

Menu Cycle Week – Nutrient Analysis

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 within the required range.

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)	Mois (g)
Elementary School Lunch SY21-22 Term 1 Week 1 Day 1 - Day: 1	100																		
Category: Entrée/Combo; May Choose: 1																			
BBQ Burger w/ Coleslaw - SMR1623 (1 ea.)	20	339.12	10.17	3.55	0.00	40.00	1184.36	44.59	5.81	15.04	8.59(M)	17.42	3.29	71.88	1304.29 (M)	18.15 (M)	0.00(M)	26.04 (M)	35.34 (M)
Garden Burger, veggie patty - SMR1158 (1 burger)	10	210.00	5.00	0.00	0.00	0.00	660.00	32.00	9.00	3.00	(M)	17.00	3.24	100.00	0.00	0.00	(M)	(M)	(M)
Turkey and Cheese Sub, Richs whole grain, American LOL - SMR1776 (1 sandwich)	30	445.00	13.00	4.50	0.00	60.00	1060.00	47.50	5.78	6.50	0.00(M)	34.00	1.80(M)	15.75 (M)	0.00(M)	0.00(M)	0.00(M)	280.00 (M)	(M)
Category: Fruit; May Choose: 2																			
C - Pineapple, canned, tidbits, juice pack, drained - SR1495 (1/2 c.)	200	63.20	0.00	0.00	0.00	0.00	0.00	16.43	1.26	13.90	0.00	0.00	0.00	25.28	(M)	(M)	0.00	149.15	0.00(M)
Category: Vegetable; May Choose: 2																			
Baked Beans vegetarian HS - SMR1653 (1 c.)	100	351.80	0.01	0.01	0.00	0.00	1175.14	80.98	10.87	39.66	17.79 (M)	15.06	3.99	103.56	0.29	1.06	0.00(M)	20.89 (M)	12.75 (M)
Garden Bar Week 1 DCPS - SMR1522 (1 salad)	100	115.34	5.77	0.13	0.00	0.00	232.89	13.24	5.53	0.86	0.00(M)	5.37	0.88(M)	45.80 (M)	4999.44 (M)	78.47 (M)	0.00(M)	42.96 (M)	(M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	1	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Elementary School Lunch SY21-22 Term 1 Week 1 Day 2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			

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)	Moisture (g)
Chicken Salad Sandwich, Hamburger Roll - SMR1406 (1 sandwich)	10	330.32	14.78	2.13	0.00	55.00	529.25	32.28	4.28	5.22(M)	0.00(M)	21.12	1.48(M)	46.70 (M)	72.96 (M)	0.52(M)	0.00(M)	42.25 (M)	15.52 (M)
Tony's Galaxy Pizza, 4" Round Galaxy Cheese Pizza - SMR1435 (1 pizza)	30	280.00	12.00	6.00	0.00	30.00	410.00	26.00	3.00	8.00	2.00	15.00	1.80	280.00	0.00(M)	0.00	0.00	390.00	(M)
Turkey Sausage Pizza, Big Daddy's Hand Tossed Style 16" 51% Whole Grain - SMR1251 (1 slice)	50	430.40	17.52	7.51	0.00	48.51	517.70	43.00	4.00	7.00	(M)	23.39	2.97	250.00	433.78	0.68	(M)	(M)	(M)
Category: Fruit; May Choose: 1																			
use SR1161 - Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct - SMR1309 (1 extra smal)	100	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64
Category: Vegetable; May Choose: 2																			
Garden Bar Week 1 DCPS - SMR1522 (1 salad)	100	115.34	5.77	0.13	0.00	0.00	232.89	13.24	5.53	0.86	0.00(M)	5.37	0.88(M)	45.80 (M)	4999.44 (M)	78.47 (M)	0.00(M)	42.96 (M)	(M)
Roasted Broccoli - SMR1052 (1 c.)	100	40.24	2.00	0.16	0.00	0.00	21.64	5.03	1.79	1.11	0.00(M)	1.97	0.54	31.65	398.58 (M)	56.91 (M)	0.00(M)	201.57 (M)	0.09(M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			
Mayonnaise, Light Cholesterol Free Dressing - SR1005 (1 tbsp.)	1	50.00	4.50	0.50	0.00	5.00	85.00	3.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Elementary School Lunch SY21-22 Term 1 Week 1 Day 3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	20	610.88	36.00	4.00	0.00	0.00	540.00	60.43	8.00	25.01	14.00 (M)	20.00	4.32	80.00	0.00(M)	0.00(M)	0.00(M)	380.00 (M)	(M)

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)	Mois (g)	
Category: Meat/MA; May Choose: 1																				
Sweet & Sour Vegetables w/ Grilled Chicken Dippers - SMR1416 (1 c.)	30	277.28	12.03	2.92	0.00	94.50	489.73	12.61	0.49	9.16	0.00(M)	28.71	0.20(M)	12.81 (M)	332.33 (M)	11.03 (M)	0.00(M)	24.72 (M)	14.17 (M)	
Sweet & Sour Vegetables w/garbanzo beans Vegan - SMR1797 (1 c.)	20	355.99	1.75	0.00	0.00	0.00	2309.60	73.33	5.00	52.99	0.00(M)	12.86	1.22	41.23	75.29 (M)	13.55 (M)	0.00(M)	209.35 (M)	(M)	
Category: Grains; May Choose: 1																				
HS Brown Rice - SMR1554 (1 c.)	30	117.19	0.69	0.00	0.00	0.00	2.03	25.51	1.38	0.00	(M)	2.76	0.50	2.03	0.00	0.00	(M)	(M)	67.59 (M)	
Category: Fruit; May Choose: 2																				
Peach, Fresh - SR3101 (1 ea.)	200	58.50	0.00	0.00	0.00	0.00	0.00	14.31	2.25	12.59	0.00	1.36	1.62	9.00	489.00	9.90	0.00	285.00	(M)	
Category: Vegetable; May Choose: 1																				
Garden Bar Week 1 DCPS - SMR1522 (1 salad)	50	115.34	5.77	0.13	0.00	0.00	232.89	13.24	5.53	0.86	0.00(M)	5.37	0.88(M)	45.80 (M)	4999.44 (M)	78.47 (M)	0.00(M)	42.96 (M)	(M)	
Mixed Garden Vegetables, carrots, corn, green beans, peas (1/2c = 1/8c red + 1/4c starchy+1/8c other Summer - SMR1749 (1 c.)	50	103.25	0.91	0.16	0.00	0.00	197.89	21.80	6.18	6.60	0.00(M)	4.50	1.48	48.32	9852.03	12.78	0.00(M)	345.18 (M)	117.31 (M)	
Category: Milk; May Choose: 1																				
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)	
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)	
Category: Condiment; May Choose: 1																				
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	
Elementary School Lunch SY21-22 Term 1 Week 1 Day 4 - Day: 4		100																		
Category: Entrée/Combo; May Choose: 1																				
EM-Italian Sandwich, hamburger bun, turkey ham, turkey, salami,American - SMR1904 (1 sandwich)	10	322.78	10.77	3.17	0.00	84.72	1154.53	26.51	4.00	3.75	0.25(M)	33.69	2.29(M)	52.66 (M)	0.00(M)	0.30(M)	0.00(M)	352.78 (M)	(M)	

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)	Moisture (g)
Rainbow Vegan Chili - SMR1788 (1 c.)	20	221.10	1.51	0.06	0.00	0.00	446.36	42.67	11.13	9.40	0.00(M)	11.46	4.14	105.98	3796.23 (M)	43.19 (M)	0.13(M)	850.67 (M)	209.64 (M)
Category: Meat/MA; May Choose: 1																			
Chili, Turkey - SMR1394 (1 c.)	20	201.13	3.90	0.97	0.00	25.07	497.58	28.43	6.91	5.51(M)	0.00(M)	15.52	3.19	72.75	2570.96	39.66	0.00(M)	544.51 (M)	179.03 (M)
Category: Grains; May Choose: 1																			
Tortilla Chips, Tostitos crispy rounds, whole grain - SMR1279 (1 1/2 oz.)	10	198.45	8.51	1.42	0.00	0.00	163.01	28.35	2.83	0.00	0.00	2.83	0.71	42.52	0.00(M)	0.00(M)	0.00	0.00	(M)
Category: Fruit; May Choose: 1																			
Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	100	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	(M)	(M)	(M)
Category: Vegetable; May Choose: 2																			
Carrots, coins, seasoned HS - SMR1665 (1 c.)	100	177.95	12.06	1.03	0.00	0.00	134.91	18.44	7.65	9.28	0.00(M)	1.51	1.29	81.89	38393.63(M)	5.23(M)	0.00(M)	435.45 (M)	219.73 (M)
Garden Bar Week 1 DCPS - SMR1522 (1 salad)	100	115.34	5.77	0.13	0.00	0.00	232.89	13.24	5.53	0.86	0.00(M)	5.37	0.88(M)	45.80 (M)	4999.44 (M)	78.47 (M)	0.00(M)	42.96 (M)	(M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			
Mayonnaise, Light Cholesterol Free Dressing - SR1005 (1 tbsp.)	1	50.00	4.50	0.50	0.00	5.00	85.00	3.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Elementary School Lunch SY21-22 Term 1 Week 1 Day 5 - Day: 5																			
Category: Entrée/Combo; May Choose: 1																			
Bean & Cheese de Chile Relleno Burrito - SMR1890 (7 2/3 oz.)	20	141.50	5.13	2.24	0.00	7.34	242.37	18.22	2.83	0.68	0.00	5.99	1.27	110.83	187.95	12.88	0.00	197.52	36.35

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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)	Mois (g)
Hearty Garden Salad 612, RECIPE - SMR1382 (1 c.)	40	3.31	0.08	0.02	0.00	1.86	3.77	0.46	0.14	0.11	0.00(M)	0.22	0.09	2.88	137.22 (M)	0.50(M)	0.01(M)	14.93 (M)	2.53(M)
Category: Meat/MA; May Choose: 1																			
Chicken Drumstick Baked in Mumbo Sauce - SMR1755 (5 1/4 oz.)	40	250.48	10.10	2.52	0.00	90.06	777.91	25.55	0.34	21.90	16.70 (M)	16.19	0.93	3.34	267.94 (M)	0.11(M)	0.03(M)	8.91(M)	6.37(M)
Category: Grains; May Choose: 1																			
Honey Corn Biscuit - SMR1650 (1 biscuit)	10	230.00	10.00	6.00	0.00	0.00	500.00	32.00	2.40	5.00	(M)	4.00	1.40	(M)	6.90	0.06	(M)	(M)	(M)
Tortilla Chips, Tostitos crispy rounds, whole grain - SMR1279 (1 1/2 oz.)	10	198.45	8.51	1.42	0.00	0.00	163.01	28.35	2.83	0.00	0.00	2.83	0.71	42.52	0.00(M)	0.00(M)	0.00	0.00	(M)
Category: Fruit; May Choose: 1																			
F - Oranges, fresh, whole, unpeeled - SR1171 (1 small (2-3))	100	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28
Category: Vegetable; May Choose: 2																			
Corn, frozen, Corn on the Cob, heated - SMR1778 (3/4 c.)	100	12.53	0.10	0.02	0.00	0.00	0.15	2.98	0.37	0.48	0.00	0.39	0.07	0.46	30.78	0.54	0.00	36.04	11.92
Garden Bar Week 1 DCPS - SMR1522 (1 salad)	100	115.34	5.77	0.13	0.00	0.00	232.89	13.24	5.53	0.86	0.00(M)	5.37	0.88(M)	45.80 (M)	4999.44 (M)	78.47 (M)	0.00(M)	42.96 (M)	(M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)

Menu Cycle Week – Nutrient Analysis

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 within the required range.

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)	Mois (g)
Elementary School Lunch SY21-22 Term 1 Week 2 Day 1 - Day: 1	100																		
Category: Entrée/Combo; May Choose: 1																			
Chef Salad Wrap, 10-inch tortilla, turkey, American, mixed greens, ranch - SMR1445 (1 wrap)	10	429.53	20.07	8.01	0.00	80.00	1385.18	35.58	4.24	4.80	0.50(M)	26.67	2.94	332.43	352.97 (M)	3.98(M)	0.00(M)	486.69 (M)	12.38 (M)
Copy of Hot Dog, Original , turkey frank, hot dog bun, RECIPE - SMR1176 (1 serving (1))	50	260.00	10.50	2.50	0.00	60.00	450.00	28.00	3.00	2.00	2.00(M)	15.00	3.44	131.00	0.00(M)	0.00(M)	0.00(M)	106.00 (M)	(M)
Grilled Cheese Sandwich, american cheese, mozzarella cheese, whole grain, reduced sodium - SMR1434 (1 sandwich)	40	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	5.65	(M)	18.55	1.64	465.89	523.96	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 1																			
Mixed Fruit, fruit cocktail (peach, pear, pineapple, apple, banana), RECIPE - SR1209 (1/2 c.)	100	58.17	0.09	0.02	0.00	0.00	2.97	15.15	1.72	11.72	0.00(M)	0.52	0.23	10.26	182.96 (M)	3.49(M)	0.00(M)	34.58 (M)	7.77(M)
Category: Vegetable; May Choose: 2																			
Blue Ribbon Slaw, cabbage, slaw juice, carrots, onion (1/2c = 1/2c other veg) , Recipe - SMR1762 (1 c.)	100	87.37	0.27	0.06	0.00	0.00	227.50	20.76	3.00	16.17	12.48 (M)	1.49	0.86	55.90	3401.57	30.77	0.00(M)	213.61 (M)	99.20 (M)
Garden Bar Week 2 DCPS - SMR1523 (1 salad)	100	65.90	0.19	0.03	0.00	0.00	52.01	11.98	4.92	2.28	0.00	4.58	1.91	69.47	5644.65 (M)	81.00 (M)	0.00(M)	252.04 (M)	21.77 (M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			
Mayonnaise, Light Cholesterol Free Dressing - SR1005 (1 tbsp.)	1	50.00	4.50	0.50	0.00	5.00	85.00	3.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

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)	Mois (g)
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	1	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Elementary School Lunch SY21-22 Term 1 Week 2 Day 2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
Chicken Alfredo Pasta Dish , JTM Alfredo sauce - SMR1352 (1 c.)	50	313.32	11.06	5.35	0.00	40.38	889.97	37.98	5.27	6.49	0.00(M)	19.28	2.08(M)	338.98 (M)	496.06 (M)	19.68 (M)	0.01(M)	6.75(M)	84.37 (M)
Southwest Chicken Sandwich - SMR1703 (1 sandwich)	10	804.10	25.82	8.54	0.00	74.22	1350.20	99.11	12.75	14.64	0.84(M)	41.77	4.06(M)	251.32 (M)	208.25 (M)	3.44(M)	0.20(M)	222.92 (M)	36.70 (M)
Veggie Alfredo Pasta Dish , JTM Alfredo sauce - SMR1922 (1 c.)	30	290.21	10.18	5.08	0.00	29.71	869.53	37.80	5.27	6.49	0.00(M)	15.73	2.08	338.98	496.06 (M)	19.68 (M)	0.01(M)	6.75(M)	84.37 (M)
Category: Grains; May Choose: 1																			
Garlic Knot, Ripstick - SR1255 (1 roll.)	50	110.72	4.05	0.22	0.00	0.00	95.84	15.02	2.17	2.03	2.00(M)	3.23	0.96	13.21	7.08(M)	0.08(M)	0.30(M)	50.00 (M)	0.09(M)
Tortilla Chips, Tostitos crispy rounds, whole grain - SMR1279 (1 1/2 oz.)	10	198.45	8.51	1.42	0.00	0.00	163.01	28.35	2.83	0.00	0.00	2.83	0.71	42.52	0.00(M)	0.00(M)	0.00	0.00	(M)
Category: Fruit; May Choose: 1																			
Green Seedless Grapes - SR1601 (1/2 c.)	100	62.60	0.14	0.05	0.00	0.00	1.81	16.42	0.82	14.04	(M)	0.65	0.33	9.07	59.87	2.90	(M)	(M)	73.06
Category: Vegetable; May Choose: 2																			
Garden Bar Week 2 DCPS - SMR1523 (1 salad)	100	65.90	0.19	0.03	0.00	0.00	52.01	11.98	4.92	2.28	0.00	4.58	1.91	69.47	5644.65 (M)	81.00 (M)	0.00(M)	252.04 (M)	21.77 (M)
HS Green Beans, frozen cut, heated, drained - SMR1548 (1 c.)	100	30.65	1.43	0.12	0.00	0.00	37.71	4.47	2.04	1.27	0.00(M)	1.03	0.46	28.74	283.02 (M)	2.77(M)	0.00(M)	107.33 (M)	3.71(M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			

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)	Mois (g)
Mayonnaise, Light Cholesterol Free Dressing - SR1005 (1 tbsp.)	1	50.00	4.50	0.50	0.00	5.00	85.00	3.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Elementary School Lunch SY21-22 Term 1 Week 2 Day 3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Spectacular Sweet Potato Wrap Humane Society - SMR1809 (1 ea.)	10	471.99	5.57	1.56	0.00	0.00	1379.66	92.51	18.08	14.80	0.00(M)	15.36	4.00(M)	217.37 (M)	10377.76 (M)	20.03 (M)	0.00(M)	661.18 (M)	68.23 (M)
Teriyaki Vegetables w/ Garbanzo Beans Vegan - SMR1787 (1 c.)	25	311.82	3.49	0.00	0.00	0.00	402.59	52.97	9.65	19.65	0.00(M)	14.05	2.44	79.02	133.41 (M)	24.01 (M)	0.00(M)	418.71 (M)	(M)
Category: Meat/MA; May Choose: 1																			
Teriyaki Vegetables w/ Grilled Chicken - SMR1339 (1 c.)	25	517.02	18.90	5.40	0.00	189.00	1076.34	21.74	2.67	15.37	(M)	58.53	0.00(M)	26.68 (M)	133.41 (M)	24.01 (M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
HS Brown Rice - SMR1554 (1 c.)	30	117.19	0.69	0.00	0.00	0.00	2.03	25.51	1.38	0.00	(M)	2.76	0.50	2.03	0.00	0.00	(M)	(M)	67.59 (M)
Category: Fruit; May Choose: 1																			
Nectarine, Fresh - SMR1669 (1 ea.)	100	62.48	0.00	0.00	0.00	0.00	0.00	14.98	2.41	11.20	0.00	1.50	0.40	8.52	471.44	7.67	0.00	285.42	(M)
Category: Vegetable; May Choose: 2																			
Garden Bar Week 2 DCPS - SMR1523 (1 salad)	100	65.90	0.19	0.03	0.00	0.00	52.01	11.98	4.92	2.28	0.00	4.58	1.91	69.47	5644.65 (M)	81.00 (M)	0.00(M)	252.04 (M)	21.77 (M)
Roasted Orange Broccoli - SMR1754 (4 oz.)	100	73.88	5.73	0.41	0.00	0.03	132.21	5.52	0.97	3.35	2.13(M)	1.32	0.34	19.98	226.07 (M)	34.48 (M)	0.03(M)	125.81 (M)	2.52(M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			

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)	Mois (g)
Mayonnaise, Light Cholesterol Free Dressing - SR1005 (1 tbsp.)	1	50.00	4.50	0.50	0.00	5.00	85.00	3.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Elementary School Lunch SY21-22 Term 1 Week 2 Day 4 - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
Breakfast for Lunch - SMR1357 (1 serving)	40	358.00	15.80	3.63	4.50	221.00	272.00	39.56	3.00	12.56	(M)	16.29	1.31(M)	45.00 (M)	260.00 (M)	0.00(M)	(M)	(M)	(M)
Breakfast for Lunch - Vegetarian - SMR1924 (1 serving)	40	298.00	11.30	2.13	0.00	186.00	192.00	39.56	3.00	12.56	(M)	10.29	1.31	45.00	260.00	0.00	(M)	(M)	(M)
Chilly Philly Sub, Richs whole grain, turkey - SMR1842 (1 sandwich)	10	385.82	14.65	4.21	0.00	60.19	776.51	35.14	4.09	6.98	4.00(M)	29.68	2.29	211.09	144.27 (M)	33.01 (M)	0.80(M)	534.33 (M)	31.65 (M)
Category: Fruit; May Choose: 1																			
F - Pears, fresh, whole, unpeeled, ready-to-serve, 120 ct - SR1585 (1 medium)	100	101.46	0.25	0.04	0.00	0.00	1.78	27.11	5.52	17.36	(M)	0.64	0.32	16.02	44.50	7.65	(M)	(M)	149.45
Category: Vegetable; May Choose: 2																			
Garden Bar Week 2 DCPS - SMR1523 (1 salad)	100	65.90	0.19	0.03	0.00	0.00	52.01	11.98	4.92	2.28	0.00	4.58	1.91	69.47	5644.65 (M)	81.00 (M)	0.00(M)	252.04 (M)	21.77 (M)
HS Corn, frozen, whole kernel, heated - SMR1552 (1 c.)	100	68.89	0.57	0.09	0.00	0.00	0.85	16.41	2.04	2.61	0.00	2.17	0.35	3.40	2.55	5.36	0.00	198.16	63.79
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Pancake & Waffle Syrup, PC - SMR1210 (1 fl. oz.)	1	110.00	0.00	0.00	0.00(M)	0.00	20.00	29.00	0.00(M)	22.00	22.00	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)

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)	Mois (g)	
Elementary School Lunch SY21-22 Term 1 Week 2 Day 5 - Day: 5	100																			
Category: Entrée/Combo; May Choose: 1																				
Coyote Grill Cheese Quesadilla, whole grain - SMR1436 (2 pcs.)	40	310.00	12.00	6.00	0.00	45.00	560.00	32.00	3.00	3.00	0.00	19.00	2.70	329.00	77.00	0.00	0.00	246.00	(M)	
Coyote Grill Chicken & Cheese Quesadilla, whole grain - SMR1437 (2 pcs.)	40	300.00	11.00	5.00	0.00	45.00	570.00	32.00	3.00	3.00	0.00	19.00	2.40	252.00	61.00	0.00	0.00	258.00	(M)	
Taco Salad with Chicken Dippers 612 - SMR1562 (1 salad)	10	295.87	13.15	5.05	0.00	98.14	439.41	24.00	6.00	3.07	(M)	29.42	2.65	184.11	(M)	(M)	(M)	(M)	(M)	
Category: Fruit; May Choose: 1																				
Peach, Fresh - SMR1670 (1 ea.)	100	58.50	0.00	0.00	0.00	0.00	0.00	14.31	2.25	12.59	0.00	1.36	1.62	9.00	489.00	9.90	0.00	285.00	(M)	
Category: Vegetable; May Choose: 2																				
Garden Bar Week 2 DCPS - SMR1523 (1 salad)	100	65.90	0.19	0.03	0.00	0.00	52.01	11.98	4.92	2.28	0.00	4.58	1.91	69.47	5644.65 (M)	81.00 (M)	0.00(M)	252.04 (M)	21.77 (M)	
Updated Mexican Black Beans, onion, pepper, jalapeno, cilantro, spices, RECIPE - SMR1494 (3/4 c.)	100	124.82	0.08	0.01	0.00	0.00	145.57	23.00	5.77	1.76	0.00(M)	7.72	2.12	92.09	61.50 (M)	8.92(M)	0.00(M)	546.35 (M)	42.52 (M)	
Category: Milk; May Choose: 1																				
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)	
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)	
Category: Condiment; May Choose: 1																				
Campbell's Thick 'n Chunky Salsa - SMR1440 (2 tbsp.)	1	10.00	0.00	0.00	0.00	0.00	230.00	3.00	1.00	2.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	

Menu Cycle Week – Nutrient Analysis

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 within the required range.

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)	Moisture (g)	
Elementary School Lunch SY21-22 Term 1 Week 3 Day 1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Glorious Macaroni & Cheese Pasta, macaroni, Inspire, RECIPE - SMR1186 (1 #6 scoop)	20	375.33	19.17	10.02	0.00	59.19	1183.79	34.40	4.09	4.06	0.00(M)	20.05	1.94	458.62	903.44 (M)	0.95(M)	0.00(M)	3.96(M)	42.70 (M)	
Turkey Macaroni: K12 - SMR1320 (2/3 c.)	20	417.86	9.80	3.50	0.01	51.72	690.60	62.53	9.09	9.89	0.00(M)	26.83	5.39	133.34	717.39 (M)	13.93 (M)	0.05(M)	5.60(M)	(M)	
Category: Meat/MA; May Choose: 1																				
Salad, Chef, American - SR1083 (1 salad)	50	266.21	14.09	5.22	0.00	229.12	642.65	9.28	2.47	4.20	0.00(M)	26.00	3.14(M)	77.30 (M)	1596.67 (M)	10.34 (M)	0.97(M)	853.97 (M)	81.44 (M)	
Category: Grains; May Choose: 1																				
Garlic Knot, Ripstick - SR1255 (1 roll.)	50	110.72	4.05	0.22	0.00	0.00	95.84	15.02	2.17	2.03	2.00(M)	3.23	0.96	13.21	7.08(M)	0.08(M)	0.30(M)	50.00 (M)	0.09(M)	
Category: Fruit; May Choose: 1																				
F - Pears, fresh, whole, unpeeled, ready-to-serve, 120 ct - SR1585 (1 medium)	100	101.46	0.25	0.04	0.00	0.00	1.78	27.11	5.52	17.36	(M)	0.64	0.32	16.02	44.50	7.65	(M)	(M)	149.45	
Category: Vegetable; May Choose: 2																				
Garden Bar Week 3 DCPS - SMR1524 (1 salad)	100	51.50	0.07	0.01	0.00	0.00	52.12	8.56	4.50	1.91	0.00	4.16	1.86	71.31	5619.74 (M)	80.71 (M)	0.00(M)	226.57 (M)	20.52 (M)	
Sautéed Kale with Ginger & Soy - SMR1508 (1 c.)	100	59.84	2.32	0.28	0.00	0.03	188.89	7.93	6.42	1.58	0.00(M)	4.91	2.56	396.29	7421.67	144.88	0.03(M)	546.60 (M)	134.99	
Category: Milk; May Choose: 1																				
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)	
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)	
Category: Condiment; May Choose: 1																				
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	

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)	Mois (g)
Elementary School Lunch SY21-22 Term 1 Week 3 Day 2 - Day: 2	100																		
Category: Meat/MA; May Choose: 1																			
Baked Tofu Cubes, plain - SR2069 (2 5/8 oz.)	40	255.80	19.29	2.21	0.00	0.00	354.73	3.81	3.06	0.00	0.00(M)	22.40	3.48	886.06	216.74 (M)	0.26(M)	0.00(M)	0.00(M)	0.00(M)
Chicken Dipper Salad 612 - SMR1118 (1 salad)	10	336.00	14.10	5.23	0.00	107.00	611.45	15.29	4.49	4.93	0.00(M)	35.42	2.46(M)	167.57 (M)	1539.13 (M)	22.82 (M)	0.10(M)	438.57 (M)	58.54 (M)
Jamaican Jerk Chicken, Pulled Chicken, Orange Juice, Seasoning RECIPE - SMR1182 (1 #16 scoop)	10	123.75	5.25	1.50	0.00	52.50	585.00	2.38	0.00	1.50	(M)	15.75	0.00(M)	0.00(M)	0.00(M)	2.63(M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
HS Brown Rice - SMR1554 (1 c.)	40	117.19	0.69	0.00	0.00	0.00	2.03	25.51	1.38	0.00	(M)	2.76	0.50	2.03	0.00	0.00	(M)	(M)	67.59 (M)
Tortilla Chips, Tostitos crispy rounds, whole grain - SMR1279 (1 1/2 oz.)	10	198.45	8.51	1.42	0.00	0.00	163.01	28.35	2.83	0.00	0.00	2.83	0.71	42.52	0.00(M)	0.00(M)	0.00	0.00	(M)
Category: Fruit; May Choose: 1																			
Mandarin Oranges, canned in light syrup, drained - SR1557 (1/2 c.)	100	54.99	0.00	0.00	0.00	0.00	0.00	13.75	0.92	12.83	12.83	0.00	0.00	5.50	(M)	(M)	3.67	69.66	(M)
Category: Vegetable; May Choose: 2																			
Garden Bar Week 3 DCPS - SMR1524 (1 salad)	100	51.50	0.07	0.01	0.00	0.00	52.12	8.56	4.50	1.91	0.00	4.16	1.86	71.31	5619.74 (M)	80.71 (M)	0.00(M)	226.57 (M)	20.52 (M)
Lentils Jamaican Jerk - SMR1343 (1 c.)	100	116.00	0.00	0.00	0.00	0.00	864.00	30.00	12.00	2.00	(M)	10.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Elementary School Lunch SY21-22 Term 1 Week 3 Day 3 - Day: 3	100																		

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)	Mois (g)
Category: Entrée/Combo; May Choose: 1																			
Buffalo Chicken Barbecue Nachos, DCPS - SMR1421 (1 serving)	20	406.55	20.00	7.38	0.00	60.61	1596.73	36.46	3.39	4.62	3.49(M)	20.20	0.74(M)	250.89 (M)	1399.38 (M)	0.54(M)	0.10(M)	62.86 (M)	5.13(M)
Buffalo Chicken Wrap, 10-inch,cheddar, Buffalo side vegetables - SMR1843 (1 wrap)	30	395.74	14.86	4.74	0.00	80.55	1716.08	32.76	4.16	2.95	1.00(M)	31.13	1.71(M)	227.83 (M)	1981.02 (M)	1.16(M)	0.30(M)	224.66 (M)	19.89 (M)
Southwest Black Bean Nachos - SMR1336 (1 nacho)	20	372.00	12.00	6.00	0.00	0.00	577.00	50.00	7.00	0.00	(M)	9.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened (1/2c = 4.5 oz = 1/2c fruit) , Recipe - SMR1770 (1/2 c.)	100	53.58	0.13	0.01	0.00	0.00	2.55	14.38	1.40	11.98	(M)	0.22	0.29	5.10	37.00	1.28	(M)	(M)	(M)
Category: Vegetable; May Choose: 2																			
Buffalo Cauliflower - SMR1753 (8 oz.)	100	42.95	1.81	0.25	0.00	0.06	231.16	6.02	2.23	1.96	0.00(M)	2.17	0.50	23.64	0.25(M)	48.11 (M)	0.03(M)	38.85 (M)	91.96 (M)
Garden Bar Week 3 DCPS - SMR1524 (1 salad)	100	51.50	0.07	0.01	0.00	0.00	52.12	8.56	4.50	1.91	0.00	4.16	1.86	71.31	5619.74 (M)	80.71 (M)	0.00(M)	226.57 (M)	20.52 (M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			
Mayonnaise, Light Cholesterol Free Dressing - SR1005 (1 tbsp.)	1	50.00	4.50	0.50	0.00	5.00	85.00	3.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Elementary School Lunch SY21-22 Term 1 Week 3 Day 4 - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			
Garden Burger, veggie patty - SMR1158 (1 burger)	30	210.00	5.00	0.00	0.00	0.00	660.00	32.00	9.00	3.00	(M)	17.00	3.24	100.00	0.00	0.00	(M)	(M)	(M)

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)	Mois (g)
Hamburger, 2.0 oz all beef patty, hamburger roll - SMR1612 (1 burger)	30	250.00	10.00	3.50	0.00	40.00	360.00	25.00	4.00	3.00	(M)	16.00	2.52	40.00	0.00	0.00	(M)	(M)	(M)
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	20	610.88	36.00	4.00	0.00	0.00	540.00	60.43	8.00	25.01	14.00 (M)	20.00	4.32	80.00	0.00(M)	0.00(M)	0.00(M)	380.00 (M)	(M)
Category: Fruit; May Choose: 1																			
Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	100	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	(M)	(M)	(M)
Category: Vegetable; May Choose: 2																			
Garden Bar Week 3 DCPS - SMR1524 (1 salad)	100	51.50	0.07	0.01	0.00	0.00	52.12	8.56	4.50	1.91	0.00	4.16	1.86	71.31	5619.74 (M)	80.71 (M)	0.00(M)	226.57 (M)	20.52 (M)
Seasoned Potato Wedges - SMR1347 (1 c.)	100	265.52	8.85	1.11	0.00	11.06	309.77	44.25	4.43	0.00	(M)	4.43	0.80	0.00	0.00	7.97	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	1	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)	(M)
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	1	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Elementary School Lunch SY21-22 Term 1 Week 3 Day 5 - Day: 5																			
Category: Entrée/Combo; May Choose: 1																			
Cheesy Breadstick - SMR1740 (1 ea.)	10	145.09	5.50	3.00	0.00	15.01	250.15	14.01	1.00	2.50	0.50	9.51	0.95	180.11	40.02	0.00	0.00	145.09	(M)
Spaghetti & Turkey Meat Sauce - SMR1214 (1 serving)	50	330.89	8.26	2.14	0.01	44.62	1078.71	47.03	6.78	9.33	0.00(M)	22.40	4.57	46.13	772.68 (M)	11.80 (M)	0.00(M)	0.00(M)	62.91 (M)

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)	Moisture (g)
Veggie Tortellini - SMR1739 (14 pcs.)	40	164.80	2.30	1.15	0.00	10.70	196.69	26.60	3.68	3.37	0.00(M)	9.60	1.84	91.75	2087.41 (M)	15.82 (M)	0.00(M)	106.78 (M)	18.41 (M)
Category: Meat/MA; May Choose: 1																			
Chicken Caesar Salad G612 - SMR1096 (1 salad)	10	191.85	9.52	2.46	0.00	47.09	525.16	11.62	2.39	1.36	0.00(M)	17.16	1.75(M)	102.60 (M)	9923.65 (M)	4.56(M)	0.00(M)	307.74 (M)	107.79 (M)
Category: Grains; May Choose: 1																			
Copy of Dinner Roll, Richs Whole Grain 2.5 oz - SMR1128 (1 roll.)	10	160.00	3.00	0.00	0.00	0.00	135.00	29.00	3.00	4.00	4.00	7.00	1.60	10.00	(M)	(M)	0.80	100.00	(M)
Category: Fruit; May Choose: 1																			
Apples, Sliced, Fresh Peterson Farms - SMR1658 (1/2 c.)	100	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	21.00	(M)	(M)	0.00(M)
Category: Vegetable; May Choose: 2																			
Citrus Glazed Baby Carrots - SMR1111 (1/2 c.)	100	60.45	0.78	0.14	0.00	0.00	67.68	13.35	3.81	8.63	2.50(M)	0.68	0.65	43.03	19196.68	7.86	0.00(M)	217.72 (M)	102.45 (M)
Garden Bar Week 3 DCPS - SMR1524 (1 salad)	100	51.50	0.07	0.01	0.00	0.00	52.12	8.56	4.50	1.91	0.00	4.16	1.86	71.31	5619.74 (M)	80.71 (M)	0.00(M)	226.57 (M)	20.52 (M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)