

Menu Cycle Week – Nutrient Analysis

Generated on: 11/14/2022 11:25:00 AM by Kathleen McCullough

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

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	624.05	
Total Fat (g)		17.53	25.28
Sat Fat (g)(1)	< 10.00 % of Calories	6.71	9.67
Trans Fat (g)(2)		0.14(M)	
Chol (mg)		47.92(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	825.57	
Sodium Target 2 (mg) (13)	< 1,035.00	825.57	
Carb (g)		90.44	57.97
Total Fiber (g)		11.60(M)	
Total Sugars (g)		29.67(M)	19.02
Added Sugars (g)		7.26(M)	
Protein (g)		30.13	19.31
Iron (mg)		4.02(M)	
Calcium (mg)		603.07(M)	
VitA (IU)		13,533.97(M)	
VitC (mg)		36.69(M)	
VitD (mcg)		1.25(M)	
Potassium (mg)		648.69(M)	
Mois (g)		370.86(M)	
Ash (g)		2.55(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[12.500 - 14.000]	[12.750 - 14.250](a)	
Grains	[11.000 - 14.000]	[11.250 - 25.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	55.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 3.500	[4.500 - 5.375]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 5.250	[6.750 - 11.000]	
Veg-DG	>= 0.500	2.375	
Veg-RO	>= 0.750	5.250	
Veg-BP	>= 0.500	0.500	
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.

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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)
Middle School Lunch December 1, 2022 - Day: 1	700																		
Category: Entrees; May Choose: 1																			
Cheese Bites, Wild Mike's, 11003, 1/2 MMA 1/2 WG - SR109755 (1 serv.)	200	70.00	2.50	1.50	0.00	10.00	115.00	7.00	1.00	0.00	0.00	5.00	0.00	113.00	0.00(M)	0.00(M)	0.00	16.00	(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)	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 HOT AND SPICY CHICKEN PATTY on potato roll - LR100434 (1 ea.)	300	410.93	19.81	3.94	0.00	23.55	565.42	39.68	4.37	8.19	8.18(M)	17.31	3.12	44.26	0.06(M)	0.02(M)	0.00(M)	890.04 (M)	(M)
Category: Vegetables; May Choose: 2																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	700	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)	700	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)
Category: Condiments; May Choose: 1																			
825860-COND PC, Mayonnaise 12g - AR1022 (1 packet)	300	80.00	8.00	1.50	0.00	5.00	75.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	5.00	0.00	(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)
Sauce, Marinara Sauce, 2.5 oz. cups, Red Gold, REDNA2ZC168, VEG-RO - SR108770 (1 Container)	300	40.00	1.00	0.00	0.00	0.00	200.00	7.00	2.00	4.00	1.00	1.00	0.00	19.00	0.00(M)	0.00(M)	0.00	261.79	(M)
Middle School Lunch December 2, 2022 - Day: 2	700																		
Category: Entrees; May Choose: 1																			
827967 YOGURT, Parfait Strawberry 1.0 - AR1654 (1 serv.)	50	139.36	1.50	0.54	0.00	4.54	69.78	28.25	1.08	1.78(M)	(M)	4.12	0.39	108.06	35.49	16.06	0.00(M)	57.69 (M)	35.07 (M)
Cheese Bites, Wild Mike's, 11003, 1/2 MMA 1/2 WG - SR109755 (1 serv.)	150	70.00	2.50	1.50	0.00	10.00	115.00	7.00	1.00	0.00	0.00	5.00	0.00	113.00	0.00(M)	0.00(M)	0.00	16.00	(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)	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)
Walking Beef Taco - LR100122 (1 ea.)	300	306.34	17.81	6.15	1.33	48.37 (M)	351.95	22.55	3.22(M)	0.72(M)	0.00(M)	15.24	0.91(M)	118.36 (M)	5193.39 (M)	2.27(M)	0.00(M)	0.00(M)	53.64 (M)
Category: Grains; May Choose: 1																			
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 pouch)	50	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.)	400	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)	500	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)

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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)
Middle School Lunch December 5, 2022 - Day: 3	700																		
Category: Entrees; May Choose: 1																			
Baja Chicken Salad - LR100045 (1 ea.)	100	170.67	6.23	2.52	0.01	63.63	479.00	22.17	4.99	2.00	(M)	26.05	4.53	112.18	3079.06	16.74	0.00(M)	0.00(M)	28.29 (M)
Black Bean Burger - LR100470 (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)
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 CHEESEBURGER - LR100127 (1 ea.)	300	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.)	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
Potatoes, 3/8" Straight Cut Extra Long French Fries, 2.29 oz, McCain, MCX40, Veg-S - SR100928 (2 1/3 ounces)	200	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)	600	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)
Middle School Lunch December 6, 2022 - Day: 4	700																		
Category: Entrees; May Choose: 1																			
830785-Burg, Black Bean SC WG 2.0 - AR1169 (1 ea.)	50	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)

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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)
American Cheese - Great Lakes Cheese Co. - SR109298 (2 slice)	300	100.00	9.00	5.00	0.00	30.00	470.00	1.00	0.00	1.00	(M)	5.00	0.36	150.00	(M)	(M)	(M)	(M)	(M)
Baja Chicken Salad - LR100045 (1 ea.)	50	170.67	6.23	2.52	0.01	63.63	479.00	22.17	4.99	2.00	(M)	26.05	4.53	112.18	3079.06	16.74	0.00(M)	0.00(M)	28.29(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)
Turkey, Pre-cooked Turkey Sausage Patty, 1.025 oz, Frozen, Jennie-O, 6132, MMA - SR101003 (1 patty)	300	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.)	300	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																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	700	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.)	300	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))	700	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)
Middle School Lunch December 7, 2022 - Day: 5	700																		
Category: Entrees; May Choose: 1																			

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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)
830785-Burg, Black Bean SC WG 2.0 - AR1169 (1 ea.)	50	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)
Baja Chicken Salad - LR100045 (1 ea.)	50	170.67	6.23	2.52	0.01	63.63	479.00	22.17	4.99	2.00	(M)	26.05	4.53	112.18	3079.06	16.74	0.00(M)	0.00(M)	28.29 (M)
chicken parm hoagie - LR100411 (1 ea.)	300	452.65	19.33	4.52	0.00(M)	32.59	846.89	44.09	7.36	4.46(M)	1.00(M)	26.45	3.63	157.58	99.73 (M)	0.00(M)	0.00(M)	794.42 (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																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	700	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.)	700	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)	700	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
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)
Middle School Lunch December 8, 2022 - Day: 6																			
Category: Entrees; May Choose: 1																			
830785-Burg, Black Bean SC WG 2.0 - AR1169 (1 ea.)	50	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)
Baja Chicken Salad - LR100045 (1 ea.)	50	170.67	6.23	2.52	0.01	63.63	479.00	22.17	4.99	2.00	(M)	26.05	4.53	112.18	3079.06	16.74	0.00(M)	0.00(M)	28.29 (M)
Macaroni and Cheese, Reduced Fat, Whole Grain, Cooked, Land O'Lakes, 43277, MMA, WGR - SR102398 (2/3 c.)	300	290.00	11.00	6.00	0.00	30.00	980.00	31.00	2.00	6.00	0.00	17.00	1.00	419.00	111.00	(M)	0.00	210.00	(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)
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																			
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.)	700	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.)	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
Category: Fruits; May Choose: 1																			
825009 BANANAS, FRESH Petite 150ct - AR1919 (1 150ct, Raw)	700	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
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)
Middle School Lunch December 9, 2022 - Day: 7	700																		
Category: Entrees; May Choose: 1																			
830785-Burg, Black Bean SC WG 2.0 - AR1169 (1 ea.)	50	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)
Baja Chicken Salad - LR100045 (1 ea.)	50	170.67	6.23	2.52	0.01	63.63	479.00	22.17	4.99	2.00	(M)	26.05	4.53	112.18	3079.06	16.74	0.00(M)	0.00(M)	28.29 (M)
dumpling with whole grain wrappers - LR100511 (5 ea.)	300	200.00	5.75	0.00	0.00	27.50	293.00	26.00	1.50	2.50	1.00	14.00	1.88	0.00	0.00	0.00	0.00	0.00	0.00
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)

Menu Cycle Week – Nutrient Analysis

Generated on: 11/14/2022 11:25:00 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)
Category: Grains; May Choose: 2																			
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	100	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)
Category: Vegetables; May Choose: 2																			
011960- CARROTS, Baby Raw - AR1784 (1/2 c.)	700	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.)	700	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)	700	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)