

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3-Elementary School Lunch
 Week: 3
 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]	620.68	
Total Fat (g)		18.86	27.34
Sat Fat (g)(1)	< 10.00 % of Calories	4.99	7.24
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		36.63	
Sodium Target 1 (mg) (1)	<= 1,230.00	774.57	
Sodium Target 1A (mg) (1)	<= 1,110.00	774.57	
Carb (g)		87.60	56.45
Total Fiber (g)		11.85	
Total Sugars (g)		37.05(M)	23.87
Added Sugars (g)		6.16(M)	
Protein (g)		28.98	18.67
Iron (mg)		4.23(M)	
Calcium (mg)		536.60(M)	
VitA (IU)		5,466.65(M)	
VitC (mg)		35.69(M)	
VitD (mcg)		4.58(M)	
Potassium (mg)		939.09(M)	
Mois (g)		160.84(M)	
Ash (g)		1.10(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	[9.250 - 11.000](a)	
Grains	[8.000 - 9.000]	[8.500 - 12.250](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	30.750	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	[2.500 - 3.250]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.750	[5.250 - 10.750]	
Veg-DG	>= 0.500	3.000	
Veg-RO	>= 0.750	3.625	
Veg-BP	>= 0.500	1.375	
Veg-S	>= 0.500	2.875	
Veg-O	>= 0.500	1.750	
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.

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 W3D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Chicken Salad Sandwich, Richs sub roll, chicken salad, RECIPE - SR1200 (1 sandwich)	20	338.02	13.01	1.60	0.00	56.49	401.37	35.47	3.31	6.10	5.90	23.12	2.34	16.98	66.83 (M)	0.46(M)	0.71	302.04	14.21 (M)	
Lasagna Rollup Cheese - Tasty Brands - SR1497 (1 roll.)	50	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)	
Lentil Dal - SR3562 (1/2 c.)	30	68.85	0.01	0.00	0.00(M)	0.00	174.80	18.55	8.65	0.01	0.00(M)	7.68	2.62	4.28	2.81(M)	0.04(M)	0.00(M)	4.03(M)	127.55 (M)	
Category: Grains; May Choose: 1																				
Oven Fired Flatbread, Richs 6x6 whole grain - SR1534 (1 piece)	30	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)	
Twisted Breadstick, Ripstick, whole grain - SR2142 (1 breadstick)	50	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																				
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	
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	
Category: Vegetable; May Choose: 2																				
Mixed Vegetables, carrots, corn, green beans, peas - SR1583 (1/2 c.)	40	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, 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)	
Stewed Chickpeas And Zucchini - SMR2011 (5 oz.)	40	110.35	1.60	0.22	0.00	0.00	211.75	18.93	4.01	8.04(M)	0.00(M)	4.07	0.57(M)	30.05 (M)	317.90 (M)	20.46 (M)	0.00(M)	41.45 (M)	22.60 (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)
22-23 DCPS Term 3 Elementary School Lunch W3D2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
Mexican Tinga Chicken, USDA diced, salsa roja - SR2604 (1/3 c.)	50	70.44	1.67	0.01	0.00	33.60	148.43	2.71	0.54	0.77(M)	0.10(M)	9.99	0.23(M)	12.03 (M)	183.12 (M)	3.31(M)	0.00(M)	30.62 (M)	0.00(M)
Spinach Salad 912, egg, garbanzo, tomato, onion, carrots, mozzarella, RECIPE - SR1531 (1 salad)	20	166.61	6.28	2.37	0.02	95.83	256.25	16.82	4.49	4.76	0.00	11.87	3.43	218.10	10545.33(M)	30.10 (M)	0.57	764.41	148.21 (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: Grains; May Choose: 1																			
Oven Fired Flatbread, Richs 6x6 whole grain - SR1534 (1 piece)	20	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)
Taco Shell, corn, 6-inch, yellow - SR2223 (2 shells)	50	170.00	8.00	1.00	0.00	0.00	0.00	22.00	2.00	0.00	0.00	2.00	0.00	20.00	0.00	0.00	0.00	100.00	(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)
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																			
PreK-8 Seasoned Black Beans, RECIPE - SMR1545 (6 oz.)	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)
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)

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)	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 W3D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Cauliflower, Chickpea, & Potato Curry - SMR1471 (1 c.)	20	384.26	12.02	1.24	0.00	1.88	153.93	60.08	11.96	15.07	0.00(M)	12.09	4.35	186.00	1501.53 (M)	70.87 (M)	0.63(M)	579.06 (M)	362.20 (M)
Cheese Pizza, SmartPizza Whole Grain, 4x6 100% Mozz - SR3759 (1 slice)	50	300.00	11.00	5.00	0.00	25.00	440.00	34.00	4.00	8.00	2.00	16.00	2.30	263.00	0.00	0.00	0.00	486.00	(M)
Sub, Falafel & Vegetable - SMR1972 (1 sandwich)	30	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																			
Rice, brown, oven, steamed - SR1098 (1/2 c.)	30	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																			
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
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
Category: Vegetable; May Choose: 2																			
DG/O - Broccoli and Carrots, roasted - SR2023 (1/2 c.)	40	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, 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.)	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)

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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	35	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.)	30	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 W3D4 - Day: 4	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)
Hot Dog, Original , turkey frank, hot dog bun, RECIPE - SMR1176 (1 serving (1))	30	270.00	11.50	2.50	0.00	60.00	530.00	28.00	2.50	3.00	3.00(M)	14.00	2.44	183.00	0.00(M)	0.00(M)	0.00(M)	93.00 (M)	(M)
Veggie Pizza, Big Daddy's 8-cut, 16-inch - SMR1625 (1 slice)	50	493.15	23.49	7.56	0.00	35.00	485.64	48.91	6.83	8.78	1.00	21.76	4.18	431.80	7980.20 (M)	45.88 (M)	0.00	771.38	38.28 (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
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																			
S - Corn, frozen, whole kernel, heated - SR1034 (1/2 c.)	40	68.89	0.57	0.09	0.00	0.00	0.85	16.41	2.04	2.61	0.00	2.17	0.35	3.40	2.55	5.36	0.00	198.16	63.79
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)	35	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.)	30	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

Generated on: 2/22/2023 10:36:26 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)
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 W3D5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
Fajita Vegetable Quesadilla, southwest veg blend, 10-inch tortilla - SR1475 (1 each quesadilla)	30	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)
Nachos, Bean and Cheese, JTM cheddar - SR1471 (1 nacho)	50	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)
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	20	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: 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
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																			
RO - Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	40	151.16	5.77	0.41	0.00	0.00	192.30	24.37	2.84	9.16	5.34	1.64	1.00	37.51	12870.23(M)	2.18(M)	0.00(M)	323.45 (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)
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)	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.)	30	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

Generated on: 2/22/2023 10:36:26 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)
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)