

# Menu Cycle Week – Nutrient Analysis

Generated on: 3/26/2021 7:01:56 AM by Kathleen McCullough

Menu Cycle: Hybrid lunch menu week of April 5th  
 Week: 1  
 Result: **Fail**

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

| Cycle Week Nutrient Summary |                       |              |               |
|-----------------------------|-----------------------|--------------|---------------|
| Nutrient                    | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1)          | [550.00 - 650.00]     | 551.37       |               |
| Total Fat (g)               |                       | 19.77        | 32.28         |
| Sat Fat (g)(1)              | < 10.00 % of Calories | 6.12         | 9.99          |
| Trans Fat (g)(2)            |                       | 0.27(M)      |               |
| Chol (mg)                   |                       | 43.62(M)     |               |
| Sodium Target 1 (mg) (13)   | < 1,230.00            | 914.83       |               |
| Sodium Target 2 (mg) (13)   | < 935.00              | 914.83       |               |
| Carb (g)                    |                       | 66.60        | 48.32         |
| Total Fiber (g)             |                       | 7.93(M)      |               |
| Total Sugars (g)            |                       | 12.37(M)     | 8.97          |
| Added Sugars (g)            |                       | 0.00(M)      |               |
| Protein (g)                 |                       | 28.01        | 20.32         |
| Iron (mg)                   |                       | 2.72(M)      |               |
| Calcium (mg)                |                       | 550.98(M)    |               |
| VitA (IU)                   |                       | 1,347.75(M)  |               |
| VitC (mg)                   |                       | 72.72(M)     |               |
| VitD (mcg)                  |                       | 0.00(M)      |               |
| Potassium (mg)              |                       | 7.99(M)      |               |
| Mois (g)                    |                       | 285.67(M)    |               |
| Ash (g)                     |                       | 1.96(M)      |               |

| Cycle Week Food Component Summary |                  |                 |            |
|-----------------------------------|------------------|-----------------|------------|
| Food Component                    | Standard Value   | Actual Value    | % of Total |
| Fruit                             | >= 2.500         | 5.000           |            |
| Veg                               | >= 3.750         | [5.125 - 5.375] |            |
| Veg-DG                            | >= 0.500         | 5.000           |            |
| Veg-RO                            | >= 0.750         | 0.375           |            |
| Veg-BP                            | >= 0.500         | 0.000           |            |
| Veg-S                             | >= 0.500         | 0.000           |            |
| Veg-O                             | >= 0.500         | 0.000           |            |
| Grains                            | [8.000 - 9.000]  | 9.750(a)        |            |
| Non-WGR                           |                  | 0.000           |            |
| WGR                               | >= 50.000 % of   | 11.750          | 100.00     |
| Meat/MA                           | [8.000 - 10.000] | 10.500(a)       |            |
| MILK-F                            | >= 5.000         | 5.000           |            |
| Fruit-J                           | <= 50.000 % of   | 0.000           | 0.00       |
| Grain-D                           | <= 2.000         | 0.000           |            |
| Vegetable-J                       | <= 50.000 % of   | 0.000           | 0.00       |
| MILK-V                            |                  | Pass            |            |

## Legend

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

(M) Indicates missing nutrient values.

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

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

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

# Menu Cycle Week – Nutrient Analysis

Generated on: 3/26/2021 8:49:50 AM by Kathleen McCullough

Menu Cycle: WEEK of April 12, 2021  
 Week: 1  
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Breakfast  
 Serving Group: K-12  
 Site Group: All Grades

| Cycle Week Nutrient Summary  |                       |              |               |
|------------------------------|-----------------------|--------------|---------------|
| Nutrient                     | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1)           | [450.00 - 500.00]     | 453.27       |               |
| Total Fat (g)                |                       | 5.76         | 11.43         |
| Sat Fat (g)(1)               | < 10.00 % of Calories | 0.85         | 1.69          |
| Trans Fat (g)(2)             |                       | 0.00(M)      |               |
| Chol (mg)                    |                       | 5.06         |               |
| Sodium Target 1 (mg)<br>(13) | < 540.00              | 374.05       |               |
| Sodium Target 2 (mg)<br>(13) | < 485.00              | 374.05       |               |
| Carb (g)                     |                       | 90.09        | 79.50         |
| Total Fiber (g)              |                       | 4.95         |               |
| Total Sugars (g)             |                       | 33.08(M)     | 29.19         |
| Added Sugars (g)             |                       | 2.33(M)      |               |
| Protein (g)                  |                       | 12.99        | 11.46         |
| Iron (mg)                    |                       | 2.20         |               |
| Calcium (mg)                 |                       | 399.93       |               |
| VitA (IU)                    |                       | 746.05       |               |
| VitC (mg)                    |                       | 16.63        |               |
| VitD (mcg)                   |                       | 0.40(M)      |               |
| Potassium (mg)               |                       | 0.00(M)      |               |
| Mois (g)                     |                       | 202.12(M)    |               |
| Ash (g)                      |                       | 1.82(M)      |               |

| Cycle Week Food Component Summary |                 |                 |            |
|-----------------------------------|-----------------|-----------------|------------|
| Food Component                    | Standard Value  | Actual Value    | % of Total |
| Fruit                             | >= 3.000        | [3.000 - 3.625] |            |
| Veg                               |                 | 0.000           |            |
| Veg-DG                            |                 | 0.000           |            |
| Veg-RO                            |                 | 0.000           |            |
| Veg-BP                            |                 | 0.000           |            |
| Veg-S                             |                 | 0.000           |            |
| Veg-O                             |                 | 0.000           |            |
| Grains                            | [5.500 - 6.000] | 6.000           |            |
| Non-WGR                           |                 | 0.000           |            |
| WGR                               | >= 50.000 % of  | 6.000           | 100.00     |
| Meat/MA                           |                 | 0.000           |            |
| MILK-F                            | >= 3.000        | 3.000           |            |
| Fruit-J                           | <= 50.000 % of  | 0.000           | 0.00       |
| Grain-D                           |                 | 0.000           |            |
| Vegetable-J                       |                 | 0.000           |            |
| MILK-V                            |                 | Pass            |            |

## Legend

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

(M) Indicates missing nutrient values.

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

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

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# Menu Cycle Week – Nutrient Analysis

Generated on: 3/12/2021 12:38:56 PM by Kathleen McCullough

Menu Cycle: Week of April 19 2021

Week: 1

Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014+

Meal Type: Lunch

Serving Group: K-5

Site Group: All Grades

| Cycle Week Nutrient Summary  |                       |              |               |
|------------------------------|-----------------------|--------------|---------------|
| Nutrient                     | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1)           | [550.00 - 650.00]     | 552.41       |               |
| Total Fat (g)                |                       | 13.81        | 22.50         |
| Sat Fat (g)(1)               | < 10.00 % of Calories | 5.78         | 9.41          |
| Trans Fat (g)(2)             |                       | 0.13(M)      |               |
| Chol (mg)                    |                       | 49.92(M)     |               |
| Sodium Target 1 (mg)<br>(13) | < 1,230.00            | 929.16       |               |
| Sodium Target 2 (mg)<br>(13) | < 935.00              | 929.16       |               |
| Carb (g)                     |                       | 79.89        | 57.85         |
| Total Fiber (g)              |                       | 11.99        |               |
| Total Sugars (g)             |                       | 35.62(M)     | 25.79         |
| Added Sugars (g)             |                       | 2.00(M)      |               |
| Protein (g)                  |                       | 29.76        | 21.55         |
| Iron (mg)                    |                       | 5.54         |               |
| Calcium (mg)                 |                       | 621.31(M)    |               |
| VitA (IU)                    |                       | 25,280.93(M) |               |
| VitC (mg)                    |                       | 56.49(M)     |               |
| VitD (mcg)                   |                       | 0.20(M)      |               |
| Potassium (mg)               |                       | 492.34(M)    |               |
| Mois (g)                     |                       | 504.86(M)    |               |
| Ash (g)                      |                       | 4.57(M)      |               |

| Cycle Week Food Component Summary |                 |                 |            |
|-----------------------------------|-----------------|-----------------|------------|
| Food Component                    | Standard Value  | Actual Value    | % of Total |
| Fruit                             | >= 1.500        | 2.500           |            |
| Veg                               | >= 2.250        | [1.750 - 2.250] |            |
| Veg-DG                            | >= 0.500        | 1.500           |            |
| Veg-RO                            | >= 0.500        | 0.625           |            |
| Veg-BP                            | >= 0.500        | 0.625           |            |
| Veg-S                             | >= 0.500        | 0.500           |            |
| Veg-O                             | >= 0.250        | 1.000           |            |
| Grains                            | [5.000 - 5.500] | 6.000(a)        |            |
| Non-WGR                           |                 | 0.000           |            |
| WGR                               | >= 50.000 % of  | 6.000           | 100.00     |
| Meat/MA                           | [5.000 - 6.000] | 5.750           |            |
| MILK-F                            | >= 3.000        | 3.000           |            |
| Fruit-J                           | <= 50.000 % of  | 0.000           | 0.00       |
| Grain-D                           | <= 2.000        | 0.000           |            |
| Vegetable-J                       | <= 50.000 % of  | 0.000           | 0.00       |
| MILK-V                            |                 | Pass            |            |

## Legend

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

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# Menu Cycle Week – Nutrient Analysis

Generated on: 3/12/2021 12:33:26 PM by Kathleen McCullough

Menu Cycle: Week of April 26, 2021  
 Week: 1  
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Lunch  
 Serving Group: K-8  
 Site Group: All Grades

| Cycle Week Nutrient Summary |                       |              |               |
|-----------------------------|-----------------------|--------------|---------------|
| Nutrient                    | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1)          | [600.00 - 650.00]     | 621.40       |               |
| Total Fat (g)               |                       | 19.58        | 28.35         |
| Sat Fat (g)(1)              | < 10.00 % of Calories | 6.00         | 8.70          |
| Trans Fat (g)(2)            |                       | 0.00         |               |
| Chol (mg)                   |                       | 51.50        |               |
| Sodium Target 1 (mg) (13)   | < 1,230.00            | 1,122.84     |               |
| Sodium Target 2 (mg) (13)   | < 935.00              | 1,122.84     |               |
| Carb (g)                    |                       | 81.87        | 52.70         |
| Total Fiber (g)             |                       | 11.87        |               |
| Total Sugars (g)            |                       | 30.71(M)     | 19.77         |
| Added Sugars (g)            |                       | 0.67(M)      |               |
| Protein (g)                 |                       | 29.68        | 19.10         |
| Iron (mg)                   |                       | 4.79         |               |
| Calcium (mg)                |                       | 513.71       |               |
| VitA (IU)                   |                       | 22,323.53    |               |
| VitC (mg)                   |                       | 131.71       |               |
| VitD (mcg)                  |                       | 0.00(M)      |               |
| Potassium (mg)              |                       | 218.46(M)    |               |
| Mois (g)                    |                       | 214.60(M)    |               |
| Ash (g)                     |                       | 1.65(M)      |               |

| Cycle Week Food Component Summary |                 |                 |            |
|-----------------------------------|-----------------|-----------------|------------|
| Food Component                    | Standard Value  | Actual Value    | % of Total |
| Fruit                             | >= 1.500        | 2.000           |            |
| Veg                               | >= 2.250        | [1.625 - 1.875] |            |
| Veg-DG                            | >= 0.500        | 0.750           |            |
| Veg-RO                            | >= 0.500        | 0.625           |            |
| Veg-BP                            | >= 0.500        | 0.500           |            |
| Veg-S                             | >= 0.500        | 0.500           |            |
| Veg-O                             | >= 0.250        | 0.500           |            |
| Grains                            | [5.000 - 5.500] | 5.750(a)        |            |
| Non-WGR                           |                 | 0.000           |            |
| WGR                               | >= 50.000 % of  | 5.750           | 100.00     |
| Meat/MA                           | [5.500 - 6.000] | 6.000           |            |
| MILK-F                            | >= 3.000        | 3.000           |            |
| Fruit-J                           | <= 50.000 % of  | 0.000           | 0.00       |
| Grain-D                           | <= 2.000        | 0.000           |            |
| Vegetable-J                       | <= 50.000 % of  | 0.000           | 0.00       |
| MILK-V                            |                 | Pass            |            |

## Legend

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# Menu Cycle Week – Nutrient Analysis

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a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

| Menu Item (Serving Size)   | Plan Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (IU) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| <b>Hybrid 4/26/2021 day 1 - Day: 1</b>   | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Entrees; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| UD CHEESEBURGER - LR100127 (1 ea.)   | 1,500    | 331.56          | 15.28         | 7.01        | 0.01          | 45.48     | 695.14      | 27.62    | 3.67            | 3.87             | (M)              | 19.48       | 2.94      | 134.24       | 108.69    | 0.00      | (M)        | (M)            | 0.00(M)  |
| <b>Category: Vegetables; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| 826730-VEG: Peas, Green Fz 1/2c - AR1039 (1/2 c.)  | 1,500    | 74.63           | 0.26          | 0.05        | 0.00          | 0.00      | 68.89       | 13.64    | 4.31            | 4.21             | (M)              | 4.93        | 1.45      | 22.96        | 2009.27   | 9.47      | 0.00       | 105.25         | 76.08    |
| Potatoes, French Fries, Golden Crinkles, Frozen, ORE-IDA, OIF00055A, Veg-S - SR103396 (2 5/8 ounces) | 1,500    | 109.94          | 2.50          | 0.00        | 0.00          | 0.00      | 24.99       | 16.99    | 2.00            | 0.00             | (M)              | 2.00        | 0.36      | 0.00         | 0.00      | 4.80      | (M)        | (M)            | (M)      |
| <b>Category: Fruits; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| 825008 - Fruit: Apple 138ct Whole 1c - AR1193 (1 Each, 138C)   | 0        | 62.21           | 0.20          | 0.04        | 0.00          | 0.00      | 1.20        | 16.52    | 2.87            | 15.00            | (M)              | 0.31        | 0.14      | 7.18         | 64.60     | 5.50      | (M)        | (M)            | 102.36   |
| <b>Category: Milk; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Strawberry non fat milk - LR100073 (1 Carton)  | 1,400    | 150.00          | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00    | 2.40      | (M)        | (M)            | (M)      |
| UD CHOC MILK - LR100217 (1 Carton)   | 50       | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00       | 500.00    | 1.20      | (M)        | (M)            | (M)      |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)   | 50       | 103.00          | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25       | 480.19    | 0.00      | (M)        | (M)            | 220.30   |
| <b>Category: Condiments; May Choose: 2</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Ranch Dressing , Kraft, 04050027519200 - SR109725 (1 packet)   | 5,000    | 45.00           | 5.00          | 0.50        | 0.00          | 5.00      | 110.00      | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00      | 0.00      | (M)        | (M)            | (M)      |
| <b>Hybrid 4/26/2021 day 2 - Day: 2</b>   | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Entrees; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Wrap, Buffalo Chicken Wrap, MMA, WG - SR104872 (1 wrap)  | 1,500    | 257.44          | 9.02          | 2.00        | 0.00          | 42.16     | 994.06      | 26.01    | 2.00            | 3.00             | (M)              | 19.06       | 2.44      | 115.06       | 378.85    | 1.00      | (M)        | (M)            | (M)      |
| <b>Category: Vegetables; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| 011960- CARROTS, Baby Raw - AR1784 (1/2 c.)  | 1,500    | 158.76          | 0.59          | 0.10        | 0.00          | 0.00      | 353.80      | 37.38    | 13.15           | 15.29            | (M)              | 2.90        | 4.04      | 145.15       | 62550.39  | 11.79     | (M)        | (M)            | 409.82   |
| Fresh Broccoli - LR100011 (1/2 c.)   | 750      | 11.00           | 0.00          | 0.01        | 0.00          | 0.00      | 11.00       | 2.12     | 0.83            | 0.00             | (M)              | 0.90        | 0.23      | 15.00        | 198.50    | 28.40     | (M)        | (M)            | 0.00     |

# Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size)  | Plan Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (IU) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| <b>Category: Fruits; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Red Sliced Apples - 2 oz, Appeeling Fruit - SR109304 (2 ounces)   | 3,000    | 30.00           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 8.00     | 2.00            | 6.00             | (M)              | 0.00        | 0.18      | 0.00         | 50.00     | 108.00    | (M)        | (M)            | (M)      |
| <b>Category: Milk; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Strawberry non fat milk - LR100073 (1 Carton)   | 250      | 150.00          | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00    | 2.40      | (M)        | (M)            | (M)      |
| UD CHOC MILK - LR100217 (1 Carton)  | 250      | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00       | 500.00    | 1.20      | (M)        | (M)            | (M)      |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)  | 1,000    | 103.00          | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25       | 480.19    | 0.00      | (M)        | (M)            | 220.30   |
| <b>Category: Condiments; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet)  | 0        | 10.00           | 0.00          | 0.00        | 0.00          | 0.00      | 85.00       | 3.00     | 0.00            | (M)              | (M)              | 0.00        | 0.00      | 0.00         | 10.00     | 0.00      | (M)        | (M)            | (M)      |
| <b>Hybrid 4/26/2021 day 3 - Day: 3</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Entrees; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Pizza, Cheese, Galaxy Pizza 4" Whole Grain Round, 4.46 oz., Tony's, Schwan's Food Service, 78364, MMA, WGR, Veg-RO - SR107347 (1 pizza) | 1,500    | 280.00          | 12.00         | 6.00        | 0.00          | 30.00     | 410.00      | 26.00    | 3.00            | 8.00             | 2.00             | 15.00       | 1.80      | 200.00       | 300.00    | 0.00      | 0.00       | 390.10         | (M)      |
| <b>Category: Vegetables; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Cauliflower, Raw, USDA 11135, Veg-O - SR102329 (1/2 c.)   | 1,500    | 13.40           | 0.15          | 0.07        | 0.00          | 0.00      | 16.05       | 2.66     | 1.07            | 1.02             | (M)              | 1.02        | 0.23      | 11.75        | 0.00      | 25.80     | 0.00       | 160.03         | (M)      |
| <b>Category: Fruits; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Red Sliced Apples - 2 oz, Appeeling Fruit - SR109304 (2 ounces)   | 1,500    | 30.00           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 8.00     | 2.00            | 6.00             | (M)              | 0.00        | 0.18      | 0.00         | 50.00     | 108.00    | (M)        | (M)            | (M)      |
| <b>Category: Milk; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Strawberry non fat milk - LR100073 (1 Carton)   | 25       | 150.00          | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00    | 2.40      | (M)        | (M)            | (M)      |
| UD CHOC MILK - LR100217 (1 Carton)  | 1,450    | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00       | 500.00    | 1.20      | (M)        | (M)            | (M)      |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)  | 25       | 103.00          | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25       | 480.19    | 0.00      | (M)        | (M)            | 220.30   |
| <b>Category: Condiments; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |

# Menu Cycle Week – Nutrient Analysis

Generated on: 3/12/2021 12:33:26 PM by Kathleen McCullough

| Menu Item<br>(Serving Size)  | Plan Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Chol<br>(mg) | Sodium<br>(mg) | Carb<br>(g) | Total<br>Fiber<br>(g) | Total<br>Sugars<br>(g) | Added<br>Sugars<br>(g) | Protein<br>(g) | Iron<br>(mg) | Calcium<br>(mg) | VitA<br>(IU) | VitC<br>(mg) | VitD<br>(mcg) | Potassium<br>(mg) | Moisture<br>(g) |
|--|----------|--------------------|------------------|----------------|------------------|--------------|----------------|-------------|-----------------------|------------------------|------------------------|----------------|--------------|-----------------|--------------|--------------|---------------|-------------------|-----------------|
| UD 825536-COND PC,<br>Ketchup 9g Heinz 1000ct<br>- LR100183 (1 packet) | 0        | 10.00              | 0.00             | 0.00           | 0.00             | 0.00         | 85.00          | 3.00        | 0.00                  | (M)                    | (M)                    | 0.00           | 0.00         | 0.00            | 10.00        | 0.00         | (M)           | (M)               | (M)             |

# Menu Cycle Week – Nutrient Analysis

a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

| Menu Item (Serving Size)   | Plan Qty | Calorie s (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (IU)  | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g)  |  |
|--|----------|------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|-----------|--|
| <b>Hybrid 4/19/2021 day 1 - Day: 1</b>   | 1500     |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |  |
| <b>Category: Entrees; May Choose: 1</b>  |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |  |
| Hotdog on Bun - LR100033 (1 ea.)   | 1,000    | 289.00           | 15.22         | 4.75        | 0.00          | 50.00     | 987.00      | 25.47    | 1.94            | 0.00             | (M)              | 11.39       | 2.89      | 169.80       | 300.00     | 0.00      | (M)        | (M)            | 18.88     |  |
| <b>Category: Vegetables; May Choose: 1</b>   |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |  |
| 826730-VEG: Peas, Green Fz 1/2c - AR1039 (1/2 c.)  | 1,500    | 74.63            | 0.26          | 0.05        | 0.00          | 0.00      | 68.89       | 13.64    | 4.31            | 4.21             | (M)              | 4.93        | 1.45      | 22.96        | 2009.27    | 9.47      | 0.00       | 105.25         | 76.08     |  |
| Potatoes, French Fries, Golden Crinkles, Frozen, ORE-IDA, OIF00055A, Veg-S - SR103396 (2 5/8 ounces) | 0        | 109.94           | 2.50          | 0.00        | 0.00          | 0.00      | 24.99       | 16.99    | 2.00            | 0.00             | (M)              | 2.00        | 0.36      | 0.00         | 0.00       | 4.80      | (M)        | (M)            | (M)       |  |
| Spinach, Raw, Veg-DG - SR105116 (1 c.)   | 1,500    | 6.90             | 0.12          | 0.02        | 0.00          | 0.00      | 23.70       | 1.09     | 0.66            | 0.13             | (M)              | 0.86        | 0.81      | 29.70        | 2813.10    | 8.43      | 0.00       | 167.40         | 27.42     |  |
| <b>Category: Fruits; May Choose: 1</b>   |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |  |
| 825008 - Fruit: Apple 138ct Whole 1c - AR1193 (1 Each, 138C)   | 1,500    | 62.21            | 0.20          | 0.04        | 0.00          | 0.00      | 1.20        | 16.52    | 2.87            | 15.00            | (M)              | 0.31        | 0.14      | 7.18         | 64.60      | 5.50      | (M)        | (M)            | 102.36    |  |
| <b>Category: Milk; May Choose: 1</b>   |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |  |
| Strawberry non fat milk - LR100073 (1 Carton)  | 25       | 150.00           | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00     | 2.40      | (M)        | (M)            | (M)       |  |
| UD CHOC MILK - LR100217 (1 Carton)   | 1,425    | 130.00           | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00       | 500.00     | 1.20      | (M)        | (M)            | (M)       |  |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)   | 1,450    | 103.00           | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25       | 480.19     | 0.00      | (M)        | (M)            | 220.30    |  |
| <b>Hybrid 4/19/2021 day 2 - Day: 2</b>   | 1500     |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |  |
| <b>Category: Entrees; May Choose: 1</b>  |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |  |
| Beef Chili w/ Beans, MMA, VEG-BP - SR108581 (1/2 c.)   | 1,500    | 194.68           | 9.33          | 3.46        | 0.39(M)       | 46.14 (M) | 471.86      | 11.18    | 2.42            | 3.38(M)          | (M)              | 16.67       | 2.22      | 39.88 (M)    | 260.75 (M) | 2.50(M)   | 0.00(M)    | 369.47 (M)     | 97.58 (M) |  |
| <b>Category: Grains; May Choose: 1</b>   |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |  |
| Bread, 6" Individual Hot Dog Bun, Sliced, 2.2 oz., Flowers Foods, 99828820, WGR - SR110001 (1 bun)   | 1,500    | 150.00           | 1.50          | 0.00        | 0.00          | 0.00      | 240.00      | 30.00    | 2.00            | 4.00             | 4.00             | 7.00        | 1.70      | 50.00        | (M)        | (M)       | 0.60       | 110.00         | (M)       |  |
| <b>Category: Vegetables; May Choose: 1</b>   |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |  |
| 011960- CARROTS, Baby Raw - AR1784 (1/2 c.)  | 1,500    | 158.76           | 0.59          | 0.10        | 0.00          | 0.00      | 353.80      | 37.38    | 13.15           | 15.29            | (M)              | 2.90        | 4.04      | 145.15       | 62550.39   | 11.79     | (M)        | (M)            | 409.82    |  |



# Menu Cycle Week – Nutrient Analysis

Generated on: 3/12/2021 12:38:56 PM by Kathleen McCullough

| Menu Item (Serving Size)  | Plan Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (IU) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Spinach, Raw, Veg-DG - SR105116 (1 c.)  | 1,500    | 6.90            | 0.12          | 0.02        | 0.00          | 0.00      | 23.70       | 1.09     | 0.66            | 0.13             | (M)              | 0.86        | 0.81      | 29.70        | 2813.10   | 8.43      | 0.00       | 167.40         | 27.42    |
| <b>Category: Fruits; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| 825008 - Fruit: Apple 138ct Whole 1c - AR1193 (1 Each, 138C)  | 1,500    | 62.21           | 0.20          | 0.04        | 0.00          | 0.00      | 1.20        | 16.52    | 2.87            | 15.00            | (M)              | 0.31        | 0.14      | 7.18         | 64.60     | 5.50      | (M)        | (M)            | 102.36   |
| <b>Category: Milk; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Strawberry non fat milk - LR100073 (1 Carton)   | 25       | 150.00          | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00    | 2.40      | (M)        | (M)            | (M)      |
| UD CHOC MILK - LR100217 (1 Carton)  | 25       | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00       | 500.00    | 1.20      | (M)        | (M)            | (M)      |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)  | 1,425    | 103.00          | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25       | 480.19    | 0.00      | (M)        | (M)            | 220.30   |
| <b>Hybrid 4 /19/2021 day 3 - Day: 3</b>   | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Entrees; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Pizza, Cheese, Galaxy Pizza 4" Whole Grain Round, 4.46 oz., Tony's, Schwan's Food Service, 78364, MMA, WGR, Veg-RO - SR107347 (1 pizza) | 1,500    | 280.00          | 12.00         | 6.00        | 0.00          | 30.00     | 410.00      | 26.00    | 3.00            | 8.00             | 2.00             | 15.00       | 1.80      | 200.00       | 300.00    | 0.00      | 0.00       | 390.10         | (M)      |
| <b>Category: Vegetables; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Green Beans - LR100036 (1/2 c.)   | 1,500    | 0.79            | 0.01          | 0.00        | 0.00          | 0.00      | 0.25        | 0.18     | 0.08            | (M)              | (M)              | 0.04        | 0.03      | 1.38         | 15.67     | 0.12      | (M)        | (M)            | (M)      |
| Spinach, Raw, Veg-DG - SR105116 (1 c.)  | 1,500    | 6.90            | 0.12          | 0.02        | 0.00          | 0.00      | 23.70       | 1.09     | 0.66            | 0.13             | (M)              | 0.86        | 0.81      | 29.70        | 2813.10   | 8.43      | 0.00       | 167.40         | 27.42    |
| <b>Category: Fruits; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Red Sliced Apples - 2 oz, Appeeling Fruit - SR109304 (2 ounces)   | 1,500    | 30.00           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 8.00     | 2.00            | 6.00             | (M)              | 0.00        | 0.18      | 0.00         | 50.00     | 108.00    | (M)        | (M)            | (M)      |
| <b>Category: Milk; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Strawberry non fat milk - LR100073 (1 Carton)   | 25       | 150.00          | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00    | 2.40      | (M)        | (M)            | (M)      |
| UD CHOC MILK - LR100217 (1 Carton)  | 25       | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00       | 500.00    | 1.20      | (M)        | (M)            | (M)      |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)  | 1,425    | 103.00          | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25       | 480.19    | 0.00      | (M)        | (M)            | 220.30   |

# Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size)  | Plan Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (IU) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| <b>Day 1 Week of April 12 - Day: 1</b>  | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Grains; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Strudel, Cherry Frudel K-12 Hot Breakfast, Pillsbury, General Mills, 127851000, WGR - SR102114 (1 frudel) | 1,500    | 210.00          | 6.00          | 1.00        | 0.00          | 0.00      | 260.00      | 37.00    | 2.00            | 11.00            | (M)              | 5.00        | 1.08      | 0.00         | 0.00      | 0.00      | (M)        | (M)            | (M)      |
| <b>Category: Fruits; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)                      | 1,500    | 30.00           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 1.00            | 6.00             | (M)              | 0.00        | 0.00      | 20.00        | 0.00      | 12.00     | (M)        | (M)            | (M)      |
| Ardmore Farms Apple Juice - LR100117 (1 ea.)  | 1,500    | 60.00           | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00      | 0.00      | (M)        | (M)            | 0.00     |
| <b>Category: Milk; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Strawberry non fat milk - LR100073 (1 Carton)   | 25       | 150.00          | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00    | 2.40      | (M)        | (M)            | (M)      |
| UD CHOC MILK - LR100217 (1 Carton)  | 25       | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00       | 500.00    | 1.20      | (M)        | (M)            | (M)      |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)  | 25       | 103.00          | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25       | 480.19    | 0.00      | (M)        | (M)            | 220.30   |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton)   | 1,425    | 83.00           | 0.20          | 0.12        | (M)           | 4.90      | 102.96      | 12.16    | 0.00            | 12.48            | (M)              | 8.26        | 0.07      | 299.07       | 500.08    | 0.00      | (M)        | (M)            | 222.68   |
| <b>day 2 week of April 12 - Day: 2</b>  | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Grains; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Cereal, Trix, 25% Less Sugar Bowlpak, General Mills, 16000-31922, WGR - SR100524 (1 bowl)                 | 1,500    | 110.00          | 1.50          | 0.00        | 0.00          | 0.00      | 140.00      | 24.00    | 1.00            | 7.00             | 7.00             | 1.00        | 3.00      | 130.00       | 100.00    | 5.00      | 1.20       | 0.00           | (M)      |
| CRACKER Bulk, Graham - AR1866 (3 cracker)   | 1,500    | 90.00           | 2.50          | 0.00        | 0.00          | 0.00      | 100.00      | 16.00    | 1.00            | 4.00             | (M)              | 2.00        | 0.72      | 100.00       | 500.00    | 0.00      | (M)        | (M)            | (M)      |
| <b>Category: Fruits; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)                      | 1,500    | 30.00           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 1.00            | 6.00             | (M)              | 0.00        | 0.00      | 20.00        | 0.00      | 12.00     | (M)        | (M)            | (M)      |
| Ardmore Farms Apple Juice - LR100117 (1 ea.)  | 1,500    | 60.00           | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00      | 0.00      | (M)        | (M)            | 0.00     |
| <b>Category: Milk; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Strawberry non fat milk - LR100073 (1 Carton)   | 25       | 150.00          | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00    | 2.40      | (M)        | (M)            | (M)      |

# Menu Cycle Week – Nutrient Analysis

Generated on: 3/26/2021 8:49:50 AM by Kathleen McCullough

| Menu Item (Serving Size)  | Plan Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (IU) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|--------------|
| UD CHOC MILK - LR100217 (1 Carton)  | 25       | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00       | 500.00    | 1.20      | (M)        | (M)            | (M)          |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)  | 25       | 103.00          | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25       | 480.19    | 0.00      | (M)        | (M)            | 220.30       |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton)   | 1,425    | 83.00           | 0.20          | 0.12        | (M)           | 4.90      | 102.96      | 12.16    | 0.00            | 12.48            | (M)              | 8.26        | 0.07      | 299.07       | 500.08    | 0.00      | (M)        | (M)            | 222.68       |
| <b>day 3 Week of April 12 - Day: 3</b>  | 1500     |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |              |
| <b>Category: Grains; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |              |
| Waffles, Mini Blueberry Bash Naturally & Artificially Flavored, Pillsbury, General Mills, 32264, WGR - SR105457 (1 pouch) | 1,500    | 210.00          | 6.00          | 1.00        | 0.00          | 0.00      | 170.00      | 37.00    | 3.00            | 12.00            | (M)              | 4.00        | 0.72      | 20.00        | 0.00      | 0.00      | (M)        | (M)            | (M)          |
| <b>Category: Fruits; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |              |
| 829475- FRUIT. PLUMS, Fresh Whole 1/2c - AR1127 (1 ea.)   | 0        | 29.75           | 0.18          | 0.01        | 0.00          | 0.00      | 0.00        | 7.39     | 0.91            | (M)              | (M)              | 0.45        | 0.11      | 3.88         | 20.70     | 223.15    | (M)        | (M)            | 56.42        |
| Ardmore Farms Apple Juice - LR100117 (1 ea.)  | 1,500    | 60.00           | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00      | 0.00      | (M)        | (M)            | 0.00         |
| UD Bananas, raw - LR100185 (1 cup, mashe)   | 1,500    | 200.25          | 0.74          | 0.25        | (M)           | 0.00      | 2.25        | 51.39    | 5.85            | 27.52            | (M)              | 2.45        | 0.58      | 11.25        | 144.00    | 19.57     | (M)        | (M)            | 168.55       |
| <b>Category: Milk; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |              |
| Strawberry non fat milk - LR100073 (1 Carton)   | 25       | 150.00          | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00    | 2.40      | (M)        | (M)            | (M)          |
| UD CHOC MILK - LR100217 (1 Carton)  | 1,425    | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00       | 500.00    | 1.20      | (M)        | (M)            | (M)          |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)  | 25       | 103.00          | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25       | 480.19    | 0.00      | (M)        | (M)            | 220.30       |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton)   | 25       | 83.00           | 0.20          | 0.12        | (M)           | 4.90      | 102.96      | 12.16    | 0.00            | 12.48            | (M)              | 8.26        | 0.07      | 299.07       | 500.08    | 0.00      | (M)        | (M)            | 222.68       |

# Menu Cycle Week – Nutrient Analysis

a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

| Menu Item (Serving Size)   | Plan Qty | Calorie s (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (IU)  | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |  |
|--|----------|------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|----------|--|
| <b>UD hybrid monday week of 4/5 - Day: 1</b>                     | 700      |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |
| <b>Category: Entrees; May Choose: 1</b>                          |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |
| UD CHEESEBURGER - LR100127 (1 ea.)                               | 700      | 331.56           | 15.28         | 7.01        | 0.01          | 45.48     | 695.14      | 27.62    | 3.67            | 3.87             | (M)              | 19.48       | 2.94      | 134.24       | 108.69     | 0.00      | (M)        | (M)            | 0.00(M)  |  |
| <b>Category: Vegetables; May Choose: 2</b>                       |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |
| Celery sticks - LR100037 (1/2 Cup (1/2 G))                       | 700      | 10.00            | 0.11          | 0.03        | 0.00          | 0.00      | 52.00       | 1.93     | 1.04            | 0.00             | (M)              | 0.45        | 0.13      | 26.00        | 291.50     | 2.00      | (M)        | (M)            | 61.97    |  |
| <b>Category: Fruits; May Choose: 2</b>                           |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |
| orange - LR100056 (1 ea.)  | 700      | 62.00            | 0.16          | 0.03        | 0.00          | 0.00      | 0.00        | 15.39    | 3.14            | 0.00             | (M)              | 1.23        | 0.13      | 52.40        | 295.00     | 69.70     | (M)        | (M)            | 113.64   |  |
| <b>Category: Milk; May Choose: 1</b>                             |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |
| Strawberry nonfat milk - LR100016 (8 serving 8 )                 | 50       | 150.00           | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00     | 2.40      | (M)        | (M)            | (M)      |  |
| UD CHOC MILK - LR100217 (1 Carton)                               | 500      | 130.00           | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00       | 500.00     | 1.20      | (M)        | (M)            | (M)      |  |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)               | 100      | 103.00           | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25       | 480.19     | 0.00      | (M)        | (M)            | 220.30   |  |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton)                        | 50       | 83.00            | 0.20          | 0.12        | (M)           | 4.90      | 102.96      | 12.16    | 0.00            | 12.48            | (M)              | 8.26        | 0.07      | 299.07       | 500.08     | 0.00      | (M)        | (M)            | 222.68   |  |
| <b>Category: Condiments; May Choose: 1</b>                       |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet)          | 0        | 0.00             | 0.00          | 0.00        | 0.00          | 0.00      | 64.20       | 0.99     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00       | 0.00      | (M)        | (M)            | (M)      |  |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet)          | 0        | 70.00            | 7.00          | 1.00        | 0.00          | 5.00      | 95.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00       | 0.00      | (M)        | (M)            | (M)      |  |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 0        | 10.00            | 0.00          | 0.00        | 0.00          | 0.00      | 85.00       | 3.00     | 0.00            | (M)              | (M)              | 0.00        | 0.00      | 0.00         | 10.00      | 0.00      | (M)        | (M)            | (M)      |  |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet)          | 0        | 80.00            | 8.00          | 1.50        | 0.00          | 5.00      | 75.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 5.00       | 0.00      | (M)        | (M)            | 0.00     |  |
| <b>UD hybrid Tuesday week of 4/5 - Day: 2</b>                    | 700      |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |
| <b>Category: Entrees; May Choose: 1</b>                          |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |
| Walking Beef Taco - LR100122 (1 ea.)                             | 700      | 294.72           | 17.21         | 6.15        | 1.33          | 49.48 (M) | 348.86      | 20.64    | 2.00(M)         | 0.05(M)          | (M)              | 14.78       | 0.36(M)   | 100.00 (M)   | 254.81 (M) | 0.00(M)   | (M)        | (M)            | (M)      |  |
| <b>Category: Vegetables; May Choose: 2</b>                       |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |

# Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size)   | Plan Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (IU) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| Celery sticks - LR100037 (1/2 Cup (1/2 G))                       | 700      | 10.00           | 0.11          | 0.03        | 0.00          | 0.00      | 52.00       | 1.93     | 1.04            | 0.00             | (M)              | 0.45        | 0.13      | 26.00        | 291.50    | 2.00      | (M)        | (M)            | 61.97    |
| <b>Category: Fruits; May Choose: 2</b>                           |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| orange - LR100056 (1 ea.)  | 700      | 62.00           | 0.16          | 0.03        | 0.00          | 0.00      | 0.00        | 15.39    | 3.14            | 0.00             | (M)              | 1.23        | 0.13      | 52.40        | 295.00    | 69.70     | (M)        | (M)            | 113.64   |
| <b>Category: Milk; May Choose: 1</b>                             |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Strawberry nonfat milk - LR100016 (8 serving 8 )                 | 50       | 150.00          | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00    | 2.40      | (M)        | (M)            | (M)      |
| UD CHOC MILK - LR100217 (1 Carton)                               | 50       | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00       | 500.00    | 1.20      | (M)        | (M)            | (M)      |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)               | 100      | 103.00          | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25       | 480.19    | 0.00      | (M)        | (M)            | 220.30   |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton)                        | 500      | 83.00           | 0.20          | 0.12        | (M)           | 4.90      | 102.96      | 12.16    | 0.00            | 12.48            | (M)              | 8.26        | 0.07      | 299.07       | 500.08    | 0.00      | (M)        | (M)            | 222.68   |
| <b>Category: Condiments; May Choose: 1</b>                       |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet)          | 0        | 0.00            | 0.00          | 0.00        | 0.00          | 0.00      | 64.20       | 0.99     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00      | 0.00      | (M)        | (M)            | (M)      |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet)          | 0        | 70.00           | 7.00          | 1.00        | 0.00          | 5.00      | 95.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00      | 0.00      | (M)        | (M)            | (M)      |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 0        | 10.00           | 0.00          | 0.00        | 0.00          | 0.00      | 85.00       | 3.00     | 0.00            | (M)              | (M)              | 0.00        | 0.00      | 0.00         | 10.00     | 0.00      | (M)        | (M)            | (M)      |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet)          | 0        | 80.00           | 8.00          | 1.50        | 0.00          | 5.00      | 75.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 5.00      | 0.00      | (M)        | (M)            | 0.00     |
| UD SALSA - LR100158 (1/4 c.)                                     | 0        | 10.58           | 0.00          | 0.00        | 0.00          | 0.00      | 179.89      | 2.12     | 0.00            | 1.06             | (M)              | 0.00        | 0.00      | 0.00         | 105.82    | 380.95    | (M)        | (M)            | (M)      |
| <b>UD hybrid Wednesday week of 4/5 - Day: 3</b>                  | 700      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Entrees; May Choose: 1</b>                          |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Chicken Parm Sandwich - LR100040 (1 ea.)                         | 700      | 417.00          | 18.90         | 4.32        | 0.00          | 28.00     | 944.00      | 41.16    | 6.75            | 0.00             | (M)              | 23.55       | 3.50      | 213.40       | 207.00    | 0.40      | (M)        | (M)            | 0.00     |
| <b>Category: Vegetables; May Choose: 2</b>                       |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Celery sticks - LR100037 (1/2 Cup (1/2 G))                       | 700      | 10.00           | 0.11          | 0.03        | 0.00          | 0.00      | 52.00       | 1.93     | 1.04            | 0.00             | (M)              | 0.45        | 0.13      | 26.00        | 291.50    | 2.00      | (M)        | (M)            | 61.97    |
| <b>Category: Fruits; May Choose: 2</b>                           |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| orange - LR100056 (1 ea.)  | 700      | 62.00           | 0.16          | 0.03        | 0.00          | 0.00      | 0.00        | 15.39    | 3.14            | 0.00             | (M)              | 1.23        | 0.13      | 52.40        | 295.00    | 69.70     | (M)        | (M)            | 113.64   |
| <b>Category: Milk; May Choose: 1</b>                             |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Strawberry nonfat milk - LR100016 (8 serving 8 )                 | 50       | 150.00          | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00    | 2.40      | (M)        | (M)            | (M)      |

# Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size)  | Plan Qty | Calorie s (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calciu m (mg) | VitA (IU) | VitC (mg) | VitD (mcg) | Potassi um (mg) | Mois (g) |
|---|----------|------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|---------------|-----------|-----------|------------|-----------------|----------|
| UD CHOC MILK - LR100217 (1 Carton)  | 500      | 130.00           | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00        | 500.00    | 1.20      | (M)        | (M)             | (M)      |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)  | 100      | 103.00           | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25        | 480.19    | 0.00      | (M)        | (M)             | 220.30   |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton)   | 50       | 83.00            | 0.20          | 0.12        | (M)           | 4.90      | 102.96      | 12.16    | 0.00            | 12.48            | (M)              | 8.26        | 0.07      | 299.07        | 500.08    | 0.00      | (M)        | (M)             | 222.68   |
| <b>Category: Condiments; May Choose: 1</b>  |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |               |           |           |            |                 |          |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet)   | 0        | 0.00             | 0.00          | 0.00        | 0.00          | 0.00      | 64.20       | 0.99     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00          | 0.00      | 0.00      | (M)        | (M)             | (M)      |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet)   | 0        | 70.00            | 7.00          | 1.00        | 0.00          | 5.00      | 95.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00          | 0.00      | 0.00      | (M)        | (M)             | (M)      |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet)  | 0        | 10.00            | 0.00          | 0.00        | 0.00          | 0.00      | 85.00       | 3.00     | 0.00            | (M)              | (M)              | 0.00        | 0.00      | 0.00          | 10.00     | 0.00      | (M)        | (M)             | (M)      |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet)   | 0        | 80.00            | 8.00          | 1.50        | 0.00          | 5.00      | 75.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00          | 5.00      | 0.00      | (M)        | (M)             | 0.00     |
| <b>UD hybrid Thursday week of 4/5 - Day: 4</b>  | 700      |                  |               |             |               |           |             |          |                 |                  |                  |             |           |               |           |           |            |                 |          |
| <b>Category: Entrees; May Choose: 1</b>   |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |               |           |           |            |                 |          |
| 829677 - Pizza AP, Tony's Wdg Chz WG - AR1434 (1 wedge)   | 700      | 300.00           | 11.00         | 4.00        | 0.00          | 15.00     | 580.00      | 37.00    | 4.00            | 15.00            | (M)              | 15.00       | 2.70      | 300.00        | 500.00    | 0.00      | (M)        | (M)             | (M)      |
| Pizza, Cheese, 4", Round Galaxy, 4.46 oz., Tony's, Schwan's, 78366, MMA, WGR, VEG-RO - SR108229 (1 pizza) | 0        | 280.00           | 12.00         | 6.00        | 0.00          | 30.00     | 410.00      | 26.00    | 3.00            | 8.00             | 2.00             | 15.00       | 1.80      | 200.00        | 300.00    | 0.00      | 0.00       | 390.00          | (M)      |
| <b>Category: Vegetables; May Choose: 2</b>  |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |               |           |           |            |                 |          |
| Celery sticks - LR100037 (1/2 Cup (1/2 G))  | 700      | 10.00            | 0.11          | 0.03        | 0.00          | 0.00      | 52.00       | 1.93     | 1.04            | 0.00             | (M)              | 0.45        | 0.13      | 26.00         | 291.50    | 2.00      | (M)        | (M)             | 61.97    |
| <b>Category: Fruits; May Choose: 2</b>  |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |               |           |           |            |                 |          |
| orange - LR100056 (1 ea.)   | 700      | 62.00            | 0.16          | 0.03        | 0.00          | 0.00      | 0.00        | 15.39    | 3.14            | 0.00             | (M)              | 1.23        | 0.13      | 52.40         | 295.00    | 69.70     | (M)        | (M)             | 113.64   |
| <b>Category: Milk; May Choose: 1</b>  |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |               |           |           |            |                 |          |
| Strawberry nonfat milk - LR100016 (8 serving 8 )  | 50       | 150.00           | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00        | 400.00    | 2.40      | (M)        | (M)             | (M)      |
| UD CHOC MILK - LR100217 (1 Carton)  | 500      | 130.00           | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00        | 500.00    | 1.20      | (M)        | (M)             | (M)      |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)  | 100      | 103.00           | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25        | 480.19    | 0.00      | (M)        | (M)             | 220.30   |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton)   | 50       | 83.00            | 0.20          | 0.12        | (M)           | 4.90      | 102.96      | 12.16    | 0.00            | 12.48            | (M)              | 8.26        | 0.07      | 299.07        | 500.08    | 0.00      | (M)        | (M)             | 222.68   |

# Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size)   | Plan Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (IU)  | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g)  |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|-----------|
| <b>Category: Condiments; May Choose: 1</b>                       |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet)          | 0        | 0.00            | 0.00          | 0.00        | 0.00          | 0.00      | 64.20       | 0.99     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00       | 0.00      | (M)        | (M)            | (M)       |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet)          | 0        | 70.00           | 7.00          | 1.00        | 0.00          | 5.00      | 95.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00       | 0.00      | (M)        | (M)            | (M)       |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 0        | 10.00           | 0.00          | 0.00        | 0.00          | 0.00      | 85.00       | 3.00     | 0.00            | (M)              | (M)              | 0.00        | 0.00      | 0.00         | 10.00      | 0.00      | (M)        | (M)            | (M)       |
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet)          | 0        | 80.00           | 8.00          | 1.50        | 0.00          | 5.00      | 75.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 5.00       | 0.00      | (M)        | (M)            | 0.00      |
| <b>UD hybrid Friday week of 4/5 - Day: 5</b>                     | 700      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| <b>Category: Entrees; May Choose: 1</b>                          |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| Sandwich, Turkey Hoagie, K-6, MMA, WGR - SR106917 (1 sandwich)   | 700      | 218.62          | 5.50          | 3.08        | 0.00(M)       | 31.53     | 679.31      | 23.07    | 2.34            | 1.56(M)          | (M)              | 18.22       | 1.81      | 112.33       | 278.32 (M) | 1.08(M)   | 0.00(M)    | 39.97 (M)      | 27.11 (M) |
| <b>Category: Vegetables; May Choose: 2</b>                       |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| Celery sticks - LR100037 (1/2 Cup (1/2 G))                       | 700      | 10.00           | 0.11          | 0.03        | 0.00          | 0.00      | 52.00       | 1.93     | 1.04            | 0.00             | (M)              | 0.45        | 0.13      | 26.00        | 291.50     | 2.00      | (M)        | (M)            | 61.97     |
| <b>Category: Fruits; May Choose: 2</b>                           |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| orange - LR100056 (1 ea.)  | 700      | 62.00           | 0.16          | 0.03        | 0.00          | 0.00      | 0.00        | 15.39    | 3.14            | 0.00             | (M)              | 1.23        | 0.13      | 52.40        | 295.00     | 69.70     | (M)        | (M)            | 113.64    |
| <b>Category: Milk; May Choose: 1</b>                             |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| Strawberry nonfat milk - LR100016 (8 serving 8 )                 | 50       | 150.00          | 0.50          | 0.00        | 0.00          | 5.00      | 110.00      | 27.00    | 0.00            | 24.00            | (M)              | 8.00        | 0.00      | 300.00       | 400.00     | 2.40      | (M)        | (M)            | (M)       |
| UD CHOC MILK - LR100217 (1 Carton)                               | 50       | 130.00          | 0.00          | 0.00        | 0.00          | 5.00      | 200.00      | 24.00    | 0.00            | (M)              | (M)              | 8.00        | 0.36      | 300.00       | 500.00     | 1.20      | (M)        | (M)            | (M)       |
| UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)               | 100      | 103.00          | 2.38          | 1.54        | 0.00          | 12.25     | 107.80      | 12.23    | 0.00            | 12.00            | (M)              | 8.26        | 0.07      | 306.25       | 480.19     | 0.00      | (M)        | (M)            | 220.30    |
| UD- Milk, Skim 8 oz - LR100227 (1 Carton)                        | 500      | 83.00           | 0.20          | 0.12        | (M)           | 4.90      | 102.96      | 12.16    | 0.00            | 12.48            | (M)              | 8.26        | 0.07      | 299.07       | 500.08     | 0.00      | (M)        | (M)            | 222.68    |
| <b>Category: Condiments; May Choose: 1</b>                       |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| 825862-COND PC, Mustard 6g ARA LOGO - AR1019 (1 packet)          | 0        | 0.00            | 0.00          | 0.00        | 0.00          | 0.00      | 64.20       | 0.99     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00       | 0.00      | (M)        | (M)            | (M)       |
| 826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet)          | 1,600    | 70.00           | 7.00          | 1.00        | 0.00          | 5.00      | 95.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00       | 0.00      | (M)        | (M)            | (M)       |
| UD 825536-COND PC, Ketchup 9g Heinz 1000ct - LR100183 (1 packet) | 0        | 10.00           | 0.00          | 0.00        | 0.00          | 0.00      | 85.00       | 3.00     | 0.00            | (M)              | (M)              | 0.00        | 0.00      | 0.00         | 10.00      | 0.00      | (M)        | (M)            | (M)       |

# Menu Cycle Week – Nutrient Analysis

Generated on: 3/26/2021 7:01:56 AM by Kathleen McCullough

| Menu Item (Serving Size)                                | Plan Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (IU) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|--------------|
| UD 825538-COND PC, Mayonnaise 12g - LR100184 (1 packet) | 1,000    | 80.00           | 8.00          | 1.50        | 0.00          | 5.00      | 75.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 5.00      | 0.00      | (M)        | (M)            | 0.00         |