

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)
MW2M-Breakfast-Jan 2018 - Day: 1	100																
Category: MEAT/MEAT ALT; Choose: 1																	
Chicken Patty - Breakfast - LR100529 (1 ea.)	50	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.)	10	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)	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.)	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																	
Bagel, Mini Cinnamon - LR100797 (1 ea.)	15	3.33	0.08	0.04	0.00	0.14	2.50	0.57	0.03	0.18	0.08	0.02	0.28	1.39	0.00	(M)	(M)
Bagel, Mini Strawberry - LR100798 (1 ea.)	15	0.04	0.00	0.00	0.00	0.00	0.03	0.01	0.00	0.00	0.00	0.00	0.00	0.02	0.00	(M)	(M)
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
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)	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 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)

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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)	3	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.)	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
MW2Tu-Breakfast-Jan 2018 - Day: 2	100																
Category: MEAT/MEAT ALT; Choose: 1																	
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.)	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)
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
Strawberry Smoothie - LR100749 (16 fl. oz.)	13	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.)	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
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
Pancakes, Mini Blueberry - LR100438 (1 ea.)	25	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
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)	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)

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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
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
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)
MW2W-Breakfast-Jan 2018 - Day: 3	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.)	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																	
Apple Cinnamon Poppers - LR100671 (1 ea.)	15	253.84	9.01	4.50	0.00(M)	0.00	341.81	38.33	2.15	13.87(M)	5.05	1.30	84.68	4.93	2.78	1.12(M)	0.03(M)
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
Poptart (2Ct Pack = 2 Grain) - LR100437 (1 ea.)	30	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.)	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)	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 -	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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LR100039 (1 Carton)																	
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.)	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
Mustard, Indv Pkts - LR100148 (1 packet)	3	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
MW2Th-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)	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.)	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)	30	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.)	10	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.)	20	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																	
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.)	65	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.)	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)	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.)	65	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.)	20	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)
MW2F-Breakfast-Jan 2018 - Day: 5	100																
Category: MEAT/MEAT ALT; Choose: 1																	
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)
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.)	50	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
Honeybun-Wheat - LR100194 (1 honeybun)	30	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
Poptart (2Ct Pack = 2 Grain) - LR100437 (1 ea.)	20	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.)	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

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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)	1	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.)	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