

Menu Cycle Week – Nutrient Analysis

Generated on: 2/22/2023 10:32:05 AM by Carolyn Adams

Menu Cycle: 22-23 DCPS Term 3-Elementary School Lunch
 Week: 1
 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]	626.07	
Total Fat (g)		19.84	28.52
Sat Fat (g)(1)	< 10.00 % of Calories	5.25	7.55
Trans Fat (g)(2)		0.04	
Chol (mg)		54.02	
Sodium Target 1 (mg) (1)	<= 1,230.00	946.65	
Sodium Target 1A (mg) (1)	<= 1,110.00	946.65	
Carb (g)		85.88	54.87
Total Fiber (g)		10.80	
Total Sugars (g)		36.63(M)	23.40
Added Sugars (g)		2.86(M)	
Protein (g)		31.89	20.37
Iron (mg)		4.56(M)	
Calcium (mg)		494.28(M)	
VitA (IU)		4,020.39(M)	
VitC (mg)		39.56(M)	
VitD (mcg)		4.67(M)	
Potassium (mg)		696.32(M)	
Mois (g)		176.33(M)	
Ash (g)		1.55(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	[10.000 - 11.750](a)	
Grains	[8.000 - 9.000]	[9.000 - 11.000](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	30.000	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	[5.125 - 9.750]	
Veg-DG	>= 0.500	4.125	
Veg-RO	>= 0.750	3.500	
Veg-BP	>= 0.500	0.875	
Veg-S	>= 0.500	1.625	
Veg-O	>= 0.500	1.875	
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.

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.

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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)	Moisture (g)	
22-23 DCPS Term 3 Elementary School Lunch W1D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Grilled Chicken Sandwich - SMR1317 (1 burger)	40	280.00	11.00	3.00	0.00	70.00	460.00	27.00	3.00	2.00	2.00	19.00	2.00	63.00	0.00(M)	0.00(M)	0.00	275.00	(M)	
Tuna Salad Sandwich, tuna salad, hamburger bun - SMR1907 (1 sandwich)	20	182.29	4.48	0.34	0.00	8.47	326.69	28.87	4.08	3.66	3.51(M)	9.42	1.64	111.55	9.40(M)	0.27(M)	7.19(M)	163.29 (M)	4.44(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																				
Apple, fresh, whole, unpeeled, ready-to-serve, 125ct - SR2870 (1 medium (3))	75	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.)	25	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	
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)	
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)	
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)	30	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 W1D2 - 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)	Mois (g)
Grilled Cheese Sandwich, american cheese, mozzarella cheese, whole grain, reduced sodium - SMR1434 (1 sandwich)	30	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	5.65	0.93	18.55	1.64	465.89	523.96	0.00	0.04	86.62	(M)
Spaghetti and Marinara Sauce, DCPS RECIPE - SMR1439 (1 c.)	60	168.50	4.32	1.76	0.00	7.59	429.08	27.32	4.06	5.23	1.43(M)	7.39	1.81	125.76	0.00(M)	0.00(M)	0.05(M)	258.51 (M)	34.90 (M)
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	10	614.83	36.05	4.01	0.01	0.01	590.69	59.46	6.12	25.96	29.36	20.06	4.92	83.71	0.00(M)	0.00(M)	0.00	507.68	(M)
Category: Meat/MA; May Choose: 1																			
Meatballs, Turkey, Homestyle, Fully Cooked, Plain, 1 oz. - SR2493 (3 Meatballs)	30	182.25	13.16	4.05	0.00	81.00	405.00	0.00	0.00	1.01	(M)	16.20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Cheesy Breadstick - SMR1740 (1 ea.)	50	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)
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																			
O - Parmesan Green Beans, green beans, Parmesan - SR1144 (1/4 c.)	40	20.95	1.17	0.16	0.00	0.36	6.83	2.59	1.16	0.73	0.00	0.65	0.26	19.45	161.62 (M)	1.61(M)	0.00	62.44	0.06(M)
Roasted Tuscan Vegetables, cannellini beans - SR1442 (1/2 c.)	40	55.38	0.11	0.02	0.00	0.00	113.60	10.50	3.94	0.47(M)	0.00(M)	3.00	0.96	41.90	308.53 (M)	9.48(M)	0.00(M)	10.77 (M)	15.12 (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)

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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)
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)	30	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 W1D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Asian Noodle Bowl w/ Broccoli Future Chef Winner 2018 - SMR1718 (6 oz.)	40	388.61	10.73	2.59	0.00	75.69	1117.10	45.81	6.46	4.00	0.00(M)	30.94	9.46	42.10	871.72 (M)	17.23 (M)	0.09(M)	104.40 (M)	88.39 (M)
Cheeseburger, 2.5 oz beef, American, hamburger roll - SMR1742 (1 burger)	30	285.00	12.00	4.75	0.00	47.50	515.00	26.00	4.00	3.50	0.00(M)	19.50	2.52	140.00	150.00	0.00	0.00(M)	0.00(M)	(M)
Chicken Salad Sandwich, Hamburger Roll - SMR1406 (1 sandwich)	30	340.32	14.78	2.13	0.00	55.00	489.25	34.28	4.28	5.22	5.00	21.12	2.04	124.20	72.96 (M)	0.50(M)	6.80	434.80	15.52 (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
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	50	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																			
DG/O - Broccoli and Carrots, roasted - SR2023 (1/2 c.)	30	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02 (M)	30.87 (M)	0.00(M)	30.24 (M)	76.93 (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)
Sweet Plantains - SMR1964 (3 slices)	50	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)	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)

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)	
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	30	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 W1D4 - Day: 4	100																			
Category: Entrée/Combo; May Choose: 1																				
Arroz con Pollo (chicken & rice), USDA fajita chicken - SMR2008 (1 portion)	50	420.11	11.97	2.96	0.00	92.14	711.18	53.55	3.78	3.85(M)	0.28(M)	26.25	3.11(M)	49.03 (M)	600.05 (M)	8.21(M)	0.00(M)	404.47 (M)	151.11 (M)	
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)	
Hearty Garden Salad 612, RECIPE - SMR1382 (1 salad)	10	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)	
Category: Grains; May Choose: 1																				
Lo Mein, vegetable, whole wheat spaghetti - SR1770 (1 c.)	90	212.34	2.36	0.32	0.00	0.09	800.25	45.42	4.62	14.08	0.00(M)	6.59	2.15	31.36	2349.37 (M)	1.62(M)	0.09(M)	84.54 (M)	73.42 (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																				
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)	
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)	
Category: Vegetable; May Choose: 2																				
Collard Greens- FP - SMR1478 (3/4 c.)	40	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)	(M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	10	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 and Sour Vegetables - SMR1374 (1 c.)	50	122.55	5.16	0.44	0.04	0.00	61.47	19.82	0.97	15.62	0.00(M)	0.72	0.40	25.62	664.50 (M)	22.07 (M)	0.00(M)	57.86 (M)	28.33 (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)	

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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)
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)	30	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.)	40	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)
22-23 DCPS Term 3 Elementary School Lunch W1D5 - Day: 5		100																	
Category: Entrée/Combo; May Choose: 1																			
Cheese Pizza, 8-cut, Big Daddy's Bold 16-inch - SR2081 (1 slice)	50	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)
Jalapeno Lime Chicken Wrap, 10-inch, USDA Fajita, cheddar, pico de gallo - SR1859 (1 wrap)	10	392.33	16.39	7.16	0.01	78.01	864.24	38.30	4.70	4.23(M)	0.07(M)	22.34	1.96	199.95	502.57 (M)	25.14 (M)	0.10(M)	356.70 (M)	28.00 (M)
Sandwich, Philly Cheese Steak Sub, Sliced Beef, USDA Mozz, Richs Sub Roll WGR - SR3631 (1 sandwich)	40	359.53	16.58	5.34	0.41	35.94	504.74	37.86	4.14	8.16	4.07(M)	18.66	2.75	131.78	144.05 (M)	33.01 (M)	0.76	231.24 (M)	31.65 (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)
Cantaloupe Melon, cubes - SR3442 (1/2 c.)	50	65.39	0.36	0.10	0.00	0.00	30.77	15.69	1.73	15.12	(M)	1.62	0.40	17.31	6504.75	70.59	0.00	513.53	173.39
Category: Vegetable; May Choose: 2																			
DG/RO - Broccoli and Red Peppers, roasted - SR2024 (1/2 c.)	50	85.72	6.65	0.48	0.00	0.00	9.07	5.83	2.82	2.49	0.00(M)	2.51	0.57	25.46	1795.72 (M)	72.45 (M)	0.00(M)	73.47 (M)	95.42 (M)
Salad, Caesar, side, traditional - SR1428 (1 c.)	40	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)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	10	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: 2/22/2023 10:32:05 AM 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)	30	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)