

# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
1oz Rolls, Breadsticks, Homemade - LR100030 (1 ounce roll)Contains Milk, Wheat.	86.92	2.12	0.17	0.00(M)	0.30	103.32	14.59	1.24	2.55	2.56	0.71	22.54	1.10	0.10	10.73(M)	0.16(M)
2oz Rolls, Breadsticks, Homemade - LR100420 (2 ounce roll)	155.40	2.83	0.45	0.00(M)	0.72	217.84	29.73	2.25	5.48	5.19	1.93	58.70	2.32	0.25	23.30(M)	0.63(M)
Animal Crackers - LR100225 (1 pkg.)	124.20	1.74	0.27	0.00	0.00	75.90	25.14	0.48	(M)	2.13	1.11	6.57	0.00	0.00	0.60	0.39
Apple Cinnamon Poppers - LR100671 (1 ea.)Contains Wheat, Soy. May contain Milk.	253.84	9.01	4.50	0.00(M)	0.00	341.81	38.33	2.15	13.87(M)	5.05	1.30	84.68	4.93	2.66	1.08(M)	0.03(M)
Apple Crisp - LR100234 (1 piece)	204.78	7.74	1.59	0.00(M)	0.00	116.71	33.19	1.96	21.35(M)	1.79	2.19	17.29	325.42	1.28	9.93(M)	0.33(M)
Apple, Cut = 1 cup ASP Only - LR100672 (1 ea.)	94.64	0.31	0.05	(M)	0.00	1.82	25.13	4.37	18.91	0.47	0.22	10.92	98.28	8.37	155.72	0.35
Apple, Cut 1/2 = 1/2 cup - LR100511 (1/2 ea.)	47.32	0.16	0.03	(M)	0.00	0.91	12.57	2.18	9.46	0.24	0.11	5.46	49.14	4.19	77.86	0.17
Applesauce - LR100107 (1/2 c.)	55.25	0.11	0.01	0.00	0.00	2.17	15.17	1.08	13.00	0.22	0.33	5.42	37.92	1.30	0.00	0.00
Applesauce, Cups 4.5 OZ - LR100634 (1 ea.)	56.00	0.10	0.01	0.00	0.00	2.00	14.00	1.00	12.00	0.20	0.30	5.00	35.00	1.20	(M)	(M)
Asian Bar - Sweet and Sour Sauce - LR100780 (1 oz.)	35.00	0.00	0.00	0.00	0.00	190.00	9.00	0.00	7.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Asian Bar - Thai Chili Sauce - LR100779 (1 oz.)	47.25	0.00	0.00	0.00	0.00	244.13	11.81	0.00	11.03	0.00	0.00	0.00	78.75	1.89	(M)	(M)
Asian Chicken Chunk - LR100477 (6 ea.)Contains Wheat, Soy, Gluten.	340.00	14.00	3.00	0.00	60.00	580.00	30.00	2.00	6.00	24.00	2.16	40.00	0.00	0.00	0.00	0.00
Asian Cole Slaw - LR100603 (1/2 c.)	88.08(M)	0.14(M)	0.03(M)	0.00(M)	0.00(M)	322.09 (M)	21.57(M)	2.50(M)	15.18(M)	1.48(M)	0.69(M)	46.27(M)	756.79 (M)	53.25(M)	99.38(M)	0.70(M)
Asian Rice 1 Cup - Scratch - LR100776 (1 c.)Contains Wheat, Soy.	120.34	1.12	0.03	0.00	0.00	548.59	24.26	2.50	1.38	3.55	0.74	10.36(M)	3415.18 (M)	2.29(M)	118.01 (M)	0.00(M)
Asian Rice 1/2 Cup - Scratch - LR100775 (1/2 c.)Contains Wheat, Soy.	60.17	0.56	0.02	0.00	0.00	274.30	12.13	1.25	0.69	1.77	0.37	5.18(M)	1707.59 (M)	1.15(M)	59.00(M)	0.00(M)
Asian Vegetables - LR100099 (1/2 c.)	37.30	0.00	0.00	0.00(M)	0.00	23.08	5.96	2.98	0.00(M)	2.98	0.40	22.26	492.79	25.71	23.60(M)	0.00(M)
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	17.00	15.00	0.00	13.40	0.00	0.00	0.00	200.00	19.68	0.00	0.00
Assorted Fruit Juice-6oz - LR100215 (3/4 c.)	82.50	0.00	0.00	0.00	0.00(M)	30.00	20.50	0.00	18.75	0.00	0.09(M)	10.00(M)	375.00	21.60	0.00(M)	0.00(M)
Baby Carrots 5# - LR100097 (1/2 c.)	32.00	0.11	0.02	0.00	0.00	70.40	7.39	2.62	(M)	0.57	0.82	28.80	12508.59	2.40	(M)	(M)
Baby Carrots-Mini Bag - LR100341 (1 pkg.)May contain Milk.	165.01	12.10	2.27	0.00	7.50	501.05	9.93	2.46	1.50(M)	2.04	0.77	27.00	11727.00	2.25	0.00(M)	0.00(M)

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Bacon, Egg and Cheese Breakfast Toast - LR100569 (1 ea.)Contains Milk, Egg, Wheat, Soy.	179.63	6.99	2.00	0.00	54.89	319.33	17.96	2.00	1.00	7.98	1.80	79.83	299.38	0.00	0.00	0.00
Baked Potato-Whole - LR100138 (1 potato)Contains Milk.	169.40	0.19	0.06	0.00(M)	0.00	22.10	38.72	2.77	0.00(M)	4.56	1.83	28.82	2.13	12.14	170.92	2.41
Banana Muffin-Homemade-w/Mix - LR100645 (1 ea.)Contains Milk, Egg, Wheat, Soy.	198.95	5.31	2.64	0.00(M)	15.70	241.56	34.70	1.66	16.49	2.35	0.44	22.68	15.10(M)	2.05(M)	36.62(M)	0.21(M)
Banana, Whole = 1/2 cup - LR100512 (1 ea.)	105.02	0.39	0.13	(M)	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Bar, Oatmeal - LR100617 (1 Bar)Contains Milk, Egg, Wheat, Soy, Gluten.	150.00	5.00	1.00	0.00	20.00	120.00	23.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
BBQ Pork- Meat Only - LR100607 (2 oz.)Contains Soy.	149.50	8.50	3.00	0.00	35.50	116.50	8.50	0.00	8.00	9.00	1.53	40.00	824.99	12.60	0.00	0.00
BBQ Pork-Brookwood Farms Sandwich - LR100053 (1 sandwich)Contains Wheat, Soy, Gluten. May contain Milk.	459.00	19.00	6.00	0.00	71.00	433.00	46.00	3.00	20.00	24.00	4.86	280.00	1649.97	25.20	0.00(M)	0.00(M)
BBQ Sauce, IND - LR100005 (1 ea.)	20.00	0.00	0.00	0.00	0.00	89.00	5.00	0.00	3.00	0.00	0.00	0.00	50.00	0.00	0.00	0.00
Beans, Baked (Bush's) - LR100516 (1/2 c.)	127.00	0.00	0.00	0.00	0.00	537.31	28.33	4.88	9.77	6.84	1.76	39.08	0.00	0.00	0.00	0.00
Beef Vegetable Soup - LR100540 (1 c.)Contains Milk, Soy.	57.40	1.37	0.35	0.00(M)	8.73(M)	243.51	9.09	1.55	3.00(M)	3.70	1.44	33.44	2132.97	6.17	146.39 (M)	0.28(M)
Beef, Tacos Seasoned ES/MS - LR100633 (1 taco)	41.87	2.04	0.68	0.00	18.18	121.78	0.19	0.06	0.00	5.91	1.84	2.19	13.68	0.99	(M)	(M)
Beef, Taco Seasoned - HS - LR100520 (30 scoop)	44.43	2.13	0.71	0.00(M)	18.91	129.68	0.44	0.17	0.12	6.14	1.95	4.41	70.14	1.72	4.74(M)	0.01(M)
Biscuit, Plain - LR100267 (1 ea.)Contains Wheat, Soy. May contain Milk.	210.00	9.00	4.50	0.00	0.00	340.00	27.00	2.00	3.00	5.00	1.08	80.00	0.00	0.00	0.00	0.00
Black Bean and Corn Salad - LR100499 (3/4 c.)	210.46	3.71	0.37	0.00	0.00	219.14	36.49	9.64	4.27	9.42	3.18(M)	58.57(M)	460.81 (M)	7.78(M)	41.29(M)	0.22(M)
Black Beans & Salsa - LR100081 (1/2 c.)	240.74	0.62	0.17	0.00(M)	0.00	337.04	53.29	15.79	1.54(M)	14.58	5.43	117.48	493.04	5.78	0.00(M)	0.00(M)
Blueberry Muffin-Homemade W/Mix - LR100268 (1 ea.)Contains Milk, Egg, Wheat, Soy.	185.15	5.32	2.62	0.00(M)	15.70	241.97	31.02	1.44	13.61(M)	2.15	0.40	22.80	6.48(M)	0.36(M)	26.04(M)	0.03(M)
Bread Option, HS Breakfast - LR100571 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	95.87	2.37	0.38	0.00(M)	0.01	125.96	15.75	1.39	4.33	3.00	1.28	31.83	91.97	1.00	0.01	0.02
Breadstick, Mozzarella filled - LR100753 (2 ea.)Contains Milk, Wheat, Soy.	320.00	12.00	6.00	0.00	20.00	460.00	34.00	2.00	4.00	18.00	2.16	300.00	200.00	0.00	(M)	(M)

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Breakfast Burrito (Turkey Sausage) - LR100659 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	154.88	6.88	2.99	0.00	53.76	209.52	15.78	2.40	0.49	8.26	1.29	99.21	254.60	1.78	(M)	(M)
Breakfast Grit Bowl - LR100583 (1 ea.)Contains Milk, Egg, Soy.	623.67	31.38	11.42	0.00	130.00	1274.61	68.28	3.73	4.47	16.83	2.43	289.45	700.47	1.26	151.05	0.00
Broccoli Cheese Soup - LR100732 (1 c.)Contains Milk.	180.16	10.44	4.66	0.00(M)	23.60	1042.94	11.46	2.28	5.12	12.07	0.23	351.78	7458.77	14.89	0.00(M)	0.00(M)
Broccoli, Honey Roasted - LR100517 (1/2 c.)	66.19	0.12	0.01	0.00(M)	0.00	151.15	13.87	2.49	10.18	1.29	0.05	20.76	0.00	31.44	1.44(M)	0.02(M)
Brownie Bite Size Cool Dessert Invtns - LR100726 (1 ea.)Contains Milk, Egg, Wheat, Soy.	130.00	5.00	1.00	0.00	10.00	10.00	22.00	2.00	14.00	2.00	0.36	0.00	0.00	0.00	(M)	(M)
Brunch, Egg - LR100614 (2 oz.)Contains Milk, Egg, Soy.	100.00	7.00	2.00	0.00	230.00	180.00	1.00	0.00	0.00	7.00	1.04	45.00	336.00	0.00	0.00	0.00
Brunch, Sausage Patty, Pork 1.25oz - LR100616 (1 patty)	200.00	20.00	7.00	0.00	35.00	390.00	1.00	0.00	0.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00
Buffalo Burger - LR100677 (1 ea.)Contains Wheat, Soy, Gluten. May contain Milk.	372.18	16.60	4.66	0.00(M)	30.00	2771.35	36.11	4.99	7.27	19.06	3.77	225.42	450.20	2.81	3.54(M)	0.20(M)
Buffalo Grilled Chicken Sandwich - LR100538 (1 sandwich)Contains Wheat, Soy, Gluten. May contain Milk.	353.64	13.26	2.51	0.00(M)	40.00	989.83	37.63	4.28	8.25	21.08	2.73	207.03	454.29	2.08	4.59(M)	0.26(M)
Buffalo Pork Hoagie - LR100733 (2 1/2 oz.)Contains Wheat, Soy. May contain Milk, Egg.	355.55	14.62	4.25	0.00(M)	52.91	441.81	32.31	3.64	6.12	22.01	1.48	25.20	227.14	2.84	2.30(M)	0.13(M)
Buffalo Sauce - LR100675 (2 Tbsp.)Contains Soy.	93.64	7.26	1.51	0.00(M)	0.00	489.83	6.63	1.28	4.25	0.08	0.21	7.03	454.29	2.08	4.59(M)	0.26(M)
Bun, Slider - LR100505 (1 ea.)Contains Wheat, Soy.	70.00	1.00	0.00	0.00	0.00	150.00	14.00	1.00	2.00	2.00	0.72	40.00	0.00	0.00	0.00	0.00
Burger, Black Bean - LR100651 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	340.00	9.00	1.00	0.00	0.00	590.00	43.00	9.00	6.00	20.00	3.24	200.00	0.00	0.00	(M)	(M)
Burritos, Bean and Cheese (Cheesy) - LR100585 (1 ea.)Contains Milk, Wheat, Soy.	29.50(M)	2.25(M)	1.32(M)	0.00(M)	7.50(M)	103.75 (M)	0.50(M)	0.00(M)	0.00(M)	1.75(M)	0.00(M)	50.75(M)	100.00 (M)	0.00(M)	0.00(M)	0.00(M)
Burritos, Beef and Bean (Cheesy) - LR100586 (1 ea.)Contains Milk, Wheat, Soy.	278.55	9.77	3.45	0.00	22.96	442.21	35.03	7.01	0.00(M)	14.57	3.13	102.84	465.03	1.04	0.00	1.40
Buttered Carrots - LR100557 (1/2 c.)	82.71	5.34	1.09	0.00(M)	0.00	179.26	8.81	3.73	4.63	0.70	0.61	42.13	19056.4 1	2.65	0.89(M)	0.11(M)
Caesar Side Salad - LR100077 (1 c.)Contains Milk, Wheat, Soy.	117.73	9.28	1.62	0.00(M)	1.84	201.63	5.87	1.55	1.14	2.43	0.76	52.15	5205.79	2.38	58.92(M)	0.53(M)
Cake Icing - LR100650 (1 Tbsp.)Contains Milk.	31.92	1.39	0.28	0.00(M)	0.10	17.77	4.79	0.00	4.69	0.10	0.00	0.81	65.84	0.03	0.27(M)	0.03(M)

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Calzone, Three Cheese - LR100653 (1 ea.)Contains Milk, Wheat, Soy.	251.67	5.17	2.08	0.00	10.42	425.83	33.00	4.00	4.00	19.17	15.00	45.00	208.33	0.00	(M)	(M)
Carrot and Broccoli Dippers (summer) - LR100500 (3/4 c.)May contain Milk.	175.40	12.25	2.28	0.00(M)	7.50	504.93	11.78	3.22	2.27(M)	3.23	0.97	43.78	10039.29	42.34	40.51(M)	0.40(M)
Carrot Souffle - LR100474 (1/2 c.)	244.76	8.13	1.36	0.00	0.00	210.64	45.66	3.28	38.84	1.03	0.74(M)	81.35(M)	16245.70(M)	2.21(M)	0.00(M)	0.00(M)
Celery Sticks w/ Grape Tomato - LR100582 (1/2 c.)May contain Milk.	86.97	6.21	1.17	0.00(M)	3.79	290.98	5.07	1.72	2.73	1.68	0.26	38.05	620.49	6.42	83.08	0.65
Celery Sticks w/Dip - LR100098 (1/2 c.)May contain Milk.	108.11	8.47	1.60	0.00(M)	5.20	374.18	4.77	1.45	2.26	1.67	0.18	36.29	407.33	2.81	86.57	0.68
Cereal Bars - LR100441 (1 ea.)Contains Wheat, Soy.	150.00	3.00	0.50	0.00	0.00	107.50	30.00	3.00	8.50	2.50	1.80	225.00	50.00	0.60	0.00	0.00
Cereal Variety - LR100182 (1 ea.)Contains Wheat, Peanuts, Soy.	107.14	1.14	0.14	0.00	0.00	170.00	23.57	2.29	7.57	1.71	4.63	68.57	492.86	9.94	0.00	0.00
Cheese Grits 1/2 cup - LR100768 (1/2 c.)Contains Milk, Soy.	296.19	3.82	1.66	0.00	9.60	564.29	58.35	3.36	2.24	4.48	1.85	134.13	363.42	1.13	151.05	0.00
Cheese Grits 3/4 Cup - LR100191 (3/4 c.)Contains Milk, Soy.	359.80	5.76	2.79	0.00	16.22	678.71	66.63	3.78	3.24	7.57	2.08	224.10	517.37	1.27	165.85	0.00
Cheese Omelet - LR100185 (1 ea.)Contains Milk, Egg.	130.00	11.00	3.50	(M)	180.00	300.00	2.00	0.00	1.00	7.00	0.72	80.00	0.00	0.00	(M)	(M)
Cheese Quesadillas - LR100657 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	190.00	9.00	6.00	0.00	20.00	390.00	18.00	2.00	1.00	9.00	1.44	200.00	400.00	1.20	(M)	(M)
Cheese Quesadillas (2) - LR100764 (2 ea.)Contains Milk, Wheat, Soy, Gluten.	380.00	18.00	12.00	0.00	40.00	780.00	36.00	4.00	2.00	18.00	2.88	400.00	800.00	2.40	(M)	(M)
Cheese Sauce- homemade - LR100537 (1 fl. oz.)Contains Milk, Soy.	75.42	4.24	2.00	0.00(M)	12.43	181.43	3.40	0.05	3.14(M)	6.28	0.03	152.40	377.90	0.35	0.03(M)	0.01(M)
Cheese Sticks w/Marinara Sauce - LR100265 (2 ea.)Contains Milk, Egg, Wheat, Soy.	358.07	12.10	6.24	0.00(M)	30.00	733.71	41.16	5.04	5.36(M)	21.56	5.63(M)	472.27(M)	627.97(M)	5.31(M)	0.33(M)	0.35(M)
Cheese Toast - LR100181 (1 ea.)Contains Milk, Soy.	114.04	3.07	1.49	0.01	7.50	250.60	14.21	1.92	2.39	7.64	0.78	151.52	150.96	0.00	12.35	0.74
Cheese, Mozzarella, String - LR100532 (1 ea.)Contains Milk.	60.75	2.53	2.02	0.00	10.13	212.63	1.01	0.00	0.00	8.10	0.00	202.50	101.25	0.00	0.00	0.00
Cheeseburger - LR100021 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	328.00	12.60	4.50	0.00	36.00	554.00	31.80	4.00	4.80	21.80	3.60	300.00	220.00	1.20	0.00(M)	0.00(M)
Cheeseburger Sliders - LR100444 (2 ea.)Contains Milk, Wheat, Soy.	425.47	20.00	8.25	0.00(M)	52.50	1141.39	41.59	2.00	11.49	19.50	5.95	251.51	201.12	8.41	126.58	1.37
Cheez-Its - LR100220 (1 pkg.)Contains Milk, Wheat, Soy.	100.00	3.50	1.00	0.00	5.00	150.00	14.00	1.00	0.00	2.00	0.72	100.00	500.00	0.00	0.00	0.00

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Chicken & Waffles - LR100440 (7 1/2 oz.)Contains Milk, Egg, Wheat, Soy, Gluten.	500.83	12.01	2.00	0.00	50.00	631.49	72.16	3.01	29.03	26.02	2.53	20.12	0.00	0.00	0.00	0.00
Chicken Alfredo - LR100604 (1 serv.)Contains Milk, Egg, Wheat, Soy.	418.78	12.15	4.15	0.00(M)	56.61	730.11	49.68	4.27	4.71	28.83	2.26	203.94 (M)	236.06 (M)	0.00(M)	151.53	0.15
Chicken Caesar-Salad - LR100074 (1 salad)Contains Milk, Wheat, Soy.	263.25	11.05	4.43	0.00(M)	37.79	549.45	21.75	4.07	2.55	18.98	2.41	277.43	11874.24	5.49	139.74 (M)	1.45(M)
Chicken Filet Sandwich - LR100059 (1 sandwich)Contains Wheat, Soy, Gluten. May contain Milk.	390.00	12.00	2.00	0.00	50.00	580.00	43.00	4.00	5.00	28.00	3.24	220.00	0.00	0.00	0.00(M)	0.00(M)
Chicken Filet Sandwich HS/MS - LR100658 (1 sandwich)Contains Wheat, Soy, Gluten. May contain Milk.	360.00	10.00	1.50	0.00	45.00	720.00	45.00	4.00	4.00	23.00	1.80	200.00	0.00	0.00	(M)	(M)
Chicken Gravy - LR100475 (2 Tbsp.)Contains Milk, Wheat, Soy.	18.99	1.16	0.18	0.00(M)	0.00	26.93	2.10	0.27	0.12	0.43	0.08	1.50	66.62	0.00	31.45(M)	0.03(M)
Chicken Noodle Soup - LR100114 (1 c.)Contains Milk, Soy.	100.98	2.18	0.51	0.01(M)	22.38	180.82	13.98	1.21	1.59(M)	6.38	0.91	19.76	1919.02	1.16	203.58 (M)	0.25(M)
Chicken Nuggets - LR100062 (3 7/8 oz.)Contains Wheat, Soy, Gluten.	240.60	10.03	2.00	0.00	50.12	380.95	14.04	1.00	1.00	22.05	1.44	0.00	0.00	0.00	0.00	0.00
Chicken Parmesan w/ Sauce-Breaded Tenders - LR100501 (1 serv.)Contains Milk, Egg, Wheat, Soy.	329.33	7.14	3.12	0.00(M)	11.69	671.60	52.96	6.70	1.51(M)	15.36	8.18(M)	313.27 (M)	743.90 (M)	7.97(M)	153.58 (M)	1.07(M)
Chicken Patty - Breakfast - LR100529 (1 ea.)Contains Milk, Egg, Wheat, Soy.	150.00	8.00	1.50	0.00	25.00	390.00	9.00	0.00	2.00	11.00	0.36	20.00	0.00	0.00	(M)	(M)
Chicken Sausage - LR100754 (1 ea.)	110.00	8.00	2.50	0.00	50.00	260.00	0.00	0.00	1.00	8.00	0.00	10.00	(M)	(M)	(M)	(M)
Chicken Sliders - Lunch - LR100531 (2 ea.)Contains Milk, Egg, Wheat, Soy.	440.00	18.00	3.00	0.00	50.00	1080.00	46.00	2.00	8.00	26.00	2.16	120.00	0.00	0.00	0.00(M)	0.00(M)
Chicken Tenders - LR100060 (3 tenders)Contains Wheat, Soy.	230.00	9.00	1.50	0.00	55.00	380.00	14.00	1.00	1.00	23.00	1.44	0.00	0.00	0.00	0.00	0.00
Chicken Teriyaki- Tyson - LR100656 (4 oz.)Contains Wheat, Soy, Gluten.	169.18	6.04	1.81	0.00	96.67	507.54	7.25	0.00	6.04	20.54	1.30	24.17	0.00	0.00	(M)	(M)
Chicken Teriyaki-Tyson - LR100179 (6 oz.)Contains Wheat, Soy.	360.19	14.00	4.00	0.00	140.00	1193.86	12.90	0.00	10.19	43.67	2.18	45.52	0.00	1.88	23.60(M)	0.00(M)
Chicken Tetrizzini - LR100167 (1 c.)Contains Milk, Egg, Wheat, Soy.	342.73	12.82	3.56	0.00(M)	83.86	865.84	25.79	2.23	4.52(M)	31.01	2.65	152.56	370.29	5.17	290.54 (M)	0.30(M)
Chicken Wrap - LR100258 (1 ea.)Contains Milk, Wheat, Soy.	345.56	14.06	4.51	0.00(M)	45.00	722.65	33.53	3.41	3.33	19.81	2.58	266.49	1447.16	3.59	26.79	0.17

# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chicken, Jerk - LR100548 (1 ea.)Contains Milk.	208.00	15.60	2.90	0.00	85.00	460.00	3.00	0.00	0.00	15.00	0.72	20.00	100.00	0.00	0.00(M)	0.00(M)
Chicken, Oven Roasted Drumstick - LR100646 (1 piece)Contains Milk.	160.00	10.00	2.50	0.00	85.00	190.00	3.00	0.00	0.00	15.00	0.72	20.00	100.00	0.00	(M)	(M)
Chicken, Popcorn - LR100462 (15 pieces)Contains Milk, Wheat, Soy, Gluten.	291.57	18.10	3.52	0.00	40.22	291.57	17.09	2.01	0.00	15.08	1.81	0.00	100.54	0.00	0.00	0.00
Chicken, Taco Seasoned - LR100601 (20 scoop)Contains Soy.	57.48	2.43	0.69	0.00(M)	24.27	139.68	1.16	0.18	0.48	7.28	0.44	10.64	75.33	0.85	4.74(M)	0.01(M)
Chicken, Thai Chili - LR100731 (1 piece)Contains Milk.	197.65	10.00	2.50	0.00	85.00	384.51	12.41	0.00	8.78	15.00	0.72	20.00	162.75	1.51	(M)	(M)
Chili w/Beans - LR100237 (1 c.)	204.30	4.75	1.38	0.00(M)	36.36	762.86	23.63	5.56	3.71(M)	17.53	5.81(M)	90.23(M)	890.10 (M)	16.91(M)	53.45(M)	0.16(M)
Chips, Baked - LR100273 (1 ea.)Contains Soy.	120.00	2.00	0.00	0.00	0.00	135.00	23.00	2.00	2.00	2.00	0.36	0.00	0.00	2.40	(M)	(M)
Chips, Cheetos, Flamin Hot Crunchy - LR100747 (1 ounces)Contains Milk.	160.00	11.00	1.50	0.00	0.00	250.00	13.00	(M)	0.00	1.00	2.00	0.00	0.00	0.00	(M)	(M)
Chips, Dorito - Nacho Cheese - LR100703 (1 Bag)Contains Milk.	140.00	8.00	1.00	0.00	0.00	210.00	16.00	1.00	0.00	2.00	0.00	0.00	100.00	0.00	(M)	(M)
Chips, Doritos - Cool Ranch - 1 oz. - LR100702 (1 Bag)Contains Milk.	150.00	8.00	1.00	0.00	0.00	180.00	18.00	2.00	0.00	2.00	0.00	20.00	0.00	0.00	(M)	(M)
Chips, Doritos, Flamas - LR100748 (1 ounces)Contains Milk.	140.00	8.00	1.00	0.00	0.00	200.00	16.00	1.00	0.00	2.00	0.00	0.00	0.00	0.00	(M)	(M)
Chips, Flaming Hot Puffs - .7 oz. - LR100701 (1 Bag)Contains Milk.	90.00	3.50	0.00	0.00	0.00	135.00	14.00	0.00	0.00	2.00	0.72	80.00	0.00	0.00	(M)	(M)
Chips, Pot. Reg Crisp Baked - .875 oz. - LR100704 (1 Bag)Contains Soy.	100.00	1.50	0.00	0.00	0.00	115.00	20.00	2.00	2.00	2.00	0.00	0.00	0.00	1.20	(M)	(M)
Chips, Potato Sour Cream Bkd - .88 oz. - LR100706 (1 Bag)Contains Milk, Soy.	100.00	2.50	0.00	0.00	0.00	140.00	18.00	1.00	3.00	2.00	0.00	0.00	0.00	1.20	(M)	(M)
Chips, Tortilla - LR100525 (16 chips)	263.25	9.11	1.01	0.00	0.00	0.00	38.47	4.05	0.00	4.05	0.73	81.00	0.00	0.00	0.00	0.00
Chips, Tostitos Scoops - Bkd - .88 oz. - LR100707 (1 Bag)	110.00	2.50	0.00	0.00	0.00	125.00	19.00	2.00	0.00	2.00	0.36	20.00	0.00	0.00	(M)	(M)
Cinnamon Apple Slices - LR100027 (1/2 c.)	60.97	0.92	0.19	0.00(M)	0.00	10.94	13.68	0.34	11.99	0.04	0.06	6.74	42.19	0.03	0.35	0.05
Cinnamon Poppers - LR100593 (1 ea.)Contains Wheat, Soy. May contain Milk.	249.47	9.01	4.50	0.00(M)	0.00	341.19	37.21	2.03	12.99(M)	5.05	1.12	84.68	4.93	2.51	1.08(M)	0.03(M)
Cinnamon Rolls, Frozen - LR100192 (1 ea.)Contains Milk, Egg, Wheat. May contain Soy.	188.38	1.50	0.50	0.00	5.12	147.13	37.87	3.00	11.82	5.21	1.44	26.95	411.59	0.06	0.00(M)	0.00(M)

# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Cinnamon Toast - LR100183 (1 piece)Contains Milk, Wheat, Soy, Gluten.	93.06	2.06	0.08	0.00(M)	0.01	143.46	15.26	1.67	4.50	3.51	0.93	43.32	0.92	0.01	0.03	0.03
Coleslaw - LR100056 (1/2 c.)Contains Egg, Soy.	86.00	4.95	0.64	0.00(M)	12.12	355.27	10.15	2.46	5.66(M)	1.14	0.51	37.66	1976.06	30.55	77.73(M)	0.53(M)
Condiment Shredded Lettuce and Diced Tomato Cup - LR100051 (1/2 c.)	15.24	0.16	0.02	(M)	0.00	6.21	3.28	1.10	2.20	0.82	0.29	11.77	658.16	9.06	87.18	0.41
Condiment, Cheese, Parmesan - LR100618 (1 tsp.)	13.33	1.33	0.67	0.00	3.33	46.67	0.00	0.00	0.00	1.33	0.00	40.00	66.67	0.00	(M)	(M)
Condiment, Pepper, Red Flakes - LR100619 (1/4 tsp.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Condiment: Lettuce Leaf/Sliced Tomato - LR100025 (1/2 c.)	5.92	0.08	0.01	0.00(M)	0.00	1.98	1.09	0.50	0.40	0.32	0.19	6.55	1458.35	2.67	28.66	0.16
Cookie, Chocolate Chip, 1.5 oz. WGR - LR100699 (1 cookie)Contains Milk, Egg, Wheat, Soy.	165.00	6.00	1.50	0.00	5.00	105.00	27.00	1.50	14.00	1.50	0.72	0.00	0.00	0.00	(M)	(M)
Cookie, Sugar - 1.5 oz. WGR - LR100698 (1 cookie)Contains Milk, Egg, Wheat, Soy.	165.00	6.00	1.70	0.00	7.00	115.00	27.00	1.60	14.00	2.00	0.72	0.00	200.00	0.00	(M)	(M)
Corn Dog, Mini - LR100443 (6 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	253.65	8.95	1.49	0.00	14.92	626.67	31.33	1.00	7.46	10.45	4.12	0.00	0.00	0.00	0.00	0.00
Cornbread - LR100091 (1 piece)	108.80	1.91	0.34	(M)	11.75(M)	282.19	19.79	0.25(M)	1.31(M)	3.53	0.50(M)	20.14(M)	23.11(M)	0.15(M)	16.65(M)	0.21(M)
Cornbread Stuffing - LR100235 (1 piece)Contains Milk, Wheat, Soy.	163.48	7.25	1.29	0.00(M)	5.76(M)	290.23	21.46	1.45(M)	2.85(M)	3.92	0.89(M)	37.53(M)	262.40 (M)	0.82(M)	84.64(M)	0.52(M)
Cracker, Graham Crisp Cinnamon - LR100628 (1 ea.)Contains Milk, Soy. May contain Wheat.	150.00	5.00	0.50	0.00	0.00	140.00	25.00	2.00	9.00	3.00	0.72	0.00	0.00	0.00	0.00	0.00
Crackers, Ghm Cin Bug Bites - LR100728 (1 Bag)Contains Wheat, Soy.	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Crackers, Spicy Cheez-Its WGR - LR100697 (1 Bag)Contains Milk, Wheat, Soy.	90.00	3.00	0.05	0.00	0.00	190.00	15.00	1.00	0.00	2.00	1.08	100.00	500.00	0.00	(M)	(M)
Crackers, Vanilla - All Sports Bites - LR100729 (1 ea.)Contains Wheat.	110.00	3.50	0.00	0.00	0.00	95.00	20.00	2.00	7.00	2.00	1.80	20.00	300.00	3.60	(M)	(M)
Cranberry Sauce - LR100411 (1/4 c.)	113.21	0.11	0.01	0.00	0.00	21.67	29.18	0.76	28.43	0.15	0.16	3.25	1.63	1.52	(M)	(M)
Creamy Tomato Soup - LR100473 (1 c.)Contains Milk, Wheat.	134.32	0.68	0.00	0.00	2.73	570.57	26.73	0.00	17.18	4.50	0.84	105.00	484.09	3.44	64.37(M)	0.00(M)
Croissant - LR100555 (1 ea.)Contains Milk, Egg, Wheat, Soy.	110.00	4.50	2.00	0.00	0.00	150.00	15.00	1.00	1.00	3.00	0.72	20.00	200.00	0.00	0.00	0.00

# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Croutons - LR100249 (1 oz.)Contains Milk, Wheat, Soy.	86.92	2.12	0.17	0.00(M)	0.30	103.32	14.59	1.24	2.55	2.56	0.71	22.54	1.10	0.10	10.73(M)	0.16(M)
Cuban Sandwich - LR100613 (1 sandwich)Contains Milk, Wheat, Soy. May contain Egg.	284.50	8.94	3.20	0.00	43.66	752.76	30.90	3.00	5.40	20.39	1.05	115.69	150.00	0.72	0.00(M)	0.00(M)
Cucumber Salad - LR100503 (1/2 c.)Contains Milk, Egg, Soy.	74.20	5.42	0.80	0.00(M)	14.00	325.77	5.76	0.47	2.62	1.34	0.27	39.15	139.42	2.75	90.17(M)	0.36(M)
Cucumber Sticksw/dip - LR100353 (1/2 c.)	166.14	16.44	2.53	(M)	13.41	236.04	3.59	0.68	1.25(M)	0.92	0.25	22.09	84.04	2.99	96.56	0.45
CULINARY - PB & Apple Wrap - LR100643 (1 ea.)Contains Milk, Wheat, Peanuts.	469.73	20.64	4.51	0.00	0.00	450.45	59.58	6.80	20.56	14.18	2.83	152.73	24.57	2.09	38.93	0.09
CULINARY - Peanut Butter Nut Muffin - LR100642 (1 muffin)Contains Milk, Egg, Wheat, Peanuts, Soy.	296.53	17.41	4.82	0.00(M)	41.52	296.99	28.05	1.92	19.30	7.96	0.81	91.00	153.41 (M)	1.06(M)	14.09(M)	0.22(M)
Deli, Chicken Salad - LR100756 (1/2 c.)Contains Egg, Soy.	152.88	8.62	1.84	0.00(M)	57.20	368.46	3.65	0.14	1.86	14.34	0.75	17.23	40.73	0.28	8.66(M)	0.07(M)
Dessert Cup - Frozen Fruit Juice Slushie - Strawberry Mango - LR100722 (1 ea.)	90.00	0.00	0.00	0.00	0.00	35.00	22.00	0.00	10.00	0.00	0.00	80.00	1750.00	60.00	(M)	(M)
Dessert Cup - Frozen Fruit Juice Slushie - Blue Raspberry-Lemon - LR100725 (1 ea.)	90.00	0.00	0.00	0.00	0.00	30.00	22.00	0.00	18.00	0.00	0.00	80.00	1000.00	60.00	(M)	(M)
Dessert Cup - Frozen Fruit Juice Slushie - Kiwi-Strawberry - LR100724 (1 ea.)	90.00	0.00	0.00	0.00	0.00	35.00	22.00	0.00	19.00	0.00	0.00	80.00	1000.00	60.00	(M)	(M)
Dessert Cup - Frozen Fruit Juice Slushie - Sour Cherry-Lemon - LR100723 (1 ea.)	90.00	0.00	0.00	0.00	0.00	25.00	22.00	0.00	19.00	0.00	0.00	80.00	1000.00	60.00	(M)	(M)
Doritos, Baked - LR100009 (1 Bag)Contains Milk.	140.00	8.00	1.00	0.00	0.00	210.00	16.00	1.00	(M)	2.00	0.00	0.00	100.00	0.00	(M)	(M)
Dressing, Honey Mustard SS - LR100490 (1 ea.)Contains Egg, Soy.	220.00	20.00	3.00	0.00	15.00	250.00	8.00	0.00	8.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Ranch Lite Ind - LR100343 (1 ea.)May contain Milk.	135.02	12.00	2.25	0.00	7.50	435.05	3.00	0.00	1.50	1.50	0.00	0.00	0.00	0.00	0.00	0.00
Egg Patty w/cheese - Breakfast - LR100271 (1 patty)Contains Milk, Egg, Soy.	45.00	3.50	1.00	0.00	110.00	120.00	1.00	0.00	(M)	3.00	0.40	20.00	(M)	0.00	(M)	(M)
Elem Sack Lunch-Hamburger - LR100364 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	639.47	19.84	5.18	0.00(M)	40.20	1091.06	83.68	11.17	38.31(M)	30.17	4.75	605.70	12884.57	36.40	196.41 (M)	1.29(M)
Elem/Middle Sack Lunch-Chicken Sand. - LR100356 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	591.36	12.27	2.06	0.00(M)	55.00	760.89	83.97	7.26	37.05	36.97	3.45	542.41	650.24	30.14	109.84 (M)	0.61(M)



# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Elem/Middle Sack Lunch-Uncrustable - LR100361 (1 ea.)Contains Milk, Wheat, Peanuts, Soy.	501.36	16.27	2.06	0.00(M)	5.00	490.89	74.97	7.26	47.05	18.97	1.29	362.41	650.24	30.14	109.84 (M)	0.61(M)
Enchilada, Bean and Cheese - LR100611 (1 ea.)Contains Milk, Wheat, Soy.	287.34	8.15	3.47	0.00(M)	14.51	482.96	41.81	8.03	1.84	14.31	3.27	164.39	938.59	9.41	59.19	1.67
Enchilada, Beef and Bean - LR100609 (1 ea.)Contains Wheat, Soy.	252.01	7.58	2.13	0.00(M)	15.46	365.04	35.00	7.13	0.12(M)	12.82	3.17	53.87	424.09	1.47	59.19	1.46
Fish Nuggets - LR100502 (4 ea.)Contains Fish, Wheat. May contain Soy.	159.48	6.08	1.14	0.00	26.58	212.63	16.71	2.28	0.76	9.11	0.82	15.19	0.00	0.00	0.00	0.00
Fish Sandwich w/ Cheese-Baked - LR100465 (1 sandwich)Contains Milk, Fish, Wheat, Soy, Gluten.	339.00	10.40	2.45	0.00	35.50	497.00	42.80	4.60	5.80	18.30	2.38	316.00	150.00	0.00	0.00(M)	0.00(M)
Fish Sandwich-Baked - LR100061 (1 sandwich)Contains Fish, Wheat, Soy, Gluten. May contain Milk.	340.00	10.00	1.50	0.00	35.00	440.00	45.00	5.00	5.00	17.00	2.52	220.00	0.00	0.00	0.00(M)	0.00(M)
Fish Taco - LR100605 (2 each taco)Contains Milk, Fish, Wheat, Soy.	438.41 (M)	13.05(M)	3.14(M)	0.00(M)	38.75(M)	745.54 (M)	60.07(M)	5.88(M)	8.83(M)	20.27(M)	2.76(M)	206.24 (M)	340.59 (M)	18.69(M)	34.88(M)	0.25(M)
Flatbread, Beef Steakhouse - LR100602 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	262.22	7.58	3.18	0.00(M)	33.18	965.53	32.97	3.62	4.23	17.10	3.20	287.05	374.93	9.75	10.73(M)	0.77(M)
Flatbread, Honey Chicken - LR100518 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	431.11	12.01	4.18	0.00	83.98	854.90	49.85	3.54	20.64	30.69	2.37	222.25	98.43	10.71	0.00(M)	0.00(M)
Food Court Smoothie - LR100752 (8 fl. oz.)Contains Milk.	155.50	0.80	0.51	0.00	2.50	58.00	33.50	0.50	25.50	4.10	1.95	127.50	17.50(M)	15.60(M)	0.00(M)	0.00(M)
French Fries-Straight Cut BAKED - LR100250 (1/2 c.)Contains Soy.	200.00	6.67	0.83	0.00	0.00	225.00	33.33	3.33	(M)	1.67	0.60	0.00	0.00	4.00	0.00	0.00
French Toast Sticks - LR100189 (3 sticks)Contains Milk, Wheat, Soy, Gluten.	256.92	11.13	2.57	0.00	256.92	342.56	36.83	2.57	12.85	5.14	1.23	51.38	0.00	0.00	0.00	0.00
Fresh Fruit - LR100120 (1 ea.)	81.36	0.27	0.06	(M)	0.00	0.89	20.97	3.26	14.05	0.97	0.21	22.41	150.24	28.94	109.84	0.61
Fresh Fruit-Elementary - LR100026 (1/2 c.)	51.38	0.20	0.06	(M)	0.00	0.89	13.20	1.57	10.05	0.57	0.16	12.94	88.40	13.08	66.14	0.41
Fried Rice - LR100130 (2/3 c.)Contains Wheat, Soy.	68.90	3.56	0.88	0.00(M)	93.00	295.30	4.64	1.12	1.73	4.43	0.66	25.22	387.44	3.11	56.67	0.49
Fruedel - LR100579 (1 ea.)Contains Milk, Wheat, Soy.	210.00	6.00	1.50	0.00	0.00	275.00	36.00	2.00	11.00	5.00	1.08	0.00	0.00	0.00	0.00	0.00
Fruit Pocket - LR100662 (1 ea.)Contains Wheat, Soy, Gluten.	160.00	4.20	1.30	0.00	0.00	145.00	27.00	3.00	11.00	2.00	0.00	0.00	0.00	24.00	(M)	(M)
Fruit Smoothie - LR100734 (16 fl. oz.)Contains Milk.	281.76	3.25	0.50	0.00(M)	12.50	185.82	51.09	1.56	40.90	12.03	1.80	130.00	708.00 (M)	4.48(M)	0.00(M)	0.00(M)

# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Fruit, Mix: Apple, Grape, Pineapple - LR100508 (1/2 c.)	67.77	0.18	0.05	0.00(M)	0.00	4.39	17.37	1.50	14.48	0.30	0.14	6.76	52.31	6.01	57.70	0.26
Fruit, Mix: Orange and Grape - LR100509 (1/2 c.)	61.18	0.24	0.06	(M)	0.00	0.91	15.47	1.98	13.49	0.90	0.20	32.55	192.73	36.66	93.70	0.55
G2 - 12 oz. - Orange - LR100685 (1 bottle.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
G2 - Fruit Punch - 12 oz. - LR100688 (1 bottle.)	30.00	0.00	0.00	0.00	0.00	160.00	7.00	0.00	7.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
G2 - Glacier - 12 oz. - LR100689 (1 Box)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
G2 - Grape - 12 oz. - LR100686 (1 bottle.)	30.00	0.00	0.00	0.00	0.00	160.00	7.00	0.00	7.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
G2 - Lemon Lime - 12 oz. - LR100690 (1 bottle.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Garden Side Salad - LR100071 (1 c.)	22.33	0.27	0.04	0.00	0.00	11.39	4.14	1.93	0.00(M)	1.16	0.75	26.80	6133.26	10.35	96.33(M)	0.56(M)
Garlic Cheese Bread - LR100333 (2 ea.)Contains Milk, Wheat, Soy, Gluten.	320.00	17.50	8.00	0.00	30.00	980.00	25.00	2.00	3.00	18.00	1.44	400.00	400.00	0.00	0.00(M)	0.00(M)
General TSO Chicken-Baked - LR100101 (6 oz.)	409.19	23.53	7.98	0.00(M)	51.81	1114.54	35.47	2.07	(M)	14.50	1.12	28.40	30.72	0.00	(M)	(M)
Glaze - LR100595 (2 tsp.)Contains Milk.	7.46	0.00	0.00	0.00	0.10	2.78	1.67	0.00	1.62	0.19	0.00	6.19	10.31	0.05	0.00(M)	0.00(M)
Glaze, Orange - LR100594 (2 tsp.)	34.87	0.01	0.00	(M)	0.00	0.35	8.87	0.04	8.54(M)	0.06	0.01	1.27	7.42	3.78	1.62	0.04
Glazed Carrots - LR100324 (1/2 c.)	117.19	6.25	1.28	0.00(M)	0.00	225.43	15.63	3.73	11.42	0.71	0.61	42.57	19096.99	2.65	1.07(M)	0.14(M)
Graham, Vanilla Bear - LR100479 (1 ea.)Contains Wheat. May contain Soy.	110.00	3.00	1.00	0.00	0.00	91.00	19.00	1.00	6.00	2.00	2.00	12.00	275.00	3.00	0.00	0.00
Grapes, ~14 large = 1/2 cup - LR100513 (1/2 c.)	60.78	0.32	0.10	(M)	0.00	1.81	15.56	0.82	14.74	0.57	0.26	12.70	90.72	3.63	73.75	0.52
Green Beans, canned - LR100037 (1/2 c.)Contains Milk.	23.27	0.12	0.00	0.00	0.00	224.10	4.94	2.76	0.29	1.37	0.99	27.59	410.55	4.96	0.00(M)	1.26(M)
Green Eggs & Ham - LR100337 (1/4 c.)	167.66	7.40	2.63	0.00(M)	220.01	821.55	6.36	0.00	5.18(M)	18.92	1.28	148.99	481.68	0.65	38.73(M)	1.30(M)
Grilled Cheese Sandwich (2oz) - LR100372 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	290.00	10.00	5.00	0.00	30.00	689.99	30.00	3.00	9.00	21.00	1.80	479.99	599.99	0.00	0.00(M)	0.00(M)
Grilled Chicken Sandwich - LR100466 (1 sandwich)Contains Wheat, Soy, Gluten. May contain Milk.	260.00	6.00	1.00	0.00	40.00	500.00	31.00	3.00	4.00	21.00	2.52	200.00	0.00	0.00	0.00(M)	0.00(M)
Ham & Cheese WG Sandwich - LR100767 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	342.24	4.93	1.43	0.00	33.31	911.02	55.53	6.00	4.61	18.97	2.16	238.12	117.19	0.00	0.00(M)	0.00(M)

# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Ham & Cheese Flatbread - LR100498 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	212.24	3.94	1.43	0.00	33.31	771.02	29.53	3.00	3.61	14.97	1.08	158.12	117.19	0.00	0.00(M)	0.00(M)
Ham & Cheese Hoagie - LR100495 (1 sandwich)Contains Milk, Wheat, Soy. May contain Egg.	242.89	5.95	1.94	0.00	33.63	777.49	31.56	3.00	5.63	17.07	0.83	89.82	117.19	0.00	0.00(M)	0.00(M)
Ham, Diced for HS Breakfast Grit Bowl Topping - LR100106 (1 oz.)	34.00	0.85	0.28	0.00	14.00	326.79	1.69	0.00	(M)	4.50	0.00	0.00	0.00	0.00	(M)	(M)
Hamburger - LR100020 (1 ea.)Contains Wheat, Soy, Gluten. May contain Milk.	300.00	11.00	3.50	0.00	30.00	470.00	31.00	4.00	4.00	19.00	3.60	220.00	100.00	1.20	0.00(M)	0.00(M)
Hamburger Bun, Whole Grain White - LR100652 (1 )Contains Wheat, Soy, Gluten. May contain Milk.	160.00	2.00	0.00	0.00	0.00	200.00	29.00	3.00	4.00	6.00	1.80	200.00	0.00	0.00	(M)	(M)
Hamburger Sliders - LR100504 (2 ea.)Contains Wheat, Soy.	390.47	18.00	7.00	0.00(M)	45.00	1036.39	40.59	2.00	10.49	16.00	5.95	151.51	51.12	8.41	126.58	1.37
High Sack Lunch-Chicken Sandwich - LR100357 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	650.00	18.00	3.00	0.00	55.00	940.00	81.00	6.00	25.00	38.00	3.60	520.00	550.00	1.20	0.00(M)	0.00(M)
High Sack Lunch-Hamburger - LR100359 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	560.00	17.00	4.50	0.00	35.00	830.00	69.00	6.00	24.00	29.00	3.96	520.00	650.00	2.40	0.00(M)	0.00(M)
Honeybun-Wheat - LR100194 (1 honeybun)Contains Milk, Egg, Wheat, Soy.	249.99	8.75	2.50	0.00	0.00	274.99	37.50	3.75	12.50	0.00	2.25	187.49	0.00	1.50	0.00	0.00
Hot & Spicy Boneless Strips - LR100134 (3 tenders)Contains Wheat, Soy.	305.55	15.05	2.76	0.00(M)	55.01	720.87	18.90	2.07	4.22	23.07	1.44	2.26	340.27	0.87	1.18(M)	0.15(M)
Hot & Spicy Chicken Bites - LR100153 (2 1/4 oz.)Contains Wheat, Soy, Gluten.	333.81	15.21	2.95	0.00(M)	62.53	718.25	20.38	1.26	1.25(M)	27.52	1.85	3.37	315.65	1.11	0.00(M)	0.00(M)
Hot & Spicy Chicken Bites ES/MS - LR100451 (4 1/3 oz.)Contains Wheat, Soy, Gluten.	265.49	12.05	2.34	0.00(M)	50.00	532.00	16.18	1.01	1.00(M)	22.00	1.47	2.56	207.03	0.46	0.00(M)	0.00(M)
Hot & Spicy Mild Sauce - LR100135 (1 Tbsp.)	47.24	2.73	0.45	0.00(M)	0.00	315.28	5.53	1.24	3.67(M)	0.01	0.00	0.07	235.09	0.57	0.00(M)	0.00(M)
Hot Chicken Wings - LR100112 (5 ea.)Contains Wheat.	571.55	24.50	6.80	0.00	122.47	2939.40	48.99	0.00	0.00	32.66	3.92	277.61	272.00	3.27	(M)	(M)
Hot Dog - LR100079 (1 ea.)Contains Wheat, Soy. May contain Milk.	280.00	16.50	5.00	1.00(M)	30.00	690.00	24.00	2.00	0.00(M)	10.00	3.44	150.00	0.00	4.00	(M)	(M)
Hot Ham and Cheese Sandwich - LR100769 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	245.00	5.50	1.75	0.00	37.50	974.99	30.00	3.00	8.00	19.50	1.80	180.00	150.00	0.00	0.00(M)	0.00(M)
Hot Sauce-Ind Packet - LR100281 (3 g.)	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	0.00	0.00

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
HS Burger Bar, Hamburger - LR100678 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	4.35	0.20	0.09	0.01	0.60	7.30	0.37	0.04	0.06	0.26	0.03	3.95	3.00	0.00	0.00(M)	0.00(M)
HS Cheeseburger - LR100668 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	378.00	15.60	6.00	0.50	46.00	474.00	35.80	4.00	4.80	22.80	3.24	300.00	120.00	0.00	0.00(M)	0.00(M)
HS Hamburger - LR100667 (1 ea.)Contains Wheat, Soy, Gluten. May contain Milk.	350.00	14.00	5.00	0.50	40.00	390.00	35.00	4.00	4.00	20.00	3.24	220.00	0.00	0.00	(M)	(M)
Ice Cream - Chocolate and Vanilla Cone - LR100710 (1 cone)Contains Milk, Wheat, Soy.	150.00	3.00	1.50	0.00	0.00	90.00	27.00	0.00	14.00	2.00	0.72	80.00	500.00	0.00	(M)	(M)
Ice Cream - Chocolate Cup - Light - LR100716 (1 ea.)Contains Milk.	100.00	2.00	1.00	0.00	5.00	50.00	19.00	1.00	14.00	2.00	0.72	80.00	200.00	0.00	(M)	(M)
Ice Cream - Chocolate Shortcake LF - LR100711 (1 Bar)Contains Milk, Wheat, Soy.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Ice Cream - Creamy Cotton Candy - LR100709 (1 Bar)Contains Milk.	70.00	1.00	0.50	0.00	4.00	40.00	15.00	0.00	8.00	1.00	0.00	60.00	500.00	0.00	(M)	(M)
Ice Cream - Crumbled Cookie Cone - LR100713 (1 cone)Contains Milk, Wheat, Soy.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Ice Cream - Fudge Bar - FF - LR100712 (1 Bar)Contains Milk.	100.00	0.00	0.00	0.00	0.00	85.00	22.00	1.00	18.00	4.00	0.36	100.00	0.00	0.00	(M)	(M)
Ice Cream - Fudge Stix - FF - LR100714 (1 ea.)Contains Milk.	70.00	0.00	0.00	0.00	0.00	60.00	15.00	0.00	12.00	2.00	0.36	80.00	0.00	0.00	(M)	(M)
Ice Cream - Sandwich - Cookies & Cream - LF - LR100719 (1 ea.)Contains Milk, Wheat, Soy.	140.00	2.00	1.00	0.00	4.00	150.00	28.00	2.00	14.00	4.00	0.00	80.00	100.00	0.00	(M)	(M)
Ice Cream - Sandwich - Vanilla - LR100718 (1 ea.)Contains Milk, Wheat, Soy.	130.00	1.50	1.00	0.00	4.00	140.00	26.00	0.00	13.00	3.00	0.00	80.00	0.00	0.00	(M)	(M)
Ice Cream - Sour Swell - Cherry - LR100720 (1 ea.)Contains Milk.	70.00	1.00	0.50	0.00	4.00	20.00	12.00	0.00	11.00	3.00	0.00	20.00	500.00	0.00	(M)	(M)
Ice Cream - Strawberry Cup - Light - LR100717 (1 ea.)Contains Milk.	100.00	2.00	1.00	0.00	10.00	45.00	19.00	0.00	15.00	2.00	0.00	80.00	200.00	0.00	(M)	(M)
Ice Cream - Strawberry Shortcake - LF - LR100721 (1 ea.)Contains Milk, Wheat, Soy.	130.00	3.50	1.00	0.00	6.00	45.00	23.00	0.00	15.00	1.00	0.00	40.00	500.00	0.00	(M)	(M)
Ice Cream - Vanilla Cup - LF - LR100715 (1 ea.)Contains Milk.	110.00	1.50	1.00	0.00	5.00	65.00	20.00	0.00	15.00	4.00	0.00	150.00	300.00	0.00	(M)	(M)
Jalapeno Puffs - LR100661 (1 ea.)Contains Milk.	90.00	3.00	0.50	0.00	0.00	200.00	15.00	1.00	0.00	1.00	0.72	0.00	0.00	0.00	(M)	(M)
Jambalaya, Chicken - LR100666 (1 1/2 c.)Contains Soy.	231.00	7.98	1.52	0.00(M)	46.67(M)	445.92	22.61	2.08	3.53	16.69	1.68	40.71(M)	934.92 (M)	25.40(M)	36.79(M)	0.08(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Jambalaya, Ham - LR100606 (1 1/2 c.)	192.33	5.02	0.75	0.00(M)	28.00(M)	872.84	24.65	2.08	2.86(M)	11.70	0.96	27.37(M)	934.92 (M)	25.40(M)	36.79(M)	0.08(M)
Jelly, Individual - LR100573 (1 ea.)	35.00	0.02	0.00	0.00	0.00	0.00	9.00	0.00	6.00	0.00	0.00	7.00	5.00	1.20	29.77	0.12
Juice, Apple 10 oz. - LR100680 (1 bottle.)	140.00	0.00	0.00	0.00	0.00	25.00	34.00	0.00	31.00	1.00	0.00	20.00	0.00	60.00	(M)	(M)
Ketchup, Ind Pack - LR100157 (2 ea.)	20.00	0.00	0.00	0.00	0.00	170.00	5.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	8.30	0.44
Lasagna with Beef Crumbles - LR100365 (1 piece)Contains Milk, Egg, Wheat.	271.02	9.95	5.09	0.00(M)	33.74(M)	443.59	27.48	4.70	4.13(M)	19.02	4.49(M)	340.71 (M)	662.75 (M)	7.86(M)	69.30(M)	0.40(M)
Macaroni and Cheese w/ homemade sauce 1 cup - LR100434 (1 c.)Contains Milk, Egg, Wheat, Soy.	400.69	13.37	5.72	0.00(M)	33.77	517.24	47.59	4.08	9.51(M)	24.97	2.64	443.75	1023.46	0.95	12.03(M)	1.35(M)
Macaroni and Cheese w/ homemade sauce 1/2 cup - LR100528 (1/2 c.)Contains Milk, Egg, Wheat, Soy.	212.37	7.09	3.03	0.00(M)	17.90	274.13	25.22	2.16	5.04(M)	13.23	1.40	235.19	542.43	0.50	6.37(M)	0.72(M)
Mandarin Oranges - LR100278 (1/2 c.)	68.96	0.11	0.01	0.00	0.00	6.78	18.30	0.79	17.51	0.56	0.42	7.91	949.57	22.38	0.00	0.22
Marinara w/ Spaghetti Sauce (Homemade) - LR100765 (1/2 c.)	58.07	1.10	0.24	0.00(M)	0.00	253.71	11.15	2.04	0.36(M)	1.56	3.83(M)	72.27(M)	427.97 (M)	5.31(M)	0.33(M)	0.35(M)
Mashed Potatoes-pearls - LR100036 (1/2 c.)	74.17	0.95	0.18	0.00(M)	0.00	31.29	15.34	1.25	0.64	1.58	0.23	5.10	56.58	15.31	98.07(M)	0.66(M)
Mayonnaise, Ind Pkt - LR100158 (1 ea.)	35.00	3.44	0.00	0.00	0.00	80.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.07	0.11
Meatballs & Marinara w/Spaghetti Sauce - LR100608 (1/2 c.)Contains Milk, Egg, Wheat.	181.46	6.28	1.75	0.00(M)	44.31	835.16	17.82	2.16	0.48(M)	14.72	4.27(M)	90.35(M)	519.96 (M)	8.32(M)	0.31(M)	0.30(M)
Meatballs, Sweet N Sour - LR100510 (5 meatballs)Contains Milk, Egg, Wheat.	279.47	4.93	1.46	0.00(M)	43.16	1005.17	45.89	2.59	27.73	13.56	1.04	27.95	297.94	8.93	29.79(M)	4.15(M)
Mexican Bar, Chicken Seasoned - LR100554 (1 1/2 oz.)Contains Soy.	85.40	3.50	1.00	0.00(M)	35.00	238.74	2.21	0.45	0.77	10.50	0.70	19.54	169.05	1.81	18.94(M)	0.02(M)
Mexican Bar, Tortilla - LR100550 (1 ea.)Contains Milk.	260.00	9.50	5.00	0.00	15.00	890.00	35.00	4.00	1.00(M)	12.00	0.00	200.00	300.00	0.00	0.00(M)	0.00(M)
Mexican Bar, Tortilla CHIPS - LR100551 (2 oz.)	292.63	12.80	1.83	(M)	0.00	128.03	38.41	3.66	(M)	3.66	0.00	73.16	0.00	0.00	(M)	(M)
Middle Sack Lunch-Hamburger - LR100362 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	501.36	11.27	3.56	0.00(M)	35.00	650.89	71.97	7.26	36.05	27.97	3.81	542.41	750.24	31.34	109.84 (M)	0.61(M)
Milk, 1% 8oz - LR100161 (1 Carton)Contains Milk.	110.00	2.50	0.00	0.00	10.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Chocolate Trumoo FF 8oz - LR100039 (1 Carton)Contains Milk.	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	(M)	(M)

# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Milk, Skim 8oz - LR100040 (1 Carton)Contains Milk.	90.00	0.00	0.00	0.00	5.00	135.00	13.00	0.00	13.00	9.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Strawberry Trumoo FF 8oz - LR100041 (1 Carton)Contains Milk.	110.00	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Vanilla Trumoo FF 8oz - LR100042 (1 Carton)Contains Milk.	110.00	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Mixed Fruit - LR100057 (1/2 c.)	74.75	0.00	0.00	0.00	0.00	8.67	19.37	1.63	15.52	0.55	0.00	0.00	216.67	2.17	0.00	0.00
Mustard, Indv Pkts - LR100148 (1 packet)	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Juice, 4oz - LR100381 (1 Carton)	60.00	0.00	0.00	0.00	0.00	9.00	14.00	0.00	11.00	1.00	0.00	50.00	0.00	30.00	(M)	(M)
Orange, Cut 1 = 1/2 cup - LR100514 (1/2 c.)	61.57	0.16	0.02	(M)	0.00	0.00	15.39	3.14	12.25	1.23	0.13	52.40	294.75	69.69	113.64	0.58
Pancake on a Stick - LR100205 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	5.00	1.50	0.00	20.00	400.00	19.00	2.00	7.00	8.00	1.44	40.00	0.00	0.00	0.00	0.00
Pancakes, Mini Blueberry - LR100438 (1 ea.)Contains Milk, Egg, Wheat, Soy.	209.76	5.99	1.00	0.00	9.99	309.64	34.96	4.00	10.99	4.00	2.70	59.93	499.42	0.00	0.00	0.00
Pancakes, Mini Maple - LR100647 (1 ea.)Contains Milk, Egg, Wheat, Soy.	250.00	6.80	1.40	0.10	11.00	374.00	42.50	3.90	(M)	4.90	3.40	77.60	625.00	0.00	(M)	(M)
Pasta Bar, Alfredo Sauce - LR100549 (1/2 c.)Contains Milk.	180.20	10.01	6.01	0.00	38.04	748.83	10.01	0.00	6.01	12.01	0.00	380.42	450.50	0.00	0.00	0.00
Pasta Bar, Chicken Tender - LR100547 (3 ea.)Contains Wheat, Soy.	230.00	9.00	1.50	0.00	55.00	380.00	14.00	1.00	1.00	23.00	1.44	0.00	0.00	0.00	0.00	0.00
Pasta Bar, Grilled Chicken - LR100546 (2 oz.)Contains Soy.	106.67	4.67	1.33	0.00	46.67	226.66	1.33	0.00	0.67	14.00	0.72	13.33	0.00	0.00	0.00	0.00
Pasta Bar, Marinara - LR100545 (1/2 c.)	41.97	0.22	0.08	0.00(M)	0.00(M)	542.30	8.37	3.72	3.34(M)	0.61	3.93(M)	63.17(M)	516.15 (M)	6.47(M)	0.33(M)	0.35(M)
Pasta Bar, Meat Sauce made w/ Spaghetti Sauce (Homemade) - LR100771 (1/2 c.)	151.35	5.76	1.79	0.00(M)	41.45	492.06	11.15	2.04	0.36(M)	15.04	7.98(M)	74.34(M)	430.04 (M)	7.38(M)	0.33(M)	0.35(M)
Pasta Bar, Meat Sauce w/Crumbles - LR100543 (1/2 c.)	129.84	4.87	1.63	0.00(M)	41.45	404.12	8.68	2.53	0.12(M)	14.12	7.37(M)	66.41(M)	716.18 (M)	8.37(M)	42.77(M)	0.29(M)
Pasta Bar, Meatballs & Marinara - LR100544 (1/2 c.)Contains Milk, Egg, Wheat.	155.81	5.11	1.54	0.00(M)	44.31(M)	1000.36	13.39	3.84	4.12(M)	13.60	4.27(M)	85.05(M)	694.20 (M)	10.55(M)	0.31(M)	0.30(M)
Pasta Bar, Meatballs w/Marinara w/ Spaghetti Sauce (Homemade) - LR100770 (1/2 c.)Contains Milk, Egg, Wheat.	166.38	6.02	1.71	0.00(M)	44.31	657.39	15.09	2.04	0.36(M)	14.36	4.54(M)	91.96(M)	427.97 (M)	7.28(M)	0.33(M)	0.35(M)
Pasta Bar, Pasta - LR100542 (1 c.)Contains Egg, Wheat.	190.47	1.00	0.00	0.00	0.00	10.03	39.10	4.01	1.00	8.02	1.70(M)	15.54(M)	0.92(M)	0.00(M)	2.30	0.25

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
PBJamwich 2.8oz - LR100146 (1 ea.)Contains Wheat, Peanuts, Soy.	300.00	16.00	2.00	0.00	0.00	310.00	34.00	4.00	15.00	10.00	1.08	40.00	0.00	0.00	0.00	0.00
Peach Cup - LR100088 (1 ea.)	80.00	0.00	0.00	0.00	0.00	0.00	19.00	1.00	16.00	1.00	0.36	0.00	300.00	162.00	0.00	0.00
Peaches, Frozen, Diced, SS - LR100446 (1 ea.)	80.00	0.00	0.00	0.00	0.00	0.00	19.00	1.00	16.00	1.00	0.36	0.00	300.00	162.00	0.00	0.00
Peaches-Diced - LR100068 (1/2 c.)	61.24	0.03	0.00	(M)	0.00	5.67	16.50	1.47	15.03	0.51	0.41	3.40	401.44	2.72	96.07	0.28
Peaches-Sliced - LR100094 (1/2 c.)	83.20	0.00	0.00	0.00	0.00	5.20	19.76	1.04	16.64	1.04	0.00	0.00	312.00	2.08	0.00	0.00
Peanut Butter & Jelly Sandwich - LR100023 (1 sandwich)Contains Wheat, Peanuts, Soy, Gluten.	650.00	34.00	7.00	0.00	0.00	590.00	66.00	7.00	29.00	23.00	3.24	80.00	0.00	0.00	0.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich, Triple Decker - LR100670 (1 sandwich)Contains Wheat, Peanuts, Soy, Gluten.	725.00	35.00	7.00	0.00	0.00	725.00	79.00	8.50	31.50	26.50	4.14	120.00	0.00	0.00	0.00(M)	0.00(M)
Peanut Butter Bars 2016 - LR100636 (1 Bar)Contains Peanuts.	120.15	4.85	0.88	0.00(M)	11.16	102.72	17.06	0.87	10.41(M)	2.76	0.62(M)	18.83(M)	60.01(M)	0.05(M)	2.29(M)	0.03(M)
Peanut Butter, Dip - LR100673 (1 oz.)Contains Peanuts.	300.00	24.00	5.25	0.00	0.00	225.00	10.50	3.00	4.50	12.00	1.08	0.00	0.00	0.00	(M)	(M)
Pears, Canned - LR100047 (1/2 c.)	81.39	0.00	0.00	0.00	0.00	5.65	21.52	2.26	17.17	0.27	0.40	6.78	0.00	1.02	0.00	0.00
Peas & Carrots-Frozen - LR100282 (1/2 c.)Contains Milk.	55.41	0.65	0.14	0.00(M)	0.00	217.29	10.79	3.73	4.23	2.14	0.88	33.59	10245.53	6.88	11.84(M)	0.01(M)
Pineapple Tidbits - LR100052 (1/2 c.)	70.76	0.09	0.01	(M)	0.00	1.18	18.52	0.94	17.04	0.50	0.33	16.51	44.82	11.20	98.49	0.35
Pinwheel, Ham and Cheese - LR100610 (1 ea.)Contains Milk, Wheat.	349.02	14.58	7.23	0.00(M)	59.08	2019.69	35.41	3.00	5.49	21.61	2.00	362.88	487.06	0.00	10.61(M)	0.42(M)
Pinwheel, Turkey and Cheese - LR100578 (1 ea.)Contains Milk, Wheat.	328.52	13.44	6.77	0.00(M)	48.83	1694.70	32.63	3.00	3.63	21.29	2.19	362.88	487.06	0.00	10.61(M)	0.42(M)
Pizza, Breakfast - LR100184 (1 slice)Contains Milk, Wheat, Soy.	160.00	6.00	2.00	0.00	10.00	370.00	19.00	2.00	2.00	8.00	1.08	100.00	0.00	0.00	(M)	(M)
Pizza, Buffalo Chicken 16" HS - LR100489 (1 slice)Contains Milk, Egg, Wheat, Soy.	366.41	15.80	8.63	0.00(M)	44.53	767.52	32.13	3.61	6.04(M)	24.34	2.92	453.41	516.84	6.28	0.00(M)	0.00(M)
Pizza, Cheese 16" HS - LR100484 (1 slice)Contains Milk, Egg, Wheat, Soy.	309.45	12.98	7.99	0.00	29.95	539.05	28.95	3.00	3.99	19.96	2.69	449.21	399.30	5.99	0.00	0.00
Pizza, Cheese Stuffed Crust (WG) - LR100369 (1 slice)Contains Milk, Wheat, Soy, Gluten.	370.00	17.00	8.00	0.00	40.00	670.00	38.00	4.00	13.00	17.00	1.80	350.00	400.00	0.00	0.00	0.00
Pizza, Cheeseburger 16" HS - LR100486 (1 slice)Contains Milk, Egg, Wheat, Soy.	344.11	15.02	8.98	0.00	40.32	718.60	29.57	3.00	4.30	24.00	3.26	511.99	493.33	6.27	0.00(M)	0.00(M)

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Pizza, Ground Beef 16" HS - LR100572 (1 slice)Contains Milk, Egg, Wheat, Soy.	335.02	14.26	8.41	0.00	41.31	604.39	28.95	3.00	3.99	23.66	3.83	449.78	399.86	6.56	0.00(M)	0.00(M)
Pizza, Ham and Pineapple 16" HS - LR100488 (1 slice)Contains Milk, Egg, Wheat, Soy.	357.53	13.78	8.25	0.00	43.07	847.45	34.58	3.20	7.23(M)	24.19	2.69	449.21	399.30	7.81	0.00(M)	0.00(M)
Pizza, Macaroni and Cheese 16" HS - LR100773 (1 pizza whole)Contains Milk, Egg, Wheat, Soy.	409.63	16.32	9.42	0.00(M)	38.39	668.36	40.85	4.01	6.37(M)	26.21	3.36	560.14	655.16	6.23	3.01(M)	0.34(M)
Pizza, Mexican Southwest - LR100589 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	330.00	11.00	6.00	0.00	30.00	560.00	36.00	6.00	5.00	23.00	2.70	300.00	300.00	3.60	0.00	0.00
Pizza, Pak Cheese - LR100581 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	339.04	13.55	7.12	0.00(M)	30.00	686.85	33.58	4.02	1.18(M)	18.78	3.00(M)	516.14 (M)	413.99 (M)	2.66(M)	0.17(M)	0.18(M)
Pizza, Pak Pepperoni - LR100577 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	406.04	20.95	8.57	0.00(M)	46.50	949.85	33.08	4.02	1.18(M)	20.08	3.28(M)	416.14 (M)	363.99 (M)	2.66(M)	0.17(M)	0.18(M)
Pizza, Pepperoni 16" HS - LR100492 (1 slice)Contains Milk, Wheat, Soy.	340.00	17.00	9.00	0.00	35.00	730.00	29.00	3.00	4.00	20.00	2.70	400.00	300.00	6.00	0.00	0.00
Pizza, Pepperoni Wedge, Stuffed Crust - LR100139 (1 slice)Contains Milk, Wheat, Soy, Gluten.	370.00	18.00	8.00	0.00	45.00	720.00	38.00	4.00	13.00	17.00	1.80	350.00	500.00	0.00	0.00	0.00
Pizza, Philly Beef 16" HS - LR100487 (1 slice)Contains Milk, Egg, Wheat, Soy.	339.17	14.26	8.41	0.00(M)	41.31	604.86	29.92	3.18	4.46(M)	23.66	3.89	451.34	433.51 (M)	15.20(M)	0.00(M)	0.00(M)
Pizza, Taco 16" HS - LR100491 (1 slice)Contains Milk, Egg, Wheat, Soy.	350.25	15.02	8.98	0.00	40.27	864.55	30.89	3.62	4.43	23.98	3.39(M)	519.49 (M)	605.83 (M)	9.57	0.00(M)	0.00(M)
Pizza, Veggie 16" HS - LR100485 (1 slice)Contains Milk, Egg, Wheat, Soy.	371.93	16.78	10.18	0.00	39.32	672.02	30.95	3.39	4.18	24.56	2.79	577.49	678.51	11.64	23.63(M)	0.13(M)
Popcorn Shrimp - LR100587 (21 shrimp)Contains Crustacean Shellfish, Wheat, Soy. May contain Milk.	184.61	7.18	1.03	0.00	46.15	543.58	21.54	3.08	1.03	9.23	1.48	41.02	102.56	0.00	0.00	0.00
Poptar, Cinnamon 1ct - LR100663 (1 ea.)Contains Wheat, Soy, Gluten.	180.00	2.50	1.00	0.00	0.00	190.00	37.00	3.00	15.00	2.00	2.00	100.00	500.00	0.00	(M)	(M)
Poptart (2Ct Pack = 2 Grain) - LR100437 (1 ea.)Contains Wheat, Soy.	182.50	2.38	1.00	0.00	0.00	185.00	37.50	3.00	15.25	2.25	1.80	100.00	500.00	0.00	0.00	0.00
Poptart, Strawberry 1ct - LR100664 (1 ea.)Contains Wheat, Soy, Gluten.	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	15.00	2.00	2.00	0.00	500.00	0.00	(M)	(M)
Pork Carnita - Home Made - LR100623 (2 oz.)	141.06 (M)	9.35(M)	3.09(M)	0.00(M)	44.28(M)	103.85 (M)	0.98(M)	0.32(M)	0.08(M)	12.52(M)	0.59(M)	12.63(M)	68.92(M)	0.60(M)	2.27(M)	0.00(M)



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Pork Carnita - LR100552 (2 1/2 oz.)Contains Soy.	148.74	7.99	3.00	0.00	52.91	56.90	1.00	0.00	1.00	15.97	0.54	9.98	0.00	1.80	0.00	0.00
Pork, BBQ homemade - LR100631 (1/2 c.)Contains Wheat, Soy.	288.08	15.78	5.80	0.00(M)	85.32	742.87	10.18	2.05	7.07	24.11	1.07(M)	15.73(M)	14.23(M)	0.38(M)	0.01(M)	0.02(M)
Potato Wedge - LR100046 (4 oz.)Contains Milk.	131.69	7.73	0.57	0.01(M)	0.09	65.11	14.34	1.02	0.10(M)	1.68	0.68(M)	11.68(M)	29.92(M)	4.47(M)	61.45(M)	1.04(M)
Potatoes, Roasted-Tri Color - LR100597 (1/2 c.)	91.12	1.01	0.00	0.00	0.00	334.12	19.24	3.04	2.02	2.02	0.36	20.25	1518.72	15.19	0.00	0.00
Pretzel, Froz. Soft, WGR - LR100708 (1 ea.)Contains Wheat.	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Pretzel, Soft - LR100232 (1 ea.)Contains Wheat.	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	0.00	0.00
Refried Beans - LR100104 (1/2 c.)Contains Milk.	62.98	1.95	1.04	0.00	3.91	206.30	7.55	2.53	0.77	3.58	0.86	80.75	390.91	6.01	0.00(M)	0.50(M)
Rice Bowl, Mex Bar - LR100521 (1 c.)Contains Milk.	68.96	2.49	1.25	0.00(M)	7.43	310.22	7.94	0.91	0.60(M)	4.44	0.29	110.01 (M)	195.23 (M)	0.48(M)	171.14 (M)	0.17(M)
Rice Krispies - LR100761 (1 ea.)	50.00	1.00	0.00	0.00	0.00	45.00	9.00	0.00	3.00	0.00	2.00	0.00	0.00	0.00	(M)	(M)
Rice, Asian 1 cup - LR100507 (1 c.)Contains Milk, Soy.	254.28	5.03	1.02	0.00(M)	0.00	528.09	46.13	2.20	3.29	5.49	0.79	27.45	177.12	0.00	182.50 (M)	0.18(M)
Rice, Asian 1/2 cup - LR100654 (1/2 c.)Contains Milk, Soy.	127.14	2.52	0.51	0.00(M)	0.00	264.05	23.07	1.10	1.65	2.75	0.40	13.72	88.56	0.00	91.24(M)	0.09(M)
Rice, Brown (1 cup) - LR100576 (1 c.)	109.09	1.02	0.00	0.00	0.00	325.68	22.50	1.36	0.00	2.73	0.49	0.25(M)	0.00(M)	0.00(M)	128.74 (M)	0.00(M)
Rice, Brown (1/2 cup) - LR100758 (1/2 c.)	53.33	0.50	0.00	0.00	0.00	159.22	11.00	0.67	0.00	1.33	0.24	0.12(M)	0.00(M)	0.00(M)	62.94(M)	0.00(M)
Roast Pork w/ Gravy - LR100429 (2 oz.)Contains Wheat, Soy.	252.50	15.78	5.80	0.00(M)	85.32	691.96	2.29	0.05	2.13	24.15	1.08(M)	16.45(M)	14.23(M)	0.38(M)	0.01(M)	0.02(M)
Roll, Hoagie - LR100674 (1 ea.)Contains Wheat. May contain Milk, Egg, Soy.	160.00	3.00	0.50	0.00	0.00	140.00	28.00	3.00	3.00	6.00	0.83	11.70	0.00	0.00	0.00	0.00
Rotini Pasta - LR100086 (1/2 c.)Contains Egg, Wheat.	91.20	0.48	0.00	0.00	0.00	13.30	18.72	1.92	0.48	3.84	0.69	0.00(M)	0.00(M)	0.00(M)	283.22	0.00
Salad Dressing Variety - LR100156 (1 ea.)Contains Milk, Egg, Soy.	122.61	11.66	1.74	0.00	8.46	549.22	2.85	0.15	1.90	1.15	0.00	16.92	84.61	0.00	(M)	(M)
Salad, Asian Chicken - LR100252 (1 salad)Contains Milk, Wheat, Soy.	322.60	9.08	2.90	0.00(M)	38.92	446.64	40.40	5.85	17.94(M)	21.66	3.77	183.90	12750.37	34.27	154.00	1.14
Salad, Asian VEG - LR100524 (1 salad)Contains Milk, Wheat.	291.35	11.38	3.71	0.00(M)	194.00	311.39	34.80	4.97	18.50	13.78	3.17	184.75	12953.82	34.11	191.31	1.68
Salad, Caesar VEG - LR100527 (1 salad)Contains Milk, Wheat, Soy.	290.75	14.36	5.57	0.00(M)	204.29	461.45	21.31	4.07	3.11	17.77	2.65	302.43	12134.24	5.49	177.05 (M)	1.99(M)
Salad, Chef - Turkey - LR100778 (1 salad)Contains Milk, Wheat, Soy.	292.85	11.51	4.56	0.00(M)	126.29	625.63	23.56	4.95	3.57(M)	23.34	3.20	309.12	13139.70	28.25	194.99 (M)	1.72(M)

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Salad, Chef -Ham - LR100402 (1 salad)Contains Milk, Wheat, Soy.	256.13	9.54	4.05	0.00(M)	34.05	736.52	25.16	4.95	4.54(M)	17.71	2.72	296.62	13009.70	28.25	176.33(M)	1.45(M)
Salad, Chef Veg - LR100534 (1 salad)Contains Milk, Wheat, Soy.	296.13	13.91	5.37	0.00(M)	201.80	423.52	23.84	4.95	4.58(M)	18.38	3.31	321.62	13269.70	28.25	213.64(M)	1.99(M)
Salad, Chicken Tender - LR100535 (1 salad)Contains Milk, Wheat, Soy.	218.63	8.61	3.74	0.00(M)	15.30	361.52	23.28	4.95	3.66(M)	12.09	2.72	296.62	13009.70	28.25	176.33(M)	1.45(M)
Salad, Taco - LR100536 (1 salad)Contains Milk.	383.00	17.56	4.36	0.00(M)	15.00	605.67	43.71	5.61	1.42(M)	11.87	0.87	302.89	7826.26	5.32	80.47(M)	0.49(M)
Salad, Taco VEG - LR100539 (1 salad)Contains Milk.	453.05	22.09	6.86	0.00(M)	30.00	1075.54	45.76	5.61	2.00(M)	18.83	0.86	502.64	8125.93	5.34	93.86(M)	0.56(M)
Santa Fe Black Beans & Rice - Scratch - LR100622 (1/2 c.)	68.88	0.52	0.01	0.00(M)	0.00	146.67	13.96	1.82	0.20(M)	1.95	0.57	13.23(M)	93.52(M)	0.97(M)	56.82(M)	0.06(M)
Sauce, Enchilada Scratch - LR100625 (2 oz.)	123.77	10.20	0.68	0.00(M)	0.00(M)	230.96	7.29	2.96	1.83	0.92	0.50(M)	0.00(M)	106.67(M)	1.28(M)	0.00(M)	0.00(M)
Sauce, Enchilada w/ spaghetti sauce - LR100629 (1/4 c.)	46.26	0.99	0.14	0.00(M)	0.00	198.21	9.06	1.88	0.46(M)	1.25	1.84(M)	33.47(M)	257.25(M)	2.99(M)	0.15(M)	0.14(M)
Sauce, Queso (Nachos Only) - LR100523 (2 fl. oz.)Contains Milk, Soy.	118.00	9.00	5.30	0.00	30.00	414.99	2.00	0.00	0.00	7.00	0.00	203.00	399.99	0.00	0.00	0.00
Sausage Patty, Pork 1.25oz - LR100180 (1 patty)	200.00	20.00	7.00	0.00	35.00	390.00	1.00	0.00	0.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00
Sausage Patty, Pork 1.25oz Brunch (2) - LR100626 (2 patty)	400.00	40.00	14.00	0.00	70.00	780.00	2.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
Seasoned Corn - LR100049 (1/2 c.)Contains Milk.	85.06	0.66	0.18	0.00	0.00	147.23	17.54	2.02	2.56	2.13	0.40	9.24	165.92	2.93	2.48(M)	0.00(M)
Seasoned Potato Stix - LR100024 (1/2 c.)Contains Soy.	120.00	4.00	0.50	0.00	0.00	135.00	20.00	2.00	(M)	1.00	0.36	0.00	0.00	2.40	0.00	0.00
Side of Salsa - LR100370 (1 oz.)	2.70	0.00	0.00	0.00	0.00	18.93	0.68	0.27	0.27	0.00	0.10	5.41	135.19	1.62	(M)	(M)
Sliced Turkey & Gravy - LR100105 (2 oz.)Contains Milk, Wheat, Soy.	127.11	4.91	1.44	0.00(M)	53.97	634.96	2.93	0.27	0.12	18.70	0.98	1.50	66.62	0.00	31.45(M)	0.03(M)
Slider, Turkey and Cheese - LR100533 (2 ea.)Contains Milk, Wheat, Soy.	227.50	4.38	1.25	0.00	33.75	750.00	29.00	2.00	5.00	19.50	1.71	180.00	150.00	0.00	0.00	0.00
Sliders, Ham and Cheese - LR100598 (2 ea.)Contains Milk, Wheat, Soy.	230.50	5.39	1.71	0.00	35.25	959.99	31.77	2.00	6.85	15.82	1.44	180.00	150.00	0.00	0.00(M)	0.00(M)
Sliders, Philly Cheese - LR100526 (2 ea.)Contains Wheat, Soy.	392.50	18.00	7.00	0.00(M)	45.00	1034.49	41.07	2.10	10.71(M)	16.00	5.98	150.07	64.60(M)	11.90(M)	50.82(M)	1.29(M)
Sloppy Joe on a Bun- w/ Mix - LR100522 (1 ea.)Contains Wheat, Soy, Gluten. May contain Milk.	292.27	6.01	1.34	0.00	35.64	758.67	40.38	4.92	10.17	19.50	6.05	220.98	385.78	6.39	56.64(M)	0.00(M)
Snack Mix - LR100469 (1 pkg.)Contains Milk, Wheat, Gluten.	110.00	3.50	0.00	0.00	0.00	160.00	17.00	2.00	2.00	3.00	2.70	20.00	0.00	0.00	(M)	(M)

# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Snack, Cheese Puff Cheddar R/F - .7 oz. - LR100700 (1 Bag)Contains Milk.	90.00	3.50	0.00	0.00	0.00	135.00	14.00	0.00	0.00	2.00	0.72	100.00	0.00	0.00	(M)	(M)
Soft Pretzel with Cheese - LR100266 (1 ea.)Contains Wheat.	226.72	6.50	4.00	0.00	20.01	670.33	32.67	3.00	1.00(M)	10.34	2.08	255.44	235.44	1.20	40.03	2.00
Soup, Chicken w/Rice - LR100541 (1 c.)Contains Soy.	77.18	3.38	1.45	0.00(M)	24.43	555.74	3.59	0.44	0.71	7.65	0.47	12.46(M)	47.89(M)	0.53(M)	10.14(M)	0.08(M)
Sour Cream, Ind - LR100159 (1 ea.)Contains Milk.	25.00	0.00	0.00	0.00	0.00	30.00	4.00	0.00	2.00	2.00	0.00	60.00	200.00	0.00	0.00	0.00
SouthWest Breakfast Taco - LR100596 (1 ea.)Contains Milk, Egg, Wheat, Soy.	206.78	9.31	2.99	0.00	193.28	622.47	17.80	1.45	1.57(M)	12.28	1.64(M)	165.00 (M)	489.80 (M)	3.30	0.00(M)	0.00(M)
Southwest Breakfast Toast - LR100570 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	6.00	1.50	0.00	40.00	330.00	19.00	2.00	1.00	8.00	1.44	60.00	200.00	2.40	0.00	0.00
Spaghetti Noodles - LR100087 (1/2 c.)Contains Egg, Wheat.	146.20	0.77	0.00	0.00(M)	0.00	83.04	30.01	3.08	0.77	6.16	2.01	26.65	0.00	0.00	151.34	0.15
Sparkling ICE Classic Lemonade - LR100695 (1 bottle.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sparkling ICE Flavored Water - Black Raspberry - LR100691 (1 bottle.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sparkling ICE Flavored Water - Cherry Limeade - LR100692 (1 bottle.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sparkling ICE Flavored Water - Kiwi Strawberry - LR100693 (1 bottle.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sparkling ICE Flavored Water - Orange Mango - LR100694 (1 bottle.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sparkling ICE Peach Tea - LR100696 (1 bottle.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Spicy Chicken Sandwich - LR100463 (1 patty)Contains Wheat, Soy, Gluten. May contain Milk.	390.00	12.00	2.00	0.00	50.00	679.99	44.00	4.00	5.00	27.00	3.24	220.00	100.00	0.00	0.00(M)	0.00(M)
Spicy Orange Chicken-Tyson - LR100170 (6 fl. oz.)Contains Wheat, Soy, Gluten.	313.60	16.80	3.36	0.00	128.80	403.19	15.68	0.00	12.32	25.76	2.02	22.40	0.00	2.24	(M)	(M)
Spinach Bake - LR100574 (1/2 c.)Contains Milk.	176.35	11.71	4.31	0.00(M)	13.44	329.47	8.39	3.58	0.87	10.56	2.16	327.90	13189.21	6.13	99.18(M)	1.70(M)
Spring Mix Vegetables - LR100306 (1/2 c.)	17.78	0.03	0.01	0.00(M)	0.00	220.74	3.90	1.34	1.12	1.20	0.49	26.30	2782.58	20.00	55.84(M)	0.04(M)
Steak Patty - Breakfast - LR100186 (1 ea.)Contains Milk, Wheat.	220.00	17.00	5.00	0.00	25.00	360.00	9.00	1.00	0.00	6.00	1.08	20.00	0.00	0.00	0.00	0.00

# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Steamed Broccoli (Frozen) - LR100070 (1/2 c.)	29.46	0.00	0.00	0.00(M)	0.00	19.82	3.93	1.96	1.96	1.28	0.00	19.64	0.00	31.23	5.79(M)	0.00(M)
Strawberries, whole IQF - LR100476 (1/2 c.)	44.39	0.14	0.01	0.00	0.00	2.28	11.10	2.62	5.74	0.55	0.95	20.49	56.91	51.78	(M)	(M)
Strawberry Cup - LR100129 (1 ea.)	132.00	0.17	0.01	0.00	0.00	4.00	33.05	2.40	30.61	0.68	0.75	14.00	31.00	52.80	(M)	(M)
Strawberry Smoothie - LR100749 (16 fl. oz.)Contains Milk.	331.60	3.42	0.51	0.00(M)	12.50	181.49	65.44	2.39	56.51	12.18	2.55	143.95	530.90 (M)	55.02(M)	0.00(M)	0.00(M)
Sub Line, Meatball - LR100111 (4 ea.)Contains Milk, Egg, Wheat, Soy.	165.87	8.16	3.24	0.00	53.91	603.48	8.24	0.32	0.00(M)	15.52	1.09	92.65	262.08	3.54	0.00(M)	0.00(M)
Sub Line, Buffalo Chicken 1.5M/MA - LR100632 (1 1/2 oz.)Contains Soy.	152.06	7.21	1.79	0.00(M)	49.12	504.09	6.06	1.04	3.79(M)	14.74	0.76	14.10	197.97	0.48	0.00(M)	0.00(M)
Sub Line, Buffalo Tender - LR100676 (1 sandwich)Contains Wheat, Soy. May contain Milk, Egg.	462.18	17.60	3.16	0.00(M)	55.00	2821.35	47.11	4.99	7.27	29.06	2.44	17.12	350.20	1.61	3.54(M)	0.20(M)
Sub Line, Cheese Amer 0.5M/MA - LR100562 (1/2 oz.)Contains Milk, Soy.	35.00	2.00	1.25	0.00	7.50	105.00	1.00	0.00	1.00	3.50	0.00	100.00	150.00	0.00	0.00	0.00
Sub Line, Cheese Pepper Jack 0.5M/MA - LR100565 (1/2 oz.)Contains Milk.	55.00	4.50	3.00	0.00	12.50	105.00	0.50	0.00	0.00	3.00	0.00	100.00	150.00	0.00	0.00	0.00
Sub Line, Cheese Swiss 0.5M/MA - LR100563 (1/2 oz.)Contains Milk.	45.00	3.00	1.75	0.00	10.00	57.50	0.50	0.00	0.50	4.00	0.00	125.00	100.00	0.00	0.00	0.00
Sub Line, Cheese White Amer 0.5M/MA - LR100564 (1/2 oz.)Contains Milk, Soy.	50.00	4.00	2.50	0.00	12.50	235.00	1.00	0.00	0.50	2.50	0.00	75.00	150.00	0.00	0.00	0.00
Sub Line, Flatbread - LR100561 (1 ea.)Contains Wheat, Soy, Gluten.	130.00	1.00	0.00	0.00	0.00	140.00	26.00	3.00	1.00	4.00	1.08	80.00	0.00	0.00	0.00	0.00
Sub Line, Ham 1.5M/MA - LR100566 (1 7/8 oz.)	56.40	1.41	0.47	0.00	28.20	563.99	2.82	0.00	1.88	8.46	0.00	0.00	0.00	0.00	(M)	(M)
Sub Line, Hoagie Roll - LR100559 (1 ea.)Contains Wheat. May contain Milk, Egg, Soy.	160.00	3.00	0.50	0.00	0.00	140.00	28.00	3.00	3.00	6.00	0.83	11.70	0.00	0.00	0.00	0.00
Sub line, Italian Combo - LR100660 (6 slices)	123.30	6.80	6.50	0.00	58.30	510.00	2.00	0.00	(M)	14.00	7.30	4.00	5.00	5.30	(M)	(M)
Sub Line, Toppings - LR100558 (1 1/2 c.)	94.15	0.56	0.10	0.00(M)	0.00(M)	252.94	18.28	6.32	1.65(M)	5.10	1.85(M)	49.93(M)	5293.72 (M)	17.59	121.07 (M)	0.64(M)
Sub Line, Turkey 1.5M/MA - LR100567 (2 1/4 oz.)	52.97	0.38	0.00	0.00	26.49	348.10	0.00	0.00	0.00	12.11	0.27	0.00	0.00	0.00	0.00	0.00
Sub line, Wrap - LR100560 (1 ea.)Contains Wheat.	176.00	3.30	1.25	0.00	0.00	331.50	34.50	5.25	(M)	5.75	0.00	0.00	0.00	0.00	(M)	(M)
Sub, Philly - LR100757 (3 ounces)Contains Milk, Wheat, Soy, Gluten.	163.70	8.55	4.17	0.00	50.44	1028.55	4.85	0.19	2.40	17.68	1.50	103.07	216.92	4.45	0.00(M)	0.00(M)

# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sunchips, Variety 1 ounce - LR100447 (1 ea.)Contains Milk, Wheat.	140.00	6.00	1.00	0.00	0.00	180.00	18.00	2.00	2.00	2.00	0.36	0.00	50.00	0.00	(M)	(M)
Sweet Peas - LR100064 (1/2 c.)	107.90	6.68	1.38	0.00(M)	0.00	314.48	9.41	3.16	3.07	3.14	0.98	19.63	1667.92	9.41	1.25	0.16
Sweet Potato Puffs - LR100075 (1/2 c.)	92.86	2.50	0.00	0.00	0.00	185.71	16.43	1.43	5.71	0.71	0.26	14.29	2142.82	2.57	0.00	0.00
Sweet Potato Souffle - LR100214 (1/2 c.)Contains Milk.	329.02	2.81	0.51	0.00(M)	2.33	182.51	69.42	2.34	38.76(M)	7.89	1.76(M)	174.67 (M)	11287.60(M)	21.85(M)	19.25(M)	0.92(M)
Sweet Potato Waffle Fries (McCain's) - LR100435 (1/2 c.)Contains Soy.	150.00	5.00	1.00	0.00	0.00	250.00	24.00	3.00	6.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Switch - Apple - LR100683 (1 Can)	120.00	0.00	0.00	0.00	0.00	7.00	29.00	0.00	28.00	0.00	0.00	0.00	0.00	100.00	(M)	(M)
Switch - Berry - LR100684 (1 Can)	120.00	0.00	0.00	0.00	0.00	5.00	30.00	0.00	29.00	0.00	0.00	0.00	0.00	100.00	(M)	(M)
Switch - Fruit Punch - LR100682 (1 Can)	120.00	0.00	0.00	0.00	0.00	5.00	30.00	0.00	28.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Switch - Strawberry Watermelon - 8 oz. - LR100681 (1 Can)	120.00	0.00	0.00	0.00	0.00	0.00	29.00	0.00	28.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Syrup, Ind Cup - LR100190 (1 ea.)	120.00	0.00	0.00	0.00	0.00	0.00	31.00	0.00	23.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taco Sauce - LR100014 (1 ea.)Contains Soy.	0.50	0.00	0.00	0.00	0.00	0.50	0.10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tartar Sauce, Ind - LR100018 (1 pkg.)Contains Egg.	45.00	3.50	0.50	0.00	0.00	100.00	3.00	0.00	2.00	0.00	0.02	1.99	4.46	0.01	0.00	0.00
Tator Tots - LR100045 (1/2 c.)Contains Soy.	116.27	5.37	0.89	0.00	0.00	277.25	15.20	1.79	0.00	1.79	0.00	0.00	0.00	3.22	0.00	0.00
Tea, Sweet (Adults Only) - LR100669 (16 oz.)	158.64	0.00	0.00	0.00	0.00	14.18	42.30	0.00	42.00	0.00	0.00(M)	0.11(M)	0.00(M)	0.00(M)	472.03 (M)	0.00(M)
Terriyaki Chicken Strips - LR100612 (4 strips)Contains Wheat, Soy.	145.00	4.00	1.10	0.00	41.90	263.00	8.20	1.18	(M)	18.90	1.60	32.20	75.40	0.22	0.00	0.00
Toast, Buttered - LR100568 (1 piece)Contains Milk, Wheat, Soy, Gluten.	84.55	2.06	0.08	0.00	0.01	143.41	13.01	1.50	2.50	3.50	0.90	40.18	0.00	0.00	0.00	0.02
Tortilla 6" w/Cheese - LR100600 (1 ea.)Contains Milk, Wheat.	160.00	6.50	3.00	0.00	15.00	620.00	17.00	1.00	2.00	10.00	0.72	260.00	300.00	0.00	0.00	0.00
Tortilla, Flour 6" - LR100553 (1 ea.)Contains Wheat.	90.00	2.00	0.50	0.00	0.00	150.00	15.00	1.00	1.00	3.00	0.72	60.00	0.00	0.00	0.00	0.00
Tossed Salad - LR100118 (1 c.)	13.43	0.18	0.02	0.00	0.00	5.81	2.22	1.30	0.00	0.77	0.59	20.94	5038.50	4.88	58.28	0.36
Tropical Fruit Mix - LR100506 (1/2 c.)	71.10	0.06	0.01	0.00	0.00	7.97	18.31	0.85	16.08	0.28	0.21	3.96	474.78	15.31	0.00	0.11
Tuna Salad - LR100750 (1/2 c.)Contains Egg, Fish, Soy.	148.94	6.71	0.76	0.00(M)	48.59	499.06	3.37	0.39	1.17	17.67	0.53	8.06	67.80	1.12	22.27(M)	0.14(M)
Tuna Salad Sandwich - LR100243 (1 sandwich)Contains Egg, Soy.	330.99	8.87	1.40	0.00(M)	68.70	794.47	28.37	1.77	4.08	34.19	4.34	107.23	154.28	1.14	158.85 (M)	2.59(M)

# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Turkey & Cheese Flatbread - LR100496 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	252.50	5.38	2.50	0.00	41.25	695.00	28.00	3.00	3.00	23.00	1.35	280.00	300.00	0.00	0.00	0.00
Turkey & Cheese Hoagie - LR100497 (1 sandwich)Contains Milk, Wheat, Soy. May contain Egg.	282.50	7.38	3.00	0.00	41.25	695.00	30.00	3.00	5.00	25.00	1.10	211.70	300.00	0.00	0.00	0.00
Turkey & Cheese Sandwich - LR100128 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	237.50	4.38	1.25	0.00	33.75	720.00	27.00	3.00	6.00	22.50	2.07	180.00	150.00	0.00	0.00	0.00
Turkey & Cheese Wrap - LR100422 (1 sandwich)Contains Milk, Wheat, Soy.	280.88	6.08	2.26	0.00	42.50	867.23	31.92	3.59	3.00	24.84	2.43	259.24	2588.80	1.12	26.49	0.16
Turkey and Dressing Supreme - LR100240 (1 portion)	261.87	12.66	3.05	0.00(M)	30.37	777.94	20.69	1.27	1.80(M)	15.77	2.28	58.83	375.08	0.34	110.81 (M)	0.95(M)
Turkey Noodle Soup - LR100113 (1 c.)Contains Milk, Egg, Wheat, Soy.	99.53	1.87	0.35	0.00(M)	25.88	285.92	13.39	1.78	1.39(M)	7.59	0.47	20.14	1934.53	0.90	199.56 (M)	0.35(M)
Turkey Salad - LR100762 (1/2 c.)Contains Egg, Soy.	110.38	6.15	1.25	0.00(M)	42.75	504.46	2.80	0.14	1.18	11.28	0.57	3.63	40.73	0.28	8.66(M)	0.07(M)
Turkey Sandwich Sack Lunch - LR100409 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	357.50	4.38	1.25	0.00	38.75	900.00	47.00	3.00	24.00	30.50	2.07	480.00	650.00	1.20	0.00(M)	0.00(M)
Turkey Tetrazini (mushroom soup) - LR100322 (1 c.)Contains Milk, Egg, Wheat.	288.77	10.96	3.25	0.01(M)	54.60	1295.99	22.07	2.15	1.33	25.99	2.71	87.45	298.22	4.42	264.60 (M)	0.64(M)
Turkey Tetrazzini (homemade) - LR100751 (1 c.)Contains Milk, Egg, Wheat.	311.74	10.52	3.14	0.00(M)	56.20	1130.33	26.46	2.23	3.42(M)	27.83	2.98	133.75	370.29	5.17	290.54 (M)	0.30(M)
UBR Breakfast Bar-Variety - LR100207 (1 ea.)Contains Milk, Egg, Wheat, Soy.	280.00	8.00	3.00	0.00	5.00	192.00	44.00	6.00	18.00	5.00	0.61	29.50	8.50	0.00	0.00	0.00
Veggie Dippers - LR100096 (1/2 c.)	25.17	0.18	0.03	0.00(M)	0.00	59.49	5.29	2.11	0.84(M)	1.11	0.54	34.75	4931.89	23.45	51.90(M)	0.45(M)
Veggie Dippers w/Cucumbers - LR100772 (1/2 c.)	18.31	0.10	0.02	0.00(M)	0.00	51.69	4.01	1.53	0.58(M)	0.49	0.39	24.83	4790.70	2.13	38.94(M)	0.27(M)
Waffle Sticks - LR100200 (2 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	140.00	2.00	0.00	0.00	0.00	250.00	27.00	2.00	5.00	4.00	1.08	20.00	0.00	0.00	0.00	0.00
Water - 8 oz. - LR100727 (1 bottle.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Water 16.9 oz. - LR100679 (1 bottle.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WG Turkey Sausage and Cheese Breakfast Round - LR100755 (1 ea.)Contains Milk, Wheat, Soy.	160.00	6.00	2.00	0.00	10.00	370.00	19.00	2.00	2.00	8.00	1.08	100.00	0.00	0.00	(M)	(M)
Wrap, Chicken Salad - LR100584 (1 wrap)Contains Egg, Wheat, Soy.	397.13	16.20	3.52	0.00(M)	70.72	947.42	39.99	4.77	3.47	22.64	3.30(M)	201.13 (M)	4083.23 (M)	10.79	71.70(M)	0.45(M)

# Menu Item Nutrient Report

Generated on: 8/4/2017 10:21:34 AM by Danielle Freeman

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Wrap, Chicken Tender - LR100599 (1 ea.)Contains Milk, Wheat, Soy.	373.92	12.57	3.76	0.00	44.17	660.24	40.85	4.14	2.67	24.14	2.94	256.35	1492.02	2.40	26.81	0.15
Yellow Cake - LR100649 (1 piece)Contains Milk.	192.82	8.45	0.83	0.00(M)	34.08	192.49	28.49	0.30	22.16	2.64	0.60(M)	86.05(M)	49.35(M)	0.11(M)	21.17(M)	0.24(M)
Yogurt and Fruit Plate (2oz M/MA) - LR100373 (1 salad)Contains Milk, Wheat. May contain Soy.	400.75	9.03	3.52	0.00	15.13	353.63	62.01	3.00	27.00	16.10	2.72	314.50	876.25	3.00	0.00(M)	0.00(M)
Yogurt Parfait with Peaches - LR100442 (1 c.)Contains Milk, Wheat.	309.51	3.59	0.50	0.00	2.50	57.92	60.87	2.97	38.89	7.42	2.48	100.00	325.00(M)	2.17(M)	0.00(M)	0.00(M)
Yogurt Parfait with Strawberries - LR100774 (1 c.)Contains Milk, Wheat.	222.85	3.59	0.50	0.00	2.50	52.50	40.29	1.89	21.56	6.34	2.48	100.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yogurt, 4oz assorted - LR100575 (1 ea.)Contains Milk.	100.00	0.50	0.50	0.00	5.00	50.00	20.00	0.00	13.00	3.00	0.00	100.00	500.00	0.00	(M)	(M)
Yogurt, Straw/Ban FF-4oz - LR100218 (1 ea.)Contains Milk.	90.00	0.00	0.00	0.00	0.00	75.00	19.00	0.00	16.00	3.00	0.00	300.00	0.00	1.20	(M)	(M)
Yogurt, Triple Cherry FF-4oz - LR100763 (1 ea.)Contains Milk.	90.00	0.00	0.00	0.00	0.00	75.00	19.00	0.00	16.00	3.00	0.00	300.00	0.00	1.20	(M)	(M)

## Legend

(M) Indicates missing nutrient values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.

## Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2017-2022

Serving Group: K-12

Data Source: Local