.04	1.77	60.98 (M)	306.81	22.69	2.00(M)	0.06	(M)	17.88	0.36(M)	120.00 (M)	156.42 (M)	0.00(M)	(M)	(M)	(M)
UD HIGH SCHOOL Beef TACO - LR100159 (1 ea.)	100	401.29	19.86	8.54	1.77	60.98 (M)	676.82	34.69	4.00(M)	0.06	(M)	21.88	1.80(M)	280.00 (M)	156.42 (M)	0.00(M)	(M)	(M)	(M)
UD HIGH SCHOOL CHICKEN Nacho - LR100153 (1 ea.)	100	262.75	9.61	4.17	0.00	69.00	262.00	22.50	2.00	0.00	(M)	23.05	1.09	120.00	150.00	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL CHICKEN TACO - LR100160 (1 ea.)	100	342.75	11.61	5.67	0.00	69.00	632.00	34.50	4.00	0.00	(M)	27.05	2.53	280.00	150.00	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL HAM AND CHEESE HOAGIE - LR100171 (1 sandwich)	50	292.98	8.13	3.55	0.00(M)	51.58	1206.40	34.05	5.00	4.05	(M)	22.04	2.52	104.36	108.69	0.00	(M)	(M)	41.45 (M)
UD HIGH SCHOOL HAM AND CHEESE WRAP - LR100172 (1 sandwich)	50	271.51	10.77	4.43	0.00	52.80	742.10	26.32	3.01	0.54(M)	(M)	16.89	1.92	182.00	108.69	0.78	(M)	(M)	(M)
UD HIGH SCHOOL turkey and cheese hoagie - LR100169 (1 sandwich)	100	289.66	7.83	3.45	0.00	38.90	790.14	35.57	5.00	3.54	(M)	20.83	2.17	121.78	108.69	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL TURKEY AND CHEESE WRAP - LR100170 (1 sandwich)	50	260.37	9.85	3.96	0.00	38.90	651.13	27.69	3.01	0.54(M)	(M)	16.85	1.81	202.25	108.69	0.00	(M)	(M)	(M)
UD HOT ROAST BEEF CIABATTA - LR100296 (1 sandwich)	100	374.26	16.05	7.64	0.24(M)	77.45	650.95	30.00	3.00	2.00(M)	(M)	25.54	3.10	166.46	334.96 (M)	0.00(M)	0.07(M)	278.54 (M)	62.70 (M)
UD Pasta, Rotini Pasta with Meatballs, MMA, WG, Veg-RO - LR100150 (1 ea.)	50	269.50	7.36	2.00	0.00	33.00	434.00	34.52	2.46	4.11	(M)	15.25	2.81	66.00	436.00	4.50	(M)	(M)	(M)
UD PERRERONI Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100167 (1 slice)	25	846.04	49.77	21.37	0.52(M)	113.22	2184.68	54.44	6.85	6.60(M)	(M)	45.04	3.39	609.73	519.45	0.33	(M)	(M)	35.53 (M)
UD White Pizza Flatbread - LR100262 (1 ea.)	55	463.37	30.90	10.82	0.18(M)	40.50	690.50	25.88	2.77	1.83(M)	(M)	18.75	0.68	464.54	406.77	0.02	0.00(M)	0.35(M)	0.01(M)
UDHS Chicken, Golden Crispy WG Tenders, Tyson, 70334-928, MMA, WG - LR100216 (3 piece)	55	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)

# 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)
<b>Category: Grains; May Choose: 2</b>																			
Rice, brown, medium-grain, cooked - SR105143 (1/2 c.)	650	109.20	0.81	0.16	(M)	0.00	0.97	22.92	1.75	(M)	(M)	2.26	0.52	9.75	0.00	0.00	0.00	77.03	71.14
white wheat Philly rolls - LR100084 (1 ea.)	450	140.00	1.50	0.50	0.00	0.00	280.00	27.00	4.00	0.00	(M)	7.00	0.00	20.00	0.00	0.00	(M)	(M)	0.00
<b>Category: Vegetables; May Choose: 2</b>																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (1/2 c.)	1,000	16.67	0.06	0.01	0.00	0.00	36.85	3.89	1.37	2.25	(M)	0.30	0.42	15.12	6515.66	1.23	(M)	(M)	42.69
828361-VEG: PEPPER GRN & ON Saute 1/2 c - AR1363 (1/2 c.)	200	34.97	0.15	0.04	0.00	0.00	3.13	8.24	1.49	2.35(M)	(M)	1.03	0.33	16.86	214.87	38.09	(M)	(M)	91.36
829064-VEG: MUSHROOM, SlcFrsRstd 1/2 c - AR1362 (1/2 c.)	200	36.02	0.55	0.08	0.00	0.00	2.78	6.97	2.67	2.63(M)	(M)	2.62	2.22	16.85	6.73(M)	6.33	0.22(M)	399.49 (M)	103.61
Broccoli, Broccoli Frozen Boiled, Veg-DG - SR102476 (1/2 cup servin)	200	68.37	3.40	0.63	0.60(M)	0.00	200.66	7.61	4.25	2.08(M)	(M)	4.40	0.87	46.99	1576.17	56.85	0.43(M)	202.04 (M)	129.26 (M)
Potato, Seasoned Twister Fries Grade A Fancy, Lamb Weston, ConAgra Foods, D0073, Veg-S - SR101758 (2 1/4 oz.)	50	120.00	6.00	1.50	0.00	0.00	320.00	15.00	2.00	0.00	(M)	2.00	0.72	0.00	0.00	3.60	(M)	(M)	(M)
Romaine Lettuce - SR109189 (1 c.)	150	10.00	0.00	0.00	(M)	0.00	0.00	1.00	1.00	0.00	(M)	1.00	0.72	20.00	1500.00	12.00	(M)	(M)	(M)
Salad, Black Bean, Veg-BP, Veg-O - SR106311 (1/2 c.)	150	174.11	2.53	0.40	0.28(M)	0.04	533.33	28.40	6.57	5.79(M)	(M)	8.96	3.19	106.46	280.60	9.32	0.41(M)	55.84 (M)	32.61 (M)
UD 825931 - Veg: Corn, Fz 1/2c - LR100191 (1/2 c.)	400	66.98	0.55	0.09	0.00	0.00	0.83	15.96	1.98	2.54	(M)	2.11	0.39	2.48	164.55	2.89	0.00	192.66	63.69
UD LETTUCE & TOMATO - LR100154 (5 oz.)	720	24.55	0.00	0.00	0.00	0.00	18.82	5.03	1.41	1.81(M)	(M)	1.21	0.70	36.22	795.61	7.24	(M)	(M)	0.00
UD Potato HB, Tator Tots - LR100203 (1/2 c.)	350	140.00	7.00	1.50	0.00	0.00	270.00	16.00	2.00	0.00	(M)	2.00	0.36	20.00	100.00	1.20	(M)	(M)	0.00
UD TOMATO DICED - LR100155 (1/2 c.)	420	23.35	0.00	0.00	0.00	0.00	18.68	4.67	0.93	2.80	(M)	0.93	0.67	37.36	700.41	8.40	(M)	(M)	0.00
UDBeans, Baked Beans (Canned), Veg-BP - LR100198 (1/2 c.)	150	112.67	0.51	0.00	0.00	0.00	450.67	22.53	4.10	2.05	(M)	4.87	3.69	81.94	768.18	2.46	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 2</b>																			
825035-FRUIT: Banana (100-120ct) Whl - AR1041 (1 100-120 Ct)	400	92.72	0.34	0.12	0.00	0.00	1.05	23.78	2.70	12.73	(M)	1.13	0.27	5.21	66.63	9.05	(M)	(M)	77.99

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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 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	1,000	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	(M)	0.31	0.14	7.18	64.60	5.50	(M)	(M)	102.36
UD 828958- Fruit: PEARS - LR100181 (1 ea.)	200	103.24	0.21	0.02	0.00	0.00	1.78	27.52	5.52	(M)	(M)	0.68	0.30	16.02	40.94	7.48	(M)	(M)	148.04
ud diced peaches - LR100141 (1/2 c.)	1,800	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
<b>Category: Milk; May Choose: 1</b>																			
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,200	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	500	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- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	150	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)	150	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
<b>Category: Condiments; May Choose: 1</b>																			
829883-COND_Sour Cream AP - AR1054 (1 #60 scoop)	150	30.36	2.97	1.55	0.12	9.05	4.75	0.71	0.00	0.52	(M)	0.37	0.01	15.49	68.54	0.14	0.00	19.17	11.20
Cond_sauce, Chili Sriracha AP - AR1681 (1 Tbsp.)	150	21.42	0.09	0.00	0.00	0.07	525.56	4.77	0.45	4.19	(M)	0.38	0.16	3.50	486.00	0.00	(M)	(M)	(M)
Dressing, Honey Mustard Dressing, 1 gallon, Ken's, KE0711 - SR101281 (2 tsp.)	150	53.33	5.00	0.83	0.00	5.00	96.67	1.33	0.33	1.00	(M)	0.33	0.12	0.00	0.00	0.00	(M)	(M)	(M)
Pickle, Dill Crinkle-Cut Chip, 400-500 count, Monarch, 567679, Veg-O - SR100493 (1 ea.)	150	5.06	0.00	0.00	0.00	0.00	405.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
ranch dressing pc - LR100062 (12 grams)	150	70.00	7.00	1.00	0.00	5.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet)	150	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)	150	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
UD CHEDDAR CHEESE TACO, NACHO LINE - LR100157 (3/4 oz.)	150	82.50	6.75	4.50	0.00	22.50	135.00	0.00	0.00	(M)	(M)	5.25	0.00	150.00	225.00	0.00	(M)	(M)	(M)
UD GUACAMOLE TACO LINE - LR100161 (1 Tbsp.)	150	19.56	1.26	0.54	(M)	2.13	43.38	1.74	(M)	(M)	(M)	0.68	0.09	22.96	95.11	0.20	(M)	(M)	10.28



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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 JALOPENO PEPPERS - LR100156 (1/2 oz.)	150	4.25	0.00	0.00	0.00	0.00	275.00	0.85	0.85	(M)	(M)	0.00	0.00	0.00	189.09	(M)	(M)	(M)	(M)
UD SALSA - LR100158 (1/4 c.)	350	10.58	0.00	0.00	0.00	0.00	179.89	2.12	0.00	1.06	(M)	0.00	0.00	0.00	105.82	380.95	(M)	(M)	(M)
<b>UD HIGH SCHOOL WEDNESDAY 2018-19 :47481 - Day: 3</b>	1900																		
<b>Category: Entrees; May Choose: 1</b>																			
cheese steak - LR100053 (1 ea.)	100	330.00	10.17	3.20	0.00	25.89	535.70	36.50	4.00	1.25	(M)	16.65	2.88	110.00	50.00	0.00	(M)	(M)	(M)
SOUP, Tikka Masala - LR100337 (6 fl. oz.)	200	230.10	3.74	0.76	0.05(M)	34.55 (M)	192.79	32.31	6.22(M)	1.78(M)	(M)	17.49	6.01(M)	53.70 (M)	403.05 (M)	5.13(M)	0.00(M)	11.34 (M)	83.86 (M)
UD ALFREDO SAUCE MEATBALL PASTA - LR100195 (1 serv.)	10	780.97	40.56	16.61	0.01(M)	90.65	1525.32	55.33	5.33	4.40(M)	(M)	41.59	2.99	405.98	406.66	0.00	(M)	(M)	199.63 (M)
UD Cheese Nacho - LR100252 (1 serv.)	100	439.16	20.61	12.63	0.09	60.91	600.11	42.60	5.88	0.00(M)	(M)	20.83	1.63	467.63	635.38	0.91	(M)	(M)	65.94 (M)
UD Cheese Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100166 (1 slice)	25	2858.00	125.20	60.70	0.00	243.00	6356.00	252.20	28.00	28.00	(M)	157.40	7.68	2501.20	1200.16 (M)	9.76	(M)	(M)	(M)
UD Cheese Sandwich - LR100251 (1 ea.)	5	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 Cheese Taco - LR100244 (1 ea.)	100	390.00	21.00	13.50	0.00	60.00	590.00	29.00	4.00	2.00	(M)	20.00	1.80	550.00	600.00	0.00	(M)	(M)	(M)
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	130	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 Cobb Salad - LR100330 (1 ea.)	100	132.49	6.72	3.87	0.00	46.39	605.59	4.21	0.86	0.54	(M)	14.14	0.73	131.00	1438.62	8.07	(M)	(M)	(M)
UD GRILL LINE BURGER - LR100228 (1 ea.)	25	524.13	31.02	11.71	0.01	113.91	724.80	26.01	2.60	3.32	(M)	37.77	3.68	31.45	0.00	0.00	(M)	(M)	(M)
UD GRILL LINE CHEESEBURGER - LR100173 (1 ea.)	140	578.60	35.41	14.34	0.00	127.49	1018.33	27.54	3.00	3.54	(M)	40.36	3.72	181.53	108.69	0.00	(M)	(M)	(M)
UD HIGH SCHOOL Beef Nacho - LR100152 (1 ea.)	50	321.29	17.86	7.04	1.77	60.98 (M)	306.81	22.69	2.00(M)	0.06	(M)	17.88	0.36(M)	120.00 (M)	156.42 (M)	0.00(M)	(M)	(M)	(M)
UD HIGH SCHOOL Beef TACO - LR100159 (1 ea.)	100	401.29	19.86	8.54	1.77	60.98 (M)	676.82	34.69	4.00(M)	0.06	(M)	21.88	1.80(M)	280.00 (M)	156.42 (M)	0.00(M)	(M)	(M)	(M)
UD High school Buffalo Chicken Flatbread - LR100246 (1 ea.)	100	362.11	18.69	6.27	0.00	49.67	1142.96	26.43	3.00	2.45	(M)	21.05	1.09	252.89	568.05	0.50	(M)	(M)	0.00(M)
UD HIGH SCHOOL CHICKEN Nacho - LR100153 (1 ea.)	175	262.75	9.61	4.17	0.00	69.00	262.00	22.50	2.00	0.00	(M)	23.05	1.09	120.00	150.00	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL CHICKEN TACO - LR100160 (1 ea.)	175	342.75	11.61	5.67	0.00	69.00	632.00	34.50	4.00	0.00	(M)	27.05	2.53	280.00	150.00	0.00	(M)	(M)	0.00(M)

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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 HIGH SCHOOL HAM AND CHEESE HOAGIE - LR100171 (1 sandwich)	20	292.98	8.13	3.55	0.00(M)	51.58	1206.40	34.05	5.00	4.05	(M)	22.04	2.52	104.36	108.69	0.00	(M)	(M)	41.45 (M)
UD HIGH SCHOOL HAM AND CHEESE WRAP - LR100172 (1 sandwich)	20	271.51	10.77	4.43	0.00	52.80	742.10	26.32	3.01	0.54(M)	(M)	16.89	1.92	182.00	108.69	0.78	(M)	(M)	(M)
UD HIGH SCHOOL turkey and cheese hoagie - LR100169 (1 sandwich)	20	289.66	7.83	3.45	0.00	38.90	790.14	35.57	5.00	3.54	(M)	20.83	2.17	121.78	108.69	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL TURKEY AND CHEESE WRAP - LR100170 (1 sandwich)	20	260.37	9.85	3.96	0.00	38.90	651.13	27.69	3.01	0.54(M)	(M)	16.85	1.81	202.25	108.69	0.00	(M)	(M)	(M)
UD HS French Toast - LR100282 (1 ea.)	25	417.05	18.57	6.31	0.00	183.54	941.85	42.89	2.17	8.23(M)	(M)	19.83	3.24	111.52	365.23 (M)	0.15(M)	0.00(M)	0.00(M)	96.90 (M)
UD Pasta, Rotini Pasta with Meatballs, MMA, WG, Veg-RO - LR100150 (1 ea.)	125	269.50	7.36	2.00	0.00	33.00	434.00	34.52	2.46	4.11	(M)	15.25	2.81	66.00	436.00	4.50	(M)	(M)	(M)
UD PERRERONI Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100167 (1 slice)	25	846.04	49.77	21.37	0.52(M)	113.22	2184.68	54.44	6.85	6.60(M)	(M)	45.04	3.39	609.73	519.45	0.33	(M)	(M)	35.53 (M)
UD Sandwich, Tuna Salad, WG, MMA - LR100192 (1 sandwich)	55	292.29	12.63	3.70	0.00	32.63	721.19	40.37	4.01	3.70	(M)	16.80	1.65	93.01	138.42 (M)	0.18(M)	0.00(M)	6.92(M)	4.17(M)
UD VEGETARIAN PIZZA - LR100328 (1/8 cut of piz)	50	369.98	12.79	6.37	0.00(M)	32.32	669.28	40.34	4.63	4.31(M)	(M)	24.04	1.74	443.66	419.48 (M)	10.11	0.02(M)	36.93 (M)	59.07 (M)
<b>Category: Grains; May Choose: 2</b>																			
Rice, brown, medium-grain, cooked - SR105143 (1/2 c.)	650	109.20	0.81	0.16	(M)	0.00	0.97	22.92	1.75	(M)	(M)	2.26	0.52	9.75	0.00	0.00	0.00	77.03	71.14
white wheat philly rolls - LR100084 (1 ea.)	450	140.00	1.50	0.50	0.00	0.00	280.00	27.00	4.00	0.00	(M)	7.00	0.00	20.00	0.00	0.00	(M)	(M)	0.00
<b>Category: Vegetables; May Choose: 2</b>																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (1/2 c.)	700	16.67	0.06	0.01	0.00	0.00	36.85	3.89	1.37	2.25	(M)	0.30	0.42	15.12	6515.66	1.23	(M)	(M)	42.69
828361-VEG: PEPPER GRN & ON Saute 1/2 c - AR1363 (1/2 c.)	20	34.97	0.15	0.04	0.00	0.00	3.13	8.24	1.49	2.35(M)	(M)	1.03	0.33	16.86	214.87	38.09	(M)	(M)	91.36
829064-VEG: MUSHROOM, SlcFrsRstd 1/2 c - AR1362 (1/2 c.)	60	36.02	0.55	0.08	0.00	0.00	2.78	6.97	2.67	2.63(M)	(M)	2.62	2.22	16.85	6.73(M)	6.33	0.22(M)	399.49 (M)	103.61
830255 VEG: Broccoli, Fresh Ckd 1/2c - AR1210 (1/2 c.)	20	14.88	0.17	0.03	0.00	0.00	17.43	3.05	1.40	0.59	(M)	1.01	0.28	17.01	658.28	27.60	0.00	124.60	37.95

# Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 8:00:01 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)
Salad, Black Bean, Veg-BP, Veg-O - SR106311 (1/2 c.)	100	174.11	2.53	0.40	0.28(M)	0.04	533.33	28.40	6.57	5.79(M)	(M)	8.96	3.19	106.46	280.60	9.32	0.41(M)	55.84 (M)	32.61 (M)
UD 825931 - Veg: Corn, Fz 1/2c - LR100191 (1/2 c.)	400	66.98	0.55	0.09	0.00	0.00	0.83	15.96	1.98	2.54	(M)	2.11	0.39	2.48	164.55	2.89	0.00	192.66	63.69
UD 826730-VEG: Peas, Green Fz 1/2c - LR100202 (1/2 c.)	250	74.63	0.26	0.05	0.00	0.00	68.89	13.64	4.31	4.21	(M)	4.93	1.45	22.96	2009.27	9.47	0.00	105.25	76.08
UD LETTUCE & TOMOATO - LR100154 (5 oz.)	720	24.55	0.00	0.00	0.00	0.00	18.82	5.03	1.41	1.81(M)	(M)	1.21	0.70	36.22	795.61	7.24	(M)	(M)	0.00
UD Potato HB, Tator Tots - LR100203 (1/2 c.)	500	140.00	7.00	1.50	0.00	0.00	270.00	16.00	2.00	0.00	(M)	2.00	0.36	20.00	100.00	1.20	(M)	(M)	0.00
UD TOMATO DICED - LR100155 (1/2 c.)	420	23.35	0.00	0.00	0.00	0.00	18.68	4.67	0.93	2.80	(M)	0.93	0.67	37.36	700.41	8.40	(M)	(M)	0.00
<b>Category: Fruits; May Choose: 2</b>																			
825035-FRUIT: Banana (100-120ct) Whl - AR1041 (1 100-120 Ct)	200	92.72	0.34	0.12	0.00	0.00	1.05	23.78	2.70	12.73	(M)	1.13	0.27	5.21	66.63	9.05	(M)	(M)	77.99
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	1,800	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	(M)	0.31	0.14	7.18	64.60	5.50	(M)	(M)	102.36
UD 828958- Fruit: PEARS - LR100181 (1 ea.)	100	103.24	0.21	0.02	0.00	0.00	1.78	27.52	5.52	(M)	(M)	0.68	0.30	16.02	40.94	7.48	(M)	(M)	148.04
ud diced peaches - LR100141 (1/2 c.)	1,000	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
<b>Category: Milk; May Choose: 1</b>																			
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,200	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	500	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- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	150	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)	150	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
<b>Category: Condiments; May Choose: 1</b>																			
829883-COND_Sour Cream AP - AR1054 (1 #60 scoop)	150	30.36	2.97	1.55	0.12	9.05	4.75	0.71	0.00	0.52	(M)	0.37	0.01	15.49	68.54	0.14	0.00	19.17	11.20
Cond_sauce, Chili Sriracha AP - AR1681 (1 Tbsp.)	150	21.42	0.09	0.00	0.00	0.07	525.56	4.77	0.45	4.19	(M)	0.38	0.16	3.50	486.00	0.00	(M)	(M)	(M)

# Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 8:00:01 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)
Pickle, Dill Crinkle-Cut Chip, 400-500 count, Monarch, 567679, Veg-O - SR100493 (1 ea.)	150	5.06	0.00	0.00	0.00	0.00	405.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
ranch dressing pc - LR100062 (12 grams)	160	70.00	7.00	1.00	0.00	5.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Sauce, Buffalo Wing Sauce, Monarch, 919513 - SR100716 (1/2 ounces)	150	5.00	0.00	0.00	0.00	0.00	450.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	500.00	0.00	(M)	(M)	(M)
UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet)	150	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)	150	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
UD CHEDDAR CHEESE TACO, NACHO LINE - LR100157 (3/4 oz.)	150	82.50	6.75	4.50	0.00	22.50	135.00	0.00	0.00	(M)	(M)	5.25	0.00	150.00	225.00	0.00	(M)	(M)	(M)
UD GUACAMOLE TACO LINE - LR100161 (1 Tbsp.)	160	19.56	1.26	0.54	(M)	2.13	43.38	1.74	(M)	(M)	(M)	0.68	0.09	22.96	95.11	0.20	(M)	(M)	10.28
UD JALOPENO PEPPERS - LR100156 (1/2 oz.)	150	4.25	0.00	0.00	0.00	0.00	275.00	0.85	0.85	(M)	(M)	0.00	0.00	0.00	189.09	(M)	(M)	(M)	(M)
UD SALSA - LR100158 (1/4 c.)	150	10.58	0.00	0.00	0.00	0.00	179.89	2.12	0.00	1.06	(M)	0.00	0.00	0.00	105.82	380.95	(M)	(M)	(M)
<b>UD HIGH SCHOOL THURSDAY 2018-19 :47481 - Day: 4</b>	1900																		
<b>Category: Entrees; May Choose: 1</b>																			
831221-SDW BN, Chix Pty Spcy WG/WG 2.0 - AR1553 (1 sandwich)	160	340.85	13.11	2.86	0.03	55.00	705.67	79.77	3.19	2.94(M)	(M)	20.63	3.19	68.24	514.70	0.00	(M)	(M)	(M)
Chicken Parmesan Premium - AR1580 (1 ea.)	10	389.74	15.04	4.03	0.00	55.13	947.51	38.87	3.94	5.42	(M)	26.02	3.05	191.38	343.00	1.13	(M)	(M)	0.00(M)
UD ALFREDO SAUCE MEATBALL PASTA - LR100195 (1 serv.)	15	780.97	40.56	16.61	0.01(M)	90.65	1525.32	55.33	5.33	4.40(M)	(M)	41.59	2.99	405.98	406.66	0.00	(M)	(M)	199.63(M)
UD Buffalo Chicken Cheese steak - LR100281 (1 sandwich)	55	223.21	6.07	2.28	0.00	22.69	974.86	28.03	3.92	2.76(M)	(M)	14.40	1.82	164.75	294.97	0.49	(M)	(M)	0.00(M)
UD Cheese Nacho - LR100252 (1 serv.)	25	439.16	20.61	12.63	0.09	60.91	600.11	42.60	5.88	0.00(M)	(M)	20.83	1.63	467.63	635.38	0.91	(M)	(M)	65.94(M)
UD Cheese Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100166 (1 slice)	100	2858.00	125.20	60.70	0.00	243.00	6356.00	252.20	28.00	28.00	(M)	157.40	7.68	2501.20	1200.16(M)	9.76	(M)	(M)	(M)
UD Cheese Sandwich - LR100251 (1 ea.)	50	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)

# 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 Cheese Taco - LR100244 (1 ea.)	25	390.00	21.00	13.50	0.00	60.00	590.00	29.00	4.00	2.00	(M)	20.00	1.80	550.00	600.00	0.00	(M)	(M)	(M)
UD GRILL LINE BURGER - LR100228 (1 ea.)	50	524.13	31.02	11.71	0.01	113.91	724.80	26.01	2.60	3.32	(M)	37.77	3.68	31.45	0.00	0.00	(M)	(M)	(M)
UD GRILL LINE CHEESEBURGER - LR100173 (1 ea.)	120	578.60	35.41	14.34	0.00	127.49	1018.33	27.54	3.00	3.54	(M)	40.36	3.72	181.53	108.69	0.00	(M)	(M)	(M)
UD HIGH SCHOOL Beef Nacho - LR100152 (1 ea.)	100	321.29	17.86	7.04	1.77	60.98 (M)	306.81	22.69	2.00(M)	0.06	(M)	17.88	0.36(M)	120.00 (M)	156.42 (M)	0.00(M)	(M)	(M)	(M)
UD HIGH SCHOOL Beef TACO - LR100159 (1 ea.)	125	401.29	19.86	8.54	1.77	60.98 (M)	676.82	34.69	4.00(M)	0.06	(M)	21.88	1.80(M)	280.00 (M)	156.42 (M)	0.00(M)	(M)	(M)	(M)
UD HIGH SCHOOL CHICKEN Nacho - LR100153 (1 ea.)	210	262.75	9.61	4.17	0.00	69.00	262.00	22.50	2.00	0.00	(M)	23.05	1.09	120.00	150.00	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL CHICKEN TACO - LR100160 (1 ea.)	199	342.75	11.61	5.67	0.00	69.00	632.00	34.50	4.00	0.00	(M)	27.05	2.53	280.00	150.00	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL HAM AND CHEESE HOAGIE - LR100171 (1 sandwich)	20	292.98	8.13	3.55	0.00(M)	51.58	1206.40	34.05	5.00	4.05	(M)	22.04	2.52	104.36	108.69	0.00	(M)	(M)	41.45 (M)
UD HIGH SCHOOL HAM AND CHEESE WRAP - LR100172 (1 sandwich)	75	271.51	10.77	4.43	0.00	52.80	742.10	26.32	3.01	0.54(M)	(M)	16.89	1.92	182.00	108.69	0.78	(M)	(M)	(M)
UD HIGH SCHOOL turkey and cheese hoagie - LR100169 (1 sandwich)	75	289.66	7.83	3.45	0.00	38.90	790.14	35.57	5.00	3.54	(M)	20.83	2.17	121.78	108.69	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL TURKEY AND CHEESE WRAP - LR100170 (1 sandwich)	75	260.37	9.85	3.96	0.00	38.90	651.13	27.69	3.01	0.54(M)	(M)	16.85	1.81	202.25	108.69	0.00	(M)	(M)	(M)
UD HOT TURKEY CIABATTA - LR100298 (1 PLATE)	100	348.04	13.25	6.91	0.00(M)	55.05	974.42	33.63	3.00	2.00(M)	(M)	20.98	2.73	153.56	330.00 (M)	0.00(M)	(M)	204.12 (M)	50.91 (M)
UD Mozzarella Cheese Sticks (5) - LR100326 (5 ea.)	50	325.61	13.02	4.34	0.00	21.71	607.80	34.73	4.34	2.17	(M)	21.71	1.56	(M)	(M)	(M)	(M)	(M)	(M)
UD Pasta, Rotini Pasta with Meatballs, MMA, WG, Veg-RO - LR100150 (1 ea.)	150	269.50	7.36	2.00	0.00	33.00	434.00	34.52	2.46	4.11	(M)	15.25	2.81	66.00	436.00	4.50	(M)	(M)	(M)
UD PERRERONI Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100167 (1 slice)	50	846.04	49.77	21.37	0.52(M)	113.22	2184.68	54.44	6.85	6.60(M)	(M)	45.04	3.39	609.73	519.45	0.33	(M)	(M)	35.53 (M)
UD SAUSAGE Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100179 (1 slice)	55	671.62	29.84	12.26	0.00(M)	74.73	1981.49	58.20	8.86	6.60(M)	(M)	43.27	3.65	644.32	486.86 (M)	0.00(M)	(M)	(M)	35.53 (M)
<b>Category: Grains; May Choose: 2</b>																			

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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)
Rice, brown, medium-grain, cooked - SR105143 (1/2 c.)	650	109.20	0.81	0.16	(M)	0.00	0.97	22.92	1.75	(M)	(M)	2.26	0.52	9.75	0.00	0.00	0.00	77.03	71.14
white wheat Philly rolls - LR100084 (1 ea.)	450	140.00	1.50	0.50	0.00	0.00	280.00	27.00	4.00	0.00	(M)	7.00	0.00	20.00	0.00	0.00	(M)	(M)	0.00
<b>Category: Vegetables; May Choose: 2</b>																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (1/2 c.)	600	16.67	0.06	0.01	0.00	0.00	36.85	3.89	1.37	2.25	(M)	0.30	0.42	15.12	6515.66	1.23	(M)	(M)	42.69
825635-Lettuce, Salad Mix Romaine - AR1747 (1 c.)	75	10.67	0.00	0.00	0.00	0.00	6.67	2.00	0.67	0.00	(M)	0.67	0.24	19.33	999.99	6.00	(M)	(M)	(M)
828361-VEG: PEPPER GRN & ON Saute 1/2 c - AR1363 (1/2 c.)	100	34.97	0.15	0.04	0.00	0.00	3.13	8.24	1.49	2.35(M)	(M)	1.03	0.33	16.86	214.87	38.09	(M)	(M)	91.36
829064-VEG: MUSHROOM, SlcFrsRstd 1/2 c - AR1362 (1/2 c.)	100	36.02	0.55	0.08	0.00	0.00	2.78	6.97	2.67	2.63(M)	(M)	2.62	2.22	16.85	6.73(M)	6.33	0.22(M)	399.49 (M)	103.61
Broccoli, Broccoli Frozen Boiled, Veg-DG - SR102476 (1/2 cup servin)	100	68.37	3.40	0.63	0.60(M)	0.00	200.66	7.61	4.25	2.08(M)	(M)	4.40	0.87	46.99	1576.17	56.85	0.43(M)	202.04 (M)	129.26 (M)
Salad, Black Bean, Veg-BP, Veg-O - SR106311 (1/2 c.)	75	174.11	2.53	0.40	0.28(M)	0.04	533.33	28.40	6.57	5.79(M)	(M)	8.96	3.19	106.46	280.60	9.32	0.41(M)	55.84 (M)	32.61 (M)
Tater Tots - LR100049 (1/2 Cup (8 oz )	500	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
UD 825931 - Veg: Corn, Fz 1/2c - LR100191 (1/2 c.)	400	66.98	0.55	0.09	0.00	0.00	0.83	15.96	1.98	2.54	(M)	2.11	0.39	2.48	164.55	2.89	0.00	192.66	63.69
UD LETTUCE & TOMOATO - LR100154 (5 oz.)	720	24.55	0.00	0.00	0.00	0.00	18.82	5.03	1.41	1.81(M)	(M)	1.21	0.70	36.22	795.61	7.24	(M)	(M)	0.00
UD TOMATO DICED - LR100155 (1/2 c.)	420	23.35	0.00	0.00	0.00	0.00	18.68	4.67	0.93	2.80	(M)	0.93	0.67	37.36	700.41	8.40	(M)	(M)	0.00
<b>Category: Fruits; May Choose: 2</b>																			
825035-FRUIT: Banana (100-120ct) Whl - AR1041 (1 100-120 Ct)	400	92.72	0.34	0.12	0.00	0.00	1.05	23.78	2.70	12.73	(M)	1.13	0.27	5.21	66.63	9.05	(M)	(M)	77.99
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	1,000	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	(M)	0.31	0.14	7.18	64.60	5.50	(M)	(M)	102.36
UD 828958- Fruit: PEARS - LR100181 (1 ea.)	200	103.24	0.21	0.02	0.00	0.00	1.78	27.52	5.52	(M)	(M)	0.68	0.30	16.02	40.94	7.48	(M)	(M)	148.04
ud diced peaches - LR100141 (1/2 c.)	1,800	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
<b>Category: Milk; May Choose: 1</b>																			

# Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 8:00:01 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)
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,200	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	500	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- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	150	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)	150	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
<b>Category: Condiments; May Choose: 1</b>																			
829883-COND_Sour Cream AP - AR1054 (1 #60 scoop)	150	30.36	2.97	1.55	0.12	9.05	4.75	0.71	0.00	0.52	(M)	0.37	0.01	15.49	68.54	0.14	0.00	19.17	11.20
Cond_sauce, Chili Sriracha AP - AR1681 (1 Tbsp.)	150	21.42	0.09	0.00	0.00	0.07	525.56	4.77	0.45	4.19	(M)	0.38	0.16	3.50	486.00	0.00	(M)	(M)	(M)
Dressing, Honey Mustard Dressing, 1 gallon, Ken's, KE0711 - SR101281 (2 tsp.)	150	53.33	5.00	0.83	0.00	5.00	96.67	1.33	0.33	1.00	(M)	0.33	0.12	0.00	0.00	0.00	(M)	(M)	(M)
Pickle, Dill Crinkle-Cut Chip, 400-500 count, Monarch, 567679, Veg-O - SR100493 (1 ea.)	160	5.06	0.00	0.00	0.00	0.00	405.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
ranch dressing pc - LR100062 (12 grams)	150	70.00	7.00	1.00	0.00	5.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Sauce, Buffalo Wing Sauce, Monarch, 919513 - SR100716 (1/2 ounces)	150	5.00	0.00	0.00	0.00	0.00	450.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	500.00	0.00	(M)	(M)	(M)
UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet)	150	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)	150	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
UD CHEDDAR CHEESE TACO, NACHO LINE - LR100157 (3/4 oz.)	150	82.50	6.75	4.50	0.00	22.50	135.00	0.00	0.00	(M)	(M)	5.25	0.00	150.00	225.00	0.00	(M)	(M)	(M)
UD GUACAMOLE TACO LINE - LR100161 (1 Tbsp.)	150	19.56	1.26	0.54	(M)	2.13	43.38	1.74	(M)	(M)	(M)	0.68	0.09	22.96	95.11	0.20	(M)	(M)	10.28
UD JALOPENO PEPPERS - LR100156 (1/2 oz.)	150	4.25	0.00	0.00	0.00	0.00	275.00	0.85	0.85	(M)	(M)	0.00	0.00	0.00	189.09	(M)	(M)	(M)	(M)
UD SALSA - LR100158 (1/4 c.)	150	10.58	0.00	0.00	0.00	0.00	179.89	2.12	0.00	1.06	(M)	0.00	0.00	0.00	105.82	380.95	(M)	(M)	(M)
<b>UD HIGH SCHOOL FRIDAY 2018-19 :47481 - Day: 5</b>	1900																		
<b>Category: Entrees; May Choose: 1</b>																			

# 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)
cheese steak - LR100053 (1 ea.)	150	330.00	10.17	3.20	0.00	25.89	535.70	36.50	4.00	1.25	(M)	16.65	2.88	110.00	50.00	0.00	(M)	(M)	(M)
Chicken Caesar Salad - LR100029 (1 ea.)	150	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 ALFREDO SAUCE MEATBALL PASTA - LR100195 (1 serv.)	10	780.97	40.56	16.61	0.01(M)	90.65	1525.32	55.33	5.33	4.40(M)	(M)	41.59	2.99	405.98	406.66	0.00	(M)	(M)	199.63 (M)
UD BUFFALO CHICKEN Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100168 (1 slice)	25	524.00	18.57	8.96	0.00(M)	79.09	1414.10	47.71	4.36	2.67(M)	(M)	42.71	2.20	576.04	793.16	0.00	(M)	(M)	35.53 (M)
UD Cheese Nacho - LR100252 (1 serv.)	100	439.16	20.61	12.63	0.09	60.91	600.11	42.60	5.88	0.00(M)	(M)	20.83	1.63	467.63	635.38	0.91	(M)	(M)	65.94 (M)
UD Cheese Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100166 (1 slice)	50	2858.00	125.20	60.70	0.00	243.00	6356.00	252.20	28.00	28.00	(M)	157.40	7.68	2501.20	1200.16 (M)	9.76	(M)	(M)	(M)
UD Cheese Sandwich - LR100251 (1 ea.)	25	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 Cheese Taco - LR100244 (1 ea.)	100	390.00	21.00	13.50	0.00	60.00	590.00	29.00	4.00	2.00	(M)	20.00	1.80	550.00	600.00	0.00	(M)	(M)	(M)
UD Chicken and Waffles - LR100316 (1 ea.)	10	490.00	13.00	2.00	0.00	45.00	770.00	69.00	3.00	25.00	(M)	20.00	5.40	140.00	700.00	0.00	(M)	(M)	(M)
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	100	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 GRILL LINE BURGER - LR100228 (1 ea.)	100	524.13	31.02	11.71	0.01	113.91	724.80	26.01	2.60	3.32	(M)	37.77	3.68	31.45	0.00	0.00	(M)	(M)	(M)
UD GRILL LINE CHEESEBURGER - LR100173 (1 ea.)	150	578.60	35.41	14.34	0.00	127.49	1018.33	27.54	3.00	3.54	(M)	40.36	3.72	181.53	108.69	0.00	(M)	(M)	(M)
UD HIGH SCHOOL Beef Nacho - LR100152 (1 ea.)	100	321.29	17.86	7.04	1.77	60.98 (M)	306.81	22.69	2.00(M)	0.06	(M)	17.88	0.36(M)	120.00 (M)	156.42 (M)	0.00(M)	(M)	(M)	(M)
UD HIGH SCHOOL Beef TACO - LR100159 (1 ea.)	150	401.29	19.86	8.54	1.77	60.98 (M)	676.82	34.69	4.00(M)	0.06	(M)	21.88	1.80(M)	280.00 (M)	156.42 (M)	0.00(M)	(M)	(M)	(M)
UD HIGH SCHOOL CHICKEN Nacho - LR100153 (1 ea.)	150	262.75	9.61	4.17	0.00	69.00	262.00	22.50	2.00	0.00	(M)	23.05	1.09	120.00	150.00	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL CHICKEN TACO - LR100160 (1 ea.)	265	342.75	11.61	5.67	0.00	69.00	632.00	34.50	4.00	0.00	(M)	27.05	2.53	280.00	150.00	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL HAM AND CHEESE HOAGIE - LR100171 (1 sandwich)	20	292.98	8.13	3.55	0.00(M)	51.58	1206.40	34.05	5.00	4.05	(M)	22.04	2.52	104.36	108.69	0.00	(M)	(M)	41.45 (M)
UD HIGH SCHOOL HAM AND CHEESE WRAP - LR100172 (1 sandwich)	20	271.51	10.77	4.43	0.00	52.80	742.10	26.32	3.01	0.54(M)	(M)	16.89	1.92	182.00	108.69	0.78	(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 HIGH SCHOOL turkey and cheese hoagie - LR100169 (1 sandwich)	20	289.66	7.83	3.45	0.00	38.90	790.14	35.57	5.00	3.54	(M)	20.83	2.17	121.78	108.69	0.00	(M)	(M)	0.00(M)
UD HIGH SCHOOL TURKEY AND CHEESE WRAP - LR100170 (1 sandwich)	20	260.37	9.85	3.96	0.00	38.90	651.13	27.69	3.01	0.54(M)	(M)	16.85	1.81	202.25	108.69	0.00	(M)	(M)	(M)
UD Honey Mustard Chicken Flatbread - LR100248 (1 ea.)	10	545.33	32.85	8.52	0.18	48.28	946.65	39.40	4.81	2.50(M)	(M)	21.83	0.72	245.24	216.20	0.01	(M)	(M)	0.00(M)
UD Pasta, Rotini Pasta with Meatballs, MMA, WG, Veg-RO - LR100150 (1 ea.)	100	269.50	7.36	2.00	0.00	33.00	434.00	34.52	2.46	4.11	(M)	15.25	2.81	66.00	436.00	4.50	(M)	(M)	(M)
UD PERRERONI Pizza with Whole Grain Crust, MMA, WG, Veg-RO - LR100167 (1 slice)	25	846.04	49.77	21.37	0.52(M)	113.22	2184.68	54.44	6.85	6.60(M)	(M)	45.04	3.39	609.73	519.45	0.33	(M)	(M)	35.53 (M)
UD Sandwich, Tuna Salad, WG, MMA - LR100192 (1 sandwich)	55	292.29	12.63	3.70	0.00	32.63	721.19	40.37	4.01	3.70	(M)	16.80	1.65	93.01	138.42 (M)	0.18(M)	0.00(M)	6.92(M)	4.17(M)
UDHS Chicken, Golden Crispy WG Tenders, Tyson, 70334-928, MMA, WG - LR100216 (3 piece)	100	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)
<b>Category: Grains; May Choose: 2</b>																			
Rice, brown, medium-grain, cooked - SR105143 (1/2 c.)	650	109.20	0.81	0.16	(M)	0.00	0.97	22.92	1.75	(M)	(M)	2.26	0.52	9.75	0.00	0.00	0.00	77.03	71.14
white wheat Philly rolls - LR100084 (1 ea.)	450	140.00	1.50	0.50	0.00	0.00	280.00	27.00	4.00	0.00	(M)	7.00	0.00	20.00	0.00	0.00	(M)	(M)	0.00
<b>Category: Vegetables; May Choose: 2</b>																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (1/2 c.)	700	16.67	0.06	0.01	0.00	0.00	36.85	3.89	1.37	2.25	(M)	0.30	0.42	15.12	6515.66	1.23	(M)	(M)	42.69
828361-VEG: PEPPER GRN & ON Saute 1/2 c - AR1363 (1/2 c.)	100	34.97	0.15	0.04	0.00	0.00	3.13	8.24	1.49	2.35(M)	(M)	1.03	0.33	16.86	214.87	38.09	(M)	(M)	91.36
829064-VEG: MUSHROOM, SlcFrsRstd 1/2 c - AR1362 (1/2 c.)	100	36.02	0.55	0.08	0.00	0.00	2.78	6.97	2.67	2.63(M)	(M)	2.62	2.22	16.85	6.73(M)	6.33	0.22(M)	399.49 (M)	103.61
830255 VEG: Broccoli, Fresh Ckd 1/2c - AR1210 (1/2 c.)	75	14.88	0.17	0.03	0.00	0.00	17.43	3.05	1.40	0.59	(M)	1.01	0.28	17.01	658.28	27.60	0.00	124.60	37.95
Broccoli, Broccoli Frozen Boiled, Veg-DG - SR102476 (1/2 cup servin)	100	68.37	3.40	0.63	0.60(M)	0.00	200.66	7.61	4.25	2.08(M)	(M)	4.40	0.87	46.99	1576.17	56.85	0.43(M)	202.04 (M)	129.26 (M)

# 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)
Salad, Black Bean Salad, Veg-BP, Veg- RO - SR102306 (1/2 c.)	55	190.48	2.83	0.31	0.00	0.00	213.51	31.22	12.91	0.78(M)	(M)	11.20	3.54	66.93	269.06	8.88	0.00(M)	71.75 (M)	31.71 (M)
UD 825931 - Veg: Corn, Fz 1/2c - LR100191 (1/2 c.)	400	66.98	0.55	0.09	0.00	0.00	0.83	15.96	1.98	2.54	(M)	2.11	0.39	2.48	164.55	2.89	0.00	192.66	63.69
UD 826730-VEG: Peas, Green Fz 1/2c - LR100202 (1/2 c.)	75	74.63	0.26	0.05	0.00	0.00	68.89	13.64	4.31	4.21	(M)	4.93	1.45	22.96	2009.27	9.47	0.00	105.25	76.08
UD LETTUCE & TOMOATO - LR100154 (5 oz.)	720	24.55	0.00	0.00	0.00	0.00	18.82	5.03	1.41	1.81(M)	(M)	1.21	0.70	36.22	795.61	7.24	(M)	(M)	0.00
UD Potato HB, Tator Tots - LR100203 (1/2 c.)	500	140.00	7.00	1.50	0.00	0.00	270.00	16.00	2.00	0.00	(M)	2.00	0.36	20.00	100.00	1.20	(M)	(M)	0.00
UD TOMATO DICED - LR100155 (1/2 c.)	420	23.35	0.00	0.00	0.00	0.00	18.68	4.67	0.93	2.80	(M)	0.93	0.67	37.36	700.41	8.40	(M)	(M)	0.00
<b>Category: Fruits; May Choose: 2</b>																			
825035-FRUIT: Banana (100-120ct) Whl - AR1041 (1 100-120 Ct)	250	92.72	0.34	0.12	0.00	0.00	1.05	23.78	2.70	12.73	(M)	1.13	0.27	5.21	66.63	9.05	(M)	(M)	77.99
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	1,000	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	(M)	0.31	0.14	7.18	64.60	5.50	(M)	(M)	102.36
UD 828958- Fruit: PEARS - LR100181 (1 ea.)	200	103.24	0.21	0.02	0.00	0.00	1.78	27.52	5.52	(M)	(M)	0.68	0.30	16.02	40.94	7.48	(M)	(M)	148.04
ud diced peaches - LR100141 (1/2 c.)	1,800	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
<b>Category: Milk; May Choose: 1</b>																			
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,200	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	500	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- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	150	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)	150	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
<b>Category: Condiments; May Choose: 1</b>																			
829883-COND_Sour Cream AP - AR1054 (1 #60 scoop)	150	30.36	2.97	1.55	0.12	9.05	4.75	0.71	0.00	0.52	(M)	0.37	0.01	15.49	68.54	0.14	0.00	19.17	11.20
Cond_sauce, Chili Sriracha AP - AR1681 (1 Tbsp.)	150	21.42	0.09	0.00	0.00	0.07	525.56	4.77	0.45	4.19	(M)	0.38	0.16	3.50	486.00	0.00	(M)	(M)	(M)

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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)
Pickle, Dill Crinkle-Cut Chip, 400-500 count, Monarch, 567679, Veg-O - SR100493 (1 ea.)	150	5.06	0.00	0.00	0.00	0.00	405.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
ranch dressing pc - LR100062 (12 grams)	150	70.00	7.00	1.00	0.00	5.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet)	150	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)	150	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
UD CHEDDAR CHEESE TACO, NACHO LINE - LR100157 (3/4 oz.)	150	82.50	6.75	4.50	0.00	22.50	135.00	0.00	0.00	(M)	(M)	5.25	0.00	150.00	225.00	0.00	(M)	(M)	(M)
UD GUACAMOLE TACO LINE - LR100161 (1 Tbsp.)	150	19.56	1.26	0.54	(M)	2.13	43.38	1.74	(M)	(M)	(M)	0.68	0.09	22.96	95.11	0.20	(M)	(M)	10.28
UD JALOPENO PEPPERS - LR100156 (1/2 oz.)	150	4.25	0.00	0.00	0.00	0.00	275.00	0.85	0.85	(M)	(M)	0.00	0.00	0.00	189.09	(M)	(M)	(M)	(M)
UD SALSA - LR100158 (1/4 c.)	150	10.58	0.00	0.00	0.00	0.00	179.89	2.12	0.00	1.06	(M)	0.00	0.00	0.00	105.82	380.95	(M)	(M)	(M)