

Menu Cycle Week – Nutrient Analysis

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Menu Cycle: Middle School Lunch November 21 to 30, 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]	603.45	
Total Fat (g)		19.00	28.34
Sat Fat (g)(1)	< 10.00 % of Calories	6.06	9.04
Trans Fat (g)(2)		0.14(M)	
Chol (mg)		40.22(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	779.01	
Sodium Target 2 (mg) (13)	< 1,035.00	779.01	
Carb (g)		83.87	55.59
Total Fiber (g)		9.69(M)	
Total Sugars (g)		37.11(M)	24.60
Added Sugars (g)		2.42(M)	
Protein (g)		26.80	17.76
Iron (mg)		2.69(M)	
Calcium (mg)		482.99(M)	
VitA (IU)		6,053.67(M)	
VitC (mg)		106.89(M)	
VitD (mcg)		0.02(M)	
Potassium (mg)		612.01(M)	
Mois (g)		287.78(M)	
Ash (g)		2.07(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[11.000 - 12.000]	[13.000 - 14.000](a)	
Grains	[9.500 - 12.000]	[15.000 - 18.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	43.250	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 3.000	4.500	
Fruit-J	<= 50.000 % of	0.500	11.11
Veg	>= 4.500	[8.000 - 9.250]	
Veg-DG	>= 0.500	1.500	
Veg-RO	>= 0.750	2.625	
Veg-BP	>= 0.500	3.000	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	1.125	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 6.000	6.000	
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)	
Middle School Lunch November 21, 2022 - Day: 1	700																			
Category: Entrees; May Choose: 1																				
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)	
Sandwich, Grilled Cheese on WG w/ Reduced Sodium, American Cheese & Mozzarella, Integrated Food Service, 134000, WGR, MMA - SR100261 (1 ea.)	50	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	5.65	(M)	18.55	1.64	465.90	524.00	0.00	(M)	(M)	(M)	
Veggie chicken nuggets - LR100374 (4 ea.)	350	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	
Walking Beef Taco - LR100122 (1 ea.)	100	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: 2																				
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 pouch)	350	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																				
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																				
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	(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)
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																			
825856-COND PC, Ketchup 9g Heinz 1000ct - AR1018 (1 packet)	700	11.01	0.02	0.00	0.00	0.00	84.60	2.61	0.13	0.18	(M)	0.10	0.03	1.35	42.30	0.59	(M)	(M)	(M)
Pickles, Cucumber Dill or Kosher Dill, Veg-O - SR105246 (1/8 c.)	500	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
Middle School Lunch November 22,2022 - Day: 2																			
Category: Entrees; May Choose: 1																			
Pizza Max Sticks UD - LR100119 (2 stick.)	100	320.00	9.00	2.00	0.00	10.00	620.00	40.00	5.00	12.00	(M)	18.00	4.32	920.00	1300.00	3.60	(M)	(M)	(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)	100	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 HOT AND SPICY CHICKEN PATTY on potato roll - LR100434 (1 ea.)	400	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)
Veggie chicken nuggets - LR100374 (4 ea.)	100	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
Category: Grains; May Choose: 2																			
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)
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
Black Bean and Corn Side - LR100490 (3 oz.)	500	71.94	0.62	0.06	0.00	0.31	86.98	14.61	2.93	1.43(M)	(M)	3.35	0.77	30.14	106.15	124.53	(M)	(M)	21.55 (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

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	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	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																			
826059-DRESSING PC, Ranch 12g Heinz - AR1020 (1 packet)	700	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)
Middle School Lunch November 16, 2022 - Day: 3		700																	
Category: Entrees; May Choose: 1																			
Chicken, Hot & Spicy Whole Grain Popcorn Chicken,, Cooked, Frozen, Tyson Foods Inc, 70378-928, MMA, WG - SR105300 (12 piece)	400	230.00	13.00	2.50	0.00	20.00	340.00	15.00	2.00	1.00	1.00	13.00	2.00	35.00	0.00(M)	0.00(M)	0.00	699.83	(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)	100	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)
Sandwich, Grilled Cheese on WG w/ Reduced Sodium, American Cheese & Mozzarella, Integrated Food Service, 134000, WGR, MMA - SR100261 (1 ea.)	0	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	5.65	(M)	18.55	1.64	465.90	524.00	0.00	(M)	(M)	(M)
Walking Beef Taco - LR100122 (1 ea.)	200	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: 2																			
831145 BRD: WAFFLE, AP WG 2BG - AR1334 (2 ea.)	700	7.50	0.25	0.00	0.00	0.00	13.33	1.17	0.08	0.08	(M)	0.17	0.15	5.00	25.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
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

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
Category: Fruits; May Choose: 2																			
Grapes, red or green (European type, such as Thompson seedless), raw - SR107601 (1/2 c.)	700	52.09	0.12	0.04	0.00	0.00	1.51	13.67	0.68	11.69	(M)	0.54	0.27	7.55	49.83	2.42	0.00	144.21	60.81
Juice, Sorbet, Frozen, 100% Grape, 4.4 fl oz, Luigi's, J&J Snack Foods, 48442, F - SR106462 (1/2 c.)	700	70.00	0.00	0.00	0.00	0.00	5.00	19.00	3.00	15.00	(M)	0.00	0.36	60.00	0.00	60.00	(M)	(M)	(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	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	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																			
ranch dressing pc - LR100062 (12 grams)	700	70.00	7.00	1.00	0.00	5.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Middle school Lunch November 28, 2022 - Day: 4																			
Category: Entrees; May Choose: 1																			
Bread, French Toast Sticks, Whole Grain, Bake Crafters, 442, WGR - SR105956 (3 ea.)	400	260.00	8.00	1.00	0.00	10.00	290.00	42.00	2.00	14.00	14.00	6.00	0.70	23.60	0.00(M)	0.00(M)	0.00	55.00	(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, 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)	400	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)
Turkey, Pre-cooked Turkey Sausage Patty, 1.025 oz, Frozen, Jennie-O, 6132, MMA - SR101003 (1 patty)	400	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: 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)
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)	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																			
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	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	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																			
825856-COND PC, Ketchup 9g Heinz 1000ct - AR1018 (1 packet)	100	11.01	0.02	0.00	0.00	0.00	84.60	2.61	0.13	0.18	(M)	0.10	0.03	1.35	42.30	0.59	(M)	(M)	(M)
ranch dressing pc - LR100062 (12 grams)	100	70.00	7.00	1.00	0.00	5.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Middle School Lunch November 29, 2022 - Day: 5																			
Category: Entrees; May Choose: 1																			
Cheese Bites, Wild Mike's, 11003, 1/2 MMA 1/2 WG - SR109755 (1 serv.)	100	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)
Cheeseburger Melt - LR100510 (1 ea.)	500	330.79	15.15	4.66	0.00(M)	27.49	455.95	29.06	2.00	1.98(M)	0.00(M)	18.37	3.15	165.88	45.00 (M)	0.00(M)	0.20(M)	260.00 (M)	26.66 (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)	100	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)
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)	Moisture (g)
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
Black Bean and Corn Side - LR100490 (3 oz.)	700	71.94	0.62	0.06	0.00	0.31	86.98	14.61	2.93	1.43(M)	(M)	3.35	0.77	30.14	106.15	124.53	(M)	(M)	21.55 (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	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	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																			
825856-COND PC, Ketchup 9g Heinz 1000ct - AR1018 (1 packet)	700	11.01	0.02	0.00	0.00	0.00	84.60	2.61	0.13	0.18	(M)	0.10	0.03	1.35	42.30	0.59	(M)	(M)	(M)
Middle school Lunch November 30, 2022 - Day: 6																			
Category: Entrees; May Choose: 1																			
Cheese Bites, Wild Mike's, 11003, 1/2 MMA 1/2 WG - SR109755 (1 serv.)	400	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)
Pasta, Macaroni and Cheese, Prepared, Land O' Lakes, 43292, MMA, WGR - SR108684 (6 ounces)	200	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, 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)
Category: Grains; May Choose: 2																			
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 pouch)	100	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)

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)
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
Black Bean and Corn Side - LR100490 (3 oz.)	700	71.94	0.62	0.06	0.00	0.31	86.98	14.61	2.93	1.43(M)	(M)	3.35	0.77	30.14	106.15	124.53	(M)	(M)	21.55 (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	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	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																			
825856-COND PC, Ketchup 9g Heinz 1000ct - AR1018 (1 packet)	700	11.01	0.02	0.00	0.00	0.00	84.60	2.61	0.13	0.18	(M)	0.10	0.03	1.35	42.30	0.59	(M)	(M)	(M)