

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)
SN WK2 - Mon - August 7 2017 - Day: 1	900																
Category: GRAIN; Choose: 1																	
Cheez-Its - LR100220 (1 pkg.)	900	100.00	3.50	1.00	0.00	5.00	150.00	14.00	1.00	0.00	2.00	0.72	100.00	500.00	0.00	0.00	0.00
Category: FRUIT; Choose: 1																	
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)
SN WK2 - Tues - August 7 2017 - Day: 2	900																
Category: GRAIN; Choose: 1																	
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
Category: MILK; Choose: 1																	
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)	400	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)	100	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)	100	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)	100	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)
SN WK2 - Wed-August 7 2017 - Day: 3	900																
Category: GRAIN; Choose: 1																	
Banana Muffin-Homemade-w/Mix - LR100645 (1 ea.)	50	198.95	5.31	2.64	0.00(M)	15.70	241.56	34.70	1.66	16.49	2.35	0.44	22.68	15.10(M)	2.05(M)	36.62(M)	0.21(M)
Blueberry Muffin-Homemade W/Mix - LR100268 (1 ea.)	50	185.15	5.32	2.62	0.00(M)	15.70	241.97	31.02	1.44	13.61(M)	2.15	0.40	22.80	6.48(M)	0.36(M)	26.04(M)	0.03(M)
Category: MILK; Choose: 1																	
Milk, Skim 8oz - LR100040 (1 Carton)	900	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)
SN WK2 - Thurs-August 7 2017 - Day: 4	900																
Category: MEAT/MEAT ALT; Choose: 1																	
Mozzarella String Cheese - LR100231 (1 ea.)	100	80.00	6.00	3.50	0.00	15.00	210.00	1.00	0.00	(M)	7.00	0.00	200.00	200.00	0.00	(M)	(M)

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Category: FRUIT; Choose: 1																	
Fresh Fruit - LR100120 (1 ea.)	100	81.36	0.27	0.06	(M)	0.00	0.89	20.97	3.26	14.05	0.97	0.21	22.41	150.24	28.94	109.84	0.61
SN WK2 - Fri-August 7 2017 - Day: 5		900															
Category: GRAIN; Choose: 1																	
Bar, Oatmeal - LR100617 (1 Bar)	100	150.00	5.00	1.00	0.00	20.00	120.00	23.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Category: MILK; Choose: 1																	
Milk, 1% 8oz - LR100161 (1 Carton)	0	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)	0	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)	0	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)	0	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)	0	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)