



# 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>Elementary Lunch May 22,2023 - Day: 1</b>	700																			
<b>Category: Entrees; May Choose: 1</b>																				
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)	
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	400	400.00	16.50	3.00	0.00	25.00	790.00	45.00	7.00	4.00	0.00(M)	21.00	3.20	100.00	0.00	0.00	0.10(M)	730.00	0.00(M)	
UD WALKING CHICKEN TACO - LR100134 (1 ea.)	100	241.59	9.10	3.50	0.00	53.89	243.06	21.40	2.22	0.68	0.00(M)	18.96	1.39	148.35	5088.57 (M)	2.27(M)	0.00(M)	39.99 (M)	53.64 (M)	
<b>Category: Vegetables; May Choose: 2</b>																				
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	
825931 - Veg: Corn, Fz 1/2c - AR1198 (3/4 c.)	700	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	
<b>Category: Fruits; May Choose: 1</b>																				
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	
<b>Category: Milk; May Choose: 1</b>																				
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)	
<b>Elementary Lunch May 23,2023 - Day: 2</b>	700																			
<b>Category: Entrees; May Choose: 1</b>																				
Pizza, Beef Quesadilla Whole Grain 5 oz, The MAX, ConAgra, 77387-12715, MMA, WGR, Veg-RO - SR102638 (1 pizza)	200	300.00	9.00	2.50	0.00	10.00	570.00	39.00	4.00	3.00	(M)	16.00	3.30	270.00	0.00(M)	0.00(M)	0.00	240.00	(M)	

# Menu Cycle Week – Nutrient Analysis

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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)
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)
UD WALKING CHICKEN TACO - LR100134 (1 ea.)	300	241.59	9.10	3.50	0.00	53.89	243.06	21.40	2.22	0.68	0.00(M)	18.96	1.39	148.35	5088.57 (M)	2.27(M)	0.00(M)	39.99 (M)	53.64 (M)
<b>Category: Vegetables; May Choose: 1</b>																			
829531-Potato HB, Tator Tots 1 cup - AR1433 (1 c.)	200	280.00	14.00	3.00	0.00	0.00	540.00	32.00	4.00	0.00	(M)	4.00	0.72	40.00	200.00	2.40	(M)	(M)	0.00
<b>Category: Fruits; May Choose: 1</b>																			
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>																			
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)
<b>Elementary Lunch May 24,2023 - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
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)
UD WALKING CHICKEN TACO - LR100134 (1 ea.)	200	241.59	9.10	3.50	0.00	53.89	243.06	21.40	2.22	0.68	0.00(M)	18.96	1.39	148.35	5088.57 (M)	2.27(M)	0.00(M)	39.99 (M)	53.64 (M)
Veggie chicken nuggets - LR100374 (4 ea.)	300	190.40	8.00	1.00	0.00	0.00	3.00	18.00	4.00	2.00	2.00	13.00	1.50	30.00	0.00	0.00	0.00	200.00	0.00
<b>Category: Grains; May Choose: 1</b>																			
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 Pouch)	0	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)
<b>Category: Vegetables; May Choose: 2</b>																			

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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)
831082-VEG: CELERY, Stick AP & Carrots - AR1361 (1/2 c.)	700	17.40	0.10	0.02	0.00	0.00	52.35	3.83	1.52	1.61	(M)	0.44	0.38	23.70	5025.43	1.88	(M)	(M)	61.49
BBQ Baked Beans, VEG-BP - SR108580 (1/2 c.)	700	226.56	1.25	0.21	0.00(M)	0.00	728.65	50.80	7.45	25.98	(M)	9.05	2.23	73.25	240.96	0.91	0.00	452.17	134.58
<b>Category: Fruits; May Choose: 1</b>																			
Juice Sorbet, Cherry/Blue Raspberry Swirl Frozen 4.4 fl oz, Luigi's, J&J Snack Foods, 48446, F - SR107097 (4 1/2 fl. oz.)	700	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	(M)	0.00	0.36	80.00	500.00	60.00	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Elementary Lunch May 25, 2023 - Day: 4</b>		700																	
<b>Category: Entrees; May Choose: 2</b>																			
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)
Pizza, Cheese Crunchers Whole Grain, Rich's Foodservice, 65225, WGR, MMA - SR100373 (4 piece whol)	300	420.00	20.00	8.00	0.50	30.00	770.00	41.00	5.00	4.00	1.00	20.00	2.40	420.00	0.00(M)	0.00(M)	0.20	540.00	(M)
UD WALKING CHICKEN TACO - LR100134 (1 ea.)	200	241.59	9.10	3.50	0.00	53.89	243.06	21.40	2.22	0.68	0.00(M)	18.96	1.39	148.35	5088.57 (M)	2.27(M)	0.00(M)	39.99 (M)	53.64 (M)
<b>Category: Grains; May Choose: 1</b>																			
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 Pouch)	700	100.00	3.50	1.00	0.00	4.99	150.00	14.00	1.00	0.00	0.00	2.00	4.00	100.00	500.00	0.00	0.00(M)	0.00(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			

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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)
830676-Broccoli, frozen, chopped, cooked, boiled, drained, without salt - AR1317 (3/4 c.)	10	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
Green Beans - LR100036 (1/2 c.)	700	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)
<b>Category: Fruits; May Choose: 1</b>																			
Strawberries, raw - SR105449 (1/2 cup, halve)	700	24.32	0.23	0.01	0.00	0.00	0.76	5.84	1.52	3.72	(M)	0.51	0.31	12.16	9.12	44.69	0.00	116.28	69.12
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Elementary Lunch May 30, 2023 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Beef/Chicken Pepperoni Pizza - LR100500 (1 slice)	300	421.00	20.07	7.52	0.00	65.38	915.00	36.01	4.00	7.01	(M)	26.10	3.06	300.00	602.50	0.00	(M)	(M)	0.00(M)
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	200	240.00	14.00	2.50	0.00	25.00	440.00	16.00	3.00	1.00	0.00	14.00	1.90	30.00	(M)	(M)	0.10	600.19	(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)
<b>Category: Grains; May Choose: 1</b>																			
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 Pouch)	200	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)
<b>Category: Vegetables; May Choose: 1</b>																			
829531-Potato HB, Tator Tots 1 cup - AR1433 (1 c.)	200	280.00	14.00	3.00	0.00	0.00	540.00	32.00	4.00	0.00	(M)	4.00	0.72	40.00	200.00	2.40	(M)	(M)	0.00

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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>																				
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>																				
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)	
<b>Elementary Lunch May 31, 2023 - Day: 6</b>		700																		
<b>Category: Entrees; May Choose: 1</b>																				
Chicken Nuggets 1 - LR100308 (1 serv.)	300	240.00	14.00	2.50	0.00	20.00	470.00	16.00	3.00	1.00	1.00	13.00	2.00	39.00	0.00(M)	0.00(M)	0.00	320.07	(M)	
Egg and Cheese Muffin - LR100524 (1 sandwich)	200	199.06	9.27	3.75	0.00	124.83	527.52	15.32	1.29	1.24(M)	0.57(M)	12.27	1.35	386.50	191.25	0.00	0.00(M)	68.84 (M)	0.00(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)	
<b>Category: Grains; May Choose: 1</b>																				
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 Pouch)	300	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)	
<b>Category: Vegetables; May Choose: 2</b>																				
831082-VEG: CELERY, Stick AP & Carrots - AR1361 (1/2 c.)	700	17.40	0.10	0.02	0.00	0.00	52.35	3.83	1.52	1.61	(M)	0.44	0.38	23.70	5025.43	1.88	(M)	(M)	61.49	
BBQ Baked Beans, VEG-BP - SR108580 (1/2 c.)	700	226.56	1.25	0.21	0.00(M)	0.00	728.65	50.80	7.45	25.98	(M)	9.05	2.23	73.25	240.96	0.91	0.00	452.17	134.58	
<b>Category: Fruits; May Choose: 1</b>																				
Juice Sorbet, Cherry/Blue Raspberry Swirl Frozen 4.4 fl oz, Luigi's, J&J Snack Foods, 48446, F - SR107097 (4 1/2 fl. oz.)	700	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	(M)	0.00	0.36	80.00	500.00	60.00	(M)	(M)	(M)	
<b>Category: Milk; May Choose: 1</b>																				

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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)
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)