

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3-Elementary School Lunch
 Week: 5
 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]	646.84	
Total Fat (g)		22.79	31.71
Sat Fat (g)(1)	< 10.00 % of Calories	5.31	7.39
Trans Fat (g)(2)		0.01	
Chol (mg)		54.94	
Sodium Target 1 (mg) (1)	<= 1,230.00	949.27	
Sodium Target 1A (mg) (1)	<= 1,110.00	949.27	
Carb (g)		84.67	52.36
Total Fiber (g)		11.02	
Total Sugars (g)		36.20	22.39
Added Sugars (g)		4.46(M)	
Protein (g)		32.48	20.09
Iron (mg)		5.25(M)	
Calcium (mg)		531.97(M)	
VitA (IU)		3,349.04(M)	
VitC (mg)		31.70(M)	
VitD (mcg)		3.78(M)	
Potassium (mg)		856.61(M)	
Mois (g)		155.65(M)	
Ash (g)		1.51(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	10.000	
Grains	[8.000 - 9.000]	[8.000 - 13.250](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	32.250	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 - 10.125]	
Veg-DG	>= 0.500	3.375	
Veg-RO	>= 0.750	2.000	
Veg-BP	>= 0.500	0.625	
Veg-S	>= 0.500	3.250	
Veg-O	>= 0.500	3.250	
Veg-X		0.125	
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.

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

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

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 Cycle Week – Nutrient Analysis

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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	
22-23 DCPS Term 3 Elementary School Lunch W5D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Buffalo Chicken Wrap, 10 -inch,cheddar, Buffalo side vegetables - SMR1843 (1 wrap)	20	395.74	14.86	4.74	0.00	80.55	1716.08	32.76	4.16	2.95	1.00	31.13	2.61	239.12	1981.02 (M)	1.16(M)	0.30	619.52	19.89 (M)	
Hamburger, 2.0 oz all beef patty, hamburger roll - SMR1612 (1 burger)	60	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)	
Nachos, Bean and Cheese, JTM cheddar - SR1471 (1 nacho)	20	396.30	18.21	6.55	0.00	27.21	678.59	44.27	8.02	1.05	0.00	15.35	1.92	286.49	0.00(M)	0.00(M)	0.00	545.23	52.11 (M)	
Category: Fruit; May Choose: 1																				
Red Seedless Grapes - SR1496 (1/2 c.)	50	59.63	0.14	0.05	0.00	0.00	1.73	15.64	0.78	13.38	0.00	0.62	0.31	8.64	57.04	2.77	0.00	165.07	69.61	
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																				
Mexican Corn, Mexican seasoning - SMR1927 (1 c.)	40	105.88	1.02	0.16	0.03	0.00	2.67	24.79	3.27	4.22	0.34	3.31	0.85	13.39	3.60(M)	7.56(M)	0.00	316.65	90.38	
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	20	49.06	0.30	0.04	0.00	0.00	32.84	10.09	2.54	2.36	0.00	2.35	0.75	29.47	4648.32 (M)	6.54(M)	0.00	293.15	76.47 (M)	
Sweet Plantains - SMR1964 (3 slices)	40	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)	25	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)	25	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 3 Elementary School Lunch W5D2 - Day: 2	100																			
Category: Entrée/Combo; May Choose: 1																				

Menu Cycle Week – Nutrient Analysis

Generated on: 1/19/2023 1:38:20 PM by Carolyn Adams

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)
Baked Tofu Cubes, plain - SR2069 (2 5/8 oz.)	30	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95 (M)	0.26(M)	0.00	311.09	0.00(M)
Chicken Parm Pasta - SMR1319 (1 serving)	40	399.96	14.34	5.95	0.00	70.67	972.25	41.77	6.35	11.04	3.19(M)	27.66	2.81(M)	314.09 (M)	0.00(M)	0.00(M)	0.14(M)	589.12 (M)	43.13 (M)
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	30	614.83	36.05	4.01	0.01	0.01	550.69	61.46	8.12	25.96	27.36 (M)	20.06	4.37	81.71	0.00(M)	0.00(M)	0.00(M)	393.68 (M)	(M)
Category: Grains; May Choose: 1																			
Garlic Knot, Ripstick - SR1255 (1 roll.)	40	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)
Lo Mein, vegetable, whole wheat spaghetti - SR1770 (2/3 c.)	30	141.56	1.58	0.22	0.00	0.06	533.50	30.28	3.08	9.39	0.00(M)	4.39	1.44	20.91	1566.25 (M)	1.08(M)	0.06(M)	56.36 (M)	48.95 (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																			
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	20	49.06	0.30	0.04	0.00	0.00	32.84	10.09	2.54	2.36	0.00	2.35	0.75	29.47	4648.32 (M)	6.54(M)	0.00	293.15	76.47 (M)
Sautéed Kale with Ginger & Soy - SMR1508 (1/2 c.)	40	29.95	1.16	0.14	0.00	0.01	94.43	3.97	3.21	0.80	0.00(M)	2.46	1.28	198.13	3710.65 (M)	72.34 (M)	0.01(M)	277.55 (M)	66.96 (M)
Teriyaki Vegetables - SMR1337 (1 c.)	40	255.39	10.27	0.88	0.08	0.00	466.57	40.42	1.48	34.08	0.00(M)	2.85	0.69	45.44	110.90 (M)	26.33 (M)	0.00(M)	115.72 (M)	56.66 (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)	25	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)	25	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)
Category: Condiment; May Choose: 1																			
Teriyaki Sauce - SR2025 (1 tbsp.)	30	45.00	0.00	0.00	0.00	0.00	145.00	11.00	0.00	10.00	(M)	0.50	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)	
22-23 DCPS Term 3 Elementary School Lunch W5D3 - Day: 3	100																			
Category: Entrée/Combo; May Choose: 1																				
Asian Noodle Bowl w/ Broccoli Future Chef Winner 2018 - SMR1718 (6 oz.)	30	296.03	9.24	2.39	0.00	75.69	914.18	26.80	3.85	3.13	0.00(M)	27.73	8.25	29.07	871.72 (M)	17.23 (M)	0.09(M)	103.29 (M)	54.89 (M)	
Chicken, drumstick, Herbs de Provence - SMR1685 (1 piece)	60	270.44	17.21	4.10	0.03	140.06	499.62	5.11	0.90	0.04	0.00(M)	25.21	3.02	46.48	27.96 (M)	0.10(M)	0.00(M)	387.32 (M)	0.72(M)	
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	1029.53	291.77 (M)	
Category: Grains; May Choose: 1																				
Dinner Roll, Richs, 2.5 oz - SR1009 (1 roll.)	40	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	0.00(M)	0.00(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	
Green Seedless Grapes - SR1601 (1/2 c.)	50	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																				
Garlic Mashed Potatoes, premium, RECIPE - SMR1493 (3/4 c.)	40	86.69	1.61	1.07	0.00	0.00	110.14	16.29	1.10	1.08	0.00(M)	2.19	0.26	14.08	2.80(M)	6.83(M)	0.00(M)	4.52(M)	94.33 (M)	
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	20	49.06	0.30	0.04	0.00	0.00	32.84	10.09	2.54	2.36	0.00	2.35	0.75	29.47	4648.32 (M)	6.54(M)	0.00	293.15	76.47 (M)	
Sauteed Spinach, oven - SR1694 (3/8 c.)	40	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	70.39 (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)	30	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)	25	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)	
22-23 DCPS Term 3 Elementary School Lunch W5D4 - Day: 4	100																			
Category: Entrée/Combo; May Choose: 1																				
Cheese Pizza, 8-cut, Big Daddy's Bold 16-inch - SR2081 (1 slice)	30	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	400.00	0.00	0.00	468.00	(M)	
Hearty Garden Salad 612, RECIPE - SMR1382 (1 salad)	30	163.73	3.68	0.84	0.02	88.23	187.06	22.99	6.76	5.67	0.00(M)	10.98	4.22	143.30	6996.17 (M)	25.51 (M)	0.52(M)	781.34 (M)	146.22 (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: Grains; May Choose: 1																				
Tortilla Chips, Tostitos crispy rounds, whole grain - SMR1279 (1 1/2 oz.)	30	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 - Blueberries, fresh - SR1545 (1/2 c.)	50	42.18	0.24	0.02	0.00	0.00	0.74	10.72	1.78	7.37	(M)	0.55	0.21	4.44	39.96	7.18	(M)	(M)	62.31	
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																				
DG - Broccoli, roasted, seasoned, from frozen - SR1852 (1/2 c.)	40	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38 (M)	37.89 (M)	0.00(M)	5.74(M)	85.76 (M)	
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	20	49.06	0.30	0.04	0.00	0.00	32.84	10.09	2.54	2.36	0.00	2.35	0.75	29.47	4648.32 (M)	6.54(M)	0.00	293.15	76.47 (M)	
Seasoned Potato Wedges - SMR1347 (1/2 c.)	40	132.76	4.42	0.55	0.00	5.53	154.88	22.13	2.21	0.00	0.00	2.21	0.44	11.06	0.00(M)	0.00(M)	0.00	254.45	(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)	30	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)	25	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)	
22-23 DCPS Term 23 Elementary School Lunch W5D5 - Day: 5	100																			
Category: Entrée/Combo; May Choose: 1																				
Glorious Macaroni & Cheese Pasta, macaroni, Inspire, RECIPE - SMR1186 (1 #6 scoop)	40	388.17	21.29	10.65	0.00	55.00	1188.92	35.35	4.26	4.09	0.00(M)	20.26	2.06	465.68	82.94 (M)	0.95(M)	0.14(M)	621.96 (M)	42.56 (M)	
Sweet Thai Chili Chicken Wrap, 10-inch, Tyson popcorn, side vegetables - SR1886 (1 wrap)	20	533.26	20.42	5.75	0.00	21.96	1121.01	66.59	7.93	20.52	13.44	20.84	3.59	131.20 (M)	1181.90 (M)	3.60(M)	0.08	878.45	36.06 (M)	
Vegetarian Paella - SR3566 (3/4 c.)	40	175.82	5.05	0.25	0.00	0.00	350.57	30.15	2.88	2.47	0.00(M)	4.21	1.36(M)	19.96 (M)	490.89 (M)	22.75 (M)	0.00(M)	187.68 (M)	161.36 (M)	
Category: Meat/MA; May Choose: 1																				
Baked Tofu Cubes, plain - SR2069 (2 5/8 oz.)	40	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95 (M)	0.26(M)	0.00	311.09	0.00(M)	
Category: Grains; May Choose: 1																				
Dinner Roll, Richs, 2.5 oz - SR1009 (1 roll.)	40	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	0.00(M)	0.00(M)	0.80	100.00	(M)	
Garlic Knot, Ripstick - SR1255 (1 roll.)	40	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	
Category: Fruit; May Choose: 1																				
Mixed Fruit, fruit cocktail (peach, pear, pineapple, apple, banana), RECIPE - SR1209 (1/2 c.)	50	60.68	0.09	0.02	0.00	0.00	3.17	15.80	1.80	12.21	0.00	0.54	0.25	10.71	183.26 (M)	3.57(M)	0.00	164.43	7.77(M)	
Peach, Fresh - SR3101 (1 ea.)	50	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																				
O - Parmesan Green Beans, green beans, Parmesan - SR1144 (1/2 c.)	40	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00	1.30	0.51	38.91	323.25 (M)	3.23(M)	0.00	124.89	0.12(M)	
Roasted Mushrooms - SR1843 (1/2 c.)	40	103.47	9.70	0.72	0.00	0.00	5.33	3.48	1.07	2.11	0.00(M)	3.30	0.53	3.20	0.00(M)	2.24(M)	0.00(M)	0.00(M)	0.00(M)	
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	20	49.06	0.30	0.04	0.00	0.00	32.84	10.09	2.54	2.36	0.00	2.35	0.75	29.47	4648.32 (M)	6.54(M)	0.00	293.15	76.47 (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)	30	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)	

Menu Cycle Week – Nutrient Analysis

Generated on: 1/19/2023 1:38:20 PM by Carolyn Adams

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)
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)	25	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)