

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)
MW2M-Lunch-Jan 2018 - Day: 1	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Chicken Caesar-Salad - LR100074 (1 salad)	2	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)
Pizza, Cheese Stuffed Crust (WG) - LR100369 (1 slice)	25	370.00	17.00	8.00	0.00	40.00	670.00	38.00	4.00	13.00	17.00	1.80	350.00	400.00	0.00	0.00	0.00
Pizza, Pepperoni Wedge, Stuffed Crust - LR100139 (1 slice)	69	370.00	18.00	8.00	0.00	45.00	720.00	38.00	4.00	13.00	17.00	1.80	350.00	500.00	0.00	0.00	0.00
Salad, Caesar VEG - LR100527 (1 salad)	2	289.97	14.30	5.57	0.06(M)	204.15	461.45	21.31	4.07	3.11	17.77	2.65	302.43	12134.24	5.49	177.05(M)	1.99(M)
Turkey & Cheese Wrap - LR100422 (1 sandwich)	2	280.88	6.08	2.26	0.00	42.50	867.23	31.92	3.59	3.00	24.84	2.43	259.24	2588.80	1.12	26.49	0.16
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)
Category: VEGETABLE; Choose: 1																	
Garden Side Salad - LR100071 (1 c.)	30	22.33	0.27	0.04	0.00	0.00	11.39	4.14	1.93	0.00(M)	1.16	0.75	26.80	6133.26	10.35	96.33(M)	0.56(M)
Green Beans, canned - LR100037 (1/2 c.)	20	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)
Category: FRUIT; Choose: 1																	
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	50	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
Cinnamon Apple Slices - LR100027 (1/2 c.)	40	60.97	0.92	0.19	0.00(M)	0.00	10.94	13.68	0.34	11.99	0.04	0.06	6.74	42.19	0.03	0.35	0.05
Fresh Fruit - LR100120 (1 ea.)	30	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)	37	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)

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Category: MILK; Choose: 1																	
Milk, 1% 8oz - LR100161 (1 Carton)	2	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)	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)	8	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: CONDIMENT; Choose: 1																	
Salad Dressing Variety - LR100156 (1 ea.)	13	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)
MW2T-Lunch-Jan 2018 - Day: 2	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Burritos, Bean and Cheese (Cheesy) - LR100585 (1 ea.)	10	29.50(M)	2.25(M)	1.32(M)	0.00(M)	7.50(M)	103.75(M)	0.50(M)	0.00(M)	0.00(M)	1.75(M)	0.00(M)	50.75(M)	100.00(M)	0.00(M)	0.00(M)	0.00(M)
Hot Dog - LR100079 (1 ea.)	60	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)
Meat, Taco Seasoned ES/MS - LR100633 (30 scoop)	26	41.87	2.04	0.68	0.00	18.18	121.78	0.19	0.06	0.00	5.91	1.84	2.19	13.68	0.99	(M)	(M)
Salad, Chef -Ham - LR100402 (1 salad)	3	256.13	9.54	4.05	0.00(M)	34.05	736.52	25.16	4.95	4.54(M)	17.71	2.72	296.62	13009.70	28.25	176.33(M)	1.45(M)
Salad, Chef Veg - LR100534 (1 salad)	1	296.13	13.91	5.37	0.00(M)	201.80	423.52	23.84	4.95	4.58(M)	18.38	3.31	321.62	13269.70	28.25	213.64(M)	1.99(M)
Category: GRAIN; Choose: 1																	
1oz Rolls, Breadsticks, Homemade - LR100030 (1 ounce roll)	5	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)
Santa Fe Black Beans & Rice - Scratch - LR100622 (1/2 c.)	26	68.88	0.52	0.01	0.00	0.00	146.67	13.96	1.82	0.20(M)	1.95	0.57	13.23(M)	93.52(M)	0.97(M)	56.82(M)	0.06(M)
Tortilla 6" w/Cheese - LR100600 (1 ea.)	25	160.00	6.50	3.00	0.00	15.00	620.00	17.00	1.00	2.00	10.00	0.72	260.00	300.00	0.00	0.00	0.00

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Category: VEGETABLE; Choose: 1																	
Black Beans & Salsa - LR100081 (1/2 c.)	20	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)
ES/MS Condiment Shredded Lettuce & Diced Tomato Cup - LR100781 (1/2 c.)	7	14.95	0.16	0.02	0.00(M)	0.00	6.00	3.21	1.08	2.16	0.80	0.28	11.40	647.72	9.00	85.19	0.41
Refried Beans - LR100104 (1/2 c.)	40	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)
Spinach Bake - LR100574 (1/2 c.)	5	176.35	11.71	4.31	0.00(M)	13.44	329.47	8.39	3.58	0.87	10.56	2.16	327.90	13189.21	6.13	99.18(M)	1.70(M)
Category: FRUIT; Choose: 1																	
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	50	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.)	30	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)	37	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.)	35	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)	4	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)	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)	8	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: CONDIMENT; Choose: 1																	
Ketchup, Ind Pack - LR100157 (2 ea.)	54	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
Mustard, Indv Pkts - LR100148 (1 packet)	17	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.)	4	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.)	17	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)

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Sour Cream, Ind - LR100159 (1 oz.)	18	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
MW2W-Lunch-Jan 2018 - Day: 3	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Breakfast Grit Bowl - LR100583 (1 ea.)	45	623.67	31.38	11.42	0.00	130.00	1274.61	68.28	3.73	4.47	16.83	2.43	289.45	700.47	1.26	151.05	0.00
Cheeseburger - LR100021 (1 ea.)	35	328.00	12.60	4.50	0.00	36.00	554.00	31.80	4.00	4.80	21.80	3.60	300.00	220.00	1.20	0.00(M)	0.00(M)
Yogurt and Fruit Plate (2oz M/MA) - LR100373 (1 salad)	20	400.75	9.03	3.52	0.00	15.13	353.63	62.01	3.00	27.00	16.10	2.72	314.50	876.25	3.00	0.00(M)	0.00(M)
Category: GRAIN; Choose: 1																	
Biscuit, Plain - LR100267 (1 ea.)	45	210.00	9.00	4.50	0.00	0.00	340.00	27.00	2.00	3.00	5.00	1.08	80.00	0.00	0.00	0.00	0.00
Category: VEGETABLE; Choose: 1																	
Glazed Carrots - LR100324 (1/2 c.)	10	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
Veggie Dippers - LR100096 (1/2 c.)	20	25.17	0.18	0.03	0.00	0.00	59.49	5.29	2.11	0.84(M)	1.11	0.54	34.75	4931.89	23.45	51.90(M)	0.45(M)
Category: FRUIT; Choose: 1																	
Applesauce - LR100107 (1/2 c.)	40	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.)	55	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.)	30	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)	37	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)	2	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)	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)	8	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)

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Category: CONDIMENT; Choose: 1																	
Jelly, Individual - LR100573 (1 ea.)	57	35.00	0.02	0.00	0.00	0.00	0.00	9.00	0.00	6.00	0.00	0.00	7.00	5.00	1.20	29.77	0.12
Salad Dressing Variety - LR100156 (1 ea.)	0	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)
MW2Th-Lunch-Jan 2018 - Day: 4	100																
Category: MEAT/MEAT ALT; Choose: 1																	
BBQ Pork-Brookwood Farms Sandwich - LR100053 (1 sandwich)	55	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)
Cheese Sauce-homemade - LR100537 (1 fl. oz.)	0	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)
Garlic Cheese Bread - LR100333 (2 ea.)	30	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)
Salad, Taco - LR100536 (1 salad)	4	383.00	17.56	4.36	0.00(M)	15.00	605.67	43.71	5.61	1.42(M)	11.87	0.87	302.89	7826.26	5.32	80.47(M)	0.49(M)
Salad, Taco VEG - LR100539 (1 salad)	1	453.05	22.09	6.86	0.00(M)	30.00	1075.54	45.76	5.61	2.00(M)	18.83	0.86	502.64	8125.93	5.34	93.86(M)	0.56(M)
Turkey Tetrazzini (homemade) - LR100751 (1 c.)	10	311.74	10.52	3.14	0.00(M)	56.20	1130.33	26.46	2.23	3.42(M)	27.83	2.98	133.75	370.29	5.17	290.54(M)	0.30(M)
Category: GRAIN; Choose: 1																	
1oz Rolls, Breadsticks, Homemade - LR100030 (1 ounce roll)	15	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.)	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
Marinara w/ Spaghetti Sauce (Homemade) - LR100765 (1/2 c.)	25	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)
Potatoes, Roasted-Tri Color - LR100597 (1/2 c.)	30	91.12	1.01	0.00	0.00	0.00	334.12	19.24	3.04	2.02	2.02	0.36	20.25	1518.72	15.19	0.00	0.00
Steamed Broccoli (Frozen) - LR100070 (1/2 c.)	15	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 -	45	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

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LR100210 (1/2 c.)																	
Fresh Fruit - LR100120 (1 ea.)	25	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)	37	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)
Tropical Fruit Mix - LR100506 (1/2 c.)	45	71.10	0.06	0.01	0.00	0.00	7.97	18.31	0.85	16.08	0.28	0.21	3.96	474.78	15.31	0.00	0.11
Category: MILK; Choose: 1																	
Milk, 1% 8oz - LR100161 (1 Carton)	2	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)	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)	8	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: CONDIMENT; Choose: 1																	
Ketchup, Ind Pack - LR100157 (2 ea.)	60	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.)	15	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.)	4	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.)	4	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.)	4	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
MW2F-Lunch-Jan 2018 - Day: 5	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Chicken Tenders - LR100060 (3 tenders)	75	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
Ham & Cheese Hoagie - LR100495 (1 sandwich)	20	242.89	5.95	1.94	0.00	33.63	777.49	31.56	3.00	5.63	17.07	0.83	89.82	117.19	0.00	0.00(M)	0.00(M)
Salad, Asian	3	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

Menu Cycle Week Nutrient Analysis

Chicken - LR100252 (1 salad)																	
Salad, Asian VEG - LR100524 (1 salad)	2	291.35	11.38	3.71	0.00(M)	194.00	311.39	34.80	4.97	18.50	13.78	3.17	184.75	12953.82	34.11	191.31	1.68
Category: GRAIN; Choose: 1																	
1oz Rolls, Breadsticks, Homemade - LR100030 (1 ounce roll)	90	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																	
Caesar Side Salad - LR100077 (1 c.)	30	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
Sweet Potato Waffle Fries (McCain's) - LR100435 (1/2 c.)	40	150.00	5.00	1.00	0.00	0.00	250.00	24.00	3.00	6.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Category: FRUIT; Choose: 1																	
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	50	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.)	25	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)	37	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-Sliced - LR100094 (1/2 c.)	20	83.20	0.00	0.00	0.00	0.00	5.20	19.76	1.04	16.64	1.04	0.00	0.00	312.00	2.08	0.00	0.00
Category: MILK; Choose: 1																	
Milk, 1% 8oz - LR100161 (1 Carton)	2	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)	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)	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)	8	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: CONDIMENT; Choose: 1																	

Menu Cycle Week Nutrient Analysis

BBQ Sauce, IND - LR100005 (1 ea.)	40	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.)	45	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.)	9	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)	0	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.)	0	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)