

# Menu Cycle Week – Nutrient Analysis

Generated on: 12/16/2019 12:49:24 PM by Kathleen McCullough

Menu Cycle: Middle Schoo; January 2020 Week 1  
 Week: 1  
 Result: **Exceeded**

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	672.92	
Total Fat (g)		23.01	30.78
Sat Fat (g)(1)	< 10.00 % of Calories	6.83	9.14
Trans Fat (g)(2)		0.02(M)	
Chol (mg)		68.14	
Sodium Target 1 (mg) (13)	< 1,360.00	1,053.83	
Sodium Target 2 (mg) (13)	< 1,035.00	1,053.83	
Carb (g)		84.35	50.14
Total Fiber (g)		7.39	
Sugars (g)		22.42(M)	13.32
Added Sugars (g)		0.00(M)	
Protein (g)		34.01	20.22
Iron (mg)		3.93	
Calcium (mg)		526.01(M)	
VitA (IU)		4,600.39(M)	
VitC (mg)		27.32(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		108.48(M)	
Ash (g)		0.65(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 3.500	4.000	
Veg	>= 5.250	[5.750 - 13.000]	
Veg-DG	>= 0.500	7.000	
Veg-RO	>= 0.750	2.375	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	2.250	
Veg-O	>= 0.500	3.000	
Grains	[11.000 - 14.000]	[11.250 - 20.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	57.750	100.00
Meat/MA	[12.500 - 14.000]	[13.000 - 15.000](a)	
MILK-F	>= 7.000	7.000	
Fruit-J	<= 50.000 % of	1.500	37.50
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 12:50:39 PM by Kathleen McCullough

Menu Cycle: Middle School January Week 2 2020  
 Week: 1  
 Result: **Exceeded**

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	644.37	
Total Fat (g)		22.29	31.13
Sat Fat (g)(1)	< 10.00 % of Calories	5.88	8.21
Trans Fat (g)(2)		0.22(M)	
Chol (mg)		69.15(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	1,019.54	
Sodium Target 2 (mg) (13)	< 935.00	1,019.54	
Carb (g)		78.13	48.50
Total Fiber (g)		15.15(M)	
Sugars (g)		25.11(M)	15.59
Added Sugars (g)		0.00(M)	
Protein (g)		35.73	22.18
Iron (mg)		3.60(M)	
Calcium (mg)		486.76(M)	
VitA (IU)		4,652.91(M)	
VitC (mg)		25.29(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		3.17(M)	
Mois (g)		122.00(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	1.375	
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	38.000	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)
<b>Middle School January 13 2020 - Day: 1</b>	100																		
<b>Category: Entrees; May Choose: 1</b>																			
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
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	7	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Buffalo Chicken Cheese steak - LR100281 (1 sandwich)	7	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 CHEESEBURGER - LR100127 (1 ea.)	1	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	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)
<b>Category: Vegetables; May Choose: 1</b>																			
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)
<b>Category: Fruits; May Choose: 1</b>																			
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
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Category: Condiments; May Choose: 1</b>																			
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	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)
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
<b>Middle School January 14 2020 - Day: 2</b>	100																		
<b>Category: Entrees; May Choose: 1</b>																			
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)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	10	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	10	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
<b>Category: Grains; May Choose: 2</b>																			
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)
<b>Category: Vegetables; May Choose: 1</b>																			
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)
<b>Category: Fruits; May Choose: 1</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Middle School January 15 2020 - Day: 3</b>	100																		
<b>Category: Entrees; May Choose: 1</b>																			

# Menu Cycle Week – Nutrient Analysis

Generated on: 12/16/2019 12:50:39 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)
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)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	10	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	5	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
<b>Category: Vegetables; May Choose: 1</b>																			
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)
<b>Category: Fruits; May Choose: 1</b>																			
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
<b>Category: Milk; May Choose: 1</b>																			
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
<b>middle School January 16 2020 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
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
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	14	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	1	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
Whole Grain Breaded Homestyle Chicken Nuggets, 0.69 Oz - SR109435 (5 pieces)	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)

# 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)
<b>Category: Grains; May Choose: 1</b>																			
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)
<b>Category: Vegetables; May Choose: 1</b>																			
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
<b>Category: Fruits; May Choose: 1</b>																			
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
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Middle School January 17 2020 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken Caesar Salad - LR100029 (1 ea.)	5	176.00	7.30	2.46	0.00	35.00	745.00	12.90	81.00	0.00	(M)	16.40	3.11	161.40	3515.00	1.50	(M)	(M)	36.59
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 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	5	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	5	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
<b>Category: Grains; May Choose: 2</b>																			
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)
<b>Category: Vegetables; 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)	Moisture (g)
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
<b>Category: Fruits; May Choose: 1</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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 7:56:16 AM by Kathleen McCullough

Menu Cycle: Middle School January Week 3  
 Week: 1  
 Result: **Exceeded**

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	615.69	
Total Fat (g)		20.79	30.39
Sat Fat (g)(1)	< 10.00 % of Calories	6.50	9.50
Trans Fat (g)(2)		0.22(M)	
Chol (mg)		53.66	
Sodium Target 1 (mg) (13)	< 1,360.00	925.12	
Sodium Target 2 (mg) (13)	< 1,035.00	925.12	
Carb (g)		82.08	53.33
Total Fiber (g)		8.11	
Sugars (g)		26.20(M)	17.02
Added Sugars (g)		0.00(M)	
Protein (g)		27.95	18.16
Iron (mg)		3.06(M)	
Calcium (mg)		527.98(M)	
VitA (IU)		6,232.77(M)	
VitC (mg)		37.49(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		115.70(M)	
Ash (g)		0.74(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	1.875	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	3.000	
Grains	[6.500 - 8.000]	[9.000 - 10.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	37.250	100.00
Meat/MA	[7.000 - 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	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>Middle School January 21 2020 - Day: 1</b>	100																		
<b>Category: Entrees; May Choose: 1</b>																			
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	15	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Beef Nacho Salad - LR100324 (1 ea.)	15	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 CHEESEBURGER - LR100127 (1 ea.)	20	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD 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
<b>Category: Vegetables; May Choose: 1</b>																			
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)
<b>Category: Fruits; May Choose: 1</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Category: Condiments; May Choose: 1</b>																			
fresh salsa - LR100383 (1 oz.)	100	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)
ranch dressing pc - LR100062 (12 grams)	50	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 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet)	50	80.00	8.00	1.50	0.00	5.00	75.00	1.00	0.00	1.00	(M)	0.00	0.00	0.00	5.00	0.00	(M)	(M)	0.00

# Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 7:56:16 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)	
<b>Middle School January 22 2020 - Day: 2</b>	100																			
<b>Category: Entrees; May Choose: 1</b>																				
turkey and cheese wrap - LR100088 (1 ea.)	5	385.39	14.32	6.92	0.00	52.35	1252.14	42.37	5.96	4.92	(M)	24.02	2.30(M)	361.45 (M)	2548.28 (M)	19.68 (M)	(M)	(M)	(M)	
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	15	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)	
UD Beef Nacho Salad - LR100324 (1 ea.)	15	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 CHEESEBURGER - LR100127 (1 ea.)	10	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)	
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)	
<b>Category: Grains; May Choose: 1</b>																				
UD School Wheat Dinner Roll - LR100332 (1 1/2 oz.)	55	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)	
<b>Category: Vegetables; May Choose: 1</b>																				
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)	
<b>Category: Fruits; May Choose: 1</b>																				
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	
<b>Category: Milk; May Choose: 1</b>																				
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	
<b>January 23 2020 :76325 - Day: 3</b>	100																			
<b>Category: Entrees; May Choose: 1</b>																				
Caesar Chicken Wrap - LR100020 (1 ea.)	5	267.00	17.00	3.71	0.03	21.00	666.00	16.60	2.35	0.00	(M)	12.14	2.37	185.10	2032.00	0.90	(M)	(M)	20.46	

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	15	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Beef Nacho Salad - LR100324 (1 ea.)	15	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 CHEESEBURGER - LR100127 (1 ea.)	5	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD PASTA AND MEATSAUCE - LR100130 (5 oz.)	60	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)
<b>Category: Grains; May Choose: 1</b>																			
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)
<b>Category: Vegetables; May Choose: 1</b>																			
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
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
<b>Category: Fruits; May Choose: 1</b>																			
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
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Middle School January 24 2020 - Day: 4</b>		100																	
<b>Category: Entrees; May Choose: 1</b>																			
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)

# Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 7:56:16 AM by Kathleen McCullough

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	10	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Beef Nacho Salad - LR100324 (1 ea.)	20	207.96	13.24	7.86	0.00	47.91	350.51	6.80	1.95	0.95(M)	(M)	14.77	2.00	240.73	6966.69 (M)	20.13 (M)	(M)	(M)	75.28 (M)
UD CHEESEBURGER - LR100127 (1 ea.)	20	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
<b>Category: Vegetables; May Choose: 1</b>																			
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
<b>Category: Fruits; May Choose: 1</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
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 7:57:13 AM by Kathleen McCullough

Menu Cycle: Middle School January Week 4 2020  
 Week: 1  
 Result: **Exceeded**

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	651.72	
Total Fat (g)		21.93	30.28
Sat Fat (g)(1)	< 10.00 % of Calories	7.21	9.96
Trans Fat (g)(2)		0.31(M)	
Chol (mg)		55.70(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,078.17	
Sodium Target 2 (mg) (13)	< 1,035.00	1,078.17	
Carb (g)		83.94	51.52
Total Fiber (g)		7.77(M)	
Sugars (g)		25.17(M)	15.45
Added Sugars (g)		0.00(M)	
Protein (g)		32.06	19.68
Iron (mg)		3.69(M)	
Calcium (mg)		572.50(M)	
VitA (IU)		4,577.75(M)	
VitC (mg)		30.91(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		100.60(M)	
Ash (g)		0.67(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 - 10.000]	[10.250 - 13.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	48.000	100.00
Meat/MA	[9.000 - 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)
<b>Middle School January 27 2020 - Day: 1</b>	100																		
<b>Category: Entrees; May Choose: 1</b>																			
Elementary Upper Darby double - LR100384 (1 ea.)	40	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)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	10	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Buffalo Chicken Cheese steak - LR100281 (1 sandwich)	40	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 CHEESEBURGER - LR100127 (1 ea.)	5	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD Hummus and vegetable Platter - 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)
<b>Category: Vegetables; May Choose: 1</b>																			
Green Beans - LR100036 (1/2 c.)	45	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)	55	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)
<b>Category: Fruits; May Choose: 1</b>																			
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
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Category: Condiments; 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)
chic filet sauce - LR100380 (1 Tbsp.)	40	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)
<b>Middle School January 28 2020 - Day: 2</b>	100																		
<b>Category: Entrees; May Choose: 1</b>																			
hard shell taco beef - LR100382 (1 ea.)	40	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)
HOT AND SPICY CHICKEN PATTY SANDWICH - LR100220 (1 ea.)	40	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)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	10	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	5	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD Hummus and vegetable Platter - 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)
<b>Category: Vegetables; May Choose: 1</b>																			
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)
<b>Category: Fruits; May Choose: 1</b>																			
Sorbet, 100% Frozen Juice, Blue Raspberry, 4.4 fl. oz., Luigi's, 48443, F - SR108052 (1 serv.)	100	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)
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Category: Condiments; May Choose: 1</b>																			
fresh salsa - LR100383 (1 oz.)	40	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)
<b>Middle School January 29 2020 - Day: 3</b>	100																		

# Menu Cycle Week – Nutrient Analysis

Generated on: 12/19/2019 7:57:13 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)
<b>Category: Entrees; May Choose: 1</b>																			
grilled panini - LR100385 (1 ea.)	30	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)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	10	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	10	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	40	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 Hummus and vegetable Platter - LR100270 (1 ea.)	10	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)
<b>Category: Vegetables; May Choose: 1</b>																			
CEASAR SALAD - LR100151 (1/2 c.)	85	133.55	11.31	1.93	0.15(M)	1.18	232.33	6.73	2.29	1.13(M)	(M)	2.11	1.10	47.72	8261.26	3.79	(M)	(M)	89.41 (M)
<b>Category: Fruits; May Choose: 1</b>																			
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
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Middle School January 30 2020 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Pasta, Macaroni and Cheese, Prepared, Land O' Lakes, 43292, MMA, WGR - SR108684 (6 ounces)	50	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)



# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	30	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	10	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD Hummus and vegetable Platter - 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)
Wrap, Buffalo Chicken Wrap, MMA, WG - SR104872 (1 wrap)	5	257.44	9.02	2.00	0.00	42.16	994.06	26.01	2.00	3.00	(M)	19.06	2.44	115.06	378.85	1.00	(M)	(M)	(M)
<b>Category: Grains; May Choose: 1</b>																			
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)
<b>Category: Vegetables; May Choose: 1</b>																			
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
<b>Category: Fruits; May Choose: 1</b>																			
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
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Middle School January 31 2020 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
sausage patty chicken - LR100115 (2 patty)	30	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

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	30	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	30	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD Hummus and vegetable Platter - LR100270 (1 ea.)	10	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)
<b>Category: Grains; May Choose: 1</b>																			
French Toast Sticks, Farm Rich Whole Grain, Frozen, Rich's, 37722, WGR - LR100345 (4 ea.)	30	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)
<b>Category: Vegetables; May Choose: 1</b>																			
Tater Tots - LR100049 (1/2 Cup (8 oz))	60	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
<b>Category: Fruits; May Choose: 1</b>																			
Sorbet, 100% Frozen Juice, Blue Raspberry, 4.4 fl. oz., Luigi's, 48443, F - SR108052 (1 serv.)	100	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)
<b>Category: Milk; May Choose: 1</b>																			
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)	
<b>Middle school January 2 2020 - Day: 1</b>	100																			
<b>Category: Entrees; May Choose: 1</b>																				
Chicken Mashed Potato Bowl - LR100335 (1 bowl)	60	383.25	16.06	5.13	0.00	31.76	538.03	43.20	4.78	3.12	(M)	19.05	2.16	136.71	320.36	39.89	(M)	(M)	96.79 (M)	
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	15	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)	
UD Beef Nacho Salad - LR100324 (1 ea.)	15	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 CHEESEBURGER - LR100127 (1 ea.)	10	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)	
<b>Category: Grains; May Choose: 2</b>																				
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	20	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	(M)	200.00	(M)	(M)	(M)	(M)	
<b>Category: Vegetables; May Choose: 1</b>																				
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	
<b>Category: Fruits; May Choose: 1</b>																				
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	
<b>Category: Milk; May Choose: 1</b>																				
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	
<b>Middle School January 3 2020 - Day: 2</b>	100																			
<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)
Eggo Bites - Mini Pancakes Confetti - 3800018574 - SR109317 (1 pouch)	65	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)
sausage patty chicken - LR100115 (2 patty)	65	380.42	22.83	5.71	0.00	152.17	874.97	3.80	0.00	0.00	(M)	41.85	2.74	0.00	0.00	0.00	(M)	(M)	0.00
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	25	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Beef Nacho Salad - LR100324 (1 ea.)	5	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 CHEESEBURGER - LR100127 (1 ea.)	5	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
<b>Category: Grains; May Choose: 2</b>																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	10	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)
<b>Category: Vegetables; May Choose: 1</b>																			
UD Potato HB, Tator Tots - LR100203 (1/2 c.)	65	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
<b>Category: Fruits; May Choose: 1</b>																			
Juice Sorbet, Cherry/Blue Raspberry Swirl Frozen 4.4 fl oz, Luigi's, J&J Snack Foods, 48446, F - SR107097 (4 1/2 fl. oz.)	65	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	(M)	0.00	0.36	80.00	500.00	60.00	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Middle School January 6 2020 - Day: 3</b>																			
<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)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	30	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD Buffalo Chicken Cheese steak - LR100281 (1 sandwich)	20	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 CHEESEBURGER - LR100127 (1 ea.)	30	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD Popcorn Chicken Salad - LR100268 (1 salad)	20	260.16	13.93	2.68	0.00	21.43	383.56	17.58	4.07	1.07	(M)	15.86	2.24	67.77	1395.75	7.73	(M)	(M)	(M)
<b>Category: Grains; May Choose: 2</b>																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	10	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)
<b>Category: Vegetables; May Choose: 1</b>																			
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)	50	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)
<b>Category: Fruits; May Choose: 1</b>																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	75	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
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Middle Schoo; January 7 2020 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
egg,bacon and cheese sandwich - LR100376 (1 ea.)	30	438.38	12.13	2.77	0.00	115.69	448.37	68.01	8.00	4.00(M)	(M)	20.44	4.05	203.75	146.25	0.00	(M)	(M)	0.00(M)

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	15	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	10	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD Popcorn Chicken Salad - LR100268 (1 salad)	15	260.16	13.93	2.68	0.00	21.43	383.56	17.58	4.07	1.07	(M)	15.86	2.24	67.77	1395.75	7.73	(M)	(M)	(M)
UD SOFT BEEF TACO - LR100143 (1 1/2 oz.)	30	180.00	9.26	4.25	0.00	22.00	315.00	15.31	2.55	0.00	(M)	9.90	1.66	187.82	188.00	0.10	(M)	(M)	(M)
<b>Category: Grains; May Choose: 2</b>																			
Goldfish Crackers, Cheddar Colors, Campbells 04788 0.75 oz bag - SR109572 (1 Bag)	10	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)
<b>Category: Vegetables; May Choose: 1</b>																			
black beans - LR100354 (1 c.)	30	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)
<b>Category: Fruits; May Choose: 1</b>																			
Juice, 4.4 fl oz Luigi's 100% Frozen Sorbet Orange, J&J Snack Foods 48441, F - SR106461 (1/2 c.)	60	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)
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Middle School January 8 2020 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	30	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)

# 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 CHEESEBURGER - LR100127 (1 ea.)	30	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD Popcorn Chicken Salad - LR100268 (1 salad)	30	260.16	13.93	2.68	0.00	21.43	383.56	17.58	4.07	1.07	(M)	15.86	2.24	67.77	1395.75	7.73	(M)	(M)	(M)
UD Sandwich, Grilled Cheese, 2 oz MMA, 2 WG - LR100205 (1 sandwich)	10	436.08	23.89	11.79	0.00	50.63	1042.00	38.05	4.00	4.03	(M)	18.13	2.16	407.75	774.17 (M)	0.00(M)	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 1</b>																			
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)
<b>Category: Fruits; May Choose: 1</b>																			
Mixed Fruit - LR100038 (1/2 Cup (8 oz))	90	138.00	0.17	0.02	0.00	0.00	15.00	36.13	2.42	0.00	(M)	0.97	0.70	14.50	496.00	4.60	(M)	(M)	204.18
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Middle School January 9 2020 - Day: 6</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Hot Dog, Hot Dog on Roll, MMA, WG - SR102467 (1 hot dog)	10	300.00	17.00	4.50	0.00	30.00	850.00	23.00	3.00	3.00	(M)	12.00	1.80	60.00	100.00	0.00	(M)	(M)	(M)
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	10	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	10	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	60	374.45	11.91	2.31	0.01	50.00	623.86	40.01	3.60	4.32	(M)	28.13	2.85	51.45	5.00	0.00	(M)	(M)	(M)
UD Popcorn Chicken Salad - LR100268 (1 salad)	10	260.16	13.93	2.68	0.00	21.43	383.56	17.58	4.07	1.07	(M)	15.86	2.24	67.77	1395.75	7.73	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 1</b>																			

# 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)
825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.)	75	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
<b>Category: Fruits; May Choose: 1</b>																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	75	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
<b>Category: Milk; May Choose: 1</b>																			
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
<b>Category: Condiments; May Choose: 1</b>																			
Cheddar Cheese Sauce Reduced Sodium US Foods - SR109375 (3 ounces (L )	40	136.36	9.54	6.14	0.00	27.27	545.46	4.09	0.00	0.00	(M)	6.82	0.00	204.54	0.00	0.00	(M)	(M)	(M)
<b>Middle School January 10 2020 - Day: 7</b>	100																		
<b>Category: Entrees; May Choose: 1</b>																			
sausage patty chicken - LR100115 (2 patty)	60	380.42	22.83	5.71	0.00	152.17	874.97	3.80	0.00	0.00	(M)	41.85	2.74	0.00	0.00	0.00	(M)	(M)	0.00
UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces)	15	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	10	337.12	15.87	7.20	0.00	45.48	771.28	28.61	4.06	3.54	(M)	19.35	2.97	202.79	108.69	0.00	(M)	(M)	0.00(M)
UD Popcorn Chicken Salad - LR100268 (1 salad)	15	260.16	13.93	2.68	0.00	21.43	383.56	17.58	4.07	1.07	(M)	15.86	2.24	67.77	1395.75	7.73	(M)	(M)	(M)
<b>Category: Grains; May Choose: 2</b>																			
French Toast Sticks, Farm Rich Whole Grain, Frozen, Rich's, 37722, WGR - LR100345 (4 ea.)	60	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)
<b>Category: Vegetables; 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)	Moisture (g)
829531-Potato HB, Tator Tots 1 cup - AR1433 (1 c.)	90	280.00	14.00	3.00	0.00	0.00	540.00	32.00	4.00	0.00	(M)	4.00	0.72	40.00	200.00	2.40	(M)	(M)	0.00
<b>Category: Fruits; May Choose: 1</b>																			
Juice Sorbet, Cherry/Blue Raspberry Swirl Frozen 4.4 fl oz, Luigi's, J&J Snack Foods, 48446, F - SR107097 (4 1/2 fl. oz.)	90	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	(M)	0.00	0.36	80.00	500.00	60.00	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
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