

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 1

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

1/3 RDA/DRI

KCAL	PRO	CHO	FAT	CHOL	TDFB	VTAIU	VITC	B6	B12	CA	MG	ZN	NA			
KCAL	GM	GM	GM	MG	GM	IU	MG	MG	MCG	MG	MG	MG	MG			
617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			

Food Description

Lunch

LNS44-Beef Franks on WG Bun	1 Each	0057652	299	13.96	23.99	17.42	30	3.0	120.76	0			158.16			668		
LNS803-Baked Sweet Potato Fries	1 Each	LNS803	134	0	19.42	4.86	0	3.6	8496.83	7.28			24.28			109		
Apple Slices	1 1 Each	0001021806	30	0.00	6.96	0.00	0	1.0	0.00	20.89			19.89			0		
LNS1001-Yogurt Fruit Parfait	1 Portion	LNS1001	100	2.52	21.23	1.04	1	<u>3.6</u>	307.02	<u>7.39</u>	<u>0.15</u>	<u>0.44</u>	61.04	<u>2.95</u>	<u>0.28</u>	39		
Choc Milk 1%	1 8 Floz	0039851	160	8.00	27.00	2.50	10		500.00	0			300.00			210		

Alternates

LNS93-Grilled Chicken Sandwich	1 Portion	LNS97	261	22.14	29.03	6.55	51	3.0								775		
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Meal SubTotal

			723	24.48	98.60	25.82	41	<u>11.2</u>	9424.61	<u>35.56</u>	<u>0.15</u>	<u>0.44</u>	563.37	<u>2.95</u>	<u>0.28</u>	1026		
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* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

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Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

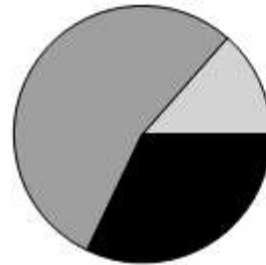
Diet Restriction: Regular (School)

Summary Information

	KCAL KCAL	PRO GM	CHO GM	FAT GM	CHOL MG	TDFB GM	VTAIU IU	VITC MG	B6 MG	B12 MCG	CA MG	MG MG	ZN MG	NA MG			
Lunch Totals	723	24.48	98.60	25.82	41	<u>11.2</u>	9424.61	<u>35.56</u>	<u>0.15</u>	<u>0.44</u>	563.37	<u>2.95</u>	<u>0.28</u>	1026			
1. Daily Totals	723	24.48	98.6	25.82	41	<u>11.2</u>	9424.61	<u>35.56</u>	<u>0.15</u>	<u>0.44</u>	563.37	<u>2.95</u>	<u>0.28</u>	1026	0	0	0
2. Nutritional Goals	617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			
3. % Nutritional Goal	117.2%	128.8%	246.5%	107.6%	45.6%	124.4%	697.6%	131.7%	30.0%	62.9%	156.5%	2.3%	8.5%	142.5%			
4. Deviation From Nutritional Goal	106.0	5.5	58.6	1.8	0.0	2.2	8073.6	8.6	0.0	0.0	203.4	0.0	0.0	306.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
□	% calories of PRO = 13.5%
■	% calories of CHO = 54.4%
■	% calories of FAT = 32.1%
Total = 100.0%	

* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 2

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

1/3 RDA/DRI

KCAL	PRO	CHO	FAT	CHOL	TDFB	VTAIU	VITC	B6	B12	CA	MG	ZN	NA			
KCAL	GM	GM	GM	MG	GM	IU	MG	MG	MCG	MG	MG	MG	MG			
617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			

Food Description

Lunch

LNS702-Chili Beef/Bean	1 1 cup	LNS702	162	10.51	15.57	5.95	<u>23</u>	<u>3.2</u>	<u>915.00</u>	<u>2.61</u>			<u>32.22</u>	<u>0.92</u>		498		
Saltines	1 2 Packages	0001012520	88	1.76	15.88	1.76	0	0	0	0			0			282		
String Cheese Stick	1 1 each	0001014353	81	7.09	1.01	6.07	15	1.0	303.74	0.00			202.50			182		
LNS820-Baby Carrots Fresh	1 Each	0059439	29	0.52	6.73	0.11	0	1.5	11259.06	6.86	0.09	0	26.13	8.16	0.14	64		
LNS205-Kiwi Applesauce Cup	1 Each	0058422	80	0.72	20.43	0.30	0	2.8	75.44	43.47			19.12	<u>4.00</u>		3		
Choc Milk 1%	1 8 Floz	0039851	160	8.00	27.00	2.50	10		500.00	0			300.00			210		

Alternates

LNS70-Bosco Sticks-RF3oz.	1 Each	LNS70	198	11.33	25.48	5.66	5	2.8	188.76	0			188.76			274		
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Meal SubTotal

			600	28.60	86.62	16.69	<u>48</u>	<u>8.5</u>	<u>13053.24</u>	<u>52.94</u>	<u>0.09</u>	<u>0.00</u>	<u>579.97</u>	<u>13.08</u>	<u>0.14</u>	1239		
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* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 2

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

Diet Restriction: Regular (School)

Summary Information

	KCAL KCAL	PRO GM	CHO GM	FAT GM	CHOL MG	TDFB GM	VTAIU IU	VITC MG	B6 MG	B12 MCG	CA MG	MG MG	ZN MG	NA MG			
Lunch Totals	600	28.60	86.62	16.69	<u>48</u>	<u>8.5</u>	<u>13053.24</u>	<u>52.94</u>	<u>0.09</u>	<u>0.00</u>	<u>579.97</u>	<u>13.08</u>	<u>0.14</u>	1239			

1. Daily Totals	600	28.6	86.62	16.69	<u>48</u>	<u>8.5</u>	<u>13053.24</u>	<u>52.94</u>	<u>0.09</u>	<u>0</u>	<u>579.97</u>	<u>13.08</u>	<u>0.14</u>	1239	0	0	0
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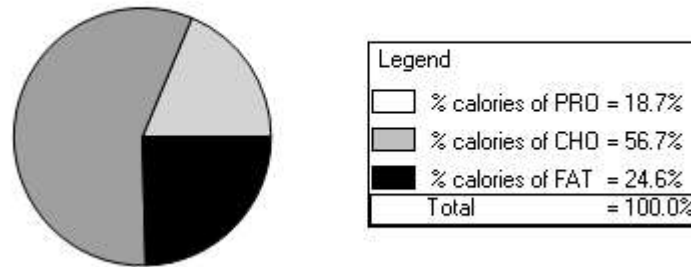
2. Nutritional Goals	617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			
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3. % Nutritional Goal	97.2%	150.5%	216.6%	69.5%	53.3%	94.4%	966.2%	196.1%	18.0%	0.0%	161.1%	10.4%	4.2%	172.1%			
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4. Deviation From Nutritional Goal	0.0	9.6	46.6	0.0	0.0	0.0	11702.2	25.9	0.0	0.0	220.0	0.0	0.0	519.0			
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5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 3

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

1/3 RDA/DRI

KCAL	PRO	CHO	FAT	CHOL	TDFB	VTAIU	VITC	B6	B12	CA	MG	ZN	NA			
KCAL	GM	GM	GM	MG	GM	IU	MG	MG	MCG	MG	MG	MG	MG			
617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			

Food Description

Lunch

LNS204-Tropical Fruit Cup	1 .5 cup	LNS204	94		22.98	0		2.1	522.34	37.61						0		
LNS42-Mini Burgers	1 Each	LNS42	377	23.58	42.78	13.86	54	2.5	101.25	0			137.44			694		
LNS806-Deli Roasters	1 Each	0046399	130	2.00	21.01	3.50	0	2.0	0	3.60			0			200		
Choc Milk 1%	1 8 Floz	0039851	160	8.00	27.00	2.50	10		500.00	0			300.00			210		

Alternates

LNS90-New Orleans Chicken	1 Serving	LNS90	266	16.16	41.37	3.64	51	1.4	0.00	0.00			0.00			459		
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Meal SubTotal

			761	<u>33.58</u>	113.77	19.86	<u>64</u>	<u>6.6</u>	1123.59	41.21	<u>0</u>	<u>0</u>	<u>437.44</u>	<u>0</u>	<u>0</u>	1104		
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Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 3

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

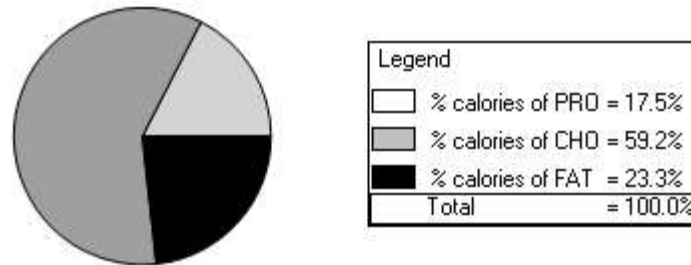
Diet Restriction: Regular (School)

Summary Information

	KCAL KCAL	PRO GM	CHO GM	FAT GM	CHOL MG	TDFB GM	VTAIU IU	VITC MG	B6 MG	B12 MCG	CA MG	MG MG	ZN MG	NA MG			
Lunch Totals	761	<u>33.58</u>	113.77	19.86	<u>64</u>	<u>6.6</u>	1123.59	41.21	<u>0</u>	<u>0</u>	<u>437.44</u>	<u>0</u>	<u>0</u>	1104			
1. Daily Totals	761	<u>33.58</u>	113.77	19.86	<u>64</u>	<u>6.6</u>	1123.59	41.21	<u>0</u>	<u>0</u>	<u>437.44</u>	<u>0</u>	<u>0</u>	1104	0	0	0
2. Nutritional Goals	617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			
3. % Nutritional Goal	123.3%	176.7%	284.4%	82.8%	71.1%	73.3%	83.2%	152.6%	0.0%	0.0%	121.5%	0.0%	0.0%	153.3%			
4. Deviation From Nutritional Goal	144.0	14.6	73.8	0.0	0.0	0.0	0.0	14.2	0.0	0.0	77.4	0.0	0.0	384.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 4

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

1/3 RDA/DRI

KCAL	PRO	CHO	FAT	CHOL	TDFB	VTAIU	VITC	B6	B12	CA	MG	ZN	NA			
KCAL	GM	GM	GM	MG	GM	IU	MG	MG	MCG	MG	MG	MG	MG			
617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			

Food Description

Lunch

LNS900-Sandwich Spicy Chicken	1	1 sandwich	LNS900	351	23.09	38.07	13.07	55	4.0	<u>503.10</u>				<u>20.12</u>			703		
LNS812-Potato Smiles	1	2.8 oz=5 smiles	LNS812	152	2.33	23.35	5.25	0	2.3	0	2.80			0			210		
LNS1001-Yogurt Fruit Parfait	1	Portion	LNS1001	100	2.52	21.23	1.04	1	<u>3.6</u>	307.02	<u>7.39</u>	<u>0.15</u>	<u>0.44</u>	61.04	<u>2.95</u>	<u>0.28</u>	39		
Fresh Orange	1	1/2 orange	0000019831	40	0.50	10.50	0	0	3.5	49.98	38.98			29.99			0		
LNS1000-Variety 1% Milk	1	8 floz	LNS1000	162	8.09	28.32	2.53	10	0.0	505.66	2.43			303.40			192		

Alternates

LNS402- Ham/Cheese Whole Wheat	1	Each	LNS402	387	25.67	39.26	13.64	55	6.1	450.05	1.37			453.42			823		
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Meal SubTotal

				805	36.53	121.47	21.89	66	<u>13.4</u>	<u>1365.76</u>	<u>51.60</u>	<u>0.15</u>	<u>0.44</u>	<u>414.55</u>	<u>2.95</u>	<u>0.28</u>	1144		
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Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 4

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

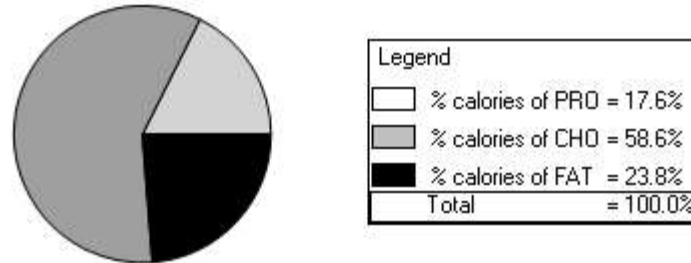
Diet Restriction: Regular (School)

Summary Information

	KCAL KCAL	PRO GM	CHO GM	FAT GM	CHOL MG	TDFB GM	VTAIU IU	VITC MG	B6 MG	B12 MCG	CA MG	MG MG	ZN MG	NA MG			
Lunch Totals	805	36.53	121.47	21.89	66	<u>13.4</u>	<u>1365.76</u>	<u>51.60</u>	<u>0.15</u>	<u>0.44</u>	<u>414.55</u>	<u>2.95</u>	<u>0.28</u>	1144			
1. Daily Totals	805	36.53	121.47	21.89	66	<u>13.4</u>	<u>1365.76</u>	<u>51.6</u>	<u>0.15</u>	<u>0.44</u>	<u>414.55</u>	<u>2.95</u>	<u>0.28</u>	1144	0	0	0
2. Nutritional Goals	617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			
3. % Nutritional Goal	130.5%	192.3%	303.7%	91.2%	73.3%	148.9%	101.1%	191.1%	30.0%	62.9%	115.2%	2.3%	8.5%	158.9%			
4. Deviation From Nutritional Goal	188.0	17.5	81.5	0.0	0.0	4.4	14.8	24.6	0.0	0.0	54.6	0.0	0.0	424.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 5

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

1/3 RDA/DRI

KCAL	PRO	CHO	FAT	CHOL	TDFB	VTAIU	VITC	B6	B12	CA	MG	ZN	NA			
KCAL	GM	GM	GM	MG	GM	IU	MG	MG	MCG	MG	MG	MG	MG			
617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			

Food Description

Lunch

LNS82-Pizza Pepperoni Big Daddy	1 Each	LNS82	351	20.07	39.13	13.04	30	2.0	301.00	0			200.67			692		
LNS809-Golden Corn	1 1/2 cup	LNS809	97	2.43	19.48	1.22	0	2.4	0	4.38			0			377		
LNS813-Potato Wedges	1 3 oz	LNS813	120	2.00	18.01	4.50	0	2.0	0	2.40			0			410		
Choc Milk 1%	1 8 Floz	0039851	160	8.00	27.00	2.50	10		500.00	0			300.00			210		

Alternates

LNS92-Chicken Chunk Nuggets & Roll	1 5 nuggets,1roll	LNS93	394	15.66	36.98	19.46	<u>78</u>	<u>2.0</u>	<u>27.82</u>	<u>2.10</u>			<u>54.25</u>	<u>0.19</u>		682		
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Meal SubTotal

			728	32.50	103.62	21.26	40	<u>6.4</u>	801.00	6.78	<u>0</u>	<u>0</u>	500.67	<u>0</u>	<u>0</u>	1689		
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Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 5

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

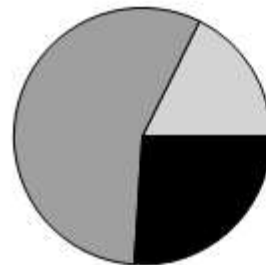
Diet Restriction: Regular (School)

Summary Information

	KCAL KCAL	PRO GM	CHO GM	FAT GM	CHOL MG	TDFB GM	VTAIU IU	VITC MG	B6 MG	B12 MCG	CA MG	MG MG	ZN MG	NA MG			
Lunch Totals	728	32.50	103.62	21.26	40	<u>6.4</u>	801.00	6.78	<u>0</u>	<u>0</u>	500.67	<u>0</u>	<u>0</u>	1689			
1. Daily Totals	728	32.5	103.62	21.26	40	<u>6.4</u>	801	6.78	<u>0</u>	<u>0</u>	500.67	<u>0</u>	<u>0</u>	1689	0	0	0
2. Nutritional Goals	617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			
3. % Nutritional Goal	118.0%	171.1%	259.1%	88.6%	44.4%	71.1%	59.3%	25.1%	0.0%	0.0%	139.1%	0.0%	0.0%	234.6%			
4. Deviation From Nutritional Goal	111.0	13.5	63.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	140.7	0.0	0.0	969.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
□	% calories of PRO = 17.7%
■	% calories of CHO = 56.3%
■	% calories of FAT = 26.0%
Total = 100.0%	

* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 6

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

1/3 RDA/DRI

KCAL	PRO	CHO	FAT	CHOL	TDFB	VTAIU	VITC	B6	B12	CA	MG	ZN	NA			
KCAL	GM	GM	GM	MG	GM	IU	MG	MG	MCG	MG	MG	MG	MG			
617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			

Food Description

Lunch

LNS94-Oven Baked Chicken	1	2 oz	LNS98	282	21.71	9.46	17.51	84	0.0	79.36	0.00			18.31			492		
Southern Biscuit	1	1 Each	0001026254	180	4.00	24.00	8.00	0		0	0			20.00			590		
LNS814-Whipped Potatoes	1	1/2 cup	LNS814	125	1.93	19.28	4.82	2	1.9	192.84	0			19.28			386		
LNS810-Green Beans	1	1/2 cup	LNS810	25	0.52	4.40	0.17	0	1.9	291.14	4.00			34.33			397		
Choc Milk 1%	1	8 Floz	0039851	160	8.00	27.00	2.50	10		500.00	0			300.00			210		

Alternates

LNS402- Ham/Cheese Whole Wheat	1	1 half wrap	LNS402	387	25.67	39.26	13.64	55	6.1	450.05	1.37			453.42			823		
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Meal SubTotal

				772	36.16	84.14	33.00	96	<u>3.8</u>	1063.34	4.00	<u>0.00</u>	<u>0.00</u>	391.92	<u>0.00</u>	<u>0.00</u>	2075		
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* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 6

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

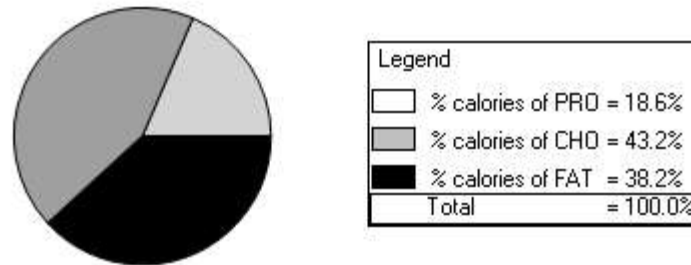
Diet Restriction: Regular (School)

Summary Information

	KCAL KCAL	PRO GM	CHO GM	FAT GM	CHOL MG	TDFB GM	VTAIU IU	VITC MG	B6 MG	B12 MCG	CA MG	MG MG	ZN MG	NA MG			
Lunch Totals	772	36.16	84.14	33.00	96	<u>3.8</u>	1063.34	4.00	<u>0.00</u>	<u>0.00</u>	391.92	<u>0.00</u>	<u>0.00</u>	2075			
1. Daily Totals	772	36.16	84.14	33	96	<u>3.8</u>	1063.34	4	<u>0</u>	<u>0</u>	391.92	<u>0</u>	<u>0</u>	2075	0	0	0
2. Nutritional Goals	617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			
3. % Nutritional Goal	125.1%	190.3%	210.4%	137.5%	106.7%	42.2%	78.7%	14.8%	0.0%	0.0%	108.9%	0.0%	0.0%	288.2%			
4. Deviation From Nutritional Goal	155.0	17.2	44.1	9.0	6.0	0.0	0.0	0.0	0.0	0.0	31.9	0.0	0.0	1355.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 7

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

1/3 RDA/DRI

KCAL	PRO	CHO	FAT	CHOL	TDFB	VTAIU	VITC	B6	B12	CA	MG	ZN	NA			
KCAL	GM	GM	GM	MG	GM	IU	MG	MG	MCG	MG	MG	MG	MG			
617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			

Food Description

Lunch

LNS91-Chicken Tenders & Roll	1 Each	0046383	370	14.34	37.40	17.44	38	1.0	27.82	3.00			29.86	0.19		902		
LNS815-Baked Sweet Potato Half	1 Each	0055420	158	2.48	37.71	0	0	5.0	23377.19	3.72			53.35			92		
LNS601-Pinto Beans	1 1/2 cup	LNS601	127	7.63	25.45	0	0	6.4	0	0			76.34			445		
Choc Milk 1%	1 8 Floz	0039851	160	8.00	27.00	2.50	10		500.00	0			300.00			210		

Alternates

LNS41-LoCoTacos	1 Each	LNS41	281	20.26	25.36	11.46	78	2.3	437.46	3.41	0.01		233.05	1.50	0.02	740		
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Meal SubTotal

			815	32.45	127.56	19.94	48	12.4	23905.01	6.72	0	0	459.55	0.19	0	1649		
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* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 7

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

Diet Restriction: Regular (School)

Summary Information

	KCAL	PRO	CHO	FAT	CHOL	TDFB	VTAIU	VITC	B6	B12	CA	MG	ZN	NA			
	KCAL	GM	GM	GM	MG	GM	IU	MG	MG	MCG	MG	MG	MG	MG			
Lunch Totals	815	32.45	127.56	19.94	<u>48</u>	<u>12.4</u>	<u>23905.01</u>	<u>6.72</u>	<u>0</u>	<u>0</u>	<u>459.55</u>	<u>0.19</u>	<u>0</u>	1649			

1. Daily Totals	815	32.45	127.56	19.94	<u>48</u>	<u>12.4</u>	<u>23905.01</u>	<u>6.72</u>	<u>0</u>	<u>0</u>	<u>459.55</u>	<u>0.19</u>	<u>0</u>	1649	0	0	0
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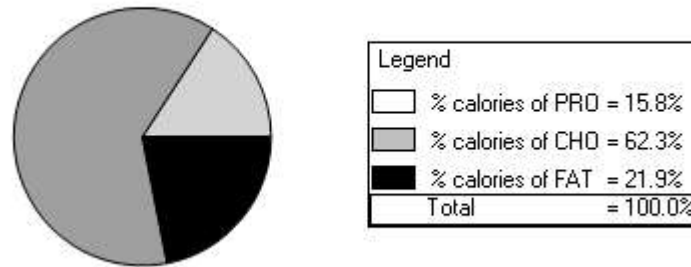
2. Nutritional Goals	617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			
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3. % Nutritional Goal	132.1%	170.8%	318.9%	83.1%	53.3%	137.8%	1769.4%	24.9%	0.0%	0.0%	127.7%	0.2%	0.0%	229.0%			
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4. Deviation From Nutritional Goal	198.0	13.5	87.6	0.0	0.0	3.4	22554.0	0.0	0.0	0.0	99.6	0.0	0.0	929.0			
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5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 8

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

1/3 RDA/DRI

KCAL	PRO	CHO	FAT	CHOL	TDFB	VTAIU	VITC	B6	B12	CA	MG	ZN	NA			
KCAL	GM	GM	GM	MG	GM	IU	MG	MG	MCG	MG	MG	MG	MG			
617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			

Food Description

Lunch

LNS80-Pulled BBQ Sandwich	1	1 sandwich	LNS80	351	24.04	39.72	11.90	51	4.0	<u>285.75</u>	<u>0.37</u>			<u>36.00</u>			1048		
LNS806-Deli Roasters	1	Each	0046399	130	2.00	21.01	3.50	0	2.0	0	3.60			0			200		
LNS600-Baked Beans	1	1/2 cup	LNS600	140	7.04	28.79	1.21	2	6.0	63.53	2.51	<u>0.01</u>		84.95	<u>0.26</u>	<u>0.01</u>	663		
LNS301-Homestyle Cole Slaw	1	1/2 cup	LNS301	51	0.40	3.35	4.28	4	0.8	553.63	0.92			15.90			79		
Choc Milk 1%	1	8 Floz	0039851	160	8.00	27.00	2.50	10		500.00	0			300.00			210		

Alternates

LNS73-Fish Sticks Potato Crust	1	Each	0058865	318	17.59	28.47	14.44	54	1.4	72.67	0.52	0.05	2.37	27.08	43.74	0.33	451		
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Meal SubTotal

				832	41.48	119.87	23.39	67		<u>12.8</u>	<u>1402.91</u>	<u>7.40</u>	<u>0.01</u>	<u>0.00</u>	<u>436.85</u>	<u>0.26</u>	<u>0.01</u>	2200		
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* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 8

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

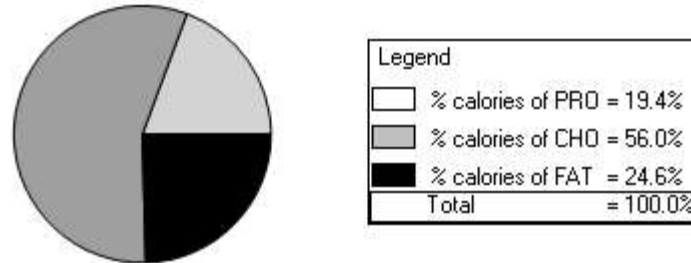
Diet Restriction: Regular (School)

Summary Information

		KCAL	PRO	CHO	FAT	CHOL	TDFB	VTAIU	VITC	B6	B12	CA	MG	ZN	NA			
		KCAL	GM	GM	GM	MG	GM	IU	MG	MG	MCG	MG	MG	MG	MG			
Lunch	Totals	832	41.48	119.87	23.39	67	<u>12.8</u>	<u>1402.91</u>	<u>7.40</u>	<u>0.01</u>	<u>0.00</u>	<u>436.85</u>	<u>0.26</u>	<u>0.01</u>	2200			
1. Daily Totals		832	41.48	119.87	23.39	67	<u>12.8</u>	<u>1402.91</u>	<u>7.4</u>	<u>0.01</u>	<u>0</u>	<u>436.85</u>	<u>0.26</u>	<u>0.01</u>	2200	0	0	0
2. Nutritional Goals		617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			
3. % Nutritional Goal		134.8%	218.3%	299.7%	97.5%	74.4%	142.2%	103.8%	27.4%	2.0%	0.0%	121.3%	0.2%	0.3%	305.6%			
4. Deviation From Nutritional Goal		215.0	22.5	79.9	0.0	0.0	3.8	51.9	0.0	0.0	0.0	76.9	0.0	0.0	1480.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 9

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

1/3 RDA/DRI

KCAL	PRO	CHO	FAT	CHOL	TDFB	VTAIU	VITC	B6	B12	CA	MG	ZN	NA			
KCAL	GM	GM	GM	MG	GM	IU	MG	MG	MCG	MG	MG	MG	MG			
617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			

Food Description

Lunch

LNS40-Hamburger	1	1 each	LNS40	271	22.46	27.78	8.73	38	4.2	56.94	1.63			25.90		3.74	518		
LNS800-Baked Classic Cut Fries	1	Portion	LNS800	157	2.61	22.01	6.52	0	2.6	0	4.80			0			365		
LNS1001-Yogurt Fruit Parfait	1	Portion	LNS1001	100	2.52	21.23	1.04	1	3.6	307.02	7.39	0.15	0.44	61.04	2.95	0.28	39		
Choc Milk 1%	1	8 Floz	0039851	160	8.00	27.00	2.50	10		500.00	0			300.00			210		

Alternates

LNS703-V8 Vegetable Soup	1	Each	0053001	278	17.25	19.39	11.23	48	4.1	3291.91	168.98			45.89			786		
LNS16-Cheesy Corn Muffin	1	Each	0052964	138	5.94	19.74	4.25	21	0.5	253.56	0.27			152.83	0.11		382		

Meal SubTotal

	688	35.59	98.02	18.79	49	10.4	863.96	13.82	0.15	0.44	386.94	2.95	4.02	1132					
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* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 9

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

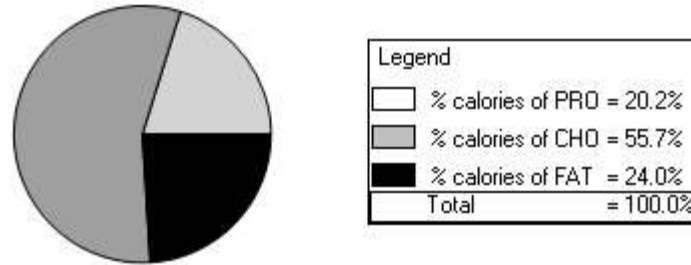
Diet Restriction: Regular (School)

Summary Information

	KCAL KCAL	PRO GM	CHO GM	FAT GM	CHOL MG	TDFB GM	VTAIU IU	VITC MG	B6 MG	B12 MCG	CA MG	MG MG	ZN MG	NA MG			
Lunch Totals	688	35.59	98.02	18.79	49	<u>10.4</u>	<u>863.96</u>	<u>13.82</u>	<u>0.15</u>	<u>0.44</u>	<u>386.94</u>	<u>2.95</u>	<u>4.02</u>	1132			
1. Daily Totals	688	35.59	98.02	18.79	49	<u>10.4</u>	<u>863.96</u>	<u>13.82</u>	<u>0.15</u>	<u>0.44</u>	<u>386.94</u>	<u>2.95</u>	<u>4.02</u>	1132	0	0	0
2. Nutritional Goals	617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			
3. % Nutritional Goal	111.5%	187.3%	245.1%	78.3%	54.4%	115.6%	63.9%	51.2%	30.0%	62.9%	107.5%	2.3%	121.8%	157.2%			
4. Deviation From Nutritional Goal	71.0	16.6	58.0	0.0	0.0	1.4	0.0	0.0	0.0	0.0	26.9	0.0	0.7	412.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 10

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

1/3 RDA/DRI

KCAL	PRO	CHO	FAT	CHOL	TDFB	VTAIU	VITC	B6	B12	CA	MG	ZN	NA			
KCAL	GM	GM	GM	MG	GM	IU	MG	MG	MCG	MG	MG	MG	MG			
617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			

Food Description

Lunch

LNS81-Garlic French Bread Pizza	1 Each	LNS81	322	15.10	36.23	12.08	15	2.0	402.59	15.10			251.62			594		
LNS300-Baby Greens Side Salad	1 1/2 cup	LNS300	9	0.67	1.82	0.10	0	0.8	2158.11	8.43	<u>0.03</u>		19.21	<u>10.21</u>	<u>0.11</u>	16		
LNS809-Golden Corn	1 1/2 cup	LNS809	97	2.43	19.48	1.22	0	2.4	0	4.38			0			377		
Choc Milk 1%	1 8 Floz	0039851	160	8.00	27.00	2.50	10		500.00	0			300.00			210		

Alternates

LNS95-Chicken Crispy Baked Sandwic 1	1 each	LNS99	382	25.15	38.10	15.11	55	3.0	<u>100.88</u>				<u>20.18</u>			835		
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Meal SubTotal

			588	26.20	84.53	15.90	25	<u>5.2</u>	3060.70	27.91	<u>0.03</u>	<u>0</u>	570.83	<u>10.21</u>	<u>0.11</u>	1197		
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* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients

Most popular Cycle Menu Choices Nutrition Analysis w/out condiments

Day 10

Menu Cycle: Larue Cycle 1

Unit Name: LARUE COUNTY MIDDLE SCHOOL

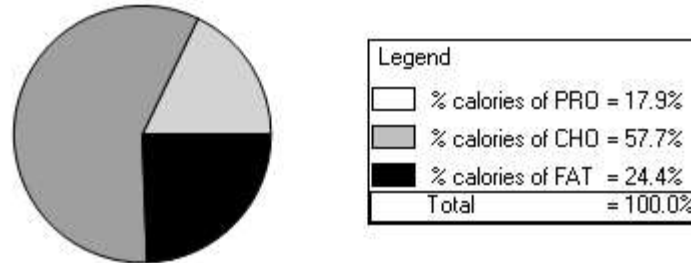
Diet Restriction: Regular (School)

Summary Information

	KCAL KCAL	PRO GM	CHO GM	FAT GM	CHOL MG	TDFB GM	VTAIU IU	VITC MG	B6 MG	B12 MCG	CA MG	MG MG	ZN MG	NA MG			
Lunch Totals	588	26.20	84.53	15.90	25	<u>5.2</u>	3060.70	27.91	<u>0.03</u>	<u>0</u>	570.83	<u>10.21</u>	<u>0.11</u>	1197			
1. Daily Totals	588	26.2	84.53	15.9	25	<u>5.2</u>	3060.7	27.91	<u>0.03</u>	<u>0</u>	570.83	<u>10.21</u>	<u>0.11</u>	1197	0	0	0
2. Nutritional Goals	617.0	19.0	40.0	24.0	90.0	9.0	1,351.0	27.0	0.5	0.7	360.0	126.0	3.3	720.0			
3. % Nutritional Goal	95.3%	137.9%	211.3%	66.3%	27.8%	57.8%	226.6%	103.4%	6.0%	0.0%	158.6%	8.1%	3.3%	166.3%			
4. Deviation From Nutritional Goal	0.0	7.2	44.5	0.0	0.0	0.0	1709.7	0.9	0.0	0.0	210.8	0.0	0.0	477.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold underlined may be understated due to nutrient values not available on all ingredients