

# Menu Cycle Week – Nutrient Analysis

Generated on: 1/3/2023 6:38:10 AM by Kathleen McCullough

Menu Cycle: Middle School Lunch January 23 to January 31, 2023  
 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]	658.39	
Total Fat (g)		17.04	23.29
Sat Fat (g)(1)	< 10.00 % of Calories	6.60	9.03
Trans Fat (g)(2)		0.04(M)	
Chol (mg)		46.88(M)	
Sodium Target 1 (mg) (1)	<= 1,360.00	859.45	
Sodium Target 1A (mg) (14)	<= 1,225.00	859.45	
Sodium Target 2 (mg) (13)	<= 1,035.00	859.45	
Carb (g)		99.45	60.42
Total Fiber (g)		12.11	
Total Sugars (g)		37.22(M)	22.61
Added Sugars (g)		7.92(M)	
Protein (g)		32.23	19.58
Iron (mg)		6.70	
Calcium (mg)		632.43(M)	
VitA (IU)		12,739.63(M)	
VitC (mg)		50.39(M)	
VitD (mcg)		1.39(M)	
Potassium (mg)		512.84(M)	
Mois (g)		378.64(M)	
Ash (g)		2.59(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[12.500 - 14.000]	[13.750 - 14.000]	
Grains	[11.000 - 14.000]	[18.000 - 29.500](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	65.500	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 3.500	[5.000 - 7.500]	
Fruit-J	<= 50.000 % of	0.500	6.67
Veg	>= 5.250	[7.250 - 9.375]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	3.125	
Veg-BP	>= 0.500	1.125	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.500	3.000	
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 2022-2023 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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- 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.
- 4 Sodium Target 1A will be marked in orange if exceeded prior to the effective date of July 1, 2023 and does not impact pass/fail compliance prior to that date.
- a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

Menu 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>Middle School Lunch January 23,2023 - Day: 1</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
Beef Chili w/ Beans, MMA, VEG-BP - SR108581 (1/2 c.)	200	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)
-FISH STICKS, Pollock Brd FC 1 oz WG w/breadstick - AR1839 (4 sticks)	200	250.00	6.00	1.00	0.00	50.00	365.00	32.00	3.00	2.00	(M)	18.00	6.72	20.00	5.00	0.00	(M)	(M)	(M)
MTO YOGURT PARFAIT BAR - AR1999 (1 serv.)	200	369.93	6.97	1.00	0.00	4.14	261.75	73.08	4.91	21.27 (M)	6.38(M)	7.66	2.22	176.48	318.28	17.95 (M)	1.13(M)	146.11 (M)	41.24 (M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	100	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
<b>Category: Grains; May Choose: 1</b>																			
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
Chips, Fritos Original Corn Chips, 1 oz., Frito-Lay, 028400040037, WGR - SR104824 (1 oz.)	200	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)
<b>Category: Vegetables; May Choose: 2</b>																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	600	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)
<b>Category: Fruits; May Choose: 1</b>																			
825008 - Fruit: Apple 138ct Whole 1c - AR1193 (1 Each, 138C)	650	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>																			

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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)
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>Category: Condiments; May Choose: 1</b>																			
Pickles, Cucumber Dill or Kosher Dill, Veg-O - SR105246 (1/8 c.)	0	2.33	0.06	0.02	0.00	0.00	156.74	0.47	0.19	0.21	(M)	0.10	0.05	11.04	24.22	0.45	0.00	22.67	18.28
<b>Middle School Lunch January 24, 2023 - Day: 2</b>		700																	
<b>Category: Entrees; May Choose: 1</b>																			
829283-FISH STICKS, Pollock Brd FC 1 oz WG - AR1377 (112 g.)	250	167.90	5.93	0.99	0.00	34.57	256.79	17.78	0.99	0.99	(M)	10.86	0.99	0.00	0.00	0.00	(M)	(M)	(M)
MTO YOGURT PARFAIT BAR - AR1999 (1 serv.)	50	369.93	6.97	1.00	0.00	4.14	261.75	73.08	4.91	21.27 (M)	6.38(M)	7.66	2.22	176.48	318.28	17.95 (M)	1.13(M)	146.11 (M)	41.24 (M)
Pizza, Cheese Crunchers Whole Grain, Rich's Foodservice, 65225, WGR, MMA - SR100373 (4 piece whol)	200	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)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	200	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
<b>Category: Grains; May Choose: 1</b>																			
829348 - BISCUIT AP, WG 2.0oz ZTF EZ (GM) - AR1412 (1 ea.)	250	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
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)
<b>Category: Vegetables; May Choose: 2</b>																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	600	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.)	100	80.00	1.50	0.00	0.00	0.00	240.00	14.00	4.00	2.00	0.00	4.00	1.00	27.00	0.00(M)	0.00(M)	0.00	148.00	(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)
<b>Category: Fruits; May Choose: 1</b>																			
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
<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>Middle School Lunch January 25,2023 - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
-FISH STICKS, Pollock Brd FC 1 oz WG w/breadstick - AR1839 (4 sticks)	200	250.00	6.00	1.00	0.00	50.00	365.00	32.00	3.00	2.00	(M)	18.00	6.72	20.00	5.00	0.00	(M)	(M)	(M)
Macaroni and Cheese, Reduced Fat, Reduced Sodium, Whole Grain, Beaver Valley Baking, 90067, MMA, WGR - SR100886 (1 6 oz Servi)	100	215.00	7.00	6.00	0.00	25.00	540.00	24.00	2.00	4.00	(M)	14.00	1.44	300.00	300.00	0.00	(M)	(M)	(M)
MTO YOGURT PARFAIT BAR - AR1999 (1 serv.)	100	369.93	6.97	1.00	0.00	4.14	261.75	73.08	4.91	21.27 (M)	6.38(M)	7.66	2.22	176.48	318.28	17.95 (M)	1.13(M)	146.11 (M)	41.24 (M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	300	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
<b>Category: Grains; May Choose: 1</b>																			
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
<b>Category: Vegetables; May Choose: 2</b>																			
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
<b>Category: Fruits; May Choose: 1</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)
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
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>Middle School Lunch January 26, 2023 - Day: 4</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
Chicken Nuggets 1 - LR100308 (1 serv.)	200	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)
-FISH STICKS, Pollock Brd FC 1 oz WG w/breadstick - AR1839 (4 sticks)	200	250.00	6.00	1.00	0.00	50.00	365.00	32.00	3.00	2.00	(M)	18.00	6.72	20.00	5.00	0.00	(M)	(M)	(M)
MTO YOGURT PARFAIT BAR - AR1999 (1 serv.)	10	369.93	6.97	1.00	0.00	4.14	261.75	73.08	4.91	21.27 (M)	6.38(M)	7.66	2.22	176.48	318.28	17.95 (M)	1.13(M)	146.11 (M)	41.24 (M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	290	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
<b>Category: Grains; May Choose: 1</b>																			
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
Chips, Fritos Original Corn Chips, 1 oz., Frito-Lay, 028400040037, WGR - SR104824 (1 oz.)	100	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)
<b>Category: Vegetables; May Choose: 2</b>																			
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

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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>																			
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
<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>Category: Condiments; May Choose: 1</b>																			
Condiment, BBQ Sauce, Bulls-Eye, 28.35g Portion Control Cup, Kraft, 00019582397095 - SR108009 (1 serv.)	0	45.00	0.00	0.00	0.00	0.00	210.00	10.00	0.00	9.00	(M)	0.00	0.72	0.00	0.00(M)	0.00	0.00	110.00	(M)
<b>Middle School Lunch January 27,2023 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
-FISH STICKS, Pollock Brd FC 1 oz WG w/breadstick - AR1839 (4 sticks)	100	250.00	6.00	1.00	0.00	50.00	365.00	32.00	3.00	2.00	(M)	18.00	6.72	20.00	5.00	0.00	(M)	(M)	(M)
MTO YOGURT PARFAIT BAR - AR1999 (1 serv.)	100	369.93	6.97	1.00	0.00	4.14	261.75	73.08	4.91	21.27 (M)	6.38(M)	7.66	2.22	176.48	318.28	17.95 (M)	1.13(M)	146.11 (M)	41.24 (M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	100	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
UD MEATBALL SUB - LR100133 (1 ea.)	400	406.00	13.25	4.88	0.00	43.75	120.40	41.66	5.91	3.00	(M)	29.81	21.21	27.50	91.50	2.94	(M)	(M)	0.00
<b>Category: Grains; May Choose: 1</b>																			
829348 - BISCUIT AP, WG 2.0oz ZTF EZ (GM) - AR1412 (1 ea.)	100	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
<b>Category: Vegetables; May Choose: 2</b>																			
011960- CARROTS, Baby Raw - AR1784 (1/2 c.)	600	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.)	600	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
<b>Category: Fruits; May Choose: 1</b>																			

# Menu Cycle Week – Nutrient Analysis

Generated on: 1/3/2023 6:38:10 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)	Mois (g)
Mixed Fruit - LR100038 (1/2 Cup (8 oz))	600	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
<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>Middle School Lunch January 30, 2023 - Day: 6</b>		600																	
<b>Category: Entrees; May Choose: 1</b>																			
830149-SALAD, Veg Baja AP W 2.0 - AR1396 (1 salad)	100	452.17	12.67	6.22	0.00	28.95	555.12	62.22	13.52	3.03(M)	0.00(M)	23.39	5.59	373.92	2042.52	14.63	0.00(M)	0.00(M)	135.67 (M)
Chicken Patty Sandwich - LR100042 (1 ea.)	300	340.00	12.00	2.00	0.00	45.00	750.01	39.00	3.00	4.00	(M)	21.00	3.24	60.00	100.00	0.00	(M)	(M)	(M)
Chicken Tenders, Breaded Krisp/Crunchy WG - AR1774 (3 piece)	200	210.00	11.00	2.00	0.00	55.00	730.00	13.00	1.00	1.00	(M)	30.00	1.80	20.00	100.00	0.00	(M)	(M)	(M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	100	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
<b>Category: Grains; May Choose: 1</b>																			
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
<b>Category: Vegetables; May Choose: 2</b>																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	600	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)
<b>Category: Fruits; May Choose: 1</b>																			
825008 - Fruit: Apple 138ct Whole 1c - AR1193 (1 Each, 138C)	650	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>																			

# 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)	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)
<b>Category: Condiments; May Choose: 1</b>																			
Pickles, Cucumber Dill or Kosher Dill, Veg-O - SR105246 (1/8 c.)	0	2.33	0.06	0.02	0.00	0.00	156.74	0.47	0.19	0.21	(M)	0.10	0.05	11.04	24.22	0.45	0.00	22.67	18.28
<b>Middle School Lunch January 31, 2023 - Day: 7</b>		700																	
<b>Category: Entrees; May Choose: 1</b>																			
830149-SALAD, Veg Baja AP W 2.0 - AR1396 (1 salad)	100	452.17	12.67	6.22	0.00	28.95	555.12	62.22	13.52	3.03(M)	0.00(M)	23.39	5.59	373.92	2042.52	14.63	0.00(M)	0.00(M)	135.67 (M)
Chicken Tenders, Breaded Krisp/Crunchy WG - AR1774 (3 piece)	200	210.00	11.00	2.00	0.00	55.00	730.00	13.00	1.00	1.00	(M)	30.00	1.80	20.00	100.00	0.00	(M)	(M)	(M)
Fish Taco with power slaw - LR100491 (1 ea.)	200	200.03	6.89	1.76	0.00	47.98	209.11	22.34	2.85	1.00(M)	(M)	12.72	5.16	39.20	3.80(M)	0.00(M)	(M)	(M)	(M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	200	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
<b>Category: Grains; May Choose: 1</b>																			
829348 - BISCUIT AP, WG 2.0oz ZTF EZ (GM) - AR1412 (1 ea.)	250	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
<b>Category: Vegetables; May Choose: 2</b>																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	600	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.)	100	80.00	1.50	0.00	0.00	0.00	240.00	14.00	4.00	2.00	0.00	4.00	1.00	27.00	0.00(M)	0.00(M)	0.00	148.00	(M)
<b>Category: Fruits; May Choose: 1</b>																			
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
<b>Category: Milk; May Choose: 1</b>																			



# Menu Cycle Week – Nutrient Analysis

Generated on: 1/3/2023 6:38:10 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)
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)