

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)
MW1M-Breakfast-Jan 2018 - Day: 1	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
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)
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
Steak Patty - Breakfast - LR100186 (1 ea.)	1	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
French Toast Sticks - LR100189 (3 sticks)	15	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
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
Category: FRUIT; Choose: 1																	
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	75	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.)	30	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)	33	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)	2	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)	4	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	2	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)

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Carton)																	
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
Mustard, Indv Pkts - LR100148 (1 packet)	1	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrup, Ind Cup - LR100190 (1 ea.)	15	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
MW1Tu-Breakfast-Jan 2018 - Day: 2		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
Chicken Patty - Breakfast - LR100529 (1 ea.)	25	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)
MS/HS Berry Blast Smoothie - LR100785 (16 oz.)	7	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)
Pancake on a Stick - LR100205 (1 ea.)	20	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)	20	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.)	8	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																	
Cereal Bars - LR100441 (1 ea.)	15	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
Croissant - LR100555 (1 ea.)	50	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
Category: FRUIT; Choose: 1																	
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	75	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)	33	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)	2	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)	4	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)	2	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
Mustard, Indv Pkts - LR100148 (1 packet)	1	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrup, Ind Cup - LR100190 (1 ea.)	20	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
Category: a la carte; Choose: 1																	
Crackers, Vanilla - All Sports Bites - LR100729 (1 ea.)	15	110.00	3.50	0.00	0.00	0.00	95.00	20.00	2.00	7.00	2.00	1.80	20.00	300.00	3.60	(M)	(M)
MW1W-Breakfast-Jan 2018 - Day: 3	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Chicken Patty - Breakfast - LR100529 (1 ea.)	25	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)
Sausage Patty, Pork 1.25oz - LR100180 (1 patty)	25	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
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.)	65	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
Cinnamon Poppers - LR100593 (1 ea.)	10	249.47	9.01	4.50	0.00(M)	0.00	341.19	37.21	2.03	12.99(M)	5.05	1.12	84.68	4.93	2.63	1.12(M)	0.03(M)
Poptart (2Ct Pack = 2 Grain) - LR100437 (1 ea.)	25	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.)	75	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)	33	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)	2	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)

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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)	4	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)	2	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.)	50	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
Mustard, Indv Pkts - LR100148 (1 packet)	1	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MW1Th-Breakfast-Jan 2018 - Day: 4	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
Chicken Patty - Breakfast - LR100529 (1 ea.)	25	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)	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)
MS/HS Berry Blast Smoothie - LR100785 (16 oz.)	10	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.)	15	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																	
Cheez-Its - LR100220 (1 pkg.)	15	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.)	60	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
Fruedel - LR100579 (1 ea.)	20	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.)	75	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)	33	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																	

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Milk, 1% 8oz - LR100161 (1 Carton)	2	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)	4	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)	2	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.)	45	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
Mustard, Indv Pkts - LR100148 (1 packet)	1	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Category: a la carte; Choose: 1																	
Crackers, Vanilla - All Sports Bites - LR100729 (1 ea.)	5	110.00	3.50	0.00	0.00	0.00	95.00	20.00	2.00	7.00	2.00	1.80	20.00	300.00	3.60	(M)	(M)
MW1F-Breakfast-Jan 2018 - Day: 5	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Chicken Patty - Breakfast - LR100529 (1 ea.)	45	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)
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
Steak Patty - Breakfast - LR100186 (1 ea.)	10	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
Cinnamon Rolls, Frozen - LR100192 (1 ea.)	15	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)
Poptart (2Ct Pack = 2 Grain) - LR100437 (1 ea.)	25	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.)	75	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)	33	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)

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Category: MILK; Choose: 1																	
Milk, 1% 8oz - LR100161 (1 Carton)	2	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)	4	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)	2	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.)	45	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
Mustard, Indv Pkts - LR100148 (1 packet)	1	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00