

LWSD Elementary B & L		Jul-22		2022		
Menu Item Nutrients	Calories (Kcal)	Total Fat (g)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
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	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 ex 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
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
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
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
Spaghetti Sauce - SR2220 (1/2 c.)	64.72	0.49	13.34	2.74	7.84	2.08

BREAKFAST	Calories (Kcal)	Total Fat (g)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Apple Cinnamon Muffin - SR1165 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	180.00	6.00	31.00	2.00	16.00	3.00
Bagel & Cream Cheese - NWR1120 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	214.54	4.55	36.71	4.05	4.10	7.57
Biscuit with Grape Jelly - NWR3135 (1 ea.) Contains Gluten, Milk, Wheat.	235.00	8.00	37.00	1.00	11.00	5.00
Blueberry Bagel w/ Cream Cheese Burry - NWR1198 (1 ea.) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg, Soy.	204.54	4.55	34.71	3.05	7.10	6.57
Blueberry Fruit & Yogurt Parfait - NWR3779 (1 parfait) Contains Milk, Soy. May contain Gluten.	408.98	7.74	75.17	5.04	43.20	9.81
Blueberry Bash Mini Waffles - SR2443 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.05	5.11	32.83	1.82	10.64	3.15
Blueberry Muffin - SR1454 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	190.00	6.00	30.00	2.00	16.00	3.00
Blueberry Pancake Bites - SR1190 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	210.00	6.00	35.00	4.00	11.00	4.00
Breakfast on a Stick - SR2494 (1 stick.) Contains Egg, Gluten, Soy, Wheat.	200.00	10.00	17.00	3.00	4.00	7.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Wheat. May contain Soy.	158.04	3.28	29.56	2.88	9.00	2.56
Sausage Breakfast Patty - SR1157 (2 patty)	120.00	9.00	0.00	0.00	0.00	12.00
Egg & Cheese Breakfast Sandwich - NWR4239 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Soy.	230.00	11.50	22.00	2.00	1.00	10.50
French Toast Sticks - SR1910 (4 stick.) Contains Gluten, Soy, Wheat.	257.36	9.90	37.61	2.97	8.91	5.94
Fruity Cheerios Cereal Bar - SR1181 (1 Bar) Contains Gluten, Soy, Wheat.	150.00	3.50	29.00	3.00	9.00	3.00
Ham & Cheese English Muffin - NWR1363 (1 sandwich) Contains Gluten, Milk, Wheat. May contain Soy.	179.13	6.56	22.51	2.00	2.01	10.03
Honey Graham Crackers - SR2366 (1 pkg.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg, Milk.	90.00	2.50	17.00	1.00	4.00	2.00
Mini Cinnis - SR1595 (1 pkg.) Contains Gluten, Milk, Wheat.	240.00	8.00	40.00	3.00	14.00	4.00
Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	200.00	5.00	35.00	4.00	10.00	4.00
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	270.00	8.00	44.00	5.00	19.00	5.00
Pancakes Buttermilk - SR2010 (2 pancake) Contains Egg, Gluten, Milk, Soy, Wheat.	160.00	2.00	30.67	4.00	5.33	4.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	26.00	0.00	14.50	0.00
Sausage Breakfast Pizza - SR1167 (1 slice) Contains Gluten, Milk, Soy, Wheat.	210.03	7.00	27.00	3.00	5.00	9.00
Sausage Breakfast Sandwich - SR1189 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg, Soy.	229.11	8.70	24.71	2.00	1.36	12.78
Strawberry Yogurt - NWR1048 (1 ea.) Contains Milk.	70.00	0.00	14.00	0.00	10.00	4.00
String Cheese - SR1146 (1 stick.) Contains Milk.	80.00	6.00	0.00	0.00	0.00	7.00
Ultimate Breakfast Round, Oatmeal Chocolate Chip, BULK - SR3020 (1 round) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Peanuts, Tree nuts.	250.00	7.00	42.00	6.00	16.00	5.00

LUNCH	Calories (Kcal)	Total Fat (g)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
American Sandwich - NWR4036 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	279.41	9.06	32.01	2.00	3.51	22.09
Baked Penne Pasta - SR3141 (1 c.) Contains Gluten, Milk, Wheat.	451.68	16.70	57.10	3.80	9.57(M)	20.82
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
Bean and Cheese Burrito - SR3376 (1 burrito) Contains Gluten, Milk, Soy, Wheat.	291.11	8.29	40.95	7.96	1.33	15.60
Beef Cheeseburger - NWR4233 (1 burger) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	343.00	14.00	27.00	2.00	3.00	20.50
Beef Hamburger - NWR4231 (1 burger) Contains Gluten, Wheat. May contain Soy.	293.00	9.50	27.00	2.00	3.00	18.00
Breakfast for Lunch: Pancakes and Sausage - SR2957 (1 plate)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Pancakes Buttermilk - SR2010 (2 pancake) Contains Egg, Gluten, Milk, Soy, Wheat.	160.00	2.00	30.67	4.00	5.33	4.00
Sausage Breakfast Patty - SR1157 (2 patty)	120.00	9.00	0.00	0.00	0.00	12.00
Cheese Quesadilla - NWR3780 (1 each quesadilla) Contains Gluten, Milk, Wheat.	330.00	16.00	26.00	2.00	2.00	18.00
Chicken & Waffles - NWR3126 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	330.00	17.00	29.50	3.50	2.00	16.00
Chicken Alfredo Pasta - NWR3075 (1 portion) Contains Gluten, Milk, Wheat.	419.69	12.77	58.11	2.45	5.46	20.56
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Soy, Wheat. May contain Soy.	390.00	15.50	42.00	5.00	4.00	21.00
Chicken Nachos - NWR2702 (1 portion) Contains Milk.	457.25	25.01	37.00	2.00	2.00	20.04
Corn Dog - SR1023 (1 corn dog) Contains Egg, Gluten, Soy, Wheat.	240.00	8.00	30.00	5.00	5.00	9.00
Crispy Chicken Nuggets - SR1367 (5 nugget) Contains Gluten, Soy, Wheat.	239.93	14.00	16.00	3.00	1.00	14.00
Crispy Chicken Wrap - NWR3904 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	399.08	20.00	37.24	4.66	4.52	17.05
Fish & Chips - Alaskan Pollack NWR2448 (4-sticks) & Crinkle Cut Fries SR2496 (1/2 cup). Contains Fish, Wheat, Gluten	310.75	14.00	36.55	1.12	0.00	13.20
Fish Sticks - Alaskan Pollack NWR2448 (4-sticks) Contains Fish, Wheat, Gluten	210.00	10.00	22.00	1.10	0.00	13.20
Fruit & Yo To Go Box - NWR3790 (1 Box) Contains Gluten, Milk, Soy, Wheat. May contain Gluten.	460.70	15.14	68.40	4.63	35.03	13.81
Glazed Chicken Drumstick - SR2447 (1 piece)	248.99	15.56	3.11	0.00	0.00	24.90
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	362.50	20.23	32.02	2.00	4.03	18.13
Ham and Cheese Sandwich - NWR1203 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	336.25	14.86	31.01	2.00	3.01	23.56
Hot Dog - NWR1054 (1 serving) Contains Gluten, Wheat. May contain Soy.	271.50	10.61	27.01	2.00	2.00	15.10
Italian Sub Sandwich - NWR1041 (1 sandwich) Contains Gluten, Milk, Wheat. May contain Soy.	344.25	13.48	26.51	2.00	2.51	28.63
Just Peachy Parfait - NWR3516 (1 parfait) Contains Milk, Soy. May contain Gluten.	428.68	7.74	80.09	3.07	51.07	9.81
Macaroni & Cheese - NWR3806 (1 c.) Contains Gluten, Milk, Wheat.	497.17	21.86	54.90	2.40	4.76	23.90

Marinara Meatball Sub - NWR3911 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	383.40	14.15	40.81	4.64	8.14	22.97
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	28.02	2.00	5.00	19.01
Orange Chicken Rice Bowl - NWR2333 (1 serving) Contains Gluten, Soy, Wheat.	434.46	14.81	60.47	4.67	14.05	17.39
Pizza Buffalo Chicken - NWR1596 (1 slice) Contains Gluten, Milk, Soy, Wheat.	354.76	14.54	36.22	3.54	5.72	18.3
Pizza Cheese - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.56	16.34	34.91	3.20	6.11	18.24
Pizza Hawaiiin - NWR1594 (1 slice) Contains Gluten, Milk, Soy, Wheat.	340.01	13.72	36.38	3.32	7.15	16.65
Pizza Pepperoni - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	381.36	17.8	34.91	3.21	6.11	18.97
Pizza Sausage - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	439.15	22.61	35.98	3.55	6.44	21.47
Pizza Supreme - NWR1595 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.4	15.86	36.12	3.38	3.41	18.71
Popcorn Chicken Bowl - NWR4198 (1 portion) Contains Gluten, Milk, Soy, Wheat.	441.46	18.52	49.97	5.66	6.74	19.09
Pretzel and Cheese Sauce - NWR1699 (1 portion) Contains Gluten, Milk, Wheat.	386.15	20.28	34.40	3.00	3.20	20.38
Soft Chicken Taco - NWR2639 (1 taco) Contains Gluten, Milk, Wheat.	285.00	13.83	26.00	2.00	2.00	15.33
Southwest Soft Taco - NWR4071 (1 taco) Contains Gluten, Milk, Soy, Wheat.	318.95	14.56	29.04	2.00	5.02	19.59
Southwest Taco Nachos - NWR4027 (1 portion) Contains Milk, Soy.	442.82	26.06	34.73	2.83	3.85	21.88
Spaghetti & Meatsauce - NWR3020 (3/4 c.) Contains Gluten, Soy, Wheat.	351.39	11.54	47.39	3.95	5.23	16.25
Spaghetti Noodles - SR2107 (3/4 c.) Contains Gluten, Wheat.	197.72	2.51	38.66	1.84	1.84	6.44
Spaghetti Forward Sauce - SR2478 (2/3 c.)	204.96	5.13	30.61	7.42	8.01	9.84
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	660.00	36.06	70.00	6.16	32.00	22.08
Sweet & Sour Chicken - SR2521 (5 nugget) Contains Gluten, Soy, Wheat.	347.15	16.17	36.48	3.46	16.16	16.17
Teriyaki Chicken Rice Bowl - NWR4230 (1 portion) Contains Gluten, Soy, Wheat.	537.26	15.23	83.03	5.49	20.23	20.00
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	11.38	0.12	2.45	0.81	1.65	0.60
Turkey & Cheese Sandwich - NWR4038 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	306.81	12.13	32.02	2.00	3.01	22.18
Turkey Gravy - NWR2419 (3/8 c.) Contains Milk.	130.09	3.63	6.04	0.00	1.69	16.35
Veggie Burger - NWR1631 (1 burger) Contains Gluten, Soy, Wheat. May contain Soy.	302.25	8.61	38.18	5.04	7.06	17.15
GRAINS	Calories (Kcal)	Total Fat (g)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Wheat. May contain Soy.	140.00	1.00	24.00	2.00	2.00	6.00
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Wheat. May contain Soy.	70.00	0.50	12.00	1.00	1.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg, Milk.	90.00	2.50	17.00	1.00	4.00	2.00
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