Menu Cycle Week – Nutrient Analysis

Menu Cycle: Lunch Middle School Week 1 updated
Week: 1
Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
Meal Type: Lunch
Serving Group: 6-8
Site Group: Middle School

Cycle Week Nutrient Summary

Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	630.59	
Total Fat (g)		19.61	27.99
Sat Fat (g)(1)	< 10.00 % of Calories	7.00	9.99
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		55.71	
Sodium Target 1 (mg)(13)	< 1,360.00	1,034.21	
Sodium Target 2 (mg)(13)	< 1,035.00	1,034.21	
Carb (g)		84.20	53.41
Total Fiber (g)		6.56(M)	
Total Sugars (g)		36.38(M)	23.08
Added Sugars (g)		2.07(M)	
Protein (g)		33.67	21.36
Iron (mg)		3.42(M)	
Calcium (mg)		472.09(M)	
VitA (IU)		1,865.24(M)	
VitC (mg)		33.41(M)	
VitD (mcg)		0.01(M)	
Potassium (mg)		454.86(M)	
Mois (g)		23.87(M)	
Ash (g)		0.33(M)	

Cycle Week Food Component Summary

Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	[10.000 - 13.500](a)	
Grains	[8.000 - 10.000]	[10.000 - 15.000](a)	
Non-WGR		29.500	
WGR	>= 50.000 % of	74.000	71.50
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	5.000	
Fruit-J	<= 50.000 % of	2.500	50.00
Veg	>= 3.750	[5.250 - 20.500]	
Veg-DG	>= 0.500	1.500	
Veg-RO	>= 0.750	9.500	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	15.250	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 5.000	5.000	
MILK-V		Pass	

Legend

PrimeroEdge will flag based on USDA requirements starting School Year 2019-2020 for WGR and 1% flavored milk, for prior years, please consult your State Agency for that School Year requirements and waiver status.

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

2 Trans Fat is provided for informational purposes, not for monitoring purposes.

3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.

a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
MS Lunch Menu Week 1 Day 1 updated - Day: 1	500																	
Category: Entrees; May Choose: 1																		
Chicken Nuggets and Bread Stick - LR100246 (1 serv.)	125	384.36	15.69	3.29	0.00	30.55	672.36	35.27	4.04	1.00	1.00	25.38	2.73	13.74	0.00(M)	0.00(M)	0.00	900.86
Elementary PB&J - LR100001 (1 ea.)	30	460.00	22.50	6.00	0.00	10.00	650.00	47.00	5.00	15.00	13.00	18.00	1.70	261.00	400.00(M)	0.00(M)	0.00	397.98
General Tso - LR100269 (1 serv.)	200	405.00	8.00	1.50	0.00	40.00	1106.00	64.50	3.50	16.50	1.00(M)	17.50	3.62	40.00(M)	405.00(M)	16.70	0.00(M)	180.00(M)
High School Pizza Pepperoni - LR100035 (1	20	472.12	20.51	10.20	0.00	45.50	944.80	40.53	1.99	5.00	0.00(M)	27.58	2.78(M)	567.23(M)	274.76(M)	0.00(M)	0.00(M)	144.73(M)
Middle school ham and cheese sandwich	20	410.00	14.00	5.00	0.00	43.13	1185.00	52.88	5.63	12.13	7.25(M)	20.50	3.03	157.75	62.50(M)	0.00(M)	0.04(M)	121.25(M)
Middle school sandwich Italian combo w/grahams -	20	552.34	27.54	11.33	0.00	69.90	1406.95	51.56	5.63	11.31	7.25(M)	23.91	3.31	226.25	212.50(M)	0.11(M)	0.04(M)	103.86(M)
Middle school turkey and cheese w/grahams	40	590.00	16.00	4.50	0.00	113.13	3140.00	55.38	5.63	14.63	7.25(M)	55.50	4.11	169.25	62.50(M)	0.00(M)	0.04(M)	113.97(M)
Yogurt and Soft Pretzel - LR100275 (1 serv.)	45	300.00	5.00	3.00	0.00	15.00	420.00	49.00	3.00	14.00	0.00(M)	16.00	1.80	318.00	900.00	1.20(M)	0.00(M)	109.98(M)
Category: Vegetables; May Choose: 2																		
Broccoli, Spears, No Salt Added, Frozen, USDA	200	26.00	0.00	0.00	0.00	0.00	22.00	5.00	3.00	1.00	(M)	3.00	(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
Carrots, Baby-Cut, Sticks, Fresh, Packed, 100082	125	29.98	0.10	0.02	0.00	0.00	65.96	6.93	2.46	0.00	(M)	0.54	0.77	26.99	11720.11	2.25	(M)	(M)
Category: Fruits; May Choose: 2																		
Peaches, frozen, diced, sweetened - SR105225	250	80.00	0.00	0.00	0.00	0.00	0.00	19.00	1.00	(M)	(M)	1.00	0.36	0.00	300.00	162.00	(M)	(M)
Trinity Middle School Lunch Variety Juice - LR100251 (1	250	13.11	0.00	0.00	0.00	0.00	1.47	3.08	0.00	2.82	(M)	0.00	0.00	0.00	0.00(M)	4.10	(M)	4.28(M)
Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, Schneider's - SR100446 (1	350	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Schneiders - MILK	100	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Category: Condiments; May Choose: 3																		
Bacon, Real Bacon Bits, Hickory Smoke Flavor	30	30.00	2.00	1.00	0.00	5.00	160.00	0.00	(M)	(M)	(M)	3.00	(M)	(M)	(M)	0.00	(M)	(M)
Dressing, Fat Free Ranch, Pouch 1.5 oz, Kraft	10	40.00	0.00	0.00	0.00	0.00	520.00	10.00	1.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, French Style Fat Free, Pouch 12.4 g, Kraft	10	15.00	0.00	0.00	0.00	0.00	105.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Low Cal, Heinz - MCP100048 (1	10	2.50	0.00	0.00	0.00	0.00	45.00	0.63	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	150	33.35	0.00	0.00	0.00	0.00	266.82	8.34	0.00	6.67	(M)	0.00	0.00	0.00	166.76	2.00	(M)	(M)
Lettuce, iceberg (includes crisphead types), raw	8	10.08	0.10	0.01	0.00	0.00	7.20	2.14	0.86	1.42	(M)	0.65	0.29	12.96	361.44	2.02	0.00	101.52
Mayonnaise, 1.5 Gallon Dispenser, Heinz, 516700	10	50.00	3.50	0.50	0.00	5.00	135.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Pouch, Heinz, 652000	10	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Olives, ripe, canned (small-extra large) - SR105211 (1	4	155.90	14.65	3.06	0.00	0.00	987.84	8.12	2.15	0.00	(M)	1.13	8.44	118.27	443.52	1.21	0.00	10.75
Onions, Red, Raw, VEG-O - SR100987 (1 cup, chopp)	4	64.00	0.16	0.07	0.00	0.00	6.40	14.94	2.72	6.78	(M)	1.76	0.34	36.80	3.20	11.84	(M)	(M)
Pepper, Banana, Mild, Sliced, Pecoli, 816546	16	10.13	0.00	0.00	0.00	0.00	567.00	2.02	2.02	0.00	(M)	0.00	0.00	40.50	0.00	18.23	(M)	(M)
Peppers, jalapeno, canned, solids and liquids	4	36.72	1.28	0.13	0.00	0.00	2272.56	6.45	3.54	2.91	(M)	1.25	2.56	31.28	2312.00	13.60	0.00	262.48
Peppers, sweet, green, raw - SR105243 (1 cup, chopp)	4	29.80	0.25	0.09	0.00	0.00	4.47	6.91	2.53	3.58	(M)	1.28	0.51	14.90	551.30	119.80	0.00	260.75
Pickle, Dill Chip, 1/4", Kosher, B & G Foods Inc	4	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Tomato, Fresh, Raw, 6x6 Bulk Box, Cross Valley	6	20.78	0.00	0.00	0.00	0.00	16.62	4.16	0.83	2.49	(M)	0.83	0.60	16.62	831.08	19.95	(M)	(M)
MS Lunch Menu Week 1 Day 3 updated - Day 3	500																	
Category: Entrees; May Choose: 1																		
Chicken Nuggets and Bread Stick - LR100346 (1 serv.)	120	384.36	15.69	3.29	0.00	30.55	672.36	35.27	4.04	1.00	1.00	25.38	2.73	13.74	0.00(M)	0.00(M)	0.00	900.86
Elementary PB&J - LR100001 (1 ea.)	10	460.00	22.50	6.00	0.00	10.00	650.00	47.00	5.00	15.00	13.00	18.00	1.70	261.00	400.00(M)	0.00(M)	0.00	397.98
High School Pizza Pepperoni - LR100035 (1	20	472.12	20.51	10.20	0.00	45.50	944.80	40.53	1.99	5.00	0.00(M)	27.58	2.78(M)	567.23(M)	274.76(M)	0.00(M)	0.00(M)	144.73(M)
Middle school ham and cheese sandwich	10	410.00	14.00	5.00	0.00	43.13	1185.00	52.88	5.63	12.13	7.25(M)	20.50	3.03	157.75	62.50(M)	0.00(M)	0.04(M)	121.25(M)
Middle school sandwich Italian combo w/grahams -	30	552.34	27.54	11.33	0.00	69.90	1406.95	51.56	5.63	11.31	7.25(M)	23.91	3.31	226.25	212.50(M)	0.11(M)	0.04(M)	103.86(M)
Middle school turkey and cheese w/grahams	20	590.00	16.00	4.50	0.00	113.13	3140.00	55.38	5.63	14.63	7.25(M)	55.50	4.11	169.25	62.50(M)	0.00(M)	0.04(M)	113.97(M)
Pasta and Meatballs Elementary and Middle	270	452.33	13.75	2.67	0.00	58.77	364.38	60.41	6.07	9.00	0.00(M)	26.10	3.95	49.92	500.00	6.00	0.00(M)	384.68(M)
Yogurt and Soft Pretzel - LR100375 (1 serv.)	20	300.00	5.00	3.00	0.00	15.00	420.00	49.00	3.00	14.00	0.00(M)	16.00	1.80	318.00	900.00	1.20(M)	0.00(M)	109.98(M)
Category: Vegetables; May Choose: 2																		
Broccoli, raw - MCR100054 (1/2 c.)	165	10.79	0.12	0.00	0.00	0.00	19.19	1.92	0.72	0.48	(M)	0.96	0.26	14.39	71.96	31.66	(M)	(M)
Vegetable, Peas, Green, No Salt Added, Frozen, USDA	150	62.00	0.00	0.00	0.00	0.00	58.00	11.00	4.00	4.00	(M)	4.00	(M)	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																		
Applesauce, Natural, Unsweetened, 4.5 oz	300	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	(M)	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Trinity Middle School Lunch Variety Juice - LR100251 (1	350	13.11	0.00	0.00	0.00	0.00	1.47	3.08	0.00	2.82	(M)	0.00	0.00	0.00	0.00(M)	4.10	(M)	4.28(M)
Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, Schneiders - SR100446 (1	350	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Schneiders - MILK	150	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Category: Condiments; May Choose: 2																		
Bacon, Real Bacon Bits, Hickory Smoke Flavor	36	30.00	2.00	1.00	0.00	5.00	160.00	0.00	(M)	(M)	(M)	3.00	(M)	(M)	(M)	0.00	(M)	(M)
Dressing, Italian Low Cal, Heinz - MCR100048 (1	50	2.50	0.00	0.00	0.00	0.00	45.00	0.63	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Low Fat Ranch Dispenser Pack 1.5 Gallon	100	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	(M)	0.00	0.00	20.00	0.00	1.20	(M)	(M)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	15	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Lettuce, iceberg (includes crisphead types), raw	8	10.08	0.10	0.01	0.00	0.00	7.20	2.14	0.86	1.42	(M)	0.65	0.29	12.96	361.44	2.02	0.00	101.52
Mayonnaise, 1.5 Gallon Dispenser, Heinz - F16709	2	50.00	3.50	0.50	0.00	5.00	135.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Pouch, Heinz - 652000	2	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Olives, ripe, canned (small-extra large) - SR10E211 (1	4	155.90	14.65	3.06	0.00	0.00	987.84	8.12	2.15	0.00	(M)	1.13	8.44	118.27	443.52	1.21	0.00	10.75
Onions, Red, Raw, VEG-O - SR100887 (1 cup, chopp)	4	64.00	0.16	0.07	0.00	0.00	6.40	14.94	2.72	6.78	(M)	1.76	0.34	36.80	3.20	11.84	(M)	(M)
Pepper, Banana, Mild, Sliced, Bacali, 816546	16	10.13	0.00	0.00	0.00	0.00	567.00	2.02	2.02	0.00	(M)	0.00	0.00	40.50	0.00	18.23	(M)	(M)
Peppers, jalapeno, canned, solids and liquids	4	36.72	1.28	0.13	0.00	0.00	2272.56	6.45	3.54	2.91	(M)	1.25	2.56	31.28	2312.00	13.60	0.00	262.48
Peppers, sweet, green, raw - SR10E343 (1 cup, chopp)	4	29.80	0.25	0.09	0.00	0.00	4.47	6.91	2.53	3.58	(M)	1.28	0.51	14.90	551.30	119.80	0.00	260.75
Pickle, Dill Chip, 1/4", Kosher, B & G Foods Inc	4	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tomato, Fresh, Raw, 6x6 Bulk Box, Cross Valley	4	20.78	0.00	0.00	0.00	0.00	16.62	4.16	0.83	2.49	(M)	0.83	0.60	16.62	831.08	19.95	(M)	(M)
MS Lunch Menu Week 1 Day 3 updated - Day 3	500																	

Menu Cycle Week – Nutrient Analysis

Category: Entrees; May Choose: 1																		
Chicken Nuggets and Bread Stick - LR100246 (1 serv.)	120	384.36	15.69	3.29	0.00	30.55	672.36	35.27	4.04	1.00	1.00	25.38	2.73	13.74	0.00(M)	0.00(M)	0.00	900.86
Elementary PB&J - LR100001 (1 ea.)	20	460.00	22.50	6.00	0.00	10.00	650.00	47.00	5.00	15.00	13.00	18.00	1.70	261.00	400.00(M)	0.00(M)	0.00	397.98
High School Pizza Pepperoni - LR100035 (1	24	472.12	20.51	10.20	0.00	45.50	944.80	40.53	1.99	5.00	0.00(M)	27.58	2.78(M)	567.23(M)	274.76(M)	0.00(M)	0.00(M)	144.73(M)
Middle school ham and cheese sandwich	25	410.00	14.00	5.00	0.00	43.13	1185.00	52.88	5.63	12.13	7.25(M)	20.50	3.03	157.75	62.50(M)	0.00(M)	0.04(M)	121.25(M)
Middle school sandwich Italian combo w/grahams -	30	552.34	27.54	11.33	0.00	69.90	1406.95	51.56	5.63	11.31	7.25(M)	23.91	3.31	226.25	212.50(M)	0.11(M)	0.04(M)	103.86(M)
Middle school turkey and cheese w/grahams	40	590.00	16.00	4.50	0.00	113.13	3140.00	55.38	5.63	14.63	7.25(M)	55.50	4.11	169.25	62.50(M)	0.00(M)	0.04(M)	113.97(M)
Nashville Chicken High School - LR100241 (1	221	310.00	13.00	2.50	0.00	40.00	680.00	31.00	2.00	3.00	1.00(M)	18.00	1.72	0.00	0.00(M)	1.20(M)	0.00(M)	339.81(M)
Yogurt and Soft Pretzel - LR100275 (1 serv.)	20	300.00	5.00	3.00	0.00	15.00	420.00	49.00	3.00	14.00	0.00(M)	16.00	1.80	318.00	900.00	1.20(M)	0.00(M)	109.98(M)
Category: Vegetables; May Choose: 2																		
celery and peanut butter - LR100074 (1 serv.)	60	104.22	8.03	1.55	0.00(M)	0.00	126.85	5.72	1.93	1.04(M)	(M)	3.95	0.47	33.99	284.51	1.96	0.00(M)	94.72(M)
Celery, Raw, VEG-Other - SR100260 (1/2 c.)	175	7.07	0.09	0.02	(M)	0.00	40.40	1.50	0.81	0.68	(M)	0.35	0.10	20.20	226.75	1.57	(M)	(M)
Corn, Whole Kernel, No Salt Added, Frozen, USDA	240	67.00	1.00	0.00	0.00	0.00	1.00	16.00	2.00	3.00	(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																		
Grapes, american type (slip skin), Fr - SR105187 (1/2	260	30.82	0.16	0.05	0.00	0.00	0.92	7.89	0.41	7.47	(M)	0.29	0.13	6.44	46.00	1.84	0.00	87.86
Trinity Middle School Lunch Variety Juice - LR100251 (1	300	13.11	0.00	0.00	0.00	0.00	1.47	3.08	0.00	2.82	(M)	0.00	0.00	0.00	0.00(M)	4.10	(M)	4.28(M)
Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, Schneiders - SR100446 (1	350	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Schneiders - MILK	150	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Category: Condiments; May Choose: 2																		
Bacon, Real Bacon Bits, Hickory Smoke Flavor	36	30.00	2.00	1.00	0.00	5.00	160.00	0.00	(M)	(M)	(M)	3.00	(M)	(M)	(M)	0.00	(M)	(M)
Dressing, French Style Fat Free, Pouch 12.4 g, Kraft	15	15.00	0.00	0.00	0.00	0.00	105.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Low Cal, Heinz - MCP100048 (1	15	2.50	0.00	0.00	0.00	0.00	45.00	0.63	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Low Fat Ranch Dispenser Pack 1.5 Gallon	125	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	(M)	0.00	0.00	20.00	0.00	1.20	(M)	(M)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	90	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Lettuce, iceberg (includes crisphead types), raw	8	10.08	0.10	0.01	0.00	0.00	7.20	2.14	0.86	1.42	(M)	0.65	0.29	12.96	361.44	2.02	0.00	101.52
Olives, ripe, canned (small-extra large) - SR105211 (1	4	155.90	14.65	3.06	0.00	0.00	987.84	8.12	2.15	0.00	(M)	1.13	8.44	118.27	443.52	1.21	0.00	10.75
Onions, Red, Raw, VEG-O - SR108087 (1 cup, chopp)	4	64.00	0.16	0.07	0.00	0.00	6.40	14.94	2.72	6.78	(M)	1.76	0.34	36.80	3.20	11.84	(M)	(M)
Pepper, Banana, Mild, Sliced, Rosali - 816546	16	10.13	0.00	0.00	0.00	0.00	567.00	2.02	2.02	0.00	(M)	0.00	0.00	40.50	0.00	18.23	(M)	(M)
Peppers, jalapeno, canned, solids and liquids	4	36.72	1.28	0.13	0.00	0.00	2272.56	6.45	3.54	2.91	(M)	1.25	2.56	31.28	2312.00	13.60	0.00	262.48
Peppers, sweet, red, raw - SR105344 (1 cup, chopp)	4	38.74	0.45	0.09	0.00	0.00	5.96	8.98	3.13	6.26	(M)	1.48	0.64	10.43	4665.19	190.27	0.00	314.39
Pickle, Dill Chip, 1/4", Kosher, B & G Foods Inc	4	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tomato, Fresh, Raw, 6x6 Bulk Box, Grass Valley	6	20.78	0.00	0.00	0.00	0.00	16.62	4.16	0.83	2.49	(M)	0.83	0.60	16.62	831.08	19.95	(M)	(M)
MS Lunch Menu Week 1 Day 4 updated - Day 4	500																	
Category: Entrees; May Choose: 1																		
Chicken Nuggets and Bread Stick - LR100246 (1 serv.)	140	384.36	15.69	3.29	0.00	30.55	672.36	35.27	4.04	1.00	1.00	25.38	2.73	13.74	0.00(M)	0.00(M)	0.00	900.86

Elementary PB&J - LR100001 (1 ea.)	20	460.00	22.50	6.00	0.00	10.00	650.00	47.00	5.00	15.00	13.00	18.00	1.70	261.00	400.00(M)	0.00(M)	0.00	397.98
High School Pizza Pepperoni - LR100035 (1	25	472.12	20.51	10.20	0.00	45.50	944.80	40.53	1.99	5.00	0.00(M)	27.58	2.78(M)	567.23(M)	274.76(M)	0.00(M)	0.00(M)	144.73(M)
High school soft taco - LR100089 (1 tacos)	184	216.56	10.88	5.38	0.00	28.52	367.82	16.69	2.55	0.55	0.00(M)	11.54	1.99	148.24	219.30(M)	0.00(M)	0.00(M)	116.20(M)
Middle school ham and cheese sandwich	20	410.00	14.00	5.00	0.00	43.13	1185.00	52.88	5.63	12.13	7.25(M)	20.50	3.03	157.75	62.50(M)	0.00(M)	0.04(M)	121.25(M)
Middle school sandwich Italian combo w/grahams -	20	552.34	27.54	11.33	0.00	69.90	1406.95	51.56	5.63	11.31	7.25(M)	23.91	3.31	226.25	212.50(M)	0.11(M)	0.04(M)	103.86(M)
Middle school turkey and cheese w/grahams	45	590.00	16.00	4.50	0.00	113.13	3140.00	55.38	5.63	14.63	7.25(M)	55.50	4.11	169.25	62.50(M)	0.00(M)	0.04(M)	113.97(M)
Yogurt and Soft Pretzel - LR100375 (1 carry	40	300.00	5.00	3.00	0.00	15.00	420.00	49.00	3.00	14.00	0.00(M)	16.00	1.80	318.00	900.00	1.20(M)	0.00(M)	109.98(M)
Category: Vegetables; May Choose: 2																		
Spinach Salad side - LR100066 (1 salad)	200	16.14	0.12	0.02	0.00(M)	0.00	26.10	3.14	1.34	1.50	(M)	1.20	0.94	33.12	3240.95	15.00	0.00(M)	167.40(M)
Vegetable, Baked Beans, Veg-PRO - SR102961 (1/2	90	126.98	0.00	0.00	0.00	0.00	433.74	26.56	5.14	9.80	(M)	6.04	1.54	34.25	49.41	0.59	(M)	(M)
Category: Fruits; May Choose: 2																		
Bananas, raw - SR105089 (1 medium (7"	250	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44
Trinity Middle School Lunch Variety Juice - LR100251 (1	250	13.11	0.00	0.00	0.00	0.00	1.47	3.08	0.00	2.82	(M)	0.00	0.00	0.00	0.00(M)	4.10	(M)	4.28(M)
Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, Schneiders - SR100446 (1	350	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Schneiders - MILK	150	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Category: Condiments; May Choose: 2																		
Bacon, Real Bacon Bits, Hickory Smoke Flavor	36	30.00	2.00	1.00	0.00	5.00	160.00	0.00	(M)	(M)	(M)	3.00	(M)	(M)	(M)	0.00	(M)	(M)
Dressing, French Style Fat Free, Pouch 12.4 g - Kraft	10	15.00	0.00	0.00	0.00	0.00	105.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Low Cal, Heinz - MCP100048 (1	50	2.50	0.00	0.00	0.00	0.00	45.00	0.63	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Low Fat Ranch Dispenser Pack 1.5 Gallon	110	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	(M)	0.00	0.00	20.00	0.00	1.20	(M)	(M)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	50	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Lettuce, iceberg (includes crisphead types), raw	4	10.08	0.10	0.01	0.00	0.00	7.20	2.14	0.86	1.42	(M)	0.65	0.29	12.96	361.44	2.02	0.00	101.52
Olives, ripe, canned (small-extra large) - SR105211 (1	4	155.90	14.65	3.06	0.00	0.00	987.84	8.12	2.15	0.00	(M)	1.13	8.44	118.27	443.52	1.21	0.00	10.75
Onions, Red, Raw, VEG-O - SR100987 (1 cup, chopp	4	64.00	0.16	0.07	0.00	0.00	6.40	14.94	2.72	6.78	(M)	1.76	0.34	36.80	3.20	11.84	(M)	(M)
Pepper, Banana, Mild, Sliced, Pecoli - 816546	16	10.13	0.00	0.00	0.00	0.00	567.00	2.02	2.02	0.00	(M)	0.00	0.00	40.50	0.00	18.23	(M)	(M)
Peppers, jalapeno, canned, solids and liquids	4	36.72	1.28	0.13	0.00	0.00	2272.56	6.45	3.54	2.91	(M)	1.25	2.56	31.28	2312.00	13.60	0.00	262.48
Peppers, sweet, red, raw - SR105244 (1 cup, chopp	4	38.74	0.45	0.09	0.00	0.00	5.96	8.98	3.13	6.26	(M)	1.48	0.64	10.43	4665.19	190.27	0.00	314.39
Pickle, Dill Chip, 1/4", Kosher, B & G Foods Inc	4	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Salsa, 103 oz. Salsa, Red Gold - REDGC00 - Veg-PRO	150	10.00	0.00	0.00	0.00	0.00	70.00	2.00	0.00	1.00	(M)	0.00	1.00	0.00	90.00	9.00	0.00	79.90
Sour Cream, Regular, Single Serve Packets, Daisy	100	50.00	5.00	3.00	0.00	15.00	10.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	39.95
Tomato, Fresh, Raw, 6x6 Bulk Box, Cross Valley	4	20.78	0.00	0.00	0.00	0.00	16.62	4.16	0.83	2.49	(M)	0.83	0.60	16.62	831.08	19.95	(M)	(M)
MS Lunch Menu Week 1 Day 5 updated - Day 5	500																	
Category: Entrees; May Choose: 1																		
Chicken Nuggets and Bread Stick - LR100246 (1 carry	125	384.36	15.69	3.29	0.00	30.55	672.36	35.27	4.04	1.00	1.00	25.38	2.73	13.74	0.00(M)	0.00(M)	0.00	900.86

Menu Cycle Week – Nutrient Analysis

Elementary PB&J - LR100001 (1 ea.)	20	460.00	22.50	6.00	0.00	10.00	650.00	47.00	5.00	15.00	13.00	18.00	1.70	261.00	400.00(M)	0.00(M)	0.00	397.98
High School Pizza Pepperoni - LR100035 (1	30	472.12	20.51	10.20	0.00	45.50	944.80	40.53	1.99	5.00	0.00(M)	27.58	2.78(M)	567.23(M)	274.76(M)	0.00(M)	0.00(M)	144.73(M)
Italian Dunkers - LR100208 (1 slice)	215	542.79	26.53	13.43	0.00	67.28	733.52	50.61	2.92	4.51(M)	0.00(M)	24.26	3.51	533.44	1137.59	20.05	0.00(M)	1.00(M)
Middle school ham and cheese sandwich	25	410.00	14.00	5.00	0.00	43.13	1185.00	52.88	5.63	12.13	7.25(M)	20.50	3.03	157.75	62.50(M)	0.00(M)	0.04(M)	121.25(M)
Middle school sandwich Italian combo w/grahams -	25	552.34	27.54	11.33	0.00	69.90	1406.95	51.56	5.63	11.31	7.25(M)	23.91	3.31	226.25	212.50(M)	0.11(M)	0.04(M)	103.86(M)
Middle school turkey and cheese w/grahams	20	590.00	16.00	4.50	0.00	113.13	3140.00	55.38	5.63	14.63	7.25(M)	55.50	4.11	169.25	62.50(M)	0.00(M)	0.04(M)	113.97(M)
Yogurt and Soft Pretzel - LR100275 (1 carry)	40	300.00	5.00	3.00	0.00	15.00	420.00	49.00	3.00	14.00	0.00(M)	16.00	1.80	318.00	900.00	1.20(M)	0.00(M)	109.98(M)
Category: Vegetables; May Choose: 2																		
Cucumber, with peel, raw - SR10E245 (1/2 cup slices)	125	7.80	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	(M)	0.34	0.15	8.32	54.60	1.46	0.00	76.44
Green Beans, Frozen, Boiled, Veg-O - SR10327I	340	44.00	2.86	1.28	0.00(M)	0.00	187.28	4.35	2.00	0.00(M)	(M)	1.01	0.59	33.10	501.00	2.80	0.00(M)	0.03(M)
Category: Fruits; May Choose: 2																		
Strawberries, Diced, Cups, Frozen, USDA - 100256 F	250	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Trinity Middle School Lunch Variety Juice - LR100251 (1	250	13.11	0.00	0.00	0.00	0.00	1.47	3.08	0.00	2.82	(M)	0.00	0.00	0.00	0.00(M)	4.10	(M)	4.28(M)
Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, Schneiders - SR10044G (1	350	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Schneiders - MILK	150	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Category: Condiments; May Choose: 6																		
Bacon, Real Bacon Bits, Hickory Smoke Flavor	36	30.00	2.00	1.00	0.00	5.00	160.00	0.00	(M)	(M)	(M)	3.00	(M)	(M)	(M)	0.00	(M)	(M)
Dressing, Italian Low Cal, Heinz - MSP100048 (1	40	2.50	0.00	0.00	0.00	0.00	45.00	0.63	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Low Fat Ranch Dispenser Pack 1.5 Gallon	45	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	(M)	0.00	0.00	20.00	0.00	1.20	(M)	(M)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser	64	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Lettuce, iceberg (includes crisphead types), raw	8	10.08	0.10	0.01	0.00	0.00	7.20	2.14	0.86	1.42	(M)	0.65	0.29	12.96	361.44	2.02	0.00	101.52
Mayonnaise, 1.5 Gallon Dispenser, Heinz - F16700	15	50.00	3.50	0.50	0.00	5.00	135.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Pouch, Heinz - 652000	10	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Olives, ripe, canned (small-extra large) - SR10E211 (1	4	155.90	14.65	3.06	0.00	0.00	987.84	8.12	2.15	0.00	(M)	1.13	8.44	118.27	443.52	1.21	0.00	10.75
Onions, Red, Raw, VEG-O - SR10E087 (1 cup, chopp)	4	64.00	0.16	0.07	0.00	0.00	6.40	14.94	2.72	6.78	(M)	1.76	0.34	36.80	3.20	11.84	(M)	(M)
Pepper, Banana, Mild, Sliced, Rosali - 816546	16	10.13	0.00	0.00	0.00	0.00	567.00	2.02	2.02	0.00	(M)	0.00	0.00	40.50	0.00	18.23	(M)	(M)
Peppers, jalapeno, raw - SR10E242 (1 cup, slice)	4	26.10	0.33	0.08	0.00	0.00	2.70	5.85	2.52	3.71	(M)	0.82	0.23	10.80	970.20	106.74	0.00	223.20
Peppers, sweet, red, raw - SR10E244 (1 cup, chopp)	4	38.74	0.45	0.09	0.00	0.00	5.96	8.98	3.13	6.26	(M)	1.48	0.64	10.43	4665.19	190.27	0.00	314.39
Pickle, Dill Chip, 1/4", Kosher, B & G Foods Inc	4	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tomato, Fresh, Raw, 6x6 Bulk Box, Grass Valley	4	20.78	0.00	0.00	0.00	0.00	16.62	4.16	0.83	2.49	(M)	0.83	0.60	16.62	831.08	19.95	(M)	(M)

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