

# Menu Item Nutrient Report

Generated on: 2/21/2019 11:31:18 AM by Michelle Dickson

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
(Not So) Spicy Refried Beans - LR14646 (1/2 c.)Contains Milk.	133.27	0.64	0.40	0.00	2.56	297.47	23.39	5.82	1.85	7.91	2.10	80.80	448.27	6.31	(M)	(M)
2 Cheese Enchiladas - LR-1167 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	432.49	16.12	10.56	0.00(M)	46.24	1027.37	47.65	4.09(M)	2.36	16.58	3.10	353.42	1164.35	2.58	59.19(M)	0.06(M)
2.25 oz Cheeseburger (elementary Only) - LR14656 (1 ea.)Contains Milk, Wheat, Soy.	328.00	13.60	5.50	0.00	54.50	725.00	30.60	3.00	4.50	22.50	3.10	116.00	0.00(M)	0.00(M)	(M)	(M)
2.25 oz Hamburger (Elementary Only) 2018 - LR14657 (1 ea.)Contains Milk, Wheat.	278.00	9.10	3.00	0.00	42.00	595.00	29.60	3.00	4.00	20.00	3.10	66.00	0.00	0.00	(M)	(M)
Alfredo and Chicken for BYO 2018 - LR14807 (1 #8 scoop)Contains Milk, Soy.	190.24	10.86	5.41	0.00	55.04	742.56	6.56	0.40	2.30	15.62	0.43	288.00	230.40	0.00	(M)	(M)
Alfredo Ravioli with Garlic Bread - LR14302 (1 serv.)Contains Milk, Wheat, Soy.	444.00	14.81	7.47	0.00	41.39	1096.43	47.09	4.61	6.01	28.25	1.66	604.35	626.96	1.04	(M)	(M)
Animal Crackers - LR-1255 (1 ea.)Contains Wheat, Soy.	120.00	3.50	1.00	0.00	0.00	115.00	22.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Annie's Bunny Grahams, Certified Organic - LR14696 (1 ea.)Contains Wheat.	160.00	6.00	0.50	0.00	0.00	150.00	26.00	3.00	8.00	3.00	0.72	250.00	0.00	0.00	(M)	(M)
Apple Cider Vinaigrette - LR14716 (1/4 c.)Contains Soy.	142.66 (M)	13.46(M)	2.02(M)	0.00(M)	0.00(M)	63.23(M)	5.18(M)	0.44(M)	4.33(M)	0.00(M)	0.04(M)	3.83(M)	0.23(M)	0.03(M)	(M)	(M)
Apple Crisp - LR-1226 (1 serv.)Contains Wheat, Gluten.	183.77	7.44	3.20	0.00	0.00	89.95	27.64	2.12	17.42	0.68	0.96	10.55	321.12	0.66	0.16(M)	0.04(M)
Apple Fruit Pocket - LR14621 (1 ea.)Contains Wheat, Soy.	130.00	4.50	1.00	0.00	0.00	170.00	24.00	3.00	9.00	2.00	0.00	20.00	0.00	2.40	(M)	(M)
Apple Jacks - LR14792 (1 serv.)Contains Wheat. May contain Soy.	110.00	1.00	0.50	0.00	0.00	160.00	24.00	3.00	8.00	2.00	3.60	0.00	400.00	12.00	(M)	(M)
Apple Juice (4 oz) - LR-1359 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Apple Pie Overnight Oats - LR14913 (1 ea.)Contains Milk.	261.88	2.40	0.18	0.00	3.38	96.56	50.81	4.11	33.85	8.92	1.04	225.43	115.36	1.04	(M)	(M)
Apple Slices - LR-1377 (1 ea.)	34.00	0.00	0.00	0.00	0.00	0.00	8.00	2.00	6.00	0.00	0.18	10.00	50.00	123.60	(M)	(M)
Apples Jacks with Cinnamon Bread - LR14409 (1 serv.)Contains Wheat, Soy.	236.27	4.04	1.50	0.00	0.00	235.57	48.52	5.04	14.05	4.01	4.33	24.00	400.00	12.02	(M)	(M)
Applesauce - LR-1019 (1/2 c.)	93.91	0.00	0.00	0.00	0.00	10.44	22.96	2.09	18.78	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Applesauce Cups Commodity - LR14280 (1 ea.)	51.00	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)
Artisan Lasagna WG 2013 - LR-14135 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	464.27	15.18	5.11	0.00	20.00	1107.24	65.31	9.51	10.42	20.89	3.17(M)	216.73 (M)	3239.42 (M)	19.80(M)	(M)	(M)
Baby Carrot Package - LR-1188 (2 1/3 oz.)	23.00	0.77	0.08	0.00	0.00	50.60	5.37	1.92	3.07	0.38	0.55	23.00	8970.00	1.84	(M)	(M)

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Bacon and Egg Tacos (Contains Pork) - LR14641 (1 serv.)Contains Milk, Egg, Wheat, Gluten.	408.77	22.34	8.86	0.00	340.00	965.76	30.71	2.69	0.22	20.34	2.40	146.94	907.64	1.29	(M)	(M)
Bacon Bits 2013 - LR14208 (1 tbsp.)Contains Soy.	30.01	1.00	0.00	0.00	0.00	55.01	2.00	1.00	0.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
Bacon Ranch Salad - LR14876 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten, Tomatoes.	539.76	21.99	7.06	0.24	63.23	1654.55	58.71	7.49	12.04	29.52	4.49	209.21	10294.98(M)	35.87(M)	(M)	(M)
Bacon, Egg and Cheese Taco - LR14385 (1 serv.)Contains Milk, Egg, Wheat, Gluten.	202.77	11.17	4.43	0.00	170.00	471.58	14.95	1.24	0.00	10.17	1.16	71.31	400.00	0.00	(M)	(M)
Bagel, Mini, Cinnamon (1 Item) - LR14372 (1 ea.)Contains Milk, Wheat.	240.00	6.00	2.50	0.00	10.00	180.00	41.00	2.00	13.00	6.00	1.08	20.00	100.00	0.00	(M)	(M)
Bagel, Mini, Strawberry (1 Item) - LR14371 (1 ea.)Contains Milk, Wheat.	230.00	6.00	2.50	0.00	10.00	180.00	41.00	2.00	13.00	6.00	1.08	20.00	100.00	0.00	(M)	(M)
Baked Pears - LR14912 (1/2 c.)	201.30	3.35	1.38	0.00	0.00	35.51	44.83	5.28	39.78	0.95	0.80	28.79	138.93	6.42	0.07(M)	0.02(M)
Baked Potato - LR14904 (1/2 ea.)	112.00	0.10	0.00	0.00	0.00	7.00	25.50	2.00	1.00	3.00	1.22	18.50	0.00	8.00	(M)	(M)
Baked Potato with Cheese - LR14767 (1 ea.)Contains Milk, Soy.	601.35	27.84	12.54	0.00	57.71	826.88	64.09	8.05	4.50	28.75	3.90	329.95	247.25(M)	16.00(M)	(M)	(M)
Baked Sweet Potatoes - LR14875 (1/4 c.)Contains Soy.	27.02	2.15	0.32	0.00	0.00	0.01	2.00	0.03	2.00	0.00	0.02	0.69	0.14	0.02	(M)	(M)
BBQ Brisket Sandwich - LR-1158 (1 ea.)Contains Milk, Wheat.	361.19	11.05	3.52	0.00	25.15	964.06	44.09	5.01	12.05	21.08	3.61	100.24	502.98	9.05	(M)	(M)
Beans, Baked, Vegetarian - LR-1352 (1/2 c.)	140.00	0.00	0.00	0.00	0.00	370.00	30.00	5.00	12.00	5.00	1.80	40.00	0.00	0.00	(M)	(M)
Beef & Chicken Kolache with Cheese - LR14263 (1 ea.)Contains Milk, Egg, Wheat, Gluten.	180.00	7.00	3.00	0.00	24.00	291.00	16.00	1.00	5.00	6.00	1.80	60.00	100.00	2.40	(M)	(M)
Beef Empanada - LR14837 (2 Piece)Contains Soy, Corn/Corn Products.	390.00	23.00	4.00	0.00	35.00	800.00	30.00	3.00	0.00	19.00	3.60	40.00	100.00	2.40	(M)	(M)
Beef Fajita Bowl 2014 HS Only - LR14306 (1 ea.)Contains Milk, Soy, Corn/Corn Products, Tomatoes.	565.13	21.16	6.51	0.00(M)	47.42	1189.75	66.84	9.29	5.07	26.06	2.51	192.14	3984.94	22.07	48.63(M)	0.05(M)
Beef Nachos - LR-1117 (1 ea.)Contains Milk, Soy, Corn/Corn Products.	314.10	16.09	5.27	0.00	31.90	808.20	28.09	3.13	1.45	15.94	1.14	223.87	476.10	1.09	0.30(M)	0.00(M)
Beef Taco Stick - LR-1310 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	386.11	13.74	6.78	0.00	54.10	886.54	36.10	1.75	0.91	25.78	3.75	261.70	202.49	2.20	(M)	(M)

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Black Bean & Corn Salad (1 cup) - LR14905 (1 c.)Contains Soy, Corn/Corn Products, Tomatoes.	210.48 (M)	6.61(M)	0.87(M)	0.00(M)	0.00(M)	302.66 (M)	31.01(M)	6.43(M)	4.82(M)	7.23(M)	1.96(M)	672.03 (M)	2283.62 (M)	12.58(M)	(M)	(M)
Black Bean Burger - LR-1126 (1 ea.)Contains Milk, Egg, Wheat, Soy.	340.00	9.00	1.00	0.00	0.00	690.00	44.00	8.00	5.00	21.00	2.88	100.00	0.00	0.00	(M)	(M)
Black Bean Salad 2018 - LR-14133 (1/2 c.)Contains Soy, Corn/Corn Products, Tomatoes.	103.83 (M)	3.26(M)	0.43(M)	0.00(M)	0.00(M)	149.31 (M)	15.30(M)	3.17(M)	2.38(M)	3.57(M)	0.97(M)	331.54 (M)	1126.59 (M)	6.21(M)	(M)	(M)
Black Eye Pea Salad - LR14388 (1/2 c.)	181.02	0.09	0.00	0.00	0.00	230.41	45.46	18.59	2.85(M)	16.63	5.28	186.53	660.84	1.75	(M)	(M)
Blueberries & Raspberries - LR14685 (1/2 c.)Contains Berries (all kinds).	40.26	0.35	0.00	0.00	0.00	0.68	9.80	3.12	5.29	0.40	0.29	10.84	27.36	12.36	(M)	(M)
Blueberry Mini Loaf - LR14908 (1 ea.)Contains Milk, Egg, Wheat, Gluten.	196.00	5.20	0.90	0.00	19.00	78.00	35.00	2.10	17.00	2.50	0.80	13.00	36.00	0.80	(M)	(M)
Blueberry Muffin Top (1 item) - LR14287 (1 ea.)Contains Milk, Egg, Wheat.	300.00	8.00	1.00	0.00	30.00	240.00	52.00	3.00	22.00	5.00	1.80	20.00	1500.00	0.00	(M)	(M)
Bosco Pizza Stick - LR14887 (1 ea.)Contains Milk, Wheat, Gluten.	250.00	9.00	0.50	0.00	25.00	510.00	30.00	3.00	3.00	11.00	1.80	(M)	(M)	(M)	(M)	(M)
Bosco Stick - LR14790 (2 ea.)Contains Milk, Wheat, Gluten, Corn/Corn Products.	300.00	10.00	5.00	0.00	30.00	440.00	34.00	4.00	2.00	20.00	2.16	(M)	(M)	(M)	(M)	(M)
Bread, 100% White Whole Wheat 22101 2013 - LR14182 (1 ea.)Processed in a facility that also processes Milk. Contains Wheat.	80.00	1.00	0.00	0.00	0.00	140.00	15.00	1.00	2.00	3.00	0.72	40.00	0.00	0.00	(M)	(M)
Breaded Cheesesticks with Marinara - LR14347 (6 ea.)Contains Milk, Wheat.	476.43	21.86	8.50	0.00	36.43	617.86	46.00	4.64	3.21	23.07	2.43	556.14	519.11	0.61	(M)	(M)
Breaded Drumstick - LR14906 (1 ea.)Contains Wheat, Gluten.	190.00	11.00	2.50	0.00	50.00	450.00	5.00	1.00	0.00	16.00	1.08	20.00	100.00	0.00	(M)	(M)
Breakfast Burrito with Sausage, Egg Cheese & Potato - LR14798 (1 ea.)Contains Milk, Egg, Wheat, Soy.	210.48	10.02	3.51	0.00	90.20	300.68	20.05	0.00	1.00	9.02	1.80	60.14	0.00	0.00	(M)	(M)
Breakfast Fruit and Yogurt Parfait with Granola (2 items) - LR14643 (1 ea.)Contains Milk, Wheat, Soy.	234.93	3.71	0.00	0.00	2.27	107.36	43.40	2.10	28.19	8.41	0.97	221.49	56.72	1.94(M)	(M)	(M)
Breakfast Pizza with Sausage - LR14396 (1 ea.)Contains Milk, Wheat, Soy.	160.00	7.00	2.50	0.00	10.00	460.00	17.00	2.00	2.00	8.00	(M)	(M)	(M)	(M)	(M)	(M)
Breakfast Taco - LR14803 (1 ea.)Contains Milk, Egg, Wheat, Soy.	210.00	10.00	3.50	0.00	90.00	300.00	20.00	0.00	1.00	9.00	1.80	99.20	0.00	0.00	(M)	(M)

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Breakfast Yogurt w/ Trix - LR14705 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Breakfast Yogurt w/Granola WG (2 items) - LR14194 (1 serv.)Contains Milk, Wheat, Soy.	185.98	2.58	0.00	0.00	5.00	92.22	35.91	1.29	17.73	6.58	0.93(M)	175.77	0.00(M)	0.00(M)	(M)	(M)
Broccoli Florets - LR-14154 (1/2 c.)	11.04	0.15	0.00	0.00	0.00	10.68	0.00	0.81	0.52	0.00	0.00	14.73	220.91	28.72	0.00	(M)
Brown Rice - LR-1224 (1/2 c.)	103.09	0.97	0.00	0.00	0.00	75.19	21.26	1.29	0.25	2.58	0.48	6.94	0.00	0.00	48.09(M)	0.05(M)
Brownie, Bite, IW, WG - LR14387 (1 ea.)Contains Milk, Egg, Wheat, Soy.	100.00	3.00	1.00	0.00	0.00	105.00	18.00	1.00	10.00	1.00	1.08	20.00	0.00	0.00	(M)	(M)
Cabbage, Red - LR14319 (1 head.)	175.77	0.06	0.00	0.00	0.00	153.09	41.91	12.07	21.59	8.23	4.08	226.80	6237.00	323.19	(M)	(M)
Cantaloupe Chunks, Fresh - LR14268 (1/2 c.)	27.00	0.14	0.05	0.00	0.00	13.00	6.51	0.72	6.28	0.68	0.18	10.00	2700.00	29.40	(M)	(M)
Cantaloupe, Fresh - LR-1233 (1/4 c.)	8.16	0.30	0.00	0.00	0.00	3.93	1.97	0.22	1.90	0.21	0.05	3.02	815.99	8.88	(M)	0.35
Carrot and Celery Mixture - LR14329 (1/2 c.)	10.48	0.00	0.00	0.00	0.00	35.49	2.44	0.53	0.95	0.21	0.00	9.53	2550.38	1.21	(M)	(M)
Carrot and Celery Mixture (with one Ranch Packet) - LR14690 (1/2 c.)	10.48	0.00	0.00	0.00	0.00	35.49	2.44	0.53	0.95	0.21	0.00	9.53	2550.38	1.21	(M)	(M)
Carrot Sticks - LR-1387 (2 1/8 oz.)	11.00	0.00	0.00	0.00	0.00	19.00	3.00	1.00	1.00	0.00	0.00	10.00	4700.00	1.80	(M)	(M)
Celery Sticks 2014 - LR-1100 (3 oz.)	11.99	0.00	0.00	0.00	0.00	65.42	2.18	0.00	1.09	0.55	0.00	10.90	163.56	0.65	(M)	(M)
Cereal, Frosted Flakes 2018 - LR-1251 (1 ea.)	220.00	0.00	0.00	0.00	0.00	290.00	54.00	1.00	23.00	2.00	8.10	0.00	750.00	9.00	(M)	(M)
Cereal, Golden Grahams, w/Cinnamon Bread (2 items) - LR14413 (1 serv.)Contains Wheat, Soy.	226.27	4.04	1.00	0.00	0.00	295.57	48.52	3.04	14.05	3.01	4.33	104.00	400.00	4.82	(M)	(M)
Cereal, Raisin Bran 2013 - LR-1252 (1 ea.)Contains Wheat.	280.00	1.50	0.00	0.00	0.00	310.00	67.00	6.00	30.00	5.00	6.30	0.00	750.00	0.00	(M)	(M)
Cheddar Chex Mix - LR14423 (1 ea.)Contains Milk, Wheat. May contain Soy.	110.00	2.50	0.50	0.00	0.00	125.00	20.00	2.00	4.00	2.00	0.36	(M)	(M)	(M)	(M)	(M)
Cheerios - LR14818 (1 serv.)Contains Wheat.	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Cheerios Cereal Cup with Cinnamon Bread - LR14394 (1 serv.)Contains Wheat, Soy.	236.27	4.54	1.00	0.00	0.00	235.57	46.52	4.04	15.05	4.01	5.23	124.00	500.00	6.02	(M)	(M)
Cheese Calzone (with Marinara) - LR14314 (1 ea.)Contains Milk, Wheat, Soy.	374.02	18.78	7.57	0.00	30.00	510.00	32.00	2.00	6.00	22.00	1.44	450.00	750.00	12.00	(M)	(M)
Cheese Pizza - LR-1127 (1 slice)Contains Milk, Wheat, Soy.	280.00	8.00	4.50	0.00	20.00	650.00	39.00	6.00	2.00	17.00	1.44	300.00	0.00	21.00	(M)	(M)

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Cheese Sandwich, ALT - LR-1138 (1 ea.)Contains Milk, Wheat.	358.67	19.73	10.00	0.00	50.00	1002.67	27.13	2.60	5.47	18.07	1.56	352.00	600.00	0.00	(M)	(M)
Cheese Sauce - LR14770 (1 oz.)Contains Milk.	50.92	2.56	1.60	0.00	10.36	341.17	2.41	0.21	0.89	4.24	0.08	119.99	161.38	0.81	(M)	(M)
Cheese Sauce © - LR-1123 (1 oz.)Contains Milk.	49.00	2.56	1.60	0.00	10.24	338.17	2.12	0.21	0.63	4.05	0.08	112.79	149.38	0.76	(M)	(M)
Cheese Sauce Cup - LR14874 (1 ea.)Contains Milk.	190.00	10.00	6.00	0.00	30.00	570.00	14.00	0.00	10.00	10.00	0.00	350.00	300.00	0.00	(M)	(M)
Cheese Sauce for Beef Nachos - LR14775 (1 ea.)Contains Milk.	47.09	2.35	1.47	0.00	9.59	303.66	2.22	0.15	0.85	3.97	0.06	111.17	143.37	0.64	(M)	(M)
Cheese Tortellini w/Alfredo - LR-1179 (1 serv.)Contains Milk, Egg, Wheat.	364.77	13.42	7.81	0.00	44.07	886.88	37.11	2.01	3.40	20.64	1.81	450.53	340.35	0.00	(M)	(M)
Cheeseburger - LR14278 (1 ea.)Contains Milk, Wheat, Soy.	320.00	11.58	4.00	0.00	56.50	704.20	29.84	3.10	4.22	24.00	3.50	70.00	0.00(M)	0.00(M)	(M)	(M)
Cheesesticks, Breaded, WG - LR14682 (6 ea.)Contains Milk, Wheat.	461.43	21.86	8.50	0.00	36.43	497.86	42.50	3.64	1.21	23.07	2.43	556.14	519.11	0.61	(M)	(M)
Cheesy Baked Potato - LR14282 (1 ea.)Contains Milk, Soy.	540.60	25.81	12.54	0.00	57.71	715.50	60.05	6.03	4.50	22.67	3.17	289.45	247.25 (M)	16.00(M)	(M)	(M)
Cheesy French Bread Pizza - LR14888 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	340.00	16.00	8.00	0.00	40.00	550.00	29.00	2.00	3.00	19.00	2.70	250.00	0.00	0.00	(M)	(M)
Cheesy Hot Dog Wrap - LR-1119 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	342.94	18.24	6.02	0.00	63.33	715.87	30.59	2.56	5.04	9.96	4.33(M)	139.73 (M)	6.18(M)	9.02(M)	18.94(M)	0.02(M)
Cheesy Pasta w/Garlic Bread 2015 (test) - LR14707 (1 serv.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	395.28	13.20	6.50	0.00(M)	30.00	899.22	44.77	6.41	5.46	22.61	2.92	328.63	629.74 (M)	3.92(M)	440.64 (M)	1.24(M)
Cheez-its Snack, WG - LR-1280 (1 ea.)Contains Milk, Wheat, Soy.	210.00	11.00	2.50	0.00	0.00	350.00	24.00	1.00	0.00	5.00	1.44	60.00	100.00	0.00	(M)	(M)
Chef Salad (with Pretzel) with Dressing - LR-1107 (1 ea.)Contains Milk, Egg, Wheat, Soy, Tomatoes.	315.10	9.19	3.30	0.06	270.66	694.91	39.63	5.88	6.18	19.92	3.56	140.47	5492.47	24.14	(M)	(M)
Chef Salad Bar - Frostwood Only - LR14617 (1 ea.)Contains Milk, Egg, Wheat.	345.59	13.63	4.64	0.06(M)	271.93	549.99	38.35	6.18	14.04	18.72	4.56	239.42	8033.94 (M)	23.26(M)	11.26(M)	0.06(M)
Chef Salad with Pretzels - LR14236 (1 ea.)Contains Milk, Egg, Wheat, Tomatoes.	255.09	10.19	3.30	0.06	270.66	744.91	24.63	4.88	5.18	16.92	2.48	120.47	5492.43	22.94	(M)	(M)
Chef Salad with Soft Pretzel - LR14728 (1 ea.)Contains Milk, Egg, Wheat, Soy, Tomatoes.	315.10	9.19	3.30	0.06	270.66	694.91	39.63	5.88	6.18	19.92	3.56	140.47	5492.47	24.14	(M)	(M)
Chef Salad with Soft Pretzel - LR14755 (1 ea.)Contains Milk, Egg, Wheat, Soy, Tomatoes.	314.71	9.23	3.30	0.06	270.66	695.78	39.79	5.69	6.53	19.93	3.43	137.83	3185.16	18.21	(M)	(M)

# Menu Item Nutrient Report

Generated on: 2/21/2019 11:31:18 AM by Michelle Dickson

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Cherry Apple Juice - LR14729 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cherry Fruit Pocket - LR14620 (1 ea.)Contains Wheat, Soy.	140.00	4.50	1.00	0.00	0.00	115.00	26.00	3.00	11.00	2.00	1.08	20.00	200.00	1.20	(M)	(M)
Cherry Tomatoes - LR14870 (1/2 c.)	15.44	0.17	0.03	(M)	0.00	4.29	3.34	1.03	2.26	0.76	0.23	8.58	714.71	11.76	81.10	0.43
Cherry Yogurt-Snack - LR14222 (1 ea.)Contains Milk.	70.00	0.00	0.00	0.00	5.00	60.00	14.00	0.00	10.00	4.00	0.00	150.00	0.00	0.00	(M)	(M)
Chia Strawberry Bar, Breakfast WG (1 item) - LR14293 (1 ea.)Contains Milk, Wheat.	220.00	5.00	2.00	0.00	15.00	210.00	41.00	5.00	18.00	6.00	1.44	60.00	400.00	2.40	(M)	(M)
Chicken & Cheese Baked Potato - LR14619 (1 ea.)Contains Milk, Soy.	358.08	7.66	3.52	0.00	54.78	612.72	54.01	4.48	2.00	19.82	2.96	190.60	138.24	16.00	(M)	(M)
Chicken & Cheese Burrito - LR14763 (1 ea.)Contains Milk, Soy.	475.25	23.61	6.06	0.00	140.31	1534.25	33.63	4.00	4.01	40.06	4.18	251.25	320.00 (M)	3.84(M)	(M)	(M)
Chicken & Cheese Crisпитos (2 each) with Queso - LR14401 (1 serv.)Contains Milk, Wheat.	400.00	20.00	4.00	0.00	40.00	740.00	40.00	(M)	2.00	16.00	1.44	120.00	400.00	0.00	(M)	(M)
Chicken & Cheese Quesadilla - LR14885 (12 ea.)Contains Milk, Wheat, Soy, Gluten.	332.21	14.01	6.19	0.00	68.33	783.16	30.23	3.15	0.00	22.01	1.60	172.63	0.00(M)	0.00(M)	(M)	(M)
Chicken & Waffles - LR14886 (1 serv.)Contains Milk, Egg, Wheat, Soy.	550.00	28.00	5.50	0.00	45.00	730.00	59.00	6.00	13.00	19.00	3.60	40.00	100.00	0.00	(M)	(M)
Chicken Alfredo w/Garlic Bread - LR-1164 (1 serv.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	383.60	13.76	5.53	0.00	59.51	1024.47	41.92	5.77	3.92	23.42	2.91	275.51	502.11	0.00	302.05 (M)	0.78(M)
Chicken and Cheese Wrap - LR14893 (1 ea.)Contains Milk, Soy, Tomatoes.	628.50	26.38	9.02	0.00	133.01	1324.15	66.65	8.47	6.38	36.26	5.61	177.51	4454.73 (M)	21.60(M)	24.05(M)	0.02(M)
Chicken and Cheese Wrap - LR14890 (1 ea.)Contains Milk, Soy, Tomatoes.	588.50	24.88	8.52	0.00	133.01	1104.15	60.65	10.47	8.38	36.26	4.71	287.51	4054.72 (M)	21.60(M)	24.05(M)	0.02(M)
Chicken and Cheese Wrap Express - LR14281 (1 ea.)Contains Milk, Soy, Tomatoes.	498.36	20.02	7.14	0.00	77.54	875.35	59.27	9.77	8.38	25.17	3.96	287.51	4054.72 (M)	21.60(M)	24.05(M)	0.02(M)
Chicken and Cheese Wrap Express - LR14753 (1 ea.)Contains Milk, Soy, Corn/Corn Products, Tomatoes.	493.92	17.66	5.89	0.00	72.89	1002.64	61.28	9.40	8.43	25.83	3.82	310.79	1165.10	14.39	24.58(M)	0.02(M)
Chicken and Cheese Wrap Express (Spinach Tortilla) - LR14855 (1 ea.)Contains Milk, Soy, Corn/Corn Products, Tomatoes.	550.51	21.67	7.67	0.00	77.54	1138.49	67.20	7.68	6.56	25.38	4.89	180.44	4468.27 (M)	22.07(M)	24.58(M)	0.02(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chicken and Waffle - LR14629 (1 serv.) Contains Milk, Egg, Wheat, Soy.	285.16	7.03	0.84	0.00	8.43	220.18	49.84	1.01	25.05	7.03	0.96	33.19	33.72	0.00	(M)	(M)
Chicken and Waffles - LR14640 (1 serv.) Contains Milk, Egg, Wheat, Soy.	340.00	17.00	2.50	0.00	25.00	480.00	31.00	3.00	4.00	17.00	2.16	60.00	100.00	0.00	(M)	(M)
Chicken and Waffles - LR14866 (1 serv.) Contains Milk, Egg, Wheat, Soy.	410.67	20.67	2.93	0.00	72.00	446.00	33.67	1.33	3.00	24.67	1.69	34.67	81.33	0.00	(M)	(M)
Chicken and Waffles - LR14867 (1 serv.) Contains Milk, Egg, Wheat, Soy.	328.00	16.00	2.20	0.00	54.00	357.00	29.00	1.00	3.00	19.00	1.36	31.00	61.00	0.00	(M)	(M)
Chicken Biscuit - LR14783 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	296.00	12.26	3.80	0.00	10.00	547.60	36.00	4.00	6.00	10.00	2.34	270.00	80.00	1.20	(M)	(M)
Chicken Biscuit - LR-1318 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	280.00	12.00	4.50	0.00	30.00	640.00	32.00	3.00	2.00	12.00	1.80	100.00	0.00	42.00	(M)	(M)
Chicken Bites, Teriyaki (4 ea) - LR-1319 (1 serv.) Contains Wheat, Soy.	130.00	3.50	1.00	0.00	35.00	559.99	9.00	9.00	6.00	15.00	1.44	40.00	100.00	0.00	(M)	(M)
Chicken Burrito Bowl with Tortilla Chips - LR14305 (1 ea.) Contains Milk, Soy, Corn/Corn Products, Tomatoes.	610.80	25.12	7.63	0.00	81.89	824.18	71.52	9.80	5.50	26.57	1.88	160.82	4007.89 (M)	22.88(M)	50.10(M)	0.05(M)
Chicken Fajita Meat © - LR14323 (1 Bag) Contains Soy.	3466.61	186.66	53.33	0.00	2133.30	8799.85	53.33	26.67	0.00	426.66	28.80	0.00	0.00	0.00	(M)	(M)
Chicken Fajita Salad and Dressing - LR-1109 (1 ea.) Contains Milk, Soy, Tomatoes.	191.24	8.74	3.14	0.00	83.56	550.99	10.47	3.68	4.27	19.76	1.82	112.76	4875.85	20.90	(M)	(M)
Chicken for Alfredo Pasta - LR14806 (1 serv.) Contains Soy.	63.86	3.44	0.98	0.00	39.30	162.10	0.98	0.49	0.00	7.86	0.53	0.00	0.00	0.00	(M)	(M)
Chicken Fried Steak - LR14788 (1 serv.) Contains Wheat.	313.63	19.67	7.05	0.00	47.37	786.65	18.20	1.75	1.55	15.95	2.74	36.99	121.63	0.62	(M)	(M)
Chicken Fried Steak with Homemade Roll - LR14725 (1 serv.) Contains Milk, Wheat, Soy, Gluten.	481.97	23.52	7.56	0.00	48.03	1012.93	48.02	4.32	7.32	16.36	6.33(M)	77.86(M)	126.21 (M)	0.64(M)	18.94(M)	0.02(M)
Chicken Giggles - LR-1320 (2 ea.) Contains Wheat, Soy.	276.73	18.78	3.95	0.00	34.59	484.28	12.85	1.98	0.00	17.79	1.78	19.77	0.00	0.00	(M)	(M)
Chicken Hip Dipper © - LR-1321 (1 ea.) Contains Wheat, Soy.	253.01	14.17	3.04	0.00	30.36	354.21	16.19	0.00	0.00	15.18	1.46	0.00	0.00	0.00	(M)	(M)
Chicken Nuggets (5 ea) - LR-1322 (5 ea.) Contains Wheat, Soy.	260.00	15.00	2.50	0.00	20.00	400.00	16.00	3.00	1.00	16.00	1.80	0.00	100.00	0.00	(M)	(M)
Chicken Nuggets (Rich Chicks) - LR14747 (5 ea.) Contains Egg, Wheat, Soy.	180.00	9.00	2.00	0.00	20.00	420.00	12.00	3.00	0.00	12.00	1.80	40.00	0.00	0.00	(M)	(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chicken Parmesan - LR14844 (2 ea.)Contains Milk, Egg, Wheat, Soy.	270.85	13.47	4.60	0.00	33.50	967.83	18.04	5.00	2.00	18.80	2.26	182.58	46.97(M)	0.00(M)	(M)	(M)
Chicken Pasta Salad WG - LR-1198 (1 serv.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	486.53	13.43	2.39	0.00(M)	72.53	914.80	64.80	10.63	6.07(M)	26.18	4.70	147.50	2000.05	22.17	313.06(M)	1.90(M)
Chicken Patty Salad (with Pretzel) - LR-1217 (1 ea.)Contains Milk, Wheat, Soy, Tomatoes.	465.29	20.18	5.53	0.00	67.66	1016.51	51.80	5.88	6.85	24.25	4.46	130.51	5524.97(M)	23.80(M)	(M)	(M)
Chicken Patty Salad with Goldfish (served with one dressing of choice) - LR14715 (1 ea.)Contains Milk, Wheat, Soy, Tomatoes.	420.79	23.68	6.03	0.00	67.66	1033.08	34.81	3.51	5.37	21.03	3.24	124.13	4791.41(M)	14.84(M)	(M)	(M)
Chicken Patty Salad with Goldfish (served with one dressing of choice) - LR14756 (1 ea.)Contains Milk, Wheat, Soy, Tomatoes.	409.28	21.17	4.75	0.00	63.00	1120.76	35.95	3.69	5.69	21.73	3.25	152.24	3285.13	16.68(M)	(M)	(M)
Chicken Patty Salad with Pretzels, Elem - LR14239 (1 ea.)Contains Milk, Wheat, Soy, Tomatoes.	400.79	21.18	5.53	0.00	67.66	1063.08	35.81	4.51	5.37	21.03	3.24	104.13	4791.41(M)	14.84(M)	(M)	(M)
Chicken Quesadilla - LR14313 (1 ea.)Contains Milk, Wheat, Soy.	320.00	11.00	2.50	0.00	20.00	770.00	38.00	4.00	5.00	18.00	2.70	200.00	300.00	0.00	(M)	(M)
Chicken Rings (5 ea) - LR14193 (5 pieces)Contains Wheat, Soy.	323.66	18.88	3.37	0.00	53.94	485.49	16.18	1.35	1.35	22.93	1.94	26.97	134.86	0.00	(M)	(M)
Chicken Salad - LR14832 (1/2 c.)Contains Milk. Processed in a facility that also processes Tree nuts, Wheat, Soy.	272.37(M)	9.08(M)	2.00(M)	0.00(M)	46.92(M)	823.96(M)	33.57(M)	2.00(M)	6.74(M)	17.32(M)	1.81(M)	61.60(M)	23.99(M)	0.10(M)	(M)	(M)
Chicken Sandwich - LR-1033 (1 ea.)Contains Milk, Wheat, Soy.	400.00	17.00	3.00	0.00	55.00	990.00	42.00	3.00	5.00	22.00	3.60	80.00	100.00	0.00	(M)	(M)
Chicken Sandwich with Cheese - LR14618 (1 ea.)Contains Milk, Wheat, Soy.	448.67	20.73	5.50	0.00	71.00	1382.67	40.13	2.60	4.47	27.07	3.36	222.00	235.00	0.00	(M)	(M)
Chicken Sausage Pancake Sandwich (1 item) - LR14286 (1 ea.)Contains Milk, Egg, Wheat.	140.00	3.00	0.00	0.00	20.00	330.00	20.00	0.00	10.00	7.00	1.08	0.00	100.00	0.00	(M)	(M)
Chicken Slider Duo - LR14741 (2 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	352.00	13.60	2.53	0.00	21.33	588.00	38.80	6.27	4.00	16.80	3.92	158.67	0.00(M)	0.00(M)	(M)	(M)
Chicken Smackers (10 ea) - LR14856 (10 ea.)Contains Milk, Wheat, Soy.	218.20	11.74	1.96	0.00	60.66	465.75	12.72	1.96	0.00	14.68	0.98	11.74	163.40	0.00	(M)	(M)
Chicken Strip - LR14872 (4 ea.)Contains Wheat.	248.00	14.00	2.20	0.00	54.00	267.00	14.00	1.00	0.00	17.00	1.00	11.00	61.00	0.00	(M)	(M)



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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chicken Strips - LR14857 (3 ea.)Contains Wheat.	248.00	14.00	2.20	0.00	54.00	267.00	14.00	1.00	0.00	17.00	1.00	11.00	61.00	0.00	(M)	(M)
Chicken Strips (5 ea) - LR14858 (5 ea.)Contains Wheat.	413.33	23.33	3.67	0.00	90.00	445.00	23.33	1.67	0.00	28.33	1.67	18.33	101.67	0.00	(M)	(M)
Chicken Taquitos with Queso Blanco Sauce - LR14382 (1 serv.)Contains Milk, Wheat, Soy.	349.07	19.00	7.30	0.00	48.00	780.50	30.77	2.74	0.74	15.00	1.71	257.76	969.07	4.43	(M)	(M)
Chicken Tender - LR14802 (4 ea.)Contains Wheat, Soy.	349.14	20.14	3.36	0.00	33.57	523.71	21.49	4.03	1.34	20.14	2.42	53.71	134.29	0.00	(M)	(M)
Chicken Tender - LR14813 (5 ea.)Contains Wheat, Soy.	433.33	25.00	4.17	0.00	41.67	650.00	26.67	5.00	1.67	25.00	3.00	66.67	166.67	0.00	(M)	(M)
Chicken Tenders - LR14812 (4 ea.)Contains Wheat, Soy.	346.67	20.00	3.33	0.00	33.33	520.00	21.33	4.00	1.33	20.00	2.40	53.33	133.33	0.00	(M)	(M)
Chicken Tenders (3 ea) - LR-1326 (3 ea.)Contains Wheat, Soy.	260.00	15.00	2.50	0.00	25.00	390.00	16.00	3.00	1.00	15.00	1.80	40.00	100.00	0.00	(M)	(M)
Chicken Tenders and Steamed Rice - LR14298 (1 serv.)Contains Wheat, Soy.	363.43	16.06	2.53	0.00	25.29	469.73	37.45	4.22	1.01	17.54	2.05	47.41	101.16	0.00	48.09(M)	0.05(M)
Chicken Tenders with Texas Toast & Peppered Gravy - LR14723 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	534.69	22.76	5.65	0.00	25.29	1357.45	62.48	3.70	5.01	20.51	3.26	40.47	101.16	0.00	(M)	(M)
Chick-n-Strip Slider (A la Carte Only) Chick-Fil-A - LR14334 (1 ea.)Contains Milk, Egg, Wheat, Gluten.	250.00	7.00	1.00	0.00	30.00	470.00	31.00	2.00	7.00	15.00	1.80	60.00	0.00	0.00	(M)	(M)
Chili Cheese Foot Long Hot Dog - LR14199 (1 ea.)Contains Milk, Soy, Tomatoes.	511.54	27.14	9.39	0.00	65.70	1362.09	47.96	2.00	7.98	21.56	3.62	109.86	0.08(M)	0.58(M)	(M)	(M)
Chili Cheese Hot Dog (6") - LR14637 (1 ea.)Contains Milk, Wheat, Soy, Tomatoes.	363.92	17.71	5.92	0.00	76.74	758.95	31.04	3.00	5.02	20.89	2.80	180.87	0.00(M)	9.62(M)	(M)	(M)
Chips & Salsa (Straight Serve Only) - LR14632 (1 serv.)Contains Corn/Corn Products.	210.34	8.45	1.21	0.00	0.00	307.45	32.06	5.17	2.76	2.41	0.99	79.26	1377.85	16.53	(M)	(M)
Chips for Nachos - LR14776 (11 Chips)Contains Corn/Corn Products.	155.41	7.77	1.11	0.00	0.00	16.65	19.98	2.22	0.00	2.22	0.00	22.20	0.00	0.00	(M)	(M)
Chips for Nachos - LR14777 (20 Chips)Contains Corn/Corn Products.	300.45	15.02	2.15	0.00	0.00	32.19	38.63	4.29	0.00	4.29	0.00	42.92	0.00	0.00	(M)	(M)
Chips, Cheetos - LR-1264 (1 ea.)Contains Milk.	120.00	4.00	1.00	0.00	0.00	210.00	17.00	0.00	0.00	2.00	0.72	100.00	0.00	0.00	(M)	(M)
Chocolate Chip Muffin Top - LR14684 (1 ea.)Contains Milk, Egg, Wheat.	300.00	8.00	1.00	0.00	30.00	240.00	52.00	3.00	22.00	5.00	1.80	20.00	1500.00	0.00	(M)	(M)

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Chocolate Milk - LR-1365 (1 ea.)Contains Milk.	110.00	0.00	0.00	0.00	5.00	100.00	19.00	0.00	18.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Cinnamon Apple Scone (1 item) - LR14174 (1 ea.)Contains Milk, Wheat.	273.60	7.70	3.00	0.00	11.40	186.30	49.00	3.40	19.40	4.00	1.80	110.00	150.00	1.80	(M)	(M)
Cinnamon Bread - LR14704 (1 slice)Contains Wheat, Soy.	90.00	3.00	1.00	0.00	0.00	75.00	15.00	2.00	2.00	2.00	0.72	20.00	0.00	0.00	(M)	(M)
Cinnamon Bun - LR14909 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	221.00	7.60	1.50	0.00	13.00	140.00	36.00	2.60	13.00	2.40	1.10	1680.00	71000.00	15.60	(M)	(M)
Cinnamon Granola for Parfait WG 2013 - LR14196 (2 oz.)Contains Wheat, Soy.	231.96	5.16	0.00	0.00	0.00	64.43	43.81	2.58	15.46	5.16	1.86	51.55	0.00	0.00	(M)	(M)
Cinnamon Poptarts (2 item) - LR14375 (1 pkg.)Contains Wheat, Soy.	370.00	6.00	2.00	0.00	0.00	400.00	76.00	6.00	31.00	5.00	3.60	200.00	1000.00	0.00	(M)	(M)
Cinnamon Roll w. Icing (2 ITEMS) - LR14829 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	259.89 (M)	5.00(M)	1.00(M)	0.00(M)	0.00(M)	250.04 (M)	47.47(M)	4.00(M)	20.06(M)	6.00(M)	1.44(M)	20.04(M)	0.00(M)	1.20(M)	1.48(M)	0.00(M)
Cinnamon Swirls (New) WG 2013 - LR14191 (1 ea.)Contains Milk, Egg, Wheat, Soy.	191.00	7.04	1.00	0.00	0.00	221.16	29.15	3.02	7.04	4.02	1.45	0.00	0.00	0.00	(M)	(M)
Cinnamon Toast Crunch - LR14910 (1 ea.)Contains Wheat, Soy.	230.00	5.00	0.50	0.00	0.00	320.00	44.00	6.00	11.00	3.00	8.10	400.00	1000.00	9.00	(M)	(M)
Cinnamon Toast Crunch - LR-1250 (1 ea.)Contains Wheat, Soy.	230.00	6.00	1.00	0.00	0.00	330.00	45.00	2.00	17.00	3.00	8.10	200.00	1000.00	12.00	(M)	(M)
Cinnamon Toast Crunch - LR14819 (1 serv.)Contains Wheat, Soy.	110.00	3.00	0.00	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cinnamon Toast Crunch Pastry Bar (2 ITEMS) - LR14916 (1 ea.)Contains Milk, Wheat.	250.00	8.00	3.00	0.00	5.00	280.00	40.00	2.00	14.00	6.00	1.44	20.00	100.00	0.00	(M)	(M)
Cocoa Puffs (2 Food Items) - LR14907 (1 Container)	210.00	2.50	0.00	0.00	0.00	220.00	47.00	3.00	15.00	3.00	9.00	200.00	100.00	12.00	(M)	(M)
Cold Cut Combo Sandwich - LR14623 (1 ea.)Processed in a facility that also processes Egg. Contains Wheat.	264.67	8.49	3.00	0.00	37.95	722.10	29.96	3.00	3.00	16.98	1.98	239.70	299.63	0.00	(M)	(M)
Cole Slaw 2013 - LR-14158 (1/2 c.)Contains Milk.	70.45(M)	3.40(M)	0.38(M)	0.00(M)	3.89(M)	125.24 (M)	10.01(M)	0.08(M)	9.84(M)	0.18(M)	0.00(M)	7.57(M)	369.43 (M)	0.19(M)	(M)	(M)
Condiment Sauce, Hot, PC - LR-1297 (1 ea.)	0.00	0.00	0.00	0.00	0.00	210.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, PC Syrup - LR-1298 (1 ea.)	120.00	0.00	0.00	0.00	0.00	0.00	30.00	0.00	22.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, Pepper PC - LR-1304 (1 ea.)	0.40	0.00	0.00	0.00	0.00	0.07	0.10	0.00	(M)	0.02	0.04	0.65	0.28	0.00	(M)	(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Copy of Summer Sack Lunch 2014 (with Cheese Sandwich) - LR14295 (1 ea.)Contains Milk, Wheat.	358.67 (M)	19.73(M)	10.00(M)	0.00(M)	50.00(M)	1002.67 (M)	27.13(M)	2.60(M)	5.47(M)	18.07(M)	1.56(M)	352.00 (M)	600.00 (M)	0.00(M)	(M)	(M)
Corn - LR-1012 (1/2 c.)	98.46	1.23	0.00	0.00	0.00	467.69	20.92	2.46	4.92	2.46	0.22	12.31	0.00	4.43	(M)	(M)
Corn and Black Bean Salad - LR14403 (1/2 c.)Contains Soy.	152.13	1.91	0.16	0.00	0.00	155.69	29.20	6.26	2.21	7.08	1.82	60.60	226.39	5.44	(M)	(M)
Cornbread - LR14406 (1 ea.)Contains Wheat, Soy.	98.85	2.48	0.34	0.00	0.00	100.45	18.43	1.42	5.67	1.65	0.68	2.65	10.63	0.00	17.26(M)	0.02(M)
Cornbread Dressing - LR-1227 (1/2 c.)Contains Milk, Wheat, Soy, Gluten.	278.23 (M)	14.61(M)	4.15(M)	0.00(M)	50.19(M)	724.48 (M)	29.73(M)	2.81(M)	2.65(M)	4.13(M)	3.68(M)	104.02 (M)	365.19 (M)	0.19(M)	99.64(M)	0.10(M)
Cornbread Dressing (with cornbread mix) - LR14626 (1/2 c.)Processed in a facility that also processes Milk. Contains Wheat, Soy.	174.73 (M)	8.49(M)	3.11(M)	0.00(M)	0.18(M)	536.98 (M)	22.44(M)	1.85(M)	6.22(M)	2.79(M)	0.98(M)	22.87(M)	315.18 (M)	0.19(M)	83.85(M)	0.08(M)
Cornbread WG 2014 - LR-1141 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	157.74	4.23	0.70	0.00(M)	41.68	230.13	25.57	1.98	5.88(M)	2.49	2.81	69.01	50.54	0.00	24.66(M)	0.03(M)
Cracker, Strawberry Waffle Graham - LR-1261 (1 ea.)Contains Wheat. May contain Soy.	101.96	2.98	0.45	0.05	0.00	82.83	17.74	0.85	5.05	1.35	1.47	108.13	241.87	3.10	(M)	(M)
Crackers, Chex, strawberry yogurt, WG - LR14426 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crackers, Ritz Bits Cheese Sandwich - LR-1268 (1 ea.)	220.00	12.00	4.50	0.00	0.00	370.00	25.00	0.04	6.00	3.00	1.08	80.00	0.00	0.00	(M)	(M)
Craisins - LR14270 (1/4 c.)	130.00	0.00	0.00	0.00	0.00	0.00	33.00	3.00	29.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Cranberry Sauce - LR-1299 (1 oz.)	38.38	0.00	0.00	0.00	0.00	3.49	8.72	0.00	7.33	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Crisps, Nature Valley, Cinnamon - LR14378 (1 pkg.)Contains Milk, Wheat, Soy.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crispy Chicken Salad - LR14896 (1 ea.)Contains Milk, Wheat, Soy, Tomatoes.	320.79	19.68	5.53	0.00	67.66	863.08	20.81	2.51	5.37	19.03	2.52	104.13	4791.41 (M)	14.84(M)	(M)	(M)
Crispy Chicken Sandwich - LR14859 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	340.00	11.00	2.00	0.00	20.00	700.00	41.00	6.00	5.00	19.00	3.60	100.00	0.00	0.00	(M)	(M)
Cucumber Coins - LR-1032 (1/2 c.)	14.93	0.00	0.00	0.00	0.00	1.87	3.73	0.00	1.87	0.00	0.34	18.66	93.29	2.24	(M)	(M)
Cucumber Tomato Salad - LR-14160 (1/2 c.)Contains Tomatoes.	16.05	0.00	0.00	0.00	0.00	115.02	3.83	0.51	2.43	0.38	0.26	12.12	416.49	6.79	(M)	(M)
Curly Fries - LR14720 (1 serv.)	150.00	5.00	1.00	0.00	0.00	435.00	22.00	2.00	0.00	2.00	4.00	0.00	0.00	0.00	(M)	(M)
Diced Pears - LR14762 (1/2 c.)	84.21	0.00	0.00	0.00	0.00	5.26	21.05	2.10	14.74	0.00	0.38	0.00	0.00	1.26	(M)	(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Diced Turkey Ham 1 in - LR14322 (1 serv.)	100.00	4.50	1.50	0.00	60.00	530.00	1.00	0.00	0.00	15.00	1.08	0.00	0.00	1.20	(M)	(M)
Diced Watermelon - LR14228 (1/2 c.)	25.00	0.00	0.00	0.00	0.00	2.00	6.00	0.30	5.00	0.50	0.18	5.00	432.00	6.00	(M)	(M)
Dill Pickle - LR14759 (1/2 ea.)	10.00	0.00	0.00	0.00	0.00	920.00	2.50	0.00	0.50	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dipping Cup, BBQ - LR-1284 (1 ea.)	39.69	0.00	0.00	0.00	0.00	449.82	10.39	0.00	8.51	0.00	0.17	9.45	47.25	1.70	(M)	(M)
Dipping Cup, Honey Mustard - LR-1285 (1 ea.)	81.00	6.08	1.01	0.00	5.06	243.00	8.10	0.00	8.10	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Donuts, Chocolate, WG - LR14665 (1 pkg.)Contains Milk, Egg, Wheat, Soy.	320.00	15.00	7.00	0.00	0.00	270.00	41.00	2.00	19.00	5.00	1.08	20.00	0.00	0.00	(M)	(M)
Dressing, 1000 Island, PC, FF (for entrée salads)(1 ea) - LR-1287 (1 ea.)Contains Egg.	60.00	0.00	0.00	0.00	0.00	400.00	16.00	0.00	10.00	0.00	0.00	0.00	600.00	0.00	(M)	(M)
Dressing, Guacamole - LR-1213 (1 oz.)Contains Milk.	30.99	2.36	0.47	0.00	0.31	101.39	1.70	0.47	0.69	0.97	0.18	21.50	125.75	4.40	(M)	(M)
Dressing, Sour Cream - LR-1214 (1 oz.)Contains Milk.	41.05	2.91	1.75	0.00	9.11	38.69	2.09	0.00	1.43	1.20	0.00	34.71	96.61	0.19	(M)	(M)
Egg, Hard Cooked - LR14324 (1 ea.)Contains Egg.	155.00	10.61	3.27	0.11	489.00	124.00	1.12	0.00	1.12	12.58	1.19	0.00	0.00	0.00	(M)	(M)
Eggo Mini Pancakes - LR14178 (1 ea.)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	1.00	(M)	10.00	320.00	35.00	4.00	11.00	4.00	2.70	60.00	(M)	(M)	(M)	(M)
Eggs, Scrambled- Bacon and Cheese - LR14352 (1 #10 scoop)Contains Milk, Egg.	120.00	9.00	3.50	0.00	170.00	280.00	1.00	0.00	0.00	8.00	0.72	60.00	400.00	0.00	(M)	(M)
Elf Grahams - LR14851 (1 ea.)Contains Wheat, Soy.	120.00	4.00	1.00	0.00	0.00	105.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Enchiladas, Beef - LR-1201 (1 serv.)Contains Milk, Wheat, Gluten.	377.18	15.19	6.59	0.00(M)	61.34	1228.31	41.38	4.15(M)	0.60	21.94	4.86	235.61	933.08	6.29	98.65(M)	0.10(M)
Enchiliadas, Cheese Corn SUB - LR14265 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	360.25	13.12	8.64	0.00(M)	56.74	996.61	37.81	2.10(M)	0.36(M)	15.66	1.66	619.02	771.83	0.18	59.19(M)	0.06(M)
Fajita Chicken Nachos - LR14668 (1 serv.)Contains Milk, Soy, Corn/Corn Products.	591.65	32.90	9.71	0.00	110.00	895.66	49.06	6.46	0.49	27.99	1.22	264.41	567.33	0.59	(M)	(M)
Fajita Chicken Nachos with Steamed Rice - LR14692 (1 serv.)Contains Milk, Soy, Corn/Corn Products.	494.78	23.32	7.91	0.00	86.00	896.97	50.09	5.60	1.14	23.27	1.59	253.56	865.66	4.17	48.09(M)	0.05(M)
Fajita Chicken Salad Bar - Frostwood Only - LR14421 (1 ea.)Contains Milk, Wheat, Soy, Corn/Corn Products.	463.24	13.56	4.37	0.00(M)	80.83	663.49	65.54	9.51	34.16	23.33	4.75	480.39	7997.80 (M)	25.47(M)	22.89(M)	0.12(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Fajita Chicken Salad with Goldfish (served with one dressing of choice) - LR14713 (1 ea.)Contains Milk, Wheat, Soy, Tomatoes.	291.24	12.74	3.64	0.00	83.56	720.99	24.47	4.68	4.27	21.76	2.54	132.76	4875.82	20.90(M)	(M)	(M)
Fat Free Ranch Salad Dressing - LR-1291 (1 ea.)Contains Milk.	36.00	0.00	0.00	0.00	0.00	440.00	7.00	0.05	5.00	1.00	0.00	20.00	0.00	0.00	(M)	(M)
Fiesta Pizza - LR14266 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	360.00	14.00	6.00	0.00	25.00	710.00	43.00	4.00	8.00	17.00	3.10	241.00	91.00	0.00	(M)	(M)
Fiesta Salad 2014 - LR-1104 (1 ea.)Contains Milk, Soy, Corn/Corn Products, Tomatoes.	287.05	14.70	4.66	0.00	32.00	809.26	23.70	3.08	2.26	16.24	1.83	141.79	821.38	7.89	14.21(M)	0.01(M)
Fish Nuggets with Macaroni and Cheese - LR-1036 (1/2 c.)Contains Milk, Fish, Wheat, Soy, Gluten.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fish Nuggets - LR14772 (1 Case)Contains Fish, Wheat, Soy.	8355.79	358.11	79.58	0.00	1591.58	13130.53	716.21	79.58	39.79	596.84	57.30	795.79	0.00	0.00	(M)	(M)
Fish Nuggets (5 ea) - LR-1331 (5 ea.)Contains Fish, Wheat, Soy, Gluten.	250.00	10.00	1.00	0.00	50.00	350.00	23.00	3.00	1.00	16.00	1.44	20.00	1000.00	0.00	(M)	(M)
Fish Sandwich - LR-1168 (1 ea.)Contains Milk, Fish, Wheat, Soy.	420.02	18.85	6.06	0.00	39.32	771.07	42.17	3.10	7.48	22.14	2.28	163.26	0.00(M)	0.00(M)	(M)	(M)
Fish Sticks - LR14778 (4 ea.)Contains Fish, Wheat.	200.00	9.00	2.00	0.00	40.00	310.00	17.00	1.00	0.00	14.00	0.72	20.00	200.00	1.20	(M)	(M)
Fish, Fillets, Pollock, FC - LR14327 (1 ea.)Contains Fish, Wheat, Soy.	180.10	8.01	1.00	0.00	14.01	265.15	15.01	0.50	3.00	11.01	0.72	10.01	0.00	0.00	(M)	(M)
Foot Long Hot Dog - LR-1185 (1 ea.)	430.19	21.52	6.51	0.00	40.04	1140.63	46.00	2.00	7.00	15.01	3.36	49.78	0.08	0.01	(M)	(M)
Four Cheese Pizza - LR14737 (1 slice)Contains Milk, Wheat, Soy, Gluten.	360.00	16.00	8.00	0.00	40.00	490.00	35.00	4.00	6.00	18.00	0.36	3830.00	4550.00	0.00	(M)	(M)
French Toast Sticks - LR14810 (1 ea.)Contains Egg, Wheat, Soy.	210.00	7.00	2.50	0.00	125.00	320.00	28.00	2.00	9.00	8.00	1.80	60.00	200.00	0.00	(M)	(M)
French Toast Sticks 2018 - LR14357 (3 ea.)Contains Wheat, Soy.	255.00	9.00	1.50	0.00	0.00	300.00	36.00	3.00	7.50	6.00	2.00	36.00	20.00	0.00	(M)	(M)
Fresh Apple - LR-1378 (1 ea.)	80.00	0.00	0.00	0.00	0.00	1.00	21.00	4.00	15.50	0.00	0.18	10.00	50.00	6.00	(M)	(M)
Fresh Apples 11-12 (All Varieties) - LR14606 (1 ea.)	80.00	0.00	0.00	0.00	0.00	1.00	21.00	4.00	15.50	0.00	0.18	10.00	50.00	6.00	(M)	(M)
Fresh Banana - LR-1379 (1 ea.)	110.00	0.00	0.00	0.00	0.00	0.00	29.00	3.00	15.00	1.00	0.36	0.00	100.00	12.00	(M)	(M)
Fresh Blueberries - LR14292 (1/2 c.)	41.50	0.25	0.00	0.00	0.00	0.75	10.50	1.75	7.20	0.00	0.18	5.00	50.00	6.90	(M)	(M)
Fresh Grapefruit - LR14699 (1 serv.)Contains Grapefruit.	118.54	0.00	0.00	0.00	0.00	0.00	31.05	5.64	19.76	2.82	0.00	56.45	3245.76	88.06	(M)	(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Fresh Orange - LR-1384 (1 ea.)	61.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	1.00	0.18	50.00	300.00	69.00	(M)	(M)
Fried Rice - LR-1194 (1/2 c.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fried Rice - LR14833 (1/2 c.) Contains Wheat, Soy.	135.00	0.00	0.00	(M)	0.00	220.00	27.00	2.00	1.50	3.00	0.36	10.00	1750.00	1.20	(M)	(M)
Frito Pie - LR14301 (1 serv.) Contains Milk, Soy.	283.94	13.72	4.77	0.00	32.00	894.28	24.27	2.48	1.10	15.85	1.96	147.36	323.38	0.73	21.86(M)	0.02(M)
Frito Pie 2018 - LR14787 (1 serv.) Contains Milk, Tomatoes.	357.56	15.22	4.24	0.00	53.01	659.42	33.81	3.00	1.66	20.57	1.43	138.10	0.00(M)	1.99(M)	(M)	(M)
Frito Pie with Cornbread - LR-1169 (1 serv.) Contains Milk, Wheat, Soy.	377.05	16.33	5.10	0.00	30.02	768.60	41.17	3.71	6.18	17.25	2.55	115.09	194.12 (M)	0.00(M)	39.12(M)	0.04(M)
Froot Loops - LR14820 (1 ea.) Contains Wheat. May contain Soy, Corn/Corn Products.	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Froot Loops with Cinnamon Bread - LR14416 (1 serv.) Contains Wheat, Soy, Corn/Corn Products.	236.27	4.04	1.50	0.00	0.00	235.57	48.52	4.04	14.05	4.01	5.23	24.00	500.00	15.02	(M)	(M)
Frosted Flakes - LR14822 (1 ea.) Contains Wheat. May contain Soy.	100.00	0.00	0.00	0.00	0.00	160.00	24.00	2.00	7.00	2.00	8.10	0.00	750.00	21.00	(M)	(M)
Frosted Flakes with Cinnamon Bread - LR14417 (1 serv.) Contains Wheat, Soy.	226.27	3.04	1.00	0.00	0.00	235.57	48.52	4.04	13.05	4.01	8.83	24.00	750.00	21.02	(M)	(M)
Frosted Flakes, Multigrain WG w/Toast 2014 - LR14336 (1 serv.) Processed in a facility that also processes Milk. Contains Wheat. May contain Soy.	216.27	1.04	0.00	0.00	0.00	300.57	48.52	3.04	13.05	5.01	8.83	44.00	750.00	21.02	(M)	(M)
Frosted Mini Wheats - LR14823 (1 ea.) Contains Wheat.	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats with Cinnamon Bread - LR14411 (1 serv.) Contains Wheat, Soy.	226.27	3.04	1.00	0.00	0.00	75.57	48.52	5.04	12.05	5.01	8.83	24.00	0.00	0.02	(M)	(M)
Fruit Loops 1 oz w/Toast 2013 - LR14217 (1 ea.) Processed in a facility that also processes Milk. Contains Wheat. May contain Soy, Corn/Corn Products.	190.00	2.00	0.50	0.00	0.00	300.00	39.00	3.00	10.00	5.00	5.22	40.00	500.00	15.00	(M)	(M)
Fruity Cheerios - LR14824 (1 ea.)	120.00	1.50	0.00	0.00	0.00	140.00	25.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Fruity Cheerios with Cinnamon Bread (2 items) - LR14412 (1 serv.) Contains Wheat, Soy.	234.66	4.39	1.00	0.00	0.00	202.02	47.10	3.85	14.18	3.82	4.80	114.32	451.61	5.44	(M)	(M)
Fruity Flatbread - LR14914 (1 ea.) Contains Milk, Wheat. May contain Soy.	187.34	2.40	0.25	0.00	1.13	183.61	34.92	2.92(M)	21.59	5.76	1.88	145.66	35.63	3.23(M)	(M)	(M)
Fuji Apple - LR14796 (1 ea.)	80.00	0.00	0.00	0.00	0.00	1.00	21.00	4.00	15.50	0.00	0.18	10.00	50.00	6.00	(M)	(M)

# Menu Item Nutrient Report

Generated on: 2/21/2019 11:31:18 AM by Michelle Dickson

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Garden Salad - LR-1111 (1 ea.)Contains Milk, Wheat, Tomatoes.	249.44	9.63	5.00	0.00	32.00	1081.02	25.68	4.38	3.71	15.39	1.44	333.96	4868.59	13.47	(M)	(M)
Garden Salad - LR14895 (1 ea.)Contains Milk, Tomatoes.	169.44	8.13	5.00	0.00	32.00	881.02	10.68	2.38	3.71	13.39	0.72	333.96	4868.59	13.47	(M)	(M)
Garden Salad - LR-1193 (1/2 c.)Contains Milk, Tomatoes.	28.04	1.06	0.63	0.00	4.00	114.90	2.92	0.83	1.47	2.05	0.23	48.61	960.15	3.78	(M)	(M)
Garden Salad (with Pretzel) and dressing - LR14754 (1 ea.)Contains Milk, Tomatoes.	173.56	8.17	5.00	0.00	32.00	885.33	11.84	2.55	4.53	13.63	0.73	337.70	3294.81	15.30	(M)	(M)
Garlic Bread - LR14254 (1 ea.)Contains Milk, Wheat, Soy.	100.00	2.50	0.50	0.00	0.00	130.00	15.00	2.00	1.00	3.00	0.72	0.00	300.00	0.00	(M)	(M)
Garlic Bread Stick - LR-1245 (1 ea.)Contains Milk, Wheat, Soy.	90.00	3.00	0.00	0.00	0.00	95.00	15.00	1.00	1.00	3.00	0.72	0.00	0.00	0.00	(M)	(M)
Garlic Breadstick - LR14645 (1 ea.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	170.00	6.00	1.00	0.00	0.00	170.00	25.00	2.00	2.00	2.00	1.44	0.00	(M)	(M)	(M)	(M)
Garlic Knot - LR14894 (1 ea.)Contains Milk, Wheat, Gluten.	170.00	7.00	1.50	0.00	0.00	270.00	23.00	2.00	2.00	4.00	1.08	20.00	200.00	6.00	(M)	(M)
General Mills Mini Waffles Maple - LR14257 (1 ea.)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	1.00	0.00	5.00	170.00	38.00	3.00	13.00	4.00	0.72	20.00	(M)	(M)	(M)	(M)
General Mills Mini Waffles, Blue Berry - LR14256 (1 ea.)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	1.00	0.00	5.00	180.00	38.00	3.00	13.00	4.00	0.72	20.00	(M)	(M)	(M)	(M)
General Tso's Chicken - LR14743 (1 serv.)Contains Egg, Wheat, Soy, Oranges/Orange Juice.	170.00	3.00	0.50	0.00	0.00	361.00	23.00	0.00	13.00	11.00	0.72	0.00	0.00	1.20	(M)	(M)
Giant Goldfish Graham Snack, WG - LR-1267 (1 ea.)Contains Wheat.	117.76	3.92	0.98	0.00	0.00	107.95	18.65	0.00	0.98	0.98	0.71	98.14	0.00	0.00	(M)	(M)
Glazed WG Donut - LR14782 (1 donut)	310.95	16.00	7.00	0.00	0.00	300.00	37.62	3.00	14.62	5.00	0.72	0.00	0.00	0.00	(M)	(M)
Golden Corn - LR14275 (1/2 c.)Contains Soy, Corn/Corn Products.	89.30	1.10	0.07	0.00	0.00	88.28	17.88	1.21	2.06	2.43	0.36	8.86	160.09	5.34	1.07(M)	0.00(M)
Golden Corndog (chicken) - LR14260 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	250.00	9.00	2.50	0.00	40.00	390.00	30.00	5.00	5.00	9.00	2.70	80.00	0.00	0.00	(M)	(M)
Golden Grahams - LR14825 (1 ea.)Contains Wheat.	100.00	1.00	0.00	0.00	0.00	220.00	24.00	1.00	8.00	1.00	3.60	80.00	400.00	4.80	(M)	(M)
GoldFish Crackers Snack - LR-1257 (1 ea.)Contains Milk, Wheat. May contain Soy.	100.00	4.00	0.50	0.00	0.00	170.00	14.00	1.00	0.00	2.00	0.72	20.00	0.00	(M)	(M)	(M)
Graham Crackers WG - LR-1258 (2 ea.)Contains Wheat, Gluten.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Graham Gripz - LR-1281 (1 ea.)Contains Milk, Wheat, Soy.	113.40	3.40	1.13	0.00	0.00	85.05	22.68	3.40	5.67	1.13	0.82	0.00	850.50	0.00	(M)	(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Grape Juice (4 oz) - LR-1361 (1 ea.)	80.00	0.00	0.00	0.00	0.00	0.00	20.00	0.00	20.00	0.00	0.00	20.00	0.00	6.00	(M)	(M)
Grapes, Red Fresh - LR-1389 (3 oz.)	57.00	0.00	0.00	0.00	0.00	3.00	15.00	0.00	12.00	0.00	0.54	0.00	0.00	9.00	(M)	(M)
Green Grapes - LR14273 (1/2 c.)	56.98	0.30	0.00	0.00	0.00	1.70	14.46	0.85	13.82	0.43	0.25	11.91	85.05	3.40	(M)	(M)
Grilled Cheese - LR14161 (1 ea.)Contains Milk, Wheat, Soy.	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	5.65	18.55	1.64	465.90	524.00	0.00	(M)	(M)
Grilled Cheeze Breakfast WG 2013 - LR14211 (1 ea.)Contains Milk, Wheat, Soy.	212.90	5.87	3.05	0.00	15.19	461.19	29.13	2.27	5.74	11.55	1.19	255.50	303.50	0.00	(M)	(M)
Grilled Chicken Cool Wrap (Half) (Chick - Fil - A) (A La Carte) - LR14333 (1 ea.)Contains Wheat, Soy, Gluten.	150.00	4.50	1.00	0.00	25.00	400.00	15.00	7.00	1.00	16.00	1.44	100.00	1000.00	9.00	(M)	(M)
Habanero Chex Mix - LR14425 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Ham & Cheese Sub - LR14799 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	381.67	14.17	6.25	0.00	75.00	960.00	41.83	4.00	4.00	23.67	1.68	156.67	0.00(M)	6.00(M)	(M)	(M)
Ham Slice - LR-1347 (2 oz.)	55.87	2.51	0.84	0.00	36.31	486.04	0.56	0.00	0.56	7.82	0.60	11.17	0.00	0.67	(M)	(M)
Hamburger - LR14277 (1 ea.)Contains Milk, Wheat.	318.00	11.40	3.90	0.00	56.00	699.00	29.80	3.10	4.20	23.90	3.50	68.00	0.00	0.00	(M)	(M)
Hashbrown - LR14836 (2 ea.)	153.33	6.67	1.00	0.00	0.00	420.00	20.67	2.00	0.00	2.00	0.48	13.33	0.00	2.40	(M)	(M)
Hashbrowns - LR14791 (1 ea.)	76.67	3.33	0.50	0.00	0.00	210.00	10.33	1.00	0.00	1.00	0.24	6.67	0.00	1.20	(M)	(M)
Hashbrowns - LR14642 (3 ea.)	230.00	10.00	1.50	0.00	0.00	630.00	31.00	3.00	0.00	3.00	0.72	20.00	0.00	3.60	(M)	(M)
Hawaiian Pizza - LR-1174 (1 slice)Contains Milk, Wheat, Soy, Gluten.	367.81	16.22	8.07	0.00	43.22	533.03	35.73	4.04	6.66	18.69	0.43	3831.71	4550.00	0.28	(M)	(M)
Homemade Charro Beans - LR14227 (1/2 c.)Contains Soy, Tomatoes.	150.26	1.14	0.17	0.00	0.00	167.39	28.31	7.01	2.14	8.23	1.99	60.16	128.58	2.38	(M)	(M)
Homemade Lasagna with Garlic Bread - LR-1009 (1 pieces)Contains Milk, Wheat, Soy, Gluten.	424.73	13.68	6.06	0.00	40.31	1247.41	47.77	5.12	5.36	25.94	3.86	228.33	789.11 (M)	4.01(M)	78.92(M)	0.08(M)
Homemade Parmesan Italian Dressing - LR14717 (1/8 c.)Contains Milk, Soy.	158.79 (M)	17.31(M)	2.79(M)	0.00(M)	1.52(M)	93.22(M)	0.25(M)	0.00(M)	0.00(M)	0.50(M)	0.02(M)	17.86(M)	17.26(M)	0.00(M)	(M)	(M)
Homemade Roll - LR14300 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	168.34	3.85	0.51	0.00	0.66	226.27	29.82	2.56	5.77	0.41	3.59(M)	40.87(M)	4.58(M)	0.02(M)	18.94(M)	0.02(M)
Homestyle Platter (3 items) - LR14391 (1 serv.)Contains Milk, Egg, Wheat, Soy.	380.00	14.50	4.50	0.00	200.00	490.00	47.00	1.00	28.00(M)	16.00	1.80	100.00	400.00	0.00	(M)	(M)



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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Honey Dijon Salad Dressing (1 package) - LR-1288 (1 ea.)Contains Milk, Egg.	59.34	0.00	0.00	0.00	0.00	395.57	12.86	0.99	7.91	0.99	0.00	19.78	0.00	0.00	(M)	(M)
Honey Wheat Bar WG - LR-1246 (1 ea.)Contains Milk, Egg, Wheat, Soy.	230.00	7.00	2.00	0.00	15.00	220.00	39.00	2.00	15.00	4.00	1.44	100.00	0.00	0.00	(M)	(M)
Honey Wheat Biscuit - LR14765 (1 biscuit)Contains Milk, Wheat, Soy, Gluten.	190.00	6.00	2.00	0.00	0.00	320.00	30.00	2.00	6.00	4.00	1.44	250.00	0.00	1.20	(M)	(M)
Honey Wheat Roll - LR14766 (1 roll.)Contains Milk, Wheat, Soy, Gluten.	150.00	2.00	0.00	0.00	0.00	230.00	27.00	3.00	4.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Honeydew Melon Chunks, Fresh - LR14274 (1/2 c.)	27.00	0.14	0.05	0.00	0.00	13.00	6.51	0.72	6.28	0.68	0.18	10.00	2700.00	29.40	(M)	(M)
Hot & Spicy Chex Mix - LR14424 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hot & Spicy Crispy Chicken Salad - LR14877 (1 ea.)Contains Milk, Egg, Wheat, Soy.	330.38	13.88	4.53	0.00	40.66	1144.98	34.30	7.05	10.65	18.45	2.98	158.86	13116.15(M)	25.77(M)	(M)	(M)
Hot and Spicy Boneless Wings with Pretzels - LR14381 (5 ea.)Contains Wheat, Soy.	317.50	11.50	1.88	0.00	50.00	687.50	30.00	3.25	1.25	23.25	2.07	25.00	125.00	0.00	(M)	(M)
Hot Dog (6") WG - LR-1020 (1 ea.)Contains Milk, Wheat.	280.00	12.00	3.00	0.00	50.00	530.00	29.00	3.00	4.00	14.00	2.52	120.00	0.00	9.00	(M)	(M)
Hot Dog Wrap - LR14676 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	292.32	13.69	3.48	0.00	50.68	584.48	29.59	2.56	4.53	7.43	4.33(M)	89.13(M)	6.18(M)	9.02(M)	18.94(M)	0.02(M)
Hot Sandwich Toppings (test) - LR14706 (1 serv.)Contains Tomatoes.	18.81	0.07	0.00	0.00	0.00	188.98	4.21	1.22	2.58	0.93	0.37	15.62	708.77	8.41	(M)	(M)
Hotdog Wrap - LR14683 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Iced Coffee (A La Carte) (High School) - LR14376 (1 serv.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Idahoan Mashed Potatoes - LR-1014 (1/2 c.)Contains Milk.	80.00	1.00	0.00	0.00	0.00	310.00	17.00	1.00	1.00	2.00	0.36	20.00	0.00	3.60	(M)	(M)
Italian Combo Wrap & Pretzels (Secondary Only) - LR14404 (1 serv.)Contains Milk, Wheat, Soy.	330.57	12.53	5.01	0.00	50.11	931.66	32.04	4.00	2.00	17.03	2.16	200.46	200.46	4.81	(M)	(M)
Italian Corn Salad - LR14902 (3/4 c.)	70.80	0.84	0.01	0.00(M)	0.00	99.72	15.38	1.66	2.65	2.19	0.35	5.13	310.01	7.31	20.09(M)	0.11(M)
Italian Pasta Bake - LR14842 (2 #10 scoop)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	203.33	7.35	3.32	0.00	24.60	715.90	22.91	3.57	2.97	14.29	2.77	84.27	162.48(M)	1.28(M)	122.28(M)	0.51(M)
Italian Salad Dressing (1 package) - LR-1289 (1 ea.)	10.00	0.00	0.00	0.00	0.00	390.00	3.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Jalapeno & Cheese Hot Dog Wrap - LR14670 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	345.22	18.24	6.02	0.00	63.33	761.47	31.50	3.02	5.04	9.96	4.41(M)	139.75(M)	119.58(M)	9.02(M)	18.94(M)	0.02(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Jelly, PC - LR-1292 (1 ea.)	36.27	0.04	0.00	0.00	0.00	0.57	9.52	0.04	4.05	0.01	0.01	4.00	0.00	0.02	(M)	(M)
Jicama Sticks - LR-1390 (3 oz.)	35.44	0.00	0.00	0.00	0.00	4.25	7.80	1.42	1.42	0.71	0.50	9.92	18.43	17.01	(M)	(M)
Jicama Sticks - LR14721 (1 pkg.)	23.00	0.00	0.00	0.00	0.00	2.50	5.50	3.00	1.10	0.45	0.54	10.00	0.00	24.00	(M)	(M)
Juice, Apple 6 oz - LR-1360 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	21.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Juice, Fruit 66, Mixed Berry, 8 oz - LR14636 (1 ea.)	120.00	0.00	0.00	0.00	0.00	10.00	31.00	0.00	23.00	0.00	0.72	100.00	500.00	60.00	(M)	(M)
Juice, Orange, 6 oz - LR-1363 (1 ea.)	75.00	0.00	0.00	0.00	0.00	0.00	20.00	0.00	18.00	0.00	0.00	0.00	0.00	45.00	(M)	(M)
Kellogg's Eggo Mini Waffles-Maple (SAMPLE DO NO ORDER) - LR14272 (1 pouch)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	4.00	2.70	60.00	500.00	0.00	(M)	(M)
Kellogg's Crunchmania Cinna Bun WG 2013 - LR14189 (1 ea.)Contains Milk, Wheat, Soy.	220.46	7.01	2.00	0.00	0.00	230.48	37.08	2.00	12.03	4.01	1.44	150.31	751.56	0.00	(M)	(M)
Kellogg's Crunchmania French Toast WG 2013 - LR14190 (1 ea.)Contains Milk, Wheat, Soy.	210.44	6.01	2.00	0.00	0.00	220.46	37.08	3.01	13.03	4.01	1.44	150.31	751.56	0.00	(M)	(M)
Ketchup (2 pc) - LR-1293 (2 ea.)	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Bulk - LR-1303 (1 Can)	4076.72	3.88	1.29	0.00	0.00	38039.46	974.74	86.61	743.98	36.20	0.00	0.00	0.00	0.00	(M)	(M)
Kiwi, Fruit - LR14229 (1/2 c.)	54.00	1.00	0.00	0.00	0.00	5.00	26.00	15.00	16.00	2.00	0.54	60.00	150.00	163.80	(M)	(M)
Large Homemade Cinnamon Roll - LR14349 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	264.85 (M)	5.74(M)	0.95(M)	0.00(M)	0.87(M)	455.16 (M)	48.68(M)	3.66(M)	15.26(M)	0.49(M)	5.08(M)	66.28(M)	29.87(M)	0.05(M)	28.50(M)	0.03(M)
Large Salad Bowl - Salad Bar - LR14261 (1 ea.)Contains Milk, Egg, Soy, Corn/Corn Products.	580.99	27.06	9.04	0.04(M)	293.53	1199.55	44.66	5.81	28.18(M)	36.27	2.39	344.32	7898.44 (M)	24.68(M)	27.39(M)	0.14(M)
Lasagna - LR14780 (1 pieces)Contains Milk, Wheat, Soy, Gluten.	344.70	14.45	7.20	0.00	46.26	1010.88	32.79	3.12	5.00	22.34	3.14	197.19	402.86 (M)	4.01(M)	78.92(M)	0.08(M)
Lasagna - LR14817 (1 square)Contains Milk, Wheat, Soy, Gluten.	346.40	10.07	4.95	0.00	32.13	1125.60	42.03	5.28	7.16	21.48	3.06(M)	190.43 (M)	82.18(M)	0.00(M)	(M)	(M)
Layered Bean Dip - LR14708 (1 serv.)Contains Milk.	269.65	8.72	5.34	0.00	30.18	831.04	31.93	7.13	3.97	14.13	2.57	249.98	1229.72	13.23	(M)	(M)
Layered Bean Dip - LR14879 (1 ea.)Contains Milk, Soy.	274.06	12.38	7.07	0.00	35.34	559.23	31.88	6.38	5.03	11.98	2.11	185.35	348.01 (M)	2.99(M)	(M)	(M)
Lemon flavored Raisins - LR14386 (1 ea.)	110.00	0.00	0.00	0.00	0.00	10.00	25.00	2.00	22.00	1.00	0.72	20.00	0.00	0.00	(M)	(M)
Lettuce and Tomato Salad - LR-14146 (3/4 c.)Contains Tomatoes.	16.57	0.08	0.00	0.00	0.00	196.71	3.71	1.19	2.37	0.92	0.37	16.05	652.75	7.04	(M)	(M)

# Menu Item Nutrient Report

Generated on: 2/21/2019 11:31:18 AM by Michelle Dickson

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Lettuce and Tomato Salad 2013 - LR14201 (1 serv.)Contains Tomatoes.	17.29	0.07	0.00	0.00	0.00	149.23	3.85	1.22	2.52	0.93	0.37	15.62	708.77	8.41	(M)	(M)
Lettuce, Iceberg - LR14320 (1 c.)	11.54	0.11	0.00	0.00	0.00	8.17	2.61	0.98	1.63	0.76	0.33	15.24	413.80	2.29	(M)	(M)
Lettuce, Romaine - LR14317 (1 c.)	11.57	0.00	0.00	0.00	0.00	5.44	2.04	1.36	0.68	0.68	0.61	20.41	5919.48	16.33	(M)	(M)
Ling's BBQ Teriyaki Chicken - LR14276 (1 serv.)Contains Wheat, Soy.	90.00	2.00	0.50	0.00	45.00	300.00	6.00	0.00	6.00	11.00	0.72	0.00	0.00	0.00	(M)	(M)
Luck of The Ice Italian Ice Cup - LR-1351 (1 ea.)	98.00	0.00	0.00	0.00	0.00	15.00	24.50	0.00	24.50	0.00	0.00	0.00	0.00	12.00	(M)	(M)
Lucky Charms Cereal - LR14911 (1 ea.)Contains Corn/Corn Products.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Lunch Yogurt (Raspberry) with Grahams - LR14831 (1 serv.)Contains Milk, Wheat, Soy.	230.50	2.50	0.00	0.00	10.04	215.43	45.10	1.00	25.07	10.03	0.72	401.06	500.00	0.00	(M)	(M)
Lunch Yogurt with Grahams - LR14658 (1 serv.)Contains Milk, Wheat, Gluten.	240.24	2.73	0.91	0.00	10.00	247.57	47.14	1.82	25.47	8.91	1.64(M)	300.00	(M)	(M)	(M)	(M)
Mac & Cheese (side) - LR14828 (1/2 c.)Contains Milk, Wheat, Gluten.	162.31	4.00	2.00	0.00	12.80	486.06	22.33	3.19	1.06	9.05	1.95	131.02	108.00	0.00	15.38(M)	0.02(M)
Macaroni & Cheese Entree - LR-1151 (1 c.)Contains Milk, Wheat, Gluten.	343.90	9.60	5.05	0.00	32.32	1293.40	43.53	6.08	2.02	20.22	3.75	334.68	272.70	0.00	(M)	(M)
Mandarin Orange Chicken - LR14209 (4 oz.)Contains Egg, Wheat, Soy.	160.00	7.00	2.00	0.00	45.00	200.00	12.00	0.00	7.00	12.00	0.72	40.00	0.00	0.00	(M)	(M)
Mandarin Oranges - LR-1038 (1/2 c.)	101.18	0.00	0.00	0.00	0.00	12.65	22.77	1.26	20.24	1.26	0.00	25.30	505.89	15.18	(M)	(M)
Mandarin Oranges w. Strawberries - LR14849 (1/2 c.)	106.25	0.00	0.00	0.00	0.00	7.85	25.61	1.41	22.80	1.09	0.00	16.32	314.00	9.42(M)	(M)	(M)
Margarine, PC - LR-1294 (1 ea.)Contains Milk, Soy.	25.00	3.00	1.00	0.00	0.00	40.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Marinara - LR14899 (1 ea.)	40.00	1.00	0.00	0.00	0.00	200.00	7.00	2.00	4.00	1.00	0.00	20.00	(M)	(M)	(M)	(M)
Marinara Dipping Sauce - LR14316 (1 ea.)	15.00	0.00	0.00	0.00	0.00	120.00	3.50	1.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Marinara Sauce - LR14679 (1/2 c.)	58.80	0.00	0.00	0.00	0.00	352.80	11.76	1.96	5.88	1.96	2.12	0.00	1470.00	9.41	(M)	(M)
Mayonnaise (1 PC) - LR-1295 (1 ea.)Contains Egg.	10.00	0.00	0.00	0.00	0.00	100.00	3.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Meal Breaks - Turkey & Cheese Meal - LR14290 (1 ea.)Contains Milk, Wheat, Soy.	400.00	7.00	3.50	0.00	60.00	1240.00	67.00	5.00	33.00	18.00	1.98	180.00	700.00	6.00	(M)	(M)

# Menu Item Nutrient Report

Generated on: 2/21/2019 11:31:18 AM by Michelle Dickson

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Meat Breakfast Platter (3 items) - LR14653 (1 serv.)Contains Milk, Egg, Wheat, Soy.	260.00	15.00	4.50	0.00	200.00	460.00	16.00	0.00	3.00	16.00	1.44	100.00	400.00	0.00	(M)	(M)
Meatball Marinara Sub Sandwich - LR14669 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	331.11	10.37	4.30	0.00	35.50	780.22	39.17	5.94	7.74	21.32	2.95(M)	139.39 (M)	555.44 (M)	7.90(M)	(M)	(M)
Meatballs (5 ea) - LR-1307 (5 ea.)Contains Milk, Wheat, Soy.	150.00	9.00	3.50	0.00	35.00	250.00	4.00	1.00	1.00	14.00	1.80	40.00	100.00	1.20	(M)	(M)
Meatballs and Sauce for BYO pasta - LR14808 (1 serv.)Contains Milk, Wheat, Soy.	184.88	9.00	3.50	0.00	35.00	642.97	11.21	2.41	4.46	16.08	2.61	55.35	427.69	5.12	56.82(M)	0.06(M)
Meatloaf Sandwiches on Hoagies - LR14235 (1 ea.)Contains Milk, Egg, Wheat, Soy.	427.11	102.03	4.71	0.70	69.00	1055.47	53.52	3.64	15.90	21.66	3.85	152.35	92.00	2.00	0.10(M)	0.02(M)
Mexican Infused Rice - LR-1120 (1/2 c.)	114.77	0.94	0.00	0.00	0.00	212.39	24.08	1.25	0.24	2.49	0.81	2.38	200.00	2.40	79.43(M)	0.08(M)
Mexican Pizza - LR14868 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	360.00	14.00	6.00	0.00	25.00	710.00	43.00	4.00	8.00	17.00	3.10	241.00	91.00	0.00	(M)	(M)
Milk, Non Fat, Paper Strawberry Flavored - LR14631 (1 ea.)Contains Milk.	110.00	0.00	0.00	0.00	0.00	100.00	18.00	0.00	18.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Whole, Paper CC - LR-1372 (1 ea.)Contains Milk.	150.00	8.00	5.00	0.00	35.00	125.00	11.00	0.00	10.00	8.00	0.00	300.00	300.00	2.40	(M)	(M)
Min Chicken Parmesan (2 each) - LR-1165 (1 serv.)Contains Milk, Egg, Wheat, Soy.	263.95	11.67	3.60	0.00	28.00	1284.33	21.86	6.04	4.08	17.81	2.63	136.84	2.33(M)	0.00(M)	(M)	(M)
Mini Chocolate Donuts - LR14672 (1 pkg.)Contains Milk, Egg, Wheat, Soy.	320.00	15.00	7.00	0.00	0.00	270.00	41.00	2.00	19.00	5.00	1.08	20.00	0.00	0.00	(M)	(M)
Mini Cinnis - LR14667 (1 pkg.)Contains Milk, Wheat.	240.00	7.00	2.00	0.00	0.00	270.00	39.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Mini Corn Dogs (6ea) - LR14192 (6 ea.)Contains Egg, Wheat, Soy, Gluten.	270.00	12.00	3.50	0.00	40.00	410.00	30.00	5.00	5.00	10.00	1.80	150.00	0.00	0.00	(M)	(M)
Mini Hot Dogs - LR14846 (2 ea.)Contains Wheat, Soy.	300.00	17.00	6.00	0.00	40.00	620.00	20.00	0.00	2.00	12.00	2.16	40.00	0.00	0.00	(M)	(M)
Mini Pancake Sausage Bites (Pork) - LR14654 (1 serv.)Contains Egg, Wheat, Soy, Gluten.	180.00	9.00	2.50	0.00	25.00	280.00	15.00	3.00	4.00	6.00	1.80	20.00	0.00	0.00	(M)	(M)
Mini Powdered Donuts - LR14664 (1 pkg.)Contains Milk, Egg, Wheat, Soy.	270.00	11.00	3.00	0.00	0.00	230.00	41.00	2.00	21.00	4.00	1.08	20.00	0.00	0.00	(M)	(M)
Mini Sampler Basket - LR14768 (1 ea.)Contains Wheat, Soy.	274.21	14.21	3.12	0.00	31.15	525.72	24.41	3.74	5.72	12.72	1.71	59.68	50.00	0.00	(M)	(M)
Mixed Berry cup - LR14850 (1 ea.)	80.00	0.00	0.00	0.00	0.00	0.00	19.00	7.00	11.00	1.00	0.72	40.00	100.00	15.00	(M)	(M)
Mixed Fruit - LR-1027 (1/2 c.)	62.22	0.10	0.01	0.00	0.00	5.18	15.55	1.04	12.44	0.53	0.37	6.22	12.44	4.04	(M)	(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Mixed Fruit - LR14356 (1/2 c.)	83.48	0.00	0.00	0.00	0.00	5.22	18.78	1.04	15.65	1.04	0.00	0.00	208.70	1.25	(M)	(M)
Mixed Oriental Vegetables - LR-1037 (1/2 c.)	42.13	0.00	0.00	0.00	0.00	76.15	7.02	1.40	2.81	1.40	0.02	32.72	0.00	16.85	(M)	(M)
Mixed Vegetables - LR-1031 (1/2 c.)	56.38	0.56	0.00	0.00	0.00	104.10	12.40	2.25	4.51	2.25	0.42	4.40	1691.34	4.06	(M)	(M)
Mozarella Cheesesticks with Marinara - LR14364 (5 ea.)Contains Milk, Wheat.	395.00	18.00	7.00	0.00	30.00	530.00	38.50	4.00	3.00	19.00	2.00	458.00	427.50	0.50	(M)	(M)
Mozzarella String Cheese - LR14793 (1 ea.)Contains Milk.	60.00	3.00	2.00	0.00	10.00	200.00	0.00	0.00	0.00	7.00	0.00	150.00	0.00	0.00	(M)	(M)
Muffin Loaf, Banana WG - LR-1271 (1 ea.)Contains Milk, Egg, Wheat.	180.00	6.00	1.00	0.00	10.00	170.00	30.00	2.00	17.00	3.00	1.44	0.00	0.00	0.00	(M)	(M)
Muffin Loaf, Blueberry WG - LR-1272 (1 ea.)Contains Milk, Egg, Wheat.	170.00	6.00	1.00	0.00	10.00	180.00	29.00	2.00	16.00	3.00	1.44	0.00	0.00	0.00	(M)	(M)
Mustard (1 PC) - LR-1296 (1 ea.)	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	(M)	(M)
Nacho Build-A-Meal - LR14652 (1 serv.)Contains Milk, Corn/Corn Products.	558.69	25.29	7.82	0.00	30.00	1273.27	64.45	9.71	13.00	19.71	1.63	406.44	300.00 (M)	0.00(M)	(M)	(M)
Nacho Build-A-Meal - LR14764 (1 serv.)Contains Milk, Corn/Corn Products.	488.59	24.53	7.00	0.00	30.00	1230.94	51.66	7.06	10.00	18.06	1.63	390.00	300.00	0.00	(M)	(M)
Nacho Cheese Baked Packaged Doritos - LR-1266 (1 ea.)Contains Milk.	97.50	3.75	0.75	0.00	0.00	150.00	15.00	16.50	0.75	1.50	0.00	15.00	(M)	(M)	(M)	(M)
Nacho Macaroni and Cheese - LR14635 (1 c.)Contains Milk, Wheat, Gluten.	366.00	10.02	5.10	0.00	32.00	1179.05	47.59	8.80	3.70	20.82	3.87	354.55	427.44 (M)	1.89(M)	(M)	(M)
Nonfat White Milk (1 ea) - LR-1370 (1 ea.)Contains Milk.	80.00	0.00	0.00	0.00	5.00	125.00	12.00	0.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Oatmeal Bowl Apple Cinna 2013 - LR14163 (1 Bowl)Contains Gluten.	220.00	3.00	0.50	0.00	0.00	230.00	43.00	5.00	14.00	7.00	1.80	40.00	0.00	1.20	(M)	(M)
Olives, Black, Sliced - LR14321 (1 c.)	794.00	66.17	0.00	0.00	0.00	3440.67	13.23	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Onion Rings - LR14801 (5 ea.)Contains Milk, Wheat, Soy.	254.29	10.17	1.91	0.00	0.00	292.43	35.60	3.81	6.36	3.81	1.37	127.14	0.00	3.05	(M)	(M)
Onion Rings, WG Breaded - LR14332 (3 ea.)Contains Milk, Wheat, Soy.	120.00	4.80	0.90	0.00	0.00	138.00	16.80	1.80	3.00	1.80	0.65	60.00	0.00	1.44	(M)	(M)
Orange Juice (4 oz) - LR-1362 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	12.00	0.00	0.00	0.00	0.00	30.00	(M)	(M)
Oven Baked Breaded Chicken (with Roll) - LR-1134 (1 serv.)Contains Egg, Wheat.	195.72	11.83	2.73	0.00	37.32	538.00	10.01	10.01	0.00	10.92	0.98	10.92	71.00	1.09	(M)	(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Oven Roasted Crinkles (3oz) - LR-1018 (3 oz.)	103.30	1.15	0.00	0.00	0.00	507.57	16.07	1.15	0.00	2.30	0.37	8.64	0.00	4.03	(M)	(M)
Oven Roasted Potato Wedges - LR-1034 (3 oz.)	93.46	0.52	0.00	0.00	0.00	567.69	20.77	2.08	0.52	2.08	0.75	0.00	0.00	9.35	(M)	(M)
Pancake and Chicken Sausage Sandwich - LR14871 (1 ea.)Contains Milk, Egg, Wheat, Soy.	130.00	3.00	0.00	0.00	35.00	300.00	19.00	1.00	5.00	6.00	1.80	200.00	(M)	(M)	(M)	(M)
Pancake Sausage on a Stick (1 item) - LR14315 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	200.00	10.00	2.50	0.00	25.00	310.00	17.00	3.00	4.00	7.00	1.80	20.00	(M)	(M)	(M)	(M)
Pancake Sausage on Stick w/ one Syrup (1 item) - LR14399 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	320.00	10.00	2.50	0.00	25.00	310.00	47.00	3.00	26.00	7.00	1.80	20.00	0.00(M)	0.00(M)	(M)	(M)
Parmesan Broccoli - LR14389 (1/2 c.)Contains Milk, Soy.	57.34	2.44	0.88	0.00	4.06	199.45	5.58	1.06	0.00	4.38	0.71	102.45	46.02	66.06	(M)	(M)
Parmesan Broccoli - LR14622 (1/2 c.)Contains Milk, Soy.	65.53	3.09	1.11	0.00	5.13	247.94	5.81	1.07	0.00	4.77	0.73	115.61	58.13	66.81	(M)	(M)
Passionfruit Mango Fruit 66 100% Juice - LR14420 (1 ea.)	120.00	0.00	0.00	0.00	0.00	10.00	30.00	0.00	24.00	0.00	0.72	100.00	500.00	60.00	(M)	(M)
Pasta and Meatballs w/Breadtick - LR14252 (1 serv.)Contains Milk, Wheat, Soy.	374.77	12.57	3.61	0.00(M)	35.00	751.25	46.35	4.22	6.58	22.62	4.30	71.08	427.69	5.12	438.37 (M)	0.65(M)
Pasta and Meatballs w/Garlic Bread - LR-1122 (1 serv.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	384.88	12.20	4.00	0.00(M)	35.00	789.35	46.71	7.41	6.46	22.58	4.68	66.73	727.70	5.12	440.64 (M)	1.24(M)
Pasta for BYO - LR14809 (1 c.)	199.76	1.14	0.22	0.00(M)	0.00	26.56	40.28	1.63	2.23	7.08	1.93	31.46	0.00	0.00	763.09	1.19
PB&J Sandwich w/Cheese - LR-1137 (1 ea.)Contains Milk, Wheat.	468.53	21.88	5.48	0.00	16.00	861.04	51.65	3.98	18.38	18.95	1.47	230.02	137.50	0.08	(M)	(M)
Peach Crisp - LR14328 (1 serv.)Contains Wheat, Gluten.	198.37	7.44	3.20	0.00	0.00	87.15	31.23	1.84	21.68	1.16	0.96	10.55	465.12	1.23	0.16(M)	0.04(M)
Peach Cup - LR-1385 (1 ea.)	117.75	0.16	0.01	0.00	0.00	7.98	29.92	2.19	27.67	0.79	0.46	3.99	354.26	117.55	(M)	(M)
Peaches, Diced - LR-1095 (1/2 c.)	70.00	0.00	0.00	0.00	0.00	10.00	17.00	1.00	16.00	1.00	0.00	0.00	300.00	1.20	(M)	(M)
Peaches, Sliced - LR-1094 (1/2 c.)	70.00	0.00	0.00	0.00	0.00	10.00	17.00	1.00	16.00	1.00	0.00	0.00	300.00	1.20	(M)	(M)
Pear Halves © - LR-1096 (1/2 c.)	80.00	0.00	0.00	0.00	0.00	5.00	20.00	2.00	14.00	0.00	0.36	0.00	0.00	1.20	(M)	(M)
Pears, Diced - LR-1197 (1/2 c.)	62.83	0.13	0.00	0.00	0.00	2.17	16.33	2.17	14.16	0.40	0.27	9.75	0.00	2.71	(M)	(M)
Peas - LR-1013 (1/2 c.)	96.00	0.69	0.00	0.00	0.00	438.86	16.46	4.11	8.23	5.49	1.98	27.43	411.43	16.46	(M)	(M)
Peas and Carrots 2018 - LR-1025 (1/2 c.)	51.31	0.00	0.00	0.00	0.00	132.62	10.32	4.11	4.11	3.08	1.12	23.91	2052.49	9.24	(M)	(M)

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Generated on: 2/21/2019 11:31:18 AM by Michelle Dickson

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Peas, Frozen - LR-14149 (1/2 c.)	62.24	0.00	0.00	0.00	0.00	50.19	11.04	4.01	4.01	4.01	1.26	20.08	1204.63	7.83	(M)	(M)
Pediasure, Vanilla with Fiber - LR14748 (1 ea.)Contains Milk, Soy.	240.00	9.00	0.00	0.00	(M)	90.00	34.00	3.00	(M)	7.00	2.70	250.00	500.00	24.00	(M)	(M)
Penne w/MeatSauce WG - LR-1183 (1 serv.)Processed in a facility that also processes Egg. Contains Wheat, Soy.	256.05	8.01	3.12	0.00	31.20	853.01	28.69	4.62	4.34	19.98	4.26	47.53	431.69	3.92	438.56 (M)	0.90(M)
Penne with Marinara and Garlic Bread - LR-1172 (1 serv.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	469.55	13.03	3.91	0.00	82.21	970.30	61.34	10.16	4.68	31.02	5.18	88.93	300.52 (M)	0.00(M)	258.22 (M)	1.16(M)
Peppered Gravy - LR14712 (1 oz.)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	24.00	1.20	0.60	0.00	0.00	126.91	3.00	0.00	0.00	0.00	0.00	0.91	0.00	0.00	30.28(M)	0.03(M)
Pepperoni Calzone (with Marinara) - LR14308 (1 ea.)Contains Milk, Wheat, Soy.	394.02	20.78	8.57	0.00	35.00	580.00	32.00	2.00	6.00	22.00	1.80	400.00	750.00	12.00	(M)	(M)
Pepperoni Pizza (pork), 1 slice - LR-1128 (1 slice)Contains Milk, Wheat, Soy.	310.00	7.00	3.00	0.00	15.00	770.00	39.00	7.00	1.00	22.00	1.44	300.00	0.00	0.00	(M)	(M)
Pepperoni Pizza with Turkey Pepperoni - LR14735 (1 slice)Contains Milk, Wheat, Soy, Gluten.	360.00	16.00	8.00	0.00	45.00	560.00	35.00	4.00	6.00	19.00	0.40	3160.00	3700.00	0.00	(M)	(M)
Personal Pizza, Cheese © - LR-1187 (1 ea.)	470.00	17.00	8.00	0.00	30.00	760.00	52.00	5.00	3.00	25.00	2.70	500.00	500.00	4.80	(M)	(M)
Personal Pizza. Pepperoni © - LR-1186 (1 ea.)	500.00	21.00	9.00	0.00	40.00	880.00	52.00	5.00	3.00	27.00	3.60	500.00	500.00	4.80	(M)	(M)
Pickles Sliced - LR14232 (1/2 c.)	14.77	0.00	0.00	0.00	0.00	1358.44	3.54	0.00	0.44	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pico De Gallo - LR14659 (1/2 c.)Contains Tomatoes.	28.11	0.02	0.00	0.00	0.00	69.12	7.81	1.53	3.68	1.07	0.36	23.25	841.94	17.02	3.12(M)	0.02(M)
Pineapple Chunks - LR14750 (1/2 c.)Contains Pineapple.	80.00	0.00	0.00	0.00	0.00	0.00	22.00	1.00	20.00	1.00	0.36	20.00	100.00	12.00	(M)	(M)
Pineapple Tidbits - LR-1017 (1/2 c.)	70.54	0.00	0.00	0.00	0.00	0.00	16.75	0.88	14.99	0.00	0.32	17.64	0.00	5.29	(M)	(M)
Pineapple, Chunks Fresh - LR14267 (1/2 c.)	41.00	0.10	0.00	0.00	0.00	1.00	10.80	1.15	8.10	0.45	0.36	10.00	50.00	39.60	(M)	(M)
Pizza Green Beans - LR14675 (1/2 c.)	39.24	0.13	0.04	0.00	0.00	114.76	9.25	2.90	0.94(M)	2.35	1.58(M)	89.00(M)	2243.88 (M)	3.27(M)	(M)	(M)
Pizza, Alpha, Sausage - LR-1175 (1 slice)Contains Milk, Wheat, Soy.	309.27	9.95	4.99	0.00	34.63	689.02	39.00	6.00	2.00(M)	19.93	1.79	309.76	0.00	21.00	(M)	(M)
Pizza, Cheese, Elementary - LR-1010 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Item Nutrient Report

Generated on: 2/21/2019 11:31:18 AM by Michelle Dickson

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Pizza, HS Pepperoni & Jalepeno 2013 - LR-1219 (1 slice)Contains Milk, Wheat, Soy.	310.84	7.00	3.00	0.00	15.00	786.73	39.34	7.17	1.00	22.00	1.47	300.00	41.84	0.00	(M)	(M)
Pizza, Pepperoni Elementary - LR-1011 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pizza, Vegetable, Alpha - LR-1220 (1 slice)Contains Milk, Wheat, Soy, Gluten.	420.46	20.14	8.00	0.00	40.00	753.30	38.56	4.95	7.03(M)	18.20	0.48	4187.40	5185.79	0.74	(M)	(M)
Popcorn Chicken - LR14393 (12 ea.)Contains Wheat, Soy.	250.00	15.00	2.50	0.00	25.00	380.00	16.00	3.00	1.00	15.00	1.80	0.00	100.00	0.00	(M)	(M)
Popcorn Chicken - LR14215 (12 pieces)Contains Wheat, Soy.	255.32	15.32	2.55	0.00	25.53	388.08	16.34	3.06	1.02	15.32	1.84	0.00	102.13	0.00	(M)	(M)
Popcorn Chicken - LR14839 (8 pieces)Contains Wheat, Soy.	172.06	10.32	1.72	0.00	17.21	261.53	11.01	2.06	0.69	10.32	1.24	0.00	68.83	0.00	(M)	(M)
Popcorn Chicken Salad - LR14897 (1 ea.)Contains Milk, Wheat, Soy.	311.42	20.49	6.94	0.00	44.06	567.82	19.13	4.36	4.34	17.47	1.99	131.44	4975.41 (M)	10.18(M)	(M)	(M)
Popcorn Chicken Salad & Jumbo Pretzel - LR-1112 (1 ea.)Contains Milk, Wheat, Soy.	451.42	20.99	6.94	0.00	44.06	717.82	49.13	7.36	5.34	22.47	3.79	151.44	4975.41 (M)	11.38(M)	(M)	(M)
Popcorn Chicken Salad & Jumbo Pretzel - LR14752 (1 ea.)Contains Milk, Wheat, Soy.	398.66	17.67	4.50	0.00	78.00	1129.37	36.06	6.15	3.34	24.33	2.31	193.90	3014.59	10.33	(M)	(M)
Popcorn Chicken Salad Bar - Frostwood Only - LR14616 (1 ea.)Contains Milk, Wheat, Soy, Corn/Corn Products.	415.46	18.06	4.38	0.00(M)	26.25	598.59	47.21	7.45	13.65	18.99	4.88	233.44	4012.33 (M)	20.11(M)	11.26(M)	0.06(M)
Popcorn Chicken Salad with Goldfish (served with one salad dressing of choice) - LR14714 (1 ea.)Contains Milk, Wheat, Soy.	411.42	24.49	7.44	0.00	44.06	737.82	33.13	5.36	4.34	19.47	2.71	151.44	4975.41 (M)	10.18(M)	(M)	(M)
Popcorn Chicken Salad with Goldfish (served with one salad dressing of choice) - LR14757 (1 ea.)Contains Milk, Wheat, Soy.	383.09	19.42	4.88	0.00	34.75	908.32	34.05	5.40	4.08	20.57	2.66	201.81	2920.02	10.32(M)	(M)	(M)
Potato Smiles - LR-1357 (4 ea.)	130.00	4.50	0.50	0.00	0.00	180.00	20.00	2.00	0.00	2.00	0.36	0.00	0.00	2.40	(M)	(M)
Pretezel Bag - LR14181 (1 ea.)Contains Wheat.	80.00	1.50	0.00	0.00	0.00	200.00	15.00	2.00	0.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Pretzel, Soft, WG - LR14681 (1 ea.)Contains Wheat, Soy.	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)
Pretzels, Snack - LR-1283 (1 ea.)Contains Wheat.	90.00	1.00	0.00	0.00	0.00	200.00	17.00	2.00	1.00	2.00	0.72	20.00	(M)	(M)	(M)	(M)
Pull Apart Jalapeno Cheddar Roll - LR14734 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	80.00	2.00	0.20	0.00	0.00	70.00	13.00	1.00	2.00	2.00	1.00	58.00	(M)	(M)	(M)	(M)
Quaker Chewy Bar - LR14854 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Coconut.	160.00	1.00	0.00	0.00	0.00	135.00	31.00	2.00	12.00	2.00	0.72	150.00	0.00	0.00	(M)	(M)



# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Quaker Chewy Bar 2013 - LR14175 (1 ea.)Contains Milk, Wheat, Soy.	140.00	2.50	1.00	0.00	(M)	120.00	28.00	1.00	9.00	2.00	0.72	100.00	(M)	(M)	(M)	(M)
Queso Blanco - LR14805 (2 oz.)Contains Milk.	119.64	9.00	5.30	0.00	30.00	457.60	2.33	0.08	0.25	7.08	0.03	209.56	424.60	0.30	(M)	(M)
Rainbow Parfait - LR14698 (1 ea.)Contains Milk, Wheat. May contain Soy, Corn/Corn Products.	133.19	1.12	0.26	0.00	1.13	119.92	27.44	1.50	17.94	4.09	2.43	99.39	284.35	9.79	(M)	(M)
Raisin Bran - LR14821 (1 ea.)Contains Wheat.	125.00	0.50	0.00	0.00	0.00	125.00	27.00	4.00	10.00	3.00	2.70	0.00	300.00	0.00	(M)	(M)
Raisin Bran with Cinnamon Bread - LR14408 (1 serv.)Contains Wheat, Soy.	251.27	3.54	1.00	0.00	0.00	200.57	51.52	6.04	16.05	5.01	3.43	24.00	300.00	0.02	(M)	(M)
Raisins - LR-1301 (1 ea.)	138.20	0.00	0.00	0.00	0.00	10.63	32.96	2.13	30.83	1.06	1.15	21.26	0.00	0.00	(M)	(M)
Ranch Packet (1 each) - LR-1290 (1 ea.)Contains Milk, Egg, Soy.	50.00	5.00	0.00	0.00	4.00	110.00	0.40	0.00	0.40	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ranchero Steak and Cheese Tornadoes with Cheese Sauce - LR14634 (1 serv.)Contains Milk, Wheat, Soy.	409.00	14.56	4.60	0.00	50.24	1038.17	48.12	4.21	4.63	20.05	2.96	232.79	549.38	3.16	(M)	(M)
Red Bell Pepper Strips - LR-14153 (1/2 c.)	18.78	0.00	0.00	0.00	0.00	2.45	3.67	1.22	2.45	0.41	0.07	1289.80	1877.55	0.49	(M)	(M)
Red Grapes, 2018 - LR14794 (1/2 c.)	60.80	0.00	0.00	0.00	0.00	3.20	16.00	0.00	12.80	0.00	0.58	0.00	0.00	9.60	(M)	(M)
Red Sug Fruit Loops 1oz w/Toast 2013 - LR14207 (1 serv.)Processed in a facility that also processes Milk. Contains Wheat. May contain Soy, Corn/Corn Products.	190.00	2.00	0.50	0.00	0.00	300.00	39.00	3.00	10.00	5.00	5.22	40.00	500.00	15.00	(M)	(M)
Rib-B-Q Sandwich - LR-1176 (1 ea.)Contains Wheat, Soy, Gluten.	304.74	7.67	3.00	0.00	35.00	1021.72	43.53	3.67	11.76	16.67	2.16	46.68	100.00	5.20	(M)	(M)
Rice Krispies - LR14826 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Rice Krispies Treat - LR14852 (1 ea.)Contains Milk, Soy.	160.00	4.00	1.00	0.00	0.00	140.00	30.00	0.00	11.00	2.00	1.80	0.00	0.00	0.00	(M)	(M)
Rice Krispies with Cinnamon Bread - LR14414 (1 serv.)Contains Wheat, Soy.	237.21	3.66	1.00	0.00	0.00	241.97	47.94	2.66	6.67	4.47	9.61	24.00	1232.61	14.81	(M)	(M)
Rips, Various Flavors, Slush - LR14311 (1 ea.)	60.00	0.00	0.00	0.00	0.00	20.00	15.00	0.00	12.00	0.00	0.36	0.00	500.00	60.00	(M)	(M)
Roasted Broccoli - LR14843 (1/2 c.)Contains Soy.	73.60	3.62	0.50	0.00	0.00	186.72	10.03	1.45	5.78	1.55	0.49	27.72	386.59	50.26	0.10(M)	0.02(M)
Roasted California Vegetables - LR-14134 (1/2 c.)Contains Soy.	93.16	6.73	1.01	0.00	0.00	155.35	6.03	3.20	2.13	2.19	0.48	11.70	3738.56	22.41	(M)	(M)
Roasted Zucchini - LR14898 (1/2 c.)Contains Milk, Soy.	44.19	3.23	0.79	0.00	2.29	145.25	2.81	0.91	1.55	1.78	0.37	46.13	1039.33	11.70	86.38(M)	0.54(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Salad, Chicken Ceasar - LR-1108 (1 ea.)Contains Milk.	276.42	17.59	6.13	0.00	64.69	646.80	8.13	1.55	2.09	21.56	1.37	219.81	2463.53 (M)	7.73(M)	(M)	(M)
Salad, Fajita Chicken w/Pretzels - LR14237 (1 ea.)Contains Milk, Wheat, Soy, Tomatoes.	271.24	10.24	3.14	0.00	83.56	750.99	25.47	5.68	4.27	21.76	2.54	112.76	4875.82	20.90	(M)	(M)
Salad, Popcorn Chicken w/Pretzels - LR14238 (1 ea.)Contains Milk, Wheat, Soy.	391.42	21.99	6.94	0.00	44.06	767.82	34.13	6.36	4.34	19.47	2.71	131.44	4975.41 (M)	10.18(M)	(M)	(M)
Salad, Spicy Chicken © - LR-1114 (1 ea.)Contains Milk, Wheat, Soy, Tomatoes.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Salsa - LR-1398 (1/4 c.)	15.17	0.00	0.00	0.00	0.00	194.15	3.03	0.00	(M)	0.00	0.91	5.31	1243.74	1.52	(M)	(M)
Salsa - LR14407 (3 tbsp.)	15.00	0.00	0.00	0.00	0.00	105.00	3.75	1.00	1.00	0.00	0.36	20.00	500.00	6.00	(M)	(M)
Sat Summer Yogurt Meal - LR14289 (1 serv.)Contains Milk, Wheat, Soy.	371.95	5.16	0.00	0.00	10.00	184.43	71.81	2.58	35.46	13.15	1.86(M)	351.55	0.00(M)	0.00(M)	(M)	(M)
Sausage & Cheese Breakfast Sandwich - LR14915 (1 ea.)Contains Milk. Processed in a facility that also processes Tree nuts, Wheat, Soy.	280.00	13.50	5.50	0.00	42.50	500.00	29.00	2.00	3.50(M)	13.50	1.80	130.00	0.00(M)	0.00(M)	(M)	(M)
Sausage Biscuit - LR14183 (1 ea.)Contains Milk, Wheat, Gluten.	270.11	12.92	3.46	0.00	31.07	520.19	28.12	2.59	3.82(M)	6.60	5.19	129.71	2.02	0.00	23.10(M)	0.02(M)
Sausage Breakfast Pizza (pork) (1 item) - LR14397 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sausage Egg & Cheese Breakfast Burrito - LR14231 (1 ea.)Contains Milk, Egg, Wheat, Soy.	154.80	6.80	2.99	0.01	53.76	209.52	15.78	2.40	(M)	8.26	1.29	99.21	254.60	1.78	27.56	0.45
Sausage Egg & Cheese Breakfast Taco - LR14186 (1 ea.)Contains Milk, Egg, Wheat, Soy.	155.00	7.00	3.00	0.00	54.00	210.00	16.00	2.40	0.00	8.00	1.44	100.00	300.00	1.20	(M)	(M)
Sausage Patty, Turkey - LR-1349 (1 ea.)	60.00	4.00	1.00	0.00	30.00	80.00	0.00	0.00	(M)	6.00	0.72	20.00	0.00	0.00	(M)	(M)
Savory Herb Crackers - LR14644 (1 ea.)	200.00	6.00	4.00	0.00	0.00	450.00	33.00	3.00	4.00	4.00	5.40	20.00	750.00	6.00	(M)	(M)
Scooby Doo Grahams - LR14853 (1 ea.)	121.24	3.72	1.18	0.06	0.00	115.36	21.00	1.32	(M)	1.96	0.84	99.99	500.08	0.00	(M)	(M)
Scrambled Eggs and Toast with Jelly, 2015 - LR14358 (1 serv.)Contains Milk, Egg, Wheat.	236.27	10.04	3.50	0.00	170.00	420.57	25.52	1.04	6.05	11.01	1.45	104.00	400.00	0.02	(M)	(M)
Seasoned Fries - LR-1029 (3 oz.)Contains Soy.	120.00	4.00	0.50	0.00	0.00	135.00	20.00	2.00	0.00	1.00	0.36	(M)	(M)	2.40	(M)	(M)
Shredded Chicken Nachos - LR14789 (1 serv.)Contains Milk, Corn/Corn Products.	386.14	22.45	6.51	0.00	87.50	895.34	25.22	2.97	0.25	24.50	1.03	235.11	557.65	0.30	(M)	(M)
Shredded Seasoned Chicken 2018 - LR14804 (1 #10 scoop)	107.00	5.00	0.00	0.00	57.50	525.50	2.80	0.00	0.00	15.00	1.19	0.00	160.00	1.92	(M)	(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Side Mac & Cheese - LR14779 (1/2 c.)Contains Milk, Wheat, Gluten.	183.95	5.42	2.96	0.00	19.01	705.74	21.98	2.69	3.10	11.56	1.67	236.15	243.53	0.48	(M)	(M)
Sliced Apples - LR-14151 (1/2 c.)	38.00	0.00	0.00	0.00	0.00	15.20	9.12	1.52	6.84	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sliced Peaches - LR-1021 (1/2 c.)	43.33	0.00	0.00	0.00	0.00	3.61	10.11	0.72	8.67	0.00	0.00	0.00	216.67	1.73	(M)	(M)
Sliced Peaches with Blueberry Garnish - LR14848 (1/2 c.)Contains Milk.	62.87	1.39	1.38	0.00	0.00	3.65	12.07	0.82	10.45	0.00	0.01	0.28	219.44	2.12	(M)	(M)
Sliced Peaches with Blueberry Garnish - LR14878 (1/2 c.)Contains Milk.	112.86	1.39	1.38	0.00	0.00	13.38	24.63	1.43	23.11	1.33	0.01	0.28	402.78	1.98	(M)	(M)
Snack Mix - LR14700 (1 ea.)Contains Milk, Wheat.	110.00	4.00	1.00	0.00	0.00	180.00	17.00	2.00	2.00	2.00	2.70	20.00	(M)	(M)	(M)	(M)
Southwest Chicken Tornado - LR14633 (1 ea.)Contains Milk, Wheat, Soy.	160.00	6.00	1.50	0.00	15.00	280.00	22.00	2.00	1.00	6.00	1.44	40.00	500.00	2.40	(M)	(M)
Southwest Egg & Cheese Breakfast Sliders, WG - LR14294 (1 pkg.)Contains Milk, Egg, Wheat, Soy.	160.00	5.00	1.50	0.00	50.00	310.00	21.00	1.00	7.00	8.00	1.80	80.00	200.00	0.00	(M)	(M)
Southwestern Chicken Flatbread (Sub) - LR14312 (1 ea.)Contains Milk, Wheat, Soy.	320.00	13.00	5.00	0.00	40.00	570.00	31.00	3.00	8.00	20.00	2.70	200.00	200.00	0.00	(M)	(M)
Soy Milk, Vanilla - LR14738 (1 Container)Contains Soy.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spaghetti for Chicken Parmesan Slider - LR14889 (1 serv.)Processed in a facility that also processes Egg. Contains Wheat.	149.69	1.13	0.23	0.00	0.00	2.27	31.75	4.99	1.36	6.80	2.45	0.00	0.00	0.00	4.54	0.73
Spaghetti w/Meatsauce w/Garlic Bread 2014 - LR-1177 (1 serv.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	400.95	10.85	3.83	0.00	31.20	983.69	53.21	8.12	5.75	25.02	5.71	47.53	731.70	3.92	439.93 (M)	1.12(M)
Spicy Boneless Wings - LR14740 (4 ea.)Contains Egg, Wheat, Soy.	275.00	9.00	1.60	0.00	36.00	411.00	25.00	2.00	1.00	20.00	1.80	10.00	100.00	1.80	(M)	(M)
Spicy Boneless Wings with Large Soft Pretzel - LR14746 (1 serv.)Contains Egg, Wheat, Soy.	416.12	9.54	1.61	0.00	36.15	562.67	55.10	5.01	2.00	25.08	3.61	30.04	100.41	3.01	(M)	(M)
Spicy Chicken Biscuit - LR14834 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	300.00	12.76	3.80	0.00	15.00	585.60	36.00	4.00	7.00	11.00	2.34	270.00	130.00	1.20	(M)	(M)
Spicy Chicken Sandwich - LR-1135 (1 ea.)Contains Milk, Wheat, Soy.	370.00	13.00	2.50	0.00	55.00	750.00	41.00	4.00	4.00	22.00	3.60	60.00	500.00	0.00	(M)	(M)

# Menu Item Nutrient Report

Generated on: 2/21/2019 11:31:18 AM by Michelle Dickson

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Spicy Chicken Sandwich - LR14860 (1 ea.)Contains Milk, Wheat, Soy.	339.00	12.00	1.60	0.00	35.00	479.00	38.50	3.00	4.00	19.60	2.80	76.00	155.00	0.00	(M)	(M)
Spicy Chicken Slider Duo - LR14742 (2 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	349.50	14.08	2.42	0.00	30.24	639.97	38.10	6.03	6.02	18.11	3.81	156.32	100.80 (M)	0.00(M)	(M)	(M)
Spicy General Tso's Chicken - LR14745 (1 serv.)Contains Egg, Wheat, Soy, Oranges/Orange Juice.	174.70	3.08	0.51	0.00	0.00	370.98	23.64	0.00	13.36	11.30	0.74	0.00	0.00	1.23	(M)	(M)
Spicy Tomato Basil Sauce - LR-14136 (4 fl. oz.)Contains Soy.	58.53	1.27	0.19	0.00	0.00	586.62	13.46	2.68	5.05	2.29	0.57(M)	5.31(M)	12.56(M)	0.38(M)	(M)	(M)
Spinach - LR-1035 (1/2 c.)	63.00	0.00	0.00	0.00	0.00	448.67	6.30	2.10	2.10	4.20	1.56	182.67	5250.00	2.52	34.24(M)	(M)
SS Turkey Breast & Cheese Roll Up - LR14369 (1 ea.)Contains Milk, Wheat. Processed in a facility that also processes Soy.	357.71	16.32	7.53	1.52	47.50	1102.57	33.46	3.04	2.01(M)	20.08	2.19	292.00	300.00	0.00	(M)	(M)
SS Turkey Cheese Rollup - LR-1143 (1 ea.)Contains Milk, Wheat. Processed in a facility that also processes Soy.	360.38	16.02	7.61	1.52	56.37	1359.21	34.97	3.04	2.60	19.53	2.49	295.04	326.31	0.00	(M)	(M)
Steak Fingers - LR14811 (5 ea.)Contains Wheat, Soy, Gluten.	375.00	22.50	5.63	0.00	43.75	612.50	23.75	3.75	2.50	18.75	3.38	50.00	0.00	0.00	(M)	(M)
Steak Fingers (4ea) - LR-1309 (4 ea.)Contains Wheat, Soy, Gluten.	300.00	18.00	4.50	0.00	35.00	490.00	19.00	3.00	2.00	15.00	2.70	40.00	0.00	0.00	(M)	(M)
Steamed Broccoli - LR-1022 (1/2 c.)	27.41	0.00	0.00	0.00	0.00	212.54	4.91	1.06	0.00	3.06	0.71	69.48	0.00	66.06	(M)	(M)
Steamed Carrots - LR14625 (1/2 c.)	40.02	0.00	0.00	0.00	0.00	45.74	9.15	3.43	4.57	1.14	0.41	22.87	4574.04	4.12	(M)	(M)
Steamed Carrots - LR-1043 (1/2 c.)	35.65	0.66	0.12	0.00	0.00	56.78	7.45	3.17	3.94	0.56	0.52	34.33	16316.32	2.24	(M)	(M)
Steamed Corn - LR14230 (1/2 c.)	65.00	0.80	0.00	0.00	0.00	16.30	14.00	1.40	1.70	2.00	0.29	4.07	133.00	4.40	(M)	(M)
Steamed Corn - LR14840 (1/2 c.)Contains Soy.	69.40	1.29	0.07	0.00	0.00	87.85	14.89	1.40	1.70	2.00	0.31	9.43	133.00	4.40	1.07(M)	0.00(M)
Steamed Green Beans - LR-14150 (1/2 c.)	20.00	0.00	0.00	0.00	0.00	78.96	4.89	1.60	1.30	1.00	0.52	30.74	331.00	8.00	(M)	(M)
Steamed Sugar Snap Peas - LR14366 (1/2 c.)	16.88	0.00	0.00	0.00	0.00	36.35	2.93	1.24	1.65	1.24	0.82	19.06	432.35	24.21	(M)	(M)
Steamed Zucchini - LR-1190 (1/2 c.)	23.57	0.00	0.00	0.00	0.00	291.06	4.71	0.00	3.14	0.79	0.07	21.12	157.12	0.00	(M)	(M)
Strawberries and Bananas - LR14674 (1/2 c.)	99.35	0.00	0.00	0.00	0.00	0.00	26.22	2.20	17.48	0.83	0.20	0.56	54.35	6.52(M)	(M)	(M)
Strawberries, Fresh - LR14749 (3 1/8 oz.)	27.60	0.00	0.00	0.00	0.00	0.60	6.60	1.80	4.20	0.60	0.32	12.00	0.00	50.76	(M)	(M)
Strawberries, Sliced Frozen - LR-1302 (1/2 c.)	70.00	0.00	0.00	0.00	0.00	0.00	18.50	1.00	16.50	0.50	0.00	1.00	0.00	(M)	(M)	(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Strawberry Banana Juice - LR14901 (1 ea.)Contains Apples, Banana, Carrot, Strawberries.	90.00	0.00	0.00	0.00	0.00	25.00	22.00	0.00	21.00	0.00	0.00	100.00	500.00	60.00	(M)	(M)
Strawberry Banana Yogurt - Snack - LR14223 (1 ea.)Contains Milk.	110.00	1.00	0.50	0.00	5.00	75.00	23.00	0.00	18.00	3.00	0.36	100.00	200.00	0.00	(M)	(M)
Strawberry Cup - LR-14137 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	22.00	2.00	18.00	1.00	0.36	20.00	0.00	66.00	(M)	(M)
Strawberry Melon Fruit 66 100% Juice - LR14419 (1 ea.)	120.00	0.00	0.00	0.00	0.00	10.00	30.00	0.00	24.00	0.00	0.72	100.00	500.00	60.00	(M)	(M)
Strawberry Poptarts (2 item) - LR14331 (1 pkg.)Contains Wheat, Soy.	360.00	5.00	2.00	0.00	0.00	370.00	76.00	6.00	30.00	4.00	3.60	200.00	1000.00	0.00	(M)	(M)
Strawberry Raisins - LR14624 (1 ea.)	110.00	0.00	0.00	0.00	0.00	10.00	25.00	2.00	22.00	1.00	0.72	20.00	0.00	0.00	(M)	(M)
Strawberry Yogurt - Snack - LR14224 (1 ea.)Contains Milk.	110.00	1.00	0.50	0.00	5.00	75.00	22.00	0.00	18.00	3.00	0.36	100.00	200.00	0.00	(M)	(M)
Street Corn - LR14649 (1/2 c.)Contains Milk, Corn/Corn Products.	105.33	1.76	0.62	0.00	3.55	113.69	18.30	1.22	2.38	3.59	0.36(M)	37.72(M)	200.26(M)	5.37(M)	(M)	(M)
Street Corn - LR14678 (1/2 c.)Contains Milk.	85.44	1.96	0.62	0.00	3.55	113.27	15.32	1.41	2.01	3.16	0.31(M)	38.29(M)	173.16(M)	4.44(M)	(M)	(M)
SUB Cinnamon Swirl WG (DAVE'S) - LR14233 (1 ea.)Contains Milk, Egg, Wheat, Gluten.	221.00	7.60	1.50	0.00	13.00	140.00	36.00	2.60	13.00	2.40	6.10	168.00	1420.00	26.00	(M)	(M)
Summer Sack Lunch 2014 - LR14291 (1 ea.)Contains Milk.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sunshine Dressing - LR14718 (1 oz.)Contains Soy.	98.30(M)	10.09(M)	1.51(M)	0.00(M)	0.00(M)	5.42(M)	1.88(M)	0.04(M)	1.76(M)	0.00(M)	0.01(M)	0.83(M)	0.02(M)	1.25(M)	4.95(M)	0.01(M)
Sweet & Sour Chicken - LR-1178 (1 serv.)Contains Egg, Wheat.	174.96	3.24	0.00	0.00	35.64	207.36	23.98	0.00	10.37	12.31	0.23	0.00	0.00	0.00	(M)	(M)
Sweet & Sour Sauce - LR-1286 (1 ea.)	47.25	0.00	0.00	0.00	0.00	151.20	11.34	0.00	9.45	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sweet Potato Puffs © - LR-1358 (8 ea.)May contain Soy.	130.00	4.00	0.00	0.00	0.00	230.00	17.00	2.00	8.00	1.00	0.36	20.00	3500.00	1.20	(M)	(M)
Sweet Potato Waffle Fries - LR14167 (3 oz.)Contains Wheat.	180.00	10.00	1.50	0.00	0.00	220.00	20.00	3.00	7.00	1.00	0.72	0.00	3000.00	2.40	(M)	(M)
Taco Meat - LR14771 (2 oz.)Contains Soy.	96.59	5.60	2.40	0.00	24.00	351.67	2.63	0.00	0.00	10.43	1.49	16.51	184.66	0.00	0.37(M)	0.00(M)
Taco Meat - LR14774 (1 ea.)Contains Soy.	137.99	8.00	3.43	0.00	34.29	502.38	3.75	0.00	0.00	14.90	2.12	23.59	263.80	0.00	0.53(M)	0.00(M)
Tacos, Crispy - LR-1101 (2 ea.)Contains Milk, Soy, Tomatoes.	241.08	11.48	3.60	0.00	31.36	564.36	21.14	2.59	1.41	15.89	7.11	99.07	551.02	3.31	18.94(M)	0.02(M)
Tacos, soft Beef - LR-1216 (2 ea.)Contains Milk, Wheat, Soy, Gluten, Tomatoes.	306.62	11.82	5.46	0.00	31.36	945.12	33.04	3.07	1.41	18.23	2.59	121.70	551.02	3.31	18.94(M)	0.02(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Tacos, Soft Chicken - LR-1103 (2 ea.)Contains Milk, Wheat, Gluten.	364.86	16.50	6.16	0.00	79.94	997.85	32.60	3.04	1.68	23.97	1.99	132.89	403.11 (M)	2.35(M)	(M)	(M)
Tajin Seasoning Low Sodium - LR14648 (1 ea.)	2.00	0.00	0.00	0.00	0.00	127.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.40	(M)	(M)
Tartar Sauce - LR14307 (1 ea.)Contains Egg.	44.00	4.00	0.00	0.00	4.00	90.00	1.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Tater Tots - LR14835 (6 ea.)	98.00	5.25	0.75	0.00	0.00	142.00	12.00	0.00	0.00	0.75	0.00	0.00	0.00	0.00	(M)	(M)
Tator Tots - LR14348 (8 ea.)	130.00	7.00	1.00	0.00	0.00	190.00	16.00	1.00	0.00	1.00	0.00	0.00	0.00	3.60	(M)	(M)
Teddy Grahams Snack - LR-1260 (1 ea.)	90.00	3.00	0.50	(M)	0.00	100.00	16.00	0.05	5.00	1.00	0.72	80.00	0.00	0.00	(M)	(M)
Teriyaki Chicken (with Egg Roll) - LR14177 (2 7/8 oz.)Contains Wheat, Soy.	146.00	2.50	1.00	0.00	53.00	414.00	14.00	0.00	14.00	15.00	1.08	20.00	100.00	1.20	(M)	(M)
Teriyaki Chicken Patty - LR-1323 (1 ea.)Contains Wheat, Soy.	165.00	6.70	1.90	0.00	46.62	576.80	7.40	0.90	(M)	17.90	1.34	26.00	89.70	0.00	(M)	(M)
Teriyaki Meatballs - LR14881 (5 ea.)Contains Milk, Wheat, Soy, Gluten.	169.38	9.00	3.50	0.00	35.00	398.54	8.52	1.00	4.23	14.00	1.80(M)	40.00(M)	100.00 (M)	1.20(M)	(M)	(M)
Tex Mex Chili Biscuit - LR14221 (1 ea.)Contains Milk. Processed in a facility that also processes Egg, Wheat.	215.90	5.60	0.00	0.00	7.50	203.90	38.70	3.00	11.00	4.20	1.62	110.00	200.00	7.20	(M)	(M)
Texas Chili Pie - LR14360 (1 serv.)Contains Milk, Soy.	292.25	14.17	4.97	0.00	33.66	934.01	24.61	2.53	1.17	16.57	2.02	151.09	340.21	0.76	22.73(M)	0.02(M)
TGIF Dill Pickle Chips - LR14732 (1 pkg.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Three Bean Salad - LR-14144 (1/2 c.)Contains Soy.	85.90(M)	5.85(M)	0.87(M)	0.00(M)	0.00(M)	39.64(M)	11.83(M)	1.34(M)	2.97(M)	1.39(M)	0.40(M)	21.60(M)	470.35 (M)	1.14(M)	(M)	(M)
Toast, Breakfast, Egg, Cheese and Turkey Bacon - LR14353 (1 ea.)Contains Milk, Egg, Wheat, Soy.	180.00	7.00	2.00	0.00	55.00	320.00	18.00	2.00	1.00	8.00	1.80	80.00	300.00	0.00	(M)	(M)
Tomato Soup - LR14769 (1/2 c.)	40.00	0.50	0.25	0.00	0.00	206.74	8.00	0.50	5.00	0.50	0.18	1.74	200.00	3.00	57.78(M)	0.06(M)
Topical Punch Fruit 66 100% Juice - LR14418 (1 ea.)	120.00	0.00	0.00	0.00	0.00	10.00	30.00	0.00	24.00	0.00	0.72	100.00	500.00	60.00	(M)	(M)
Tortilla Chips - LR14830 (1 ea.)Contains Corn/Corn Products.	210.00	12.00	1.00	0.00	0.00	180.00	25.00	2.00	0.00	3.00	0.72	40.00	0.00	0.00	(M)	(M)
Tortilla Chips - LR14873 (1 Bag)Contains Corn/Corn Products.	210.00	12.00	1.00	0.00	0.00	180.00	25.00	2.00	0.00	3.00	0.72	40.00	0.00	0.00	(M)	(M)
Tossed Side Salad - LR-1040 (1/2 c.)Contains Milk, Egg, Soy.	8.77	0.17	0.00	0.00	0.12	9.23	1.58	0.73	0.71	0.36	0.24	10.40	2348.58	5.18	(M)	(M)
Tossed Side Salad - LR14758 (1 c.)	12.93	0.08	0.00	0.00	0.00	12.45	3.08	1.10	1.66	0.63	0.28	15.78	1666.17	4.15	(M)	(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Trix - LR14827 (1 ea.)Contains Wheat, Gluten.	110.00	1.50	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	4.50	80.00	400.00	(M)	(M)	(M)
Trix Cereal with Cinnamon Bread - LR14415 (1 serv.)Contains Wheat, Soy, Gluten.	236.27	4.54	1.00	0.00	0.00	215.57	48.52	3.04	13.05	3.01	5.23	104.00	400.00	0.02(M)	(M)	(M)
Turkey & Cheese Sub - LR14800 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	381.67	13.75	5.83	0.00	62.50	868.33	41.00	4.00	4.00	26.17	1.38	140.00	0.00(M)	6.00(M)	(M)	(M)
Turkey and Cheese Wrap with Pretzels - LR14405 (1 serv.)Contains Milk, Wheat, Soy.	320.00	12.50	5.00	0.00	40.00	930.00	32.00	3.00	2.00	19.00	1.44	200.00	200.00	0.00	(M)	(M)
Turkey Breast & Cheese Sandwich - LR14370 (1 ea.)Contains Milk, Wheat, Soy.	316.25	13.36	5.56	0.00	47.81	728.25	32.02	2.00	5.01(M)	19.56	1.62	181.25	0.00(M)	0.00(M)	(M)	(M)
Turkey Breast and Cheese Sub Sandwich with Baked Chips - LR14726 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	381.22	15.81	6.32	0.00	48.11	800.83	43.04	19.17	3.76(M)	19.84	0.90	142.93	0.00(M)	4.00(M)	(M)	(M)
Turkey Chili - LR-1346 (2 oz.)Contains Tomatoes.	61.47	2.13	0.71	0.00	26.00	179.67	1.89	0.00	0.95	8.04	0.51	18.91	0.00	1.14	(M)	(M)
Turkey Ham & Cheese Sandwich - LR-1145 (1 ea.)Contains Milk, Wheat.	319.16	13.21	5.74	0.00	56.96	1087.72	31.49	2.00	5.49	18.88	1.97	239.83	300.00	0.59	(M)	(M)
Turkey Ham and Cheese on a French Roll - LR14638 (1 ea.)Contains Milk, Wheat, Soy.	282.00	8.33	3.61	0.00	39.00	824.83	32.41	2.72	5.74	20.26	2.32	378.40	306.00	0.00	(M)	(M)
Turkey Ham and Cheese Sub Sandwich with Baked Chips - LR14727 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	383.01	16.14	6.60	0.00	56.69	864.35	43.56	19.17	3.76	18.55	1.10	153.39	0.00(M)	4.00(M)	(M)	(M)
Turkey Ham Sub Express - LR14650 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	346.25	12.61	5.81	0.00	55.31	803.25	41.52	4.00	4.01	19.06	1.44	151.25	0.00(M)	6.00(M)	(M)	(M)
Turkey Pinwheel Lunch Kit - LR14884 (1 ea.)Contains Milk, Egg, Wheat, Soy.	566.54	29.25	7.60	0.00	52.50	1371.73	57.27	5.68	7.09	22.09	4.40	212.72	12889.26(M)	4.58(M)	(M)	(M)
Turkey Pot Pie - LR-1210 (1 serv.)Contains Milk, Wheat, Gluten.	306.97	13.11	3.65	0.00	30.77	814.03	32.03	1.37	5.19(M)	15.23	3.95	104.62	412.52	1.85	23.10(M)	0.02(M)
Turkey Sandwich - LR-1144 (1 ea.)Processed in a facility that also processes Milk. Contains Wheat.	247.58	2.00	0.00	0.00	35.03	1068.23	32.10	2.00	4.00	23.52	2.07	80.00	0.00	0.00	(M)	(M)
Turkey Sausage & Cheese Tornado - LR14731 (1 ea.)Contains Milk, Egg, Soy, Gluten.	180.00	7.00	1.50	0.00	30.00	280.00	22.00	2.00	1.00	7.00	1.44	40.00	200.00	1.20	(M)	(M)
Turkey Sausage Biscuit (2 Items) (Frozen Dough Puck) - LR14204 (1 ea.)Contains Milk, Wheat, Soy.	230.00	11.00	4.50	0.00	30.00	360.00	24.00	1.00	1.00(M)	9.00	2.52	120.00	0.00	0.00	(M)	(M)

# Menu Item Nutrient Report

Generated on: 2/21/2019 11:31:18 AM by Michelle Dickson

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Turkey Sausage Link - LR14784 (1 ea.)	60.00	4.00	1.00	0.00	30.00	90.00	0.00	0.00	0.00	6.00	0.36	20.00	0.00	0.00	(M)	(M)
Turkey Sausage Link 2018 - LR14701 (1 ea.)	60.00	4.00	1.00	0.00	30.00	90.00	0.00	0.00	0.00	6.00	0.36	20.00	0.00	0.00	(M)	(M)
Turkey Sub Express - LR14663 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	345.00	12.25	5.50	0.00	47.50	745.00	41.00	4.00	4.00	20.50	1.26	140.00	0.00(M)	6.00(M)	(M)	(M)
Unflavored 1% White Milk - LR-1367 (1 ea.)Contains Milk.	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Valentine Cookie - LR14702 (1 ea.)Contains Egg, Wheat, Soy.	120.00	6.00	1.50	0.00	0.00	75.00	16.00	1.00	8.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Vanilla Yogurt 2018 - LR-1373 (1 ea.)Contains Milk.	140.00	0.00	0.00	0.00	10.00	120.00	28.00	0.00	20.00	8.00	(M)	300.00	(M)	(M)	(M)	(M)
Vegetable Egg Roll - LR14197 (1 ea.)Contains Egg, Wheat.	139.82	3.50	1.00	0.00	0.00	149.81	21.97	4.00	4.00	4.00	1.08	39.95	199.74	1.20	(M)	(M)
Vegetable Medley - LR-1202 (2 3/4 oz.)	26.92	0.00	0.00	0.00	0.00	90.93	4.49	2.69	1.79	1.79	0.34	4.44	3140.68	18.84	(M)	(M)
Vegetarian Three Bean Chili - LR14220 (8 oz.)Contains Milk.	301.00	10.00	2.45	0.00	8.00	769.00	41.00	12.00	6.00	15.00	4.00	153.00	857.50	34.00	(M)	(M)
Waffle Breakfast Platter - LR14655 (1 serv.)Contains Milk, Egg, Wheat, Soy.	293.33	12.67	2.00	0.00	30.00	600.00	35.67	2.00	3.00	10.00	1.20	53.33	0.00	2.40	(M)	(M)
Watermelon - LR14847 (1 ea.)	39.82	0.00	0.00	0.00	0.00	3.19	9.56	0.48	7.96	0.80	0.29	7.96	688.10	9.56	(M)	(M)
WG Biscuit 2014 - LR14296 (1 ea.)Contains Milk, Wheat, Gluten.	210.11	8.92	2.46	0.00	1.07	440.19	28.12	2.59	3.82	0.60	4.47	109.71	2.02	0.00	23.10(M)	0.02(M)
Whole Wheat Toast - LR14703 (2 Piece)Processed in a facility that also processes Milk. Contains Wheat.	160.00	2.00	0.00	0.00	0.00	280.00	30.00	2.00	4.00	6.00	1.44	80.00	0.00	0.00	(M)	(M)
Whole Grain Chocolate Chip Cookie - LR-1406 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	5.00	1.50	0.00	10.00	100.00	26.00	2.00	12.00	2.00	1.44	0.00	0.00	0.00	(M)	(M)
Whole Grain Donut Holes - LR14733 (6 ea.)Contains Milk, Wheat, Soy.	280.00	15.00	7.00	0.00	0.00	300.00	30.00	3.00	7.00	5.00	0.81	13.80	11.50	0.00	(M)	(M)
Whole Grain Texas Toast - LR14226 (1 slice)Processed in a facility that also processes Milk. Contains Wheat.	120.00	1.00	0.00	0.00	0.00	220.00	22.00	2.00	3.00	5.00	1.44	60.00	0.00	0.00	(M)	(M)
Wings of Fire, Jumbo Glazed - LR14309 (4 wing bone in)Contains Wheat.	306.60	20.00	5.30	0.00	153.00	773.00	1.30	0.00	0.00	28.00	0.00	0.00	0.00	0.00	(M)	(M)
Wings, Boneless, Hot and Spicy - LR14380 (5 ea.)Contains Wheat, Soy.	237.50	10.00	1.88	0.00	50.00	487.50	15.00	1.25	1.25	21.25	1.35	25.00	125.00	0.00	(M)	(M)
Wow Butter and Jelly Sandwich with Snack Mix - LR14422 (1 serv.)Contains Milk, Wheat, Soy.	400.00	20.00	4.00	0.00	0.00	400.00	45.00	6.00	13.00	11.00	5.40	100.00	(M)	(M)	(M)	(M)



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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
WOWButter & Grape Jelly Sandwich - LR14346 (1 ea.)Contains Milk, Wheat, Soy.	290.00	16.00	3.00	0.00	0.00	220.00	28.00	4.00	11.00	9.00	2.70	80.00	(M)	(M)	(M)	(M)
WOWButter and Jelly Sandwich with Cheesestick - LR14647 (1 serv.)Contains Milk, Wheat, Soy.	350.00	19.00	5.00	0.00	10.00	420.00	28.00	4.00	11.00	16.00	2.70	230.00	0.00(M)	0.00(M)	(M)	(M)
WowButter and Jelly Sandwich with Snack Mix & Cheesestick - LR14402 (1 serv.)Contains Milk, Wheat, Soy.	460.00	23.00	6.00	0.00	10.00	600.00	45.00	6.00	13.00	18.00	5.40	250.00	0.00(M)	0.00(M)	(M)	(M)
WowButter and Jelly Sandwich with String Cheese - LR14395 (1 serv.)Contains Milk, Wheat, Soy.	350.00	19.00	5.00	0.00	10.00	420.00	28.00	4.00	11.00	16.00	2.70	230.00	0.00(M)	0.00(M)	(M)	(M)
Yang's Mandarin Chicken - LR14845 (1 serv.)Contains Egg, Wheat, Soy.	170.00	3.00	0.50	0.00	40.00	361.00	23.00	0.00	13.00	11.00	0.72	(M)	(M)	1.20	(M)	(M)
Yogurt Parfait w/Cereal Pouch (secondary) - LR14362 (1 ea.)Contains Milk, Wheat.	475.22	2.77	0.00	0.00	4.54	490.66	101.40	7.82	61.74	15.94	9.14	415.38	1113.44	35.54(M)	(M)	(M)
Yogurt Parfait with Cinnamon Granola - LR-1106 (1 ea.)Contains Milk, Wheat, Soy.	507.18	7.42	0.00	0.00	4.54	215.09	96.21	5.40	64.20	17.09	2.00	446.93	113.44	5.54(M)	(M)	(M)
Yogurt with Graham Crackers - LR14781 (1 serv.)Contains Milk, Wheat, Soy.	160.00	2.50	0.00	0.00	5.00	155.00	31.00	1.00	15.00	6.00	0.72	250.00	500.00	0.00	(M)	(M)
Yogurt with Graham Crackers (2 items) - LR14666 (1 serv.)Contains Milk, Wheat, Gluten.	120.12	1.37	0.46	0.00	5.00	123.79	23.57	0.91	12.73	4.46	0.82	150.00	0.00(M)	0.00(M)	(M)	(M)
Yogurt with Granola - LR14243 (1 serv.)Contains Milk, Wheat, Soy.	320.00	4.00	0.00	0.00	10.00	170.00	62.00	2.00	32.00	12.00	1.44(M)	340.00	0.00(M)	0.00(M)	(M)	(M)
Yogurt with Granola - LR14814 (1 serv.)Contains Milk, Wheat, Soy.	320.00	4.00	0.00	0.00	10.00	170.00	62.00	2.00	32.00	12.00	1.44	340.00	0.00	0.00	(M)	(M)
Yogurt with Granola - LR14815 (1 serv.)Contains Milk, Wheat, Soy.	400.00	6.00	1.00	0.00	10.00	200.00	78.00	2.00	48.00	10.00	2.16	240.00	400.00	0.00	(M)	(M)
Yogurt with Granola - LR14816 (1 serv.)Contains Milk, Wheat, Soy.	320.50	4.00	0.00	0.00	10.04	170.43	62.10	2.00	32.07	12.03	1.44	341.06	0.00	0.00	(M)	(M)
Yogurt, Strawberry - LR-1375 (2 ea.)Contains Milk.	280.00	0.00	0.00	0.00	0.00	240.00	56.00	0.00	40.00	16.00	0.00	600.00	0.00	0.00	(M)	(M)
Yogurt, Strawberry-Banana - LR-1376 (2 ea.)Contains Milk.	280.00	0.00	0.00	0.00	20.00	240.00	56.00	0.00	40.00	16.00	0.00	600.00	0.00	0.00	(M)	(M)
Zucchini Bread Crumb Loaf - LR14730 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	260.00	8.00	1.50	0.00	0.00	240.00	44.00	2.00	23.00	5.00	1.08	100.00	(M)	(M)	(M)	(M)

## Legend

(M) Indicates missing nutrient values.

# Menu Item Nutrient Report

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## **Report Selections**

Meal Pattern: Spring Branch ISD Standard  
Serving Group: Middle Schools  
Data Source: Local