

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)
EW1M-Breakfast-Aug 2017 - Day: 1	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Chicken Patty - Breakfast - LR100529 (1 ea.)	13	150.00	8.00	1.50	0.00	25.00	390.00	9.00	0.00	2.00	11.00	0.36	20.00	0.00	0.00	(M)	(M)
Egg Patty w/cheese - Breakfast - LR100271 (1 patty)	5	45.00	3.50	1.00	0.00	110.00	120.00	1.00	0.00	(M)	3.00	0.40	20.00	(M)	0.00	(M)	(M)
Sausage Patty, Pork 1.25oz - LR100180 (1 patty)	12	200.00	20.00	7.00	0.00	35.00	390.00	1.00	0.00	0.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00
Category: GRAIN; Choose: 1																	
Cereal Variety - LR100182 (1 ea.)	15	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
Croissant - LR100555 (1 ea.)	30	110.00	4.50	2.00	0.00	0.00	150.00	15.00	1.00	1.00	3.00	0.72	20.00	200.00	0.00	0.00	0.00
Graham, Vanilla Bear - LR100479 (1 ea.)	15	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
Poptart (2Ct Pack = 2 Grain) - LR100437 (1 ea.)	55	182.50	2.38	1.00	0.00	0.00	185.00	37.50	3.00	15.25	2.25	1.80	100.00	500.00	0.00	0.00	0.00
Category: FRUIT; Choose: 1																	
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	65	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-Elementary - LR100026 (1/2 c.)	20	51.38	0.20	0.06	(M)	0.00	0.89	13.20	1.57	10.05	0.57	0.16	12.94	88.40	13.08	66.14	0.41
Orange Juice, 4oz - LR100381 (1 Carton)	32	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)	6	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)	38	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)	3	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)	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)
Milk, Vanilla Trumoo FF 8oz - LR100042 (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)
Category: CONDIMENT; Choose: 1																	
Jelly, Individual - LR100573 (1 ea.)	30	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
EW1Tu-Breakfast-Aug 2017 - Day: 2	100																

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Category: MEAT/MEAT ALT; Choose: 1																	
WG Turkey Sausage and Cheese Breakfast Round - LR100755 (1 ea.)	0	160.00	6.00	2.00	0.00	10.00	370.00	19.00	2.00	2.00	8.00	1.08	100.00	0.00	0.00	(M)	(M)
Yogurt, 4oz assorted - LR100575 (1 ea.)	25	100.00	0.50	0.50	0.00	5.00	50.00	20.00	0.00	13.00	3.00	0.00	100.00	500.00	0.00	(M)	(M)
Category: GRAIN; Choose: 1																	
Banana Muffin-Homemade-w/Mix - LR100645 (1 ea.)	25	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.)	25	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)
Cereal Variety - LR100182 (1 ea.)	25	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: FRUIT; Choose: 1																	
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	65	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-Elementary - LR100026 (1/2 c.)	20	51.38	0.20	0.06	(M)	0.00	0.89	13.20	1.57	10.05	0.57	0.16	12.94	88.40	13.08	66.14	0.41
Orange Juice, 4oz - LR100381 (1 Carton)	32	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)	6	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)	38	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)	3	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)	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)
Milk, Vanilla Trumoo FF 8oz - LR100042 (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)
EW1W-Breakfast-Aug 2017 - Day: 3	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Chicken Patty - Breakfast - LR100529 (1 ea.)	54	150.00	8.00	1.50	0.00	25.00	390.00	9.00	0.00	2.00	11.00	0.36	20.00	0.00	0.00	(M)	(M)
Cinnamon Toast - LR100183 (1 piece)	15	93.06	2.06	0.08	0.00(M)	0.01	143.46	15.26	1.67	4.50	3.51	0.93	43.32	0.92	0.01	0.03	0.03
Category: GRAIN; Choose: 1																	
Biscuit, Plain - LR100267 (1 ea.)	54	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
Cereal Variety - LR100182 (1 ea.)	15	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
French Toast Sticks - LR100189 (3 sticks)	31	256.92	11.13	2.57	0.00	256.92	342.56	36.83	2.57	12.85	5.14	1.23	51.38	0.00	0.00	0.00	0.00
Category: FRUIT; Choose: 1																	
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	5	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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Fresh Fruit-Elementary - LR100026 (1/2 c.)	20	51.38	0.20	0.06	(M)	0.00	0.89	13.20	1.57	10.05	0.57	0.16	12.94	88.40	13.08	66.14	0.41
Orange Juice, 4oz - LR100381 (1 Carton)	32	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)	6	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)	38	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)	3	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)	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)
Milk, Vanilla Trumoo FF 8oz - LR100042 (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)
Category: CONDIMENT; Choose: 1																	
Jelly, Individual - LR100573 (1 ea.)	54	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
Syrup, Ind Cup - LR100190 (1 ea.)	31	120.00	0.00	0.00	0.00	0.00	0.00	31.00	0.00	23.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EW1Th-Breakfast-Aug 2017 - Day: 4	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Cheese Grits 1/2 cup - LR100768 (1/2 c.)	20	296.19	3.82	1.66	0.00	9.60	564.29	58.35	3.36	2.24	4.48	1.85	134.13	363.42	1.13	151.05	0.00
Category: GRAIN; Choose: 1																	
Banana Muffin-Homemade-w/Mix - LR100645 (1 ea.)	14	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.)	14	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)
Cereal Variety - LR100182 (1 ea.)	28	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
Cheese Toast - LR100181 (1 ea.)	20	114.04	3.07	1.49	0.01	7.50	250.60	14.21	1.92	2.39	7.64	0.78	151.52	150.96	0.00	12.35	0.74
Cinnamon Rolls, Frozen - LR100192 (1 ea.)	52	188.38	1.50	0.50	0.00	5.12	147.13	37.87	3.00	11.82	5.21	1.44	26.95	411.59	0.06	0.00(M)	0.00(M)
Category: FRUIT; Choose: 1																	
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	65	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-Elementary - LR100026 (1/2 c.)	20	51.38	0.20	0.06	(M)	0.00	0.89	13.20	1.57	10.05	0.57	0.16	12.94	88.40	13.08	66.14	0.41
Orange Juice, 4oz - LR100381 (1 Carton)	32	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)	6	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)	38	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)

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Milk, Skim 8oz - LR100040 (1 Carton)	3	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)	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)
Milk, Vanilla Trumoo FF 8oz - LR100042 (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)
EW1F-Breakfast-Aug 2017 - Day: 5	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Cheese, Mozzarella, String - LR100532 (1 ea.)	15	60.75	2.53	2.02	0.00	10.13	212.63	1.01	0.00	0.00	8.10	0.00	202.50	101.25	0.00	0.00	0.00
Food Court Smoothie - LR100752 (8 fl. oz.)	15	155.50	0.80	0.51	0.00	2.50	58.00	33.50	0.50	25.50	4.10	1.95	127.50	17.50(M)	15.60(M)	0.00(M)	0.00(M)
Sausage Patty, Pork 1.25oz - LR100180 (1 patty)	60	200.00	20.00	7.00	0.00	35.00	390.00	1.00	0.00	0.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00
Category: GRAIN; Choose: 1																	
Biscuit, Plain - LR100267 (1 ea.)	60	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
Cereal Variety - LR100182 (1 ea.)	25	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
Graham, Vanilla Bear - LR100479 (1 ea.)	25	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
Category: FRUIT; Choose: 1																	
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	65	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-Elementary - LR100026 (1/2 c.)	20	51.38	0.20	0.06	(M)	0.00	0.89	13.20	1.57	10.05	0.57	0.16	12.94	88.40	13.08	66.14	0.41
Orange Juice, 4oz - LR100381 (1 Carton)	32	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)	6	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)	38	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)	3	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)	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)
Milk, Vanilla Trumoo FF 8oz - LR100042 (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)
Category: CONDIMENT; Choose: 1																	
Jelly, Individual - LR100573 (1 ea.)	40	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