

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)
HW1M-Breakfast-Jan 2018 - Day: 1	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Cheese, Mozzarella, String - LR100532 (1 ea.)	25	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
Chicken Patty - Breakfast - LR100529 (1 ea.)	40	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)
Pancake on a Stick - LR100205 (1 ea.)	10	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
Sausage Patty, Pork 1.25oz - LR100180 (1 patty)	5	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
Spicy Chicken Fillet Slider Biscuit - LR100799 (1 ea.)	5	170.00	8.00	1.50	0.00	35.00	420.00	13.00	0.00	2.00	11.00	0.50	32.00	0.00	0.00	(M)	(M)
Steak Patty - Breakfast - LR100186 (1 ea.)	5	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.)	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
Bread Option, HS Breakfast - LR100571 (1 ea.)	10	95.87	2.37	0.38	0.00(M)	0.01	125.96	15.75	1.39	4.33	3.00	1.28	31.83	91.97	1.00	0.01	0.02
Cereal Variety - LR100182 (1 ea.)	10	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.)	80	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.)	15	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)	36	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)	3	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)	20	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)	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)	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)
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																	
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
Syrup, Ind Cup - LR100190 (1 ea.)	10	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
HW1Tu-Breakfast-Jan 2018 - Day: 2	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Cheese Omelet - LR100185 (1 ea.)	3	130.00	11.00	3.50	(M)	180.00	300.00	2.00	0.00	1.00	7.00	0.72	80.00	0.00	0.00	(M)	(M)
Cheese, Mozzarella, String - LR100532 (1 ea.)	10	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
Chicken Patty - Breakfast - LR100529 (1 ea.)	24	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)
MS/HS Berry Blast Smoothie - LR100785 (16 oz.)	2	296.83	1.21	0.66	0.00	3.20	72.94	70.81	3.32	59.77	5.37	3.33	146.83	57.01(M)	59.71(M)	0.00(M)	0.00(M)
Sausage Patty, Pork 1.25oz - LR100180 (1 patty)	26	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
Strawberry Smoothie - LR100749 (16 fl. oz.)	2	236.69	3.25	0.50	0.00(M)	12.50	178.87	39.34	1.37	29.42	11.50	1.80(M)	130.00(M)	500.00(M)	2.40(M)	(M)	(M)
Category: GRAIN; Choose: 1																	
Bread Option, HS Breakfast - LR100571 (1 ea.)	3	95.87	2.37	0.38	0.00(M)	0.01	125.96	15.75	1.39	4.33	3.00	1.28	31.83	91.97	1.00	0.01	0.02
Cereal Bars - LR100441 (1 ea.)	10	150.00	3.00	0.50	0.00	0.00	107.50	30.00	3.00	8.50	2.50	1.80	225.00	50.00	0.60	0.00	0.00
Cereal Variety - LR100182 (1 ea.)	3	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.)	53	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
French Toast Sticks - LR100189 (3 sticks)	30	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.)	62	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.)	15	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)	36	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)

Menu Cycle Week Nutrient Analysis

Category: MILK; Choose: 1																	
Milk, 1% 8oz - LR100161 (1 Carton)	3	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)	20	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)	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)
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																	
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.)	30	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
HW1W-Breakfast-Jan 2018 - Day: 3	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Chicken Patty - Breakfast - LR100529 (1 ea.)	18	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)
PBJamwich 2.8oz - LR100146 (1 ea.)	8	300.00	16.00	2.00	0.00	0.00	310.00	34.00	4.00	15.00	10.00	1.08	40.00	0.00	0.00	0.00	0.00
Sausage Patty, Pork 1.25oz - LR100180 (1 patty)	29	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
Spicy Chicken Fillet Slider Biscuit - LR100799 (1 ea.)	0	170.00	8.00	1.50	0.00	35.00	420.00	13.00	0.00	2.00	11.00	0.50	32.00	0.00	0.00	(M)	(M)
Steak Patty - Breakfast - LR100186 (1 ea.)	15	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.)	62	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
Bread Option, HS Breakfast - LR100571 (1 ea.)	5	95.87	2.37	0.38	0.00(M)	0.01	125.96	15.75	1.39	4.33	3.00	1.28	31.83	91.97	1.00	0.01	0.02
Cereal Variety - LR100182 (1 ea.)	5	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
Fruedel - LR100579 (1 ea.)	0	210.00	6.00	1.50	0.00	0.00	275.00	36.00	2.00	11.00	5.00	1.08	0.00	0.00	0.00	0.00	0.00
Category: FRUIT; Choose: 1																	
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	80	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.)	20	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

Menu Cycle Week Nutrient Analysis

Orange Juice, 4oz - LR100381 (1 Carton)	36	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)	3	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)	20	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)	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)
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																	
Jelly, Individual - LR100573 (1 ea.)	62	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
HW1Th-Breakfast-Jan 2018 - Day: 4	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Cheese Omelet - LR100185 (1 ea.)	5	130.00	11.00	3.50	(M)	180.00	300.00	2.00	0.00	1.00	7.00	0.72	80.00	0.00	0.00	(M)	(M)
Cheese, Mozzarella, String - LR100532 (1 ea.)	10	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
Chicken Patty - Breakfast - LR100529 (1 ea.)	35	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)
MS/HS Berry Blast Smoothie - LR100785 (16 oz.)	20	296.83	1.21	0.66	0.00	3.20	72.94	70.81	3.32	59.77	5.37	3.33	146.83	57.01(M)	59.71(M)	0.00(M)	0.00(M)
Sausage Patty, Pork 1.25oz - LR100180 (1 patty)	5	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
Strawberry Smoothie - LR100749 (16 fl. oz.)	14	236.69	3.25	0.50	0.00(M)	12.50	178.87	39.34	1.37	29.42	11.50	1.80(M)	130.00(M)	500.00(M)	2.40(M)	(M)	(M)
WG Turkey Sausage and Cheese Breakfast Round - LR100755 (1 ea.)	6	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)
Category: GRAIN; Choose: 1																	
Bread Option, HS Breakfast - LR100571 (1 ea.)	5	95.87	2.37	0.38	0.00(M)	0.01	125.96	15.75	1.39	4.33	3.00	1.28	31.83	91.97	1.00	0.01	0.02
Cereal Variety - LR100182 (1 ea.)	5	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
Cheez-Its - LR100220 (1 pkg.)	10	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
Croissant - LR100555 (1 ea.)	45	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

Menu Cycle Week Nutrient Analysis

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 - LR100120 (1 ea.)	20	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)	36	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)	20	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)	20	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)	10	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)	20	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)	20	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.)	75	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
HW1F-Breakfast-Jan 2018 - Day: 5	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Chicken Patty - Breakfast - LR100529 (1 ea.)	20	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)	4	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)
Ham, Diced for HS Breakfast Grit Bowl Topping - LR100106 (1 oz.)	2	34.00	0.85	0.28	0.00	14.00	326.79	1.69	0.00	(M)	4.50	0.00	0.00	0.00	0.00	(M)	(M)
HS Breakfast Grit Bowl - base - LR100480 (1 ea.)	4	465.17	6.00	2.63	0.00	15.00	905.33	91.64	5.25	3.50	7.00	2.89	211.93	567.85	1.77	236.01	0.00
Sausage Patty, Pork 1.25oz - LR100180 (1 patty)	2	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
Spicy Chicken Fillet Slider Biscuit - LR100799 (1 ea.)	5	170.00	8.00	1.50	0.00	35.00	420.00	13.00	0.00	2.00	11.00	0.50	32.00	0.00	0.00	(M)	(M)
Steak Patty - Breakfast - LR100186 (1 ea.)	5	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.)	61	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

Menu Cycle Week Nutrient Analysis

Bread Option, HS Breakfast - LR100571 (1 ea.)	5	95.87	2.37	0.38	0.00(M)	0.01	125.96	15.75	1.39	4.33	3.00	1.28	31.83	91.97	1.00	0.01	0.02
Cereal Variety - LR100182 (1 ea.)	5	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
Poptart (2Ct Pack = 2 Grain) - LR100437 (1 ea.)	23	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.)	80	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.)	20	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)	36	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)	20	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)	20	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)	20	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)	20	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