

Menu Cycle Week – Nutrient Analysis

Generated on: 11/14/2022 9:57:27 AM by Kathleen McCullough

Menu Cycle: Elementary Lunch December 1 to December 9, 2022
 Week: 1
 Result: Exceeded

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	604.12	
Total Fat (g)		15.62	23.26
Sat Fat (g)(1)	< 10.00 % of Calories	6.67	9.93
Trans Fat (g)(2)		0.07(M)	
Chol (mg)		49.29(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	783.44	
Sodium Target 2 (mg) (13)	< 935.00	783.44	
Carb (g)		88.05	58.30
Total Fiber (g)		10.35	
Total Sugars (g)		27.15(M)	17.98
Added Sugars (g)		6.90(M)	
Protein (g)		30.30	20.06
Iron (mg)		3.55(M)	
Calcium (mg)		635.47(M)	
VitA (IU)		2,799.51(M)	
VitC (mg)		29.90(M)	
VitD (mcg)		1.25(M)	
Potassium (mg)		589.75(M)	
Mois (g)		291.89(M)	
Ash (g)		2.23(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[11.000 - 14.000]	[12.750 - 14.500](a)	
Grains	[11.000 - 12.500]	[13.250 - 24.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	47.250	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 3.500	4.500	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 5.250	[6.750 - 7.625]	
Veg-DG	>= 0.500	1.750	
Veg-RO	>= 0.750	2.375	
Veg-BP	>= 0.500	0.625	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.500	1.500	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 7.000	7.000	
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.

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

Menu Cycle Week – Nutrient Analysis

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

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Elementary Lunch December 1, 2022 - Day: 1	700																		
Category: Entrees; May Choose: 1																			
Beef Taco Flatbread Lettuce and Cheese - LR100452 (1 each taco)	50	233.59	15.73	8.17	0.00(M)	45.28	290.87	9.80	1.33	0.04(M)	0.00(M)	13.68	1.11	277.10	537.09	3.12	0.00(M)	0.00(M)	0.09(M)
grilled cheese - LR100483 (1 ea.)	150	289.68	9.87	5.00	0.00	30.00	681.93	33.94	3.74	9.61	(M)	19.61	1.35	506.26	180.00	0.00(M)	0.00(M)	540.00 (M)	0.00(M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	500	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
Category: Vegetables; May Choose: 2																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	250	15.00	0.17	0.04	0.00	0.00	74.11	2.75	1.48	1.24	(M)	0.65	0.18	37.06	416.00	2.86	(M)	(M)	88.41
Potatoes, 3/8" Straight Cut Extra Long French Fries, 2.29 oz, McCain, MCX40, Veg-S - SR100928 (2 1/3 ounces)	700	70.00	2.00	0.00	0.00	0.00	15.00	14.00	1.00	0.00	0.00	1.00	0.20	10.00	0.00(M)	0.00(M)	0.00	210.09	(M)
Category: Fruits; May Choose: 1																			
829421-FRUIT: Apple, 138ct 1/8wg 1/2c - AR1034 (4 wedge)	650	32.00	0.11	0.02	0.00	0.00	2.32	8.43	1.45	(M)	(M)	0.17	0.08	5.05	32.68	3.38	(M)	(M)	92.99
Category: Milk; May Choose: 1																			
826422 - MILK, 1% White 8oz : 6.1 - AR1085 (1 Carton)	350	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	12.00	8.26	0.07	306.25	480.19	0.00	2.50	370.00	220.30
826430- Milk, Skim 8 oz - AR1095 (1 Carton)	0	83.00	0.20	0.12	0.00	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
826431-MILK, Skim Chocolate - AR1002 (1 c.)	350	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	18.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
Elementary Lunch December 2, 2022 - Day: 2	700																		
Category: Entrees; May Choose: 1																			
grilled cheese - LR100483 (1 ea.)	300	289.68	9.87	5.00	0.00	30.00	681.93	33.94	3.74	9.61	(M)	19.61	1.35	506.26	180.00	0.00(M)	0.00(M)	540.00 (M)	0.00(M)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Pasta, Macaroni and Cheese, Prepared, Land O' Lakes, 43292, MMA, WGR - SR108684 (6 ounces)	100	349.79	20.99	12.99	1.00	64.96	909.47	22.99	2.00	3.00	0.00	16.99	1.00	392.77	0.00(M)	0.00(M)	0.00	170.04	(M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	300	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
Category: Grains; May Choose: 1																			
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 pouch)	400	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	45.00	(M)
Category: Vegetables; May Choose: 2																			
830676-Broccoli, frozen, chopped, cooked, boiled, drained, without salt - AR1317 (3/4 c.)	650	38.51	0.17	0.01	0.00	0.00	15.19	7.39	4.15	2.03	(M)	4.28	0.84	45.60	1396.99	55.41	(M)	(M)	125.35
Category: Fruits; May Choose: 1																			
Fruit, Canned Fruit, Mix, F - SR102519 (1/2 cup servin)	650	61.37	0.05	0.01	0.00(M)	0.00	4.87	15.72	1.28	4.00(M)	(M)	0.37	0.37(M)	7.84(M)	120.39 (M)	6.30(M)	(M)	(M)	16.98 (M)
Category: Milk; May Choose: 1																			
826422 - MILK, 1% White 8oz : 6.1 - AR1085 (1 Carton)	350	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	12.00	8.26	0.07	306.25	480.19	0.00	2.50	370.00	220.30
826430- Milk, Skim 8 oz - AR1095 (1 Carton)	0	83.00	0.20	0.12	0.00	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
826431-MILK, Skim Chocolate - AR1002 (1 c.)	350	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	18.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
Elementary Lunch December 5, 2022 - Day: 3																			
Category: Entrees; May Choose: 1																			
Black Bean Burger - LR100470 (1 ea.)	400	427.68	10.82	5.07	0.01(M)	47.30	561.12	60.69	12.31	3.65(M)	1.97(M)	21.77	4.47	301.72	721.58 (M)	2.18(M)	0.00(M)	0.00(M)	103.72 (M)
Pizza, BIG DADDY'S Primo 16" WG Par-Baked Crust Four Cheese Pizza, The Schwan Food Company, 68591, MMA, WGR, Veg-RO - SR110118 (1 Pizza Slic)	200	360.00	16.00	8.00	0.00	40.00	490.00	35.00	4.00	6.00	(M)	18.00	(M)	(M)	(M)	(M)	(M)	611.00	(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 CHEESEBURGER - LR100127 (1 ea.)	100	356.88	14.74	6.05	1.00	64.73	524.33	31.06	4.60	3.75	0.00(M)	26.07	2.02(M)	154.91 (M)	1891.10 (M)	3.00(M)	0.00(M)	146.35 (M)	15.47 (M)
Category: Vegetables; May Choose: 2																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	50	15.00	0.17	0.04	0.00	0.00	74.11	2.75	1.48	1.24	(M)	0.65	0.18	37.06	416.00	2.86	(M)	(M)	88.41
Potatoes, 3/8" Straight Cut Extra Long French Fries, 2.29 oz, McCain, MCX40, Veg-S - SR100928 (2 1/3 ounces)	500	70.00	2.00	0.00	0.00	0.00	15.00	14.00	1.00	0.00	0.00	1.00	0.20	10.00	0.00(M)	0.00(M)	0.00	210.09	(M)
Category: Fruits; May Choose: 1																			
825008 - Fruit: Apple 138ct Whole 1c - AR1193 (1 Each, 138C)	700	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
Category: Milk; May Choose: 1																			
826422 - MILK, 1% White 8oz : 6.1 - AR1085 (1 Carton)	350	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	12.00	8.26	0.07	306.25	480.19	0.00	2.50	370.00	220.30
826430- Milk, Skim 8 oz - AR1095 (1 Carton)	0	83.00	0.20	0.12	0.00	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
826431-MILK, Skim Chocolate - AR1002 (1 c.)	350	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	18.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
Elementary Lunch December 6, 2022 - Day: 4																			
Category: Entrees; May Choose: 1																			
830785-Burg, Black Bean SC WG 2.0 - AR1169 (1 ea.)	300	427.68	10.82	5.07	0.01(M)	47.30	561.12	60.69	12.31	3.65(M)	1.97(M)	21.77	4.47	301.72	721.58 (M)	2.18(M)	0.00(M)	0.00(M)	103.72 (M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	200	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
Turkey, Pre-cooked Turkey Sausage Patty, 1.025 oz, Frozen, Jennie-O, 6132, MMA - SR101003 (1 patty)	200	60.00	4.00	1.00	0.00	30.00	90.00	0.00	0.00	0.00	(M)	6.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 2																			
829348 - BISCUIT AP, WG 2.0oz ZTF EZ (GM) - AR1412 (1 ea.)	200	175.77	7.94	5.10	0.00	0.00	334.53	21.55	2.27	1.70	1.70	3.40	1.19	135.51	0.40	0.00	0.00	0.00	0.00
Category: Vegetables; May Choose: 2																			

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	350	24.81	0.09	0.02	0.00	0.00	55.28	5.84	2.06	2.39	(M)	0.45	0.63	22.68	9773.53	1.84	(M)	(M)	64.03
Beans, Garbanzo, Canned; Chick peas, extra fancy, 6/#10 can; as purchased - SR105105 (1/2 c.)	350	80.00	1.50	0.00	0.00	0.00	240.00	14.00	4.00	2.00	(M)	4.00	1.00	27.00	0.00(M)	0.00(M)	0.00	148.00	(M)
Category: Fruits; May Choose: 1																			
826581-Fruit: Orange 138ct Whole 1/2c - AR1062 (1 fruit (2-5))	600	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
Category: Milk; May Choose: 1																			
826422 - MILK, 1% White 8oz : 6.1 - AR1085 (1 Carton)	350	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	12.00	8.26	0.07	306.25	480.19	0.00	2.50	370.00	220.30
826430- Milk, Skim 8 oz - AR1095 (1 Carton)	0	83.00	0.20	0.12	0.00	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
826431-MILK, Skim Chocolate - AR1002 (1 c.)	350	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	18.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
Elementary Lunch December 7, 2022 - Day: 5																			
Category: Entrees; May Choose: 1																			
830785-Burg, Black Bean SC WG 2.0 - AR1169 (1 ea.)	200	427.68	10.82	5.07	0.01(M)	47.30	561.12	60.69	12.31	3.65(M)	1.97(M)	21.77	4.47	301.72	721.58 (M)	2.18(M)	0.00(M)	0.00(M)	103.72 (M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	200	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
ud turkey and cheese sandwich - LR100409 (1 sandwich)	300	284.68	8.87	3.00	0.00	40.00	1211.93	33.94	3.74	7.61(M)	(M)	20.61	2.25	399.26	90.00	0.00	(M)	(M)	0.00(M)
Category: Vegetables; May Choose: 2																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	350	24.81	0.09	0.02	0.00	0.00	55.28	5.84	2.06	2.39	(M)	0.45	0.63	22.68	9773.53	1.84	(M)	(M)	64.03
830255 VEG: Broccoli, Fresh Ckd 1/2c - AR1210 (1/2 c.)	400	14.88	0.17	0.03	0.00	0.00	17.43	3.05	1.40	0.59	(M)	1.01	0.28	17.01	658.28	27.60	0.00	124.60	37.95
Category: Fruits; May Choose: 1																			
009252- Pears, RAW - AR1726 (1 100-120 Ct)	600	98.60	0.00	0.00	0.00	0.00	1.70	26.28	5.27	(M)	(M)	0.65	0.29	15.30	39.10	7.14	(M)	(M)	141.39

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)
Category: Milk; May Choose: 1																			
826422 - MILK, 1% White 8oz : 6.1 - AR1085 (1 Carton)	350	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	12.00	8.26	0.07	306.25	480.19	0.00	2.50	370.00	220.30
826430- Milk, Skim 8 oz - AR1095 (1 Carton)	0	83.00	0.20	0.12	0.00	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
826431-MILK, Skim Chocolate - AR1002 (1 c.)	350	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	18.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
Elementary Lunch December 8, 2022 - Day: 6																			
Category: Entrees; May Choose: 1																			
830785-Burg, Black Bean SC WG 2.0 - AR1169 (1 ea.)	200	427.68	10.82	5.07	0.01(M)	47.30	561.12	60.69	12.31	3.65(M)	1.97(M)	21.77	4.47	301.72	721.58 (M)	2.18(M)	0.00(M)	0.00(M)	103.72 (M)
Beef Chili w/ Beans, MMA, VEG-BP - SR108581 (1/2 c.)	300	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)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	200	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
Category: Grains; May Choose: 1																			
Chips, Fritos Original Corn Chips, 1 oz., Frito-Lay, 028400040037, WGR - SR104824 (1 oz.)	300	160.00	10.00	1.50	0.00	0.00	170.00	16.00	1.00	0.00	(M)	2.00	0.20	30.00	0.00(M)	0.00(M)	0.00	30.00	(M)
Category: Vegetables; May Choose: 2																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	400	15.00	0.17	0.04	0.00	0.00	74.11	2.75	1.48	1.24	(M)	0.65	0.18	37.06	416.00	2.86	(M)	(M)	88.41
825931 - Veg: Corn, Fz 1/2c - AR1198 (3/4 c.)	400	99.00	0.83	0.12	0.00	0.00	1.23	23.70	2.94	3.76	0.00	3.76	0.57	3.69	244.35	4.30	0.00	0.00	94.59
Category: Fruits; May Choose: 1																			
825009 BANANAS, FRESH Petite 150ct - AR1919 (1 150ct, Raw)	600	68.88	0.26	0.09	0.00	0.00	0.77	17.68	2.01	7.74	0.00	0.84	0.20	3.87	49.53	6.73	0.00	224.43	57.97
Category: Milk; May Choose: 1																			
826422 - MILK, 1% White 8oz : 6.1 - AR1085 (1 Carton)	350	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	12.00	8.26	0.07	306.25	480.19	0.00	2.50	370.00	220.30
826430- Milk, Skim 8 oz - AR1095 (1 Carton)	0	83.00	0.20	0.12	0.00	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68

Menu Cycle Week – Nutrient Analysis

Generated on: 11/14/2022 9:57:27 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)
826431-MILK, Skim Chocolate - AR1002 (1 c.)	350	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	18.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
Elementary Lunch December 9, 2022 - Day: 7	700																		
Category: Entrees; May Choose: 1																			
830785-Burg, Black Bean SC WG 2.0 - AR1169 (1 ea.)	100	427.68	10.82	5.07	0.01(M)	47.30	561.12	60.69	12.31	3.65(M)	1.97(M)	21.77	4.47	301.72	721.58 (M)	2.18(M)	0.00(M)	0.00(M)	103.72 (M)
chicken parm flatbread - LR100431 (1 ea.)	300	272.85	9.11	3.05	0.00(M)	48.09	468.03	26.00	3.19	2.94(M)	0.00(M)	22.13	1.43	124.19	99.73 (M)	0.00(M)	0.00(M)	74.42 (M)	6.58(M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	300	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
Category: Vegetables; May Choose: 2																			
011960- CARROTS, Baby Raw - AR1784 (1/2 c.)	10	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
825480-Veg: Broccoli, Fresh 1/2c - AR1033 (1/2 c.)	450	24.89	0.23	0.01	0.00	0.00	19.96	4.02	1.57	2.22	0.00	1.71	0.44	28.41	376.69	53.93	0.00	0.00	53.99
Category: Fruits; May Choose: 1																			
Mixed Fruit - LR100038 (1/2 Cup (8 oz))	650	138.00	0.17	0.02	0.00	0.00	15.00	36.13	2.42	0.00	(M)	0.97	0.70	14.50	496.00	4.60	(M)	(M)	204.18
Category: Milk; May Choose: 1																			
826422 - MILK, 1% White 8oz : 6.1 - AR1085 (1 Carton)	350	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	12.00	8.26	0.07	306.25	480.19	0.00	2.50	370.00	220.30
826430- Milk, Skim 8 oz - AR1095 (1 Carton)	0	83.00	0.20	0.12	0.00	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
826431-MILK, Skim Chocolate - AR1002 (1 c.)	350	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	18.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)