

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 2-Elementary School Lunch
 Week: 4
 Result: Exceeded

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-8
 Site Group: Inspire

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 650.00]	603.01	
Total Fat (g)		17.53	26.16
Sat Fat (g)(1)	< 10.00 % of Calories	4.99	7.45
Trans Fat (g)(2)		0.00	
Chol (mg)		44.44	
Sodium Target 1 (mg) (1)	<= 1,230.00	879.60	
Sodium Target 1A (mg) (14)	<= 1,110.00	879.60	
Sodium Target 2 (mg) (13)	<= 935.00	879.60	
Carb (g)		84.15	55.82
Total Fiber (g)		11.62	
Total Sugars (g)		38.10	25.27
Added Sugars (g)		2.28(M)	
Protein (g)		30.38	20.15
Iron (mg)		4.47(M)	
Calcium (mg)		526.83(M)	
VitA (IU)		6,032.42(M)	
VitC (mg)		28.47(M)	
VitD (mcg)		5.62(M)	
Potassium (mg)		810.18(M)	
Mois (g)		122.66(M)	
Ash (g)		1.03(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	[10.000 - 11.500](a)	
Grains	[8.000 - 9.000]	[9.000 - 12.500](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	31.500	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	[2.500 - 3.750]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.750	[5.750 - 9.625]	
Veg-DG	>= 0.500	4.750	
Veg-RO	>= 0.750	3.250	
Veg-BP	>= 0.500	0.625	
Veg-S	>= 0.500	1.750	
Veg-O	>= 0.500	1.625	
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 2022-2023 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.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.

Menu Cycle Week – Nutrient Analysis

- 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.
- 4 Sodium Target 1A will be marked in orange if exceeded prior to the effective date of July 1, 2023 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 within the required range.

Menu Item (Serving Size)	Plan Qty	Calorie s (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)	
22-23 DCPS Term 2 Elementary School Lunch W4D1 - Day: 1	100																			
Category: Menu Item & Assembly; May Choose: 1																				
Bean & Cheese de Chile Relleno Burrito - SMR1890 (7 2/3 oz.)	50	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	
Classic Hummus Box, Tortilla Chips, whole grain w/oranges - SMR1918 (1 Box)	10	622.94	28.96	5.48	0.00	0.00	689.77	79.93	14.68	27.11	0.00(M)	13.88	3.53	213.44	5804.42 (M)	146.43 (M)	0.00(M)	1029.53 (M)	291.77 (M)	
Veggie Burger, Grillers Prime patty - SMR1963 (1 burger)	40	290.00	10.00	1.00	0.00	0.00	620.00	33.00	7.00	4.00	3.00	22.00	2.60	150.00	0.00(M)	0.00(M)	6.90	260.00	(M)	
Category: Fruit; May Choose: 1																				
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	50	59.31	0.08	0.00	0.00	0.00	4.75	15.35	1.90	11.51	0.00	0.40	0.34	10.68	7.12	1.90	0.00	113.88	(M)	
Tangerines, (mandarin oranges), raw, whole, 150 CT - SR3520 (1 ea.)	50	39.64	0.23	0.03	0.00	0.00	1.50	9.98	1.35	7.91	(M)	0.61	0.11	27.68	509.39	19.97	0.00	124.17	63.71	
Category: Vegetable; May Choose: 2																				
Basil Corn Salad - SR2587 (1/2 c.)	30	101.86	4.10	0.34	0.00	0.00	296.44	16.76	2.29	3.02	0.00(M)	2.29	0.51	8.66	462.04 (M)	20.03 (M)	0.00(M)	217.97 (M)	74.17 (M)	
Garden Bar Week 4 DCPS - SMR1525 (1 salad)	50	64.66	0.80	0.01	0.00	0.00	47.43	11.90	4.13	5.20	0.00(M)	2.91	1.09(M)	28.85 (M)	3528.85 (M)	9.94(M)	0.00(M)	203.98 (M)	5.89(M)	
Sweet Plantains - SMR1964 (3 slices)	20	195.95	3.81	0.55	0.00	0.00	27.22	37.01	2.18	26.13	0.00(M)	2.18	1.18	0.00	544.31	0.00	0.00(M)	0.00(M)	(M)	
Category: Milk; May Choose: 1																				
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)	
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)	
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)	
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(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: Condiment; May Choose: 1																			
Ketchup, Heinz PC - SMR1733 (1 packet)	40	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mayonnaise, Heinz, PC - SR2543 (1 packet)	40	60.00	6.00	1.00	0.00	5.00	60.00	1.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard, classic yellow, PC - SR2517 (1 packet)	40	4.58	0.00	0.00	0.00	0.00	77.92	0.92	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
22-23 DCPS Term 2 Elementary School Lunch W4D2 - Day: 2		100																	
Category: Menu Item & Assembly; May Choose: 1																			
Chicken Burger, Tyson, whole grain - SR2686 (1 burger)	50	390.00	16.00	2.50	0.00	25.00	700.00	42.00	5.00	4.00	3.00	20.00	2.90	83.00	0.00(M)	0.00(M)	0.10	692.00	(M)
Egg Salad Sandwich, hamburger roll, egg salad, RECIPE - SR1139 (1 sandwich)	10	297.41	14.95	2.64	0.00	220.76	475.54	30.72	4.26	5.33	1.52(M)	13.30	2.18	74.12	55.59 (M)	0.38(M)	1.26(M)	104.36 (M)	11.84 (M)
Rainbow Vegan Chili - SMR1788 (1 c.)	40	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	3791.78 (M)	43.15 (M)	0.13(M)	904.21 (M)	209.64 (M)
Category: Grains; May Choose: 1																			
Tortilla Chips, Tostitos crispy rounds, whole grain - SR1065 (1 1/2 oz.)	40	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	(M)
Category: Fruit; May Choose: 1																			
C - Pineapple, canned, tidbits, juice pack, drained - SR1495 (1/2 c.)	50	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)
Red Seedless Grapes - SR1496 (1/2 c.)	50	62.60	0.14	0.05	0.00	0.00	1.81	16.42	0.82	14.04	0.00	0.65	0.33	9.07	59.87	2.90	0.00	173.27	73.06
Category: Vegetable; May Choose: 2																			
Garden Bar Week 4 DCPS - SMR1525 (1 salad)	50	64.66	0.80	0.01	0.00	0.00	47.43	11.90	4.13	5.20	0.00(M)	2.91	1.09(M)	28.85 (M)	3528.85 (M)	9.94(M)	0.00(M)	203.98 (M)	5.89(M)
Moroccan Spiced Carrots - SR2588 (1/2 c.)	30	122.06	10.32	0.81	0.00	0.00	158.09	8.34	3.46	4.01	0.00	0.84	1.49	48.77	16476.59(M)	2.24(M)	0.00	215.12	88.05 (M)
ST - Peas, frozen, heated - SR2335 (1/2 c.)	20	73.53	0.38	0.06	0.00	0.00	103.13	13.01	4.30	4.78	0.00	4.99	1.46	21.01	1965.25	17.19	0.00	146.10	76.38
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
22-23 DCPS Term 2 Elementary School Lunch W4D3 - Day: 3	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Fajita Vegetable Quesadilla, southwest veg blend, 10-inch tortilla - SR1475 (1 each quesadilla)	50	468.12	26.17	13.19	0.01	50.00	682.72	38.73	5.23	5.18	0.13	17.70	1.32	485.89	144.05 (M)	33.01 (M)	0.40	232.26	31.07 (M)
Hearty Garden Salad 612, RECIPE - SMR1382 (1 salad)	10	165.43	3.82	0.89	0.00	93.25	188.62	22.92	6.74	5.63	0.00(M)	11.13	4.23	143.76	6861.15 (M)	25.22 (M)	0.55(M)	778.01 (M)	126.57 (M)
Lasagna Rollup Cheese - Tasty Brands - SR1497 (1 roll.)	40	277.32	4.01	2.06	0.00	5.00	510.06	42.88	4.85	13.15	3.05	17.16	2.36	215.22	0.00(M)	0.00(M)	0.00	705.02	(M)
Category: Grains; May Choose: 1																			
Cheesy Breadstick - SMR1740 (1 ea.)	40	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)
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"))	50	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	50	77.87	0.05	0.00	0.00	0.00	7.08	20.48	2.30	18.18	0.00	1.11	0.48	10.62	674.29	6.37	0.00	226.53	0.00(M)
Category: Vegetable; May Choose: 2																			
Garden Bar Week 4 DCPS - SMR1525 (1 salad)	50	64.66	0.80	0.01	0.00	0.00	47.43	11.90	4.13	5.20	0.00(M)	2.91	1.09(M)	28.85 (M)	3528.85 (M)	9.94(M)	0.00(M)	203.98 (M)	5.89(M)
Mixed Vegetables, carrots, corn, green beans, peas - SR1583 (1/2 c.)	30	52.99	0.47	0.08	0.00	0.00	99.20	11.21	3.18	3.32	0.00	2.30	0.76	25.85	4881.56 (M)	7.03(M)	0.00	177.58	58.22 (M)
Salad, Caesar, side, traditional - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	13.75	325.07	5.61	1.19	0.68	0.00	2.95	0.55	52.99	4938.49 (M)	2.27(M)	0.00	153.62	53.64 (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)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
22-23 DCPS Term 2 Elementary School Lunch W4D4 - Day: 4		100																	
Category: Menu Item & Assembly; May Choose: 1																			
Chicken, Breaded Drumstick, Tyson - SR3363 (1 pcs.)	50	190.00	11.00	2.50	0.00	50.00	450.00	5.00	1.00	0.00	(M)	16.00	1.08	20.00	100.00	0.00	(M)	(M)	(M)
Jerk Chicken Wrap, 10-inch, USDA diced, spicy pineapple slaw - SR2559 (1 wrap)	10	288.17	6.99	0.55	0.01	47.18	646.23	35.27	4.07	6.57	2.85(M)	18.98	2.23(M)	144.87 (M)	349.34 (M)	9.63(M)	0.00(M)	183.58 (M)	25.00 (M)
Sub, Falafel & Vegetable - SMR1972 (1 sandwich)	40	171.17	3.58	0.09	0.00	0.22	591.02	27.14	6.24	5.14	0.00(M)	9.21	2.93	63.20	11.52 (M)	0.19(M)	0.00(M)	185.11 (M)	4.35(M)
Category: Grains; May Choose: 1																			
Copy of Dinner Roll, Richs Whole Grain 2.5 oz - SMR1128 (1 roll.)	50	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																			
Apple, fresh, whole, unpeeled, ready-to-serve, 125ct - SR2870 (1 medium (3)	50	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	0.00	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Red Seedless Grapes - SR1496 (1/2 c.)	50	62.60	0.14	0.05	0.00	0.00	1.81	16.42	0.82	14.04	0.00	0.65	0.33	9.07	59.87	2.90	0.00	173.27	73.06
Category: Vegetable; May Choose: 2																			
Garden Bar Week 4 DCPS - SMR1525 (1 salad)	50	64.66	0.80	0.01	0.00	0.00	47.43	11.90	4.13	5.20	0.00(M)	2.91	1.09(M)	28.85 (M)	3528.85 (M)	9.94(M)	0.00(M)	203.98 (M)	5.89(M)
Roasted Sweet Potatoes (1/2c= 1/2c red orange veg) - SR3681 (1/2 c.)	30	129.67	5.68	0.41	0.00	0.00	50.59	19.08	2.98	3.85	0.00	1.55	0.64	31.11	12870.23(M)	2.18(M)	0.00	318.99	0.00(M)
Sauteed Spinach, oven - SR1694 (3/8 c.)	20	31.93	1.80	0.16	0.00	0.00	184.38	3.19	1.72	0.32	0.00	2.18	2.10	75.63	6838.24 (M)	20.78 (M)	0.00	415.29	70.40 (M)
Category: Milk; 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)
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
22-23 DCPS Term 2 Elementary School Lunch W4D5 - Day: 5	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Spicy Asian Chicken, DCPS - SMR1441 (3 1/3 oz.)	50	173.20	7.15	2.04	0.00	70.93	599.93	4.26	0.24	2.13	0.00(M)	21.79	6.27	5.62	136.47 (M)	0.09(M)	0.04(M)	36.74 (M)	5.49(M)
Tuna Salad Sandwich, hamburger roll, tuna salad, RECIPE - SR1142 (1 sandwich)	10	178.55	3.67	0.44	0.00	12.22	442.57	26.11	4.09	3.66	0.00(M)	13.03	1.92	41.38	12.41 (M)	1.49(M)	0.80(M)	58.77 (M)	4.55(M)
Vegetable Pizza, 8-cut Richs 16-inch - SR1795 (1 slice)	40	339.13	12.17	6.11	0.00	30.37	645.70	37.08	3.68	7.72	3.22(M)	19.76	2.18	403.85	102.75 (M)	2.61(M)	0.90(M)	419.09 (M)	24.39 (M)
Category: Grains; May Choose: 1																			
Fried Rice, brown rice, scrambled eggs, soy sauce, onions, carrots, celery, peas - SR1382 (2/3 c.)	50	150.72	1.32	0.23	0.00	19.37	313.95	30.65	2.57	1.80	0.00(M)	5.05	1.66	19.11	1642.72 (M)	4.21(M)	0.08(M)	113.23 (M)	92.69 (M)
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	50	55.86	0.15	0.03	0.00	0.00	10.49	12.58	1.51	11.53	0.00	0.32	0.08	5.24	0.00(M)	4.66	0.00	115.29	(M)
F - Pears, fresh, whole, unpeeled, ready-to-serve, 120 ct - SR1585 (1 medium)	50	101.46	0.25	0.04	0.00	0.00	1.78	27.11	5.52	17.36	0.00	0.64	0.32	16.02	44.50	7.65	0.00	206.48	149.45
Category: Vegetable; May Choose: 2																			
Collard Greens- FP - SMR1478 (3/4 c.)	30	136.00	7.00	3.00	0.00	0.00	173.00	15.00	6.00	0.00	(M)	6.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Garden Bar Week 4 DCPS - SMR1525 (1 salad)	50	64.66	0.80	0.01	0.00	0.00	47.43	11.90	4.13	5.20	0.00(M)	2.91	1.09(M)	28.85 (M)	3528.85 (M)	9.94(M)	0.00(M)	203.98 (M)	5.89(M)
Salad, Caesar, side, traditional - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	13.75	325.07	5.61	1.19	0.68	0.00	2.95	0.55	52.99	4938.49 (M)	2.27(M)	0.00	153.62	53.64 (M)
Category: Milk; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

Generated on: 9/22/2022 4:06:23 PM by Brittany Nelson

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)
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)