

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)
EW2M-Breakfast-Jan 2018 - Day: 1	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Egg Patty w/cheese - Breakfast - LR100271 (1 patty)	10	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)
Category: GRAIN; Choose: 1																	
Cereal Variety - LR100182 (1 ea.)	40	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.)	10	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.)	40	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
Honeybun-Wheat - LR100194 (1 honeybun)	50	249.99	8.75	2.50	0.00	0.00	274.99	37.50	3.75	12.50	0.00	2.25	187.49	0.00	1.50	0.00	0.00
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-Elementary - LR100026 (1/2 c.)	20	51.38	0.20	0.06	0.00	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.)	22	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
EW2Tu-Breakfast-Jan	100																

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2018 - Day: 2																	
Category: MEAT/MEAT ALT; Choose: 1																	
Pancake on a Stick - LR100205 (1 ea.)	60	160.00	5.00	1.50	0.00	20.00	400.00	19.00	2.00	7.00	8.00	1.44	40.00	0.00	0.00	0.00	0.00
Yogurt, 4oz assorted - LR100575 (1 ea.)	20	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.)	20	198.95	5.31	2.64	0.00	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.)	20	185.15	5.32	2.62	0.00	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.)	20	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.)	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-Elementary - LR100026 (1/2 c.)	20	51.38	0.20	0.06	0.00	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																	
Syrup, Ind Cup - LR100190 (1 ea.)	65	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
EW2W-Breakfast-Jan 2018 - Day: 3	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Chicken Patty - Breakfast - LR100529 (1 ea.)	55	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)	20	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																	

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Biscuit, Plain - LR100267 (1 ea.)	55	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.)	20	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)	25	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.)	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-Elementary - LR100026 (1/2 c.)	20	51.38	0.20	0.06	0.00	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.)	55	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.)	25	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
EW2Th-Breakfast-Jan 2018 - Day: 4	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Cheese Grits 1/2 cup - LR100768 (1/2 c.)	20	164.55	2.12	0.92	0.00	5.33	313.50	32.41	1.87	1.24	2.49	1.03	74.51	201.90	0.63	83.92	0.00
Category: GRAIN; Choose: 1																	
Banana Muffin-Homemade-w/Mix - LR100645 (1 ea.)	10	198.95	5.31	2.64	0.00	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.)	10	185.15	5.32	2.62	0.00	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.)	20	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	115.64	3.12	1.48	0.01	7.50	250.60	14.67	1.92	2.39	7.48	0.79	151.52	150.96	0.00	12.48	0.74
Pancakes, Mini Blueberry - LR100438 (1 ea.)	30	209.76	5.99	1.00	0.00	9.99	309.64	34.96	4.00	10.99	4.00	2.70	59.93	499.42	0.00	0.00	0.00

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Pancakes, Mini Maple - LR100647 (1 ea.)	30	250.00	6.80	1.40	0.10	11.00	374.00	42.50	3.90	(M)	4.90	3.40	77.60	625.00	0.00	(M)	(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-Elementary - LR100026 (1/2 c.)	20	51.38	0.20	0.06	0.00	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																	
Syrup, Ind Cup - LR100190 (1 ea.)	60	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
EW2F-Breakfast-Jan 2018 - Day: 5	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Steak Patty - Breakfast - LR100186 (1 ea.)	60	220.00	17.00	5.00	0.00	25.00	360.00	9.00	1.00	0.00	6.00	1.08	20.00	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
Yogurt Parfait with Peaches - LR100442 (1 c.)	7	309.51	3.59	0.50	0.00	2.50	57.92	60.87	2.97	38.89	7.42	2.48	100.00	325.00(M)	2.17(M)	0.00(M)	0.00(M)
Yogurt Parfait with Strawberries - LR100774 (1 c.)	8	222.85	3.59	0.50	0.00	2.50	52.50	40.29	1.89	21.56	6.34	2.48	100.00	0.00(M)	0.00(M)	0.00(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-Elementary - LR100026 (1/2 c.)	20	51.38	0.20	0.06	0.00	0.00	0.89	13.20	1.57	10.05	0.57	0.16	12.94	88.40	13.08	66.14	0.41

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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.)	60	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