

Menu Nutrient Analysis

Generated 09/01/2016 03:10:20 PM by Randi Mongiello

Menu Item (Serving Size)	Plan Qty	FE (Kcal) (1)	Fat (g)	Sfat (g) (1)	TFat (g)(2)	Chol (mg)	Na (mg) (1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Baked Potato Bar- with Taco Meat and Fixings, LM - TSR1435 (1 ea.)	90	359.27	14.98	5.59	0.86	51.64	303.88	38.32	5.20	2.21(M)	20.31	4.39	53.15 (M)	100.17	17.01	134.54 (M)	2.64(M)
BBQ Beef Rib on WG Hamburger Bun,LM - TSR1436 (1 ea.)	90	363.11	11.00	3.10	0.00	41.00	1243.44	46.53	7.56	16.44	20.76	2.44(M)	74.00 (M)	99.00 (M)	1.00(M)	(M)	(M)
Breakfast Bagel for Lunch - LR100003 (1 Basket)	50	418.88	10.18	6.10	0.00	30.07	748.90	65.54	2.50(M)	16.52	14.55	0.03(M)	171.43	3084.84	13.50 (M)	(M)	(M)
Breakfast Cereal Bunch for Lunch - LR100265 (1 Basket)	50	227.22	2.78	1.30	0.00	7.57	319.23	43.48	3.63(M)	20.19	7.99	6.48(M)	251.43	3221.51	18.78 (M)	(M)	(M)
Cheese, Mozzarella Cheese Stick with Sauce Rich 65220 WG, LM - TSR1439 (1 ea.)	90	361.63	13.01	4.07	0.00	14.98	853.99	40.47	4.15	7.78	20.13	2.18	526.93	866.19	6.13	(M)	(M)
Chicken Caesar Wrap ES, LM - TSR1440 (1 ea.)	50	328.09	7.63	2.14	0.00	48.95	777.60	41.32	9.67	6.05	27.37	4.61	179.76	23516.6 0	10.80	255.44 (M)	1.57(M)
Chicken Tender with WG Spolettini - LR100072 (1 ea.)	100	432.50	17.75	2.50	0.00	37.50	907.49	43.25	3.25	1.00	25.25	1.89	40.00	0.00	0.00	(M)	(M)
Chicken, General Tso's with Vegetables and Fried Rice - LR100118 (3/4 c.)	100	181.14	2.54	0.42	0.00	34.71	817.86	23.75	1.00	6.00(M)	16.26	0.86	6.78(M)	145.83 (M)	0.21(M)	78.86 (M)	1.08(M)
Chicken, Lemon Buttered over Noodles, LM - TSR1443 (6 ounces)	100	297.29	8.37	2.71	0.00(M)	86.06	559.02	32.16	3.26	2.44(M)	24.32	136.59	1.69	208.79	1.65	0.01(M)	0.14(M)
Egg and Cheese on a WG Croissant - LR100082 (1 ea.)	50	290.69	16.06	7.53	0.00	132.66	587.50	29.01	3.00	2.51	10.53	1.80	155.94	651.88	1.20	(M)	(M)
Egg, Bacon, and Cheese on a WG Croissant - LR100179 (1 ea.)	50	307.50	17.50	8.25	0.00(M)	136.25	692.50	29.25	3.00(M)	2.50(M)	11.75	1.80(M)	87.50 (M)	650.00 (M)	1.20(M)	(M)	(M)
Entree, Cheese Quesadilla,ES MMA, WG, Veg-RO - LR100159 (1 each quesadilla)	75	332.75	20.72	13.15	0.00	60.75	705.25	21.02	3.00	1.00(M)	17.18	0.00	1506.44	2169.65	0.00	(M)	(M)
French Toast Sticks, WG Bake Crafters 442, 3 sticks - LR100233 (3 stick.)	100	273.83	8.11	1.01	0.00	11.16	294.11	43.61	2.23	11.16	7.10	0.91	50.71	0.00	0.00	(M)	(M)
Grilled Cheese, WW Morabito, 1.5oz American Cheese B - LR100103 (1 sandwich)	75	352.98	20.94	10.89	0.00	37.80	974.79	27.02	2.00	5.51	11.56	1.44	130.72	786.93	5.44	(M)	(M)
Hot Dog with WG Roll, BallPark 16719 - LR100264 (1 ea.)	75	300.00	17.00	5.00	1.00	30.00	750.00	25.00	3.00	2.00	11.00	1.80	40.00	0.00	2.40	(M)	(M)
Hummus Platter - LR100242 (1 ea.)	75	387.36	13.64	1.10	0.05(M)	0.26(M)	327.44	58.78	9.03	3.46(M)	11.35	3.55	89.27 (M)	4340.98 (M)	33.26 (M)	58.90 (M)	0.41(M)
Lasagna, with Spaghetti Sauce, Tabatchnick 99962, LM - TSR1449 (1 serv.)	100	247.03	4.84	2.50	0.00	20.00	546.87	33.41	3.68	5.04	18.68	1.32	356.81	270.27	4.26	(M)	(M)
Meat, Pork Sausage Patties Fully Cooked 3.25" 2 oz, Jimmy Dean, Sara Lee, 19137, MMA - TSR1295 (1 patty)	100	270.00	26.00	9.00	0.00	45.00	520.00	1.00	0.00	0.00	7.00	0.36	20.00	100.00	0.00	0.00	0.00

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Meatball Sandwich, JTM CP5035 Mtball Elementary, LM - TSR1450 (1 ea.)	100	402.01	14.02	5.28	0.62	45.37 (M)	976.57	46.80	3.03	7.89	22.00	4.93	176.27	255.13	5.53	(M)	(M)
Nachos - Baked Tostitos with Beef Taco Meat, LM - TSR1451 (1 ea.)	100	318.71	19.25	6.03	0.86	51.64	405.86	19.83	3.43	0.20	17.98	2.89	47.23 (M)	99.44	0.48	5.98(M)	0.41(M)
Pancakes, Whole Grain,Aunt Jemima43582 - LR100267 (2 pancake)	100	140.00	4.00	0.00	0.00	10.00	220.00	28.00	2.00	4.00	4.00	1.44	0.00	0.00	0.00	(M)	(M)
Pasta with Chicken and Vegetables in a Pesto Sauce - LR100117 (8 oz.)	75	385.69	5.37	0.45	0.00(M)	67.77	471.21	48.70	3.47	4.10(M)	35.73	3.05	16.37	1805.61	4.70	1.57(M)	0.03(M)
Pasta, Baked Ziti, MMA, WG - LR100259 (1 Cup (8 oz)	50	380.55	10.60	5.28	0.01(M)	33.17	378.58	52.61	7.34	8.29	20.64	2.83	356.57 (M)	666.01 (M)	4.00(M)	54.69 (M)	1.65(M)
Pierogies, Mini Mrs T's Potato and Cheese - LR100289 (6 ea.)	50	205.29	7.70	3.98	0.00	50.00	362.81	24.17	3.04	0.00	9.04	10.02	10.64	123.30	2.00	0.02(M)	0.28(M)
Pizza Bagel, Morabito 840 Non- WG - LR100262 (1/2 bagel)	75	372.50	13.75	7.00	0.00	30.00	819.99	37.50	2.00	2.50	21.00	2.61	429.99	450.00	6.60	(M)	(M)
Pizza, Big Daddy's Primo 16" WG Four Cheese 78637 10cut - LR100263 (1 slice)	75	290.00	12.00	6.00	0.00	25.00	400.00	29.00	3.00	7.00	17.00	1.80	350.00	400.00	0.00	(M)	(M)
Quesadilla, Chicken and Cheese Quesadilla, ES, MMA, WG, LM - TSR1454 (1 ea.)	40	284.42	12.94	7.51	0.00(M)	59.53	841.86	22.00	3.00	1.68(M)	21.28	0.00	754.28	1041.41	0.00	(M)	(M)
Sandwich, Ham and Cheese on Club Roll - LR100261 (1 sandwich)	50	307.31	6.85	3.13	0.00	49.26	1314.12	41.53	1.56	3.79(M)	21.10	2.42	128.15	386.25	3.59	(M)	(M)
Sandwich, Hamburger on Bun with Cheese, MMA, WG, LM - TSR1457 (1 ea.)	50	310.00	14.00	6.00	0.50	52.50	555.00	27.00	3.00	2.50	17.50	2.52	47.50	150.00	0.00	(M)	(M)
Sandwich, Hamburger on Bun without Cheese, MMA, WG, LM - TSR1456 (1 ea.)	50	260.00	10.00	3.50	0.50	40.00	320.00	26.00	3.00	2.00	15.00	2.52	40.00	0.00	0.00	(M)	(M)
Sandwich, Philly Cheese Steak Sandwich MMA, Non-WG, LM - TSR1458 (1 sandwich)	75	342.68	12.07	5.46	0.00	47.77	753.52	36.68	2.17	2.00(M)	22.41	3.60	344.61	542.40	0.00	(M)	(M)
Sandwich, Philly Steak Sandwich MMA, Non-WG - LR100257 (1 sandwich)	75	292.06	8.02	2.93	0.00	35.12	515.58	36.17	2.17	2.00	19.88	3.60	73.41	0.00	0.00	(M)	(M)
Sandwich, Turkey and Cheese on Club Roll - LR100260 (1 sandwich)	50	333.27	6.00	3.00	0.00	52.29	1464.29	39.84	1.56	3.79(M)	28.97	2.78	128.15	386.25	4.79	(M)	(M)
Sheperds Pie - LR100276 (1 ea.)	50	361.72	16.31	4.43	0.69(M)	41.31	1487.98	36.13	4.76	7.01(M)	22.55	2.71	50.06	1985.76	34.38	0.04(M)	0.38(M)
Tacos, Beef on Hard Shell, LM - TSR1465 (2 ea.)	50	351.61	24.20	9.32	1.06	63.69	351.06	14.61	3.72	0.20	21.21	3.82	33.54 (M)	99.44	0.48	5.98(M)	0.41(M)
Tacos, Beef on Soft Tortilla - LR100258 (1 ea.)	50	212.31	11.10	3.91	0.53	31.84	325.53	16.06	1.86	1.10	12.86	2.27	76.77 (M)	49.72	0.24	2.99(M)	0.20(M)

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Turkey Corn Dog, Mini, State Fair - LR100024 (6 ea.)	75	300.00	16.50	3.75	0.00	45.00	780.00	25.50	1.50	7.50	10.50	2.16	90.00	0.00	0.00	(M)	(M)
Waffles, Krusteaz Premium Whole Grain Belgian Sticks, 0.77 oz. each, ConAgra Foodservice, 068615140333, WGR - SR107992 (3 sticks)	100	170.00	5.00	1.00	0.00	20.00	250.00	28.00	4.00	6.00	4.00	(M)	(M)	(M)	(M)	(M)	(M)
Wrap, Grilled Chicken with Shr Chdr and Romaine - LR100281 (1 ea.)	40	368.52	18.07	7.71	0.00	77.97	845.44	24.91	3.00	5.35	27.85	0.53(M)	252.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Category: Vegetables; Choose: 2																	
Baby Carrots with Hummus Dip - LR100099 (1 ea.)	200	65.49	3.18	0.79	0.00(M)	0.00	101.83	8.40	2.43	0.01(M)	1.13	0.76	24.22	8427.48	2.28	0.30(M)	0.10(M)
Black Bean Salsa - LR100280 (1 oz.)	200	26.52	0.00	0.00	0.00	0.00	112.06	4.70	1.58	0.53	1.57	1.98	44.58	168.26	1.71	(M)	(M)
Potato, Tater Tots, Ore-Ida, McCain Foods, OIF00215, Veg-S - SR101762 (9 pieces)	200	154.67	7.14	1.19	0.00	0.00	368.83	19.04	2.38	0.00	2.38	0.00	0.00	0.00	4.28	(M)	(M)
Potatoes, Dehydrated, Low Sodium, Simplot - SR107829 (3/4 ounces)	200	80.00	1.00	0.00	0.00	0.00	95.00	16.00	2.00	0.00	2.00	0.00	0.00	0.00	2.40	(M)	(M)
Potatoes, Farmer's Kitchen Chopped Roasted Redskin, McCain, MCF04851, Veg-S - TSR1217 (1/2 c.)	200	100.00	2.00	0.00	0.00	0.00	150.00	19.00	2.00	2.00	2.00	0.72	0.00	0.00	6.00	(M)	(M)
Salad, Caesar Side Salad - LR100128 (1 c.)	200	95.01	5.76	0.87	0.00	5.33	145.04	9.40	4.31	2.42	3.16	1.95(M)	61.48 (M)	16227.5 6(M)	7.45(M)	176.27 (M)	1.08(M)
Salad, Three Bean Salad, Veg-O - SR103402 (1/2 cup servin)	100	107.20	5.77	0.80	0.00(M)	0.00	360.59	10.66	3.47	3.06(M)	2.79	1.24	55.79	159.17	1.28	8.89(M)	0.02(M)
Sweet Potatoes, Fries, Frozen Simplot Sweets 10 Cut CC Wedge, Simplot, 27836 - TSR1233 (1/2 c.)	100	110.00	5.00	0.50	0.00	0.00	130.00	18.00	4.00	7.00	1.00	0.58	27.50	963.50	0.41	(M)	(M)
Vegetable, Broccoli Seasoned, Veg-DG - SR100219 (1/2 c.)	100	58.16	3.67	1.64	0.00	0.00	44.14	4.92	2.76	1.35	2.85	0.56	30.36	1092.12	36.89	83.46 (M)	0.65(M)
Vegetable, Celery Sticks and Ranch, Veg-O - SR105977 (1/2 c.)	200	99.60	7.10	1.02	0.00	5.00	328.00	7.78	0.96	1.80	0.41	0.12	44.00	269.40	1.86	57.26 (M)	0.45(M)
Vegetable, Pot. Smiley Elem McCain, Veg-S - SR102387 (1 serv.)	200	140.40	4.50	0.50	0.00	0.00	263.20	22.60	2.00	2.08	2.00	0.36	0.00	52.00	3.02	(M)	(M)
Vegetable, Seasoned Corn, Veg-S - SR100218 (1/2 c.)	200	98.40	4.11	1.70	0.00	0.00	35.02	15.83	2.00	0.00(M)	2.09	0.39	2.00	325.00	2.90	(M)	(M)
Vegetables, Mixed Vegetables, Frozen, Veg-O - SR105384 (1/2 c.)	100	85.44	1.84	0.35	0.34(M)	0.00	208.56	14.55	3.40	1.00(M)	3.38	0.83	23.99	3991.66	10.06	19.33 (M)	0.43(M)
Vegetables, Oriental Blend, Monarch, 673427, Veg-O - SR104875 (1/2 c.)	100	30.00	0.00	0.00	0.00	0.00	20.00	5.00	2.00	3.00	2.00	0.00	20.00	300.00	12.00	(M)	(M)

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Category: Fruits; Choose: 2																	
Fresh Fruit Assorted - LR100081 (1/2 c.)	250	85.35	0.18	0.04	0.00(M)	0.00	3.31	22.11	2.74	10.47 (M)	0.69	0.33	14.41	102.28	28.59	51.56 (M)	0.27(M)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	250	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	0.85	0.09	36.00	202.50	47.88	78.08	0.40
Peaches, clingstone, yellow, sliced , fruit and juice; fruit juice or light syrup; sugar or similar sweetener, such as corn syrup, may be added [100219, A408] - SR105221 (1/2 c.)	250	68.00	0.04	0.00	0.00	0.00	6.00	18.26	1.60	(M)	0.55	0.45	3.99	23.00	3.00	(M)	(M)
Peaches, yellow, freestone, frozen, diced (cut 3/8 to ½ inch), sweetened (packed in corn syrup, sugar, juice or syrup composed of peach puree and sugar); ascorbic or citric acid added [100241, A416] - SR105225 (1/2 c.)	250	80.00	0.00	0.00	0.00	0.00	0.00	19.00	1.00	(M)	1.00	0.36	0.00	300.00	162.00	(M)	(M)
Pears, canned, juice pack, solids and liquids - SR106692 (1 cup, halve)	250	124.00	0.17	0.01	0.00	0.00	9.92	32.09	3.97	24.06	0.84	0.72	22.32	14.88	3.97	214.45	0.47
Pineapple, Canned, tidbits, in juice, fancy 100% Hawaiian, 24/20 oz; as served - SR105251 (1/2 c.)	250	69.99	0.00	0.00	(M)	0.00	9.99	17.00	1.00	(M)	0.51	0.35	0.00	0.00	11.99	(M)	(M)
Tangerines, (mandarin oranges), canned, juice pack - SR105085 (1/2 c.)	250	46.06	0.04	0.00	0.00	0.00	6.22	11.91	0.87	11.04	0.77	0.34	13.70	1060.74	42.58	111.44	0.35
Category: Milk; Choose: 1																	
Milk 8oz Variety (Skim, 1% and Chocolate) - LR100016 (8 ounces)	2,500	106.67	0.83	0.50	0.00	6.67	146.67	15.33	0.00	14.00	8.00	0.00	300.00	500.00	2.00	(M)	(M)
Category: Condiments; Choose: 1																	
Condiments, Syrup Americana, Portion Pac 1.5oz, Heinz - TSR1249 (1 ea.)	200	120.00	0.00	0.00	0.00	0.00	0.00	31.00	0.00	19.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Category: Desserts; Choose: 1																	
Dessert, Baked Apple Slices, Fruit - SR102645 (4 ounces)	200	45.85	0.00	0.00	0.00(M)	0.00	5.45	11.54	1.17	1.67(M)	0.01	1.57	1.65	0.48	1.30	0.02(M)	0.01(M)