

# Menu Day – Nutrient Analysis

Menu: CH Nutrition Profile 19  
Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+  
Meal Type: Lunch  
Serving Group: K-5  
Site Group: The Clubhouse

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	160.16	
Fat (g)		5.72	32.15
Sfat (g)(1)	< 10.00 % of Calories	1.97	11.05
TFat (g)(2)		0.00	
Chol (mg)		12.99(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	285.38	
Sodium Target 2 (mg) (13)	< 935.00	285.38	
Carb (g)		21.42	53.50
TDF (g)		2.33	
Sugars (g)		7.34(M)	18.33
Pro (g)		6.36	15.89
Fe (mg)		0.99(M)	
Ca (mg)		79.70(M)	
A,IU		1,295.41(M)	
VitC (mg)		6.63(M)	
Mois (g)		28.82(M)	
Ash (g)		0.18(M)	

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 0.500	[1.000 - 2.000]	
Veg	>= 0.750	[0.750 - 2.000]	
Veg-DG		1.500	
Veg-RO		1.375	
Veg-BP		1.000	
Veg-S		1.750	
Veg-O		1.375	
Grains	>= 1.000	[2.000 - 5.000]	
Non-WGR		[0.000 - 2.000]	
WGR		[1.000 - 5.000]	
Meat/MA	>= 1.000	[2.000 - 4.000]	
MILK-F	>= 1.000	1.000	
Fruit-J		0.500	
Grain-D		0.000	
Vegetable-J		0.000	
MILK-V		Pass	

## 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.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- 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.

Menu Item (Serving Size)	Plan Qty	Calorie s (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)
CH Nutrition Profile 19	100																

# Menu Day – Nutrient Analysis

Generated on: 7/16/2019 1:24:34 PM by Jodie Havert

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: Entrée/Combo; Choose: 1</b>																	
Bacon Cheeseburger, beef with mushroom, american, bacon - OHR1063 (1 sandwich)	1	322.80	14.47	5.60	0.00	35.40	744.97	26.90	2.10	3.30	17.87	2.64	157.00	150.70	0.30	0.00(M)	0.00(M)
Beef Soft Taco 2mt 1.75JTM 8 in tortilla - OHR1174 (1 ea.)	1	302.53	13.90	5.89	0.00	40.83	518.60	26.52	3.26	3.26	16.70	2.70	239.00	406.31	3.15	(M)	(M)
Breadstick, Mozzarella Stuffed, Bosco - SR1407 (1 breadstick)	1	150.00	5.00	2.50	0.00	15.00	220.00	17.00	2.00	1.00	10.00	1.08	150.00	0.00	0.00	(M)	(M)
CHEESE SANDWICH American served cold - OHR1195 (1 ea.)	1	340.00	20.00	10.00	0.00	50.00	1190.00	28.00	2.00	2.00	16.00	1.44	380.00	600.00	0.00	0.00(M)	0.00(M)
Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OHR1086 (1 burger)	1	330.00	13.50	5.50	0.00	37.50	665.00	28.00	2.00	3.00	19.50	3.04	164.30	151.00	0.50	0.00(M)	0.00(M)
Chicken Nuggets, Tyson - SR1367 (5 nugget)	1	259.49	14.97	2.50	0.00	24.95	399.21	15.97	2.99	1.00	15.97	1.80	0.00	99.80	0.00	(M)	(M)
Chicken Patty Sandwich, Tyson/Klosterman - OHR1027 (1 sandwich)	1	340.00	11.00	1.50	0.00	45.00	520.00	34.00	5.00	3.00	24.00	2.52	60.00	0.00	0.00	0.00(M)	0.00(M)
Chicken Popcorn, chunks, tyson - OHR1054 (1 serving (1))	1	230.00	13.00	2.50	0.00	20.00	340.00	14.00	2.00	1.00	14.00	1.80	40.00	100.00	0.00	(M)	(M)
CHICKEN TENDER WG TYSON 3 PIECE - OHR1165 (3 ea.)	1	260.00	15.00	2.50	0.00	25.00	390.00	16.00	3.00	1.00	15.00	1.80	40.00	100.00	0.00	(M)	(M)
French Toast Sticks w/Sausage Links - OHR1144 (3 stick.)	1	361.00	18.20	5.10	0.03	135.00	615.00	39.00	3.40	12.00	15.70	2.16	70.00	150.00	0.00	(M)	(M)
Fun on the Run/Yogurt/Pretzel - OHR1039 (1 ea.)	1	321.00	9.57	3.04	0.00	25.25	417.38	48.02	2.00	13.00	15.09	1.54	297.44	500.00	0.00	(M)	(M)
GRILLED CHEESE SANDWICH - OHR1098 (1 ea.)	1	460.38	31.24	15.25	0.00	50.00	1319.73	30.02	2.00	2.01	16.01	1.44	380.52	1097.00	0.01	0.00(M)	0.00(M)
Hamburger 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OHR1198 (1 burger)	1	280.00	9.00	3.00	0.00	25.00	410.00	28.00	2.00	3.00	17.00	3.04	89.30	1.00	0.50	0.00(M)	0.00(M)
Hot Dog, Beef - OHR1023 (1 ea.)	1	320.00	17.00	6.00	0.00	30.00	770.00	28.00	2.00	6.00	11.00	2.52	60.00	0.00	0.00	0.00(M)	0.00(M)
Hot Ham and Cheese Pretzel Sandwich - OHR1133 (1 ea.)	1	320.00	12.00	5.00	0.00	72.50	775.00	30.00	3.00	2.00	21.50	2.52	95.00	150.00	1.20	(M)	(M)

# Menu Day – 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)
Meatball sub 4 beef meatballs, spaghetti sauce, RECIPE OHCOMM - OHR1186 (4 Meatballs)	1	386.07	13.74	5.87	0.01	37.99	1232.23	42.90	4.30	10.99	25.51	4.04	308.23	734.00	7.73	0.00(M)	0.00(M)
Mini Corn dog - OHR1094 (6 ea.)	1	270.00	12.00	3.75	0.00	37.50	420.00	30.00	4.50	6.00	10.50	2.16	150.00	0.00	0.00	(M)	(M)
Nachos beef and cheese (liq cheese) LEGOUT CHEESE - OHR1361 (1 serving (1))	1	535.45	23.55	8.28	0.00	33.12	2139.41	63.06	4.73	12.20	20.29	1.89	171.19	609.46	4.73	(M)	(M)
Pizza Meatlovers Big Daddy Bold 1/10 - OHR1136 (1 slice 1/10)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pizza, Cheese, Big Daddy Bold 1/10 - OHR1026 (10 slice 1/10)	1	341.26	14.39	6.53	0.00	31.99	397.17	34.67	3.20	5.60	17.33	2.16	253.15	373.14	0.00	(M)	(M)
Pizza, Pepperoni, Big Daddy Bold 1/10 - OHR1074 (10 slice 1/10)	1	365.86	16.58	7.35	0.00	37.00	480.10	34.76	3.20	5.69	18.33	2.19	253.15	373.60	0.00	(M)	(M)
Popcorn Chicken Bowl - OHR1363 (1 ea.)	1	655.57	31.05	13.00	0.00	36.93	1107.92	72.62	7.29	6.43	25.10	3.30	241.97	102.03	9.95	186.65 (M)	0.42(M)
Regular Macaroni and Cheese - OHR1448 (1 1/2 c.)	1	660.94	31.55	16.34	0.02	98.55	1834.07	61.84	2.56	7.20	34.07	2.31	749.07	1407.92 (M)	0.00(M)	85.87 (M)	1.56(M)
Salad Chef Salad K5 - OHR1105 (1 salad)	1	303.82	10.58	3.66	0.00	111.64	551.85	34.13	3.31	5.66	18.27	2.73	201.66	5648.55	10.85	108.73 (M)	0.70(M)
Salad Peppi, lettuce, pepperoni, cheese - OHR1042 (1 salad)	0	373.84	14.69	5.06	0.00	51.27	901.60	39.54	4.13	5.95	23.31	3.13	261.03	7829.81	7.90	107.64 (M)	0.64(M)
Salad Popcorn chicken Elem - OHR1002 (1 salad)	1	415.05	20.31	5.33	0.00	34.91	642.27	35.02	5.08	4.73	23.55	3.91	207.29	8433.19	15.85	129.93 (M)	0.92(M)
Super Hero Sack Turkey and Cheese - OHR1128 (1 ea.)	1	230.44	6.28	1.77	0.00	30.09	521.31	26.01	2.00	3.00(M)	17.04	1.62	421.61	542.41	0.00	0.00(M)	0.00(M)
taco salad ELEM - OHR1100 (1 salad)	1	436.92	21.52	6.58	0.00	32.69	630.59	46.23	5.97	1.77	16.47	2.23	175.12	8430.88	16.71	135.84 (M)	0.95(M)
Walking/Jogging Taco, Beef, cheese - OHR1049 (1 ea.)	1	413.67	16.66	3.04	0.10	33.12 (M)	1150.13	50.87	5.38	4.58	17.54	3.26	57.57	915.38	4.73(M)	69.56 (M)	1.34(M)
yogurt and fruit plate - OHR1006 (1 serving (1))	1	478.98	10.60	8.01	0.00	5.00	519.28	86.85	4.26	47.64	11.63	1.64	377.26	1402.05	17.39	40.98 (M)	0.19(M)
<b>Category: Meat/MA; Choose: 1</b>																	
Yogurt, Trix, Raspberry Rainbow, 4 oz - SR1183 (1 4 oz conta)	1	80.00	0.50	0.00	0.00	5.00	65.00	15.00	0.00	9.00	4.00	0.00	100.00	500.00	0.00	(M)	(M)
<b>Category: Grains; Choose: 1</b>																	

# Menu Day – 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)
Dinner Roll 1 grain - OHR1003 (1 ea.)	1	80.00	1.00	0.00	0.00	0.00	135.00	15.00	1.00	2.00	3.00	0.72	40.00	0.00	0.00	0.00	0.00
Dutch Waffle, Whole grain - OHR1031 (1 ea.)	1	300.00	13.00	3.00	0.00	20.00	350.00	43.00	3.00	12.00	4.00	1.80	0.00	0.00	0.00	(M)	(M)
Pancakes, mini, blueberry, Eggo Bites - SR1190 (1 pkg.)	1	210.00	6.00	1.00	0.00	10.00	310.00	35.00	4.00	11.00	4.00	2.70	60.00	500.00	0.00	(M)	(M)
<b>Category: Fruit; Choose: 1</b>																	
APPLE SLICES FRESH MARKON GFS 792382 - OHR1317 (1/2 c.)	1	28.50	0.00	0.00	0.00	0.00	0.50	7.50	1.50	5.50	0.00	0.09	5.00	25.00	2.40	(M)	(M)
Apple, fresh, whole, 138 ct - OHR1009 (1 ea.)	1	80.00	0.00	0.00	0.00	0.00	0.00	22.00	5.00	16.00	0.00	0.36	0.00	100.00	4.80	0.00	0.00
Applesauce cup - OHR1118 (1 ea.)	1	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
C - Applesauce, canned, unsweetened - SR1195 (1/2 c.)	1	53.58	0.13	0.01	0.00	0.00	2.55	14.38	1.40	11.98	0.22	0.29	5.10	37.00	1.28	(M)	(M)
C - Mixed Fruit Cocktail, canned, in pear juice, drained - SR1037 (1/2 c.)	1	49.99	0.01	0.00	0.00	0.00	4.35	12.89	1.09	11.80	0.50	0.23	8.70	331.49	2.93	-3.68 (M)	(M)
C - Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	1	57.95	0.04	0.00	0.00	0.00	5.27	15.24	1.71	13.53	0.83	0.36	7.90	501.75	4.74	-4.25 (M)	(M)
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	1	49.27	0.07	0.00	0.00	0.00	3.94	12.75	1.58	9.56	0.34	0.29	8.87	5.91	1.58	(M)	(M)
Cranberries, dried, sweetened - OHR1337 (1/4 c.)	1	123.20	0.44	0.04	0.00	0.00	2.00	33.12	2.12	29.02	0.07	0.16	3.60	18.40	0.08	(M)	(M)
F - Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	1	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	(M)	(M)
F - Kiwifruit, ready-to-serve - SR1582 (1/2 c.)	1	50.31	0.43	0.02	0.00	0.00	2.47	12.09	2.47	7.41	0.94	0.26	28.04	71.75	76.45	68.51	0.50
F - Oranges, fresh, whole, unpeeled - SR1171 (1 small (2-3)	1	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.90	0.10	38.40	216.00	51.07	83.28	0.42
F - Strawberries, fresh - SR1546 (1/2 c.)	1	23.04	0.22	0.01	0.00	0.00	0.72	5.53	1.44	3.52	0.48	0.30	11.52	8.64	42.34	65.48	0.29
F - Watermelon, 1/2-inch diced, without rind, ready-to-serve - SR1299 (1/2 c.)	1	27.67	0.14	0.02	0.00	0.00	0.92	6.96	0.37	5.72	0.56	0.22	6.46	524.79	7.47	84.34	0.23
Fruit Mix, Dried USDA - OHR1353 (1/4 c.)	1	104.00	0.00	0.00	0.00	0.00	7.00	27.00	2.00	23.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Day – 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)
Mandarin Oranges, canned in light syrup, drained - SR1557 (1/2 c.)	1	54.99	0.00	0.00	0.00	0.00	0.00	13.75	0.92	12.83	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pineapple, Tidbits - OHR1028 (1/2 c.)	1	54.30	0.10	0.01	0.00	0.00	0.91	14.08	1.18	12.90	0.46	0.25	14.48	45.25	8.51	(M)	(M)
Red Seedless Grapes - SR1496 (1/2 c.)	1	62.60	0.14	0.05	0.00	0.00	1.81	16.42	0.82	14.04	0.65	0.33	9.07	59.87	2.90	73.06	0.44
STRAWBERRY CUP FROZEN USDA - OHR1329 (1 ea.)	1	90.00	0.00	0.00	0.00	22.00	0.00	22.00	2.00	18.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Fruit Juice; Choose: 1</b>																	
Apple Juice, 100% Suncup 4 fl oz - SR1204 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Juice, grape, 100% Suncup, 4 fl oz - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Juice, orange, 100% Suncup, 4 fl oz - SR1295 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
<b>Category: Vegetable; Choose: 2</b>																	
Beans, baked, vegetarian, brown sugar, onion, molasses - SR1336 (1/2 c.)	2	225.33	0.02	0.01	0.00	0.00	593.41	53.23	5.44	32.54	7.53	2.67	82.47	0.14	0.53	9.45(M)	0.49(M)
BP - Refried Beans, pinto, vegetarian - SR1070 (1/2 c.)	2	161.28	0.58	0.00	0.00	0.00	158.86	28.80	10.37	0.00	10.37	2.07	49.42	0.00	0.00	104.57(M)	0.11(M)
Broccoli, frozen cut or chopped, heated, drained - SR1028 (1/2 c.)	2	26.46	0.11	0.02	0.00	0.00	11.13	5.06	2.84	1.39	2.93	0.58	31.92	955.38	37.89	84.83	0.70
Carrots, coins, seasoned - SR1017 (1/2 c.)	2	75.49	5.10	0.50	0.04	0.00	179.98	7.47	3.10	3.75	0.62	0.52	33.23	15520.86	2.11	89.14(M)	0.98(M)
DG - Broccoli, fresh florets, trimmed, ready-to-serve - SR1027 (1/2 c.)	2	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.90	0.23	14.99	198.70	28.45	(M)	(M)
French fries, potato, straight cut, ovenable - SR1444 (1/2 c.)	2	102.93	3.56	0.40	0.00	0.00	126.68	17.42	1.58	0.00	1.58	0.57	0.00	0.00	2.85	(M)	(M)
Green beans Canned USDA or Prime - OHR1313 (1 1/2 cup)	2	14.00	0.07	0.02	0.00	0.00	140.00	3.04	1.30	0.65	0.78	0.61	18.00	294.00	3.20	(M)	(M)
Mixed Vegetables, carrots, corn, green beans, peas - SR1583 (1/2 c.)	2	51.85	0.43	0.08	0.00	0.00	90.78	11.05	3.09	3.16	2.23	0.74	24.62	4935.54	4.56	58.55(M)	0.61(M)

# Menu Day – 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)
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (3 stick.)	2	5.17	0.06	0.01	0.00	0.00	25.86	0.96	0.52	0.43	0.22	0.06	12.93	145.11	1.00	30.84	0.24
O - Cucumbers, unpared, 1/4-inch sliced, ready-to-serve - SR1013 (1/2 c.)	2	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.40	0.17	9.84	64.54	1.72	58.54	0.23
POTATO SMILES MCCAIN 228818 - OHR1078 (4 ea.)	2	130.00	4.50	0.50	0.00	0.00	180.00	20.00	2.00	0.00	2.00	0.36	0.00	0.00	2.40	(M)	(M)
Potato, Au gratin, cheesy - OHR1034 (1/2 c.)	2	44.06	2.81	1.22	0.00	0.00	79.44	4.59	0.21	0.63	0.42	0.08	8.35	115.02	0.00	135.18 (M)	0.14(M)
Potato, mashed, Signature - SR1112 (1/2 c.)	2	79.98	1.50	1.00	0.00	0.00	102.63	15.00	1.00	1.00	2.00	0.23	12.93	2.61	6.38	84.98 (M)	0.09(M)
RO - Carrots, baby-cut, ready-to-serve - SR1016 (1/2 c.)	2	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.46	0.65	23.22	10008.06	1.89	(M)	(M)
S - Corn, frozen, whole kernel, heated - SR1034 (1/2 c.)	2	68.89	0.57	0.09	0.00	0.00	0.85	16.41	2.04	2.61	2.17	0.35	3.40	2.55	5.36	63.79	0.41
Salad Side Romaine with Carrots - OHR1434 (1 salad)	2	12.07	0.19	0.02	0.00	0.00	8.57	1.89	1.36	0.95	0.76	0.57	20.72	5932.86	2.62	59.03	0.39
Sweet Potato Fries - OHR1008 (1/2 c.)	2	160.00	5.00	1.00	0.00	0.00	140.00	26.00	4.00	13.00	2.00	0.72	40.00	5000.00	3.60	(M)	(M)
Sweet Potato Fries, thin cut 5/16, Harvest Splendor - SR2043 (1/2 c.)	2	162.34	7.61	1.01	0.00	0.00	213.08	23.34	4.06	3.04	3.04	0.37	40.59	1420.52	1.22	(M)	(M)
Tater Tots, potato, OREIDA - SR1450 (1/2 c.)	2	129.77	5.99	1.00	0.00	0.00	309.45	15.97	2.00	0.00	2.00	0.00	0.00	0.00	3.59	(M)	(M)
Tomato, cherry - OHR1025 (1/2 c.)	2	13.41	0.15	0.02	0.00	0.00	3.73	2.90	0.89	1.96	0.66	0.20	7.45	620.59	10.21	70.42	0.37
<b>Category: Milk; Choose: 1</b>																	
Milk, Chocolate trumoo, reiter - OHR1089 (1 Half Pint)	1	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Milk, Strawberry trumoo, reiter - OHR1090 (1 Half Pint)	1	110.00	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	8.00	0.00	300.00	1750.00	1.20	0.00	0.00
Milk, white,1%, reiter - OHR1091 (1 Half Pint)	1	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	0.00	0.00
<b>Category: Condiment; Choose: 1</b>																	
Barbecue Sauce, portion control, Heinz - OHR1345 (1 packet)	1	12.00	0.00	0.00	0.00	0.00	68.00	3.20	0.00	1.60	0.00	0.29	0.00	0.00	0.96	(M)	(M)

# Menu Day – 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)
DRESSING, RANCH DRESSING, HIDDEN VALLEY BULK - OHR1430 (2 tbsp.)	1	120.00	13.00	7.50	0.00	10.00	250.00	2.00	0.00	1.00	0.00	0.00	10.00	15.00	0.00	(M)	(M)
G gravy, chicken, low sodium - SR1589 (1/4 c.)	1	30.37	1.01	0.00	0.00	0.00	133.40	4.05	0.00	0.71	0.00	0.00	1.78	0.00	0.00	59.14 (M)	0.06(M)
Honey Mustard, Heinz 1.5 gallon dispenser pack - OHR1304 (1 pump)	1	40.00	0.00	0.00	0.00	0.00	320.00	10.00	0.00	8.00	0.00	0.00	0.00	200.00	2.40	(M)	(M)
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	1	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Mayonnaise, Light Cholesterol Free Dressing - SR1005 (1 tbsp.)	1	45.00	4.00	0.50	0.00	0.00	130.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Classic Yellow - SR1006 (1 tbsp.)	1	0.00	0.00	0.00	0.00	0.00	165.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Salsa ,canned - OHR1017 (1 tbsp.)	1	22.00	0.12	0.02	0.00	0.00	70.00	4.37	0.90	4.37	0.94	1.40	7.00	343.00	2.50	(M)	(M)
Sour Cream, pkt - OHR1015 (1 ea.)	1	60.00	5.00	3.50	0.00	20.00	50.00	2.00	0.00	1.00	1.00	0.00	40.00	200.00	0.00	(M)	(M)
syrup individual - OHR1119 (1 ea.)	1	120.00	0.00	0.00	0.00	0.00	25.00	30.00	0.00	22.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Syrup, maple flavor, bulk - SR1158 (2 tbsp.)	1	117.75	0.00	0.00	0.00	0.00	39.25	29.16	0.00	19.63	0.00	0.00	0.00	0.00	0.00	(M)	(M)