

Menu Nutrient Analysis

Generated 10/07/2016 09:36:16 AM 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)
BBQ Beef Rib on WG Hamburger Bun,LM - TSR1436 (1 ea.)	100	333.11	9.50	3.10	0.00	41.00	1253.44	42.53	6.56	15.44	19.76	2.44(M)	54.00 (M)	99.00 (M)	3.40(M)	(M)	(M)
Cheese, Mozzarella Cheese Stick with Sauce Rich 65220 WG, LM - TSR1439 (1 ea.)	100	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 Salad - Lunch Salad - LR100287 (1 ea.)	50	510.52	24.24	3.88	0.00(M)	114.43	983.45	39.57	10.51	6.07	39.63	5.97(M)	153.07 (M)	29525.9 5(M)	17.81 (M)	317.62 (M)	1.95(M)
Chicken Chimichanga - LR100275 (1 ea.)	50	457.40	22.54	12.17	0.00(M)	104.23	1579.12	39.40	4.50	3.39	34.44	2.94	352.00 (M)	844.63	1.19	16.74 (M)	1.66(M)
Chicken Fajita with Peppers and Onions - HS/MS - LR100274 (2 ea.)	50	420.14	10.06	4.26	0.00(M)	85.00 (M)	1217.06	48.92	7.86	6.82(M)	36.05	1.62(M)	181.92 (M)	1146.29 (M)	30.58 (M)	40.79 (M)	0.53(M)
Chicken Parmesan, Brd with Spaghetti Sauce and Mozzarella Cheese - LR100122 (1 ea.)	0	481.57	10.38	3.68	0.00	86.60 (M)	942.79	51.36	5.20	6.92	44.24	3.42	236.00	388.00	4.68	(M)	(M)
Chicken Tender with WG Spolettini - LR100072 (1 ea.)	100	382.50	16.25	2.50	0.00	37.50	847.49	35.25	3.25	1.00	24.25	1.53	20.00	0.00	1.20	(M)	(M)
Chicken, General Tso's HS with Vegetables - LR100214 (1/2 c.)	100	209.50	2.01	0.00	0.00	28.93	244.45	32.89	2.95	1.89	16.24	0.97(M)	8.22(M)	26.71 (M)	13.07 (M)	(M)	(M)
Chicken, Lemon Buttered over Noodles HS/MS, LM - TSR1498 (12 ounces)	100	528.52	14.88	4.82	0.00(M)	152.99	993.81	57.17	5.80	4.33(M)	43.24	242.82	3.00	371.19	2.94	0.01(M)	0.25(M)
Chicken, Spicy Sandwich, B/S Chicken, WG - LR100286 (1 sandwich)	50	322.48	3.57	0.00	0.00	69.43	1239.59	36.54	3.66	2.38	35.09	2.59	24.40	320.00	2.93	(M)	(M)
Crispy Chicken Bowl with Mashed Potatoes, Corn and Gravy - LR100138 (1 bowl)	50	490.31	24.11	5.03	0.06(M)	46.01	1140.12	47.05	4.75	0.08(M)	24.89	1.00	54.80	356.83	11.65	112.12 (M)	1.53(M)
Deli MS - Variety - LR100086 (1 ea.)	50	437.07	20.23	8.12	0.07(M)	66.96	1308.07	35.67	2.46	4.00(M)	27.05	2.24	197.53	422.04 (M)	4.92(M)	16.22 (M)	0.26(M)
Entree, Cheese Quesadilla,ES MMA, WG, Veg-RO - LR100159 (1 each quesadilla)	100	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 HS, WW Morabito, American Cheese Land O' Lakes WG MMA - LR100201 (1 sandwich)	100	404.77	25.31	13.33	0.00	50.00	1483.50	33.59	3.95	5.95	17.89	1.42	69.46	933.32	0.00	(M)	(M)
Hot Dog with WG Roll, BallPark 16719 - LR100264 (1 ea.)	75	277.80	15.49	5.00	1.00	30.00	765.40	24.56	1.96	0.98	9.92	1.77	19.60	0.00	4.75	(M)	(M)
Hummus Platter - LR100242 (1 ea.)	25	397.36	14.64	1.10	0.05(M)	0.26(M)	422.44	57.78	9.03	4.45(M)	11.35	2.83	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)

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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, Beef Nachos, Grande HS, MMA, WG, Veg-RO - LR100219 (1 ea.)	100	573.90	26.61	9.74	0.46(M)	57.24	1016.44	51.57	5.46	3.56(M)	33.31	5.59	398.26	1628.96 (M)	11.00 (M)	1.50(M)	1.01(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.)	0	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, Spaghetti with Meatballs 2 oz, MMA, WG, Veg-RO - LR100161 (1 ea.)	100	304.25	13.28	5.13	0.00	45.56 (M)	565.38	27.62	4.20	4.51(M)	17.89	2.34	40.25	252.00	5.71	(M)	(M)
Pierogies, Mini Mrs T's Potato and Cheese - LR100289 (6 ea.)	0	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, All Varieties - HS/MS - LR100056 (1 slices,eac)	100	358.93	15.59	7.98	0.00(M)	40.17	606.61	36.86	1.70	8.04(M)	18.16	2.36	293.68	385.66	1.23	1.87(M)	0.01(M)
Pizza, Stick 7" WG, Bosco Pizza Co., 2372, MMA, WGR - LR100282 (1 stick.)	50	260.00	9.00	4.50	0.00	25.00	510.00	32.00	3.00	3.00	11.00	1.80	150.00	400.00	3.60	(M)	(M)
Quesadilla, Cheese Quesadilla, MS/HS, MMA, WG, LM - LR100285 (1 ea.)	50	402.75	22.72	13.65	0.00	60.75	675.24	33.02	5.00	1.00(M)	19.18	0.00	1486.41	2169.61	0.00	(M)	(M)
Quesadilla, Chicken and Cheese Quesadilla, MS/HS, MMA, WG, LM - LR100284 (1 ea.)	50	398.43	16.54	8.84	0.00(M)	77.76	1014.90	35.13	5.00	2.03(M)	29.81	0.00	792.14	1128.20	0.00	(M)	(M)
Quesadilla, Steak&Cheese, MMA - LR100038 (1 ea.)	100	347.31	23.82	14.76	0.00(M)	89.06	707.60	6.92	0.66	1.79(M)	26.26	7.62	422.23	611.76	0.87	(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 without Cheese, MMA, WG, LM - TSR1456 (1 ea.)	50	230.00	8.50	3.50	0.50	40.00	330.00	22.00	2.00	1.00	14.00	2.52	20.00	0.00	2.40	(M)	(M)
Sandwich, Philly Cheese Steak Sandwich MMA, Non-WG, LM - TSR1458 (1 sandwich)	100	341.99	12.03	5.44	0.00	47.56	752.48	36.67	2.16	2.00(M)	22.33	3.60	344.47	542.40	0.00	(M)	(M)
Sandwich, Philly Steak Sandwich MMA, Non-WG - LR100257 (1 sandwich)	75	291.36	7.98	2.91	0.00	34.91	514.54	36.16	2.16	2.00	19.80	3.60	73.27	0.00	0.00	(M)	(M)
Sandwich, Turkey and Cheese on Club Roll - LR100260 (1 sandwich)	100	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)

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Sandwich, Veggie Burger on Bun MMA, WG - LR100227 (1 ea.)	100	274.18	5.72	0.75	0.00	0.00	752.39	35.43	6.48	2.49	18.93	2.52	79.70	298.51	2.40	(M)	(M)
Tacos, Soft Beef Tacos, MMA, Non-WG, Veg-RO, Veg-BP - LR100181 (1 Soft Taco)	100	228.84	8.73	4.27	0.00(M)	25.48	454.41	23.86	5.23	1.84(M)	15.81	2.25(M)	193.42 (M)	688.17 (M)	7.95(M)	29.92 (M)	0.46(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)
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)
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)
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)

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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 1/2 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)