

Menu Cycle Week 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) |
|--|----------|-----------------|----------|----------|----------|-----------|-----------|----------|---------|------------|----------|---------|-----------|-----------|-----------|----------|---------|
| HW1M-Lunch-Jan 2018 - Day: 1 | 100 | | | | | | | | | | | | | | | | |
| Category: MEAT/MEAT ALT; Choose: 1 | | | | | | | | | | | | | | | | | |
| Broccoli Cheese Soup - LR100732 (1 c.) | 16 | 180.16 | 10.44 | 4.66 | 0.00(M) | 23.60 | 1042.94 | 11.46 | 2.28 | 5.12 | 12.07 | 0.23 | 351.78 | 7458.77 | 14.89 | 0.00(M) | 0.00(M) |
| Cheese Sauce-homemade - LR100537 (1 fl. oz.) | 50 | 75.42 | 4.24 | 2.00 | 0.00(M) | 12.43 | 181.43 | 3.40 | 0.05 | 3.14(M) | 6.28 | 0.03 | 152.40 | 377.90 | 0.35 | 0.03(M) | 0.01(M) |
| Chicken Tenders - LR100060 (3 tenders) | 10 | 230.00 | 9.00 | 1.50 | 0.00 | 55.00 | 380.00 | 14.00 | 1.00 | 1.00 | 23.00 | 1.44 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| HS Cheeseburger - LR100668 (1 ea.) | 9 | 378.00 | 15.60 | 6.00 | 0.50 | 46.00 | 474.00 | 35.80 | 4.00 | 4.80 | 22.80 | 3.24 | 300.00 | 120.00 | 0.00 | 0.00(M) | 0.00(M) |
| Pizza, Cheese 16" HS - LR100484 (1 slice) | 2 | 309.45 | 12.98 | 7.99 | 0.00 | 29.95 | 539.05 | 28.95 | 3.00 | 3.99 | 19.96 | 2.69 | 449.21 | 399.30 | 5.99 | 0.00 | 0.00 |
| Pizza, Pepperoni 16" HS - LR100492 (1 slice) | 23 | 340.00 | 17.00 | 9.00 | 0.00 | 35.00 | 730.00 | 29.00 | 3.00 | 4.00 | 20.00 | 2.70 | 400.00 | 300.00 | 6.00 | 0.00 | 0.00 |
| Pizza, Philly Beef 16" HS - LR100487 (1 slice) | 1 | 339.26(M) | 14.26(M) | 8.41(M) | 0.00(M) | 41.31(M) | 632.53(M) | 30.08(M) | 3.19(M) | 4.46(M) | 23.66(M) | 3.94(M) | 451.99(M) | 434.79(M) | 15.22(M) | 0.00(M) | 0.00(M) |
| Pizza, Veggie 16" HS - LR100485 (1 slice) | 1 | 371.93 | 16.78 | 10.18 | 0.00 | 39.32 | 672.02 | 30.95 | 3.39 | 4.18 | 24.56 | 2.79 | 577.49 | 678.51 | 11.64 | 23.63(M) | 0.13(M) |
| Salad, Asian Chicken - LR100252 (1 salad) | 2 | 322.60 | 9.08 | 2.90 | 0.00 | 38.92 | 446.64 | 40.40 | 5.85 | 17.94(M) | 21.66 | 3.77 | 183.90 | 12750.37 | 34.27 | 154.00 | 1.14 |
| Spicy Chicken Sandwich - LR100463 (1 patty) | 14 | 390.00 | 12.00 | 2.00 | 0.00 | 50.00 | 679.99 | 44.00 | 4.00 | 5.00 | 27.00 | 3.24 | 220.00 | 100.00 | 0.00 | 0.00(M) | 0.00(M) |

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|--|----|--------|-------|------|---------|--------|--------|-------|------|-------|-------|------|----------|------------|---------|-----------|---------|
| Spicy Orange Chicken-Tyson - LR100170 (6 oz.) | 3 | 420.00 | 22.50 | 4.50 | 0.00 | 172.50 | 540.00 | 21.00 | 0.00 | 16.50 | 34.50 | 2.70 | 30.00 | 0.00 | 3.00 | (M) | (M) |
| Category: GRAIN; Choose: 1 | | | | | | | | | | | | | | | | | |
| 1oz Rolls, Breadsticks, Homemade - LR100030 (1 ounce roll) | 14 | 86.92 | 2.12 | 0.17 | 0.00(M) | 0.30 | 103.32 | 14.59 | 1.24 | 2.55 | 2.56 | 0.71 | 22.54 | 1.10 | 0.10 | 10.73(M) | 0.16(M) |
| Asian Rice 1 Cup - Scratch - LR100776 (1 c.) | 10 | 120.34 | 1.12 | 0.03 | 0.00 | 0.00 | 548.59 | 24.26 | 2.50 | 1.38 | 3.55 | 0.74 | 10.36(M) | 3415.18(M) | 2.29(M) | 118.01(M) | 0.00(M) |
| Category: VEGETABLE; Choose: 1 | | | | | | | | | | | | | | | | | |
| Condiment: Lettuce Leaf/Sliced Tomato - LR100025 (1/2 c.) | 5 | 5.92 | 0.08 | 0.01 | 0.00 | 0.00 | 1.98 | 1.09 | 0.50 | 0.40 | 0.32 | 0.19 | 6.55 | 1458.35 | 2.67 | 28.66 | 0.16 |
| French Fries-Straight Cut BAKED - LR100250 (1/2 c.) | 85 | 200.00 | 6.67 | 0.83 | 0.00 | 0.00 | 225.00 | 33.33 | 3.33 | (M) | 1.67 | 0.60 | 0.00 | 0.00 | 4.00 | 0.00 | 0.00 |
| Steamed Broccoli (Frozen) - LR100070 (1/2 c.) | 50 | 29.46 | 0.00 | 0.00 | 0.00(M) | 0.00 | 19.82 | 3.93 | 1.96 | 1.96 | 1.28 | 0.00 | 19.64 | 0.00 | 31.23 | 5.79(M) | 0.00(M) |
| Category: FRUIT; Choose: 1 | | | | | | | | | | | | | | | | | |
| Assorted Fruit Juice-4oz - LR100210 (1/2 c.) | 70 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 17.00 | 15.00 | 0.00 | 13.40 | 0.00 | 0.00 | 0.00 | 200.00 | 19.68 | 0.00 | 0.00 |
| Fresh Fruit - LR100120 (1 ea.) | 20 | 81.36 | 0.27 | 0.06 | 0.00 | 0.00 | 0.89 | 20.97 | 3.26 | 14.05 | 0.97 | 0.21 | 22.41 | 150.24 | 28.94 | 109.84 | 0.61 |
| Mandarin Oranges - LR100278 (1/2 c.) | 50 | 68.96 | 0.11 | 0.01 | 0.00 | 0.00 | 6.78 | 18.30 | 0.79 | 17.51 | 0.56 | 0.42 | 7.91 | 949.57 | 22.38 | 0.00 | 0.22 |
| Orange Juice, 4oz - LR100381 (1 Carton) | 44 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 14.00 | 0.00 | 11.00 | 1.00 | 0.00 | 50.00 | 0.00 | 30.00 | (M) | (M) |
| Category: MILK; Choose: 1 | | | | | | | | | | | | | | | | | |
| Milk, 1% 8oz - LR100161 (1 Carton) | 8 | 110.00 | 2.50 | 0.00 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | 8.00 | 0.00 | 300.00 | 500.00 | 2.40 | (M) | (M) |

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|---|----|--------|------|------|---------|---------|--------|-------|------|---------|-------|---------|----------|------------|-------|-----------|---------|
| Milk, Chocolate Trumoo FF 8oz - LR100039 (1 Carton) | 30 | 120.00 | 0.00 | 0.00 | 0.00 | 5.00 | 180.00 | 20.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Milk, Skim 8oz - LR100040 (1 Carton) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 5.00 | 135.00 | 13.00 | 0.00 | 13.00 | 9.00 | 0.00 | 300.00 | 500.00 | 2.40 | (M) | (M) |
| Milk, Strawberry Trumoo FF 8oz - LR100041 (1 Carton) | 9 | 110.00 | 0.00 | 0.00 | 0.00 | 5.00 | 125.00 | 19.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Milk, Vanilla Trumoo FF 8oz - LR100042 (1 Carton) | 5 | 110.00 | 0.00 | 0.00 | 0.00 | 5.00 | 125.00 | 19.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Category: SUB LINE; Choose: 1 | | | | | | | | | | | | | | | | | |
| Sub Line, Buffalo Chicken - LR100632 (1 1/2 oz.) | 2 | 152.06 | 7.21 | 1.79 | 0.00(M) | 49.12 | 504.09 | 6.06 | 1.04 | 3.79(M) | 14.74 | 0.76 | 14.10 | 197.97 | 0.48 | 0.00(M) | 0.00(M) |
| Sub Line, Cheese Amer 0.5M/MA - LR100562 (1/2 oz.) | 5 | 35.00 | 2.00 | 1.25 | 0.00 | 7.50 | 105.00 | 1.00 | 0.00 | 1.00 | 3.50 | 0.00 | 100.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese Pepper Jack 0.5M/MA - LR100565 (1/2 oz.) | 5 | 55.00 | 4.50 | 3.00 | 0.00 | 12.50 | 105.00 | 0.50 | 0.00 | 0.00 | 3.00 | 0.00 | 100.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese Swiss 0.5M/MA - LR100563 (1/2 oz.) | 2 | 45.00 | 3.00 | 1.75 | 0.00 | 10.00 | 57.50 | 0.50 | 0.00 | 0.50 | 4.00 | 0.00 | 125.00 | 100.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese White Amer 0.5M/MA - LR100564 (1/2 oz.) | 4 | 50.00 | 4.00 | 2.50 | 0.00 | 12.50 | 235.00 | 1.00 | 0.00 | 0.50 | 2.50 | 0.00 | 75.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Flatbread - LR100561 (1 ea.) | 2 | 130.00 | 1.00 | 0.00 | 0.00 | 0.00 | 140.00 | 26.00 | 3.00 | 1.00 | 4.00 | 1.08 | 80.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Ham 1.5M/MA - LR100566 (1 7/8 oz.) | 9 | 56.40 | 1.41 | 0.47 | 0.00 | 28.20 | 563.99 | 2.82 | 0.00 | 1.88 | 8.46 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Sub Line, Hoagie Roll - LR100559 (1 ea.) | 10 | 160.00 | 3.00 | 0.50 | 0.00 | 0.00 | 140.00 | 28.00 | 3.00 | 3.00 | 6.00 | 0.83 | 11.70 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Toppings - LR100558 (1 1/2 c.) | 16 | 94.15 | 0.56 | 0.10 | 0.00(M) | 0.00(M) | 252.94 | 18.28 | 6.32 | 1.65(M) | 5.10 | 1.85(M) | 49.93(M) | 5293.72(M) | 17.59 | 121.07(M) | 0.64(M) |
| Sub Line, Turkey | 5 | 52.97 | 0.38 | 0.00 | 0.00 | 26.49 | 348.10 | 0.00 | 0.00 | 0.00 | 12.11 | 0.27 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

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|--|-----|--------|-------|------|---------|-------|--------|-------|------|---------|-------|------|--------|--------|------|---------|---------|
| 1.5M/MA - LR100567 (2 1/4 oz.) | | | | | | | | | | | | | | | | | |
| Sub line, Wrap - LR100560 (1 ea.) | 4 | 176.00 | 3.30 | 1.25 | 0.00 | 0.00 | 331.50 | 34.50 | 5.25 | (M) | 5.75 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Category: CONDIMENT; Choose: 1 | | | | | | | | | | | | | | | | | |
| Asian Bar - Sweet and Sour Sauce - LR100780 (1 oz.) | 5 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 190.00 | 9.00 | 0.00 | 7.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Asian Bar - Thai Chili Sauce - LR100779 (1 oz.) | 5 | 47.25 | 0.00 | 0.00 | 0.00 | 0.00 | 244.13 | 11.81 | 0.00 | 11.03 | 0.00 | 0.00 | 0.00 | 78.75 | 1.89 | (M) | (M) |
| BBQ Sauce, IND - LR100005 (1 ea.) | 13 | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 | 89.00 | 5.00 | 0.00 | 3.00 | 0.00 | 0.00 | 0.00 | 50.00 | 0.00 | 0.00 | 0.00 |
| Ketchup, Ind Pack - LR100157 (2 ea.) | 35 | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 | 170.00 | 5.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.30 | 0.44 |
| Mayonnaise, Ind Pkt - LR100158 (1 ea.) | 5 | 35.00 | 3.44 | 0.00 | 0.00 | 0.00 | 80.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.07 | 0.11 |
| Mustard, Indv Pkts - LR100148 (1 packet) | 15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 65.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad Dressing Variety - LR100156 (1 ea.) | 3 | 122.61 | 11.66 | 1.74 | 0.00 | 8.46 | 549.22 | 2.85 | 0.15 | 1.90 | 1.15 | 0.00 | 16.92 | 84.61 | 0.00 | (M) | (M) |
| HW1Tu-Lunch-Jan 2018 - Day: 2 | 100 | | | | | | | | | | | | | | | | |
| Category: MEAT/MEAT ALT; Choose: 1 | | | | | | | | | | | | | | | | | |
| Chicken Filet Sandwich HS/MS - LR100658 (1 sandwich) | 30 | 360.00 | 10.00 | 1.50 | 0.00 | 45.00 | 720.00 | 45.00 | 4.00 | 4.00 | 23.00 | 1.80 | 200.00 | 0.00 | 0.00 | (M) | (M) |
| Hot & Spicy Boneless Strips - LR100134 (3 tenders) | 1 | 305.55 | 15.05 | 2.76 | 0.00(M) | 55.01 | 720.87 | 18.90 | 2.07 | 4.22 | 23.07 | 1.44 | 2.26 | 340.27 | 0.87 | 1.18(M) | 0.15(M) |
| Hot Dog - LR100079 (1 ea.) | 1 | 280.00 | 16.50 | 5.00 | 1.00(M) | 30.00 | 690.00 | 24.00 | 2.00 | 0.00(M) | 10.00 | 3.44 | 150.00 | 0.00 | 4.00 | (M) | (M) |
| Pasta Bar, Alfredo Sauce - LR100549 (1/2 | 1 | 180.20 | 10.01 | 6.01 | 0.00 | 38.04 | 748.83 | 10.01 | 0.00 | 6.01 | 12.01 | 0.00 | 380.42 | 450.50 | 0.00 | 0.00 | 0.00 |

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| c.) | | | | | | | | | | | | | | | | | |
| Pasta Bar, Chicken Tender - LR100547 (3 ea.) | 1 | 230.00 | 9.00 | 1.50 | 0.00 | 55.00 | 380.00 | 14.00 | 1.00 | 1.00 | 23.00 | 1.44 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pasta Bar, Grilled Chicken - LR100546 (2 oz.) | 1 | 106.67 | 4.67 | 1.33 | 0.00 | 46.67 | 226.66 | 1.33 | 0.00 | 0.67 | 14.00 | 0.72 | 13.33 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pasta Bar, Meat Sauce made w/ Spaghetti Sauce (Homemade) - LR100771 (1/2 c.) | 1 | 151.35 | 5.76 | 1.79 | 0.00(M) | 41.45 | 492.06 | 11.15 | 2.04 | 0.36(M) | 15.04 | 7.98(M) | 74.34(M) | 430.04(M) | 7.38(M) | 0.33(M) | 0.35(M) |
| Pasta Bar, Meatballs w/Marinara w/ Spaghetti Sauce (Homemade) - LR100770 (1/2 c.) | 1 | 166.38 | 6.02 | 1.71 | 0.00(M) | 44.31 | 657.39 | 15.09 | 2.04 | 0.36(M) | 14.36 | 4.54(M) | 91.96(M) | 427.97(M) | 7.28(M) | 0.33(M) | 0.35(M) |
| Pizza, Cheese 16" HS - LR100484 (1 slice) | 2 | 309.45 | 12.98 | 7.99 | 0.00 | 29.95 | 539.05 | 28.95 | 3.00 | 3.99 | 19.96 | 2.69 | 449.21 | 399.30 | 5.99 | 0.00 | 0.00 |
| Pizza, Macaroni and Cheese 16" HS - LR100773 (1 slice) | 8 | 407.32 | 16.11 | 9.35 | 0.00(M) | 38.39 | 664.74 | 40.84 | 4.01 | 6.37(M) | 26.20 | 3.36 | 559.83 | 657.20 | 6.22 | 2.84(M) | 0.32(M) |
| Pizza, Pepperoni 16" HS - LR100492 (1 slice) | 2 | 340.00 | 17.00 | 9.00 | 0.00 | 35.00 | 730.00 | 29.00 | 3.00 | 4.00 | 20.00 | 2.70 | 400.00 | 300.00 | 6.00 | 0.00 | 0.00 |
| Pizza, Veggie 16" HS - LR100485 (1 slice) | 41 | 371.93 | 16.78 | 10.18 | 0.00 | 39.32 | 672.02 | 30.95 | 3.39 | 4.18 | 24.56 | 2.79 | 577.49 | 678.51 | 11.64 | 23.63(M) | 0.13(M) |
| Turkey Noodle Soup - LR100113 (1 c.) | 1 | 99.53 | 1.87 | 0.35 | 0.00 | 25.88 | 285.92 | 13.39 | 1.78 | 1.39(M) | 7.59 | 0.47 | 20.14 | 1934.53 | 0.90 | 199.56(M) | 0.35(M) |
| Category: GRAIN; Choose: 1 | | | | | | | | | | | | | | | | | |
| 1oz Rolls, Breadsticks, Homemade - LR100030 (1 ounce roll) | 10 | 86.92 | 2.12 | 0.17 | 0.00(M) | 0.30 | 103.32 | 14.59 | 1.24 | 2.55 | 2.56 | 0.71 | 22.54 | 1.10 | 0.10 | 10.73(M) | 0.16(M) |
| Pasta Bar, Pasta - LR100542 (1 c.) | 6 | 190.47 | 1.00 | 0.00 | 0.00 | 0.00 | 10.03 | 39.10 | 4.01 | 1.00 | 8.02 | 1.70(M) | 15.54(M) | 0.92(M) | 0.00(M) | 2.30 | 0.25 |
| Category: VEGETABLE; Choose: 1 | | | | | | | | | | | | | | | | | |

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|--|----|--------|------|------|---------|-------|--------|-------|------|---------|------|---------|----------|-----------|---------|----------|---------|
| Caesar Side Salad - LR100077 (1 c.) | 22 | 117.51 | 9.26 | 1.62 | 0.02(M) | 1.80 | 201.63 | 5.87 | 1.55 | 1.14 | 2.43 | 0.76 | 52.15 | 5205.79 | 2.38 | 58.92(M) | 0.53(M) |
| Condiment: Lettuce Leaf/Sliced Tomato - LR100025 (1/2 c.) | 10 | 5.92 | 0.08 | 0.01 | 0.00 | 0.00 | 1.98 | 1.09 | 0.50 | 0.40 | 0.32 | 0.19 | 6.55 | 1458.35 | 2.67 | 28.66 | 0.16 |
| Glazed Carrots - LR100324 (1/2 c.) | 50 | 75.78 | 5.51 | 1.14 | 0.00(M) | 0.00 | 529.30 | 6.91 | 0.00 | 6.84 | 0.06 | 0.00 | 2.48 | 245.07 | 0.01 | 1.08 | 0.14 |
| Marinara w/ Spaghetti Sauce (Homemade) - LR100765 (1/2 c.) | 1 | 57.56 | 1.10 | 0.24 | 0.00(M) | 0.00 | 253.44 | 11.03 | 2.00 | 0.31(M) | 1.56 | 3.83(M) | 71.98(M) | 427.93(M) | 5.26(M) | 0.33(M) | 0.35(M) |
| Category: FRUIT; Choose: 1 | | | | | | | | | | | | | | | | | |
| Assorted Fruit Juice-4oz - LR100210 (1/2 c.) | 70 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 17.00 | 15.00 | 0.00 | 13.40 | 0.00 | 0.00 | 0.00 | 200.00 | 19.68 | 0.00 | 0.00 |
| Fresh Fruit - LR100120 (1 ea.) | 20 | 81.36 | 0.27 | 0.06 | 0.00 | 0.00 | 0.89 | 20.97 | 3.26 | 14.05 | 0.97 | 0.21 | 22.41 | 150.24 | 28.94 | 109.84 | 0.61 |
| Orange Juice, 4oz - LR100381 (1 Carton) | 44 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 14.00 | 0.00 | 11.00 | 1.00 | 0.00 | 50.00 | 0.00 | 30.00 | (M) | (M) |
| Pears, Canned - LR100047 (1/2 c.) | 50 | 81.39 | 0.00 | 0.00 | 0.00 | 0.00 | 5.65 | 21.52 | 2.26 | 17.17 | 0.27 | 0.40 | 6.78 | 0.00 | 1.02 | 0.00 | 0.00 |
| Category: MILK; Choose: 1 | | | | | | | | | | | | | | | | | |
| Milk, 1% 8oz - LR100161 (1 Carton) | 1 | 110.00 | 2.50 | 0.00 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | 8.00 | 0.00 | 300.00 | 500.00 | 2.40 | (M) | (M) |
| Milk, Chocolate Trumoo FF 8oz - LR100039 (1 Carton) | 55 | 120.00 | 0.00 | 0.00 | 0.00 | 5.00 | 180.00 | 20.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Milk, Skim 8oz - LR100040 (1 Carton) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 5.00 | 135.00 | 13.00 | 0.00 | 13.00 | 9.00 | 0.00 | 300.00 | 500.00 | 2.40 | (M) | (M) |
| Milk, Strawberry Trumoo FF 8oz - LR100041 (1 Carton) | 20 | 110.00 | 0.00 | 0.00 | 0.00 | 5.00 | 125.00 | 19.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Milk, Vanilla Trumoo FF 8oz - LR100042 (1 Carton) | 20 | 110.00 | 0.00 | 0.00 | 0.00 | 5.00 | 125.00 | 19.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Category: SUB LINE; Choose: 1 | | | | | | | | | | | | | | | | | |

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| Sub Line, Cheese Amer 0.5M/MA - LR100562 (1/2 oz.) | 3 | 35.00 | 2.00 | 1.25 | 0.00 | 7.50 | 105.00 | 1.00 | 0.00 | 1.00 | 3.50 | 0.00 | 100.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese Pepper Jack 0.5M/MA - LR100565 (1/2 oz.) | 2 | 55.00 | 4.50 | 3.00 | 0.00 | 12.50 | 105.00 | 0.50 | 0.00 | 0.00 | 3.00 | 0.00 | 100.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese Swiss 0.5M/MA - LR100563 (1/2 oz.) | 2 | 45.00 | 3.00 | 1.75 | 0.00 | 10.00 | 57.50 | 0.50 | 0.00 | 0.50 | 4.00 | 0.00 | 125.00 | 100.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese White Amer 0.5M/MA - LR100564 (1/2 oz.) | 2 | 50.00 | 4.00 | 2.50 | 0.00 | 12.50 | 235.00 | 1.00 | 0.00 | 0.50 | 2.50 | 0.00 | 75.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Flatbread - LR100561 (1 ea.) | 3 | 130.00 | 1.00 | 0.00 | 0.00 | 0.00 | 140.00 | 26.00 | 3.00 | 1.00 | 4.00 | 1.08 | 80.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Ham 1.5M/MA - LR100566 (1 7/8 oz.) | 3 | 56.40 | 1.41 | 0.47 | 0.00 | 28.20 | 563.99 | 2.82 | 0.00 | 1.88 | 8.46 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Sub Line, Hoagie Roll - LR100559 (1 ea.) | 3 | 160.00 | 3.00 | 0.50 | 0.00 | 0.00 | 140.00 | 28.00 | 3.00 | 3.00 | 6.00 | 0.83 | 11.70 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Philly - LR100757 (3 ounces) | 3 | 163.70 | 8.55 | 4.17 | 0.00 | 50.44 | 1028.55 | 4.85 | 0.19 | 2.40 | 17.68 | 1.50 | 103.07 | 216.92 | 4.45 | 0.00(M) | 0.00(M) |
| Sub Line, Toppings - LR100558 (1 1/2 c.) | 14 | 94.15 | 0.56 | 0.10 | 0.00(M) | 0.00(M) | 252.94 | 18.28 | 6.32 | 1.65(M) | 5.10 | 1.85(M) | 49.93(M) | 5293.72(M) | 17.59 | 121.07(M) | 0.64(M) |
| Sub Line, Turkey 1.5M/MA - LR100567 (2 1/4 oz.) | 3 | 52.97 | 0.38 | 0.00 | 0.00 | 26.49 | 348.10 | 0.00 | 0.00 | 0.00 | 12.11 | 0.27 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub line, Wrap - LR100560 (1 ea.) | 3 | 176.00 | 3.30 | 1.25 | 0.00 | 0.00 | 331.50 | 34.50 | 5.25 | (M) | 5.75 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Category: CONDIMENT; Choose: 1 | | | | | | | | | | | | | | | | | |
| Dressing, Ranch Lite Ind - LR100343 (1 ea.) | 16 | 135.02 | 12.00 | 2.25 | 0.00 | 7.50 | 435.05 | 3.00 | 0.00 | 1.50 | 1.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ketchup, Ind Pack - LR100157 (2 ea.) | 34 | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 | 170.00 | 5.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.30 | 0.44 |
| Mayonnaise, Ind Pkt - | 6 | 35.00 | 3.44 | 0.00 | 0.00 | 0.00 | 80.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.07 | 0.11 |

Menu Cycle Week Nutrient Analysis

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|---|-----|--------|-------|-------|---------|-------|---------|-------|------|---------|-------|---------|-----------|-----------|---------|-----------|---------|
| LR100158 (1 ea.) | | | | | | | | | | | | | | | | | |
| Mustard, Indv Pkts - LR100148 (1 packet) | 14 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 65.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad Dressing Variety - LR100156 (1 ea.) | 3 | 122.61 | 11.66 | 1.74 | 0.00 | 8.46 | 549.22 | 2.85 | 0.15 | 1.90 | 1.15 | 0.00 | 16.92 | 84.61 | 0.00 | (M) | (M) |
| HW1W-Lunch-Jan 2018 - Day: 3 | 100 | | | | | | | | | | | | | | | | |
| Category: MEAT/MEAT ALT; Choose: 1 | | | | | | | | | | | | | | | | | |
| BBQ Pork-Meat Only - LR100607 (2 oz.) | 5 | 149.50 | 8.50 | 3.00 | 0.00 | 35.50 | 116.50 | 8.50 | 0.00 | 8.00 | 9.00 | 1.53 | 40.00 | 824.99 | 12.60 | 0.00 | 0.00 |
| Cheese Sauce-homemade - LR100537 (1 fl. oz.) | 15 | 75.42 | 4.24 | 2.00 | 0.00(M) | 12.43 | 181.43 | 3.40 | 0.05 | 3.14(M) | 6.28 | 0.03 | 152.40 | 377.90 | 0.35 | 0.03(M) | 0.01(M) |
| Chicken Salad Plate - LR100305 (1/2 c.) | 1 | 99.64 | 5.06 | 0.69 | 0.01(M) | 10.35 | 292.28 | 12.41 | 0.75 | 1.47(M) | 1.48 | 0.73 | 10.05 | 591.08 | 1.08 | 23.37(M) | 0.66(M) |
| Chicken, Popcorn - LR100462 (12 pieces) | 5 | 233.25 | 14.48 | 2.82 | 0.00 | 32.17 | 233.25 | 13.67 | 1.61 | 0.00 | 12.06 | 1.45 | 0.00 | 80.43 | 0.00 | 0.00 | 0.00 |
| Garlic Cheese Bread - LR100333 (2 ea.) | 1 | 348.78 | 18.05 | 8.12 | 0.00(M) | 30.00 | 1106.72 | 30.52 | 3.00 | 3.16(M) | 18.78 | 3.35(M) | 435.99(M) | 613.97(M) | 2.63(M) | 0.17(M) | 0.18(M) |
| Pizza, Cheese 16" HS - LR100484 (1 slice) | 1 | 309.45 | 12.98 | 7.99 | 0.00 | 29.95 | 539.05 | 28.95 | 3.00 | 3.99 | 19.96 | 2.69 | 449.21 | 399.30 | 5.99 | 0.00 | 0.00 |
| Pizza, Cheeseburger 16" HS - LR100486 (1 slice) | 10 | 344.11 | 15.02 | 8.98 | 0.00 | 40.32 | 718.60 | 29.57 | 3.00 | 4.30 | 24.00 | 3.26 | 511.99 | 493.33 | 6.27 | 0.00(M) | 0.00(M) |
| Pizza, Pepperoni 16" HS - LR100492 (1 slice) | 25 | 340.00 | 17.00 | 9.00 | 0.00 | 35.00 | 730.00 | 29.00 | 3.00 | 4.00 | 20.00 | 2.70 | 400.00 | 300.00 | 6.00 | 0.00 | 0.00 |
| Pizza, Veggie 16" HS - LR100485 (1 slice) | 1 | 371.93 | 16.78 | 10.18 | 0.00 | 39.32 | 672.02 | 30.95 | 3.39 | 4.18 | 24.56 | 2.79 | 577.49 | 678.51 | 11.64 | 23.63(M) | 0.13(M) |
| Salad, Chicken Tender - LR100535 (1 salad) | 1 | 218.63 | 8.61 | 3.74 | 0.00(M) | 15.30 | 361.52 | 23.28 | 4.95 | 3.66(M) | 12.09 | 2.72 | 296.62 | 13009.70 | 28.25 | 176.33(M) | 1.45(M) |
| Spicy Chicken Sandwich - LR100463 (1 | 53 | 390.00 | 12.00 | 2.00 | 0.00 | 50.00 | 679.99 | 44.00 | 4.00 | 5.00 | 27.00 | 3.24 | 220.00 | 100.00 | 0.00 | 0.00(M) | 0.00(M) |

Menu Cycle Week Nutrient Analysis

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|--|----|--------|------|------|---------|---------|--------|-------|------|---------|-------|---------|----------|-----------|---------|-----------|---------|
| patty) | | | | | | | | | | | | | | | | | |
| Tuna Salad - LR100750 (1/2 c.) | 1 | 148.94 | 6.71 | 0.76 | 0.00 | 48.59 | 499.06 | 3.37 | 0.39 | 1.17 | 17.67 | 0.53 | 8.06 | 67.80 | 1.12 | 22.27(M) | 0.14(M) |
| Category: GRAIN; Choose: 1 | | | | | | | | | | | | | | | | | |
| 1oz Rolls, Breadsticks, Homemade - LR100030 (1 ounce roll) | 39 | 86.92 | 2.12 | 0.17 | 0.00(M) | 0.30 | 103.32 | 14.59 | 1.24 | 2.55 | 2.56 | 0.71 | 22.54 | 1.10 | 0.10 | 10.73(M) | 0.16(M) |
| Category: VEGETABLE; Choose: 1 | | | | | | | | | | | | | | | | | |
| Baby Carrots 5# - LR100097 (1/2 c.) | 50 | 32.00 | 0.11 | 0.02 | 0.00 | 0.00 | 70.40 | 7.39 | 2.62 | (M) | 0.57 | 0.82 | 28.80 | 12508.59 | 2.40 | (M) | (M) |
| Baked Potato-Whole - LR100138 (1 potato) | 15 | 169.40 | 0.19 | 0.06 | 0.00(M) | 0.00 | 22.10 | 38.72 | 2.77 | 0.00(M) | 4.56 | 1.83 | 28.82 | 2.13 | 12.14 | 170.92 | 2.41 |
| Beef Vegetable Soup - LR100540 (1 c.) | 5 | 57.40 | 1.37 | 0.35 | 0.00(M) | 8.73(M) | 243.51 | 9.09 | 1.55 | 3.00(M) | 3.70 | 1.44 | 33.44 | 2132.97 | 6.17 | 146.39(M) | 0.28(M) |
| Condiment: Lettuce Leaf/Sliced Tomato - LR100025 (1/2 c.) | 11 | 5.92 | 0.08 | 0.01 | 0.00 | 0.00 | 1.98 | 1.09 | 0.50 | 0.40 | 0.32 | 0.19 | 6.55 | 1458.35 | 2.67 | 28.66 | 0.16 |
| Green Beans, canned - LR100037 (1/2 c.) | 50 | 23.27 | 0.12 | 0.00 | 0.00 | 0.00 | 224.10 | 4.94 | 2.76 | 0.29 | 1.37 | 0.99 | 27.59 | 410.55 | 4.96 | 0.00(M) | 1.26(M) |
| Marinara w/ Spaghetti Sauce (Homemade) - LR100765 (1/2 c.) | 5 | 57.56 | 1.10 | 0.24 | 0.00(M) | 0.00 | 253.44 | 11.03 | 2.00 | 0.31(M) | 1.56 | 3.83(M) | 71.98(M) | 427.93(M) | 5.26(M) | 0.33(M) | 0.35(M) |
| Category: FRUIT; Choose: 1 | | | | | | | | | | | | | | | | | |
| Assorted Fruit Juice-4oz - LR100210 (1/2 c.) | 70 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 17.00 | 15.00 | 0.00 | 13.40 | 0.00 | 0.00 | 0.00 | 200.00 | 19.68 | 0.00 | 0.00 |
| Fresh Fruit - LR100120 (1 ea.) | 20 | 81.36 | 0.27 | 0.06 | 0.00 | 0.00 | 0.89 | 20.97 | 3.26 | 14.05 | 0.97 | 0.21 | 22.41 | 150.24 | 28.94 | 109.84 | 0.61 |
| Mixed Fruit - LR100057 (1/2 c.) | 10 | 74.75 | 0.00 | 0.00 | 0.00 | 0.00 | 8.67 | 19.37 | 1.63 | 15.52 | 0.55 | 0.00 | 0.00 | 216.67 | 2.17 | 0.00 | 0.00 |
| Orange Juice, 4oz - LR100381 (1 Carton) | 44 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 14.00 | 0.00 | 11.00 | 1.00 | 0.00 | 50.00 | 0.00 | 30.00 | (M) | (M) |
| Category: MILK; | | | | | | | | | | | | | | | | | |

Menu Cycle Week Nutrient Analysis

| Choose: 1 | | | | | | | | | | | | | | | | | |
|---|----|--------|------|------|---------|---------|--------|-------|------|---------|------|---------|----------|------------|-------|-----------|---------|
| Milk, 1% 8oz - LR100161 (1 Carton) | 3 | 110.00 | 2.50 | 0.00 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | 8.00 | 0.00 | 300.00 | 500.00 | 2.40 | (M) | (M) |
| Milk, Chocolate Trumoo FF 8oz - LR100039 (1 Carton) | 80 | 120.00 | 0.00 | 0.00 | 0.00 | 5.00 | 180.00 | 20.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Milk, Skim 8oz - LR100040 (1 Carton) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 5.00 | 135.00 | 13.00 | 0.00 | 13.00 | 9.00 | 0.00 | 300.00 | 500.00 | 2.40 | (M) | (M) |
| Milk, Strawberry Trumoo FF 8oz - LR100041 (1 Carton) | 7 | 110.00 | 0.00 | 0.00 | 0.00 | 5.00 | 125.00 | 19.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Milk, Vanilla Trumoo FF 8oz - LR100042 (1 Carton) | 3 | 110.00 | 0.00 | 0.00 | 0.00 | 5.00 | 125.00 | 19.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Category: SUB LINE; Choose: 1 | | | | | | | | | | | | | | | | | |
| Sub Line, Cheese Amer 0.5M/MA - LR100562 (1/2 oz.) | 4 | 35.00 | 2.00 | 1.25 | 0.00 | 7.50 | 105.00 | 1.00 | 0.00 | 1.00 | 3.50 | 0.00 | 100.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese Pepper Jack 0.5M/MA - LR100565 (1/2 oz.) | 4 | 55.00 | 4.50 | 3.00 | 0.00 | 12.50 | 105.00 | 0.50 | 0.00 | 0.00 | 3.00 | 0.00 | 100.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese Swiss 0.5M/MA - LR100563 (1/2 oz.) | 2 | 45.00 | 3.00 | 1.75 | 0.00 | 10.00 | 57.50 | 0.50 | 0.00 | 0.50 | 4.00 | 0.00 | 125.00 | 100.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese White Amer 0.5M/MA - LR100564 (1/2 oz.) | 4 | 50.00 | 4.00 | 2.50 | 0.00 | 12.50 | 235.00 | 1.00 | 0.00 | 0.50 | 2.50 | 0.00 | 75.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Flatbread - LR100561 (1 ea.) | 1 | 130.00 | 1.00 | 0.00 | 0.00 | 0.00 | 140.00 | 26.00 | 3.00 | 1.00 | 4.00 | 1.08 | 80.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Ham 1.5M/MA - LR100566 (1 7/8 oz.) | 7 | 56.40 | 1.41 | 0.47 | 0.00 | 28.20 | 563.99 | 2.82 | 0.00 | 1.88 | 8.46 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Sub Line, Hoagie Roll - LR100559 (1 ea.) | 3 | 160.00 | 3.00 | 0.50 | 0.00 | 0.00 | 140.00 | 28.00 | 3.00 | 3.00 | 6.00 | 0.83 | 11.70 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Toppings - LR100558 (1 1/2 c.) | 14 | 94.15 | 0.56 | 0.10 | 0.00(M) | 0.00(M) | 252.94 | 18.28 | 6.32 | 1.65(M) | 5.10 | 1.85(M) | 49.93(M) | 5293.72(M) | 17.59 | 121.07(M) | 0.64(M) |

Menu Cycle Week Nutrient Analysis

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|--|-----|--------|-------|------|---------|-------|--------|-------|------|---------|-------|---------|----------|-----------|----------|----------|---------|
| Sub Line, Turkey 1.5M/MA - LR100567 (2 1/4 oz.) | 7 | 52.97 | 0.38 | 0.00 | 0.00 | 26.49 | 348.10 | 0.00 | 0.00 | 0.00 | 12.11 | 0.27 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub line, Wrap - LR100560 (1 ea.) | 2 | 176.00 | 3.30 | 1.25 | 0.00 | 0.00 | 331.50 | 34.50 | 5.25 | (M) | 5.75 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Category: CONDIMENT; Choose: 1 | | | | | | | | | | | | | | | | | |
| BBQ Sauce, IND - LR100005 (1 ea.) | 13 | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 | 89.00 | 5.00 | 0.00 | 3.00 | 0.00 | 0.00 | 0.00 | 50.00 | 0.00 | 0.00 | 0.00 |
| Dressing, Honey Mustard SS - LR100490 (1 ea.) | 18 | 220.00 | 20.00 | 3.00 | 0.00 | 15.00 | 250.00 | 8.00 | 0.00 | 8.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Mayonnaise, Ind Pkt - LR100158 (1 ea.) | 13 | 35.00 | 3.44 | 0.00 | 0.00 | 0.00 | 80.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.07 | 0.11 |
| Mustard, Indv Pkts - LR100148 (1 packet) | 6 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 65.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad Dressing Variety - LR100156 (1 ea.) | 3 | 122.61 | 11.66 | 1.74 | 0.00 | 8.46 | 549.22 | 2.85 | 0.15 | 1.90 | 1.15 | 0.00 | 16.92 | 84.61 | 0.00 | (M) | (M) |
| HW1Th-Lunch-Jan 2018 - Day: 4 | 100 | | | | | | | | | | | | | | | | |
| Category: MEAT/MEAT ALT; Choose: 1 | | | | | | | | | | | | | | | | | |
| Chili w/Beans - LR100237 (1 c.) | 15 | 204.30 | 4.75 | 1.38 | 0.00(M) | 36.36 | 762.86 | 23.63 | 5.56 | 3.71(M) | 17.53 | 5.81(M) | 90.23(M) | 890.10(M) | 16.91(M) | 53.45(M) | 0.16(M) |
| Corn Dog, Mini - LR100443 (6 ea.) | 5 | 253.65 | 8.95 | 1.49 | 0.00 | 14.92 | 626.67 | 31.33 | 1.00 | 7.46 | 10.45 | 4.12 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Hot & Spicy Boneless Strips - LR100134 (3 tenders) | 10 | 305.55 | 15.05 | 2.76 | 0.00(M) | 55.01 | 720.87 | 18.90 | 2.07 | 4.22 | 23.07 | 1.44 | 2.26 | 340.27 | 0.87 | 1.18(M) | 0.15(M) |
| HS Cheeseburger - LR100668 (1 ea.) | 10 | 378.00 | 15.60 | 6.00 | 0.50 | 46.00 | 474.00 | 35.80 | 4.00 | 4.80 | 22.80 | 3.24 | 300.00 | 120.00 | 0.00 | 0.00(M) | 0.00(M) |
| Meat, Taco Seasoned - HS - LR100520 (30 scoop) | 30 | 44.43 | 2.13 | 0.71 | 0.00 | 18.91 | 129.68 | 0.44 | 0.17 | 0.12 | 6.14 | 1.95 | 4.41 | 70.14 | 1.72 | 4.74(M) | 0.01(M) |
| Mexican Bar, Chicken Seasoned - LR100554 (1 1/2 oz.) | 10 | 85.40 | 3.50 | 1.00 | 0.00 | 35.00 | 238.74 | 2.21 | 0.45 | 0.77 | 10.50 | 0.70 | 19.54 | 169.05 | 1.81 | 18.94(M) | 0.02(M) |

Menu Cycle Week Nutrient Analysis

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|--|----|--------|-------|-------|---------|-------|--------|-------|-------|---------|-------|------|-----------|-----------|---------|-----------|---------|
| Pizza, Buffalo Chicken 16" HS - LR100489 (1 slice) | 3 | 366.41 | 15.80 | 8.63 | 0.00(M) | 44.53 | 767.52 | 32.13 | 3.61 | 6.04(M) | 24.34 | 2.92 | 453.41 | 516.84 | 6.28 | 0.00(M) | 0.00(M) |
| Pizza, Cheese 16" HS - LR100484 (1 slice) | 2 | 309.45 | 12.98 | 7.99 | 0.00 | 29.95 | 539.05 | 28.95 | 3.00 | 3.99 | 19.96 | 2.69 | 449.21 | 399.30 | 5.99 | 0.00 | 0.00 |
| Pizza, Pepperoni 16" HS - LR100492 (1 slice) | 15 | 340.00 | 17.00 | 9.00 | 0.00 | 35.00 | 730.00 | 29.00 | 3.00 | 4.00 | 20.00 | 2.70 | 400.00 | 300.00 | 6.00 | 0.00 | 0.00 |
| Pizza, Veggie 16" HS - LR100485 (1 slice) | 1 | 371.93 | 16.78 | 10.18 | 0.00 | 39.32 | 672.02 | 30.95 | 3.39 | 4.18 | 24.56 | 2.79 | 577.49 | 678.51 | 11.64 | 23.63(M) | 0.13(M) |
| Sauce, Queso (Nachos Only) - LR100523 (2 fl. oz.) | 40 | 118.00 | 9.00 | 5.30 | 0.00 | 30.00 | 414.99 | 2.00 | 0.00 | 0.00 | 7.00 | 0.00 | 203.00 | 399.99 | 0.00 | 0.00 | 0.00 |
| Category: GRAIN; Choose: 1 | | | | | | | | | | | | | | | | | |
| 1oz Rolls, Breadsticks, Homemade - LR100030 (1 ounce roll) | 4 | 86.92 | 2.12 | 0.17 | 0.00(M) | 0.30 | 103.32 | 14.59 | 1.24 | 2.55 | 2.56 | 0.71 | 22.54 | 1.10 | 0.10 | 10.73(M) | 0.16(M) |
| Mexican Bar, Tortilla - LR100550 (1 ea.) | 5 | 260.00 | 9.50 | 5.00 | 0.00 | 15.00 | 890.00 | 35.00 | 4.00 | 1.00(M) | 12.00 | 0.00 | 200.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) |
| Mexican Bar, Tortilla CHIPS - LR100551 (2 oz.) | 34 | 292.63 | 12.80 | 1.83 | (M) | 0.00 | 128.03 | 38.41 | 3.66 | (M) | 3.66 | 0.00 | 73.16 | 0.00 | 0.00 | (M) | (M) |
| Rice Bowl, Mex Bar - LR100521 (1 c.) | 1 | 68.96 | 2.49 | 1.25 | 0.00 | 7.43 | 310.22 | 7.94 | 0.91 | 0.60(M) | 4.44 | 0.29 | 110.01(M) | 195.23(M) | 0.48(M) | 171.14(M) | 0.17(M) |
| Category: VEGETABLE; Choose: 1 | | | | | | | | | | | | | | | | | |
| Beans, Baked (Bush's) - LR100516 (1/2 c.) | 1 | 127.00 | 0.00 | 0.00 | 0.00 | 0.00 | 537.31 | 28.33 | 4.88 | 9.77 | 6.84 | 1.76 | 39.08 | 0.00 | 0.00 | 0.00 | 0.00 |
| Black Beans & Salsa - LR100081 (1/2 c.) | 11 | 240.74 | 0.62 | 0.17 | 0.00(M) | 0.00 | 337.04 | 53.29 | 15.79 | 1.54(M) | 14.58 | 5.43 | 117.48 | 493.04 | 5.78 | 0.00(M) | 0.00(M) |
| HS - Condiment Shredded Lettuce and Diced Tomato Cup - LR100051 (1/2 c.) | 37 | 15.24 | 0.16 | 0.02 | 0.00 | 0.00 | 6.21 | 3.28 | 1.10 | 2.20 | 0.82 | 0.29 | 11.77 | 658.16 | 9.06 | 87.18 | 0.41 |
| Refried Beans - LR100104 (1/2 | 9 | 62.98 | 1.95 | 1.04 | 0.00 | 3.91 | 206.30 | 7.55 | 2.53 | 0.77 | 3.58 | 0.86 | 80.75 | 390.91 | 6.01 | 0.00(M) | 0.50(M) |

Menu Cycle Week Nutrient Analysis

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|---|----|--------|-------|------|---------|-------|---------|-------|------|-------|-------|------|--------|--------|-------|---------|---------|
| c.) | | | | | | | | | | | | | | | | | |
| Seasoned Corn - LR100049 (1/2 c.) | 18 | 85.06 | 0.66 | 0.18 | 0.00 | 0.00 | 147.23 | 17.54 | 2.02 | 2.56 | 2.13 | 0.40 | 9.24 | 165.92 | 2.93 | 2.48(M) | 0.00(M) |
| Category: FRUIT; Choose: 1 | | | | | | | | | | | | | | | | | |
| Applesauce - LR100107 (1/2 c.) | 45 | 55.25 | 0.11 | 0.01 | 0.00 | 0.00 | 2.17 | 15.17 | 1.08 | 13.00 | 0.22 | 0.33 | 5.42 | 37.92 | 1.30 | 0.00 | 0.00 |
| Assorted Fruit Juice-4oz - LR100210 (1/2 c.) | 70 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 17.00 | 15.00 | 0.00 | 13.40 | 0.00 | 0.00 | 0.00 | 200.00 | 19.68 | 0.00 | 0.00 |
| Fresh Fruit - LR100120 (1 ea.) | 20 | 81.36 | 0.27 | 0.06 | 0.00 | 0.00 | 0.89 | 20.97 | 3.26 | 14.05 | 0.97 | 0.21 | 22.41 | 150.24 | 28.94 | 109.84 | 0.61 |
| Orange Juice, 4oz - LR100381 (1 Carton) | 44 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 14.00 | 0.00 | 11.00 | 1.00 | 0.00 | 50.00 | 0.00 | 30.00 | (M) | (M) |
| Category: MILK; Choose: 1 | | | | | | | | | | | | | | | | | |
| Milk, 1% 8oz - LR100161 (1 Carton) | 3 | 110.00 | 2.50 | 0.00 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | 8.00 | 0.00 | 300.00 | 500.00 | 2.40 | (M) | (M) |
| Milk, Chocolate Trumoo FF 8oz - LR100039 (1 Carton) | 60 | 120.00 | 0.00 | 0.00 | 0.00 | 5.00 | 180.00 | 20.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Milk, Skim 8oz - LR100040 (1 Carton) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 5.00 | 135.00 | 13.00 | 0.00 | 13.00 | 9.00 | 0.00 | 300.00 | 500.00 | 2.40 | (M) | (M) |
| Milk, Strawberry Trumoo FF 8oz - LR100041 (1 Carton) | 20 | 110.00 | 0.00 | 0.00 | 0.00 | 5.00 | 125.00 | 19.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Milk, Vanilla Trumoo FF 8oz - LR100042 (1 Carton) | 10 | 110.00 | 0.00 | 0.00 | 0.00 | 5.00 | 125.00 | 19.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Category: SUB LINE; Choose: 1 | | | | | | | | | | | | | | | | | |
| Sub Line, Buffalo Tender - LR100676 (1 sandwich) | 5 | 462.18 | 17.60 | 3.16 | 0.00(M) | 55.00 | 2821.35 | 47.11 | 4.99 | 7.27 | 29.06 | 2.44 | 17.12 | 350.20 | 1.61 | 3.54(M) | 0.20(M) |
| Sub Line, Cheese Amer 0.5M/MA - LR100562 (1/2 oz.) | 5 | 35.00 | 2.00 | 1.25 | 0.00 | 7.50 | 105.00 | 1.00 | 0.00 | 1.00 | 3.50 | 0.00 | 100.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese Pepper Jack 0.5M/MA - LR100565 (1/2 oz.) | 5 | 55.00 | 4.50 | 3.00 | 0.00 | 12.50 | 105.00 | 0.50 | 0.00 | 0.00 | 3.00 | 0.00 | 100.00 | 150.00 | 0.00 | 0.00 | 0.00 |

Menu Cycle Week Nutrient Analysis

| | | | | | | | | | | | | | | | | | |
|--|----|--------|-------|------|---------|---------|--------|-------|------|---------|-------|---------|----------|------------|-------|-----------|---------|
| Sub Line, Cheese Swiss 0.5M/MA - LR100563 (1/2 oz.) | 5 | 45.00 | 3.00 | 1.75 | 0.00 | 10.00 | 57.50 | 0.50 | 0.00 | 0.50 | 4.00 | 0.00 | 125.00 | 100.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese White Amer 0.5M/MA - LR100564 (1/2 oz.) | 5 | 50.00 | 4.00 | 2.50 | 0.00 | 12.50 | 235.00 | 1.00 | 0.00 | 0.50 | 2.50 | 0.00 | 75.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Flatbread - LR100561 (1 ea.) | 3 | 130.00 | 1.00 | 0.00 | 0.00 | 0.00 | 140.00 | 26.00 | 3.00 | 1.00 | 4.00 | 1.08 | 80.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Ham 1.5M/MA - LR100566 (1 7/8 oz.) | 10 | 56.40 | 1.41 | 0.47 | 0.00 | 28.20 | 563.99 | 2.82 | 0.00 | 1.88 | 8.46 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Sub Line, Hoagie Roll - LR100559 (1 ea.) | 15 | 160.00 | 3.00 | 0.50 | 0.00 | 0.00 | 140.00 | 28.00 | 3.00 | 3.00 | 6.00 | 0.83 | 11.70 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Toppings - LR100558 (1 1/2 c.) | 20 | 94.15 | 0.56 | 0.10 | 0.00(M) | 0.00(M) | 252.94 | 18.28 | 6.32 | 1.65(M) | 5.10 | 1.85(M) | 49.93(M) | 5293.72(M) | 17.59 | 121.07(M) | 0.64(M) |
| Sub Line, Turkey 1.5M/MA - LR100567 (2 1/4 oz.) | 10 | 52.97 | 0.38 | 0.00 | 0.00 | 26.49 | 348.10 | 0.00 | 0.00 | 0.00 | 12.11 | 0.27 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub line, Wrap - LR100560 (1 ea.) | 2 | 176.00 | 3.30 | 1.25 | 0.00 | 0.00 | 331.50 | 34.50 | 5.25 | (M) | 5.75 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Category: CONDIMENT; Choose: 1 | | | | | | | | | | | | | | | | | |
| Ketchup, Ind Pack - LR100157 (2 ea.) | 32 | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 | 170.00 | 5.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.30 | 0.44 |
| Mayonnaise, Ind Pkt - LR100158 (1 ea.) | 13 | 35.00 | 3.44 | 0.00 | 0.00 | 0.00 | 80.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.07 | 0.11 |
| Mustard, Indv Pkts - LR100148 (1 packet) | 4 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 65.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad Dressing Variety - LR100156 (1 ea.) | 3 | 122.61 | 11.66 | 1.74 | 0.00 | 8.46 | 549.22 | 2.85 | 0.15 | 1.90 | 1.15 | 0.00 | 16.92 | 84.61 | 0.00 | (M) | (M) |
| Side of Salsa - LR100370 (1 oz.) | 30 | 2.70 | 0.00 | 0.00 | 0.00 | 0.00 | 18.93 | 0.68 | 0.27 | 0.27 | 0.00 | 0.10 | 5.41 | 135.19 | 1.62 | (M) | (M) |
| Sour Cream, Ind - LR100159 (1 oz.) | 19 | 25.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30.00 | 4.00 | 0.00 | 2.00 | 2.00 | 0.00 | 60.00 | 200.00 | 0.00 | 0.00 | 0.00 |

Menu Cycle Week Nutrient Analysis

| HW1F-Lunch-Jan 2017 - Day: 5 | 100 | | | | | | | | | | | | | | | | |
|---|-----|--------|-------|-------|---------|-------|--------|-------|------|---------|-------|---------|-----------|-----------|---------|-----------|---------|
| Category: MEAT/MEAT ALT; Choose: 1 | | | | | | | | | | | | | | | | | |
| BBQ Pork-Brookwood Farms Sandwich - LR100053 (1 sandwich) | 1 | 459.00 | 19.00 | 6.00 | 0.00 | 71.00 | 433.00 | 46.00 | 3.00 | 20.00 | 24.00 | 4.86 | 280.00 | 1649.97 | 25.20 | 0.00(M) | 0.00(M) |
| Chicken Caesar-Salad - LR100074 (1 salad) | 1 | 262.47 | 10.99 | 4.43 | 0.06(M) | 37.65 | 549.45 | 21.75 | 4.07 | 2.55 | 18.98 | 2.41 | 277.43 | 11874.24 | 5.49 | 139.74(M) | 1.45(M) |
| Chicken Tenders - LR100060 (2 oz.) | 5 | 117.06 | 4.58 | 0.76 | 0.00 | 27.99 | 193.41 | 7.13 | 0.51 | 0.51 | 11.71 | 0.73 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish Nuggets - LR100502 (4 ea.) | 1 | 287.18 | 10.94 | 2.05 | 0.00 | 47.86 | 382.91 | 30.09 | 4.10 | 1.37 | 16.41 | 1.48 | 27.35 | 0.00 | 0.00 | 0.00 | 0.00 |
| Macaroni and Cheese w/ homemade sauce 1 cup - LR100434 (1 c.) | 61 | 391.48 | 12.51 | 5.44 | 0.00(M) | 33.77 | 502.77 | 47.55 | 4.08 | 9.51(M) | 24.93 | 2.64 | 442.47 | 1031.61 | 0.94 | 11.36(M) | 1.26(M) |
| Macaroni and Cheese w/ homemade sauce 1/2 cup - LR100528 (1/2 c.) | 1 | 207.49 | 6.63 | 2.88 | 0.00(M) | 17.90 | 266.47 | 25.20 | 2.16 | 5.04(M) | 13.21 | 1.40 | 234.51 | 546.75 | 0.50 | 6.02(M) | 0.67(M) |
| Pizza, Cheese 16" HS - LR100484 (1 slice) | 1 | 309.45 | 12.98 | 7.99 | 0.00 | 29.95 | 539.05 | 28.95 | 3.00 | 3.99 | 19.96 | 2.69 | 449.21 | 399.30 | 5.99 | 0.00 | 0.00 |
| Pizza, Pepperoni 16" HS - LR100492 (1 slice) | 22 | 340.00 | 17.00 | 9.00 | 0.00 | 35.00 | 730.00 | 29.00 | 3.00 | 4.00 | 20.00 | 2.70 | 400.00 | 300.00 | 6.00 | 0.00 | 0.00 |
| Pizza, Taco 16" HS - LR100491 (1 slice) | 1 | 350.25 | 15.02 | 8.98 | 0.00 | 40.27 | 864.55 | 30.89 | 3.62 | 4.43 | 23.98 | 3.39(M) | 519.49(M) | 605.83(M) | 9.57 | 0.00(M) | 0.00(M) |
| Pizza, Veggie 16" HS - LR100485 (1 slice) | 1 | 371.93 | 16.78 | 10.18 | 0.00 | 39.32 | 672.02 | 30.95 | 3.39 | 4.18 | 24.56 | 2.79 | 577.49 | 678.51 | 11.64 | 23.63(M) | 0.13(M) |
| Soup, Chicken w/Rice - LR100541 (1 c.) | 4 | 77.18 | 3.38 | 1.45 | 0.00 | 24.43 | 555.74 | 3.59 | 0.44 | 0.71 | 7.65 | 0.47 | 12.46(M) | 47.89(M) | 0.53(M) | 10.14(M) | 0.08(M) |
| Spicy Chicken Sandwich - LR100463 (1 patty) | 15 | 390.00 | 12.00 | 2.00 | 0.00 | 50.00 | 679.99 | 44.00 | 4.00 | 5.00 | 27.00 | 3.24 | 220.00 | 100.00 | 0.00 | 0.00(M) | 0.00(M) |
| Category: GRAIN; Choose: 1 | | | | | | | | | | | | | | | | | |

Menu Cycle Week Nutrient Analysis

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|--|----|--------|------|------|---------|-------|--------|-------|------|-------|------|------|--------|---------|-------|----------|---------|
| 1oz Rolls, Breadsticks, Homemade - LR100030 (1 ounce roll) | 19 | 86.92 | 2.12 | 0.17 | 0.00(M) | 0.30 | 103.32 | 14.59 | 1.24 | 2.55 | 2.56 | 0.71 | 22.54 | 1.10 | 0.10 | 10.73(M) | 0.16(M) |
| Category: VEGETABLE; Choose: 1 | | | | | | | | | | | | | | | | | |
| Condiment: Lettuce Leaf/Sliced Tomato - LR100025 (1/2 c.) | 5 | 5.92 | 0.08 | 0.01 | 0.00 | 0.00 | 1.98 | 1.09 | 0.50 | 0.40 | 0.32 | 0.19 | 6.55 | 1458.35 | 2.67 | 28.66 | 0.16 |
| Cucumber Sticksw/dip - LR100353 (1/2 c.) | 10 | 52.47 | 4.12 | 0.58 | 0.00 | 10.61 | 199.90 | 3.02 | 0.41 | 1.59 | 0.89 | 0.13 | 26.36 | 72.36 | 1.94 | 56.51(M) | 0.21(M) |
| Mashed Potatoes-pearls - LR100036 (1/2 c.) | 50 | 74.17 | 0.95 | 0.18 | 0.00(M) | 0.00 | 26.18 | 15.34 | 1.25 | 0.64 | 1.58 | 0.23 | 5.10 | 56.58 | 15.31 | 98.07(M) | 0.66(M) |
| Category: FRUIT; Choose: 1 | | | | | | | | | | | | | | | | | |
| Assorted Fruit Juice-4oz - LR100210 (1/2 c.) | 60 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 17.00 | 15.00 | 0.00 | 13.40 | 0.00 | 0.00 | 0.00 | 200.00 | 19.68 | 0.00 | 0.00 |
| Fresh Fruit - LR100120 (1 ea.) | 80 | 81.36 | 0.27 | 0.06 | 0.00 | 0.00 | 0.89 | 20.97 | 3.26 | 14.05 | 0.97 | 0.21 | 22.41 | 150.24 | 28.94 | 109.84 | 0.61 |
| Orange Juice, 4oz - LR100381 (1 Carton) | 44 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 14.00 | 0.00 | 11.00 | 1.00 | 0.00 | 50.00 | 0.00 | 30.00 | (M) | (M) |
| Peaches-Diced - LR100068 (1/2 c.) | 50 | 61.24 | 0.03 | 0.00 | 0.00 | 0.00 | 5.67 | 16.50 | 1.47 | 15.03 | 0.51 | 0.41 | 3.40 | 401.44 | 2.72 | 96.07 | 0.28 |
| Category: MILK; Choose: 1 | | | | | | | | | | | | | | | | | |
| Milk, 1% 8oz - LR100161 (1 Carton) | 3 | 110.00 | 2.50 | 0.00 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | 8.00 | 0.00 | 300.00 | 500.00 | 2.40 | (M) | (M) |
| Milk, Chocolate Trumoo FF 8oz - LR100039 (1 Carton) | 50 | 120.00 | 0.00 | 0.00 | 0.00 | 5.00 | 180.00 | 20.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Milk, Skim 8oz - LR100040 (1 Carton) | 2 | 90.00 | 0.00 | 0.00 | 0.00 | 5.00 | 135.00 | 13.00 | 0.00 | 13.00 | 9.00 | 0.00 | 300.00 | 500.00 | 2.40 | (M) | (M) |
| Milk, Strawberry Trumoo FF 8oz - LR100041 (1 Carton) | 20 | 110.00 | 0.00 | 0.00 | 0.00 | 5.00 | 125.00 | 19.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |
| Milk, Vanilla Trumoo FF 8oz - LR100042 (1 Carton) | 20 | 110.00 | 0.00 | 0.00 | 0.00 | 5.00 | 125.00 | 19.00 | 0.00 | 18.00 | 8.00 | 0.00 | 300.00 | 500.00 | 1.20 | (M) | (M) |

Menu Cycle Week Nutrient Analysis

| Category: SUB LINE; Choose: 1 | | | | | | | | | | | | | | | | | |
|---|----|--------|-------|------|---------|---------|--------|-------|------|---------|-------|---------|----------|------------|-------|-----------|---------|
| Sub Line, Meatball - LR100111 (5 ea.) | 5 | 207.33 | 10.20 | 4.05 | 0.00 | 67.38 | 754.35 | 10.30 | 0.40 | 0.00(M) | 19.40 | 1.36 | 115.81 | 327.60 | 4.42 | 0.00(M) | 0.00(M) |
| Sub Line, Cheese Amer 0.5M/MA - LR100562 (1/2 oz.) | 4 | 35.00 | 2.00 | 1.25 | 0.00 | 7.50 | 105.00 | 1.00 | 0.00 | 1.00 | 3.50 | 0.00 | 100.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese Pepper Jack 0.5M/MA - LR100565 (1/2 oz.) | 4 | 55.00 | 4.50 | 3.00 | 0.00 | 12.50 | 105.00 | 0.50 | 0.00 | 0.00 | 3.00 | 0.00 | 100.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese Swiss 0.5M/MA - LR100563 (1/2 oz.) | 2 | 45.00 | 3.00 | 1.75 | 0.00 | 10.00 | 57.50 | 0.50 | 0.00 | 0.50 | 4.00 | 0.00 | 125.00 | 100.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Cheese White Amer 0.5M/MA - LR100564 (1/2 oz.) | 4 | 50.00 | 4.00 | 2.50 | 0.00 | 12.50 | 235.00 | 1.00 | 0.00 | 0.50 | 2.50 | 0.00 | 75.00 | 150.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Flatbread - LR100561 (1 ea.) | 2 | 130.00 | 1.00 | 0.00 | 0.00 | 0.00 | 140.00 | 26.00 | 3.00 | 1.00 | 4.00 | 1.08 | 80.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Ham 1.5M/MA - LR100566 (1 7/8 oz.) | 6 | 56.40 | 1.41 | 0.47 | 0.00 | 28.20 | 563.99 | 2.82 | 0.00 | 1.88 | 8.46 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Sub Line, Hoagie Roll - LR100559 (1 ea.) | 5 | 160.00 | 3.00 | 0.50 | 0.00 | 0.00 | 140.00 | 28.00 | 3.00 | 3.00 | 6.00 | 0.83 | 11.70 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub Line, Toppings - LR100558 (1 1/2 c.) | 14 | 94.15 | 0.56 | 0.10 | 0.00(M) | 0.00(M) | 252.94 | 18.28 | 6.32 | 1.65(M) | 5.10 | 1.85(M) | 49.93(M) | 5293.72(M) | 17.59 | 121.07(M) | 0.64(M) |
| Sub Line, Turkey 1.5M/MA - LR100567 (2 1/4 oz.) | 7 | 52.97 | 0.38 | 0.00 | 0.00 | 26.49 | 348.10 | 0.00 | 0.00 | 0.00 | 12.11 | 0.27 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sub line, Wrap - LR100560 (1 ea.) | 2 | 176.00 | 3.30 | 1.25 | 0.00 | 0.00 | 331.50 | 34.50 | 5.25 | (M) | 5.75 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| Category: CONDIMENT; Choose: 1 | | | | | | | | | | | | | | | | | |
| Condiment, Cheese, Parmesan - LR100618 (1 tsp.) | 1 | 13.33 | 1.33 | 0.67 | 0.00 | 3.33 | 46.67 | 0.00 | 0.00 | 0.00 | 1.33 | 0.00 | 40.00 | 66.67 | 0.00 | (M) | (M) |
| Condiment, Pepper, Red | 1 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |

Menu Cycle Week Nutrient Analysis

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|---|----|--------|-------|------|------|------|--------|------|------|------|------|------|-------|-------|------|------|------|
| Flakes - LR100619 (1 tsp.) | | | | | | | | | | | | | | | | | |
| Ketchup, Ind Pack - LR100157 (2 ea.) | 39 | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 | 170.00 | 5.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.30 | 0.44 |
| Mayonnaise, Ind Pkt - LR100158 (1 ea.) | 16 | 35.00 | 3.44 | 0.00 | 0.00 | 0.00 | 80.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.07 | 0.11 |
| Mustard, Indv Pkts - LR100148 (1 packet) | 9 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 65.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad Dressing Variety - LR100156 (1 ea.) | 2 | 122.61 | 11.66 | 1.74 | 0.00 | 8.46 | 549.22 | 2.85 | 0.15 | 1.90 | 1.15 | 0.00 | 16.92 | 84.61 | 0.00 | (M) | (M) |