

Menu Cycle Week – Nutrient Analysis

Generated on: 12/16/2019 12:42:41 PM by Kathleen McCullough

Menu Cycle: K Center January Week 1 2020
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: Elementary School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	605.57	
Total Fat (g)		15.98	23.75
Sat Fat (g)(1)	< 10.00 % of Calories	4.16	6.19
Trans Fat (g)(2)		0.01(M)	
Chol (mg)		51.17	
Sodium Target 1 (mg) (13)	< 1,230.00	797.36	
Sodium Target 2 (mg) (13)	< 935.00	797.36	
Carb (g)		89.00	58.79
Total Fiber (g)		7.64	
Sugars (g)		23.91(M)	15.80
Added Sugars (g)		0.00(M)	
Protein (g)		25.97	17.15
Iron (mg)		3.31	
Calcium (mg)		919.54	
VitA (IU)		3,527.57(M)	
VitC (mg)		16.34(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		74.91(M)	
Mois (g)		94.28(M)	
Ash (g)		0.89(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 3.500	4.500	
Veg	>= 5.250	6.375	
Veg-DG	>= 0.500	1.500	
Veg-RO	>= 0.750	1.625	
Veg-BP	>= 0.500	0.750	
Veg-S	>= 0.500	4.000	
Veg-O	>= 0.500	1.000	
Grains	[11.000 - 12.500]	[14.000 - 16.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	16.000	100.00
Meat/MA	[11.000 - 14.000]	[11.000 - 12.000]	
MILK-F	>= 7.000	7.000	
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

Generated on: 12/16/2019 12:45:04 PM by Kathleen McCullough

Menu Cycle: Elementary January Week 2 2020
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: Elementary School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	648.15	
Total Fat (g)		21.99	30.54
Sat Fat (g)(1)	< 10.00 % of Calories	5.43	7.54
Trans Fat (g)(2)		0.22(M)	
Chol (mg)		66.31(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	997.42	
Sodium Target 2 (mg) (13)	< 935.00	997.42	
Carb (g)		77.87	48.06
Total Fiber (g)		16.69(M)	
Sugars (g)		26.04(M)	16.07
Added Sugars (g)		0.00(M)	
Protein (g)		34.93	21.55
Iron (mg)		3.80(M)	
Calcium (mg)		467.91(M)	
VitA (IU)		4,709.49(M)	
VitC (mg)		25.31(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		3.17(M)	
Mois (g)		122.73(M)	
Ash (g)		0.92(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	3.000	
Veg	>= 3.750	[4.500 - 9.875]	
Veg-DG	>= 0.500	6.000	
Veg-RO	>= 0.750	0.750	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.750	
Veg-O	>= 0.500	1.125	
Grains	[8.000 - 9.000]	[8.000 - 14.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	36.000	100.00
Meat/MA	[8.000 - 10.000]	10.000	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	1.000	33.33
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

Legend

PrimeroEdge will flag based on USDA requirements starting School Year 2019-2020 for WGR and 1% flavored milk, for prior years, please consult your State Agency for that School Year requirements and waiver status.

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

2 Trans Fat is provided for informational purposes, not for monitoring purposes.

3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.

Menu Cycle Week – Nutrient Analysis

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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Elementary January 13 2020 - Day: 1	100																		
Category: Entrees; May Choose: 1																			
Chicken Caesar Salad - LR100029 (1 ea.)	15	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
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	70	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 Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	10	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Green Beans - LR100036 (1/2 c.)	50	22.00	12.00	0.03	0.00	0.00	1.00	4.49	2.09	0.00	(M)	1.04	0.46	29.30	388.00	2.90	(M)	(M)	63.67
Potato, 3/8" Straight Cut Extra Long French Fries, McCain, MCX40, Veg-S - SR100928 (4 ounces)	75	157.21	4.37	0.00	0.00	0.00	34.93	24.45	1.74	1.73	(M)	1.74	0.63	0.00	0.00	6.29	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	30	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)	30	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)	40	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)	40	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																			
chic filet sauce - LR100380 (1 Tbsp.)	70	17.20	1.43	0.22	0.02	1.31	25.45	1.02	0.01	(M)	(M)	0.04	0.02	0.39	0.94	0.15	(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)
Pickles, Cucumber Dill or Kosher Dill, Veg-O - SR105246 (1/8 c.)	70	2.33	0.06	0.02	0.00	0.00	156.74	0.47	0.19	0.21	(M)	0.10	0.05	11.04	24.22	0.45	0.00	22.67	18.28
elementary January 14 2020 - Day: 2	100																		
Category: Entrees; May Choose: 1																			
Chicken Caesar Salad - LR100029 (1 ea.)	15	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
hard shell taco beef - LR100382 (1 ea.)	75	218.05	14.54	6.65	1.33	49.48 (M)	148.86	7.31	0.33(M)	0.05	(M)	13.45	0.36(M)	106.67 (M)	154.81 (M)	0.00(M)	(M)	(M)	(M)
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00
UD Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	5	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 2																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	15	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	(M)	200.00	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
black beans - LR100354 (1 c.)	35	240.00	1.00	0.00	0.00	0.00	920.00	44.00	10.00	2.00	(M)	14.00	3.60	80.00	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Juice, 4.4 fl oz Luigi's 100% Frozen Sorbet Orange, J&J Snack Foods 48441, F - SR106461 (1/2 c.)	80	70.00	0.00	0.00	0.00	0.00	5.00	19.00	3.00	15.00	(M)	0.00	0.36	60.00	3000.00	60.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	30	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)	30	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
elementary January 15 2020 - Day: 3	100																		

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)
Category: Entrees; May Choose: 1																			
Chicken Caesar Salad - LR100029 (1 ea.)	10	176.00	7.30	2.46	0.00	35.00	745.00	12.90	81.00	0.00	(M)	16.40	3.11	161.40	3515.00	1.50	(M)	(M)	36.59
mac and cheese with popcorn chicken - LR100373 (6 oz.)	75	414.13	20.19	5.81	0.00	36.45	792.80	33.18	4.30	4.99	(M)	25.18	2.50	306.23	598.90	0.00	(M)	(M)	(M)
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00
UD Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	10	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
CEASAR SALAD - LR100151 (1/2 c.)	65	133.55	11.31	1.93	0.15(M)	1.18	232.33	6.73	2.29	1.13(M)	(M)	2.11	1.10	47.72	8261.26	3.79	(M)	(M)	89.41 (M)
Category: Fruits; May Choose: 1																			
ud diced peaches - LR100141 (1/2 c.)	80	43.48	0.03	0.00	0.00	0.00	3.90	11.35	1.27	10.07	(M)	0.61	0.26	5.86	368.99	3.50	(M)	(M)	85.87
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	30	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)	30	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
Elementary January 16 2020 - Day: 4																			
Category: Entrees; May Choose: 1																			
Chicken Caesar Salad - LR100029 (1 ea.)	10	176.00	7.30	2.46	0.00	35.00	745.00	12.90	81.00	0.00	(M)	16.40	3.11	161.40	3515.00	1.50	(M)	(M)	36.59
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00
UD Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	10	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	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)
Whole Grain Breaded Homestyle Chicken Nuggets, 0.69 Oz - SR109435 (5 pieces)	75	220.00	12.00	3.00	0.00	40.00	470.00	12.00	1.00	0.00	(M)	16.00	1.80	20.00	100.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
UD School Wheat Dinner Roll - LR100332 (1 1/2 oz.)	75	110.00	1.00	0.00	0.00	0.00	200.00	21.00	2.00	2.00	(M)	4.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.)	100	25.00	0.09	0.01	0.00	0.00	55.28	5.84	2.06	3.37	(M)	0.45	0.63	22.68	9773.49	1.84	(M)	(M)	64.03
Category: Fruits; May Choose: 1																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Elementary January 17 2020 - Day: 5		100																	
Category: Entrees; May Choose: 1																			
Chicken Caesar Salad - LR100029 (1 ea.)	15	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
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00
sausage patty chicken - LR100115 (2 patty)	90	380.42	22.83	5.71	0.00	152.17	874.97	3.80	0.00	0.00	(M)	41.85	2.74	0.00	0.00	0.00	(M)	(M)	0.00
UD Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	5	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	0.00	(M)	(M)	(M)
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)
UD Pancakes, Maple Burst'n Mini K-12 Hot Breakfast, Pillsbury, General Mills, 32259, WGR - LR100201 (1 package 1)	90	230.00	7.00	1.00	0.00	0.00	150.00	41.00	3.00	14.00	(M)	4.00	0.72	40.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Tater Tots - LR100049 (1/2 Cup (8 oz))	95	95.00	4.76	1.02	0.00	0.00	183.60	10.88	1.36	0.00	(M)	1.36	0.24	13.60	68.00	0.82	(M)	(M)	0.00
Category: Fruits; May Choose: 1																			
Juice Sorbet, Kiwi/Strawberry Swirl Frozen 4.4 fl oz, Luigi's, J&J Snack Foods, 48445, F - SR107098 (4 1/2 fl. oz.)	95	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	(M)	0.00	0.36	60.00	0.00	60.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68

Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 7:38:47 AM by Kathleen McCullough

Menu Cycle: Elementary January Week 3
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: Elementary School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	565.03	
Total Fat (g)		18.30	29.15
Sat Fat (g)(1)	< 10.00 % of Calories	5.77	9.19
Trans Fat (g)(2)		0.18(M)	
Chol (mg)		48.49	
Sodium Target 1 (mg) (13)	< 1,230.00	818.61	
Sodium Target 2 (mg) (13)	< 935.00	818.61	
Carb (g)		76.38	54.07
Total Fiber (g)		7.52	
Sugars (g)		27.32(M)	19.34
Added Sugars (g)		0.00(M)	
Protein (g)		25.92	18.35
Iron (mg)		3.11(M)	
Calcium (mg)		516.08(M)	
VitA (IU)		5,791.64(M)	
VitC (mg)		38.19(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		113.81(M)	
Ash (g)		0.73(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.000	2.500	
Veg	>= 3.000	[3.750 - 8.000]	
Veg-DG	>= 0.500	3.000	
Veg-RO	>= 0.750	1.375	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	3.000	
Grains	[6.500 - 7.000]	[8.000 - 9.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	32.000	100.00
Meat/MA	[6.500 - 8.000]	8.000	
MILK-F	>= 4.000	4.000	
Fruit-J	<= 50.000 % of	1.000	40.00
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)
elementary January 21 2020 - Day: 1	100																		
Category: Entrees; May Choose: 1																			
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00
UD Beef Nacho Salad - LR100324 (1 ea.)	25	207.96	13.24	7.86	0.00	47.91	350.51	6.80	1.95	0.95(M)	(M)	14.77	2.00	240.73	6966.69 (M)	20.13 (M)	(M)	(M)	75.28 (M)
UD HIGH SCHOOL Cheese QUESADILLA - LR100260 (1 ea.)	50	180.00	9.26	4.25	0.00	22.00	315.00	15.31	2.55	0.00	(M)	9.90	1.66	187.82	188.00	0.10	(M)	(M)	0.00
UD Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	20	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
black beans - LR100354 (1 c.)	50	240.00	1.00	0.00	0.00	0.00	920.00	44.00	10.00	2.00	(M)	14.00	3.60	80.00	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Juice, 4.4 fl oz Luigi's 100% Frozen Sorbet Orange, J&J Snack Foods 48441, F - SR106461 (1/2 c.)	100	70.00	0.00	0.00	0.00	0.00	5.00	19.00	3.00	15.00	(M)	0.00	0.36	60.00	3000.00	60.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
elementary January 22 2020 - Day: 2	100																		
Category: Entrees; May Choose: 1																			
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00
UD Beef Nacho Salad - LR100324 (1 ea.)	25	207.96	13.24	7.86	0.00	47.91	350.51	6.80	1.95	0.95(M)	(M)	14.77	2.00	240.73	6966.69 (M)	20.13 (M)	(M)	(M)	75.28 (M)

Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 7:38:47 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)
UD Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	20	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	0.00	(M)	(M)	(M)
UDHS Chicken, Golden Crispy WG Tenders, Tyson, 70334-928, MMA, WG - LR100216 (3 piece)	50	260.00	15.00	2.50	0.00	25.00	390.00	16.00	3.00	1.00	(M)	15.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
UD School Wheat Dinner Roll - LR100332 (1 1/2 oz.)	50	110.00	1.00	0.00	0.00	0.00	200.00	21.00	2.00	2.00	(M)	4.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
CEASAR SALAD - LR100151 (1/2 c.)	75	133.55	11.31	1.93	0.15(M)	1.18	232.33	6.73	2.29	1.13(M)	(M)	2.11	1.10	47.72	8261.26	3.79	(M)	(M)	89.41 (M)
Category: Fruits; May Choose: 1																			
ud diced peaches - LR100141 (1/2 c.)	95	43.48	0.03	0.00	0.00	0.00	3.90	11.35	1.27	10.07	(M)	0.61	0.26	5.86	368.99	3.50	(M)	(M)	85.87
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Elementary January 23 2020 - Day: 3																			
Category: Entrees; May Choose: 1																			
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00
UD Beef Nacho Salad - LR100324 (1 ea.)	25	207.96	13.24	7.86	0.00	47.91	350.51	6.80	1.95	0.95(M)	(M)	14.77	2.00	240.73	6966.69 (M)	20.13 (M)	(M)	(M)	75.28 (M)
UD PASTA AND MEATSAUCE - LR100130 (5 oz.)	50	370.18	8.71	2.49	1.24(M)	32.33	172.07	52.77	2.88	2.50(M)	(M)	17.79	0.27(M)	0.00(M)	38.11 (M)	0.91(M)	(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 Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	20	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.)	10	25.00	0.09	0.01	0.00	0.00	55.28	5.84	2.06	3.37	(M)	0.45	0.63	22.68	9773.49	1.84	(M)	(M)	64.03
Green Beans - LR100036 (1/2 c.)	75	22.00	12.00	0.03	0.00	0.00	1.00	4.49	2.09	0.00	(M)	1.04	0.46	29.30	388.00	2.90	(M)	(M)	63.67
Category: Fruits; May Choose: 1																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Elementary January 24 2020 - Day: 4																			
Category: Entrees; May Choose: 1																			
Breakfast Sandwich, Egg and Cheese on Bagel, WG, M - SR103007 (1 ea.)	50	311.38	13.11	6.06	0.00	125.31	825.00	33.02	4.00	6.01	(M)	16.06	1.80	171.88	403.75	0.00	(M)	(M)	(M)
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00
UD Beef Nacho Salad - LR100324 (1 ea.)	25	207.96	13.24	7.86	0.00	47.91	350.51	6.80	1.95	0.95(M)	(M)	14.77	2.00	240.73	6966.69 (M)	20.13 (M)	(M)	(M)	75.28 (M)
UD Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	20	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 7:38:47 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)
Tater Tots - LR100049 (1/2 Cup (8 oz))	100	95.00	4.76	1.02	0.00	0.00	183.60	10.88	1.36	0.00	(M)	1.36	0.24	13.60	68.00	0.82	(M)	(M)	0.00
Category: Fruits; May Choose: 1																			
Juice, 4.4 fl oz Luigi's 100% Frozen Sorbet Orange, J&J Snack Foods 48441, F - SR106461 (1/2 c.)	95	70.00	0.00	0.00	0.00	0.00	5.00	19.00	3.00	15.00	(M)	0.00	0.36	60.00	3000.00	60.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68

Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 7:45:43 AM by Kathleen McCullough

Menu Cycle: Elementary January Week 4 2020
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: Elementary School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	633.84	
Total Fat (g)		21.06	29.90
Sat Fat (g)(1)	< 10.00 % of Calories	6.86	9.74
Trans Fat (g)(2)		0.38(M)	
Chol (mg)		49.08(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	971.34	
Sodium Target 2 (mg) (13)	< 935.00	971.34	
Carb (g)		81.32	51.32
Total Fiber (g)		7.23(M)	
Sugars (g)		26.79(M)	16.90
Added Sugars (g)		0.00(M)	
Protein (g)		28.71	18.12
Iron (mg)		3.44(M)	
Calcium (mg)		560.70(M)	
VitA (IU)		4,618.94(M)	
VitC (mg)		29.21(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		99.66(M)	
Ash (g)		0.68(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	3.000	
Veg	>= 3.750	[4.500 - 7.250]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	3.250	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.750	
Veg-O	>= 0.500	1.000	
Grains	[8.000 - 9.000]	[10.250 - 13.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	40.250	100.00
Meat/MA	[8.000 - 10.000]	[10.000 - 10.500](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	1.000	33.33
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

Legend

PrimeroEdge will flag based on USDA requirements starting School Year 2019-2020 for WGR and 1% flavored milk, for prior years, please consult your State Agency for that School Year requirements and waiver status.

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

2 Trans Fat is provided for informational purposes, not for monitoring purposes.

3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.

Menu Cycle Week – Nutrient Analysis

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)	
Elementary January 27 2020 - Day: 1	100																			
Category: Entrees; May Choose: 1																				
Elementary Upper Darby double - LR100384 (1 ea.)	20	454.95	22.49	8.10	0.91	79.17	871.20	33.68	4.27	4.65(M)	(M)	29.13	4.09	199.62	106.33	26.00	(M)	(M)	(M)	
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00	
UD Hummus and vegetable Platter - LR100270 (1 ea.)	25	380.05	13.97	2.52	0.00	15.00	919.73	51.73	7.61	5.20	(M)	17.54	3.11	224.87	5506.15	4.95	(M)	(M)	62.75 (M)	
UD Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	25	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	0.00	(M)	(M)	(M)	
Category: Vegetables; May Choose: 1																				
Green Beans - LR100036 (1/2 c.)	25	22.00	12.00	0.03	0.00	0.00	1.00	4.49	2.09	0.00	(M)	1.04	0.46	29.30	388.00	2.90	(M)	(M)	63.67	
Potato, 3/8" Straight Cut Extra Long French Fries, McCain, MCX40, Veg-S - SR100928 (4 ounces)	75	157.21	4.37	0.00	0.00	0.00	34.93	24.45	1.74	1.73	(M)	1.74	0.63	0.00	0.00	6.29	(M)	(M)	(M)	
Category: Fruits; May Choose: 1																				
Ardmore Farms Apple Juice - LR100117 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	
Category: Milk; May Choose: 1																				
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)	
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)	
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30	
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68	
Category: Condiments; May Choose: 1																				
chic filet sauce - LR100380 (1 Tbsp.)	75	17.20	1.43	0.22	0.02	1.31	25.45	1.02	0.01	(M)	(M)	0.04	0.02	0.39	0.94	0.15	(M)	(M)	(M)	

Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 7:45:43 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)	
Elementary January 28 2020 - Day: 2	100																			
Category: Entrees; May Choose: 1																				
hard shell taco beef - LR100382 (1 ea.)	70	218.05	14.54	6.65	1.33	49.48 (M)	148.86	7.31	0.33(M)	0.05	(M)	13.45	0.36(M)	106.67 (M)	154.81 (M)	0.00(M)	(M)	(M)	(M)	
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00	
UD Hummus and vegetable Platters - LR100270 (1 ea.)	5	380.05	13.97	2.52	0.00	15.00	919.73	51.73	7.61	5.20	(M)	17.54	3.11	224.87	5506.15	4.95	(M)	(M)	62.75 (M)	
UD Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozzarella Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	20	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	0.00	(M)	(M)	(M)	
Category: Vegetables; May Choose: 1																				
black beans - LR100354 (1 c.)	50	240.00	1.00	0.00	0.00	0.00	920.00	44.00	10.00	2.00	(M)	14.00	3.60	80.00	(M)	(M)	(M)	(M)	(M)	
Category: Fruits; May Choose: 1																				
Sorbet, 100% Frozen Juice, Blue Raspberry, 4.4 fl. oz., Luigi's, 48443, F - SR108052 (1 serv.)	95	70.00	0.00	0.00	0.00	0.00	5.00	19.00	3.00	14.00	(M)	0.00	0.36	60.00	0.00	60.00	(M)	(M)	(M)	
Category: Milk; May Choose: 1																				
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)	
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)	
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30	
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68	
Category: Condiments; May Choose: 1																				
fresh salsa - LR100383 (1 oz.)	70	22.40	1.69	0.13	0.00(M)	0.00	1.55	1.46	0.36	0.49(M)	(M)	0.26	0.08	4.15	195.35	3.14	(M)	(M)	23.19 (M)	
elementary January 29 2020 - Day: 3	100																			
Category: Entrees; May Choose: 1																				
grilled panini - LR100385 (1 ea.)	50	413.74	26.34	10.84	0.09	45.31	594.33	24.86	2.74	1.83(M)	(M)	18.93	0.73	425.53	471.52	0.00	(M)	(M)	0.00(M)	

Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 7:45:43 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)
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00
UD Hummus and vegetable Platter - LR100270 (1 ea.)	15	380.05	13.97	2.52	0.00	15.00	919.73	51.73	7.61	5.20	(M)	17.54	3.11	224.87	5506.15	4.95	(M)	(M)	62.75 (M)
UD Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	20	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
CEASAR SALAD - LR100151 (1/2 c.)	75	133.55	11.31	1.93	0.15(M)	1.18	232.33	6.73	2.29	1.13(M)	(M)	2.11	1.10	47.72	8261.26	3.79	(M)	(M)	89.41 (M)
Category: Fruits; May Choose: 1																			
ud diced peaches - LR100141 (1/2 c.)	85	43.48	0.03	0.00	0.00	0.00	3.90	11.35	1.27	10.07	(M)	0.61	0.26	5.86	368.99	3.50	(M)	(M)	85.87
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Elementary January 30 2020 - Day: 4																			
Category: Entrees; May Choose: 1																			
Pasta, Macaroni and Cheese, Prepared, Land O' Lakes, 43292, MMA, WGR - SR108684 (6 ounces)	60	349.79	20.99	12.99	1.00	64.96	909.47	22.99	2.00	3.00	(M)	16.99	1.08	399.76	749.56	0.00	(M)	(M)	(M)
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00
UD Hummus and vegetable Platter - LR100270 (1 ea.)	15	380.05	13.97	2.52	0.00	15.00	919.73	51.73	7.61	5.20	(M)	17.54	3.11	224.87	5506.15	4.95	(M)	(M)	62.75 (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)	Moisture (g)
UD Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	20	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
UD School Wheat Dinner Roll - LR100332 (1 1/2 oz.)	60	110.00	1.00	0.00	0.00	0.00	200.00	21.00	2.00	2.00	(M)	4.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.)	85	25.00	0.09	0.01	0.00	0.00	55.28	5.84	2.06	3.37	(M)	0.45	0.63	22.68	9773.49	1.84	(M)	(M)	64.03
Category: Fruits; May Choose: 1																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	95	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
Elementary January 31 2020 - Day: 5																			
Category: Entrees; May Choose: 1																			
Pre Made Sunbutter and Jelly - LR100351 (1 ea.)	5	510.00	15.00	2.00	0.00	0.00	300.00	33.00	4.00	11.00	(M)	6.00	5.00	27.00	0.00	0.00	(M)	(M)	0.00
sausage patty chicken - LR100115 (2 patty)	40	380.42	22.83	5.71	0.00	152.17	874.97	3.80	0.00	0.00	(M)	41.85	2.74	0.00	0.00	0.00	(M)	(M)	0.00
UD Hummus and vegetable Platter - LR100270 (1 ea.)	20	380.05	13.97	2.52	0.00	15.00	919.73	51.73	7.61	5.20	(M)	17.54	3.11	224.87	5506.15	4.95	(M)	(M)	62.75 (M)
UD Pizza, SmartPizza 51% Whole Grain Classic Wedge 100% Mozz Cheese, Tony's, Schwan's Food Service, 72558, MMA, WGR, Veg-RO - LR100190 (1 pizza)	35	300.00	11.00	5.00	0.00	25.00	600.00	35.00	4.00	14.00	(M)	16.00	2.70	250.00	400.00	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)
Category: Grains; May Choose: 1																			
French Toast Sticks, Farm Rich Whole Grain, Frozen, Rich's, 37722, WGR - LR100345 (4 ea.)	40	260.00	10.00	2.00	0.00	0.00	300.00	38.00	3.00	9.00	(M)	6.00	1.82	34.00	22.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Tater Tots - LR100049 (1/2 Cup (8 oz))	65	95.00	4.76	1.02	0.00	0.00	183.60	10.88	1.36	0.00	(M)	1.36	0.24	13.60	68.00	0.82	(M)	(M)	0.00
Category: Fruits; May Choose: 1																			
Sorbet, 100% Frozen Juice, Blue Raspberry, 4.4 fl. oz., Luigi's, 48443, F - SR108052 (1 serv.)	95	70.00	0.00	0.00	0.00	0.00	5.00	19.00	3.00	14.00	(M)	0.00	0.36	60.00	0.00	60.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68

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)
K Center January 2 2020 - Day: 1	100																		
Category: Entrees; May Choose: 1																			
Sandwich, Veggie Burger on Bun, MMA, WG - SR103112 (1 ea.)	100	354.18	13.22	4.25	0.00	15.00	1012.09	36.42	7.97	2.49	(M)	26.42	2.52	285.70	200.00 (M)	0.00(M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Bread, Hamburger Bun Whole Grain 4" Sliced, Flowers Foods Specialty Group, 27035660, WGR - SR100070 (1 bun)	0	150.00	2.00	0.00	0.00	0.00	310.00	28.00	3.00	4.00	(M)	6.00	1.44	20.00	(M)	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Sweet Golden Corn - LR100031 (1/2 c.)	100	66.00	0.55	0.08	0.00	0.00	1.00	15.80	1.96	0.00	(M)	2.09	0.38	2.50	163.00	2.90	(M)	(M)	63.06
Category: Fruits; May Choose: 1																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Category: Milk; May Choose: 1																			
Strawberry non fat milk - LR100073 (1 Carton)	40	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	(M)	8.00	0.00	300.00	400.00	2.40	(M)	(M)	(M)
UD CHOC MILK - LR100217 (1 Carton)	40	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	(M)	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	10	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	10	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
K Center January 3 2020 - Day: 2	100																		
Category: Entrees; May Choose: 1																			
Eggo Bites - Mini Pancakes Confetti - 3800018574 - SR109317 (1 pouch)	100	220.00	7.00	1.00	0.00	10.00	300.00	36.00	4.00	11.00	(M)	4.00	3.60	40.00	1000.00	(M)	(M)	(M)	(M)
Yogurt, Vanilla, Danimals, Nonfat, 4 oz., Dannon, 2733, MMA - SR104715 (1 ea.)	50	70.00	0.00	0.00	0.00	4.99	60.00	14.00	0.00	10.00	(M)	4.00	0.00	150.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Tater Tots - LR100049 (1/2 Cup (8 oz))	100	95.00	4.76	1.02	0.00	0.00	183.60	10.88	1.36	0.00	(M)	1.36	0.24	13.60	68.00	0.82	(M)	(M)	0.00

Menu Cycle Week – Nutrient Analysis

Generated on: 12/16/2019 12:42:41 PM by Kathleen McCullough

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Category: Fruits; May Choose: 1																			
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
K Center January 6 2020 - Day: 3																			
Category: Entrees; May Choose: 1																			
Veggie chicken nuggets - LR100374 (4 ea.)	100	290.00	9.00	1.30	0.10	0.00	604.00	19.00	4.20	1.90	(M)	12.00	1.62	60.00	(M)	(M)	(M)	326.00	(M)
Category: Grains; May Choose: 1																			
UD School Wheat Dinner Roll - LR100332 (1 1/2 oz.)	100	110.00	1.00	0.00	0.00	0.00	200.00	21.00	2.00	2.00	(M)	4.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.)	100	25.00	0.09	0.01	0.00	0.00	55.28	5.84	2.06	3.37	(M)	0.45	0.63	22.68	9773.49	1.84	(M)	(M)	64.03
Category: Fruits; May Choose: 1																			
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.)	20	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

Menu Cycle Week – Nutrient Analysis

Generated on: 12/16/2019 12:42:41 PM by Kathleen McCullough

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
UD- 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
K Center January 7 2020 - Day: 4	100																		
Category: Entrees; May Choose: 1																			
, Egg & Cheese Bagel Sandwich, MMA, wg - LR100369 (1 ea.)	100	488.10	27.97	9.53	0.00	255.73	897.12	36.99	4.00	2.00(M)	(M)	27.60	3.21	602.91	1287.32	0.00	(M)	(M)	0.00(M)
Category: Vegetables; May Choose: 1																			
Fresh Broccoli - LR100011 (1/2 c.)	100	11.00	0.00	0.01	0.00	0.00	11.00	2.12	0.83	0.00	(M)	0.90	0.23	15.00	198.50	28.40	(M)	(M)	0.00
Category: Fruits; May Choose: 1																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	50	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.)	50	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
K Center January 8 2020 - Day: 5	100																		
Category: Entrees; May Choose: 1																			
Seeds, Sunflower, Lightly Salted, MMA - SR102540 (1 Ounce serv)	100	164.43	14.55	1.57	(M)	0.00	55.85	5.22	1.13	(M)	(M)	6.17	1.83	31.47	10.77	0.31	(M)	(M)	1.45
Category: Grains; May Choose: 1																			
Wheat Soft Pretzel - LR100108 (1 ea.)	100	170.00	1.00	0.00	0.00	0.00	95.00	36.00	4.00	2.00	(M)	6.00	2.70	200.00	500.00	0.00	(M)	(M)	0.00
Category: Vegetables; May Choose: 1																			
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.)	50	25.00	0.09	0.01	0.00	0.00	55.28	5.84	2.06	3.37	(M)	0.45	0.63	22.68	9773.49	1.84	(M)	(M)	64.03

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)
Beans, Three Bean Salad, Veg-BP - SR102698 (1 Cup (8 oz)	25	165.50	3.68	0.16	0.00(M)	0.00	269.92	26.35	7.08	0.30(M)	(M)	7.40	1.79	38.81	55.00	10.52	0.00(M)	22.98 (M)	13.27 (M)
Fresh Broccoli - LR100011 (1/2 c.)	25	11.00	0.00	0.01	0.00	0.00	11.00	2.12	0.83	0.00	(M)	0.90	0.23	15.00	198.50	28.40	(M)	(M)	0.00
Category: Fruits; May Choose: 1																			
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
K Center January 9 2020 - Day: 6																			
Category: Entrees; May Choose: 1																			
Pizza, Galaxy Pizza 4" Whole Grain Round Cheese, Tony's, Schwan's Food Service, 78364, MMA, WGR, Veg-RO - SR107347 (1 pizza)	100	290.00	12.00	6.00	0.00	30.00	440.00	31.00	3.00	9.00	(M)	15.00	0.36	2680.00	2950.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
UD 825931 - Veg: Corn, Fz 1/2c - LR100191 (1/2 c.)	100	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
Category: Fruits; May Choose: 1																			
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																			

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)
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
K Center January 10 2020 - Day: 7	100																		
Category: Entrees; May Choose: 1																			
Yogurt, Vanilla, Danimals, Nonfat, 4 oz., Dannon, 2733, MMA - SR104715 (1 ea.)	100	70.00	0.00	0.00	0.00	4.99	60.00	14.00	0.00	10.00	(M)	4.00	0.00	150.00	0.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
French Toast Sticks, Farm Rich Whole Grain, Frozen, Rich's, 37722, WGR - LR100345 (4 ea.)	100	260.00	10.00	2.00	0.00	0.00	300.00	38.00	3.00	9.00	(M)	6.00	1.82	34.00	22.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Green Beans - LR100036 (1/2 c.)	10	22.00	12.00	0.03	0.00	0.00	1.00	4.49	2.09	0.00	(M)	1.04	0.46	29.30	388.00	2.90	(M)	(M)	63.67
Tater Tots - LR100049 (1/2 Cup (8 oz)	90	95.00	4.76	1.02	0.00	0.00	183.60	10.88	1.36	0.00	(M)	1.36	0.24	13.60	68.00	0.82	(M)	(M)	0.00
Category: Fruits; May Choose: 1																			
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