

Menu Item Nutrient Report

Generated on: 2/21/2019 11:32:24 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 11:32:24 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

Generated on: 2/21/2019 11:32:24 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) |
|---|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|----------|-------------|-----------|----------|---------|
| 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) |

Menu Item Nutrient Report

Generated on: 2/21/2019 11:32:24 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) |
|--|-----------------|---------|----------|----------|-----------|-----------|----------|---------|------------|----------|---------|----------|------------|-----------|-----------|---------|
| 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) |

Menu Item Nutrient Report

Generated on: 2/21/2019 11:32:24 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) |
|---|-----------------|---------|----------|----------|-----------|------------|----------|---------|------------|---------|---------|----------|------------|-----------|----------|---------|
| 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

Generated on: 2/21/2019 11:32:24 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) |
|--|-----------------|----------|----------|----------|-----------|-------------|----------|---------|------------|----------|---------|------------|-------------|-----------|----------|---------|
| 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) |

Menu Item Nutrient Report

Generated on: 2/21/2019 11:32:24 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) |
|---|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|----------|---------|
| 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

Generated on: 2/21/2019 11:32:24 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) |
|---|-----------------|---------|----------|----------|-----------|----------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| 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) |

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) |
|---|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|------------|-----------|----------|---------|
| 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 11:32:24 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) |

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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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|---|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|-----------|-------------|-----------|-----------|---------|
| 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) |

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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 11:32:24 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 11:32:24 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

Generated on: 2/21/2019 11:32:24 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) |
|--|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|------------|-----------|----------|---------|
| 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

Generated on: 2/21/2019 11:32:24 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) |
|---|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|------------|---------|
| 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) |

Menu Item Nutrient Report

Generated on: 2/21/2019 11:32:24 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 11:32:24 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

Generated on: 2/21/2019 11:32:24 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) |
|--|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| 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

Generated on: 2/21/2019 11:32:24 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) |
|--|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|----------|---------|
| 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) |

Menu Item Nutrient Report

Generated on: 2/21/2019 11:32:24 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) |
|--|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|------------|---------|
| 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 11:32:24 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

Generated on: 2/21/2019 11:32:24 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) |
|---|-----------------|----------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|----------|-----------|-----------|----------|---------|
| 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) |

Menu Item Nutrient Report

Generated on: 2/21/2019 11:32:24 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) |
|---|-----------------|---------|----------|----------|-----------|----------|----------|---------|------------|---------|---------|----------|------------|-----------|----------|---------|
| 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) |

Menu Item Nutrient Report

Generated on: 2/21/2019 11:32:24 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) |
|--|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|-------------|-----------|----------|---------|
| 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

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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) |
|--|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| 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 (1/2 c.) | 27.13 | 0.00 | 0.00 | 0.00 | 0.00 | 91.66 | 4.52 | 2.71 | 1.81 | 1.81 | 0.34 | 4.47 | 3165.65 | 18.99 | (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) |

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) |
|---|-----------------|---------|----------|----------|-----------|---------|----------|---------|------------|---------|---------|---------|---------|-----------|----------|---------|
| 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

Generated on: 2/21/2019 11:32:24 AM by Michelle Dickson

Report Selections

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