

Menu Cycle Week – Nutrient Analysis

Generated on: 2/3/2023 1:12:06 PM by Carolyn Adams

Menu Cycle: 22-23 DCPS Term 3-Elementary School Lunch
 Week: 4
 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]	646.79	
Total Fat (g)		18.86	26.24
Sat Fat (g)(1)	< 10.00 % of Calories	5.67	7.88
Trans Fat (g)(2)		0.00	
Chol (mg)		71.67	
Sodium Target 1 (mg) (1)	<= 1,230.00	947.77	
Sodium Target 1A (mg) (1)	<= 1,110.00	947.77	
Carb (g)		89.62	55.43
Total Fiber (g)		11.45	
Total Sugars (g)		36.22(M)	22.40
Added Sugars (g)		2.01(M)	
Protein (g)		33.78	20.89
Iron (mg)		4.53(M)	
Calcium (mg)		508.81(M)	
VitA (IU)		4,681.33(M)	
VitC (mg)		33.27(M)	
VitD (mcg)		5.20(M)	
Potassium (mg)		769.05(M)	
Mois (g)		179.21(M)	
Ash (g)		1.29(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	[9.750 - 11.500](a)	
Grains	[8.000 - 9.000]	10.000(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	[5.625 - 10.000]	
Veg-DG	>= 0.500	4.000	
Veg-RO	>= 0.750	2.250	
Veg-BP	>= 0.500	1.375	
Veg-S	>= 0.500	2.625	
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)	Moisture (g)	
22-23 DCPS Term 3 Elementary School Lunch W4D1 - Day: 1	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)	
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 Pizza, Big Daddy's 8-cut, 16-inch - SMR1625 (1 slice)	30	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: 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)	
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																				
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)	
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																				
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, 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)	
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

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)	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																			
Ketchup, Heinz PC - SMR1733 (1 packet)	40	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mayonnaise, Heinz, PC - SR2543 (1 packet)	40	60.00	6.00	1.00	0.00	5.00	60.00	1.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard, classic yellow, PC - SR2517 (1 packet)	40	4.40	0.27	0.01	0.00	0.00	65.47	0.23	0.10	0.05	0.00	0.20	0.08	2.07	0.00(M)	0.00(M)	0.00	6.13	(M)
22-23 DCPS Term 3 Elementary School Lunch W4D2 - Day: 2		100																	
Category: Entrée/Combo; May Choose: 1																			
Egg Salad Sandwich, hamburger roll, egg salad, RECIPE - SR1139 (1 sandwich)	10	292.64	14.62	2.54	0.05	209.29	471.72	30.69	4.26	5.29	1.52(M)	12.91	2.14	72.58	323.86 (M)	0.38(M)	1.19(M)	100.48 (M)	52.19 (M)
Grain Bowl, Grecian Chicken, Citrus Brown Rice - SR3598 (1 bowl)	50	419.38	7.76	1.79	0.00	65.56	1317.55	67.46	3.53	6.14(M)	1.65(M)	21.98	1.86(M)	15.82 (M)	1222.36 (M)	4.75(M)	0.00(M)	152.31 (M)	154.65 (M)
Rainbow Vegan Chili - SMR1788 (1 c.)	40	221.10	1.51	0.06	0.00	0.00	446.35	42.67	11.13	9.40	0.00(M)	11.46	4.14	105.97	3791.78 (M)	43.15 (M)	0.13(M)	904.20 (M)	209.14 (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																			
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																			
Garlic Mashed Potatoes, premium, RECIPE - SMR1493 (3/4 c.)	20	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.)	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)
ST - Peas, frozen, heated - SR2335 (1/2 c.)	50	73.53	0.38	0.06	0.00	0.00	103.13	13.01	4.30	4.78	0.00	4.99	1.46	21.01	1965.25	17.19	0.00	146.10	76.38

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)
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 Elementary School Lunch W4D3 - Day: 3		100																	
Category: Entrée/Combo; May Choose: 1																			
Chicken Cordon Bleu Burger, Swiss, whole grain - SMR1869 (1 burger)	40	355.00	17.25	5.88	0.00	97.50	620.00	25.50	4.00	3.00	0.00(M)	28.50	1.61	170.00	0.00(M)	0.00(M)	0.00(M)	325.00 (M)	(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)
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: 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)
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)
Nectarine, Fresh - SMR1669 (1 ea.)	50	62.48	0.00	0.00	0.00	0.00	0.00	14.98	2.41	11.20	0.00	1.50	0.40	8.52	471.44	7.67	0.00	285.42	(M)
Category: Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	40	102.63	4.12	0.34	0.00	0.00	296.57	16.85	2.34	3.02	0.00(M)	2.40	0.62	14.49	635.94 (M)	20.62 (M)	0.00(M)	217.97 (M)	77.20 (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																			

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)
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 Elementary School Lunch W4D4 - Day: 4	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)
CHICKEN-Butter, scratch, USDA diced chicken - SR3568 (2/3 c.)	40	123.68	3.04	0.39	0.00	53.72	128.17	6.34	0.66	3.51	0.00(M)	16.78	0.77(M)	47.23 (M)	48.32 (M)	1.86(M)	0.29(M)	97.25 (M)	17.37 (M)
Jerk Chicken Wrap, 10-inch, USDA diced, spicy pineapple slaw - SR2559 (1 wrap)	20	288.17	6.99	0.55	0.01	47.18	646.23	35.27	4.07	6.57	2.85(M)	18.98	2.23(M)	144.87 (M)	349.34 (M)	9.63(M)	0.00(M)	183.58 (M)	25.00 (M)
Category: Grains; May Choose: 1																			
HS Brown Rice - SMR1554 (1 c.)	40	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)	67.36 (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																			
DG/O - Broccoli and Carrots, roasted - SR2023 (1/2 c.)	20	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, garden, side, mixed greens, cucumber, tomato, carrots - SR1429 (1 c.)	60	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.)	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)	Moisture (g)
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 Elementary School Lunch W4D5 - Day: 5		100																	
Category: Entrée/Combo; May Choose: 1																			
Buffalo Chicken Pizza, 8-cut, , Big Daddy's Hand Tossed - SMR1430 (1 slice)	40	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 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)
Garden Wrap w/Black Beans, 10" tortilla Vegan - SMR1954 (1 wrap)	30	399.00	20.00	7.00	0.00	139.00	614.00	36.00	5.00	3.00	(M)	17.00	(M)	(M)	(M)	(M)	(M)	(M)	(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)
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																			
Collard Greens- FP - SMR1478 (3/4 c.)	50	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)
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.)	30	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)
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: 2/3/2023 1:12:06 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)
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)	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)