

Weekly - Nutrient Analysis

Site: 2019-2020 Week One Middle School - Week 1, 2019-2020 Week Two Middle School - Week 1, 2019-2020 Week Three Middle school - Week 1, 2019-2020 week Four Middle School - Week 1, 2019-2020 Week Five Middle School - Week 1, 2019-2020 Week six Middle school - Week 1
 Week: Multiple
 Result: **Fail**

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]	659.18	
Fat (g)		21.06	28.75
Sfat (g)(1)	< 10.00 % of Calories	7.16	9.77
TFat (g)(2)		0.23(M)	
Chol (mg)		58.29	
Sodium Target 1 (mg) (13)	< 1,360.00	1,056.39	
Sodium Target 2 (mg) (13)	< 1,035.00	1,056.39	
Carb (g)		89.67	54.42
TDF (g)		10.72(M)	
Sugars (g)		31.14(M)	18.90
Pro (g)		30.40	18.45
Fe (mg)		4.42(M)	
Ca (mg)		489.73(M)	
A,IU		2,407.77(M)	
VitC (mg)		34.20(M)	
Mois (g)		83.05(M)	
Ash (g)		0.75(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[5.750 - 6.750]	
Veg	>= 3.750	[5.000 - 12.250]	
Veg-DG	>= 0.500	1.500	
Veg-RO	>= 0.750	2.875	
Veg-BP	>= 0.500	2.250	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.500	8.750	
Grains	[8.000 - 10.000]	[7.750 - 14.750]	
Non-WGR		[0.000 - 11.000]	
WGR	>= 100.000 % of	173.750	76.12
Meat/MA	[9.000 - 10.000]	[10.000 - 13.250](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.

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)
2015 Week Two Day One Middle School :70556 - Day: 1	650																
Category: Entrees; Choose: 1																	
16 IN PIZZERIA STYLE PEPPERONI PIZZA 16PSP-18 - LR100307 (1 ea.)	25	265.00	12.00	6.00	0.00	21.00	555.00	28.00	1.00	2.00	13.00	1.00	117.00	0.00	0.00	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	125	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Meat & Cheese,Combo for Nachos - LR100066 (1 portion)	500	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)
Category: Vegetables; Choose: 2																	
Lettuce/Shredded/Nacho meal - LR100229 (4 oz.)	475	12.74	0.00	0.00	0.00	0.00	12.74	1.27	1.27	2.55	1.27	0.46	25.48	382.25	4.59	(M)	(M)
Santiago Refried beans/whitehall - LR100227 (3/4 c.)	225	856.35	7.56	2.52	0.00	0.00	3072.77	151.12	50.37	0.00	50.37	11.08	255.90	0.00	4.43	(M)	(M)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	600	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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	300	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	600	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)
Category: Condiments; Choose: 1																	
Copy of Copy of Salsa, Chunky Mild Salsa, Canned, - LR100078 (1/4 c.)	500	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)
2015 Week One Day One Middle School :70598 - Day: 1	725																
Category: Entrees; Choose: 1																	
16 IN PIZZERIA STYLE PEPPERONI PIZZA 16PSP-18 - LR100307 (1 ea.)	50	265.00	12.00	6.00	0.00	21.00	555.00	28.00	1.00	2.00	13.00	1.00	117.00	0.00	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)
Chicken, Golden Crispy WG Tenders, Tyson, 70334-928, MMA, WGR - SR105310 (3 piece)	650	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)
Friday Vegetarian Plate - LR100215 (1 ea.)	25	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Category: Grains; Choose: 1																	
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)	550	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)
Category: Vegetables; Choose: 2																	
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	115	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
Vegetable, Seasoned Corn, Veg-S - SR100218 (1/2 c.)	425	98.40	4.11	1.70	0.00	0.00	35.02	15.83	2.00	0.00(M)	2.09	0.39	2.00	325.00	2.90	(M)	(M)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	550	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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	250	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	680	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)
Category: Condiments; Choose: 3																	
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)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	500	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.)	400	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.)	250	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)

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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)
Sauce, Honey Mustard, 1 oz Cup, Taste Pleasers Gou - SR101535 (1 Package/Bo)	150	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)
2015 Week One Day One Middle School :70516 - Day: 1	725																
Category: Entrees; Choose: 1																	
Chicken, Golden Crispy WG Tenders, Tyson, 70334-928, MMA, WGR - SR105310 (3 piece)	675	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)
Friday Vegetarian Plate - LR100215 (1 ea.)	5	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
PIZZERIA STYLE CHEESE PIZZA 16PS - LR100308 (1 ea.)	45	369.93	16.91	10.94	0.00	40.77	442.52	35.80	18.89	2.98	18.89	1.99	307.28	0.00	0.00	(M)	(M)
Category: Grains; Choose: 1																	
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)	600	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)
Category: Vegetables; Choose: 2																	
Broccoli,Raw,Commodity ,VEG-DG - LR100033 (4 ounces)	200	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
Potato, Mashed Dehydrated with Vitamin C, Add Wate - SR102135 (2/3 Cup (Prepa)	600	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)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	550	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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	250	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	680	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)
Category: Condiments; Choose: 3																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	85	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)

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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)
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)
Margarine, Spread, Light, SS Cup, 5g, Glenview Farms, 101535 - SR108284 (1 serv.)	300	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.)	500	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.)	250	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)	150	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)
2015 Week Three Day One at Middle school Menu :70584 - Day: 1	800																
Category: Entrees; Choose: 1																	
Chicken, Golden Crispy Whole Grain Chicken Chunk, Tyson Foods, Inc., 70364-928, MMA, WGR - SR106559 (5 pieces)	725	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)
Friday Vegetarian Plate - LR100215 (1 ea.)	50	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
PIZZERIA STYLE CHEESE PIZZA 16PS - LR100308 (1 ea.)	25	369.93	16.91	10.94	0.00	40.77	442.52	35.80	18.89	2.98	18.89	1.99	307.28	0.00	0.00	(M)	(M)
Category: Grains; Choose: 1																	
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)	655	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)
Category: Vegetables; Choose: 2																	
Carrots Seasoned, 4oz - LR100170 (4 oz.)	300	66.51	2.31	1.05	0.00(M)	0.00	80.57	7.79	2.60	0.00(M)	1.29	0.15	21.82	6488.92	1.26	(M)	(M)
mixed veggies california blend - LR100254 (4 oz.)	250	66.69	3.67	1.67	0.00(M)	0.00	75.02	5.33	2.67	0.00(M)	2.67	0.27	21.33	2397.30	27.75	(M)	(M)
Category: Fruits; Choose: 2																	

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.)	600	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)
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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	730	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)
Category: Condiments; Choose: 2																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	500	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.)	250	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)	200	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)
2015 Week Three Day One at Middle school Menu :70613 - Day: 1	800																
Category: Entrees; Choose: 1																	
Chicken, Golden Crispy Whole Grain Chicken Chunk, Tyson Foods, Inc., 70364-928, MMA, WGR - SR106559 (5 pieces)	735	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)
Friday Vegetarian Plate - LR100215 (1 ea.)	50	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
PIZZERIA STYLE CHEESE PIZZA 16PS - LR100308 (1 ea.)	15	369.93	16.91	10.94	0.00	40.77	442.52	35.80	18.89	2.98	18.89	1.99	307.28	0.00	0.00	(M)	(M)
Category: Grains; Choose: 1																	
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)	655	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)
Category: Vegetables; Choose: 2																	
Carrots Seasoned, 4oz - LR100170 (4 oz.)	300	66.51	2.31	1.05	0.00(M)	0.00	80.57	7.79	2.60	0.00(M)	1.29	0.15	21.82	6488.92	1.26	(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)
mixed veggies california blend - LR100254 (4 oz.)	185	66.69	3.67	1.67	0.00(M)	0.00	75.02	5.33	2.67	0.00(M)	2.67	0.27	21.33	2397.30	27.75	(M)	(M)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	600	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)
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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	750	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)
Category: Condiments; Choose: 2																	
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.)	150	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)	150	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)
2015 Week Two Day One Middle School :70612 - Day: 1	650																
Category: Entrees; Choose: 1																	
Friday Vegetarian Plate - LR100215 (1 ea.)	50	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Sandwich, Grilled Cheese, Whole Grain White, IW, Bake Crafters, 6659, MMA, WGR - SR108182 (1 sandwich)	50	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)
Soft Shell Taco - LR100211 (1 ea.)	550	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)
Category: Vegetables; Choose: 2																	
Beans,Black,Cooked,Can ,San Pablo,F2191,VEG-BP - LR100024 (6 oz.)	325	180.00	0.00	0.00	0.00	0.00	645.00	31.50	9.00	(M)	12.00	8.10	60.00	0.00	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)
Lettuce/Shredded/Nacho meal - LR100229 (4 oz.)	500	12.74	0.00	0.00	0.00	0.00	12.74	1.27	1.27	2.55	1.27	0.46	25.48	382.25	4.59	(M)	(M)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	600	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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	300	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	600	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)
Category: Condiments; Choose: 1																	
Copy of Copy of Salsa, Chunky Mild Salsa, Canned, - LR100078 (1/4 c.)	500	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)
2015 Week Three Day Two Middle School :70613 - Day: 2	750																
Category: Entrees; Choose: 1																	
chicken nugget left over meal - LR100295 (1 ea.)	100	227.50	10.00	1.50	0.00	15.00	400.00	23.75	3.50	1.75	12.75	2.43	41.00	75.00(M)	0.00(M)	(M)	(M)
Egg & Cheese on a Bun - LR100117 (1 ea.)	600	352.24	19.13	6.79	2.50(M)	213.44	675.39	27.36	1.04	3.00(M)	16.32	3.15	104.97	707.88	4.39	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	25	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Thursday Pb&j meal - LR100226 (1 ea.)	25	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77(M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Cucumber, with peel, raw - SR105245 (1/2 cup slices)	250	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
Potato Bites/4 oz - LR100230 (4 oz.)	200	200.00	9.33	2.67	0.00	0.00	466.67	25.33	4.00	0.00	2.67	0.96	0.00	0.00	0.00	(M)	(M)
Category: Fruits; Choose: 2																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	375	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"))	800	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

Weekly - Nutrient Analysis

Generated on: 7/9/2019 8:11:48 AM by Christine Christine

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)
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	710	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)
Category: Condiments; Choose: 3																	
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)	500	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.)	35	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)	30	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)
2015 week One Day Two middle School :70516 - Day: 2	720																
Category: Entrees; Choose: 1																	
Chicken Tender left over meal - LR100200 (1 ea.)	75	340.00	16.00	2.50	0.00	25.00	520.00	32.00	5.00	3.00	18.00	2.88	0.00	100.00	0.00	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	20	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Hamburger,Sandwich - LR100143 (1 sandwich)	550	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)
Thursday Pb&j meal - LR100226 (1 ea.)	75	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Bushes baked beans 3/4 cup - LR100267 (3/4 c.)	375	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)
Cucumber, with peel, raw - SR105245 (1/2 cup slices)	85	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
Category: Fruits; Choose: 2																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	300	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
Category: Milk; Choose: 1																	

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)
Milk, Variety,milk - LR100009 (1 Carton)	680	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)
Category: Condiments; Choose: 3																	
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)
Margarine, Spread, Light, SS Cup, 5g, Glenview Farms, 101535 - SR108284 (1 serv.)	50	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)
Mustard; French's mustard, 200/5.5 g; as purchased - LR100043 (1 pkg.)	100	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
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	20	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)	15	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)
2015 week One Day Two middle School :70598 - Day: 2	720																
Category: Entrees; Choose: 1																	
Chicken Tender left over meal - LR100200 (1 ea.)	75	340.00	16.00	2.50	0.00	25.00	520.00	32.00	5.00	3.00	18.00	2.88	0.00	100.00	0.00	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	20	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Hamburger,Sandwich - LR100143 (1 sandwich)	550	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)
Thursday Pb&j meal - LR100226 (1 ea.)	75	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Bean's, Vegetarian, Baked, Reduced Sodium, Bush's Best, 1638, Veg-BP - SR107973 (1/2 c.)	275	140.00	0.00	0.00	0.00	0.00	370.00	30.00	5.00	12.00	5.00	1.80	40.00	0.00	0.00	(M)	(M)
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	100	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
Category: Fruits; Choose: 2																	

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)
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	300	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"))	585	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	680	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)
Category: Condiments; Choose: 3																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	75	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)	500	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.)	25	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)
Mustard, SS Packet 5.5 g, Diamond Crystal Brands, 72008 - SR100708 (1 individual)	50	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)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	20	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)	15	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)
2015 Week Three Day Two Middle School :70584 - Day: 2	750																
Category: Entrees; Choose: 1																	
Chicken, Golden Crispy Whole Grain Chicken Chunk, Tyson Foods, Inc., 70364-928, MMA, WGR - SR106559 (5 pieces)	125	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)
Egg & Cheese on a Bun - LR100117 (1 ea.)	550	352.24	19.13	6.79	2.50(M)	213.44	675.39	27.36	1.04	3.00(M)	16.32	3.15	104.97	707.88	4.39	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	50	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Thursday Pb&j meal - LR100226 (1 ea.)	25	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(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)
Category: Vegetables; Choose: 2																	
Cucumber, with peel, raw - SR105245 (1/2 cup slices)	110	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
Potato Bites/4 oz - LR100230 (4 oz.)	300	200.00	9.33	2.67	0.00	0.00	466.67	25.33	4.00	0.00	2.67	0.96	0.00	0.00	0.00	(M)	(M)
Category: Fruits; Choose: 2																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	250	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"))	800	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	700	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)
Category: Condiments; Choose: 3																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	175	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)	500	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.)	35	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)	30	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)
2015 Week Two day Two Middle School :70556 - Day: 2	675																
Category: Entrees; Choose: 1																	
Friday Vegetarian Plate - LR100215 (1 ea.)	200	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Nacho Left over Meal - LR100180 (1 ea.)	100	596.05	30.72	6.79	0.00	35.27	677.39	65.05	4.82	1.41(M)	18.48	2.71	237.32	555.20	3.53	(M)	(M)
Pasta & Meatballs - LR100074 (8 ounces)	325	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)
Thursday Pb&j meal - LR100226 (1 ea.)	50	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	

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)
Broccoli,Raw,Commodity ,VEG-DG - LR100033 (4 ounces)	300	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
Lettuce,Mix,Iceberg,W/R ed Cabbage,Carrot Bag,Cross - LR100030 (8 ounces)	325	25.48	0.00	0.00	0.00	0.00	25.48	5.10	2.55	5.10	2.55	0.92	50.97	764.49	9.17	(M)	(M)
Category: Fruits; Choose: 2																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	150	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	645	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)
Category: Condiments; Choose: 2																	
Copy of Copy of Salsa, Chunky Mild Salsa, Canned, - LR100078 (1/4 c.)	55	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)
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	150	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)
2015 Week Five Day Two Middle School :70612 - Day: 2	775																
Category: Entrees; Choose: 1																	
Friday Vegetarian Plate - LR100215 (1 ea.)	135	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Meatball sub, WW,M/MA - LR100115 (1 ea.)	570	381.00	13.25	5.25	0.60	43.50	778.50	43.25	2.50	3.00(M)	23.50	4.97	252.00	230.00	2.20	(M)	(M)
Soft Shell Taco - LR100211 (1 ea.)	50	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)
Thursday Pb&j meal - LR100226 (1 ea.)	20	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Broccoli,Raw,Commodity ,VEG-DG - LR100033 (4 ounces)	300	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
Lettuce,Mix,Iceberg,W/R ed Cabbage,Carrot Bag,Cross - LR100030 (8 ounces)	350	25.48	0.00	0.00	0.00	0.00	25.48	5.10	2.55	5.10	2.55	0.92	50.97	764.49	9.17	(M)	(M)
Category: Fruits; Choose: 2																	

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.)	400	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"))	545	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	715	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)
Category: Condiments; Choose: 2																	
Copy of Copy of Salsa, Chunky Mild Salsa, Canned, - LR100078 (1/4 c.)	75	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)
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	150	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)
Salad Dressing Variety,SS, - LR100053 (1 ea.)	300	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
2015 Week Three Day Three Middle School :70613 - Day: 3	775																
Category: Entrees; Choose: 1																	
Chicken Patty,Sandwich,elementary,middle,NWG,M/MA - LR100127 (1 ea.)	600	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)
Egg & Cheese on a Bun - LR100117 (1 ea.)	100	352.24	19.13	6.79	2.50(M)	213.44	675.39	27.36	1.04	3.00(M)	16.32	3.15	104.97	707.88	4.39	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	55	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Thursday Pb&j meal - LR100226 (1 ea.)	20	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Bushes baked beans 3/4 cup - LR100267 (3/4 c.)	325	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)
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	200	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
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	600	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 1/2 medium (7"))	800	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)	450	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	710	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)
Category: Condiments; Choose: 2																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	45	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)	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)
Mayonnaise,SS Packet - LR100041 (1 ea.)	100	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)
2015 Week Three Day Three Middle School :70584 - Day: 3	775																
Category: Entrees; Choose: 1																	
Chicken Patty,Sandwich,elementary,middle,NWG,M/MA - LR100127 (1 ea.)	635	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)
Egg & Cheese on a Bun - LR100117 (1 ea.)	100	352.24	19.13	6.79	2.50(M)	213.44	675.39	27.36	1.04	3.00(M)	16.32	3.15	104.97	707.88	4.39	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	20	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Thursday Pb&j meal - LR100226 (1 ea.)	20	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Bushes baked beans 3/4 cup - LR100267 (3/4 c.)	250	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)
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	225	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
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	400	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 1/2 medium (7"))	700	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)	250	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	710	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)
Category: Condiments; Choose: 2																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	185	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)
Mayonnaise,SS Packet - LR100041 (1 ea.)	350	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)
2015 Week Two Day Three Middle School :70556 - Day: 3	700																
Category: Entrees; Choose: 1																	
Chicken Stirfry,WW,M/MA - LR100119 (6 oz.)	455	297.04	7.59	1.43	0.00(M)	53.57	1327.72	42.08	1.89	0.00(M)	15.44	1.96	37.82	945.55	3.40	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	150	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Pasta & Meatballs - LR100074 (8 ounces)	50	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)
Thursday Pb&j meal - LR100226 (1 ea.)	45	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Grains; Choose: 1																	
Cookie, Fortune, Green Dragon Brand, Asian Food Solutions, Inc. 79203, WGR - SR108493 (6 cookies)	85	70.00	0.00	0.00	0.00	0.00	0.00	16.00	0.00	10.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (1/2 c.)	250	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)
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	150	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

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)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	600	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)
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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	645	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)
Category: Condiments; Choose: 1																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	200	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)	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)
2015 Week five Day Three Middle School :70612 - Day: 3	675																
Category: Entrees; Choose: 1																	
Friday Vegetarian Plate - LR100215 (1 ea.)	80	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Meatball sub, WW,M/MA - LR100115 (1 ea.)	100	381.00	13.25	5.25	0.60	43.50	778.50	43.25	2.50	3.00(M)	23.50	4.97	252.00	230.00	2.20	(M)	(M)
Sandwich,BBQ Chicken,Roll MMA,WG - LR100058 (1 ea.)	475	283.63	5.50	1.50	0.00	2.00	762.20	37.03	3.00	1.00(M)	20.00	2.52	46.00	0.00(M)	3.96(M)	(M)	(M)
Thursday Pb&j meal - LR100226 (1 ea.)	20	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Cucumber, with peel, raw - SR105245 (1/2 cup slices)	110	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
Fries, Harvest Splendor Sweet Potato Crosstrax, McCain Foods, MCF05074, Veg-RO - SR106352 (3 ounces)	250	180.00	9.00	1.50	0.00	0.00	230.00	23.00	2.00	7.00	1.00	0.36	20.00	2500.00	6.00	(M)	(M)
Category: Fruits; Choose: 2																	

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)
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	550	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"))	155	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)	375	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	615	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)
Category: Condiments; Choose: 1																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	110	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)
2015 Week Four Day Three Middle School :70598 - Day: 3	750																
Category: Entrees; Choose: 1																	
Friday Vegetarian Plate - LR100215 (1 ea.)	75	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Hamburger,Sandwich - LR100143 (1 sandwich)	75	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)
Sandwich,Turkey Sub MMA,WG - LR100006 (1 ea.)	525	265.00	2.00	0.00	0.00	35.00	1210.00	42.00	1.00	2.00	25.00	3.06	78.00	0.00	0.00	(M)	(M)
Thursday Pb&j meal - LR100226 (1 ea.)	75	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	200	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)
Fries, Harvest Splendor Sweet Potato Crosstrax, McCain Foods, MCF05074, Veg-RO - SR106352 (3 ounces)	375	180.00	9.00	1.50	0.00	0.00	230.00	23.00	2.00	7.00	1.00	0.36	20.00	2500.00	6.00	(M)	(M)
Category: Fruits; Choose: 2																	

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)
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	575	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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	250	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	685	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)
Category: Condiments; Choose: 3																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	100	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)	25	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.)	100	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)
2015 Week One Day Three Middle School :70516 - Day: 3	700																
Category: Entrees; Choose: 1																	
Friday Vegetarian Plate - LR100215 (1 ea.)	55	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Hamburger,Sandwich - LR100143 (1 sandwich)	100	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)
High School Deli,Hoagie,Sandwich,W W,M/MA - LR100294 (1 ea.)	520	322.00	11.55	2.83	0.00	21.04	865.49	42.40	1.64	2.27(M)	15.92	3.29	112.00	233.65	2.29	(M)	(M)
Thursday Pb&j meal - LR100226 (1 ea.)	25	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77(M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	300	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)
Fries, Harvest Splendor Sweet Potato Crosstrax, McCain Foods, MCF05074, Veg-RO - SR106352 (3 ounces)	355	180.00	9.00	1.50	0.00	0.00	230.00	23.00	2.00	7.00	1.00	0.36	20.00	2500.00	6.00	(M)	(M)
Category: Fruits; Choose: 2																	

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)
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	650	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"))	65	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)	285	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	645	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)
Category: Condiments; Choose: 2																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	200	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.)	200	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)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	55	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.)	200	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)
Mustard; French's mustard, 200/5.5 g; as purchased - LR100043 (1 pkg.)	25	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
2015 Week Three Day Four Middle School :70584 - Day: 4	675																
Category: Entrees; Choose: 1																	
Cheese Filled Breadsticks - LR100155 (2 ea.)	400	435.06	15.82	7.91	0.00	39.55	652.58	45.48	3.96	3.96	27.68	2.85	593.26	593.26	0.00	(M)	(M)
Chicken Patty,Sandwich,element ary,middle,NWG,M/MA - LR100127 (1 ea.)	150	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)
Friday Vegetarian Plate - LR100215 (1 ea.)	75	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Thursday Pb&j meal - LR100226 (1 ea.)	50	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	

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)
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	300	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
Vegetable, Seasoned Corn, Veg-S - SR100218 (1/2 c.)	285	98.40	4.11	1.70	0.00	0.00	35.02	15.83	2.00	0.00(M)	2.09	0.39	2.00	325.00	2.90	(M)	(M)
Category: Fruits; Choose: 2																	
Bananas, raw - SR105089 (1 medium (7"))	800	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.)	250	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)
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	550	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)
Category: Condiments; Choose: 2																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	100	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)	35	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)
Marinara Sauce, Dunk Cup 1oz, Red Gold, REDNA1Z, Veg-RO - SR106667 (1 ea.)	100	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)
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)
Salad Dressing,ranch light,kens - LR100289 (1 ea.)	100	150.00	13.00	2.00	0.00	0.00	360.00	6.00	0.00	2.00	1.00	0.00	20.00	0.00	0.00	(M)	(M)
2015 Week Three Day Four Middle School :70613 - Day: 4	675																
Category: Entrees; Choose: 1																	
Cheese Filled Breadsticks - LR100155 (2 ea.)	425	435.06	15.82	7.91	0.00	39.55	652.58	45.48	3.96	3.96	27.68	2.85	593.26	593.26	0.00	(M)	(M)
Chicken Patty,Sandwich,elementary,middle,NWG,M/MA - LR100127 (1 ea.)	100	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)
Friday Vegetarian Plate - LR100215 (1 ea.)	125	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(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)
Thursday Pb&j meal - LR100226 (1 ea.)	25	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	400	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
Vegetable, Seasoned Corn, Veg-S - SR100218 (1/2 c.)	100	98.40	4.11	1.70	0.00	0.00	35.02	15.83	2.00	0.00(M)	2.09	0.39	2.00	325.00	2.90	(M)	(M)
Category: Fruits; Choose: 2																	
Bananas, raw - SR105089 (1 medium (7"))	800	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.)	200	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)
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	610	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)
Category: Condiments; Choose: 2																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	65	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)	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)
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)
Mustard; French's mustard, 200/5.5 g; as purchased - LR100043 (1 pkg.)	10	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
2015 Week Two day Four Middle School :70612 - Day: 4	750																
Category: Entrees; Choose: 1																	
Chicken Breast Sandwich,BBQ M.S. - LR100154 (1 ea.)	100	313.63	7.00	1.50	0.00	2.00	752.20	41.03	4.00	2.00(M)	21.00	2.52	60.00	0.00	3.96	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	55	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Sandwich,Ham,Cheese,Pretzel Bun,MMA WG - LR100056 (1 ea.)	570	310.56	11.03	3.21	0.00	68.86	940.66	31.01	3.00	3.01(M)	21.58	2.89	61.11	42.00	1.21	(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)
Thursday Pb&j meal - LR100226 (1 ea.)	25	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	100	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
Potato, Crispy Bakeable Seasoned 8-Cut Wedges, McCain, 100000496, Veg-S - SR106955 (3 ounces)	300	120.00	4.00	0.50	0.00	4.99	140.00	20.00	2.00	0.00	2.00	0.36	0.00	100.00	3.60	(M)	(M)
Category: Fruits; Choose: 2																	
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)
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	655	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)
Category: Condiments; Choose: 1																	
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)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	55	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.)	250	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)
2015 Week Two day Four Middle School :70556 - Day: 4	700																
Category: Entrees; Choose: 1																	
Chicken Stirfry,WW,M/MA - LR100119 (6 oz.)	75	297.04	7.59	1.43	0.00(M)	53.57	1327.72	42.08	1.89	0.00(M)	15.44	1.96	37.82	945.55	3.40	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	180	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Sandwich,Ham,Cheese,P retzel Bun,MMA WG - LR100056 (1 ea.)	425	310.56	11.03	3.21	0.00	68.86	940.66	31.01	3.00	3.01(M)	21.58	2.89	61.11	42.00	1.21	(M)	(M)
Thursday Pb&j meal - LR100226 (1 ea.)	20	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	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)
Category: Vegetables; Choose: 2																	
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	200	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
Potato, Crispy Bakeable Seasoned 8-Cut Wedges, McCain, 1000000496, Veg-S - SR106955 (3 ounces)	285	120.00	4.00	0.50	0.00	4.99	140.00	20.00	2.00	0.00	2.00	0.36	0.00	100.00	3.60	(M)	(M)
Category: Fruits; Choose: 2																	
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
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	100	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)
Category: Milk; Choose: 1																	
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)
Category: Condiments; Choose: 1																	
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)	45	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.)	15	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)
2015 Week One Day Four Middle School :70516 - Day: 4	750																
Category: Entrees; Choose: 1																	
Deli,Hoagie,Sandwich,W W,M/MA - LR100114 (1 ea.)	100	337.00	12.55	2.83	0.00	21.04	945.49	40.40	4.64	2.27(M)	15.92	2.59	105.00	233.65 (M)	2.29(M)	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	20	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Steak Sandwich,WW,M/MA - LR100116 (1 ea.)	620	332.34	10.36	5.10	0.00	44.23	699.76	42.40	1.00	1.00(M)	21.46	11.21	92.46	34.87	0.85	(M)	(M)
Thursday Pb&j meal - LR100226 (1 ea.)	10	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	

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)
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	200	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
Potato, Crispy Bakeable Seasoned 8-Cut Wedges, McCain, 1000000496, Veg-S - SR106955 (3 ounces)	575	120.00	4.00	0.50	0.00	4.99	140.00	20.00	2.00	0.00	2.00	0.36	0.00	100.00	3.60	(M)	(M)
Category: Fruits; Choose: 2																	
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
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	355	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)
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	700	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)
Category: Condiments; Choose: 1																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	110	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)	500	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)
2015 Week Four Day Four Middle School :70598 - Day: 4	750																
Category: Entrees; Choose: 1																	
Friday Vegetarian Plate - LR100215 (1 ea.)	100	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Steak Sandwich,WW,M/MA - LR100116 (1 ea.)	500	332.34	10.36	5.10	0.00	44.23	699.76	42.40	1.00	1.00(M)	21.46	11.21	92.46	34.87	0.85	(M)	(M)
Thursday Pb&j meal - LR100226 (1 ea.)	75	484.01	26.68	7.21	0.00	14.81	667.41	47.99	5.50	15.50	17.41	2.52	247.53	98.77 (M)	0.00(M)	(M)	(M)
TURKEY SUB JENNIE O - LR100005 (1 ea.)	75	290.00	3.50	0.50	0.00	35.00	1230.00	43.00	4.00	3.00	26.00	3.96	20.00	0.00	4.80	(M)	(M)
Category: Vegetables; Choose: 2																	
Cucumber, with peel, raw - SR105245 (1/2 cup slices)	125	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

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)
Potato, Crispy Bakeable Seasoned 8-Cut Wedges, McCain, 1000000496, Veg-S - SR106955 (3 ounces)	600	120.00	4.00	0.50	0.00	4.99	140.00	20.00	2.00	0.00	2.00	0.36	0.00	100.00	3.60	(M)	(M)
Category: Fruits; Choose: 2																	
Bananas, raw - SR105089 (1 medium (7"))	550	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.)	325	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)
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	700	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)
Category: Condiments; Choose: 2																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	75	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)	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)
Marinara Sauce, Dunk Cup 1oz, Red Gold, REDNA1Z, Veg-RO - SR106667 (1 ea.)	150	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)
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)
2015 Week one Day Five Middle School :70516 - Day: 5	700																
Category: Entrees; Choose: 1																	
16 IN PIZZERIA STYLE PEPPERONI PIZZA 16PSP-18 - LR100307 (1 ea.)	400	265.00	12.00	6.00	0.00	21.00	555.00	28.00	1.00	2.00	13.00	1.00	117.00	0.00	0.00	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	100	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
PIZZERIA STYLE CHEESE PIZZA 16PS - LR100308 (1 ea.)	125	369.93	16.91	10.94	0.00	40.77	442.52	35.80	18.89	2.98	18.89	1.99	307.28	0.00	0.00	(M)	(M)
Steak Sandwich,WW,M/MA - LR100116 (1 ea.)	75	332.34	10.36	5.10	0.00	44.23	699.76	42.40	1.00	1.00(M)	21.46	11.21	92.46	34.87	0.85	(M)	(M)
Category: Vegetables; Choose: 2																	

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)
Broccoli w/cheese sauce - LR100222 (1/2 c.)	355	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)
Green Beans,Seasoned - LR100137 (4 oz.)	375	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)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	650	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"))	75	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)	300	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	644	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)
Category: Condiments; Choose: 2																	
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	55	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)
2015 Week Two Day Five Middle School :70612 - Day: 5	700																
Category: Entrees; Choose: 1																	
16 IN PIZZERIA STYLE PEPPERONI PIZZA 16PSP-18 - LR100307 (1 ea.)	300	265.00	12.00	6.00	0.00	21.00	555.00	28.00	1.00	2.00	13.00	1.00	117.00	0.00	0.00	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	100	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
PIZZERIA STYLE CHEESE PIZZA 16PS - LR100308 (1 ea.)	200	369.93	16.91	10.94	0.00	40.77	442.52	35.80	18.89	2.98	18.89	1.99	307.28	0.00	0.00	(M)	(M)
Sandwich,Ham,Cheese,P retzel Bun,MMA WG - LR100056 (1 ea.)	100	310.56	11.03	3.21	0.00	68.86	940.66	31.01	3.00	3.01(M)	21.58	2.89	61.11	42.00	1.21	(M)	(M)
Category: Vegetables; Choose: 2																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	350	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 (3 oz.)	200	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)

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)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	600	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"))	155	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)	200	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	635	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)
Category: Condiments; Choose: 2																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	100	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)
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)
2015 Week Three Day Five Middle School :70584 - Day: 5	700																
Category: Entrees; Choose: 1																	
16 IN PIZZERIA STYLE PEPPERONI PIZZA 16PSP-18 - LR100307 (1 ea.)	300	265.00	12.00	6.00	0.00	21.00	555.00	28.00	1.00	2.00	13.00	1.00	117.00	0.00	0.00	(M)	(M)
Cheese Filled Breadsticks - LR100155 (2 ea.)	50	435.06	15.82	7.91	0.00	39.55	652.58	45.48	3.96	3.96	27.68	2.85	593.26	593.26	0.00	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	150	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
PIZZERIA STYLE CHEESE PIZZA 16PS - LR100308 (1 ea.)	200	369.93	16.91	10.94	0.00	40.77	442.52	35.80	18.89	2.98	18.89	1.99	307.28	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	325	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.)	125	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)
Category: Fruits; Choose: 2																	

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)
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	450	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"))	600	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)	250	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	650	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)
Category: Condiments; Choose: 2																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	100	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)
2015 Week Three Day Five Middle School :70613 - Day: 5	700																
Category: Entrees; Choose: 1																	
Cheese Filled Breadsticks - LR100155 (2 ea.)	75	435.06	15.82	7.91	0.00	39.55	652.58	45.48	3.96	3.96	27.68	2.85	593.26	593.26	0.00	(M)	(M)
Friday Vegetarian Plate - LR100215 (1 ea.)	175	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
PIZZERIA STYLE CHEESE PIZZA 16PS - LR100308 (1 ea.)	450	369.93	16.91	10.94	0.00	40.77	442.52	35.80	18.89	2.98	18.89	1.99	307.28	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	175	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)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	400	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"))	800	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

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)
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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	650	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)
Category: Condiments; Choose: 2																	
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)
2015 Week Two Day Five Middle School :70556 - Day: 5	700																
Category: Entrees; Choose: 1																	
Friday Vegetarian Plate - LR100215 (1 ea.)	200	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
PIZZERIA STYLE CHEESE PIZZA 16PS - LR100308 (1 ea.)	450	369.93	16.91	10.94	0.00	40.77	442.52	35.80	18.89	2.98	18.89	1.99	307.28	0.00	0.00	(M)	(M)
Sandwich,Ham,Cheese,Pretzel Bun,MMA WG - LR100056 (1 ea.)	50	310.56	11.03	3.21	0.00	68.86	940.66	31.01	3.00	3.01(M)	21.58	2.89	61.11	42.00	1.21	(M)	(M)
Category: Vegetables; Choose: 2																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	200	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 (3 oz.)	200	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)
Category: Fruits; Choose: 2																	
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)
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
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	185	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	615	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)
Category: Condiments; Choose: 2																	

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)
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)
Salad Dressing,ranch light,kens - LR100289 (1 ea.)	45	150.00	13.00	2.00	0.00	0.00	360.00	6.00	0.00	2.00	1.00	0.00	20.00	0.00	0.00	(M)	(M)
2015 Week Four Day Five Middle School :70598 - Day: 5	725																
Category: Entrees; Choose: 1																	
Friday Vegetarian Plate - LR100215 (1 ea.)	100	475.43	25.13	9.19	0.00	29.63	1037.78	43.46	6.18	13.15	20.23	3.39	523.21	1175.37	11.47	(M)	(M)
Sandwich, Grilled Cheese, Whole Grain White, IW, Bake Crafters, 6659, MMA, WGR - SR108182 (1 sandwich)	550	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)
Steak Sandwich,WW,M/MA - LR100116 (1 ea.)	75	332.34	10.36	5.10	0.00	44.23	699.76	42.40	1.00	1.00(M)	21.46	11.21	92.46	34.87	0.85	(M)	(M)
Category: Vegetables; Choose: 2																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	325	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.)	200	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)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	600	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"))	275	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)	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	655	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)
Category: Condiments; Choose: 1																	
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	100	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)

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)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	55	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)
Marinara Sauce, Dunk Cup 1oz, Red Gold, REDNA1Z, Veg-RO - SR106667 (1 ea.)	20	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)