

# Weekly - Nutrient Analysis

Site: 2019-2020 week One High School - Week 1, 2019-2020 Week Two high school - Week 1, 2019-2020 Week three High school - Week 1, 2019-2020 Week Four High School - Week 1, 2019-2020 Week Five High school - Week 1, 2019-2020 Week Six High School - Week 1  
 Week: Multiple  
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Lunch  
 Serving Group: 9-12  
 Site Group: High School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[750.00 - 850.00]	759.43	
Fat (g)		23.61	27.99
Sfat (g)(1)	< 10.00 % of Calories	7.43	8.81
TFat (g)(2)		0.25(M)	
Chol (mg)		60.93	
Sodium Target 1 (mg) (13)	< 1,420.00	1,170.79	
Sodium Target 2 (mg) (13)	< 1,080.00	1,170.79	
Carb (g)		106.67	56.19
TDF (g)		12.82(M)	
Sugars (g)		37.23(M)	19.61
Pro (g)		32.85	17.30
Fe (mg)		7.56(M)	
Ca (mg)		503.02(M)	
A,IU		3,674.80(M)	
VitC (mg)		56.47(M)	
Mois (g)		117.36(M)	
Ash (g)		1.05(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[5.500 - 6.500]	
Veg	>= 5.000	[5.000 - 7.125]	
Veg-DG	>= 0.500	1.500	
Veg-RO	>= 1.250	3.250	
Veg-BP	>= 0.500	2.125	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.750	2.500	
Grains	[10.000 - 12.000]	[10.000 - 14.750](a)	
Non-WGR		[0.000 - 11.000]	
WGR	>= 100.000 % of	143.000	73.43
Meat/MA	[10.000 - 12.000]	[10.000 - 14.500](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	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 Two day One High School :70687 - Day: 1</b>	500																
<b>Category: Entrees; Choose: 1</b>																	
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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	15	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)
Soft Shell Taco - LR100211 (1 ea.)	435	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>																	
Lettuce/Shredded/Nacho meal - LR100229 (4 oz.)	300	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)
Refried beans H.S. - LR100299 (6 oz.)	475	255.00	6.75	2.25	0.00	7.50	825.00	36.00	12.00	0.00	12.00	2.70	60.00	0.00	1.80	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
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)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	400	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)	480	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>																	
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)
<b>2015 Week Two day One High School :70680 - Day: 1</b>	500																
<b>Category: Entrees; Choose: 1</b>																	
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)
Meat & Cheese,Combo for Nachos - LR100066 (1 portion)	375	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)

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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)
pb &j / graham cracker string cheese - LR100109 (1 ea.)	75	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>																	
Lettuce/Shredded/Nacho meal - LR100229 (4 oz.)	400	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)
Refried beans H.S. - LR100299 (6 oz.)	475	255.00	6.75	2.25	0.00	7.50	825.00	36.00	12.00	0.00	12.00	2.70	60.00	0.00	1.80	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
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)
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)	480	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>																	
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)
<b>2015 Week Three Day One High school :70683 - Day: 1</b>	600																
<b>Category: Entrees; Choose: 1</b>																	
chciken nugget/roll - LR100257 (3 oz.)	525	342.50	16.00	2.50	0.00	25.00	530.00	32.25	4.50	3.25	19.25	3.33	25.00	125.00	0.00	(M)	(M)
pb &j / graham cracker string cheese - LR100109 (1 ea.)	25	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)
PIZZERIA STYLE CHEESE PIZZA 16PS - LR100308 (1 ea.)	50	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)
<b>Category: Vegetables; Choose: 2</b>																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	350	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)
Cauliflower, frozen, cooked, boiled, drained, with salt - LR100268 (1/2 c.)	500	15.30	0.20	0.03	0.00	0.00	228.60	2.84	2.43	0.41	1.45	0.37	15.30	9.00	28.17	84.60	0.91

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<b>Category: Fruits; Choose: 2</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	500	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)	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
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	565	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)	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)	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.)	350	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)	225	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 High school :70699 - Day: 1</b>	600																
<b>Category: Entrees; Choose: 1</b>																	
chciken nugget/roll - LR100257 (3 oz.)	515	342.50	16.00	2.50	0.00	25.00	530.00	32.25	4.50	3.25	19.25	3.33	25.00	125.00	0.00	(M)	(M)
Copy of Pizza, 100% Mozzarella Cheese, 16", Red Sauce, Pre-Sliced, Kasa's Foods, KAS00093, MMA, Non-WG, Veg-RO - LR100310 (1 slice)	50	380.00	14.00	9.00	0.00	35.00	820.00	41.00	2.00	6.00	20.00	5.40	450.00	500.00	1.20	(M)	(M)
pb &j / graham cracker string cheese - LR100109 (1 ea.)	35	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>																	

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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)
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	350	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)
Cauliflower, frozen, cooked, boiled, drained, with salt - LR100268 (1/2 c.)	285	15.30	0.20	0.03	0.00	0.00	228.60	2.84	2.43	0.41	1.45	0.37	15.30	9.00	28.17	84.60	0.91
<b>Category: Fruits; Choose: 2</b>																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	500	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)	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
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	565	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)	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)
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.)	350	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)	225	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 High School :70679 - Day: 1</b>	600																
<b>Category: Entrees; Choose: 1</b>																	
Chicken, Golden Crispy WG Tenders, Tyson, 70334-928, MMA, WGR - SR105310 (3 piece)	525	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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	25	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)	(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)
Pizza, Primo 16" 51% WG Four Cheese, Big Daddy's, Schwan's Food Service Inc., 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	50	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	21.00	1.80	350.00	500.00	0.00	(M)	(M)
<b>Category: Grains; Choose: 1</b>																	
Bread, Whole Wheat Cluster Dinner Roll, Morabito, 60 / 116, WGR - SR100358 (1 ea.)	500	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: 2</b>																	
Potato, Mashed Dehydrated with Vitamin C, Add Wate - SR102135 (2/3 Cup (Prepa)	450	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)
Three Bean Salad, Monarch, 170150, VEG-O VEG-BP - LR100025 (6 oz.)	50	100.50	0.00	0.00	0.00	0.00	260.00	22.00	2.00	(M)	2.00	1.44	0.00	399.75	4.80	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
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)	425	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)	585	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)	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)
Poultry Gravy Mix - LR100249 (1/2 oz.)	300	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, REDO1Z - SR102279 (1 Tbsp.)	300	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)	250	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 High School :70684 - Day: 1</b>	600																
<b>Category: Entrees; Choose: 1</b>																	
High School Chicken tender meal - LR100297 (4 piece)	545	346.67	20.00	3.33	0.00	33.33	520.00	21.33	4.00	1.33	20.00	2.40	0.00	133.33	0.00	(M)	(M)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	5	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)
Pizza, Primo 16" 51% WG Four Cheese, Big Daddy's, Schwan's Food Service Inc., 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	50	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	21.00	1.80	350.00	500.00	0.00	(M)	(M)
<b>Category: Grains; Choose: 1</b>																	
Bread, Whole Wheat Cluster Dinner Roll, Morabito, 60 / 116, WGR - SR100358 (1 ea.)	545	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: 2</b>																	
Three Bean Salad, Monarch, 170150, V EG-O VEG-BP - LR100025 (6 oz.)	65	100.50	0.00	0.00	0.00	0.00	260.00	22.00	2.00	(M)	2.00	1.44	0.00	399.75	4.80	(M)	(M)
Vegetable, Seasoned Corn, Veg-S - SR100218 (1/2 c.)	385	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)
<b>Category: Fruits; Choose: 2</b>																	
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)	425	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)	570	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>																	

# 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)
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.)	400	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)	300	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 Two High School :70683 - Day: 2</b>	550																
<b>Category: Entrees; Choose: 1</b>																	
chicken nugget/roll - LR100257 (3 oz.)	75	342.50	16.00	2.50	0.00	25.00	530.00	32.25	4.50	3.25	19.25	3.33	25.00	125.00	0.00	(M)	(M)
Egg & Cheese on a Bun - LR100117 (1 ea.)	440	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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	35	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)	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
Potato Bites/4 oz - LR100230 (4 oz.)	550	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)
<b>Category: Fruits; Choose: 2</b>																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	425	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"))	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
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	530	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)	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)	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)



# 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)
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)	20	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 Two High School :70684 - Day: 2</b>	500																
<b>Category: Entrees; Choose: 1</b>																	
Cheeseburger/High school /New - LR100233 (1 ea.)	420	431.00	20.25	6.25	0.80	52.50	731.80	39.00	4.50	2.50(M)	20.00	3.52	100.00	42.00 (M)	0.00(M)	(M)	(M)
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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	5	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>																	
Bushes baked beans 3/4 cup - LR100267 (3/4 c.)	475	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)
Three Bean Salad, Monarch, 170150, VEG-O VEG-BP - LR100025 (6 oz.)	50	100.50	0.00	0.00	0.00	0.00	260.00	22.00	2.00	(M)	2.00	1.44	0.00	399.75	4.80	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	475	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"))	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
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, milk - LR100009 (1 Carton)	470	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)	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.)	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)

# 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)
Mustard; French's mustard, 200/5.5 g; as purchased - LR100043 (1 pkg.)	250	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.)	45	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)	25	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 Two High School :70679 - Day: 2</b>	500																
<b>Category: Entrees; Choose: 1</b>																	
Cheeseburger/High school /New - LR100233 (1 ea.)	420	431.00	20.25	6.25	0.80	52.50	731.80	39.00	4.50	2.50(M)	20.00	3.52	100.00	42.00 (M)	0.00(M)	(M)	(M)
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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	5	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>																	
Bushes baked beans 3/4 cup - LR100267 (3/4 c.)	450	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)
Three Bean Salad, Monarch, 170150, VEG-O VEG-BP - LR100025 (6 oz.)	50	100.50	0.00	0.00	0.00	0.00	260.00	22.00	2.00	(M)	2.00	1.44	0.00	399.75	4.80	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	475	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"))	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
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety, milk - LR100009 (1 Carton)	485	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)	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)

# 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)
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)
Mustard; French's mustard, 200/5.5 g; as purchased - LR100043 (1 pkg.)	150	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.)	45	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)	25	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 Two High School :70699 - Day: 2</b>	550																
<b>Category: Entrees; Choose: 1</b>																	
chicken nugget left over meal - LR100295 (1 ea.)	75	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.)	440	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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	35	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)	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
Potato Bites/4 oz - LR100230 (4 oz.)	575	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)
<b>Category: Fruits; Choose: 2</b>																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	425	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"))	680	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)	530	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)	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)

# 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)	700	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)	20	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 Five Day Two High School :70687 - Day: 2</b>	600																
<b>Category: Entrees; Choose: 1</b>																	
Meatball sub, WW,M/MA - LR100115 (1 ea.)	575	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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	25	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)	400	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 oz.)	300	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)
<b>Category: Fruits; Choose: 2</b>																	
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"))	475	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)	565	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)	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)
Salad Dressing Variety,SS, - LR100053 (1 ea.)	300	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(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)
<b>2015 Week Two Day Two High school :70680 - Day: 2</b>	525																
<b>Category: Entrees; Choose: 1</b>																	
Pasta & Meatballs - LR100074 (8 ounces)	450	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.)	75	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)	150	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/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	200	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)
<b>Category: Fruits; Choose: 2</b>																	
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"))	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)	500	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)	0	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.)	250	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)
Salad Dressing Variety,SS, - LR100053 (1 ea.)	175	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>2015 Week Four Day Three High School :70684 - Day: 3</b>	475																
<b>Category: Entrees; Choose: 1</b>																	
1/2 turkey on a hoagie roll - LR100309 (1 ea.)	354	132.50	1.00	0.00	0.00	17.50	605.00	21.00	0.50	1.00	12.50	1.53	39.00	0.00	0.00	(M)	(M)
Cheeseburger/High school /New - LR100233 (1 ea.)	75	431.00	20.25	6.25	0.80	52.50	731.80	39.00	4.50	2.50(M)	20.00	3.52	100.00	42.00 (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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	45	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: Grains; Choose: 1</b>																	
Cup of Chicken soup - LR100317 (4 oz.)	350	101.42	0.46	0.46	0.00	13.83	802.10	6.45	0.00	0.00	2.77	0.33	0.00	(M)	(M)	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	385	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)
Cucumber, with peel, raw - SR105245 (1/2 cup slices)	155	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
<b>Category: Fruits; Choose: 2</b>																	
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"))	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
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)	450	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)	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)	75	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.)	500	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.)	50	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 Three High School :70680 - Day: 3</b>	600																
<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)
2017 spicy chicken patty - LR100282 (1 ea.)	590	460.00	17.00	3.00	0.00	25.00	820.00	53.00	7.00	2.00	22.00	4.50	60.00	100.00	0.00	(M)	(M)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	10	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.)	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
Fries, Harvest Splendor Sweet Potato Crosstrax, McCain Foods, MCF05074, Veg-RO - SR106352 (3 ounces)	350	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)
<b>Category: Fruits; Choose: 2</b>																	
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 medium (7"))	300	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)	325	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)	570	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)	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)
Salad Dressing,ranch light,kens - LR100289 (1 ea.)	150	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)
<b>2015 Week Two Day Three High School :70687 - Day: 3</b>	600																
<b>Category: Entrees; Choose: 1</b>																	
2017 spicy chicken patty - LR100282 (1 ea.)	490	460.00	17.00	3.00	0.00	25.00	820.00	53.00	7.00	2.00	22.00	4.50	60.00	100.00	0.00	(M)	(M)
Meatball sub, WW,M/MA - LR100115 (1 ea.)	75	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)

# 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)
pb &j / graham cracker string cheese - LR100109 (1 ea.)	35	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>																	
Cucumber, with peel, raw - SR105245 (1/2 cup slices)	150	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)	350	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)
<b>Category: Fruits; Choose: 2</b>																	
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 medium (7"))	350	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)	325	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)	570	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)	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)	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)
<b>2015 week One Day Three High School :70679 - Day: 3</b>	550																
<b>Category: Entrees; Choose: 1</b>																	
Cheeseburger/High school /New - LR100233 (1 ea.)	75	431.00	20.25	6.25	0.80	52.50	731.80	39.00	4.50	2.50(M)	20.00	3.52	100.00	42.00 (M)	0.00(M)	(M)	(M)
High School Deli, Hoagie, Sandwich, W W, M/MA - LR100294 (1 ea.)	420	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)



# 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)
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: 2</b>																	
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)	200	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)
<b>Category: Fruits; Choose: 2</b>																	
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"))	175	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)	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
<b>Category: Milk; Choose: 1</b>																	
Milk, Variety,milk - LR100009 (1 Carton)	520	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)	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)
Italian Dressing,PC,200-12gram - LR100148 (1 ea.)	400	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)	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)
Mayonnaise,SS Packet - LR100041 (1 ea.)	300	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.)	50	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 Three Day Three High School :70683 - Day: 3</b>	510																

# 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)
<b>Category: Entrees; Choose: 1</b>																	
Chicken Patty,Sandwich,High School,M/MA,WG - LR100128 (1 ea.)	400	377.27	15.35	2.48	0.00	24.75	625.96	37.84	4.97	1.99	19.84	3.22	65.60	98.99 (M)	0.00(M)	(M)	(M)
Egg & Cheese on a Bun - LR100117 (1 ea.)	75	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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	35	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.)	250	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
Hummus, VEG-BP E-24 - SR108114 (1/2 c.)	55	178.02	8.56	1.17	0.00(M)	0.00	93.77	21.03	4.71	1.06(M)	6.27	322.28	46.80	30.63	6.88	15.80 (M)	0.67(M)
<b>Category: Fruits; Choose: 2</b>																	
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"))	350	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)	475	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)	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)
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)
Mayonnaise,SS Packet - LR100041 (1 ea.)	50	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 High School :70699 - Day: 3</b>	510																
<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 (M)	VitC (mg)	Mois (g)	Ash (g)
Chicken Patty,Sandwich,High School,M/MA,WG - LR100128 (1 ea.)	390	377.27	15.35	2.48	0.00	24.75	625.96	37.84	4.97	1.99	19.84	3.22	65.60	98.99 (M)	0.00(M)	(M)	(M)
Egg & Cheese on a Bun - LR100117 (1 ea.)	75	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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	45	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>																	
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)
Hummus, VEG-BP E-24 - SR108114 (1/2 c.)	55	178.02	8.56	1.17	0.00(M)	0.00	93.77	21.03	4.71	1.06(M)	6.27	322.28	46.80	30.63	6.88	15.80 (M)	0.67(M)
<b>Category: Fruits; Choose: 2</b>																	
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"))	225	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)	475	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)	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)
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)
Mayonnaise,SS Packet - LR100041 (1 ea.)	50	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 Four Day Four High School :70684 - Day: 4</b>	500																
<b>Category: Entrees; Choose: 1</b>																	
1/2 turkey on a hoagie roll - LR100309 (1 ea.)	50	132.50	1.00	0.00	0.00	17.50	605.00	21.00	0.50	1.00	12.50	1.53	39.00	0.00	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)
pb &j / graham cracker string cheese - LR100109 (1 ea.)	35	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)
Steak Sandwich,WW,M/MA - LR100116 (1 ea.)	415	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)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli,Raw,Commodity ,VEG-DG - LR100033 (4 ounces)	350	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, Crispy Bakeable Seasoned 8-Cut Wedges, McCain, 1000000496, Veg-S - SR106955 (3 ounces)	500	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)
<b>Category: Fruits; Choose: 2</b>																	
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.)	300	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)	480	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)	350	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)
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.)	85	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 High School :70687 - Day: 4</b>	500																
<b>Category: Entrees; Choose: 1</b>																	
2017 spicy chicken patty - LR100282 (1 ea.)	75	460.00	17.00	3.00	0.00	25.00	820.00	53.00	7.00	2.00	22.00	4.50	60.00	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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	25	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)
Sandwich,Ham & Cheese,Hamburger Bun,MMA,WG - LR100076 (1 ea.)	400	250.28	7.09	1.54	0.00	30.73	730.33	31.84	4.00	5.00(M)	16.79	1.89	21.00	42.00	0.50	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
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
Potato, Crispy Bakeable Seasoned 8-Cut Wedges, McCain, 1000000496, Veg-S - SR106955 (3 ounces)	500	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)
<b>Category: Fruits; Choose: 2</b>																	
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.)	375	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)	480	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)	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)
Ketchup, 1000/9 gram, Hunt's; as served - LR100040 (1 piece)	700	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)
Mayonnaise,SS Packet - LR100041 (1 ea.)	450	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 Four high School :70699 - Day: 4</b>	550																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Filled Breadsticks - LR100155 (2 ea.)	440	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,High School,M/MA,WG - LR100128 (1 ea.)	75	377.27	15.35	2.48	0.00	24.75	625.96	37.84	4.97	1.99	19.84	3.22	65.60	98.99 (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)
pb &j / graham cracker string cheese - LR100109 (1 ea.)	35	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>																	
Cucumber, with peel, raw - SR105245 (1/2 cup slices)	155	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
mixed veggies california blend - LR100254 (4 oz.)	475	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)
<b>Category: Fruits; Choose: 2</b>																	
Bananas, raw - SR105089 (1 medium (7"))	635	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.)	385	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)	510	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>																	
Copy of Sauce, Marinanra Tomato, Red Gold, REDNA99 - LR100077 (1/2 cup (1/2 c)	470	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)
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)	75	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.)	75	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 Four high School :70683 - Day: 4</b>	550																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Filled Breadsticks - LR100155 (2 ea.)	470	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,High School,M/MA,WG - LR100128 (1 ea.)	75	377.27	15.35	2.48	0.00	24.75	625.96	37.84	4.97	1.99	19.84	3.22	65.60	98.99 (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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	5	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>																	
Cucumber, with peel, raw - SR105245 (1/2 cup slices)	155	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
mixed veggies california blend - LR100254 (4 oz.)	350	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)
<b>Category: Fruits; Choose: 2</b>																	
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.)	385	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)	510	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>																	
Copy of Sauce, Marinanra Tomato, Red Gold, REDNA99 - LR100077 (1/2 cup (1/2 c)	470	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)
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)	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.)	75	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 One Day Four High School :70679 - Day: 4</b>	650																
<b>Category: Entrees; Choose: 1</b>																	
High School Deli, Hoagie, Sandwich, W W,M/MA - LR100294 (1 ea.)	75	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)
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)

# 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)
Steak Sandwich,WW,M/MA - LR100116 (1 ea.)	520	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)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli,Raw,Commodity ,VEG-DG - LR100033 (4 ounces)	375	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, Crispy Bakeable Seasoned 8-Cut Wedges, McCain, 1000000496, Veg-S - SR106955 (3 ounces)	650	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)
<b>Category: Fruits; Choose: 2</b>																	
Bananas, raw - SR105089 (1 medium (7"))	655	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.)	300	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)	620	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)	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)
Marinara Sauce, Dunk Cup 1oz, Red Gold, REDNA1Z, Veg-RO - SR106667 (1 ea.)	35	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.)	150	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 High School :70680 - Day: 4</b>	500																
<b>Category: Entrees; Choose: 1</b>																	
pb & j / graham cracker string cheese - LR100109 (1 ea.)	5	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)
Sandwich,Chicken,Spicy, Roll,MMA,WG - LR100060 (1 ea.)	75	334.00	9.50	2.00	0.00	50.00	496.00	44.00	4.00	1.00	21.00	3.80	41.00	163.00	10.00	(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)
Sandwich,Ham,Cheese,P retzel Bun,MMA WG - LR100056 (1 ea.)	420	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)
<b>Category: Vegetables; Choose: 2</b>																	
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
Potato, Crispy Bakeable Seasoned 8-Cut Wedges, McCain, 1000000496, Veg-S - SR106955 (3 ounces)	500	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)
<b>Category: Fruits; Choose: 2</b>																	
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.)	375	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)	480	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)	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)
Mayonnaise,SS Packet - LR100041 (1 ea.)	450	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 Four Day Five High School :70684 - Day: 5</b>	475																
<b>Category: Entrees; Choose: 1</b>																	
16 IN PIZZERIA STYLE PEPPERONI PIZZA 16PSP-18 - LR100307 (1 ea.)	290	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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	10	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)
PIZZERIA STYLE CHEESE PIZZA 16PS - LR100308 (1 ea.)	100	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)

# 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)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	400	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.)	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)
<b>Category: Fruits; Choose: 2</b>																	
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"))	315	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)	310	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)	450	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)	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)	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)
Marinara Sauce, Dunk Cup 1oz, Red Gold, REDNA1Z, Veg-RO - SR106667 (1 ea.)	45	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 One Day Five High School :70679 - Day: 5</b>	500																
<b>Category: Entrees; Choose: 1</b>																	
16 IN PIZZERIA STYLE PEPPERONI PIZZA 16PSP-18 - LR100307 (1 ea.)	310	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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	25	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)
PIZZERIA STYLE CHEESE PIZZA 16PS - LR100308 (1 ea.)	100	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)

# 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)
Steak Sandwich,WW,M/MA - LR100116 (1 ea.)	90	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)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	450	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.)	400	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>																	
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"))	300	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)	485	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)	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)
<b>2015 Week Three Day Five High school :70699 - Day: 5</b>	500																
<b>Category: Entrees; Choose: 1</b>																	
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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	25	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)

# 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)
Pizza, Primo 16" 51% WG Four Cheese, Big Daddy's, Schwan's Food Service Inc., 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	400	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	21.00	1.80	350.00	500.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	415	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)
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
<b>Category: Fruits; Choose: 2</b>																	
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"))	430	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)	275	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)	470	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)	75	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)
Dressing, Lite Ranch II, 1.5oz, Naturally Fresh - SR105877 (1 packet)	0	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 High school :70683 - Day: 5</b>	500																
<b>Category: Entrees; Choose: 1</b>																	
Cheese Filled Breadsticks - LR100155 (2 ea.)	125	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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	10	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)

# 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)
Pizza, Primo 16" 51% WG Four Cheese, Big Daddy's, Schwan's Food Service Inc., 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	365	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	21.00	1.80	350.00	500.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	450	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)
Celery/1/2 cup serving/sticks - LR100225 (1/2 c.)	350	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
<b>Category: Fruits; Choose: 2</b>																	
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"))	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
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	275	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)	470	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)	150	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)
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)
<b>2015 Week Two Day Five High School :70687 - Day: 5</b>	500																
<b>Category: Entrees; Choose: 1</b>																	
Copy of Pizza, 100% Mozzarella Cheese, 16", Red Sauce, Pre-Sliced, Kasa's Foods, KAS00093, MMA, Non-WG, Veg-RO - LR100310 (1 slice)	400	380.00	14.00	9.00	0.00	35.00	820.00	41.00	2.00	6.00	20.00	5.40	450.00	500.00	1.20	(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)
pb & j / graham cracker string cheese - LR100109 (1 ea.)	25	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)
Sandwich,Ham & Cheese,Hamburger Bun,MMA,WG - LR100076 (1 ea.)	75	250.28	7.09	1.54	0.00	30.73	730.33	31.84	4.00	5.00(M)	16.79	1.89	21.00	42.00	0.50	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	400	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.)	250	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: 2</b>																	
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"))	325	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)	325	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)	475	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)	135	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.)	75	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 Five High School :70680 - Day: 5</b>	500																
<b>Category: Entrees; Choose: 1</b>																	
pb & j / graham cracker string cheese - LR100109 (1 ea.)	15	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)
PIZZERIA STYLE CHEESE PIZZA 16PS - LR100308 (1 ea.)	410	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.)	75	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	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: Vegetables; Choose: 2</b>																	
Broccoli w/cheese sauce - LR100222 (1/2 c.)	400	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 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)
<b>Category: Fruits; Choose: 2</b>																	
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"))	250	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)	325	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)	475	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>																	
Mayonnaise,SS Packet - LR100041 (1 ea.)	55	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)