

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:31:56 AM by Kathleen McCullough

Menu Cycle: UD MIDDLE SCHOOL LUNCH WEEK 1 2018-2019
 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] | 605.76 | |
| Fat (g) | | 20.90 | 31.06 |
| Sfat (g)(1) | < 10.00 % of Calories | 5.88 | 8.73 |
| TFat (g)(2) | | 0.00(M) | |
| Chol (mg) | | 36.69 | |
| Sodium Target 1 (mg) (13) | < 1,360.00 | 1,081.21 | |
| Sodium Target 2 (mg) (13) | < 1,035.00 | 1,081.21 | |
| Carb (g) | | 82.25 | 54.31 |
| TDF (g) | | 8.09 | |
| Sugars (g) | | 10.66(M) | 7.04 |
| Pro (g) | | 26.90 | 17.76 |
| Fe (mg) | | 4.23(M) | |
| Ca (mg) | | 514.41(M) | |
| A,IU | | 1,818.48(M) | |
| VitC (mg) | | 28.82(M) | |
| Mois (g) | | 90.97(M) | |
| Ash (g) | | 0.36(M) | |

| Cycle Week Food Component Summary | | | |
|-----------------------------------|------------------|----------------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Fruit | >= 2.500 | [2.500 - 3.000] | |
| Veg | >= 3.750 | [6.125 - 13.375] | |
| Veg-DG | >= 0.500 | 6.000 | |
| Veg-RO | >= 0.750 | 2.625 | |
| Veg-BP | >= 0.500 | 3.000 | |
| Veg-S | >= 0.500 | 2.000 | |
| Veg-O | >= 0.500 | 3.625 | |
| Grains | [8.000 - 10.000] | [10.000 - 15.750](a) | |
| Non-WGR | | 0.000 | |
| WGR | >= 100.000 % of | 46.500 | 100.00 |
| Meat/MA | [9.000 - 10.000] | 10.000 | |
| MILK-F | >= 5.000 | 5.000 | |
| Fruit-J | <= 50.000 % of | 1.500 | 50.00 |
| 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, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.
- a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:44:04 AM by Kathleen McCullough

Menu Cycle: UD MIDDLE SCHOOL LUNCH WEEK 5 2018-2019
 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] | 600.75 | |
| Fat (g) | | 18.24 | 27.32 |
| Sfat (g)(1) | < 10.00 % of Calories | 6.59 | 9.87 |
| TFat (g)(2) | | 0.05(M) | |
| Chol (mg) | | 45.18 | |
| Sodium Target 1 (mg) (13) | < 1,360.00 | 1,006.75 | |
| Sodium Target 2 (mg) (13) | < 1,035.00 | 1,006.75 | |
| Carb (g) | | 84.23 | 56.09 |
| TDF (g) | | 8.69 | |
| Sugars (g) | | 13.17(M) | 8.77 |
| Pro (g) | | 27.92 | 18.59 |
| Fe (mg) | | 4.05(M) | |
| Ca (mg) | | 562.83(M) | |
| A,IU | | 6,811.74(M) | |
| VitC (mg) | | 84.96(M) | |
| Mois (g) | | 143.47(M) | |
| Ash (g) | | 0.71(M) | |

| Cycle Week Food Component Summary | | | |
|-----------------------------------|------------------|----------------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Fruit | >= 2.500 | [5.500 - 6.000] | |
| Veg | >= 3.750 | [6.875 - 14.250] | |
| Veg-DG | >= 0.500 | 3.500 | |
| Veg-RO | >= 0.750 | 4.000 | |
| Veg-BP | >= 0.500 | 3.000 | |
| Veg-S | >= 0.500 | 2.500 | |
| Veg-O | >= 0.500 | 4.500 | |
| Grains | [8.000 - 10.000] | [11.500 - 13.500](a) | |
| Non-WGR | | 0.000 | |
| WGR | >= 100.000 % of | 47.500 | 100.00 |
| Meat/MA | [9.000 - 10.000] | 10.000 | |
| MILK-F | >= 5.000 | 5.000 | |
| Fruit-J | <= 50.000 % of | 2.000 | 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, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.
- a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|-----------|---------|
| UD Middle School Lunch Week 5 Day 1 :47234 - Day: 1 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 400 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD Beef Nacho Salad - LR100324 (1 ea.) | 250 | 207.96 | 13.24 | 7.86 | 0.00 | 47.91 | 350.51 | 6.80 | 1.95 | 0.95(M) | 14.77 | 2.00 | 240.73 | 6966.69 (M) | 20.13 (M) | 75.28 (M) | 0.48(M) |
| UD Buffalo Chicken Cheese steak - LR100281 (1 sandwich) | 550 | 223.21 | 6.07 | 2.28 | 0.00 | 22.69 | 974.86 | 28.03 | 3.92 | 2.76(M) | 14.40 | 1.82 | 164.75 | 294.97 | 0.49 | 0.00(M) | 0.00(M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 425 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.) | 425 | 374.45 | 11.91 | 2.31 | 0.01 | 50.00 | 623.86 | 40.01 | 3.60 | 4.32 | 28.13 | 2.85 | 51.45 | 5.00 | 0.00 | (M) | (M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 100 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| UD 825931 - Veg: Corn, Fz 1/2c - LR100191 (1/2 c.) | 1,700 | 66.98 | 0.55 | 0.09 | 0.00 | 0.00 | 0.83 | 15.96 | 1.98 | 2.54 | 2.11 | 0.39 | 2.48 | 164.55 | 2.89 | 63.69 | 0.36 |
| UD LETTUCE & TOMOATO - LR100154 (5 oz.) | 500 | 24.55 | 0.00 | 0.00 | 0.00 | 0.00 | 18.82 | 5.03 | 1.41 | 1.81(M) | 1.21 | 0.70 | 36.22 | 795.61 | 7.24 | 0.00 | 0.00 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Orange Juice - LR100014 (4 oz.) | 1,000 | 50.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 13.00 | 0.00 | 0.00 | 1.00 | 2.00 | 0.00 | 0.00 | 42.00 | 0.00 | 0.00 |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 800 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|-----------|---------|
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 500 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD SALSA - LR100158 (1/4 c.) | 200 | 10.58 | 0.00 | 0.00 | 0.00 | 0.00 | 179.89 | 2.12 | 0.00 | 1.06 | 0.00 | 0.00 | 0.00 | 105.82 | 380.95 | (M) | (M) |
| UD Middle School Lunch Week 5 Day 2 :47234 - Day: 2 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| HOT AND SPICY CHICKEN PATTY SANDWICH - LR100220 (1 ea.) | 225 | 420.00 | 17.50 | 3.50 | 0.00 | 25.00 | 720.00 | 44.00 | 6.00 | 4.00 | 21.00 | 4.14 | 100.00 | 100.00 | 0.00 | (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) | 400 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD Beef Nacho Salad - LR100324 (1 ea.) | 250 | 207.96 | 13.24 | 7.86 | 0.00 | 47.91 | 350.51 | 6.80 | 1.95 | 0.95(M) | 14.77 | 2.00 | 240.73 | 6966.69 (M) | 20.13 (M) | 75.28 (M) | 0.48(M) |
| UD Cheese Ques - LR100243 (1 ea.) | 250 | 422.75 | 23.23 | 14.15 | 0.00 | 60.75 | 894.74 | 36.02 | 4.00 | 0.00 | 20.18 | 1.80 | 584.99 | 607.49 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 289 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Beans, Baked, Vegetarian, Bush's Best, 1637 - SR107881 (1/2 c.) | 500 | 130.00 | 0.00 | 0.00 | 0.00 | 0.00 | 550.00 | 29.00 | 5.00 | 10.00 | 7.00 | 1.80 | 40.00 | 0.00 | 0.00 | (M) | (M) |
| Green Beans - LR100036 (1/2 c.) | 150 | 22.00 | 12.00 | 0.03 | 0.00 | 0.00 | 1.00 | 4.49 | 2.09 | 0.00 | 1.04 | 0.46 | 29.30 | 388.00 | 2.90 | 63.67 | 0.33 |
| Green Peas - LR100021 (1/2 c.) | 1,100 | 73.00 | 0.25 | 0.05 | 0.00 | 0.00 | 68.00 | 13.37 | 5.16 | 0.00 | 4.83 | 1.43 | 22.50 | 1969.00 | 9.30 | 74.56 | 0.75 |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Sorbet, 100% Frozen Juice, Kiwi Strawberry Swirl, 4.4 fl. oz., Luigi's, 48445, F - SR108053 (1 serv.) | 1,125 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 18.00 | 3.00 | 15.00 | 0.00 | 0.36 | 60.00 | 0.00 | 60.00 | (M) | (M) |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 800 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 450 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 450 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD SALSA - LR100158 (1/4 c.) | 250 | 10.58 | 0.00 | 0.00 | 0.00 | 0.00 | 179.89 | 2.12 | 0.00 | 1.06 | 0.00 | 0.00 | 0.00 | 105.82 | 380.95 | (M) | (M) |
| UD Middle School Lunch Week 5 Day 3 :47234 - Day: 3 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Pasta, Macaroni and Cheese, Prepared, Land O' Lakes, 43292, MMA, WGR - SR108684 (6 ounces) | 380 | 349.79 | 20.99 | 12.99 | 1.00 | 64.96 | 909.47 | 22.99 | 2.00 | 3.00 | 16.99 | 1.08 | 399.76 | 749.56 | 0.00 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|------------|---------|
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 480 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD Beef Nacho Salad - LR100324 (1 ea.) | 300 | 207.96 | 13.24 | 7.86 | 0.00 | 47.91 | 350.51 | 6.80 | 1.95 | 0.95(M) | 14.77 | 2.00 | 240.73 | 6966.69 (M) | 20.13 (M) | 75.28 (M) | 0.48(M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 225 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Potatoes, Mashed, Potato Pearls, Unprepared, 12/28 oz. Pouch, Basic American Foods, 76468, Veg-S - SR107666 (4 oz.) | 1,000 | 84.42 | 3.62 | 0.00 | 0.00 | 0.00 | 413.58 | 16.88 | 0.00 | 0.00 | 1.69 | 0.00(M) | 3.53(M) | 0.00(M) | 0.00(M) | 117.53 (M) | 0.12(M) |
| UD Carrots, Frozen, Steamed, Veg-RO - LR100128 (1/2 cup servin) | 150 | 52.45 | 0.96 | 0.17 | 0.00 | 0.00 | 83.63 | 10.96 | 4.68 | 5.78 | 0.82 | 0.75 | 49.61 | 23995.44 | 3.26 | 128.03 | 0.98 |
| UD LETTUCE & TOMOATO - LR100154 (5 oz.) | 1,000 | 24.55 | 0.00 | 0.00 | 0.00 | 0.00 | 18.82 | 5.03 | 1.41 | 1.81(M) | 1.21 | 0.70 | 36.22 | 795.61 | 7.24 | 0.00 | 0.00 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 850 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| ud diced peaches - LR100141 (1/2 c.) | 1,000 | 43.48 | 0.03 | 0.00 | 0.00 | 0.00 | 3.90 | 11.35 | 1.27 | 10.07 | 0.61 | 0.26 | 5.86 | 368.99 | 3.50 | 85.87 | 0.26 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 100 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|-----------|---------|
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 5 Day 4 :47234 - Day: 4 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 300 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD Beef Nacho Salad - LR100324 (1 ea.) | 200 | 207.96 | 13.24 | 7.86 | 0.00 | 47.91 | 350.51 | 6.80 | 1.95 | 0.95(M) | 14.77 | 2.00 | 240.73 | 6966.69 (M) | 20.13 (M) | 75.28 (M) | 0.48(M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 150 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| ud grilled cheese - LR100137 (1 sandwich) | 100 | 327.18 | 15.68 | 8.88 | 0.00 | 49.31 | 1050.84 | 31.91 | 3.74 | 8.57 | 15.47 | 1.35 | 408.10 | 394.45 | 0.00 | 0.00(M) | 0.00(M) |
| Wings, Boneless, Honey Sriracha Glazed, Whole Muscle, Wei Cafe, Tyson, 6147-928, MMA, WGR - SR108584 (6 piece) | 650 | 285.00 | 13.50 | 2.25 | 0.00 | 52.50 | 375.00 | 21.00 | 1.50 | 3.00 | 22.50 | 1.62 | 0.00 | 300.00 | 1.80 | (M) | (M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Bread, Goldfish Bread Whole Wheat, Campbells Foodservice, Pepperidge Farm, 19934, WGR - SR101059 (1 1/2 ounces) | 0 | 101.12 | 1.52 | 0.51 | 0.00 | 0.00 | 161.79 | 21.23 | 4.04 | 4.04 | 4.04 | 1.46 | 80.89 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Bean, Vegetarian In Tomato Sauce, West Creek/Performance Food Group, 858798-1165, Veg-BP - SR103089 (1/2 cup servin) | 500 | 110.00 | 0.50 | 0.00 | 0.00 | 0.00 | 440.00 | 22.00 | 4.00 | 2.00 | 4.75 | 3.60 | 80.00 | 750.00 | 2.40 | (M) | (M) |
| 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 | 1.04 | 0.46 | 29.30 | 388.00 | 2.90 | 63.67 | 0.33 |
| UD Carrots, Frozen, Steamed, Veg-RO - LR100128 (1/2 cup servin) | 1,000 | 52.45 | 0.96 | 0.17 | 0.00 | 0.00 | 83.63 | 10.96 | 4.68 | 5.78 | 0.82 | 0.75 | 49.61 | 23995.44 | 3.26 | 128.03 | 0.98 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:44:04 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|-----------|---------|
| Apple Juice - LR100039 (4 fl. oz.) | 1,000 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 14.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 700 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| 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) | 0.84 | 0.20 | 3.87 | 49.53 | 6.73 | 57.97 | 0.64 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 450 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD SALSA - LR100158 (1/4 c.) | 200 | 10.58 | 0.00 | 0.00 | 0.00 | 0.00 | 179.89 | 2.12 | 0.00 | 1.06 | 0.00 | 0.00 | 0.00 | 105.82 | 380.95 | (M) | (M) |
| UD Middle School Lunch Week 5 Day 5 :47234 - Day: 5 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Chicken Buffalo Wrap - LR100043 (1 sandwich) | 220 | 223.00 | 12.07 | 1.87 | 0.03 | 28.00 | 28.00 | 17.68 | 2.23 | 0.00 | 12.01 | 2.98 | 106.20 | 257.00 | 0.90 | 27.11 | 0.10 |
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 389 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD Beef Nacho Salad - LR100324 (1 ea.) | 300 | 207.96 | 13.24 | 7.86 | 0.00 | 47.91 | 350.51 | 6.80 | 1.95 | 0.95(M) | 14.77 | 2.00 | 240.73 | 6966.69 (M) | 20.13 (M) | 75.28 (M) | 0.48(M) |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:44:04 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| UD CHEESEBURGER - LR100127 (1 ea.) | 350 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| French Toast Sticks, Farm Rich Whole Grain, Frozen, Rich's, 37722, WG - SR104380 (3 ea.) | 250 | 195.00 | 7.50 | 1.50 | 0.00 | 0.00 | 225.00 | 28.50 | 2.25 | 6.75 | 4.50 | 1.36 | 25.50 | 16.50 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| 825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.) | 800 | 25.00 | 0.09 | 0.01 | 0.00 | 0.00 | 55.28 | 5.84 | 2.06 | 3.37 | 0.45 | 0.63 | 22.68 | 9773.49 | 1.84 | 64.03 | 0.45 |
| Green Peas - LR100021 (1/2 c.) | 1,000 | 73.00 | 0.25 | 0.05 | 0.00 | 0.00 | 68.00 | 13.37 | 5.16 | 0.00 | 4.83 | 1.43 | 22.50 | 1969.00 | 9.30 | 74.56 | 0.75 |
| Tater Tots - LR100049 (1/2 Cup (8 oz) | 1,000 | 95.00 | 4.76 | 1.02 | 0.00 | 0.00 | 183.60 | 10.88 | 1.36 | 0.00 | 1.36 | 0.24 | 13.60 | 68.00 | 0.82 | 0.00 | 0.00 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Orange Juice - LR100014 (4 oz.) | 1,100 | 50.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 13.00 | 0.00 | 0.00 | 1.00 | 2.00 | 0.00 | 0.00 | 42.00 | 0.00 | 0.00 |
| Sorbet, 100% Frozen Juice, Cherry/Blue Raspberry Swirl, 4.4 fl. oz., Luigi's, 48446, F - SR108054 (1 serv.) | 1,000 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 18.00 | 3.00 | 15.00 | 0.00 | 0.36 | 80.00 | 500.00 | 60.00 | (M) | (M) |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 650 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 450 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 450 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:44:04 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|--------------------|---------|-------------|-------------|--------------|------------|-------------|------------|---------------|------------|------------|------------|--------|--------------|-------------|---------|
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD SALSA - LR100158 (1/4 c.) | 400 | 10.58 | 0.00 | 0.00 | 0.00 | 0.00 | 179.89 | 2.12 | 0.00 | 1.06 | 0.00 | 0.00 | 0.00 | 105.82 | 380.95 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:40:01 AM by Kathleen McCullough

Menu Cycle: UD MIDDLE SCHOOL LUNCH WK4 2018-2019
 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] | 604.40 | |
| Fat (g) | | 20.78 | 30.95 |
| Sfat (g)(1) | < 10.00 % of Calories | 6.65 | 9.90 |
| TFat (g)(2) | | 0.15(M) | |
| Chol (mg) | | 43.93(M) | |
| Sodium Target 1 (mg) (13) | < 1,360.00 | 1,045.00 | |
| Sodium Target 2 (mg) (13) | < 1,035.00 | 1,045.00 | |
| Carb (g) | | 84.31 | 55.80 |
| TDF (g) | | 8.13(M) | |
| Sugars (g) | | 12.99(M) | 8.60 |
| Pro (g) | | 27.69 | 18.33 |
| Fe (mg) | | 3.64(M) | |
| Ca (mg) | | 576.21(M) | |
| A,IU | | 2,907.46(M) | |
| VitC (mg) | | 29.26(M) | |
| Mois (g) | | 130.83(M) | |
| Ash (g) | | 0.51(M) | |

| Cycle Week Food Component Summary | | | |
|-----------------------------------|------------------|----------------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Fruit | >= 2.500 | 5.500 | |
| Veg | >= 3.750 | [6.750 - 14.000] | |
| Veg-DG | >= 0.500 | 1.000 | |
| Veg-RO | >= 0.750 | 3.250 | |
| Veg-BP | >= 0.500 | 2.000 | |
| Veg-S | >= 0.500 | 1.500 | |
| Veg-O | >= 0.500 | 7.125 | |
| Grains | [8.000 - 10.000] | [9.000 - 12.000](a) | |
| Non-WGR | | 0.000 | |
| WGR | >= 100.000 % of | 45.000 | 100.00 |
| Meat/MA | [9.000 - 10.000] | [10.000 - 10.500](a) | |
| MILK-F | >= 5.000 | 5.000 | |
| Fruit-J | <= 50.000 % of | 1.500 | 27.27 |
| 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, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.
- a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| UD Middle School Lunch Week 4 Day 1 :47226 - Day: 1 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| cheese steak - LR100053 (1 ea.) | 200 | 330.00 | 10.17 | 3.20 | 0.00 | 25.89 | 535.70 | 36.50 | 4.00 | 1.25 | 16.65 | 2.88 | 110.00 | 50.00 | 0.00 | (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) | 438 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 150 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.) | 480 | 374.45 | 11.91 | 2.31 | 0.01 | 50.00 | 623.86 | 40.01 | 3.60 | 4.32 | 28.13 | 2.85 | 51.45 | 5.00 | 0.00 | (M) | (M) |
| UD Pizza Bagel Kit - LR100293 (1 ea.) | 268 | 351.80 | 13.16 | 8.10 | 0.00 | 40.50 | 979.02 | 35.01 | 2.91 | 4.85(M) | 20.17 | 0.35 | 445.97 | 691.63 | 2.35 | 2.85(M) | 0.01(M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| UD 825931 - Veg: Corn, Fz 1/2c - LR100191 (1/2 c.) | 1,000 | 66.98 | 0.55 | 0.09 | 0.00 | 0.00 | 0.83 | 15.96 | 1.98 | 2.54 | 2.11 | 0.39 | 2.48 | 164.55 | 2.89 | 63.69 | 0.36 |
| UD LETTUCE & TOMOATO - LR100154 (5 oz.) | 850 | 24.55 | 0.00 | 0.00 | 0.00 | 0.00 | 18.82 | 5.03 | 1.41 | 1.81(M) | 1.21 | 0.70 | 36.22 | 795.61 | 7.24 | 0.00 | 0.00 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Orange Juice - LR100014 (4 oz.) | 800 | 50.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 13.00 | 0.00 | 0.00 | 1.00 | 2.00 | 0.00 | 0.00 | 42.00 | 0.00 | 0.00 |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 1,000 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:40:01 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|------------|-----------|----------|---------|
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 1,250 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 4 Day 2 :47226 - Day: 2 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 387 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 470 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Pizza Bagel Kit - LR100293 (1 ea.) | 125 | 351.80 | 13.16 | 8.10 | 0.00 | 40.50 | 979.02 | 35.01 | 2.91 | 4.85(M) | 20.17 | 0.35 | 445.97 | 691.63 | 2.35 | 2.85(M) | 0.01(M) |
| Walking Beef Taco - LR100122 (1 ea.) | 500 | 294.72 | 17.21 | 6.15 | 1.33 | 49.48 (M) | 348.86 | 20.64 | 2.00(M) | 0.05(M) | 14.78 | 0.36(M) | 100.00 (M) | 254.81 (M) | 0.00(M) | (M) | (M) |
| Wings, Boneless, Honey Sriracha Glazed, Whole Muscle, Wei Cafe, Tyson, 6147-928, MMA, WGR - SR108584 (6 piece) | 200 | 285.00 | 13.50 | 2.25 | 0.00 | 52.50 | 375.00 | 21.00 | 1.50 | 3.00 | 22.50 | 1.62 | 0.00 | 300.00 | 1.80 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Beans, Baked, Vegetarian, Bush's Best, 1637 - SR107881 (1/2 c.) | 1,000 | 130.00 | 0.00 | 0.00 | 0.00 | 0.00 | 550.00 | 29.00 | 5.00 | 10.00 | 7.00 | 1.80 | 40.00 | 0.00 | 0.00 | (M) | (M) |
| Green Beans - LR100036 (1/2 c.) | 850 | 22.00 | 12.00 | 0.03 | 0.00 | 0.00 | 1.00 | 4.49 | 2.09 | 0.00 | 1.04 | 0.46 | 29.30 | 388.00 | 2.90 | 63.67 | 0.33 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Sorbet, 100% Frozen Juice, Kiwi Strawberry Swirl, 4.4 fl. oz., Luigi's, 48445, F - SR108053 (1 serv.) | 1,500 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 18.00 | 3.00 | 15.00 | 0.00 | 0.36 | 60.00 | 0.00 | 60.00 | (M) | (M) |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 1,000 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 1,250 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 4 Day 3 :47226 - Day: 3 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Fully Cooked Breaded Chicken Tenders: 46015 -WG - SR109421 (3 piece) | 415 | 170.00 | 6.00 | 0.00 | 0.00 | 0.00 | 380.00 | 14.00 | 1.00 | 1.00 | 14.00 | 1.80 | 60.00 | 100.00 | 0.00 | (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) | 365 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 380 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| ud grilled cheese - LR100137 (1 sandwich) | 200 | 327.18 | 15.68 | 8.88 | 0.00 | 49.31 | 1050.84 | 31.91 | 3.74 | 8.57 | 15.47 | 1.35 | 408.10 | 394.45 | 0.00 | 0.00(M) | 0.00(M) |
| UD Pizza Bagel Kit - LR100293 (1 ea.) | 115 | 351.80 | 13.16 | 8.10 | 0.00 | 40.50 | 979.02 | 35.01 | 2.91 | 4.85(M) | 20.17 | 0.35 | 445.97 | 691.63 | 2.35 | 2.85(M) | 0.01(M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Bread, Goldfish Bread Whole Wheat, Campbells Foodservice, Pepperidge Farm, 19934, WGR - SR101059 (1 1/2 ounces) | 100 | 101.12 | 1.52 | 0.51 | 0.00 | 0.00 | 161.79 | 21.23 | 4.04 | 4.04 | 4.04 | 1.46 | 80.89 | 0.00 | 0.00 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|----------|-----------|------------|---------|
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Potatoes, Mashed, Potato Pearls, Unprepared, 12/28 oz. Pouch, Basic American Foods, 76468, Veg-S - SR107666 (4 oz.) | 1,000 | 84.42 | 3.62 | 0.00 | 0.00 | 0.00 | 413.58 | 16.88 | 0.00 | 0.00 | 1.69 | 0.00(M) | 3.53(M) | 0.00(M) | 0.00(M) | 117.53 (M) | 0.12(M) |
| UD Carrots, Frozen, Steamed, Veg-RO - LR100128 (1/2 cup servin) | 150 | 52.45 | 0.96 | 0.17 | 0.00 | 0.00 | 83.63 | 10.96 | 4.68 | 5.78 | 0.82 | 0.75 | 49.61 | 23995.44 | 3.26 | 128.03 | 0.98 |
| UD LETTUCE & TOMOATO - LR100154 (5 oz.) | 1,000 | 24.55 | 0.00 | 0.00 | 0.00 | 0.00 | 18.82 | 5.03 | 1.41 | 1.81(M) | 1.21 | 0.70 | 36.22 | 795.61 | 7.24 | 0.00 | 0.00 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 800 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| ud diced peaches - LR100141 (1/2 c.) | 1,445 | 43.48 | 0.03 | 0.00 | 0.00 | 0.00 | 3.90 | 11.35 | 1.27 | 10.07 | 0.61 | 0.26 | 5.86 | 368.99 | 3.50 | 85.87 | 0.26 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 500 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 4 Day 4 :47226 - Day: 4 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 425 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 350 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD HIGH SCHOOL CHEESE STEAK - LR100177 (1 sandwich) | 150 | 351.46 | 18.56 | 7.65 | 0.00 | 52.52 | 456.52 | 26.86 | 3.92 | 2.35(M) | 19.47 | 2.46 | 164.22 | 45.00 | 0.00 | 0.00(M) | 0.00(M) |
| UD Pizza Bagel Kit - LR100293 (1 ea.) | 285 | 351.80 | 13.16 | 8.10 | 0.00 | 40.50 | 979.02 | 35.01 | 2.91 | 4.85(M) | 20.17 | 0.35 | 445.97 | 691.63 | 2.35 | 2.85(M) | 0.01(M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 100 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Bean, Vegetarian In Tomato Sauce, West Creek/Performance Food Group, 858798-1165, Veg-BP - SR103089 (1/2 cup servin) | 800 | 110.00 | 0.50 | 0.00 | 0.00 | 0.00 | 440.00 | 22.00 | 4.00 | 2.00 | 4.75 | 3.60 | 80.00 | 750.00 | 2.40 | (M) | (M) |
| Green Beans - LR100036 (1/2 c.) | 1,000 | 22.00 | 12.00 | 0.03 | 0.00 | 0.00 | 1.00 | 4.49 | 2.09 | 0.00 | 1.04 | 0.46 | 29.30 | 388.00 | 2.90 | 63.67 | 0.33 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Apple Juice - LR100039 (4 fl. oz.) | 1,000 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 14.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 800 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:40:01 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 750 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 4 Day 5 :47226 - Day: 5 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Pasta, Macaroni and Cheese, Prepared, Land O' Lakes, 43292, MMA, WGR - SR108684 (6 ounces) | 625 | 349.79 | 20.99 | 12.99 | 1.00 | 64.96 | 909.47 | 22.99 | 2.00 | 3.00 | 16.99 | 1.08 | 399.76 | 749.56 | 0.00 | (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) | 420 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 220 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Pizza Bagel Kit - LR100293 (1 ea.) | 150 | 351.80 | 13.16 | 8.10 | 0.00 | 40.50 | 979.02 | 35.01 | 2.91 | 4.85(M) | 20.17 | 0.35 | 445.97 | 691.63 | 2.35 | 2.85(M) | 0.01(M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| 825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.) | 850 | 25.00 | 0.09 | 0.01 | 0.00 | 0.00 | 55.28 | 5.84 | 2.06 | 3.37 | 0.45 | 0.63 | 22.68 | 9773.49 | 1.84 | 64.03 | 0.45 |
| Green Peas - LR100021 (1/2 c.) | 1,000 | 73.00 | 0.25 | 0.05 | 0.00 | 0.00 | 68.00 | 13.37 | 5.16 | 0.00 | 4.83 | 1.43 | 22.50 | 1969.00 | 9.30 | 74.56 | 0.75 |
| Shredded Lettuce and Tomato, Veg-O - SR105405 (1/2 c.) | 550 | 13.04 | 0.14 | 0.02 | 0.00 | 0.00 | 4.59 | 2.81 | 0.91 | 1.89 | 0.67 | 0.23 | 8.87 | 580.34 | 8.68 | 71.99 | 0.36 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Orange Juice - LR100014 (4 oz.) | 1,000 | 50.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 13.00 | 0.00 | 0.00 | 1.00 | 2.00 | 0.00 | 0.00 | 42.00 | 0.00 | 0.00 |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 850 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 25 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 832253: Sauce P, Marin. AP 1/4c - AR1436 (1/4 c.) | 389 | 30.00 | 0.50 | 0.00 | 0.00 | 0.00 | 10.00 | 5.00 | 1.50 | 3.00 | 1.00 | 0.36 | 10.00 | 250.00 | 1.80 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 40 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:36:13 AM by Kathleen McCullough

Menu Cycle: UD MIDDLE SCHOOL LUNCH WEEK 3 2018-2019

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] | 628.16 | |
| Fat (g) | | 19.68 | 28.19 |
| Sfat (g)(1) | < 10.00 % of Calories | 6.91 | 9.90 |
| TFat (g)(2) | | 0.30(M) | |
| Chol (mg) | | 45.15 | |
| Sodium Target 1 (mg) (13) | < 1,360.00 | 1,068.77 | |
| Sodium Target 2 (mg) (13) | < 1,035.00 | 1,068.77 | |
| Carb (g) | | 87.04 | 55.43 |
| TDF (g) | | 9.40 | |
| Sugars (g) | | 12.48(M) | 7.95 |
| Pro (g) | | 28.80 | 18.34 |
| Fe (mg) | | 3.81(M) | |
| Ca (mg) | | 555.98(M) | |
| A,IU | | 3,000.64(M) | |
| VitC (mg) | | 29.45(M) | |
| Mois (g) | | 125.40(M) | |
| Ash (g) | | 0.58(M) | |

| Cycle Week Food Component Summary | | | |
|-----------------------------------|------------------|----------------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Fruit | >= 2.500 | 5.500 | |
| Veg | >= 3.750 | [7.375 - 13.500] | |
| Veg-DG | >= 0.500 | 6.000 | |
| Veg-RO | >= 0.750 | 2.125 | |
| Veg-BP | >= 0.500 | 4.000 | |
| Veg-S | >= 0.500 | 1.500 | |
| Veg-O | >= 0.500 | 2.000 | |
| Grains | [8.000 - 10.000] | [10.000 - 15.000](a) | |
| Non-WGR | | 0.000 | |
| WGR | >= 100.000 % of | 42.000 | 100.00 |
| Meat/MA | [9.000 - 10.000] | [10.000 - 11.000](a) | |
| MILK-F | >= 5.000 | 5.000 | |
| Fruit-J | <= 50.000 % of | 1.500 | 27.27 |
| 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, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.
- a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| UD Middle School Lunch Week 3 Day 1 :47006 - Day: 1 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 615 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD Buffalo Chicken Cheese steak - LR100281 (1 sandwich) | 350 | 223.21 | 6.07 | 2.28 | 0.00 | 22.69 | 974.86 | 28.03 | 3.92 | 2.76(M) | 14.40 | 1.82 | 164.75 | 294.97 | 0.49 | 0.00(M) | 0.00(M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 580 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Popcorn Chicken Salad - LR100268 (1 salad) | 150 | 260.16 | 13.93 | 2.68 | 0.00 | 21.43 | 383.56 | 17.58 | 4.07 | 1.07 | 15.86 | 2.24 | 67.77 | 1395.75 | 7.73 | (M) | (M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 150 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| UD 825931 - Veg: Corn, Fz 1/2c - LR100191 (1/2 c.) | 1,000 | 66.98 | 0.55 | 0.09 | 0.00 | 0.00 | 0.83 | 15.96 | 1.98 | 2.54 | 2.11 | 0.39 | 2.48 | 164.55 | 2.89 | 63.69 | 0.36 |
| UD LETTUCE & TOMOATO - LR100154 (5 oz.) | 400 | 24.55 | 0.00 | 0.00 | 0.00 | 0.00 | 18.82 | 5.03 | 1.41 | 1.81(M) | 1.21 | 0.70 | 36.22 | 795.61 | 7.24 | 0.00 | 0.00 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Orange Juice - LR100014 (4 oz.) | 800 | 50.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 13.00 | 0.00 | 0.00 | 1.00 | 2.00 | 0.00 | 0.00 | 42.00 | 0.00 | 0.00 |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 1,000 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 90 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,500 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:36:13 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 400 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 400 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 3 Day 2 :47006 - Day: 2 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| HOT AND SPICY CHICKEN PATTY SANDWICH - LR100220 (1 ea.) | 100 | 420.00 | 17.50 | 3.50 | 0.00 | 25.00 | 720.00 | 44.00 | 6.00 | 4.00 | 21.00 | 4.14 | 100.00 | 100.00 | 0.00 | (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) | 650 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 100 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Popcorn Chicken Salad - LR100268 (1 salad) | 200 | 260.16 | 13.93 | 2.68 | 0.00 | 21.43 | 383.56 | 17.58 | 4.07 | 1.07 | 15.86 | 2.24 | 67.77 | 1395.75 | 7.73 | (M) | (M) |
| UD SOFT BEEF TACO - LR100143 (1 1/2 oz.) | 610 | 180.00 | 9.26 | 4.25 | 0.00 | 22.00 | 315.00 | 15.31 | 2.55 | 0.00 | 9.90 | 1.66 | 187.82 | 188.00 | 0.10 | (M) | (M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 200 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Beans, Baked, Vegetarian, Bush's Best, 1637 - SR107881 (1/2 c.) | 800 | 130.00 | 0.00 | 0.00 | 0.00 | 0.00 | 550.00 | 29.00 | 5.00 | 10.00 | 7.00 | 1.80 | 40.00 | 0.00 | 0.00 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|--|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| 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 | 1.04 | 0.46 | 29.30 | 388.00 | 2.90 | 63.67 | 0.33 |
| Green Peas - LR100021 (1/2 c.) | 1,000 | 73.00 | 0.25 | 0.05 | 0.00 | 0.00 | 68.00 | 13.37 | 5.16 | 0.00 | 4.83 | 1.43 | 22.50 | 1969.00 | 9.30 | 74.56 | 0.75 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Sorbet, 100% Frozen Juice, Kiwi Strawberry Swirl, 4.4 fl. oz., Luigi's, 48445, F - SR108053 (1 serv.) | 1,000 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 18.00 | 3.00 | 15.00 | 0.00 | 0.36 | 60.00 | 0.00 | 60.00 | (M) | (M) |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 1,000 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 100 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,500 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 125 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 3 Day 3 :47006 - Day: 3 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Sandwich, 51% WG Turkey Pepperoni Stuffed, Beacon Street Cafe, Schwan's Food Service, 78377, MMA, WGR, Veg-RO - SR107370 (1 piece) | 650 | 300.00 | 11.00 | 5.00 | 0.00 | 40.00 | 680.00 | 32.00 | 3.00 | 4.00 | 18.00 | (M) | (M) | (M) | (M) | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|----------|-----------|-----------|---------|
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 575 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 250 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Popcorn Chicken Salad - LR100268 (1 salad) | 250 | 260.16 | 13.93 | 2.68 | 0.00 | 21.43 | 383.56 | 17.58 | 4.07 | 1.07 | 15.86 | 2.24 | 67.77 | 1395.75 | 7.73 | (M) | (M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 250 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Potatoes, Mashed, Potato Pearls, Unprepared, 12/28 oz. Pouch, Basic American Foods, 76468, Veg-S - SR107666 (4 oz.) | 1,000 | 84.42 | 3.62 | 0.00 | 0.00 | 0.00 | 413.58 | 16.88 | 0.00 | 0.00 | 1.69 | 0.00(M) | 3.53(M) | 0.00(M) | 0.00(M) | 117.53(M) | 0.12(M) |
| UD Carrots, Frozen, Steamed, Veg-RO - LR100128 (1/2 cup servin) | 50 | 52.45 | 0.96 | 0.17 | 0.00 | 0.00 | 83.63 | 10.96 | 4.68 | 5.78 | 0.82 | 0.75 | 49.61 | 23995.44 | 3.26 | 128.03 | 0.98 |
| UD LETTUCE & TOMOATO - LR100154 (5 oz.) | 800 | 24.55 | 0.00 | 0.00 | 0.00 | 0.00 | 18.82 | 5.03 | 1.41 | 1.81(M) | 1.21 | 0.70 | 36.22 | 795.61 | 7.24 | 0.00 | 0.00 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 500 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| ud diced peaches - LR100141 (1/2 c.) | 1,000 | 43.48 | 0.03 | 0.00 | 0.00 | 0.00 | 3.90 | 11.35 | 1.27 | 10.07 | 0.61 | 0.26 | 5.86 | 368.99 | 3.50 | 85.87 | 0.26 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|-----------|------------|-----------|----------|---------|
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 1,250 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 3 Day 4 :47006 - Day: 4 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| ham and cheese wrap - LR100087 (1 wrap) | 155 | 232.92 | 5.69 | 2.23 | 0.00 | 2.08 | 561.87 | 39.86 | 5.87 | 3.91 | 7.92 | 2.29 | 203.17 | 1950.36 | 19.50 | (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) | 500 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 150 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Popcorn Chicken Salad - LR100268 (1 salad) | 200 | 260.16 | 13.93 | 2.68 | 0.00 | 21.43 | 383.56 | 17.58 | 4.07 | 1.07 | 15.86 | 2.24 | 67.77 | 1395.75 | 7.73 | (M) | (M) |
| UD SLOPPY JOE BBQ - LR100336 (1 sandwich) | 600 | 370.29 | 23.86 | 6.27 | 3.02(M) | 78.41 | 736.49 | 25.50 | 2.46 | 1.42(M) | 24.99 | 1.53(M) | 49.52 (M) | 108.17 (M) | 4.22(M) | (M) | (M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 200 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Bean, Vegetarian In Tomato Sauce, West Creek/Performance Food Group, 858798-1165, Veg-BP - SR103089 (1/2 cup servin) | 800 | 110.00 | 0.50 | 0.00 | 0.00 | 0.00 | 440.00 | 22.00 | 4.00 | 2.00 | 4.75 | 3.60 | 80.00 | 750.00 | 2.40 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:36:13 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| 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 | 1.04 | 0.46 | 29.30 | 388.00 | 2.90 | 63.67 | 0.33 |
| Green Peas - LR100021 (1/2 c.) | 1,000 | 73.00 | 0.25 | 0.05 | 0.00 | 0.00 | 68.00 | 13.37 | 5.16 | 0.00 | 4.83 | 1.43 | 22.50 | 1969.00 | 9.30 | 74.56 | 0.75 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Ardmore Farms Apple Juice - LR100117 (1 ea.) | 850 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 14.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 1,000 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 400 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 400 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 400 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 3 Day 5 :47006 - Day: 5 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Pasta, Macaroni and Cheese, Prepared, Land O' Lakes, 43292, MMA, WGR - SR108684 (6 ounces) | 700 | 349.79 | 20.99 | 12.99 | 1.00 | 64.96 | 909.47 | 22.99 | 2.00 | 3.00 | 16.99 | 1.08 | 399.76 | 749.56 | 0.00 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 480 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 125 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Popcorn Chicken Salad - LR100268 (1 salad) | 250 | 260.16 | 13.93 | 2.68 | 0.00 | 21.43 | 383.56 | 17.58 | 4.07 | 1.07 | 15.86 | 2.24 | 67.77 | 1395.75 | 7.73 | (M) | (M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 200 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| 825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.) | 800 | 25.00 | 0.09 | 0.01 | 0.00 | 0.00 | 55.28 | 5.84 | 2.06 | 3.37 | 0.45 | 0.63 | 22.68 | 9773.49 | 1.84 | 64.03 | 0.45 |
| Green Peas - LR100021 (1/2 c.) | 1,100 | 73.00 | 0.25 | 0.05 | 0.00 | 0.00 | 68.00 | 13.37 | 5.16 | 0.00 | 4.83 | 1.43 | 22.50 | 1969.00 | 9.30 | 74.56 | 0.75 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Ardmore Farms Apple Juice - LR100117 (1 ea.) | 650 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 14.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sorbet, 100% Frozen Juice, Kiwi Strawberry Swirl, 4.4 fl. oz., Luigi's, 48445, F - SR108053 (1 serv.) | 1,000 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 18.00 | 3.00 | 15.00 | 0.00 | 0.36 | 60.00 | 0.00 | 60.00 | (M) | (M) |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 1,000 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,500 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:36:13 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|--|----------|------------------------|---------|-------------|-------------|--------------|------------|-------------|------------|---------------|------------|------------|------------|-------|--------------|-------------|---------|
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 400 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 450 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 450 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:34:01 AM by Kathleen McCullough

Menu Cycle: UD MIDDLE SCHOOL LUNCH WEEK 2 2018-2019
 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] | 601.38 | |
| Fat (g) | | 17.94 | 26.85 |
| Sfat (g)(1) | < 10.00 % of Calories | 5.43 | 8.13 |
| TFat (g)(2) | | 0.11(M) | |
| Chol (mg) | | 40.44(M) | |
| Sodium Target 1 (mg) (13) | < 1,360.00 | 1,054.94 | |
| Sodium Target 2 (mg) (13) | < 1,035.00 | 1,054.94 | |
| Carb (g) | | 87.76 | 58.37 |
| TDF (g) | | 9.29(M) | |
| Sugars (g) | | 14.01(M) | 9.32 |
| Pro (g) | | 28.52 | 18.97 |
| Fe (mg) | | 5.53(M) | |
| Ca (mg) | | 514.87(M) | |
| A,IU | | 5,190.82(M) | |
| VitC (mg) | | 37.53(M) | |
| Mois (g) | | 133.40(M) | |
| Ash (g) | | 0.63(M) | |

| Cycle Week Food Component Summary | | | |
|-----------------------------------|------------------|----------------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Fruit | >= 2.500 | 5.500 | |
| Veg | >= 3.750 | [6.000 - 11.125] | |
| Veg-DG | >= 0.500 | 2.000 | |
| Veg-RO | >= 0.750 | 4.875 | |
| Veg-BP | >= 0.500 | 2.000 | |
| Veg-S | >= 0.500 | 3.000 | |
| Veg-O | >= 0.500 | 3.000 | |
| Grains | [8.000 - 10.000] | [10.000 - 12.000](a) | |
| Non-WGR | | 0.000 | |
| WGR | >= 100.000 % 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 | 2.000 | 36.36 |
| 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, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.
- a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:34:01 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| UD Middle School Lunch Week 2 Day 1 :46993 - Day: 1 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| UD CHEESEBURGER - LR100127 (1 ea.) | 467 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.) | 100 | 374.45 | 11.91 | 2.31 | 0.01 | 50.00 | 623.86 | 40.01 | 3.60 | 4.32 | 28.13 | 2.85 | 51.45 | 5.00 | 0.00 | (M) | (M) |
| UD Hummus and vegetable Platter - LR100270 (1 ea.) | 250 | 380.05 | 13.97 | 2.52 | 0.00 | 15.00 | 919.73 | 51.73 | 7.61 | 5.20 | 17.54 | 3.11 | 224.87 | 5506.15 | 4.95 | 62.75(M) | 0.47(M) |
| UD MIDDLE CHICKEN CHEESE STEAK - LR100144 (1 sandwich) | 390 | 239.33 | 6.86 | 2.55 | 0.00 | 30.28 | 568.16 | 28.08 | 3.92 | 2.96(M) | 16.43 | 1.83 | 165.25 | 75.38 | 0.73 | 0.00(M) | 0.00(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) | 460 | 300.00 | 11.00 | 5.00 | 0.00 | 25.00 | 600.00 | 35.00 | 4.00 | 14.00 | 16.00 | 2.70 | 250.00 | 400.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Green Beans - LR100036 (1/2 c.) | 0 | 22.00 | 12.00 | 0.03 | 0.00 | 0.00 | 1.00 | 4.49 | 2.09 | 0.00 | 1.04 | 0.46 | 29.30 | 388.00 | 2.90 | 63.67 | 0.33 |
| UD 825931 - Veg: Corn, Fz 1/2c - LR100191 (1/2 c.) | 1,020 | 66.98 | 0.55 | 0.09 | 0.00 | 0.00 | 0.83 | 15.96 | 1.98 | 2.54 | 2.11 | 0.39 | 2.48 | 164.55 | 2.89 | 63.69 | 0.36 |
| UD LETTUCE & TOMOATO - LR100154 (5 oz.) | 1,000 | 24.55 | 0.00 | 0.00 | 0.00 | 0.00 | 18.82 | 5.03 | 1.41 | 1.81(M) | 1.21 | 0.70 | 36.22 | 795.61 | 7.24 | 0.00 | 0.00 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Orange Juice - LR100014 (4 oz.) | 1,000 | 50.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 13.00 | 0.00 | 0.00 | 1.00 | 2.00 | 0.00 | 0.00 | 42.00 | 0.00 | 0.00 |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 800 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 250 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,350 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 50 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 50 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|------------|-----------|-----------|---------|
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 150 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 250 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 250 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 2 Day 2 :46993 - Day: 2 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| HOT AND SPICY CHICKEN PATTY SANDWICH - LR100220 (1 ea.) | 155 | 420.00 | 17.50 | 3.50 | 0.00 | 25.00 | 720.00 | 44.00 | 6.00 | 4.00 | 21.00 | 4.14 | 100.00 | 100.00 | 0.00 | (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) | 325 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 250 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Hummus and vegetable Platter - LR100270 (1 ea.) | 250 | 380.05 | 13.97 | 2.52 | 0.00 | 15.00 | 919.73 | 51.73 | 7.61 | 5.20 | 17.54 | 3.11 | 224.87 | 5506.15 | 4.95 | 62.75 (M) | 0.47(M) |
| Walking Beef Taco - LR100122 (1 ea.) | 675 | 294.72 | 17.21 | 6.15 | 1.33 | 49.48 (M) | 348.86 | 20.64 | 2.00(M) | 0.05(M) | 14.78 | 0.36(M) | 100.00 (M) | 254.81 (M) | 0.00(M) | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Beans, Baked, Vegetarian, Bush's Best, 1637 - SR107881 (1/2 c.) | 800 | 130.00 | 0.00 | 0.00 | 0.00 | 0.00 | 550.00 | 29.00 | 5.00 | 10.00 | 7.00 | 1.80 | 40.00 | 0.00 | 0.00 | (M) | (M) |
| 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 | 1.04 | 0.46 | 29.30 | 388.00 | 2.90 | 63.67 | 0.33 |
| Green Peas - LR100021 (1/2 c.) | 1,000 | 73.00 | 0.25 | 0.05 | 0.00 | 0.00 | 68.00 | 13.37 | 5.16 | 0.00 | 4.83 | 1.43 | 22.50 | 1969.00 | 9.30 | 74.56 | 0.75 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Sorbet, 100% Frozen Juice, Kiwi Strawberry Swirl, 4.4 fl. oz., Luigi's, 48445, F - SR108053 (1 serv.) | 1,500 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 18.00 | 3.00 | 15.00 | 0.00 | 0.36 | 60.00 | 0.00 | 60.00 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:34:01 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|-----------|---------|
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 500 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 90 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,350 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 80 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 89 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 250 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 250 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 250 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 2 Day 3 :46993 - Day: 3 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Chicken Mashed Potato Bowl - LR100335 (1 bowl) | 750 | 383.25 | 16.06 | 5.13 | 0.00 | 31.76 | 538.03 | 43.20 | 4.78 | 3.12 | 19.05 | 2.16 | 136.71 | 320.36 | 39.89 | 96.79 (M) | 0.25(M) |
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 300 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 500 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Hummus and vegetable Platter - LR100270 (1 ea.) | 118 | 380.05 | 13.97 | 2.52 | 0.00 | 15.00 | 919.73 | 51.73 | 7.61 | 5.20 | 17.54 | 3.11 | 224.87 | 5506.15 | 4.95 | 62.75 (M) | 0.47(M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|----------|-----------|------------|---------|
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 100 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Potatoes, Mashed, Potato Pearls, Unprepared, 12/28 oz. Pouch, Basic American Foods, 76468, Veg-S - SR107666 (4 oz.) | 1,000 | 84.42 | 3.62 | 0.00 | 0.00 | 0.00 | 413.58 | 16.88 | 0.00 | 0.00 | 1.69 | 0.00(M) | 3.53(M) | 0.00(M) | 0.00(M) | 117.53 (M) | 0.12(M) |
| UD Carrots, Frozen, Steamed, Veg-RO - LR100128 (1/2 cup servin) | 50 | 52.45 | 0.96 | 0.17 | 0.00 | 0.00 | 83.63 | 10.96 | 4.68 | 5.78 | 0.82 | 0.75 | 49.61 | 23995.44 | 3.26 | 128.03 | 0.98 |
| UD LETTUCE & TOMOATO - LR100154 (5 oz.) | 950 | 24.55 | 0.00 | 0.00 | 0.00 | 0.00 | 18.82 | 5.03 | 1.41 | 1.81(M) | 1.21 | 0.70 | 36.22 | 795.61 | 7.24 | 0.00 | 0.00 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 800 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| ud diced peaches - LR100141 (1/2 c.) | 1,000 | 43.48 | 0.03 | 0.00 | 0.00 | 0.00 | 3.90 | 11.35 | 1.27 | 10.07 | 0.61 | 0.26 | 5.86 | 368.99 | 3.50 | 85.87 | 0.26 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 90 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,350 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 80 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 150 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 300 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|----------|-----------|-----------|---------|
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 300 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 2 Day 4 :46993 - Day: 4 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Caesar Chicken Wrap - LR100020 (1 ea.) | 225 | 267.00 | 17.00 | 3.71 | 0.03 | 21.00 | 666.00 | 16.60 | 2.35 | 0.00 | 12.14 | 2.37 | 185.10 | 2032.00 | 0.90 | 20.46 | 0.13 |
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 500 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 200 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Hummus and vegetable Platter - LR100270 (1 ea.) | 150 | 380.05 | 13.97 | 2.52 | 0.00 | 15.00 | 919.73 | 51.73 | 7.61 | 5.20 | 17.54 | 3.11 | 224.87 | 5506.15 | 4.95 | 62.75 (M) | 0.47(M) |
| UD MEATBALL SUB - LR100133 (1 ea.) | 550 | 406.22 | 13.25 | 4.88 | 0.00(M) | 43.75 | 1250.87 | 41.66 | 5.91 | 3.00(M) | 29.81 | 21.21 | 27.50 | 91.45 | 2.19 | 0.00(M) | 0.00(M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Bean, Vegetarian In Tomato Sauce, West Creek/Performance Food Group, 858798-1165, Veg-BP - SR103089 (1/2 cup servin) | 1,000 | 110.00 | 0.50 | 0.00 | 0.00 | 0.00 | 440.00 | 22.00 | 4.00 | 2.00 | 4.75 | 3.60 | 80.00 | 750.00 | 2.40 | (M) | (M) |
| Fresh Broccoli - LR100011 (1/2 c.) | 50 | 11.00 | 0.00 | 0.01 | 0.00 | 0.00 | 11.00 | 2.12 | 0.83 | 0.00 | 0.90 | 0.23 | 15.00 | 198.50 | 28.40 | 0.00 | 0.00 |
| UD Carrots, Frozen, Steamed, Veg-RO - LR100128 (1/2 cup servin) | 900 | 52.45 | 0.96 | 0.17 | 0.00 | 0.00 | 83.63 | 10.96 | 4.68 | 5.78 | 0.82 | 0.75 | 49.61 | 23995.44 | 3.26 | 128.03 | 0.98 |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Apple Juice - LR100039 (4 fl. oz.) | 1,000 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 14.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Juice, 4.4 fl oz Luigi's 100% Frozen Sorbet Orange, J&J Snack Foods 48441, F - SR106461 (1/2 c.) | 500 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 19.00 | 3.00 | 15.00 | 0.00 | 0.36 | 60.00 | 3000.00 | 60.00 | (M) | (M) |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 680 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|-----------|---------|
| Strawberry nonfat milk - LR100016 (8 serving 8) | 90 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,350 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 80 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 150 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 200 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 250 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 2 Day 5 :46993 - Day: 5 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Chicken Tenders, Whole Grain Shaped Strips, Fully Cooked, Gold Kist Farms, 62210, MMA, WG - SR106892 (3 ea.) | 450 | 203.00 | 11.00 | 2.00 | 0.00 | 47.00 | 393.00 | 12.00 | 2.00 | 0.00 | 14.00 | 2.00 | 24.00 | 37.00 | 1.00 | (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) | 480 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 150 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD HIGH SCHOOL HAM AND CHEESE WRAP - LR100172 (1 sandwich) | 220 | 260.44 | 10.41 | 4.20 | 0.00 | 51.54 | 754.62 | 26.26 | 3.01 | 0.74(M) | 17.29 | 1.92 | 187.50 | 98.61 | 0.78 | (M) | (M) |
| UD Hummus and vegetable Platter - LR100270 (1 ea.) | 225 | 380.05 | 13.97 | 2.52 | 0.00 | 15.00 | 919.73 | 51.73 | 7.61 | 5.20 | 17.54 | 3.11 | 224.87 | 5506.15 | 4.95 | 62.75 (M) | 0.47(M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:34:01 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|-----------|---------|
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 100 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| 825570-VEG: Carrots, Fresh Baby3/4c - AR1048 (3/4 c.) | 300 | 25.00 | 0.09 | 0.01 | 0.00 | 0.00 | 55.28 | 5.84 | 2.06 | 3.37 | 0.45 | 0.63 | 22.68 | 9773.49 | 1.84 | 64.03 | 0.45 |
| Green Beans - LR100036 (1/2 c.) | 1,000 | 22.00 | 12.00 | 0.03 | 0.00 | 0.00 | 1.00 | 4.49 | 2.09 | 0.00 | 1.04 | 0.46 | 29.30 | 388.00 | 2.90 | 63.67 | 0.33 |
| Potatoes, Potato Pearls Extra Rich Mashed, Basic American Foods, 81837, Veg-S - SR107643 (1/2 c.) | 200 | 386.37 | 0.00 | 0.00 | 0.00 | 0.00 | 110.39 | 77.27 | 6.62 | 0.00 | 7.73 | 1.10 | 40.84 | 11.04 | 35.44 | (M) | (M) |
| Sauce, Plain Pizza Sauce to Dip, Veg-RO - SR103724 (4 ounces) | 150 | 42.85 | 0.14 | 0.02 | 0.00(M) | 0.00 | 510.59 | 9.24 | 1.41 | 3.48(M) | 1.96 | 1.28 | 31.65 | 1000.66 | 18.39 | 49.98 (M) | 1.01(M) |
| Category: Fruits; Choose: 2 | | | | | | | | | | | | | | | | | |
| Orange Juice - LR100014 (4 oz.) | 1,000 | 50.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 13.00 | 0.00 | 0.00 | 1.00 | 2.00 | 0.00 | 0.00 | 42.00 | 0.00 | 0.00 |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 500 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 90 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,340 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 50 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 50 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 58 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 250 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 250 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:34:01 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|--------------------|---------|-------------|-------------|--------------|------------|-------------|------------|---------------|------------|------------|------------|------|--------------|-------------|---------|
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 250 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:31:56 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| UD Middle School Lunch Week 1 Day 1 :47178 - Day: 1 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 200 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD Buffalo Chicken Cheese steak - LR100281 (1 sandwich) | 350 | 223.21 | 6.07 | 2.28 | 0.00 | 22.69 | 974.86 | 28.03 | 3.92 | 2.76(M) | 14.40 | 1.82 | 164.75 | 294.97 | 0.49 | 0.00(M) | 0.00(M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 800 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD MIDDLE CHICKEN CHEESE STEAK - LR100144 (1 sandwich) | 25 | 239.33 | 6.86 | 2.55 | 0.00 | 30.28 | 568.16 | 28.08 | 3.92 | 2.96(M) | 16.43 | 1.83 | 165.25 | 75.38 | 0.73 | 0.00(M) | 0.00(M) |
| UD Popcorn Chicken Salad - LR100268 (1 salad) | 315 | 260.16 | 13.93 | 2.68 | 0.00 | 21.43 | 383.56 | 17.58 | 4.07 | 1.07 | 15.86 | 2.24 | 67.77 | 1395.75 | 7.73 | (M) | (M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 315 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Green Beans - LR100036 (1/2 c.) | 950 | 22.00 | 12.00 | 0.03 | 0.00 | 0.00 | 1.00 | 4.49 | 2.09 | 0.00 | 1.04 | 0.46 | 29.30 | 388.00 | 2.90 | 63.67 | 0.33 |
| UD 825931 - Veg: Corn, Fz 1/2c - LR100191 (1/2 c.) | 0 | 66.98 | 0.55 | 0.09 | 0.00 | 0.00 | 0.83 | 15.96 | 1.98 | 2.54 | 2.11 | 0.39 | 2.48 | 164.55 | 2.89 | 63.69 | 0.36 |
| UD LETTUCE & TOMOATO - LR100154 (5 oz.) | 1,000 | 24.55 | 0.00 | 0.00 | 0.00 | 0.00 | 18.82 | 5.03 | 1.41 | 1.81(M) | 1.21 | 0.70 | 36.22 | 795.61 | 7.24 | 0.00 | 0.00 |
| Category: Fruits; Choose: 1 | | | | | | | | | | | | | | | | | |
| Orange Juice - LR100014 (4 oz.) | 800 | 50.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 13.00 | 0.00 | 0.00 | 1.00 | 2.00 | 0.00 | 0.00 | 42.00 | 0.00 | 0.00 |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 500 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:31:56 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 150 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 850 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| 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 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 1 Day 2 :47178 - Day: 2 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| HOT AND SPICY CHICKEN PATTY SANDWICH - LR100220 (1 ea.) | 55 | 420.00 | 17.50 | 3.50 | 0.00 | 25.00 | 720.00 | 44.00 | 6.00 | 4.00 | 21.00 | 4.14 | 100.00 | 100.00 | 0.00 | (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) | 212 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 325 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Popcorn Chicken Salad - LR100268 (1 salad) | 250 | 260.16 | 13.93 | 2.68 | 0.00 | 21.43 | 383.56 | 17.58 | 4.07 | 1.07 | 15.86 | 2.24 | 67.77 | 1395.75 | 7.73 | (M) | (M) |
| UD SOFT BEEF TACO - LR100143 (1 1/2 oz.) | 825 | 180.00 | 9.26 | 4.25 | 0.00 | 22.00 | 315.00 | 15.31 | 2.55 | 0.00 | 9.90 | 1.66 | 187.82 | 188.00 | 0.10 | (M) | (M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 200 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| 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 | 1.04 | 0.46 | 29.30 | 388.00 | 2.90 | 63.67 | 0.33 |
| Green Peas - LR100021 (1/2 c.) | 1,000 | 73.00 | 0.25 | 0.05 | 0.00 | 0.00 | 68.00 | 13.37 | 5.16 | 0.00 | 4.83 | 1.43 | 22.50 | 1969.00 | 9.30 | 74.56 | 0.75 |
| UDBeans, Baked Beans (Canned), Veg-BP - LR100198 (1/2 c.) | 540 | 112.67 | 0.51 | 0.00 | 0.00 | 0.00 | 450.67 | 22.53 | 4.10 | 2.05 | 4.87 | 3.69 | 81.94 | 768.18 | 2.46 | (M) | (M) |
| Category: Fruits; Choose: 1 | | | | | | | | | | | | | | | | | |
| Sorbet, 100% Frozen Juice, Kiwi Strawberry Swirl, 4.4 fl. oz., Luigi's, 48445, F - SR108053 (1 serv.) | 1,200 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 18.00 | 3.00 | 15.00 | 0.00 | 0.36 | 60.00 | 0.00 | 60.00 | (M) | (M) |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 500 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 850 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 185 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 225 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 1 Day 3 :47178 - Day: 3 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| Orange Popcorn Chicken w/Broccoli & Egg Roll - LR100338 (1 8 oz Servi) | 200 | 328.59 | 14.76 | 2.83 | 0.00 | 22.49 | 480.51 | 32.37 | 5.05 | 9.17 | 17.44 | 2.50 | 66.07 | 662.86 | 43.45 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:31:56 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|----------|-----------|------------|---------|
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 289 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 400 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| ud grilled cheese - LR100137 (1 sandwich) | 400 | 327.18 | 15.68 | 8.88 | 0.00 | 49.31 | 1050.84 | 31.91 | 3.74 | 8.57 | 15.47 | 1.35 | 408.10 | 394.45 | 0.00 | 0.00(M) | 0.00(M) |
| UD Popcorn Chicken Salad - LR100268 (1 salad) | 250 | 260.16 | 13.93 | 2.68 | 0.00 | 21.43 | 383.56 | 17.58 | 4.07 | 1.07 | 15.86 | 2.24 | 67.77 | 1395.75 | 7.73 | (M) | (M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 250 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| Potatoes, Mashed, Potato Pearls, Unprepared, 12/28 oz. Pouch, Basic American Foods, 76468, Veg-S - SR107666 (4 oz.) | 1,000 | 84.42 | 3.62 | 0.00 | 0.00 | 0.00 | 413.58 | 16.88 | 0.00 | 0.00 | 1.69 | 0.00(M) | 3.53(M) | 0.00(M) | 0.00(M) | 117.53 (M) | 0.12(M) |
| UD Carrots, Frozen, Steamed, Veg-RO - LR100128 (1/2 cup servin) | 25 | 52.45 | 0.96 | 0.17 | 0.00 | 0.00 | 83.63 | 10.96 | 4.68 | 5.78 | 0.82 | 0.75 | 49.61 | 23995.44 | 3.26 | 128.03 | 0.98 |
| UD LETTUCE & TOMOATO - LR100154 (5 oz.) | 850 | 24.55 | 0.00 | 0.00 | 0.00 | 0.00 | 18.82 | 5.03 | 1.41 | 1.81(M) | 1.21 | 0.70 | 36.22 | 795.61 | 7.24 | 0.00 | 0.00 |
| Category: Fruits; Choose: 1 | | | | | | | | | | | | | | | | | |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 655 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| ud diced peaches - LR100141 (1/2 c.) | 1,000 | 43.48 | 0.03 | 0.00 | 0.00 | 0.00 | 3.90 | 11.35 | 1.27 | 10.07 | 0.61 | 0.26 | 5.86 | 368.99 | 3.50 | 85.87 | 0.26 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 1,200 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 351 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 150 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 1 Day 4 :47178 - Day: 4 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 315 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 200 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Mozzarella Cheese Sticks (5) - LR100326 (5 ea.) | 725 | 325.61 | 13.02 | 4.34 | 0.00 | 21.71 | 607.80 | 34.73 | 4.34 | 2.17 | 21.71 | 1.56 | (M) | (M) | (M) | (M) | (M) |
| UD Popcorn Chicken Salad - LR100268 (1 salad) | 225 | 260.16 | 13.93 | 2.68 | 0.00 | 21.43 | 383.56 | 17.58 | 4.07 | 1.07 | 15.86 | 2.24 | 67.77 | 1395.75 | 7.73 | (M) | (M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 225 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|--|----------|------------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| Bean, Vegetarian In Tomato Sauce, West Creek/Performance Food Group, 858798-1165, Veg-BP - SR103089 (1/2 cup servin) | 780 | 110.00 | 0.50 | 0.00 | 0.00 | 0.00 | 440.00 | 22.00 | 4.00 | 2.00 | 4.75 | 3.60 | 80.00 | 750.00 | 2.40 | (M) | (M) |
| 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 | 1.04 | 0.46 | 29.30 | 388.00 | 2.90 | 63.67 | 0.33 |
| Green Peas - LR100021 (1/2 c.) | 550 | 73.00 | 0.25 | 0.05 | 0.00 | 0.00 | 68.00 | 13.37 | 5.16 | 0.00 | 4.83 | 1.43 | 22.50 | 1969.00 | 9.30 | 74.56 | 0.75 |
| Sauce, Marinara #10 Can, Angela Mia, ConAgra Foods, 2700039125, Veg-RO - SR103343 (1/2 c.) | 625 | 70.00 | 0.50 | 0.00 | 0.00 | 0.00 | 480.00 | 14.00 | 3.00 | 9.00 | 2.00 | 0.72 | 40.00 | (M) | (M) | (M) | (M) |
| Category: Fruits; Choose: 1 | | | | | | | | | | | | | | | | | |
| Apple Juice - LR100039 (4 fl. oz.) | 1,200 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 14.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 350 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 1,200 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 225 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 150 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| UD Middle School Lunch Week 1 Day 5 :47178 - Day: 5 | 1700 | | | | | | | | | | | | | | | | |
| Category: Entrees; Choose: 1 | | | | | | | | | | | | | | | | | |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:31:56 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| UD 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WGR, MMA, Veg-RO - LR100214 (5 ounces) | 365 | 340.00 | 14.00 | 7.00 | 0.00 | 35.00 | 570.00 | 36.00 | 4.00 | 6.00 | 18.00 | 1.80 | 350.00 | 400.00 | 0.00 | (M) | (M) |
| UD CHEESEBURGER - LR100127 (1 ea.) | 250 | 332.58 | 15.52 | 6.97 | 0.00 | 44.22 | 751.11 | 28.56 | 4.06 | 3.74 | 19.10 | 2.97 | 195.22 | 98.61 | 0.00 | 0.00(M) | 0.00(M) |
| UD Popcorn Chicken Salad - LR100268 (1 salad) | 225 | 260.16 | 13.93 | 2.68 | 0.00 | 21.43 | 383.56 | 17.58 | 4.07 | 1.07 | 15.86 | 2.24 | 67.77 | 1395.75 | 7.73 | (M) | (M) |
| Wrap, Buffalo Chicken Wrap, MMA, WG - SR104872 (1 wrap) | 220 | 257.44 | 9.02 | 2.00 | 0.00 | 42.16 | 994.06 | 26.01 | 2.00 | 3.00 | 19.06 | 2.44 | 115.06 | 378.85 | 1.00 | (M) | (M) |
| Category: Grains; Choose: 1 | | | | | | | | | | | | | | | | | |
| Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch) | 225 | 100.00 | 4.00 | 1.00 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 | 0.72 | 20.00 | 0.00 | 0.00 | (M) | (M) |
| French Toast Sticks, Farm Rich Whole Grain, Frozen, Rich's, 37722, WG - SR104380 (3 ea.) | 750 | 195.00 | 7.50 | 1.50 | 0.00 | 0.00 | 225.00 | 28.50 | 2.25 | 6.75 | 4.50 | 1.36 | 25.50 | 16.50 | 0.00 | (M) | (M) |
| Category: Vegetables; Choose: 2 | | | | | | | | | | | | | | | | | |
| 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 | 0.45 | 0.63 | 22.68 | 9773.49 | 1.84 | 64.03 | 0.45 |
| 825977-VEG: Cucumber, Fresh Slice 1/2c - AR1040 (1/2 c.) | 85 | 7.80 | 0.06 | 0.02 | 0.00 | 0.00 | 1.04 | 1.89 | 0.26 | 0.87 | 0.34 | 0.15 | 8.32 | 54.60 | 1.46 | 49.52 | 0.20 |
| UD Potato HB, Tator Tots - LR100203 (1/2 c.) | 1,360 | 140.00 | 7.00 | 1.50 | 0.00 | 0.00 | 270.00 | 16.00 | 2.00 | 0.00 | 2.00 | 0.36 | 20.00 | 100.00 | 1.20 | 0.00 | 0.00 |
| Category: Fruits; Choose: 1 | | | | | | | | | | | | | | | | | |
| Orange Juice - LR100014 (4 oz.) | 1,250 | 50.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 13.00 | 0.00 | 0.00 | 1.00 | 2.00 | 0.00 | 0.00 | 42.00 | 0.00 | 0.00 |
| UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C) | 1,250 | 62.21 | 0.20 | 0.04 | (M) | 0.00 | 1.20 | 16.52 | 2.87 | (M) | 0.31 | 0.14 | 7.18 | 64.60 | 5.50 | 102.36 | 0.23 |
| Category: Milk; Choose: 1 | | | | | | | | | | | | | | | | | |
| Strawberry nonfat milk - LR100016 (8 serving 8) | 97 | 150.00 | 0.50 | 0.00 | 0.00 | 5.00 | 110.00 | 27.00 | 0.00 | 24.00 | 8.00 | 0.00 | 300.00 | 400.00 | 2.40 | (M) | (M) |
| UD CHOC MILK - LR100217 (1 Carton) | 1,564 | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 200.00 | 24.00 | 0.00 | (M) | 8.00 | 0.36 | 300.00 | 500.00 | 1.20 | (M) | (M) |

Menu Cycle Week – Nutrient Analysis

Generated on: 4/15/2019 8:31:56 AM by Kathleen McCullough

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|--|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton) | 34 | 103.00 | 2.38 | 1.54 | 0.00 | 12.25 | 107.80 | 12.23 | 0.00 | 12.00 | 8.26 | 0.07 | 306.25 | 480.19 | 0.00 | 220.30 | 1.84 |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton) | 5 | 83.00 | 0.20 | 0.12 | (M) | 4.90 | 102.96 | 12.16 | 0.00 | 12.48 | 8.26 | 0.07 | 299.07 | 500.08 | 0.00 | 222.68 | 1.84 |
| Category: Condiments; Choose: 1 | | | | | | | | | | | | | | | | | |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet) | 150 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet) | 1,350 | 70.00 | 7.00 | 1.00 | 0.00 | 5.00 | 95.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 225 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | (M) | (M) |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 250 | 80.00 | 8.00 | 1.50 | 0.00 | 5.00 | 75.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 |