

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3 BIC Breakfast
 Week: 5
 Result: Exceeded

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Breakfast
 Serving Group: K-12
 Site Group: Inspire

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 500.00]	465.56	
Total Fat (g)		7.91	15.30
Sat Fat (g)(1)	< 10.00 % of Calories	2.09	4.03
Trans Fat (g)(2)		0.04	
Chol (mg)		11.91	
Sodium Target 1 (mg) (1)	<= 540.00	367.17	
Carb (g)		86.75	74.53
Total Fiber (g)		6.85	
Total Sugars (g)		53.23	45.74
Added Sugars (g)		11.24(M)	
Protein (g)		14.53	12.49
Iron (mg)		2.68(M)	
Calcium (mg)		379.97(M)	
VitA (IU)		781.16(M)	
VitC (mg)		14.37(M)	
VitD (mcg)		5.22(M)	
Potassium (mg)		480.81(M)	
Mois (g)		47.18(M)	
Ash (g)		0.20(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		0.000	
Grains	[9.000 - 10.000]	[10.000 - 11.250](ca)	
Non-WGR		0.000	
WGR	>= 80.000 % of	44.500	100.00
Grain-D		0.000	
Fruit	>= 5.000	5.500	
Fruit-J	<= 50.000 % of	1.000	18.18
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Veg-X		0.000	
Vegetable-J		0.000	
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.

c Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met.

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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)	
22-23 DCPS Term 3 BIC Week 5 Day 1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Apple Muffin ICM 2 grain - SMR1721 (1 ea.)	30	240.00	8.00	2.00	0.00	0.00	220.00	34.00	2.00	15.00	13.00	5.00	1.10	50.00	0.00(M)	0.00(M)	0.00	110.00	0.00(M)	
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)	
Cereal, ready-to-eat, Cinnamon Toast Crunch, bowlpack 1oz, reduced sugar (CACFP) - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)	
Yogurt, Strawberry Banana Bash, Trix 4 oz (CACFP) - SR1145 (1 4 oz conta)	50	80.00	0.50	0.00	0.00	5.00	65.00	15.00	0.00	9.00	5.00	4.00	0.00	140.00	120.00	0.00(M)	2.30	210.00	(M)	
Category: Grains; May Choose: 1																				
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	100	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	
Category: Fruit; May Choose: 2																				
F - Apple, fresh, whole, unpeeled, ready-to-serve, 163 ct - SR1161 (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: Fruit Juice; May Choose: 1																				
Juice, orange, 100% Suncup, 4 fl oz, plastic cup - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(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)	

Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2023 1:50:53 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)	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 3 BIC Week 5 Day 2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
Blueberry Muffin ICM 2 grain - SMR1720 (1 ea.)	30	270.00	9.00	2.00	0.00	0.00	210.00	38.00	2.00	16.00	15.00	5.00	1.30	40.00	0.00(M)	0.00(M)	0.00	100.00	0.00(M)
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Cinnamon Toast Crunch, bowlpack 1oz, reduced sugar (CACFP) - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
French Toast, mini/bites, Cinnamon Rush, Pillsbury (CACFP) - SR2222 (1 pkg.)	50	178.43	5.40	0.90	0.07	1.13	157.65	29.48	2.02	8.93	8.25	3.08	1.35	60.98	0.00(M)	0.00(M)	0.00	169.35	(M)
Category: Grains; May Choose: 1																			
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	20	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
Mixed Fruit, fruit cocktail (peach, pear, pineapple, apple, banana), RECIPE - SR1209 (1/2 c.)	100	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)
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	100	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: 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

Generated on: 2/21/2023 1:50:53 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)	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 3 BIC Week 5 Day 3 - Day: 3	100																			
Category: Entrée/Combo; May Choose: 1																				
Apple Muffin ICM 2 grain - SMR1721 (1 ea.)	30	240.00	8.00	2.00	0.00	0.00	220.00	34.00	2.00	15.00	13.00	5.00	1.10	50.00	0.00(M)	0.00(M)	0.00	110.00	0.00(M)	
Bagel, wheat, bulk, Burry, 2.3 oz (CACFP) - SR1168 (1 bagel)	50	170.00	1.00	0.00	0.00	0.00	310.00	35.00	4.00	3.00	3.00	6.00	2.00	15.00	0.00(M)	0.00(M)	0.00	137.00	(M)	
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)	
Cereal, ready-to-eat, Cinnamon Toast Crunch, bowlpack 1oz, reduced sugar (CACFP) - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)	
Category: Grains; May Choose: 1																				
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	20	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	
Category: Fruit; May Choose: 2																				
Warm Berries - SR2617 (1/2 c.)	100	107.16	0.11	0.01	0.00	0.00	3.10	27.64	2.77	24.66	0.65(M)	0.43	0.48(M)	9.71(M)	18.83 (M)	32.48 (M)	0.00(M)	96.66 (M)	0.02(M)	
Category: Fruit Juice; May Choose: 1																				
Juice, apple, 100% Suncup, 4 fl oz, plastic cup - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	130.00	(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)
Category: Condiment; May Choose: 1																			
Light Cream Cheese, 0.75 portion cup - SR1169 (3/4 oz.)	80	44.54	3.55	2.25	0.13	12.80	80.37	1.71	0.05	1.10	(M)	1.57	0.05	23.60	275.35	0.00	(M)	(M)	(M)
22-23 DCPS Term 3 BIC Week 5 Day 4 - Day: 4		100																	
Category: Entrée/Combo; May Choose: 1																			
Blueberry Muffin ICM 2 grain - SMR1720 (1 ea.)	30	270.00	9.00	2.00	0.00	0.00	210.00	38.00	2.00	16.00	15.00	5.00	1.30	40.00	0.00(M)	0.00(M)	0.00	100.00	0.00(M)
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Cinnamon Toast Crunch, bowlpack 1oz, reduced sugar (CACFP) - SR1164 (1 bowl)	10	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
Frudel, apple, strudel stick, Pillsbury - SR1747 (1 pkg.)	45	174.98	4.88	0.78	0.07	0.33	216.38	30.42	1.89	8.78	8.00	3.83	1.30	14.43	0.00(M)	0.00(M)	0.00	92.69	(M)
Category: Grains; May Choose: 1																			
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	25	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
C - Pineapple, canned, tidbits, juice pack, drained - SR1495 (1/2 c.)	100	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)

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)
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	0.00	0.64	0.32	16.02	44.50	7.65	0.00	206.48	149.45
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 3 BIC Week 5 Day 5 - Day: 5		100																	
Category: Entrée/Combo; May Choose: 1																			
Apple Muffin ICM 2 grain - SMR1721 (1 ea.)	20	240.00	8.00	2.00	0.00	0.00	220.00	34.00	2.00	15.00	13.00	5.00	1.10	50.00	0.00(M)	0.00(M)	0.00	110.00	0.00(M)
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Cinnamon Toast Crunch, bowlpack 1oz, reduced sugar (CACFP) - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
Waffles, mini/bites, Blueberry Bash, Pillsbury (CACFP) - SR2443 (1 pkg.)	60	190.05	5.11	0.77	0.07	0.49	154.63	32.83	1.82	10.64	10.01	3.15	1.26	23.31	0.00(M)	0.00(M)	0.00	107.80	(M)
Category: Grains; May Choose: 1																			
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	20	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			

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)
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	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)
C - Baked Cinnamon Raisin Apples, brown sugar - SR1238 (3/8 c.)	100	123.28	1.85	0.75	0.00	0.00	30.64	27.29	2.30	22.94	10.01 (M)	0.41	0.34	24.71	83.33 (M)	0.00(M)	0.00(M)	84.08 (M)	0.00(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)