

Menu Item Nutrients

LWSD MS Lunch

May 2nd - 31st

2022

| MILK: | Calories (Kcal) | Total Fat (g) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Protein (g) |
|--|------------------------|----------------------|-----------------|------------------------|-------------------------|--------------------|
| Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk. | 130.00 | 0.00 | 24.00 | 0.00 | 22.00 | 8.00 |
| 1% Milk - NWR4003 (1 Carton) Contains Milk. | 100.00 | 2.50 | 12.00 | 0.00 | 12.00 | 8.00 |
| Skim Milk - NWR4005 (1 Carton) Contains Milk. | 80.00 | 0.00 | 12.00 | 0.00 | 12.00 | 8.00 |
| FRUIT: | Calories (Kcal) | Total Fat (g) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Protein (g) |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 60.00 | 0.00 | 14.00 | 0.00 | 12.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 80.00 | 0.00 | 19.00 | 0.00 | 18.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 60.00 | 0.00 | 14.00 | 0.00 | 12.00 | 0.00 |
| Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia)) | 47.79 | 0.16 | 12.69 | 2.21 | 9.55 | 0.24 |
| Banana - SR1166 (1 medium (7" to 7-7/8" long)) | 105.02 | 0.39 | 26.95 | 3.07 | 14.43 | 1.29 |
| Orange Smiles - SR1172 (6 slice or wedge) | 45.12 | 0.12 | 11.28 | 2.30 | 8.98 | 0.90 |
| Fresh Oranges - SR1171 (1 small (2-3/8" dia)) | 45.12 | 0.12 | 11.28 | 2.30 | 8.98 | 0.90 |
| Raisins - SR2976 (1 Box) | 112.74 | 0.17 | 29.86 | 1.40 | 22.32 | 1.16 |
| Raisin Box - NWR1267 (1 Box) | 119.07 | 0.00 | 28.77 | 1.99 | 26.79 | 0.99 |
| Diced Peaches - SR3040 (1/2 c.) | 59.04 | 0.00 | 13.78 | 0.98 | 12.79 | 0.00 |
| Diced Pears - SR3041 (1/2 c.) | 57.47 | 0.00 | 15.33 | 1.92 | 11.49 | 0.00 |
| Fresh Pears - SR1585 (1 medium) | 101.46 | 0.25 | 27.11 | 5.52 | 17.36 | 0.64 |
| Fruit Cocktail - SR3023 (1/2 c.) | 86.67 | 0.00 | 21.67 | 1.44 | 0.00(M) | 0.00 |
| Unsweetened Applesauce - SR2848 (1 Container) | 60.00 | 0.00 | 14.00 | 1.00 | 18.00 | 0.00 |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 55.86 | 0.15 | 12.58 | 1.51 | 11.53 | 0.32 |
| VEGGIES: | Calories (Kcal) | Total Fat (g) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Protein (g) |
| Baby Carrots - SR1016 (1/2 c.) | 25.40 | 0.09 | 5.98 | 2.10 | 3.46 | 0.46 |
| Celery Sticks - SR1014 (6 stick.) | 10.34 | 0.11 | 1.92 | 1.03 | 0.87 | 0.45 |
| Cucumber Coins - SR1013 (1/2 c.) | 9.22 | 0.07 | 2.23 | 0.31 | 1.03 | 0.40 |
| Fresh Broccoli Florets - SR1027 (1/2 c.) | 10.84 | 0.12 | 2.12 | 0.83 | 0.54 | 0.90 |
| Canned Corn - NWR1061 (1/2 c.) | 79.33 | 1.98 | 16.86 | 1.98 | 6.94 | 1.98 |
| Aztec Corn - SR3173 (1/2 c.) | 89.90 | 1.48 | 17.23 | 3.10 | 2.40 | 3.54 |
| Chilled Black Beans - SR2006 (1/2 c.) | 120.50 | 0.00 | 21.91 | 5.48 | 1.09 | 7.67 |
| Tater Tots - SR1450 (1/2 c.) | 110.70 | 6.04 | 14.09 | 1.01 | 1.01 | 1.01 |
| Tater Tot Hash - SR1848 (1/2 c.) | 125.56 | 7.33 | 15.02 | 1.29 | 1.50 | 1.16 |
| Crinkle Cut French Fries - SR2496 (1/2 c.) | 100.75 | 3.92 | 14.55 | 1.12 | 0.00 | 1.12 |
| Baked French Fries - SR1444 (1/2 c.) | 90.40 | 2.51 | 16.07 | 1.00 | 1.00 | 1.00 |
| Country Style Potato Wedges - SR1029 (1/2 c.) | 90.43 | 2.51 | 15.07 | 2.01 | 0.00 | 2.01 |

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| Roasted Broccoli and Carrots - SR2023 (1/2 c.) | 85.04 | 7.11 | 4.95 | 2.53 | 1.56 | 2.43 |
| Green Beans - NWR1005 (1/2 c.) | 22.66 | 0.00 | 3.63 | 1.81 | 1.81 | 0.91 |
| Roasted Green Beans - SR1021 (1/2 c.) | 22.18 | 0.13 | 5.11 | 2.34 | 1.45 | 1.18 |
| Vegetarian Baked Beans - SR2026 (1/2 c.) | 132.68 | 0.00 | 29.60 | 5.10 | 10.21 | 7.14 |
| Mexican Black Beans - SR1026 (1/2 c.) | 65.34 | 0.08 | 12.14 | 3.04 | 1.18 | 3.95 |
| Mexican Slaw - SR1612 (1/2 c.) | 48.54 | 0.19 | 11.94 | 1.71 | 9.52 | 0.91 |
| Mixed Garden Vegetables - SR1583 (1/2 c.) | 52.99 | 0.47 | 11.21 | 3.18 | 3.32 | 2.30 |
| Whipped Potatoes - SR1112 (1/2 c.) Contains Milk. | 79.98 | 1.50 | 15.00 | 1.00 | 1.00 | 2.00 |
| Mashed Potatoes - NWR2551 (1/2 c.) Contains Milk. | 81.62 | 1.53 | 15.30 | 1.02 | 1.02 | 2.04 |
| Thick & Chunky Salsa - SR2187 (2 tbsp.) | 5.00 | 0.00 | 1.50 | 0.50 | 1.00 | 0.00 |
| Spaghetti Sauce - SR2220 (1/2 c.) | 64.72 | 0.49 | 13.34 | 2.74 | 7.84 | 2.08 |
| LUNCH ENTREES & GRAINS: | Calories (Kcal) | Total Fat (g) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Protein (g) |
| Cheese Pizza - NWR2356 (1 slice) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Milk, Soy. May contain Egg, Soy. | 469.14 | 19.15 | 54.20 | 1.77 | 4.28 | 21.11 |
| Hawaiian Pizza - NWR1294 (1 slice) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Milk, Soy. May contain Egg, Soy. | 465.90 | 16.70 | 55.44 | 1.96 | 5.14 | 24.62 |
| Pepperoni Pizza - NWR2358 (1 slice) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Milk, Soy. May contain Egg, Soy. | 500.73 | 22.06 | 54.20 | 1.77 | 4.28 | 22.57 |
| Buffalo Chicken Pizza - NWR3351 (1 slice) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk, Soy. May contain Egg, Soy. | 510.74 | 20.06 | 60.29 | 3.45 | 4.13 | 22.80 |
| Sausage Pizza - NWR2357 (1 slice) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk, Soy. May contain Egg, Soy. | 538.49 | 25.04 | 55.28 | 2.13 | 4.59 | 24.16 |
| Supreme Pizza - NWR3285 (1 slice) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk, Soy. May contain Egg, Soy. | 528.08 | 23.32 | 56.50 | 2.50 | 5.07 | 24.63 |
| BBQ Chicken Pizza - NWR3923 (1 slice) Contains Gluten, Milk, Wheat. May contain Egg, Soy. | 460.05 | 15.19 | 58.68 | 1.64 | 7.17 | 21.66 |
| Vegetarian Pizza - NWR3282 (1 slice) Contains Gluten, Milk, Wheat. May contain Egg, Soy. | 471.73 | 18.72 | 55.62 | 2.11 | 5.11 | 21.47 |
| Chef Salad - NWR4037 (1 salad) Contains Egg, Milk. | 133.51 | 7.93 | 5.33 | 1.13 | 2.69 | 11.72 |
| Buffalo Chicken Salad - SR1956 (1 salad) Contains Gluten, Milk, Soy, Wheat. | 313.06 | 16.71 | 22.32 | 6.22 | 4.75 | 18.64 |
| Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, | 252.76 | 16.56 | 13.69 | 2.39 | 2.88 | 14.68 |
| Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree nuts. | 237.72 | 11.80 | 16.76 | 2.39 | 1.36 | 18.15 |
| Crispy Chicken Salad - NWR3926 (1 salad) Contains Gluten, Milk, Soy, Wheat. | 318.82 | 17.07 | 23.49 | 5.26 | 3.81 | 19.47 |
| 100% Beef Cheeseburger - NWR4232 (1 burger) Contains Gluten, Milk, Soy, Wheat. May contain Soy. | 348.00 | 14.00 | 28.00 | 2.00 | 3.50 | 20.50 |
| Bacon Cheeseburger - NWR1739 (1 burger) Contains Gluten, Milk, Wheat. May contain Soy. | 348.65 | 16.78 | 26.25 | 2.00 | 3.25 | 21.93 |
| Hot Dog - NWR1054 (1 serving) Contains Gluten, Wheat. May contain Soy. | 271.50 | 10.61 | 27.01 | 2.00 | 2.00 | 15.10 |
| Corn Dog - SR1023 (1 corn dog) Contains Egg, Gluten, Soy, Wheat. | 240.00 | 8.00 | 30.00 | 5.00 | 5.00 | 9.00 |
| Chicken Burger - NWR1300 (1 burger) Contains Gluten, Soy, Wheat. May contain Soy. | 390.00 | 15.50 | 42.00 | 5.00 | 4.00 | 21.00 |

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| Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Soy, Wheat. May contain Soy. | 417.88 | 16.64 | 43.47 | 4.33 | 4.17 | 22.14 |
| BBQ Chicken Sandwich - NWR3752 (1 ea.) Contains Gluten, Milk, Wheat. May contain Soy. | 284.33 | 8.21 | 31.66 | 2.26 | 7.35 | 19.77 |
| Sloppy Joe - NWR2543 (1 ea.) Contains Gluten, Soy, Wheat. May contain Soy. | 312.20 | 8.45 | 39.00 | 3.57 | 12.85 | 18.91 |
| Philly Cheesesteak Sub - NWR2603 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Soy. | 334.53 | 11.15 | 34.36 | 3.48 | 6.19 | 21.90 |
| Ham & Cheese Sub - NWR3930 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Soy. | 320.23 | 11.83 | 32.03 | 3.27 | 6.42 | 22.76 |
| Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Wheat. May contain Egg, Milk, Soy. | 341.48 | 15.94 | 31.04 | 3.27 | 5.44 | 21.83 |
| Turkey & Cheese Sub - NWR4177 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Soy. | 304.63 | 9.46 | 33.41 | 3.27 | 6.42 | 23.32 |
| Meatball Marinara Sub - NWR3195 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Soy. | 434.54 | 17.91 | 46.12 | 5.99 | 10.58 | 25.03 |
| Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. | 362.50 | 20.23 | 32.02 | 2.00 | 4.03 | 18.13 |
| Grilled Cheese Sandwich - NWR1926 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. | 380.00 | 20.00 | 34.00 | 2.00 | 4.00 | 18.00 |
| Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat. | 290.17 | 11.01 | 28.02 | 2.00 | 5.00 | 19.01 |
| Baked Penne Pasta - SR3141 (1 c.) Contains Gluten, Milk, Wheat. | 451.68 | 16.70 | 57.10 | 3.80 | 9.57(M) | 20.82 |
| Macaroni & Cheese - NWR3806 (1 c.) Contains Gluten, Milk, Wheat. | 497.17 | 21.86 | 54.90 | 2.40 | 4.76 | 23.90 |
| Chicken & Waffles - NWR3126 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat. | 330.00 | 17.00 | 29.50 | 3.50 | 2.00 | 16.00 |
| Crispy Chicken Nuggets - SR1367 (5 nugget) Contains Gluten, Soy, Wheat. | 239.93 | 14.00 | 16.00 | 3.00 | 1.00 | 14.00 |
| Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Soy, Wheat. May contain Soy. | 380.00 | 14.50 | 41.00 | 4.00 | 4.00 | 20.00 |
| Southwest Taco Nachos - NWR4027 (1 portion) Contains | 442.82 | 26.06 | 34.73 | 2.83 | 3.85 | 21.88 |
| Glazed Chicken Drumstick - SR2447 (1 piece) | 248.99 | 15.56 | 3.11 | 0.00 | 0.00 | 24.90 |
| Chicken Alfredo Pasta - NWR3075 (1 portion) Contains Gluten, Milk, Wheat. | 419.69 | 12.77 | 58.11 | 2.45 | 5.46 | 20.56 |
| Quesadilla - SR1054 (1 each quesadilla) Contains Gluten, Milk, Wheat. | 430.00 | 24.00 | 34.00 | 4.00 | 3.00 | 17.00 |
| Bean and Cheese Burrito - SR3376 (1 burrito) Contains Gluten, Milk, Soy, Wheat. | 291.11 | 8.29 | 40.95 | 7.96 | 1.33 | 15.60 |
| Orange Chicken Rice Bowl - NWR2333 (1 serving) Contains Gluten, Soy, Wheat. | 434.46 | 14.81 | 60.47 | 4.67 | 14.05 | 17.39 |
| Sweet & Sour Chicken - SR2521 (5 nugget) Contains Gluten, Soy, Wheat. | 347.15 | 16.17 | 36.48 | 3.46 | 16.16 | 16.17 |
| Just Peachy Parfait - NWR1558 (1 parfait) Contains Milk. Processed in a facility that also processes Milk, Soy, Tree nuts, Wheat. | 477.37 | 4.86 | 95.58 | 4.98 | 55.58 | 11.80 |
| Buttermilk Pancakes - SR2010 (2 pancake) Contains Egg, Gluten, Milk, Soy, Wheat. | 160.00 | 2.00 | 30.67 | 4.00 | 5.33 | 4.00 |
| Country Breakfast Sausage Patty - SR1157 (2 patty) | 120.00 | 9.00 | 0.00 | 0.00 | 0.00 | 12.00 |
| Pancake & Waffle Syrup - SR1158 (2 tbsp.) | 105.00 | 0.00 | 26.00 | 0.00 | 14.50 | 0.00 |
| Po Boy Sub - NWR2596 (1 sandwich) Contains Fish, Gluten, Milk, Soy, Wheat. | 334.59 | 11.23 | 42.96 | 2.00 | 2.25 | 17.23 |
| French Toast Sticks - SR1910 (4 stick.) Contains Gluten, Soy, Wheat. | 257.36 | 9.90 | 37.61 | 2.97 | 8.91 | 5.94 |
| Sunbutter & Jelly Sandwich - NWR2509 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. | 460.00 | 19.06 | 63.00 | 4.16 | 29.00 | 15.08 |
| Double Berry Parfait - NWR4203 (1 parfait) Contains Milk, Soy. May contain Gluten. | 450.51 | 7.82 | 87.27 | 4.78 | 56.05 | 10.14 |
| Strawberry Fields Yogurt Parfait - NWR2640 (1 parfait) C | 492.04 | 7.91 | 99.37 | 4.51 | 68.90 | 10.48 |

| GRAINS: | Calories (Kcal) | Total Fat (g) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Protein (g) |
|---|------------------------|----------------------|-----------------|------------------------|-------------------------|--------------------|
| Garlic Knot Breadstick - SR1255 (1 roll.) Contains Gluten, Soy, Wheat. May contain Egg, Milk. | 110.63 | 4.05 | 15.02 | 2.17 | 2.03 | 3.23 |
| Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Wheat. May contain Soy. | 70.00 | 0.50 | 12.00 | 1.00 | 1.00 | 3.00 |
| Bread Roll - NWR1032 (2 roll.) Contains Gluten, Wheat. May contain Soy. | 140.00 | 1.00 | 24.00 | 2.00 | 2.00 | 6.00 |
| Steamed Rice - SR2109 (1/2 c.) | 137.87 | 0.81 | 30.01 | 1.62 | 0.00 | 3.24 |
| CONDIMENTS: | Calories (Kcal) | Total Fat (g) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Protein (g) |
| Ketchup - SR2542 (1 packet) | 10.00 | 0.00 | 3.00 | 0.00 | 2.00 | 0.00 |
| Mayonnaise - SR2543 (1 packet) Contains Egg. | 60.00 | 6.00 | 1.00 | 0.00 | 1.00 | 0.00 |
| Yellow Mustard PC - SR2517 (1 packet) | 4.58 | 0.00 | 0.92 | 0.00 | 0.00 | 0.00 |
| Creamy Caesar Dressing - SR2446 (2 tbsp.) Contains Egg, Milk. May contain Soy. | 110.00 | 12.00 | 1.00 | 0.00 | 0.00 | 1.00 |
| Ranch Dressing - SR2540 (1 packet) Contains Egg, Milk. | 50.00 | 5.00 | 1.00 | 0.00 | 1.00 | 0.00 |
| Thick & Chunky Salsa - SR2187 (2 tbsp.) | 5.00 | 0.00 | 1.50 | 0.50 | 1.00 | 0.00 |