

# Weekly - Nutrient Analysis

Site: 2019-2020 Week One Zephyr Elementary - Week 1, 2019-2020 Week Two Zephyr Elementary - Week 1, 2019-2020 Week Three Zephyr Elementary - Week 1, 2019-2020 Week Four Zephyr Elementary - Week 1, 2019-2020 Week Five Zephyr Elementary - Week 1, 2019-2020 Week Six Zephyr Elementary - Week 1  
 Week: Multiple  
 Result: **Fail**

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]	625.73	
Fat (g)		19.25	27.69
Sfat (g)(1)	< 10.00 % of Calories	6.57	9.45
TFat (g)(2)		0.08(M)	
Chol (mg)		50.94(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	844.93	
Sodium Target 2 (mg) (13)	< 935.00	844.93	
Carb (g)		87.35	55.84
TDF (g)		9.08(M)	
Sugars (g)		31.64(M)	20.23
Pro (g)		29.01	18.55
Fe (mg)		4.01(M)	
Ca (mg)		476.95(M)	
A,IU		3,112.84(M)	
VitC (mg)		30.08(M)	
Mois (g)		82.69(M)	
Ash (g)		0.83(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[3.000 - 4.250]	
Veg	>= 3.750	[3.375 - 5.625]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	3.250	
Veg-BP	>= 0.500	2.750	
Veg-S	>= 0.500	2.750	
Veg-O	>= 0.500	2.375	
Grains	[8.000 - 9.000]	[8.750 - 11.750](a)	
Non-WGR		[0.000 - 2.250]	
WGR	>= 100.000 % of	89.250	97.54
Meat/MA	[8.000 - 10.000]	[8.500 - 11.750](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

## Legend

PrimeroEdge will flag based on USDA requirements, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(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, 2020 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.

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>2015 week one day one gockley :70751 - Day: 1</b>	415																
<b>Category: Entrees; Choose: 1</b>																	
Chicken, Golden Crispy WG Tenders, Tyson, 70334-928, MMA, WGR - SR105310 (3 piece)	415	260.00	15.00	2.50	0.00	25.00	390.00	16.00	3.00	1.00	15.00	1.80	0.00	100.00	0.00	(M)	(M)
<b>Category: Grains; Choose: 1</b>																	
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)	250	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	3.00	1.08	26.00	(M)	(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
Corn, Seasoned, Elementary, 6 oz, Veg-O - LR100147 (6 oz.)	100	193.42	8.09	3.35	0.00	0.00	68.84	31.11	3.93	0.00(M)	4.11	0.77	3.93	638.83	5.71	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	350	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, milk - LR100009 (1 Carton)	350	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 4</b>																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	115	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Margarine, Spread, Light, SS Cup, 5g, Glenview Farms, 101535 - SR108284 (1 serv.)	125	20.00	2.00	0.00	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	125	40.00	0.00	0.00	0.00	0.00	65.00	10.00	(M)	8.00	0.00	0.00	(M)	0.00	0.00	(M)	(M)
Sauce, Honey Mustard, 1 oz Cup, Taste Pleasers Gou - SR101535 (1 Package/Bo)	75	70.00	6.00	1.00	(M)	10.00	220.00	4.00	0.00	2.00	0.00	0.18	8.70	1365.00	0.36	(M)	(M)
<b>2015 week one day one gockley :70722 - Day: 1</b>	400																
<b>Category: Entrees; Choose: 1</b>																	

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chicken, Golden Crispy WG Tenders, Tyson, 70334-928, MMA, WGR - SR105310 (3 piece)	400	260.00	15.00	2.50	0.00	25.00	390.00	16.00	3.00	1.00	15.00	1.80	0.00	100.00	0.00	(M)	(M)
<b>Category: Grains; Choose: 1</b>																	
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)	350	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	3.00	1.08	26.00	(M)	(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (1/2 c.)	100	25.60	0.09	0.01	0.00	0.00	56.32	5.92	2.10	(M)	0.46	0.65	23.04	10006.87	1.92	(M)	(M)
Potato, Mashed Dehydrated with Vitamin C, Add Wate - SR102135 (2/3 Cup (Prepa)	335	80.00	1.00	0.00	(M)	0.00	310.00	17.00	1.00	1.00	2.00	(M)	20.00	(M)	30.00	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	265	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	345	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 4</b>																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	25	90.00	8.00	1.50	0.00	5.00	250.00	2.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	200	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Margarine, Spread, Light, SS Cup, 5g, Glenview Farms, 101535 - SR108284 (1 serv.)	150	20.00	2.00	0.00	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Poultry Gravy Mix - LR100249 (1/2 oz.)	200	25.00	1.00	0.00	0.00	0.00	135.00	4.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	125	40.00	0.00	0.00	0.00	0.00	65.00	10.00	(M)	8.00	0.00	0.00	(M)	0.00	0.00	(M)	(M)
Sauce, Honey Mustard, 1 oz Cup, Taste Pleasers Gou - SR101535 (1 Package/Bo)	75	70.00	6.00	1.00	(M)	10.00	220.00	4.00	0.00	2.00	0.00	0.18	8.70	1365.00	0.36	(M)	(M)

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>2015 Week Three Day One :70734 - Day: 1</b>	415																
<b>Category: Entrees; Choose: 1</b>																	
Chicken, Golden Crispy Whole Grain Chicken Chunk, Tyson Foods, Inc., 70364-928, MMA, WGR - SR106559 (5 pieces)	415	262.50	15.00	2.50	0.00	25.00	400.00	16.25	2.50	1.25	16.25	2.25	25.00	125.00	0.00	(M)	(M)
<b>Category: Grains; Choose: 1</b>																	
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)	300	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	3.00	1.08	26.00	(M)	(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
3/4 cup cooked carrots - LR100271 (3/4 c.)	250	70.03	0.00	0.00	(M)	0.00	90.05	11.99	4.00	(M)	1.99	0.24	33.60	9830.93	1.94	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	310	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	385	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 3</b>																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	100	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Margarine, Spread, Light, SS Cup, 5g, Glenview Farms, 101535 - SR108284 (1 serv.)	200	20.00	2.00	0.00	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	125	40.00	0.00	0.00	0.00	0.00	65.00	10.00	(M)	8.00	0.00	0.00	(M)	0.00	0.00	(M)	(M)
Sauce, Honey Mustard, 1 oz Cup, Taste Pleasers Gou - SR101535 (1 Package/Bo)	75	70.00	6.00	1.00	(M)	10.00	220.00	4.00	0.00	2.00	0.00	0.18	8.70	1365.00	0.36	(M)	(M)
<b>2015 Week Three Day One :70759 - Day: 1</b>	410																
<b>Category: Entrees; Choose: 1</b>																	

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chicken, Golden Crispy Whole Grain Chicken Chunk, Tyson Foods, Inc., 70364-928, MMA, WGR - SR106559 (5 pieces)	410	262.50	15.00	2.50	0.00	25.00	400.00	16.25	2.50	1.25	16.25	2.25	25.00	125.00	0.00	(M)	(M)
<b>Category: Grains; Choose: 1</b>																	
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)	300	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	3.00	1.08	26.00	(M)	(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
3/4 cup cooked carrots - LR100271 (3/4 c.)	250	70.03	0.00	0.00	(M)	0.00	90.05	11.99	4.00	(M)	1.99	0.24	33.60	9830.93	1.94	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	355	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	400	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 3</b>																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	150	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Margarine, Spread, Light, SS Cup, 5g, Glenview Farms, 101535 - SR108284 (1 serv.)	200	20.00	2.00	0.00	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	185	40.00	0.00	0.00	0.00	0.00	65.00	10.00	(M)	8.00	0.00	0.00	(M)	0.00	0.00	(M)	(M)
Sauce, Honey Mustard, 1 oz Cup, Taste Pleasers Gou - SR101535 (1 Package/Bo)	85	70.00	6.00	1.00	(M)	10.00	220.00	4.00	0.00	2.00	0.00	0.18	8.70	1365.00	0.36	(M)	(M)
<b>Week Five Day One Gockley :70754 - Day: 1</b>	380																
<b>Category: Entrees; Choose: 1</b>																	
Meat & Cheese,Combo for Nachos - LR100066 (1 portion)	380	448.00	23.70	6.79	0.00	50.00	620.00	41.18	4.00	2.00(M)	20.53	2.81	223.00	787.00	5.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Beans,Black,Cooked,Can ,San Pablo,F2191,VEG-BP - LR100024 (4 ounces)	200	120.00	0.00	0.00	0.00	0.00	430.00	21.00	6.00	(M)	8.00	5.40	40.00	0.00	0.00	(M)	(M)
Lettuce,Lettuce Shredded,1/8 pillow Pack,Cross Val - LR100029 (2 ounces)	310	6.37	0.00	0.00	0.00	0.00	6.37	0.64	0.64	1.27	0.64	0.23	12.74	191.12	2.29	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	355	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	369	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
Copy of Copy of Salsa, Chunky Mild Salsa, Canned, - LR100078 (1/4 c.)	100	10.00	0.00	0.00	0.00	0.00	140.00	2.00	1.00	2.00	0.00	0.36	20.00	150.00	1.20	(M)	(M)
<b>2015 Week Two Day One Gockley :70729 - Day: 1</b>	400																
<b>Category: Entrees; Choose: 1</b>																	
Soft Shell Taco - LR100211 (1 ea.)	400	308.00	13.70	5.79	0.00	50.00	590.00	31.18	6.00	2.00(M)	20.53	2.10	223.00	787.00	5.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Beans,Black,Cooked,Can ,San Pablo,F2191,VEG-BP - LR100024 (4 ounces)	100	120.00	0.00	0.00	0.00	0.00	430.00	21.00	6.00	(M)	8.00	5.40	40.00	0.00	0.00	(M)	(M)
Lettuce,Lettuce Shredded,1/8 pillow Pack,Cross Val - LR100029 (2 ounces)	310	6.37	0.00	0.00	0.00	0.00	6.37	0.64	0.64	1.27	0.64	0.23	12.74	191.12	2.29	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	380	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	366	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Copy of Copy of Salsa, Chunky Mild Salsa, Canned, - LR100078 (1/4 c.)	85	10.00	0.00	0.00	0.00	0.00	140.00	2.00	1.00	2.00	0.00	0.36	20.00	150.00	1.20	(M)	(M)
<b>2015 Week Three Day Two Gockley :70734 - Day: 2</b>	385																
<b>Category: Entrees; Choose: 1</b>																	
Bacon,Egg & Cheese on hamburger bun Bun,WW,M/MA - LR100118 (1 ea.)	300	272.24	12.13	4.79	0.00(M)	208.44	585.39	24.36	1.04	2.00(M)	14.32	2.79	84.97	407.88 (M)	4.39(M)	(M)	(M)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	85	469.01	25.93	6.46	0.00	14.81	587.41	49.99	7.00	19.00	16.91	2.16	317.53	598.76 (M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	255	17.96	0.19	0.05	(M)	0.00	89.82	3.33	1.80	(M)	0.78	0.23	44.91	504.13	3.48	107.15	0.84
Emoticon Potato shapes - LR100302 (4 pieces)	285	120.00	4.00	0.50	0.00	0.00	80.00	18.00	2.00	0.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	165	57.38	0.11	0.01	0.00	0.00	2.25	15.75	1.13	13.50	0.23	0.34	5.63	39.38	1.35	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	235	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	345	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 2</b>																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	50	90.00	8.00	1.50	0.00	5.00	250.00	2.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	200	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>2015 Week Three Day Two Gockley :70759 - Day: 2</b>	385																
<b>Category: Entrees; Choose: 1</b>																	
Bacon,Egg & Cheese on hamburger bun Bun,WW,M/MA - LR100118 (1 ea.)	300	272.24	12.13	4.79	0.00(M)	208.44	585.39	24.36	1.04	2.00(M)	14.32	2.79	84.97	407.88 (M)	4.39(M)	(M)	(M)

# Weekly - Nutrient Analysis

Generated on: 7/9/2019 8:14:47 AM by Christine Christine

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	85	469.01	25.93	6.46	0.00	14.81	587.41	49.99	7.00	19.00	16.91	2.16	317.53	598.76 (M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	190	17.96	0.19	0.05	(M)	0.00	89.82	3.33	1.80	(M)	0.78	0.23	44.91	504.13	3.48	107.15	0.84
Emoticon Potato shapes - LR100302 (4 pieces)	155	120.00	4.00	0.50	0.00	0.00	80.00	18.00	2.00	0.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	115	57.38	0.11	0.01	0.00	0.00	2.25	15.75	1.13	13.50	0.23	0.34	5.63	39.38	1.35	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	285	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	366	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 2</b>																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	185	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>2015 week one day two gockley :70751 - Day: 2</b>																	
<b>Category: Entrees; Choose: 1</b>																	
Hamburger,Sandwich - LR100143 (1 sandwich)	300	326.00	16.50	5.50	0.80	52.50	551.80	24.00	3.00	1.00(M)	18.50	2.44	70.00	42.00 (M)	0.00(M)	(M)	(M)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	100	469.01	25.93	6.46	0.00	14.81	587.41	49.99	7.00	19.00	16.91	2.16	317.53	598.76 (M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
Bushes baked beans 3/4 cup - LR100267 (3/4 c.)	200	210.00	0.00	0.00	0.00	0.00	555.00	45.00	7.50	18.00	7.50	2.70	60.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	100	57.38	0.11	0.01	0.00	0.00	2.25	15.75	1.13	13.50	0.23	0.34	5.63	39.38	1.35	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	500	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
<b>Category: Milk; Choose: 1</b>																	



# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Milk, Variety,milk - LR100009 (1 Carton)	360	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 3</b>																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	155	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, SS Packet 5.5 g, Diamond Crystal Brands, 72008 - SR100708 (1 individual)	20	5.00	0.00	0.00	0.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>2015 week one day two gockley :70722 - Day: 2</b>	385																
<b>Category: Entrees; Choose: 1</b>																	
Hamburger,Sandwich - LR100143 (1 sandwich)	330	326.00	16.50	5.50	0.80	52.50	551.80	24.00	3.00	1.00(M)	18.50	2.44	70.00	42.00 (M)	0.00(M)	(M)	(M)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	55	469.01	25.93	6.46	0.00	14.81	587.41	49.99	7.00	19.00	16.91	2.16	317.53	598.76 (M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
Bushes baked beans 3/4 cup - LR100267 (3/4 c.)	145	210.00	0.00	0.00	0.00	0.00	555.00	45.00	7.50	18.00	7.50	2.70	60.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	185	57.38	0.11	0.01	0.00	0.00	2.25	15.75	1.13	13.50	0.23	0.34	5.63	39.38	1.35	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	450	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	366	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 3</b>																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	200	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard; French's mustard, 200/5.5 g; as purchased - LR100043 (1 pkg.)	20	3.85	0.23	0.01	(M)	0.00	63.14	0.35	0.06	(M)	0.19	0.09	4.18	7.21	0.02	4.53	0.20
<b>2015 Week Two Day Two Gockley :70729 - Day: 2</b>	400																
<b>Category: Entrees; Choose: 1</b>																	

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Pasta & Meatballs - LR100074 (8 ounces)	335	568.30	11.71	4.04	0.60	36.00	494.39	86.45	5.43	3.00(M)	26.68	5.31	114.86	141.68 (M)	2.31(M)	(M)	(M)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	65	469.01	25.93	6.46	0.00	14.81	587.41	49.99	7.00	19.00	16.91	2.16	317.53	598.76 (M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli,Raw,Commodity ,VEG-DG - LR100033 (4 ounces)	185	38.56	0.42	0.04	(M)	0.00	37.42	7.53	2.95	(M)	3.20	0.83	53.30	706.48	101.15	101.27	0.99
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	155	30.00	0.10	0.02	0.00	0.00	66.00	6.93	2.46	(M)	0.54	0.77	27.00	11727.00	2.25	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	135	57.38	0.11	0.01	0.00	0.00	2.25	15.75	1.13	13.50	0.23	0.34	5.63	39.38	1.35	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	400	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	366	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 2</b>																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	30	90.00	8.00	1.50	0.00	5.00	250.00	2.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Margarine, Spread, Light, SS Cup, 5g, Glenview Farms, 101535 - SR108284 (1 serv.)	115	20.00	2.00	0.00	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
<b>2015 Week Five Day Two :70754 - Day: 2</b>	385																
<b>Category: Entrees; Choose: 1</b>																	
pb & j / graham cracker string cheese - LR100109 (1 ea.)	85	469.01	25.93	6.46	0.00	14.81	587.41	49.99	7.00	19.00	16.91	2.16	317.53	598.76 (M)	0.00(M)	(M)	(M)
Small Meatball Sub - LR100223 (1 ea.)	300	321.00	10.00	3.50	0.60	36.00	541.00	40.00	2.00	1.00(M)	19.00	4.70	142.00	5.00	1.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli,Raw,Commodity ,VEG-DG - LR100033 (4 ounces)	110	38.56	0.42	0.04	(M)	0.00	37.42	7.53	2.95	(M)	3.20	0.83	53.30	706.48	101.15	101.27	0.99
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	155	30.00	0.10	0.02	0.00	0.00	66.00	6.93	2.46	(M)	0.54	0.77	27.00	11727.00	2.25	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	165	57.38	0.11	0.01	0.00	0.00	2.25	15.75	1.13	13.50	0.23	0.34	5.63	39.38	1.35	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	360	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	366	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 2</b>																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	125	90.00	8.00	1.50	0.00	5.00	250.00	2.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>2015 week one day three gockley :70751 - Day: 3</b>	385																
<b>Category: Entrees; Choose: 1</b>																	
cheese Filled Breadsticks Elementary 4 inch - LR100163 (2 ea.)	330	220.00	6.00	2.00	0.00	10.00	280.00	30.00	2.00	2.00	12.00	2.16	200.00	200.00	0.00	(M)	(M)
ELEMENTARY PB & J - LR100101 (1 ea.)	55	379.01	22.93	6.46	0.00	14.81	487.41	32.99	4.00	14.00	15.91	1.44	217.53	98.77 (M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
Corn,Seasoned,Elementary,6 oz,Veg-O - LR100147 (6 oz.)	150	193.42	8.09	3.35	0.00	0.00	68.84	31.11	3.93	0.00(M)	4.11	0.77	3.93	638.83	5.71	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Bananas, raw - SR105089 (1 medium (7"))	500	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	298	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	366	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
Copy of Sauce, Marinanra Tomato, Red Gold, REDNA99 - LR100077 (1/2 cup (1/2 c)	200	72.85	2.60	0.00	0.00	0.00	509.92	11.45	2.08	3.12	2.08	1.12	41.63	780.49	6.24	(M)	(M)
<b>2015 week one day three gockley :70722 - Day: 3</b>	400																
<b>Category: Entrees; Choose: 1</b>																	

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
cheese Filled Breadsticks Elementary 4 inch - LR100163 (2 ea.)	355	220.00	6.00	2.00	0.00	10.00	280.00	30.00	2.00	2.00	12.00	2.16	200.00	200.00	0.00	(M)	(M)
ELEMENTARY PB & J - LR100101 (1 ea.)	45	379.01	22.93	6.46	0.00	14.81	487.41	32.99	4.00	14.00	15.91	1.44	217.53	98.77 (M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
3/4 cup mixed veggie - LR100269 (6 oz.)	235	100.03	5.50	2.50	0.00(M)	0.00	112.53	7.99	4.00	0.00(M)	4.00	0.41	32.00	3595.95	41.62	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Bananas, raw - SR105089 (1 medium (7"))	100	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	350	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	382	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
Copy of Sauce, Marinanra Tomato, Red Gold, REDNA99 - LR100077 (1/2 cup (1/2 c))	200	72.85	2.60	0.00	0.00	0.00	509.92	11.45	2.08	3.12	2.08	1.12	41.63	780.49	6.24	(M)	(M)
<b>2015 Week Three Day Three Gockley :70759 - Day: 3</b>	420																
<b>Category: Entrees; Choose: 1</b>																	
Chicken Patty,Sandwich,elementary,middle,NWG,M/MA - LR100127 (1 ea.)	385	387.27	15.85	2.48	0.00	24.75	605.96	38.84	3.97	2.99	18.84	2.86	79.60	98.99 (M)	0.00(M)	(M)	(M)
ELEMENTARY PB & J - LR100101 (1 ea.)	35	379.01	22.93	6.46	0.00	14.81	487.41	32.99	4.00	14.00	15.91	1.44	217.53	98.77 (M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
Bushes baked beans 3/4 cup - LR100267 (3/4 c.)	285	210.00	0.00	0.00	0.00	0.00	555.00	45.00	7.50	18.00	7.50	2.70	60.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	355	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	378	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Condiments; Choose: 2</b>																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	125	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise,SS Packet - LR100041 (1 ea.)	25	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>2015 Week Three Day Three Gockley :70734 - Day: 3</b>																	
<b>Category: Entrees; Choose: 1</b>																	
Chicken Patty,Sandwich,elementary,middle,NWG,M/MA - LR100127 (1 ea.)	380	387.27	15.85	2.48	0.00	24.75	605.96	38.84	3.97	2.99	18.84	2.86	79.60	98.99 (M)	0.00(M)	(M)	(M)
ELEMENTARY PB & J - LR100101 (1 ea.)	45	379.01	22.93	6.46	0.00	14.81	487.41	32.99	4.00	14.00	15.91	1.44	217.53	98.77 (M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
Corn,Seasoned,Elementary,6 oz,Veg-O - LR100147 (6 oz.)	355	193.42	8.09	3.35	0.00	0.00	68.84	31.11	3.93	0.00(M)	4.11	0.77	3.93	638.83	5.71	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Bananas, raw - SR105089 (1 medium (7"))	100	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	210	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	400	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 2</b>																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	200	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise,SS Packet - LR100041 (1 ea.)	25	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>2015 Week Two Day Three Gockley :70729 - Day: 3</b>																	
<b>Category: Entrees; Choose: 1</b>																	

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chicken, Golden Crispy Whole Grain Popcorn, Tyson Foods Inc, 70368-928, MMA, WGR - SR105302 (12 piece)	400	230.00	13.00	2.50	0.00	20.00	350.00	14.00	3.00	1.00	14.00	1.80	0.00	100.00	0.00	(M)	(M)
ELEMENTARY PB &J - LR100101 (1 ea.)	25	379.01	22.93	6.46	0.00	14.81	487.41	32.99	4.00	14.00	15.91	1.44	217.53	98.77 (M)	0.00(M)	(M)	(M)
<b>Category: Grains; Choose: 1</b>																	
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)	300	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	3.00	1.08	26.00	(M)	(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
3/4 cup mixed veggie - LR100269 (6 oz.)	185	100.03	5.50	2.50	0.00(M)	0.00	112.53	7.99	4.00	0.00(M)	4.00	0.41	32.00	3595.95	41.62	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Bananas, raw - SR105089 (1 1/2 medium (7"))	425	157.53	0.58	0.20	0.00	0.00	1.77	40.43	4.60	21.65	1.93	0.46	8.85	113.28	15.40	132.59	1.45
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	155	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	385	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 2</b>																	
Ketchup, 1000/9 gram, Hunt's; as served - LR100040 (1 piece)	100	10.00	0.00	0.00	(M)	0.00	100.00	2.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	85	40.00	0.00	0.00	0.00	0.00	65.00	10.00	(M)	8.00	0.00	0.00	(M)	0.00	0.00	(M)	(M)
Sauce, Honey Mustard, 1 oz Cup, Taste Pleasers Gou - SR101535 (1 Package/Bo)	50	70.00	6.00	1.00	(M)	10.00	220.00	4.00	0.00	2.00	0.00	0.18	8.70	1365.00	0.36	(M)	(M)
<b>2015 Week Two Day Three Gockley :70754 - Day: 3</b>	425																
<b>Category: Entrees; Choose: 1</b>																	
Chicken, Golden Crispy Whole Grain Popcorn, Tyson Foods Inc, 70368-928, MMA, WGR - SR105302 (12 piece)	385	230.00	13.00	2.50	0.00	20.00	350.00	14.00	3.00	1.00	14.00	1.80	0.00	100.00	0.00	(M)	(M)

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
ELEMENTARY PB & J - LR100101 (1 ea.)	40	379.01	22.93	6.46	0.00	14.81	487.41	32.99	4.00	14.00	15.91	1.44	217.53	98.77 (M)	0.00(M)	(M)	(M)
<b>Category: Grains; Choose: 1</b>																	
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)	200	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	3.00	1.08	26.00	(M)	(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
3/4 cup mixed veggie - LR100269 (6 oz.)	255	100.03	5.50	2.50	0.00(M)	0.00	112.53	7.99	4.00	0.00(M)	4.00	0.41	32.00	3595.95	41.62	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Bananas, raw - SR105089 (1 1/2 medium (7"))	300	157.53	0.58	0.20	0.00	0.00	1.77	40.43	4.60	21.65	1.93	0.46	8.85	113.28	15.40	132.59	1.45
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	150	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	400	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 2</b>																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	200	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	85	40.00	0.00	0.00	0.00	0.00	65.00	10.00	(M)	8.00	0.00	0.00	(M)	0.00	0.00	(M)	(M)
Sauce, Honey Mustard, 1 oz Cup, Taste Pleasers Gou - SR101535 (1 Package/Bo)	65	70.00	6.00	1.00	(M)	10.00	220.00	4.00	0.00	2.00	0.00	0.18	8.70	1365.00	0.36	(M)	(M)
<b>2015 Week Six Day Four Gockley :70759 - Day: 4</b>	425																
<b>Category: Entrees; Choose: 1</b>																	
CHEEZY BREDSTICK 151BC - LR100306 (1 ea.)	390	260.00	11.00	5.00	0.00	20.00	380.00	28.00	3.00	2.00	15.00	2.00	313.00	0.00	0.00	(M)	(M)
ELEMENTARY PB & J - LR100101 (1 ea.)	35	379.01	22.93	6.46	0.00	14.81	487.41	32.99	4.00	14.00	15.91	1.44	217.53	98.77 (M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Corn,Seasoned,Elementary,6 oz,Veg-O - LR100147 (6 oz.)	310	193.42	8.09	3.35	0.00	0.00	68.84	31.11	3.93	0.00(M)	4.11	0.77	3.93	638.83	5.71	(M)	(M)

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Fruits; Choose: 1</b>																	
Bananas, raw - SR105089 (1 medium (7"))	305	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	85	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.00	11.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	405	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 3</b>																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	250	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>2015 Week Four Day Four Gockley :70751 - Day: 4</b>	400																
<b>Category: Entrees; Choose: 1</b>																	
ELEMENTARY PB &J - LR100101 (1 ea.)	90	379.01	22.93	6.46	0.00	14.81	487.41	32.99	4.00	14.00	15.91	1.44	217.53	98.77 (M)	0.00(M)	(M)	(M)
elementary Steak sandwich - LR100293 (1 ea.)	310	310.00	10.92	4.87	0.00	42.16	632.97	35.24	3.00	2.00(M)	19.78	10.81	33.78	33.24 (M)	0.81(M)	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Cucumber, with peel, raw - SR105245 (1/2 cup slices)	0	7.80	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	0.34	0.15	8.32	54.60	1.46	49.52	0.20
Sweet Potato, 10 Cut Wedge Thin Ridge, Harvest Splendor, McCain, MCF04712, Veg-RO - SR100575 (3 7/8 ounces)	225	200.00	7.00	1.00	0.00	0.00	250.00	31.00	2.00	10.00	2.00	0.72	40.00	3500.00	9.00	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Bananas, raw - SR105089 (1 medium (7"))	450	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	185	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.00	11.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	350	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)



# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Condiments; Choose: 2</b>																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	25	90.00	8.00	1.50	0.00	5.00	250.00	2.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Marinara Sauce, Dunk Cup 1oz, Red Gold, REDNA1Z, Veg-RO - SR106667 (1 ea.)	55	15.00	0.00	0.00	0.00	0.00	120.00	3.00	1.00	2.00	1.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>2015 Week Three Day four Gockley :70734 - Day: 4</b>	400																
<b>Category: Entrees; Choose: 1</b>																	
ELEMENTARY PB &J - LR100101 (1 ea.)	90	379.01	22.93	6.46	0.00	14.81	487.41	32.99	4.00	14.00	15.91	1.44	217.53	98.77 (M)	0.00(M)	(M)	(M)
Hot dog on Bun - LR100175 (1 ea.)	310	280.00	16.00	4.50	0.00	30.00	760.00	24.00	4.00	2.00	9.00	1.80	40.00	100.00 (M)	0.00(M)	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
New baked beans - LR100221 (3/4 c.)	210	234.44	0.81	0.00	0.00(M)	0.00(M)	819.64	49.89	6.37	8.12(M)	9.56	6.25(M)	149.73 (M)	1194.77 (M)	7.80(M)	2.38(M)	0.36(M)
<b>Category: Fruits; Choose: 1</b>																	
Bananas, raw - SR105089 (1 medium (7"))	266	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	165	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.00	11.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	378	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 3</b>																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	250	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard; French's mustard, 200/5.5 g; as purchased - LR100043 (1 pkg.)	15	3.85	0.23	0.01	(M)	0.00	63.14	0.35	0.06	(M)	0.19	0.09	4.18	7.21	0.02	4.53	0.20
<b>2015 week one day four gockley :70722 - Day: 4</b>	385																
<b>Category: Entrees; Choose: 1</b>																	
ELEMENTARY PB &J - LR100101 (1 ea.)	85	379.01	22.93	6.46	0.00	14.81	487.41	32.99	4.00	14.00	15.91	1.44	217.53	98.77 (M)	0.00(M)	(M)	(M)

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sandwich, Grilled Cheese, Whole Grain White, IW, Bake Crafters, 6659, MMA, WGR - SR108182 (1 sandwich)	300	340.00	17.00	8.00	0.00	30.00	830.00	32.00	2.00	4.00	20.00	0.00	450.00	400.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Cucumber, with peel, raw - SR105245 (1/2 cup slices)	185	7.80	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	0.34	0.15	8.32	54.60	1.46	49.52	0.20
SEASONED GREEN BEANS - LR100313 (4 oz.)	225	29.67	1.28	0.56	0.00	0.00	17.20	4.35	2.00	0.00(M)	1.01	0.59	33.00	429.33	2.80	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Bananas, raw - SR105089 (1 medium (7"))	450	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	135	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.00	11.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	355	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 3</b>																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	50	90.00	8.00	1.50	0.00	5.00	250.00	2.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Italian Dressing,PC,200-12gram - LR100148 (1 ea.)	85	35.00	3.00	0.00	0.00	0.00	190.00	2.00	0.00	(M)	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Mayonnaise,SS Packet - LR100041 (1 ea.)	10	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>2015 Week Two Day Four Gockley :70729 - Day: 4</b>	385																
<b>Category: Entrees; Choose: 1</b>																	
ELEMENTARY PB &J - LR100101 (1 ea.)	85	379.01	22.93	6.46	0.00	14.81	487.41	32.99	4.00	14.00	15.91	1.44	217.53	98.77 (M)	0.00(M)	(M)	(M)
Soft Shell Taco - LR100211 (1 ea.)	300	308.00	13.70	5.79	0.00	50.00	590.00	31.18	6.00	2.00(M)	20.53	2.10	223.00	787.00	5.00	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
Corn,Seasoned,Elementary,6 oz,Veg-O - LR100147 (6 oz.)	210	193.42	8.09	3.35	0.00	0.00	68.84	31.11	3.93	0.00(M)	4.11	0.77	3.93	638.83	5.71	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Bananas, raw - SR105089 (1 medium (7"))	425	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	128	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.00	11.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	366	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	200	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>2015 Week Two Day Four Gockley :70754 - Day: 4</b>	400																
<b>Category: Entrees; Choose: 1</b>																	
ELEMENTARY PB & J - LR100101 (1 ea.)	85	379.01	22.93	6.46	0.00	14.81	487.41	32.99	4.00	14.00	15.91	1.44	217.53	98.77 (M)	0.00(M)	(M)	(M)
Sandwich,Ham & Cheese,Pretzel Bun,MMA,WG - LR100057 (1 ea.)	315	260.28	8.76	2.45	0.00	36.18	503.23	30.50	3.00	2.50(M)	14.54	2.34	51.06	42.00	0.60	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
Corn,Seasoned,Elementary,6 oz,Veg-O - LR100147 (6 oz.)	200	193.42	8.09	3.35	0.00	0.00	68.84	31.11	3.93	0.00(M)	4.11	0.77	3.93	638.83	5.71	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Bananas, raw - SR105089 (1 medium (7"))	410	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	115	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.00	11.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	355	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>2015 Week Three Day Five Gockley :70759 - Day: 5</b>	380																
<b>Category: Entrees; Choose: 1</b>																	
Breaded Pollock Fish Nuggets - 418305 - SR109263 (4 piece)	380	220.00	9.00	1.50	0.00	50.00	240.00	20.00	2.00	1.00	14.00	1.08	20.00	100.00	0.00	(M)	(M)

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Grains; Choose: 1</b>																	
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)	300	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	3.00	1.08	26.00	(M)	(M)	(M)	(M)
Macaroni & Cheese - LR100314 (3 oz.)	300	140.00	5.33	2.67	0.17	15.00	493.33	16.00	0.33	2.67	8.33	0.60	150.00	333.33	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli,Raw,Commodity ,VEG-DG - LR100033 (4 ounces)	100	38.56	0.42	0.04	(M)	0.00	37.42	7.53	2.95	(M)	3.20	0.83	53.30	706.48	101.15	101.27	0.99
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (2 5/8 oz.)	120	26.00	0.09	0.02	0.00	0.00	57.20	6.01	2.13	(M)	0.46	0.66	23.40	10163.40	1.95	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	265	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	310	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	369	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	55	90.00	8.00	1.50	0.00	5.00	250.00	2.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>2015 week one day five gockley :70722 - Day: 5</b>																	
<b>Category: Entrees; Choose: 1</b>																	
Cheese Pizza,W/W Nardones - LR100096 (1 Slice (1/8))	375	340.00	14.00	8.00	0.00	30.00	570.00	33.00	1.00	(M)	21.00	2.70	450.00	400.00	6.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	210	58.51	1.32	0.79	0.00(M)	4.74	127.92	7.10	2.76	1.05(M)	4.07	2.79	73.22	726.49	45.28	(M)	(M)
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (2 5/8 oz.)	200	26.00	0.09	0.02	0.00	0.00	57.20	6.01	2.13	(M)	0.46	0.66	23.40	10163.40	1.95	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	175	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 1/2 medium (7"))	400	157.53	0.58	0.20	0.00	0.00	1.77	40.43	4.60	21.65	1.93	0.46	8.85	113.28	15.40	132.59	1.45
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	200	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	25	90.00	8.00	1.50	0.00	5.00	250.00	2.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>2015 Week Three Day Five Gockley :70734 - Day: 5</b>	375																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Pizza,W/W Nardones - LR100096 (1 Slice (1/8))	375	340.00	14.00	8.00	0.00	30.00	570.00	33.00	1.00	(M)	21.00	2.70	450.00	400.00	6.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	165	58.51	1.32	0.79	0.00(M)	4.74	127.92	7.10	2.76	1.05(M)	4.07	2.79	73.22	726.49	45.28	(M)	(M)
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (2 5/8 oz.)	110	26.00	0.09	0.02	0.00	0.00	57.20	6.01	2.13	(M)	0.46	0.66	23.40	10163.40	1.95	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	245	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	200	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	355	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	50	90.00	8.00	1.50	0.00	5.00	250.00	2.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>2015 Week Two Day Five Gockley :70729 - Day: 5</b>	375																

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Entrees; Choose: 1</b>																	
Cheese Pizza, W/W Nardones - LR100096 (1 Slice (1/8))	375	340.00	14.00	8.00	0.00	30.00	570.00	33.00	1.00	(M)	21.00	2.70	450.00	400.00	6.00	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	155	58.51	1.32	0.79	0.00(M)	4.74	127.92	7.10	2.76	1.05(M)	4.07	2.79	73.22	726.49	45.28	(M)	(M)
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (2 5/8 oz.)	200	26.00	0.09	0.02	0.00	0.00	57.20	6.01	2.13	(M)	0.46	0.66	23.40	10163.40	1.95	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	100	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	375	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, milk - LR100009 (1 Carton)	350	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	30	90.00	8.00	1.50	0.00	5.00	250.00	2.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>2015 Week Two Day Five Gockley :70754 - Day: 5</b>	400																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Pizza, W/W Nardones - LR100096 (1 Slice (1/8))	400	340.00	14.00	8.00	0.00	30.00	570.00	33.00	1.00	(M)	21.00	2.70	450.00	400.00	6.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	205	58.51	1.32	0.79	0.00(M)	4.74	127.92	7.10	2.76	1.05(M)	4.07	2.79	73.22	726.49	45.28	(M)	(M)
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (1/2 c.)	150	25.60	0.09	0.01	0.00	0.00	56.32	5.92	2.10	(M)	0.46	0.65	23.04	10006.87	1.92	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	150	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Bananas, raw - SR105089 (1 medium (7"))	410	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	378	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>2015 week one day five gockley :70751 - Day: 5</b>	375																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Pizza,W/W Nardones - LR100096 (1 Slice (1/8))	375	340.00	14.00	8.00	0.00	30.00	570.00	33.00	1.00	(M)	21.00	2.70	450.00	400.00	6.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	185	58.51	1.32	0.79	0.00(M)	4.74	127.92	7.10	2.76	1.05(M)	4.07	2.79	73.22	726.49	45.28	(M)	(M)
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (2 5/8 oz.)	200	26.00	0.09	0.02	0.00	0.00	57.20	6.01	2.13	(M)	0.46	0.66	23.40	10163.40	1.95	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	185	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	450	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	325	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	15	90.00	8.00	1.50	0.00	5.00	250.00	2.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)