

Weekly - Nutrient Analysis

Site: 2019-2020 Week One Premium Line - Week 1, 2019-2020 Week Two Premium Line - Week 1, 2019-2020 Week Three Premium Line - Week 1, 2019-2020 Week Four Premium Line - Week 1, 2019-2020 Week Five Premium Line - Week 1, 2019-2020 Week Six Premium Line - 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]	766.86	
Fat (g)		26.04	30.56
Sfat (g)(1)	< 10.00 % of Calories	8.08	9.48
TFat (g)(2)		0.12(M)	
Chol (mg)		50.32	
Sodium Target 1 (mg) (13)	< 1,420.00	1,186.29	
Sodium Target 2 (mg) (13)	< 1,080.00	1,186.29	
Carb (g)		103.16	53.81
TDF (g)		12.36	
Sugars (g)		38.39(M)	20.03
Pro (g)		32.24	16.82
Fe (mg)		5.54(M)	
Ca (mg)		578.67(M)	
A,IU		6,789.74(M)	
VitC (mg)		54.35(M)	
Mois (g)		100.95(M)	
Ash (g)		1.02(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 - 8.125]	
Veg-DG	>= 0.500	0.500	
Veg-RO	>= 1.250	2.875	
Veg-BP	>= 0.500	3.000	
Veg-S	>= 0.500	1.250	
Veg-O	>= 0.750	2.875	
Grains	[10.000 - 12.000]	[9.250 - 16.250]	
Non-WGR		[0.000 - 3.500]	
WGR	>= 100.000 % of	73.500	93.04
Meat/MA	[10.000 - 12.000]	[10.000 - 11.250]	
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.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- 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.

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 Three Day One Premium Line :70767 - Day: 1	250																
Category: Entrees; Choose: 1																	
Chicken, General Tso's Whole Grain, Green Dragon, Asian Food Solutions, 72003, MMA, WGR - SR106073 (4 ounces)	250	213.23	7.11	1.01	0.00	50.77	456.92	24.37	1.01	14.21	12.19	0.73	20.31	0.00	0.00	(M)	(M)
Category: Grains; Choose: 2																	
Copy of Rice, Ethnic Flavors; Rice, wholegrain bro - LR100141 (1/4 c.)	250	160.00	1.50	0.00	(M)	0.00	0.00	35.00	1.00	(M)	4.00	0.70	0.00	0.00	0.00	(M)	(M)
Crackers,WG - LR100161 (3 ea.)	250	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	175	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)
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	250	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																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	200	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)	135	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)	230	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)	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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	230	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Three Day One Premium Line :70786 - Day: 1	250																

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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)
Category: Entrees; Choose: 1																	
Chicken, General Tso's Whole Grain, Green Dragon, Asian Food Solutions, 72003, MMA, WGR - SR106073 (4 ounces)	250	213.23	7.11	1.01	0.00	50.77	456.92	24.37	1.01	14.21	12.19	0.73	20.31	0.00	0.00	(M)	(M)
Category: Grains; Choose: 2																	
Copy of Rice, Ethnic Flavors; Rice, wholegrain bro - LR100141 (1/4 c.)	250	160.00	1.50	0.00	(M)	0.00	0.00	35.00	1.00	(M)	4.00	0.70	0.00	0.00	0.00	(M)	(M)
Crackers,WG - LR100161 (3 ea.)	100	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	175	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)
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	250	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																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	200	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)	135	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)	230	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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	230	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week One Day One Premium Line :70760 - Day: 1	200																
Category: Entrees; Choose: 1																	

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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)
Hot n spicy chicken tenders - LR100300 (4 piece)	200	346.67	20.00	3.33	0.00	33.33	520.00	22.67	4.00	1.33	20.00	2.40	0.00	133.33	0.00	(M)	(M)
Category: Grains; Choose: 2																	
Crackers,WG - LR100161 (3 ea.)	175	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	135	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)
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	175	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																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	150	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	125	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)	180	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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	150	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week One Day One Premium Line :70773 - Day: 1	200																
Category: Entrees; Choose: 1																	
Hot n spicy chicken tenders - LR100300 (4 piece)	200	346.67	20.00	3.33	0.00	33.33	520.00	22.67	4.00	1.33	20.00	2.40	0.00	133.33	0.00	(M)	(M)
Category: Grains; Choose: 2																	
Crackers,WG - LR100161 (3 ea.)	200	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	

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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.)	175	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)
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	175	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																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	175	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	125	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)	185	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)	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 (43 g.)	175	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Two day One Premium Line :70774 - Day: 1	300																
Category: Entrees; Choose: 1																	
Pizza, Quesadilla, Cheese; The Max, CN labeled; as - LR100015 (1 piece)	300	350.00	16.00	4.50	(M)	15.00	830.00	37.00	1.00	(M)	16.00	2.67	290.00	400.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	250	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)
Lettuce,Mix,Iceberg,W/Red 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)
Category: Fruits; Choose: 2																	

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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)
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	200	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)	210	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	285	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																	
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)	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 (43 g.)	250	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Two day One Premium Line :70765 - Day: 1	300																
Category: Entrees; Choose: 1																	
Pizza, Quesadilla, Cheese; The Max, CN labeled; as - LR100015 (1 piece)	300	350.00	16.00	4.50	(M)	15.00	830.00	37.00	1.00	(M)	16.00	2.67	290.00	400.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	250	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)
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)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	200	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)	210	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40

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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)
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	285	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																	
Copy of Copy of Salsa, Chunky Mild Salsa, Canned, - LR100078 (1/4 c.)	100	10.00	0.00	0.00	0.00	0.00	140.00	2.00	1.00	2.00	0.00	0.36	20.00	150.00	1.20	(M)	(M)
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 (43 g.)	300	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Two day Two Premium Line :70765 - Day: 2	250																
Category: Entrees; Choose: 1																	
Bacon Cheesburger - LR100209 (1 ea.)	250	500.00	24.50	8.20	0.90	86.50	1033.80	38.00	5.00	1.00(M)	29.50	4.88	122.00	42.00	2.40	(M)	(M)
Category: Grains; Choose: 1																	
Crackers,WG - LR100161 (3 ea.)	200	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(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
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	210	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																	
Bananas, raw - SR105089 (1 medium (7"))	210	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)	165	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)	235	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: 4																	
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)	155	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	210	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Two day Two Premium Line :70774 - Day: 2	250																
Category: Entrees; Choose: 1																	
Bacon Cheesburger - LR100209 (1 ea.)	250	500.00	24.50	8.20	0.90	86.50	1033.80	38.00	5.00	1.00(M)	29.50	4.88	122.00	42.00	2.40	(M)	(M)
Category: Grains; Choose: 1																	
Crackers,WG - LR100161 (3 ea.)	200	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(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
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	250	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																	
Bananas, raw - SR105089 (1 medium (7"))	210	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)	165	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)	235	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: 4																	
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)	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)

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)
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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	250	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Three Day Two Premium Line :70767 - Day: 2	200																
Category: Entrees; Choose: 1																	
big daddy pizza NWG - LR100283 (1 Slice (1/8))	200	400.00	17.00	9.00	0.00	40.00	580.00	43.00	2.00	9.00	19.00	2.70	350.00	400.00	0.00	(M)	(M)
Category: Vegetables; Choose: 3																	
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
Garbonzo Beans - LR100172 (6 oz.)	25	143.93	1.31	0.00	0.00	0.00	457.96	26.17	9.16	11.78	9.16	0.00	0.00	0.00	0.00	(M)	(M)
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)
Category: Fruits; Choose: 2																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	185	57.38	0.11	0.01	0.00	0.00	2.25	15.75	1.13	13.50	0.23	0.34	5.63	39.38	1.35	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	180	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)	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 (43 g.)	200	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Three Day Two Premium Line :70786 - Day: 2	200																
Category: Entrees; Choose: 1																	
big daddy pizza NWG - LR100283 (1 Slice (1/8))	200	400.00	17.00	9.00	0.00	40.00	580.00	43.00	2.00	9.00	19.00	2.70	350.00	400.00	0.00	(M)	(M)
Category: Vegetables; Choose: 3																	

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,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
Garbonzo Beans - LR100172 (6 oz.)	22	143.93	1.31	0.00	0.00	0.00	457.96	26.17	9.16	11.78	9.16	0.00	0.00	0.00	0.00	(M)	(M)
Lettuce,Mix,Iceberg,W/R ed 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)
Category: Fruits; Choose: 2																	
Applesauce Unsweetened, - LR100206 (4 1/2 oz.)	185	57.38	0.11	0.01	0.00	0.00	2.25	15.75	1.13	13.50	0.23	0.34	5.63	39.38	1.35	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	180	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)	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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	200	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
Week One Day Two Premium Line :70760 - Day: 2	175																
Category: Entrees; Choose: 1																	
Pizza, Quesadilla Chicken Whole Grain 5 oz, The MAX, ConAgra, 77387-12700, MMA, WGR, Veg-RO - SR101365 (1 each quesadilla)	175	300.00	10.00	2.00	0.00	15.00	700.00	37.00	4.00	2.00	17.00	2.70	150.00	(M)	(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Broccoli,Raw,Commodity ,VEG-DG - LR100033 (4 ounces)	165	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.)	150	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	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.)	105	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"))	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
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	150	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)	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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	130	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Four Day Two Premium Line :70773 - Day: 2	200																
Category: Entrees; Choose: 1																	
Sandwich,BBQ Chicken,Roll MMA,WG - LR100058 (1 ea.)	200	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)
Category: Grains; Choose: 2																	
Crackers,WG - LR100161 (3 ea.)	185	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
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/R ed Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	185	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.)	155	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"))	145	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)	140	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	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)
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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	140	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Three Day Three Premium Line :70786 - Day: 3	300																
Category: Entrees; Choose: 1																	
7 inch Whole Grain pizza stick/pep - LR100198 (1 ea.)	300	520.00	18.00	9.00	0.00	50.00	1020.00	64.00	6.00	6.00	22.00	3.60	300.00	800.00	7.20	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	185	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)
Lettuce,Mix,Iceberg,W/Red 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)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	150	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	185	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)	85	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)	270	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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	225	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Three Day Three Premium Line :70767 - Day: 3	300																
Category: Entrees; 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)
7 inch Whole Grain pizza stick/pep - LR100198 (1 ea.)	300	520.00	18.00	9.00	0.00	50.00	1020.00	64.00	6.00	6.00	22.00	3.60	300.00	800.00	7.20	(M)	(M)
Category: Vegetables; Choose: 2																	
Lettuce,Mix,Iceberg,W/Red 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)
Vegetable, Seasoned Corn, Veg-S - SR100218 (1/2 c.)	225	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.)	150	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	55	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)	85	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)	270	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																	
Salad Dressing Variety,SS, - LR100053 (43 g.)	255	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Two Day Three Premium Line :70774 - Day: 3	200																
Category: Entrees; Choose: 1																	
CHEEZY BREDSTICK 151BC - LR100306 (1 ea.)	200	260.00	11.00	5.00	0.00	20.00	380.00	28.00	3.00	2.00	15.00	2.00	313.00	0.00	0.00	(M)	(M)
Category: Grains; Choose: 2																	
Crackers,WG - LR100161 (3 ea.)	55	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (2 5/8 oz.)	150	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)

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,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)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	150	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	185	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)	115	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)	175	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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	175	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week One Day Three Premium Line :70760 - Day: 3	200																
Category: Entrees; Choose: 1																	
chicken bowl - LR100208 (1 ea.)	200	285.00	14.38	2.50	0.00(M)	20.00	601.25	24.38	3.38	1.38	14.75	1.80(M)	7.50	100.00 (M)	11.25	(M)	(M)
Category: Vegetables; Choose: 3																	
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	145	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)
Vegetable, Seasoned Corn, Veg-S - SR100218 (1/2 c.)	150	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.)	125	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

Generated on: 7/9/2019 8:10:05 AM by Christine Christine

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Bananas, raw - SR105089 (1 medium (7"))	145	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)	85	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)	275	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																	
Salad Dressing Variety,SS, - LR100053 (43 g.)	145	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Two Day Three Premium Line :70765 - Day: 3	200																
Category: Entrees; Choose: 1																	
New Stirfry, wg - LR100281 (6 oz.)	200	268.76	5.98	1.77	0.00	53.57	519.73	38.04	2.71	2.03	14.78	0.26(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
Category: Grains; Choose: 2																	
1.5 oz Egg Roll/ Vegetable - LR100315 (1 ea.)	125	80.00	3.00	0.75	0.00	0.00	200.00	12.00	1.00	1.00	2.00	0.65	16.00	150.00	3.00	(M)	(M)
Cookie, Fortune, Green Dragon Brand, Asian Food Solutions, Inc. 79203, WGR - SR108493 (6 cookies)	110	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 (2 5/8 oz.)	150	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)
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)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	150	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	100	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97

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)	115	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)	175	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)	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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	200	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week One Day Three Premium Line :70773 - Day: 3	200																
Category: Entrees; Choose: 1																	
Spicy Buffalo Crunchers - LR100301 (164 grams)	200	528.61	30.92	8.98	0.50	24.93	728.09	39.90	3.99	2.99	20.95	2.22	496.70	2809.63	4.45	(M)	(M)
Category: Vegetables; Choose: 3																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	150	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)
Garbonzo Beans - LR100172 (6 oz.)	15	143.93	1.31	0.00	0.00	0.00	457.96	26.17	9.16	11.78	9.16	0.00	0.00	0.00	0.00	(M)	(M)
Lettuce,Mix,Iceberg,W/R ed Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	166	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																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	150	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	25	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)	65	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)	135	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Category: Condiments; Choose: 2																	
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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	155	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Two Day Four Premium Line :70765 - Day: 4																	
Category: Entrees; Choose: 1																	
Breaded whole Chicken - LR100201 (3 oz.)	225	215.00	13.00	3.00	0.00	41.00	591.00	11.00	1.00	0.00	12.00	1.00	12.00	78.00	1.00	(M)	(M)
Category: Grains; Choose: 1																	
Crackers,WG - LR100161 (3 ea.)	100	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 3																	
Garbonzo Beans - LR100172 (6 oz.)	22	143.93	1.31	0.00	0.00	0.00	457.96	26.17	9.16	11.78	9.16	0.00	0.00	0.00	0.00	(M)	(M)
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	225	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)
Vegetable, Seasoned Corn, Veg-S - SR100218 (1/2 c.)	215	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"))	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
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	125	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)	200	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
Category: Condiments; Choose: 2																	
Salad Dressing Variety,SS, - LR100053 (43 g.)	205	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Two Day Four Premium Line :70774 - Day: 4																	
Category: Entrees; 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)
Breaded whole Chicken - LR100201 (3 oz.)	225	215.00	13.00	3.00	0.00	41.00	591.00	11.00	1.00	0.00	12.00	1.00	12.00	78.00	1.00	(M)	(M)
Category: Grains; Choose: 1																	
Crackers,WG - LR100161 (3 ea.)	200	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Garbonzo Beans - LR100172 (6 oz.)	10	143.93	1.31	0.00	0.00	0.00	457.96	26.17	9.16	11.78	9.16	0.00	0.00	0.00	0.00	(M)	(M)
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	225	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)
Vegetable, Seasoned Corn, Veg-S - SR100218 (1/2 c.)	185	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"))	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
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	65	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)	200	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
Category: Condiments; Choose: 2																	
Salad Dressing Variety,SS, - LR100053 (43 g.)	150	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Three Day Four premium Line :70767 - Day: 4	200																
Category: Entrees; Choose: 1																	
Chicken Noodle Soup salad bar - LR100316 (1 c.)	200	110.00	0.50	0.50	0.00	15.00	870.00	7.00	0.00	0.00	3.00	0.36	0.00	(M)	(M)	(M)	(M)
Category: Grains; Choose: 1																	
Crackers,WG - LR100161 (3 ea.)	250	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (1/2 c.)	135	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)

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,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)
Category: Fruits; Choose: 2																	
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
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	125	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)	175	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.)	85	10.00	0.00	0.00	0.00	0.00	140.00	2.00	1.00	2.00	0.00	0.36	20.00	150.00	1.20	(M)	(M)
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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	200	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Three Day Four premium Line :70786 - Day: 4	200																
Category: Entrees; Choose: 1																	
Chicken Taco Wrap,WW,M/MA - LR100121 (1 ea.)	200	318.50	15.80	7.47	0.00	69.00	405.50	26.36	4.00	0.00(M)	23.96	1.81	284.00	284.00	0.00	(M)	(M)
Category: Grains; Choose: 1																	
Crackers,WG - LR100161 (3 ea.)	135	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
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)
Vegetable, Seasoned Corn, Veg-S - SR100218 (1/2 c.)	150	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																	

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Bananas, raw - SR105089 (1 medium (7"))	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
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	125	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)	150	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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	175	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Four Day Four Premium :70773 - Day: 4	200																
Category: Entrees; Choose: 1																	
Spicy Buffalo Crunchers - LR100301 (164 grams)	200	528.61	30.92	8.98	0.50	24.93	728.09	39.90	3.99	2.99	20.95	2.22	496.70	2809.63	4.45	(M)	(M)
Category: Grains; Choose: 1																	
Crackers,WG - LR100161 (3 ea.)	125	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	240	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)
Vegetable, Seasoned Corn, Veg-S - SR100218 (1/2 c.)	185	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"))	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
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	125	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)	200	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)

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: Condiments; Choose: 1																	
Salad Dressing Variety,SS, - LR100053 (43 g.)	150	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week One Day Four Premium Line :70760 - Day: 4																	
Category: Entrees; Choose: 1																	
Spicy Buffalo Crunchers - LR100301 (164 grams)	185	528.61	30.92	8.98	0.50	24.93	728.09	39.90	3.99	2.99	20.95	2.22	496.70	2809.63	4.45	(M)	(M)
Category: Grains; Choose: 1																	
Crackers,WG - LR100161 (3 ea.)	85	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (1/2 c.)	75	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)
Garbonzo Beans - LR100172 (6 oz.)	5	143.93	1.31	0.00	0.00	0.00	457.96	26.17	9.16	11.78	9.16	0.00	0.00	0.00	0.00	(M)	(M)
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	155	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																	
Bananas, raw - SR105089 (1 medium (7"))	150	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.)	175	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)	150	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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	150	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Two Day five Premium Line :70765 - Day: 5																	
Category: Entrees; 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)
Mozz Sticks /Twisted - LR100235 (2 ea.)	300	491.16	16.37	8.19	0.00	20.46	736.74	61.40	6.14	6.14	24.56	3.68	511.63	409.30	0.00	(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)
Garbonzo Beans - LR100172 (6 oz.)	25	143.93	1.31	0.00	0.00	0.00	457.96	26.17	9.16	11.78	9.16	0.00	0.00	0.00	0.00	(M)	(M)
Lettuce,Mix,Iceberg,W/Red 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)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	150	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	110	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)	115	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)	270	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)
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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	275	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Two Day five Premium Line :70774 - Day: 5	300																
Category: Entrees; Choose: 1																	
Mozz Sticks /Twisted - LR100235 (2 ea.)	300	491.16	16.37	8.19	0.00	20.46	736.74	61.40	6.14	6.14	24.56	3.68	511.63	409.30	0.00	(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)
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)
Lettuce,Mix,Iceberg,W/Red 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)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	150	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
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
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	115	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)	270	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)
Marinara Sauce, Dunk Cup 1oz, Red Gold, REDNA1Z, Veg-RO - SR106667 (1 ea.)	55	15.00	0.00	0.00	0.00	0.00	120.00	3.00	1.00	2.00	1.00	0.00	0.00	(M)	(M)	(M)	(M)
Salad Dressing Variety,SS, - LR100053 (43 g.)	285	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Three Day Five Premium Line :70786 - Day: 5	250																
Category: Entrees; Choose: 1																	
Mozzarella Sticks, Tasty Brands, 41009, MMA, WG - SR109444 (5 sticks)	250	300.00	12.00	6.00	0.00	35.00	440.00	33.00	3.00	2.00	16.00	14.40	400.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	150	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	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,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	250	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																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	185	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	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)	115	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)	200	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
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)
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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	200	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week Three Day Five Premium Line :70767 - Day: 5	250																
Category: Entrees; Choose: 1																	
Mozzarella Sticks, Tasty Brands, 41009, MMA, WG - SR109444 (5 sticks)	250	300.00	12.00	6.00	0.00	35.00	440.00	33.00	3.00	2.00	16.00	14.40	400.00	0.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (3 oz.)	150	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)
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	250	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)
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	185	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	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)	115	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)	200	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
Category: Condiments; Choose: 3																	
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)
Marinara Sauce, Dunk Cup 1oz, Red Gold, REDNA1Z, Veg-RO - SR106667 (1 ea.)	200	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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	250	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week One Day Five Premium line :70760 - Day: 5	250																
Category: Entrees; Choose: 1																	
Shrimp Poppers - LR100140 (3 5/8 oz.)	200	269.36	16.31	5.19	0.00(M)	49.42	813.05	17.43	1.73	0.00(M)	15.57	1.73	223.49	103.96	0.00	45.59 (M)	2.00(M)
SPICY FISH SANDWICH - LR100312 (1 ea.)	50	430.00	15.00	1.70	0.00	48.50	795.80	52.00	4.00	1.00(M)	24.50	11.80	83.00	46.00	0.00	(M)	(M)
Category: Grains; Choose: 1																	
Crackers,WG - LR100161 (3 ea.)	240	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(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)
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	210	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)
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	175	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	210	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)	85	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)	205	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)
Salad Dressing Variety,SS, - LR100053 (43 g.)	185	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
2015 Week One Day Five Premium line :70773 - Day: 5	250																
Category: Entrees; Choose: 1																	
Shrimp Poppers - LR100140 (3 5/8 oz.)	250	269.36	16.31	5.19	0.00(M)	49.42	813.05	17.43	1.73	0.00(M)	15.57	1.73	223.49	103.96	0.00	45.59 (M)	2.00(M)
SPICY FISH SANDWICH - LR100312 (1 ea.)	50	430.00	15.00	1.70	0.00	48.50	795.80	52.00	4.00	1.00(M)	24.50	11.80	83.00	46.00	0.00	(M)	(M)
Category: Grains; Choose: 1																	
Crackers,WG - LR100161 (3 ea.)	240	105.00	3.75	0.75	0.00	0.00	180.00	15.00	1.50	1.50	1.50	1.08	30.00	0.00	0.00	(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)
Lettuce,Mix,Iceberg,W/Red Cabbage,Carrot Bag,Cross - LR100030 (8 oz.)	250	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																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	175	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Bananas, raw - SR105089 (1 medium (7"))	210	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)	85	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)	240	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																	
Salad Dressing Variety,SS, - LR100053 (43 g.)	100	37.78	2.89	0.39	0.00	0.00	115.56	2.56	0.00	1.89	0.11	0.04	2.22	11.11	0.00	(M)	(M)
Salad Dressing,ranch light,kens - LR100289 (1 ea.)	125	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)