

# Menu Cycle Week – Nutrient Analysis

Generated on: 1/7/2019 9:04:42 AM by Alexandra Emmot

Menu Cycle: Refresh Lunch Winter 2019\_HS  
 Week: 1  
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Lunch  
 Serving Group: 9-12  
 Site Group: Refresh (High)

| Cycle Week Nutrient Summary  |                       |              |               |
|------------------------------|-----------------------|--------------|---------------|
| Nutrient                     | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1)           | [750.00 - 850.00]     | 755.55(M)    |               |
| Fat (g)                      |                       | 23.25(M)     | 27.69         |
| Sfat (g)(1)                  | < 10.00 % of Calories | 6.84(M)      | 8.15          |
| TFat (g)(2)                  |                       | 0.01(M)      |               |
| Chol (mg)                    |                       | 38.23(M)     |               |
| Sodium Target 1 (mg)<br>(13) | < 1,420.00            | 1,062.06(M)  |               |
| Sodium Target 2 (mg)<br>(13) | < 1,080.00            | 1,062.06(M)  |               |
| Carb (g)                     |                       | 115.89(M)    | 61.36         |
| TDF (g)                      |                       | 16.46(M)     |               |
| Sugars (g)                   |                       | 28.16(M)     | 14.91         |
| Pro (g)                      |                       | 27.71(M)     | 14.67         |
| Fe (mg)                      |                       | 4.46(M)      |               |
| Ca (mg)                      |                       | 411.31(M)    |               |
| A,IU                         |                       | 6,495.03(M)  |               |
| VitC (mg)                    |                       | 92.52(M)     |               |
| Mois (g)                     |                       | 241.41(M)    |               |
| Ash (g)                      |                       | 1.27(M)      |               |

| Cycle Week Food Component Summary |                   |              |            |
|-----------------------------------|-------------------|--------------|------------|
| Food Component                    | Standard Value    | Actual Value | % of Total |
| Fruit                             | >= 5.000          | 7.500        |            |
| Veg                               | >= 5.000          | 6.250        |            |
| Veg-DG                            | >= 0.500          | 0.750        |            |
| Veg-RO                            | >= 1.250          | 2.000        |            |
| Veg-BP                            | >= 0.500          | 0.500        |            |
| Veg-S                             | >= 0.500          | 1.750        |            |
| Veg-O                             | >= 0.750          | 1.250        |            |
| Grains                            | [10.000 - 12.000] | 48.500(a)    |            |
| Non-WGR                           |                   | 0.000        |            |
| WGR                               | >= 100.000 % of   | 48.500       | 100.00     |
| Meat/MA                           | [10.000 - 12.000] | 48.750(a)    |            |
| MILK-F                            | >= 5.000          | 10.000       |            |
| Fruit-J                           | <= 50.000 % of    | 0.000        | 0.00       |
| Grain-D                           | <= 2.000          | 0.000        |            |
| Vegetable-J                       | <= 50.000 % of    | 0.000        | 0.00       |
| MILK-V                            |                   | Fail         |            |

## Legend

PrimeroEdge will flag based on USDA requirements, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(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.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.
- 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

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| Menu Item (Serving Size)                                    | Plan Qty | Calories (Kcal) | Fat (g)   | Sfat (g) | TFat (g) | Chol (mg) | Na (mg)    | Carb (g)  | TDF (g) | Sugars (g) | Pro (g)   | Fe (mg) | Ca (mg)    | A,IU        | VitC (mg) | Mois (g)  | Ash (g) |
|---|----------|-----------------|-----------|----------|----------|-----------|------------|-----------|---------|------------|-----------|---------|------------|-------------|-----------|-----------|---------|
| <b>W1D1_Winter 2019_Refresh High - Day: 1</b>               | 100      |                 |           |          |          |           |            |           |         |            |           |         |            |             |           |           |         |
| <b>Category: Refresh - Cold Entree (LN/SUP); Choose: 3</b>  |          |                 |           |          |          |           |            |           |         |            |           |         |            |             |           |           |         |
| Classic Cheese Sandwich - TR1020 (1 sandwich)               | 10       | 482.92          | 29.09     | 9.51     | 0.00     | 45.00     | 893.34     | 30.69     | 2.54    | 3.09       | 24.42     | 1.99    | 365.73     | 688.64 (M)  | 5.92(M)   | 42.37 (M) | 0.23(M) |
| Classic Turkey Sandwich - TR1019 (1 sandwich)               | 10       | 388.30          | 19.37     | 4.27     | 0.00     | 37.50     | 711.22     | 32.00     | 2.79    | 3.24       | 20.93     | 3.35    | 132.64     | 2110.40 (M) | 7.69(M)   | 60.60 (M) | 0.35(M) |
| Yogurt Parfait, NEW - TR1328 (1 ea.)                        | 40       | 656.04          | 26.82     | 6.91     | 0.00     | 15.12     | 363.96     | 94.64     | 10.10   | 36.68      | 19.19     | 3.64    | 424.80     | 50.00 (M)   | 45.00 (M) | (M)       | (M)     |
| <b>Category: Refresh - Hot Entree (LN/SUP); Choose: 4</b>   |          |                 |           |          |          |           |            |           |         |            |           |         |            |             |           |           |         |
| All Beef Hot Dog MS - TR1344 (1 ea.)                        | 10       | 305.00          | 12.50     | 4.50     | 0.50     | 35.00     | 915.00     | 30.00     | 2.00    | 6.00       | 16.00     | 1.80(M) | 40.00 (M)  | 0.00(M)     | 0.00(M)   | (M)       | (M)     |
| Cheese Enchilada Plate - TR1487 (1 ea.)                     | 10       | 311.68 (M)      | 12.76 (M) | 7.70(M)  | 0.00(M)  | 42.14 (M) | 580.98 (M) | 33.53 (M) | 1.13(M) | 4.55(M)    | 16.83 (M) | 1.59(M) | 432.46 (M) | 668.63 (M)  | 7.94(M)   | (M)       | (M)     |
| Pesto Provolone Sandwich - TR1013 (1 sandwich)              | 10       | 513.50          | 28.23     | 10.63    | 0.00     | 40.83     | 922.73     | 42.57     | 4.88    | 6.30       | 24.40     | 3.63    | 395.90 (M) | 6021.90 (M) | 22.64 (M) | 92.65 (M) | 1.23(M) |
| Turkey Pesto Sandwich - TR1011 (1 sandwich)                 | 10       | 395.00          | 18.17     | 5.33     | 0.00     | 33.33     | 685.83     | 39.58     | 3.08    | 5.00       | 18.58     | 3.10    | 92.50 (M)  | 62.50 (M)   | 0.30(M)   | (M)       | (M)     |
| <b>Category: Fruit; Choose: 2</b>                           |          |                 |           |          |          |           |            |           |         |            |           |         |            |             |           |           |         |
| Apples, raw, with skin - TR1126 (1 cup slices)              | 100      | 56.68           | 0.19      | 0.03     | 0.00     | 0.00      | 1.09       | 15.05     | 2.62    | 11.32      | 0.28      | 0.13    | 6.54       | 58.86       | 5.01      | 93.26     | 0.21    |
| Oranges, raw, California, valencias - TR1044 (1 cup sectio) | 100      | 88.20           | 0.54      | 0.06     | 0.00     | 0.00      | 0.00       | 21.40     | 4.50    | (M)        | 1.87      | 0.16    | 72.00      | 414.00      | 87.30     | 155.41    | 0.76    |
| <b>Category: Refresh - Side Vegetable; Choose: 2</b>        |          |                 |           |          |          |           |            |           |         |            |           |         |            |             |           |           |         |
| Carrots, baby, raw - TR1054 (1/2 c.)                        | 50       | 29.75           | 0.11      | 0.02     | 0.00     | 0.00      | 66.30      | 7.00      | 2.46    | 4.05       | 0.54      | 0.76    | 27.20      | 11721.50    | 2.21      | 76.80     | 0.54    |
| Tomato Soup - TR1407 (3/4 c.)                               | 50       | 35.00           | 0.00      | 0.00     | 0.00     | 0.00      | 325.00     | 8.00      | 0.50    | 4.50       | 1.00      | 0.36    | 0.00       | 250.00      | 3.00      | (M)       | (M)     |
| <b>Category: Milk; Choose: 2</b>                            |          |                 |           |          |          |           |            |           |         |            |           |         |            |             |           |           |         |
| Fat-Free White Milk - TR1036 (1 ea.)                        | 15       | 90.00           | 0.00      | 0.00     | 0.00     | 5.00      | 130.00     | 13.00     | 0.00    | 13.00      | 9.00      | (M)     | (M)        | (M)         | (M)       | (M)       | (M)     |
| Low Fat 1% Milk - TR1502 (1 c.)                             | 10       | 129.96          | 2.50      | 1.50     | 0.00     | 14.99     | 159.95     | 15.99     | 0.00    | 14.99      | 10.00     | (M)     | (M)        | (M)         | (M)       | (M)       | (M)     |
| <b>W1D2 Winter 2019 Refresh High - Day: 2</b>               | 100      |                 |           |          |          |           |            |           |         |            |           |         |            |             |           |           |         |
| <b>Category: Refresh - Cold Entree (LN/SUP); Choose: 1</b>  |          |                 |           |          |          |           |            |           |         |            |           |         |            |             |           |           |         |
| Protein Pack Snack Pack - TR1499 (1 ea.)                    | 20       | 556.00          | 27.20     | 7.02     | 0.00     | 15.00     | 366.99     | 66.66     | 11.10   | 17.00 (M)  | 20.63     | 7.84    | 495.01     | 838.00      | 28.00     | (M)       | (M)     |
| <b>Category: Refresh - Hot Entree (LN/SUP); Choose: 3</b>   |          |                 |           |          |          |           |            |           |         |            |           |         |            |             |           |           |         |

# Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size)                                    | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU       | VitC (mg) | Mois (g)  | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|------------|-----------|-----------|---------|
| Cheese Pizza - TR1347 (1 slice)                             | 10       | 360.00          | 16.00   | 8.00     | 0.00     | 40.00     | 490.00  | 35.00    | 4.00    | 6.00       | 18.00   | (M)     | (M)     | (M)        | (M)       | (M)       | (M)     |
| Cheese Pizza HS - TR1034 (1 slice)                          | 15       | 360.00          | 17.00   | 8.00     | 0.00     | 45.00     | 570.00  | 34.00    | 4.00    | 6.00       | 19.00   | 2.30    | 320.00  | 100.00     | 0.00      | (M)       | (M)     |
| Cheese Ravioli w/ Garlic Bread HS - TR1484 (1 ea.)          | 55       | 436.11          | 16.55   | 7.58     | 0.00     | 37.88     | 1075.52 | 49.41    | 5.77    | 7.70(M)    | 28.47   | 2.18(M) | 898.61  | 960.00 (M) | 0.00(M)   | (M)       | (M)     |
| <b>Category: Fruit; Choose: 2</b>                           |          |                 |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |
| Apples, raw, with skin - TR1126 (1 cup slices)              | 100      | 56.68           | 0.19    | 0.03     | 0.00     | 0.00      | 1.09    | 15.05    | 2.62    | 11.32      | 0.28    | 0.13    | 6.54    | 58.86      | 5.01      | 93.26     | 0.21    |
| Pear - TR1045 (1 piece)                                     | 100      | 96.00           | 0.20    | 0.02     | 0.00     | 0.00      | 1.99    | 25.66    | 5.10    | (M)        | 0.63    | 0.28    | 15.01   | 38.00      | 7.00      | (M)       | (M)     |
| <b>Category: Refresh - Side Vegetable; Choose: 3</b>        |          |                 |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |
| Carrots, baby, raw - TR1054 (1/2 c.)                        | 75       | 29.75           | 0.11    | 0.02     | 0.00     | 0.00      | 66.30   | 7.00     | 2.46    | 4.05       | 0.54    | 0.76    | 27.20   | 11721.50   | 2.21      | 76.80     | 0.54    |
| Jicama and Cucumber w/ Tajin Spice - TR1409 (1/2 c.)        | 75       | 22.06           | 0.07    | 0.02     | 0.00     | 0.00      | 129.23  | 4.70     | 2.21    | 1.20       | 0.48    | 0.33    | 9.26    | 36.23      | 14.72     | 63.06 (M) | 0.23(M) |
| Sugar Snap Peas with Ranch - TR1493 (1 ea.)                 | 75       | 97.44           | 8.00    | 1.00     | 0.00     | 0.00      | 110.00  | 3.66     | 1.83    | 1.83       | 1.83    | 1.32    | 36.58   | 548.71     | 32.92     | (M)       | (M)     |
| <b>Category: Milk; Choose: 2</b>                            |          |                 |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |
| Fat-Free White Milk - TR1036 (1 ea.)                        | 15       | 90.00           | 0.00    | 0.00     | 0.00     | 5.00      | 130.00  | 13.00    | 0.00    | 13.00      | 9.00    | (M)     | (M)     | (M)        | (M)       | (M)       | (M)     |
| Low Fat 1% Milk - TR1502 (1 c.)                             | 10       | 129.96          | 2.50    | 1.50     | 0.00     | 14.99     | 159.95  | 15.99    | 0.00    | 14.99      | 10.00   | (M)     | (M)     | (M)        | (M)       | (M)       | (M)     |
| <b>W1D3 Winter 2019 Refresh High - Day: 3</b>               | 100      |                 |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |
| <b>Category: Refresh - Cold Entree (LN/SUP); Choose: 1</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |
| Yogurt Parfait, NEW - TR1328 (1 ea.)                        | 15       | 656.04          | 26.82   | 6.91     | 0.00     | 15.12     | 363.96  | 94.64    | 10.10   | 36.68      | 19.19   | 3.64    | 424.80  | 50.00 (M)  | 45.00 (M) | (M)       | (M)     |
| <b>Category: Refresh - Hot Entree (LN/SUP); Choose: 2</b>   |          |                 |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |
| BBQ Meatballs HS - TR1313 (1 ea.)                           | 10       | 602.57          | 25.44   | 8.34     | 0.00     | 45.00     | 1390.45 | 70.83    | 5.68    | 14.67      | 20.68   | 3.12    | 110.14  | 283.38 (M) | 19.23     | (M)       | (M)     |
| Broccoli and Cheese Soup with Garlic Knot - TR1485 (1 ea.)  | 75       | 374.00          | 18.00   | 7.50     | 0.00     | 37.00     | 864.00  | 37.00    | 3.00    | 10.00      | 17.00   | 1.08    | 410.00  | 645.00     | 24.00     | (M)       | (M)     |
| <b>Category: Fruit; Choose: 2</b>                           |          |                 |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |
| Oranges, raw, California, valencias - TR1044 (1 cup sectio) | 100      | 88.20           | 0.54    | 0.06     | 0.00     | 0.00      | 0.00    | 21.40    | 4.50    | (M)        | 1.87    | 0.16    | 72.00   | 414.00     | 87.30     | 155.41    | 0.76    |
| Pear - TR1045 (1 piece)                                     | 100      | 96.00           | 0.20    | 0.02     | 0.00     | 0.00      | 1.99    | 25.66    | 5.10    | (M)        | 0.63    | 0.28    | 15.01   | 38.00      | 7.00      | (M)       | (M)     |
| <b>Category: Refresh - Side Vegetable; Choose: 2</b>        |          |                 |         |          |          |           |         |          |         |            |         |         |         |            |           |           |         |

# Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size)                                   | Plan Qty | Calories (Kcal) | Fat (g)   | Sfat (g) | TFat (g) | Chol (mg) | Na (mg)     | Carb (g)  | TDF (g)   | Sugars (g) | Pro (g)   | Fe (mg) | Ca (mg)    | A,IU        | VitC (mg) | Mois (g)  | Ash (g) |
|--|----------|-----------------|-----------|----------|----------|-----------|-------------|-----------|-----------|------------|-----------|---------|------------|-------------|-----------|-----------|---------|
| Carrots, baby, raw - TR1054 (1/2 c.)                       | 75       | 29.75           | 0.11      | 0.02     | 0.00     | 0.00      | 66.30       | 7.00      | 2.46      | 4.05       | 0.54      | 0.76    | 27.20      | 11721.50    | 2.21      | 76.80     | 0.54    |
| Celery and Cucumber Cups with Ranch - TR1494 (1 ea.)       | 75       | 83.18           | 8.12      | 1.03     | 0.00     | 0.00      | 144.87      | 2.81      | 0.89      | 1.28       | 0.57      | 0.20    | 23.81      | 235.59      | 2.51      | 81.08 (M) | 0.48(M) |
| <b>Category: Milk; Choose: 2</b>                           |          |                 |           |          |          |           |             |           |           |            |           |         |            |             |           |           |         |
| Fat-Free White Milk - TR1036 (1 ea.)                       | 15       | 90.00           | 0.00      | 0.00     | 0.00     | 5.00      | 130.00      | 13.00     | 0.00      | 13.00      | 9.00      | (M)     | (M)        | (M)         | (M)       | (M)       | (M)     |
| Low Fat 1% Milk - TR1502 (1 c.)                            | 10       | 129.96          | 2.50      | 1.50     | 0.00     | 14.99     | 159.95      | 15.99     | 0.00      | 14.99      | 10.00     | (M)     | (M)        | (M)         | (M)       | (M)       | (M)     |
| <b>W1D4 Winter 2019 Refresh High - Day: 4</b>              | 100      |                 |           |          |          |           |             |           |           |            |           |         |            |             |           |           |         |
| <b>Category: Refresh - Cold Entree (LN/SUP); Choose: 1</b> |          |                 |           |          |          |           |             |           |           |            |           |         |            |             |           |           |         |
| Cheese and Crackers Snack Pack - TR1500 (1 ea.)            | 10       | 604.88          | 37.16     | 11.65    | 0.00     | 50.00     | 704.01      | 52.50     | 8.21      | 18.88      | 19.49     | 3.30(M) | 358.45     | 446.00 (M)  | 1.84(M)   | 37.40 (M) | 0.26(M) |
| <b>Category: Refresh - Hot Entree (LN/SUP); Choose: 4</b>  |          |                 |           |          |          |           |             |           |           |            |           |         |            |             |           |           |         |
| Bean and Cheese Pupusa - TR1385 (1 ea.)                    | 10       | 290.00          | 11.00     | 3.50     | 0.00     | 15.00     | 480.00      | 35.00     | 4.00      | 1.00       | 13.00     | 1.00    | 250.00     | (M)         | (M)       | (M)       | (M)     |
| Chicken Burrito HS - TR1343 (1 ea.)                        | 5        | 455.29 (M)      | 16.78 (M) | 4.47(M)  | 0.00(M)  | 56.67 (M) | 1054.08 (M) | 53.55 (M) | 10.06 (M) | 0.00(M)    | 23.18 (M) | 4.17(M) | 140.82 (M) | 2.27(M)     | 3.40(M)   | (M)       | (M)     |
| Chicken Chili Verde w/ Fajita Rice HS - TR1482 (1 ea.)     | 65       | 579.48          | 4.50      | 1.00     | 0.00(M)  | 50.00     | 895.03      | 103.38    | 4.07      | 2.39       | 27.93     | 4.05    | 29.62      | 573.40      | 19.81     | 26.10 (M) | 1.23(M) |
| Veggie Burrito (High School) - TR1420 (1 ea.)              | 10       | 424.00 (M)      | 14.00 (M) | 4.00(M)  | 0.00(M)  | 0.00(M)   | 1126.93 (M) | 60.87 (M) | 13.53 (M) | 1.00(M)    | 15.53 (M) | 5.11(M) | 184.00 (M) | 4.67(M)     | 0.00(M)   | (M)       | (M)     |
| <b>Category: Fruit; Choose: 2</b>                          |          |                 |           |          |          |           |             |           |           |            |           |         |            |             |           |           |         |
| Apples, raw, with skin - TR1126 (1 cup slices)             | 100      | 56.68           | 0.19      | 0.03     | 0.00     | 0.00      | 1.09        | 15.05     | 2.62      | 11.32      | 0.28      | 0.13    | 6.54       | 58.86       | 5.01      | 93.26     | 0.21    |
| Pear - TR1045 (1 piece)                                    | 100      | 96.00           | 0.20      | 0.02     | 0.00     | 0.00      | 1.99        | 25.66     | 5.10      | (M)        | 0.63      | 0.28    | 15.01      | 38.00       | 7.00      | (M)       | (M)     |
| <b>Category: Refresh - Side Vegetable; Choose: 2</b>       |          |                 |           |          |          |           |             |           |           |            |           |         |            |             |           |           |         |
| Refried Beans - TR1415 (1/2 Container)                     | 75       | 200.00          | 8.00      | 0.50     | 0.00     | 0.00      | 530.00      | 24.00     | 6.00      | 1.00       | 8.00      | 2.00    | 46.00      | (M)         | (M)       | (M)       | (M)     |
| Zingy Corn Salad - TR1495 (1 c.)                           | 75       | 130.50          | 3.76      | 0.33     | 0.00(M)  | 0.00      | 404.31      | 25.32     | 3.66      | 2.49(M)    | 3.38      | 0.96(M) | 11.59 (M)  | 1417.74 (M) | 46.36 (M) | 54.23 (M) | 0.31(M) |
| <b>Category: Milk; Choose: 2</b>                           |          |                 |           |          |          |           |             |           |           |            |           |         |            |             |           |           |         |
| Fat-Free White Milk - TR1036 (1 ea.)                       | 15       | 90.00           | 0.00      | 0.00     | 0.00     | 5.00      | 130.00      | 13.00     | 0.00      | 13.00      | 9.00      | (M)     | (M)        | (M)         | (M)       | (M)       | (M)     |
| Low Fat 1% Milk - TR1502 (1 c.)                            | 10       | 129.96          | 2.50      | 1.50     | 0.00     | 14.99     | 159.95      | 15.99     | 0.00      | 14.99      | 10.00     | (M)     | (M)        | (M)         | (M)       | (M)       | (M)     |
| <b>W1D5 Winter 2019 Refresh High - Day: 5</b>              | 100      |                 |           |          |          |           |             |           |           |            |           |         |            |             |           |           |         |

# Menu Cycle Week – Nutrient Analysis

Generated on: 1/7/2019 9:04:42 AM by Alexandra Emmot

| Menu Item (Serving Size)                                    | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg)    | A,IU       | VitC (mg) | Mois (g)  | Ash (g) |
|---|----------|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|------------|------------|-----------|-----------|---------|
| <b>Category: Refresh - Cold Entree (LN/SUP); Choose: 1</b>  |          |                 |         |          |          |           |         |          |         |            |         |         |            |            |           |           |         |
| Yogurt Parfait, NEW - TR1328 (1 ea.)                        | 15       | 656.04          | 26.82   | 6.91     | 0.00     | 15.12     | 363.96  | 94.64    | 10.10   | 36.68      | 19.19   | 3.64    | 424.80     | 50.00 (M)  | 45.00 (M) | (M)       | (M)     |
| <b>Category: Refresh - Hot Entree (LN/SUP); Choose: 4</b>   |          |                 |         |          |          |           |         |          |         |            |         |         |            |            |           |           |         |
| Cheese Pizza - TR1347 (1 slice)                             | 10       | 360.00          | 16.00   | 8.00     | 0.00     | 40.00     | 490.00  | 35.00    | 4.00    | 6.00       | 18.00   | (M)     | (M)        | (M)        | (M)       | (M)       | (M)     |
| Cheese Pizza HS - TR1034 (1 slice)                          | 15       | 360.00          | 17.00   | 8.00     | 0.00     | 45.00     | 570.00  | 34.00    | 4.00    | 6.00       | 19.00   | 2.30    | 320.00     | 100.00     | 0.00      | (M)       | (M)     |
| Cheeseburger - TR1033 (1 ea.)                               | 10       | 365.00          | 16.50   | 7.50     | 0.00     | 65.00     | 600.00  | 29.00    | 2.00    | 5.00       | 22.00   | 2.88(M) | 190.00 (M) | 200.00 (M) | 0.00(M)   | (M)       | (M)     |
| Hamburger - TR1055 (1 ea.)                                  | 50       | 285.00          | 9.50    | 3.50     | 0.00     | 40.00     | 465.00  | 29.00    | 2.00    | 5.00       | 17.00   | 2.88    | 40.00 (M)  | 0.00(M)    | 0.00(M)   | (M)       | (M)     |
| <b>Category: Fruit; Choose: 2</b>                           |          |                 |         |          |          |           |         |          |         |            |         |         |            |            |           |           |         |
| Apples, raw, with skin - TR1126 (1 cup slices)              | 100      | 56.68           | 0.19    | 0.03     | 0.00     | 0.00      | 1.09    | 15.05    | 2.62    | 11.32      | 0.28    | 0.13    | 6.54       | 58.86      | 5.01      | 93.26     | 0.21    |
| Oranges, raw, California, valencias - TR1044 (1 cup sectio) | 100      | 88.20           | 0.54    | 0.06     | 0.00     | 0.00      | 0.00    | 21.40    | 4.50    | (M)        | 1.87    | 0.16    | 72.00      | 414.00     | 87.30     | 155.41    | 0.76    |
| <b>Category: Refresh - Side Vegetable; Choose: 2</b>        |          |                 |         |          |          |           |         |          |         |            |         |         |            |            |           |           |         |
| Rosemary Roasted Potatoes - TR1411 (1/2 c.)                 | 25       | 150.00          | 3.75    | 0.63     | 0.00     | 0.00      | 250.00  | 25.00    | 0.00    | 1.25       | 3.75    | 1.35    | 0.00       | 0.00       | 0.00      | (M)       | (M)     |
| Spinach Shaker Salad - TR1410 (1 c.)                        | 75       | 94.09           | 5.13    | 0.52     | 0.00     | 0.00      | 228.44  | 11.94    | 1.42    | 9.33       | 0.92    | 0.83    | 31.97      | 3961.64    | 8.84      | 33.49 (M) | 0.58(M) |
| <b>Category: Milk; Choose: 2</b>                            |          |                 |         |          |          |           |         |          |         |            |         |         |            |            |           |           |         |
| Fat-Free White Milk - TR1036 (1 ea.)                        | 15       | 90.00           | 0.00    | 0.00     | 0.00     | 5.00      | 130.00  | 13.00    | 0.00    | 13.00      | 9.00    | (M)     | (M)        | (M)        | (M)       | (M)       | (M)     |
| Low Fat 1% Milk - TR1502 (1 c.)                             | 10       | 129.96          | 2.50    | 1.50     | 0.00     | 14.99     | 159.95  | 15.99    | 0.00    | 14.99      | 10.00   | (M)     | (M)        | (M)        | (M)       | (M)       | (M)     |