

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3-Elementary School Lunch
 Week: 2
 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]	600.86	
Total Fat (g)		18.45	27.64
Sat Fat (g)(1)	< 10.00 % of Calories	5.31	7.95
Trans Fat (g)(2)		0.00	
Chol (mg)		39.76	
Sodium Target 1 (mg) (1)	<= 1,230.00	873.10	
Sodium Target 1A (mg) (1)	<= 1,110.00	873.10	
Carb (g)		85.06	56.62
Total Fiber (g)		10.56	
Total Sugars (g)		34.13	22.72
Added Sugars (g)		5.79(M)	
Protein (g)		27.23	18.13
Iron (mg)		4.54(M)	
Calcium (mg)		484.24(M)	
VitA (IU)		6,642.40(M)	
VitC (mg)		34.86(M)	
VitD (mcg)		4.33(M)	
Potassium (mg)		797.77(M)	
Mois (g)		146.91(M)	
Ash (g)		1.28(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	[9.000 - 11.000](a)	
Grains	[8.000 - 9.000]	[8.750 - 13.000](a)	
Non-WGR		1.000	
WGR	>= 80.000 % of	30.750	96.85
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	[2.500 - 3.500]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.750	[5.000 - 10.625]	
Veg-DG	>= 0.500	4.250	
Veg-RO	>= 0.750	2.500	
Veg-BP	>= 0.500	1.125	
Veg-S	>= 0.500	1.625	
Veg-O	>= 0.500	3.375	
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 W2D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Black Bean and Sweet Potato Taco Surprise - SMR1819 (1 each quesadilla)	30	651.52	24.58	7.85	0.00	20.00	954.77	88.74	11.62	20.11	8.86	19.79	3.84	447.77	21361.57(M)	3.62(M)	0.13(M)	954.65(M)	0.00(M)	
Classic Hummus Box, Tortilla Chips, whole grain w/oranges - SMR1918 (1 Box)	20	622.90	28.96	5.48	0.00	0.00	689.70	79.93	14.68	27.11	0.00(M)	13.88	3.53	213.43	5804.42(M)	146.43(M)	0.00	1029.47	291.77(M)	
Jamaican Jerk Chicken, Pulled Chicken, Orange Juice, Seasoning RECIPE - SMR1182 (1 #16 scoop)	50	128.22	5.35	1.52	0.01	52.50	573.11	3.32	0.24	1.99	0.46	15.82	4.94	11.22	0.00(M)	0.00(M)	0.00	24.41	0.11(M)	
Category: Grains; May Choose: 1																				
Rice, brown, oven, steamed - SR1098 (1/2 c.)	60	117.19	0.69	0.00	0.00	0.00	2.02	25.51	1.38	0.00	0.00(M)	2.76	0.50	2.02	0.00	0.00	0.00(M)	0.67(M)	52.38(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)	
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																				
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 Black Beans, RECIPE - SMR1453 (1/2 c.)	40	122.66	0.04	0.01	0.00	0.00	139.98	22.53	5.56	1.58	0.04	7.62	1.99	89.55	0.21(M)	0.79(M)	0.00	532.34	33.13(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)	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)	Mois (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)
Category: Condiment; May Choose: 1																			
Salsa, Low-Sodium, Canned, USDA - SR3045 (2 tbsp.)	30	10.83	0.00	0.00	0.00	0.00	37.92	2.17	1.08	1.08	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
22-23 DCPS Term 3 Elementary School Lunch W2D2 - Day: 2																			
Category: Entrée/Combo; May Choose: 1																			
Glorious Macaroni & Cheese Pasta, macaroni, Inspire, RECIPE - SMR1186 (1 #6 scoop)	50	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)
Hearty Garden Salad 612, RECIPE - SMR1382 (1 salad)	20	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)
Lo Mein, vegetable, Vegan - SMR1774 (1 c.)	30	331.74	4.78	0.43	0.00	0.06	752.23	61.61	10.58	7.08	0.00(M)	13.86	3.86	74.02	1639.62 (M)	14.29 (M)	0.06(M)	256.40 (M)	83.85 (M)
Category: Grains; May Choose: 1																			
Dinner Roll, Richs, 2.5 oz - SR1009 (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	0.00(M)	0.00(M)	0.80	100.00	(M)
Garlic Knot, Ripstick - SR1255 (1 roll.)	50	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																			
C - Baked Cinnamon Raisin Apples, brown sugar - SR1238 (3/8 c.)	50	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)
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																			
RO - Citrus Glazed Carrots, carrot coins - SR1131 (1/2 c.)	40	60.46	0.78	0.14	0.00	0.00	67.70	13.35	3.81	8.63	2.50(M)	0.68	0.66	43.02	19196.03(M)	2.61(M)	0.00(M)	249.72 (M)	102.46 (M)
Salad, garden, side, mixed greens, cucumber, tomato, carrots - SR1429 (1 c.)	30	20.07	0.13	0.02	0.00	0.00	25.59	4.25	1.38	1.86	0.00	1.10	0.83	28.83	4017.42 (M)	6.87(M)	0.00	238.65	50.81 (M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	30	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																			

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)	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 W2D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Buffalo Chicken Pizza, 8-cut, , Big Daddy's Hand Tossed - SMR1430 (1 slice)	50	461.75	18.66	7.76	0.00	61.58	569.59	43.99	4.08	7.45	1.00	27.03	4.72	344.01	431.16	0.59	0.00	476.63	2.81(M)
Chicken Caesar Wrap, 10-inch WG, USDA diced - SR2557 (1 wrap)	20	411.68	22.17	4.02	0.00	57.00	590.56	32.34	4.20	2.68	1.00	19.70	2.15(M)	181.80 (M)	4961.83 (M)	2.28(M)	0.00(M)	240.71 (M)	53.90 (M)
Veggie Burger, Grillers Prime patty - SMR1963 (1 burger)	30	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																			
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
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)
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)
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)
Tomato and Cucumber Salad - SR1969 (1/4 c.)	40	7.46	0.07	0.01	0.00	0.00	1.64	1.69	0.40	0.98	0.00	0.35	0.12	5.70	226.29	3.94	0.00	88.05	42.51
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)	20	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

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)	40	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 W2D4 - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
French Toast Sticks, Whole Grain - SMR1148 (3 stick.)	40	82.72	3.18	0.48	0.00	0.00	95.45	12.09	0.95	2.86	2.54	1.91	0.64	12.73	0.00(M)	0.00(M)	0.00	47.72	(M)
Greek Salad 612, mixed greens, Vegetarian, olives, cucumber, tomato, onion, parmesan, RECIPE - SMR1417 (1 salad)	10	575.03	29.75	6.60	0.00	15.19	806.91	62.30	9.92	5.16	0.00(M)	16.79	3.52(M)	311.41 (M)	1580.67 (M)	11.99 (M)	0.10(M)	537.38 (M)	91.70 (M)
Veggie Tortellini Pasta Salad - SMR1751 (8 oz.)	40	135.15	2.24	1.14	0.00	10.70	232.83	22.18	2.30	2.00	0.46(M)	8.40	1.21	48.68	214.29 (M)	12.05 (M)	0.00(M)	42.81 (M)	19.18 (M)
Category: Meat/MA; May Choose: 1																			
Sausage, patty, country, turkey, 1 oz - SR1157 (1 patty)	40	60.00	4.50	1.50	0.00	35.00	80.00	0.00	0.00	0.00	0.00	6.00	0.40	0.00	0.00(M)	0.00(M)	0.00	0.00	(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)
Oven Fired Flatbread, Richs 6x6 whole grain - SR1534 (1 piece)	10	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.60	30.00	(M)	(M)	0.50	120.00	(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
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																			
Salad, Caesar, side, traditional - SR1428 (1 c.)	30	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.)	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)

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)
Seasoned Potato Wedges - SMR1347 (1/2 c.)	50	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)	10	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)	50	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																			
Pancake & Waffle Syrup, PC - SMR1210 (1 fl. oz.)	30	110.00	0.00	0.00	0.00	0.00	20.00	29.00	0.00	22.00	22.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
22-23 DCPS Term 3 Elementary School Lunch W2D5 - Day: 5																			
Category: Entrée/Combo; May Choose: 1																			
Chicken Alfredo Macaroni, classic, USDA diced & mozz, broccoli - SR3146 (1 c.)	40	315.28	11.76	5.30	0.00	39.45	790.90	35.60	2.89	6.37	0.00(M)	18.89	1.45(M)	329.23 (M)	496.06 (M)	19.68 (M)	0.00(M)	3.02(M)	44.65 (M)
Flatbread, Mediterranean, Hummus, Rich's 6x6 flatbread - SR3602 (1 ea.)	30	585.97	34.42	6.34	0.00	0.00	1197.95	52.41	8.65	2.69	1.00(M)	16.96	5.58	89.81	111.58 (M)	1.07(M)	0.50	655.08	19.24 (M)
Tuna Salad Sandwich, tuna salad, hamburger bun - SMR1907 (1 sandwich)	30	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)
Category: Grains; May Choose: 1																			
Twisted Breadstick, Ripstick, whole grain - SR2142 (1 breadstick)	40	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)
Category: Fruit; May Choose: 1																			
Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	25	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)
Tangerines, (mandarin oranges), raw, whole, 150 CT - SR3520 (1 ea.)	75	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																			

Menu Cycle Week – Nutrient Analysis

Generated on: 2/3/2023 1:10:50 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)
Blue Ribbon Slaw, cabbage, slaw juice, carrots, onion - SR1254 (1/2 c.)	40	43.83	0.15	0.03	0.00	0.00	114.20	10.36	1.51	8.09	6.24(M)	0.75	0.54	28.05	1697.14 (M)	15.19 (M)	0.00(M)	119.55 (M)	47.22 (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)	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)