

# Menu Weekly Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)(1)	Fat (g)	Sfat (g)(1)	TFat (g)(2)	Chol (mg)	Na (mg)(1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>252: 223: 118: 116: 108: Elem Week 1 Day 1 Winter - Day: 1</b>	900																
<b>Category: GRAIN; Choose: 1</b>																	
Snack Mix - LR100469 (1 pkg.)	900	110.00	3.50	0.00	0.00	0.00	160.00	17.00	2.00	2.00	3.00	2.70	20.00	0.00	0.00	(M)	(M)
<b>Category: FRUIT; Choose: 1</b>																	
Assorted Fruit Juice-6oz - LR100215 (3/4 c.)	900	82.50	0.00	0.00	0.00	0.00(M)	30.00	20.50	0.00	18.75	0.00	0.09(M)	10.00(M)	375.00	21.60	0.00(M)	0.00(M)
<b>252: 223: 118: 116: 108: Elem Week 1 Day 2 New - Day: 2</b>	900																
<b>Category: MEAT/MEAT ALT; Choose: 1</b>																	
Cereal Variety - LR100182 (1 ea.)	900	107.14	1.14	0.14	0.00	0.00	170.00	23.57	2.29	7.57	1.71	4.63	68.57	492.86	9.94	0.00	0.00
<b>Category: MILK; Choose: 1</b>																	
Milk, 1% 8oz - LR100161 (1 Carton)	180	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)	180	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)	180	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)	180	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)	180	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)
<b>252: 223: Elem Week 1 day 3 Jan 2014 - Day: 3</b>	900																
<b>Category: GRAIN; Choose: 1</b>																	
Poptart, Strawberry 1ct - LR100664 (1 ea.)	900	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	15.00	2.00	2.00	0.00	500.00	0.00	(M)	(M)
<b>Category: FRUIT; Choose: 1</b>																	
Assorted Fruit Juice-6oz - LR100215 (3/4 c.)	900	82.50	0.00	0.00	0.00	0.00(M)	30.00	20.50	0.00	18.75	0.00	0.09(M)	10.00(M)	375.00	21.60	0.00(M)	0.00(M)
<b>Elem Week 1 Day 4 August 2016 - Day: 4</b>	900																
<b>Category: GRAIN; Choose: 1</b>																	
Graham, Vanilla Bear - LR100479 (1 ea.)	900	110.00	3.00	1.00	0.00	0.00	91.00	19.00	1.00	6.00	2.00	2.00	12.00	275.00	3.00	0.00	0.00
<b>Category: MILK; Choose: 1</b>																	

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Milk, 1% 8oz - LR100161 (1 Carton)	200	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)	200	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)	200	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)	150	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)	150	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)
<b>252: 223: 118: Elem Week 1 Day 5 Oct 2013 - Day: 5</b>	900																
<b>Category: MEAT/MEAT ALT; Choose: 1</b>																	
Doritos, Baked - LR100009 (1 Bag)	900	140.00	8.00	1.00	0.00	0.00	210.00	16.00	1.00	(M)	2.00	0.00	0.00	100.00	0.00	(M)	(M)
<b>Category: FRUIT; Choose: 1</b>																	
Assorted Fruit Juice-6oz - LR100215 (3/4 c.)	900	82.50	0.00	0.00	0.00	0.00(M)	30.00	20.50	0.00	18.75	0.00	0.09(M)	10.00(M)	375.00	21.60	0.00(M)	0.00(M)