



2 Day Hot Breakfast K-12
Breakfast

Open Kitchens

Mon	Tue	Wed	Thu	Fri
8/29/2022	8/30/2022	8/31/2022	9/1/2022	9/2/2022
			Main Entree Biscuits, Turkey Sausage w Gravy Fruit Raisins Fresh Banana Milk 1% Milk Skim Milk	Main Entree String Cheese Fruit Fresh Pear Applesauce Grain Whole Grain Apple Cinnamon Bread Milk 1% Milk Skim Milk
9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
No School	Main Entree Turkey Sausage Patty Fruit Craisins Peach, Fresh Grain WG French Toast Sticks Milk Milk, 1% Skim Milk FF Chocolate Milk	Fruit Fresh Red Apple Fresh Blueberries Grain Honey Bunches Vanilla Cereal Milk Milk, 1% Skim Milk Chocolate Milk	Fruit Raisins Fresh Plum Grain Whole Grain Pancakes Milk Milk, 1% Skim Milk FF Chocolate Milk	Main Entree Sunflower Seeds Fruit Fresh Pear Applesauce Cup Grain Whole Grain Blueberry Bread Milk Milk, 1% FF Chocolate Milk Skim Milk



Mon	Tue	Wed	Thu	Fri
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
Fruit Orange	Fruit Craisins Fresh Plum	Main Entree String Cheese	Main Entree Breakfast Burrito	Main Entree Sunflower Seeds
Fruit Juice Apple Juice	Grain Bagel, IW	Fruit Fresh Red Apple Fresh Blueberries	Fruit Raisins Fresh Banana	Fruit Fresh Pear Applesauce Cup
Grain Honey Bunches Vanilla Cereal	Milk Milk, 1% FF Chocolate Milk Skim Milk	Grain Honey Scooters Cereal	Milk Milk, 1% FF Chocolate Milk Skim Milk	Grain Bread, Apple Cinnamon
Milk Milk, 1% FF Chocolate Milk Skim Milk	Condiments Cream Cheese	Milk Milk, 1% FF Chocolate Milk Skim Milk		Milk Milk, 1% Skim Milk FF Chocolate Milk
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
Fruit Orange	Fruit Craisins Nectarine,	Fruit Fresh Pear Fresh Blueberries	Main Entree Yogurt Cup	Main Entree String Cheese
Fruit Juice Apple Juice	Grain Whole Grain Banana Muffin	Grain Whole Grain Pancakes	Fruit Fresh Banana Strawberries, Frozen	Fruit Fresh Red Apple Fresh Blueberries
Grain Rice Krispies, Cereal	Milk Milk, 1% FF Chocolate Milk Skim Milk	Milk Milk, 1% FF Chocolate Milk Skim Milk	Grain Cinnamon Granola	Grain Honey Scooters Cereal
Milk Milk, 1% Skim Milk FF Chocolate Milk			Milk Milk, 1% FF Chocolate Milk Skim Milk	Milk Milk, 1% FF Chocolate Milk Skim Milk
9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
Fruit Orange	Main Entree Snackin Waffle Sunflower Seeds	Main Entree EGG, HARD BOILED	Fruit Raisins Fresh Banana	Main Entree String Cheese
Fruit Juice Apple Juice	Fruit Craisins, Original Nectarine,	Fruit Apple Sauce Cup Fresh Blueberries	Grain Whole Grain Blueberry Muffin	Fruit Fresh Pear Applesauce Cup
Grain Bagel, IW	Milk Milk, 1% FF Chocolate Milk Skim Milk	Grain Rice Krispies	Milk Milk, 1% FF Chocolate Milk Skim Milk	Grain Whole Grain Apple Cinnamon Bread
Milk Milk, 1% FF Chocolate Milk Skim Milk		Milk Milk, 1% FF Chocolate Milk Skim Milk		Milk Milk, 1% FF Chocolate Milk Skim Milk
Condiments Cream Cheese				



AUGUST HOT LUNCH W/ MILK 2022-2023
Lunch

Open Kitchens

Mon	Tue	Wed	Thu	Fri
8/29/2022	8/30/2022	8/31/2022	9/1/2022	9/2/2022
			Main Entree BBQ Chicken Sandwich Vegetable Grape Tomatoes Salad, Garden 90/10 Fruit Fresh Banana Milk Chocolate Milk 1% Milk	Main Entree Breakfast for Lunch French Toast and Turkey Sausage Vegetable Cucumber Slices, 1/2 Cup Black Bean & Corn Salad Fruit Fresh Grapes Milk Chocolate Milk 1% Milk Condiments Syrup, PC,
9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
No School	Main Entree Walking Taco w/ Chips Vegetable Salsa Cup Black Beans Fruit Pineapple Tidbits Milk 1% Milk FF Chocolate Milk	Main Entree Sandwich, Turkey Ham & White American Vegetable Broccoli, Cooked Fruit Diced Peach Cup Milk FF Chocolate Milk 1% Milk	Main Entree Hamburger w/Bun Vegetable Green Beans Fruit Honey Dew Melon Milk FF Chocolate Milk 1% Milk	Main Entree Turkey Hot Dog & Bun Vegetable Crinkle Cut Fries Fruit Fresh Plum Milk 1% Milk FF Chocolate Milk



Mon	Tue	Wed	Thu	Fri
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
Main Entree Cheese Tortellini	Main Entree Teriyaki Chicken Breast w/ Rice	Main Entree Cheese Pizza	Main Entree Bean and Cheese Tamale	Main Entree Chicken and Waffle
Vegetable Baby Carrots	Vegetable Green Beans	Vegetable Turkey Sausage Pizza, Tony's	Vegetable Corn	Vegetable Broccoli, Cooked
Fruit Raisins	Fruit Fresh Plum	Vegetable Lemon Chickpea Salad	Fruit Honey Dew Melon	Fruit Fresh Orange
Grain Breadstick	Milk FF Chocolate Milk	Fruit Nectarine,	Milk FF Chocolate Milk	Milk FF Chocolate Milk
Milk FF Chocolate Milk 1% Milk	Milk Milk, 1%	Milk 1% Milk FF Chocolate Milk	Milk 1% Milk	Milk 1% Milk
				Condiments Syrup, PC,
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
Main Entree Chicken Drum w/ Veggie Pasta Salad	Main Entree Chicken Fajitas	Main Entree Swedish Meatballs	Main Entree All American Grilled Cheese, COMPONENT	Main Entree Sloppy Joe on Bun
Vegetable Grape Tomatoes	Vegetable Peppers & Onions	Vegetable Mashed Potatoes	Vegetable Lemon Chickpea Salad	Vegetable Salad, Garden 90/10
Fruit Applesauce	Fruit PINEAPPLE FRUIT CUP	Fruit Cantaloupe	Fruit Fresh Pear	Fruit Orange
Milk 1% Milk Chocolate Milk	Milk Chocolate Milk 1% Milk	Milk Chocolate Milk 1% Milk	Milk Chocolate Milk 1% Milk	Milk Chocolate Milk 1% Milk
9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
Main Entree Breakfast for Lunch French Toast and Turkey Sausage	Main Entree Totchos	Main Entree WG Popcorn Chicken	Main Entree Cheese Pizza	Main Entree WG Chicken Nuggets
Vegetable Fresh Broccoli	Vegetable Salsa Cup	Vegetable Green Beans	Vegetable Turkey Sausage Pizza, Tony's	Vegetable BBQ Black Bean Salad
Fruit Applesauce	Fruit PINEAPPLE FRUIT CUP	Fruit Nectarine,	Vegetable Salad, Garden 90/10	Fruit Fresh Grapes
Milk FF Chocolate Milk 1% Milk	Grain Tortilla Chips	Grain Brown Rice	Fruit Fresh Banana	Milk 1% Milk
	Milk 1% Milk FF Chocolate Milk	Milk FF Chocolate Milk 1% Milk	Milk 1% Milk FF Chocolate Milk	Milk FF Chocolate Milk



Middle 2 Entree Hot Menu
Lunch

Open Kitchens

Mon	Tue	Wed	Thu	Fri
8/29/2022	8/30/2022	8/31/2022	9/1/2022	9/2/2022
Main Entree Alfredo Pasta Protein Kit Vegetable Peas Fresh Broccoli Fruit Fresh Green Apple Milk Chocolate Milk 1% Milk Condiments Ranch Dressing	Main Entree Sandwich, Turkey Ham & White American Beef & Cheese Nachos Vegetable Fresh Jicama Red Pepper Strips Cup, Salsa 1/2 Cup APRIL Fruit PINEAPPLE FRUIT CUP Milk Chocolate Milk 1% Milk Condiments Mayonnaise Mustard Ranch Dressing	Main Entree Cheese Pizza Turkey Sausage Pizza, Tony's Vegetable Baby Carrots Green Beans Fruit Nectarine, Milk Chocolate Milk 1% Milk Condiments Ranch Dressing	Main Entree BBQ Chicken Sandwich All American Grilled Cheese, COMPONENT Vegetable Grape Tomatoes Salad, Garden 90/10 Fruit Fresh Banana Milk Chocolate Milk 1% Milk Skim Milk Condiments Ranch Dressing	Main Entree Breakfast for Lunch French Toast and Turkey Sausage Chicken Chef Salad Vegetable Cucumber Slices, 1/2 Cup Black Bean & Corn Salad Fruit Fresh Grapes Grain Crackers, Veggie, WG Milk Chocolate Milk 1% Milk Condiments Syrup, PC, Ranch Dressing
9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
NO School	Main Entree Walking Taco w/ Chips Chicken Salad Vegetable Salsa Cup Black Beans Fruit Pineapple Tidbits Grain Crackers, Veggie, WG Milk 1% Milk FF Chocolate Milk	Main Entree Sandwich, Turkey Ham & White American Chicken, Drumstick, Buffalo Vegetable Broccoli, Cooked Fruit Diced Peach Cup Grain Roll, Dinner, Frozen, APRIL Milk FF Chocolate Milk 1% Milk	Main Entree Hamburger w/Bun Sandwich, Turkey & White American Vegetable Green Beans Fruit Honey Dew Melon Milk FF Chocolate Milk 1% Milk	Main Entree Turkey Hot Dog & Bun Chef Salad Vegetable Crinkle Cut Fries Fruit Fresh Plum Grain Crackers, Veggie, WG Milk 1% Milk FF Chocolate Milk



Mon	Tue	Wed	Thu	Fri
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
Main Entree Cheese Tortellini	Main Entree Teriyaki Chicken Breast w/ Rice	Main Entree Cheese Pizza	Main Entree Bean and Cheese Tamale	Main Entree Chicken and Waffle
Vegetable Baby Carrots	Vegetable Green Beans	Vegetable Turkey Sausage Pizza, Tony's	Vegetable Corn	Vegetable Broccoli, Cooked
Fruit Raisins	Fruit Fresh Plum	Vegetable Lemon Chickpea Salad	Fruit Honey Dew Melon	Fruit Fresh Orange
Grain Breadstick	Milk FF Chocolate Milk	Fruit Nectarine,	Milk FF Chocolate Milk	Milk FF Chocolate Milk
Milk 1% Milk FF Chocolate Milk	Milk 1% Milk	Milk 1% Milk FF Chocolate Milk	Milk 1% Milk	Milk 1% Milk
				Condiments Syrup, PC,
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
Main Entree Chicken Drum w/ Veggie Pasta Salad	Main Entree Chicken Fajitas	Main Entree Swedish Meatballs	Main Entree All American Grilled Cheese, COMPONENT	Main Entree Sloppy Joe on Bun
Vegetable Grape Tomatoes	Vegetable Peppers & Onions	Vegetable Mashed Potatoes	Vegetable Lemon Chickpea Salad	Vegetable Salad, Garden 90/10
Fruit Applesauce	Fruit PINEAPPLE FRUIT CUP	Fruit Cantaloupe	Fruit Fresh Pear	Fruit Orange
Milk 1% Milk Chocolate Milk	Milk Chocolate Milk 1% Milk	Milk Chocolate Milk 1% Milk	Milk Chocolate Milk 1% Milk	Milk Chocolate Milk 1% Milk
9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
Main Entree Breakfast for Lunch French Toast and Turkey Sausage	Main Entree Totchos	Main Entree WG Popcorn Chicken	Main Entree Cheese Pizza	Main Entree WG Chicken Nuggets
Vegetable Fresh Broccoli	Vegetable Salsa Cup	Vegetable Green Beans	Vegetable Turkey Sausage Pizza, Tony's	Vegetable BBQ Black Bean Salad
Fruit Applesauce	Fruit PINEAPPLE FRUIT CUP	Fruit Nectarine,	Vegetable Salad, Garden 90/10	Fruit Fresh Grapes
Milk FF Chocolate Milk 1% Milk	Grain Tortilla Chips	Grain Brown Rice	Fruit Fresh Banana	Milk 1% Milk
	Milk 1% Milk FF Chocolate Milk	Milk FF Chocolate Milk 1% Milk	Milk 1% Milk FF Chocolate Milk	Milk FF Chocolate Milk

Open Kitchens

(D-2027) 1% Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, Half Pint, 1% APRIL	100	100	2.5	2.5	119.9998	119.9998	11.0001	11.0001	8	8
	100	100	2.5	2.5	119.9998	119.9998	11.0001	11.0001	8	8

* Total includes one or more missing nutrient data.

(G-3524) Apple Juice	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Juice, Apple , APRIL	59.9999	59.7133	0	0	14.9999	14.9283	13.9999	13.9331	0 *	0 *
	59.9999	59.7133	0	0	14.9999	14.9283	13.9999	13.9331	0 *	0 *

* Total includes one or more missing nutrient data.

(G-3369) Apple Sauce Cup	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 cup serving	Recipe	1 cup serving	Recipe	1 cup serving	Recipe	1 cup serving	Recipe	1 cup serving
Apple Sauce, Cup, TreeTop	59.9999	59.9999	0	0	0	0	14	14	0	0
	59.9999	59.9999	0	0	0	0	14	14	0	0

* Total includes one or more missing nutrient data.

(G-3426) Applesauce	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Applesauce, Cup APRIL	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3	0.5	0.5
	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3	0.5	0.5

* Total includes one or more missing nutrient data.

(G-3125) Applesauce Cup	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	4 OZ CUP	Recipe	4 OZ CUP	Recipe	4 OZ CUP	Recipe	4 OZ CUP	Recipe	4 OZ CUP
Applesauce Cup	35.0001	35.0001	0	0	5	5	10.3	10.3	0.5	0.5
	35.0001	35.0001	0	0	5	5	10.3	10.3	0.5	0.5

* Total includes one or more missing nutrient data.

(G-3349) Bagel, IW	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bagel, WW 2 oz	146.9999	146.9999	1	1	212.9998	212.9998	33	33	6	6
	146.9999	146.9999	1	1	212.9998	212.9998	33	33	6	6

* Total includes one or more missing nutrient data.

(FG-5491) Biscuits, Turkey Sausage w Gravy	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Turkey Gravy	149.9999	149.9999	5	5	199.9998	199.9998	0 *	0 *	0 *	0 *
Sausage Patty, Turkey, FC 1.3 OZ	57.5342	57.5342	3.8356	3.8356	86.3013	86.3013	0 *	0 *	5.7534 *	5.7534 *
WG Biscuit	80	80	3	3	135	135	13 *	13 *	2 *	2 *
	287.5341	287.5341	11.8356	11.8356	421.3012	421.3012	13 *	13 *	7.7534 *	7.7534 *

* Total includes one or more missing nutrient data.

(G-3360) Bread, Apple Cinnamon	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)	
	Recipe	1 EACH		Recipe	1 EACH		Recipe	1 EACH		Recipe	1 EACH		Recipe	1 EACH
Bread, Apple Cinnamon	160	160		5	5		100	100		27	27		3	3
	160	160		5	5		100	100		27	27		3	3

* Total includes one or more missing nutrient data.

(FG-5307) Breakfast Burrito	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)	
	Recipe	1 burrito		Recipe	1 burrito		Recipe	1 burrito		Recipe	1 burrito		Recipe	1 burrito
Breakfast Burrito	184.276	104.4826		7.118	4.0358		295.79	167.71		22.145	12.556		7.118	4.0358
	184.276	104.4826		7.118	4.0358		295.79	167.71		22.145	12.556		7.118	4.0358

* Total includes one or more missing nutrient data.

(D-2028) Chocolate Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, Half Pint, Chocolate APRIL	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8
	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8

* Total includes one or more missing nutrient data.

(G-3124) Cinnamon Granola	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 Pack	Recipe	1 Pack	Recipe	1 Pack	Recipe	1 Pack	Recipe	1 Pack
Granola, WG, Cinnamon IW	110	110	4	4	60	60	15	15	2	2
	110	110	4	4	60	60	15	15	2	2

* Total includes one or more missing nutrient data.

(G-3422) Craisins	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Craisins, Packaged APRIL	110	110	0 *	0 *	0 *	0 *	27	27	0 *	0 *
	110	110	0 *	0 *	0 *	0 *	27	27	0 *	0 *

* Total includes one or more missing nutrient data.

(sys-82) Craisins, Original	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	Pouch, Each		Recipe	Pouch, Each		Recipe	Pouch, Each		Recipe	Pouch, Each		Recipe	Pouch, Each	
Craisins, Original	110	110		0	0		0	0		27	27		0	0	
	110	110		0	0		0	0		27	27		0	0	

* Total includes one or more missing nutrient data.

(D-2009) Cream Cheese	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1 SERVING-Daycare	Each	Recipe	1 SERVING-Daycare	Each	Recipe	1 SERVING-Daycare	Each	Recipe	1 SERVING-Daycare	Each	Recipe	1 SERVING-Daycare	Each
ZZCream Cheese PC NEED NEW SET UP	101.2482	50.6241	101.2482	9.1124	4.5562	9.1124	101.2482	50.6241	101.2482	2.025	1.0125	2.025	2.025	1.0125	2.025
	101.2482	50.6241	101.2482	9.1124	4.5562	9.1124	101.2482	50.6241	101.2482	2.025	1.0125	2.025	2.025	1.0125	2.025

* Total includes one or more missing nutrient data.

(M-1044) EGG, HARD BOILED	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 egg	2 Each	EGG, EACH	Recipe	1/2 egg	2 Each	EGG, EACH	Recipe	1/2 egg	2 Each	EGG, EACH	Recipe	1/2 egg	2 Each	EGG, EACH	Recipe	1/2 egg	2 Each	EGG, EACH
ZZEgg, Hard Cooked, Peeled NEEDS NEW SET UP	77.5	38.75	155	77.5	5.305	2.6525	10.61	5.305	62	31	124	62	0.56	0.28	1.12	0.56	6.29	3.145	12.58	6.29
	77.5	38.75	155	77.5	5.305	2.6525	10.61	5.305	62	31	124	62	0.56	0.28	1.12	0.56	6.29	3.145	12.58	6.29

* Total includes one or more missing nutrient data.

(D-2007) FF Chocolate Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, FF Chocolate, Half Pint	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8
	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8

* Total includes one or more missing nutrient data.

(P-4104) Fresh Banana	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Banana, Fresh APRIL	110	130.9524	0 *	0 *	0 *	0 *	30	35.7142	1.0001	1.1906
	110	130.9524	0 *	0 *	0 *	0 *	30	35.7142	1.0001	1.1906

* Total includes one or more missing nutrient data.

(P-4086) Fresh Blueberries	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup
Fresh Blueberries	80.0001	57.1429	0	0	0	0	20	14.2857	1	0.7143
	80.0001	57.1429	0	0	0	0	20	14.2857	1	0.7143

* Total includes one or more missing nutrient data.

(P-4101) Fresh Pear	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Pear, Fresh Whole APRIL	57	77.5642	0.14	0.1905	1	1.3608	15.23	20.7246	0.36	0.4899
	57	77.5642	0.14	0.1905	1	1.3608	15.23	20.7246	0.36	0.4899

* Total includes one or more missing nutrient data.

(P-4045) Fresh Plum	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each
Plum, Fresh	75.9	75.9	37.95	75.9	0.462	0.462	0.231	0.462	0	0	0	0	18.843	18.843	9.4215	18.843	1.155	1.155	0.5775	1.155
	75.9	75.9	37.95	75.9	0.462	0.462	0.231	0.462	0	0	0	0	18.843	18.843	9.4215	18.843	1.155	1.155	0.5775	1.155

* Total includes one or more missing nutrient data.

(P-4108) Fresh Red Apple	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Apple, Fresh Red APRIL	72	72.4761	0.23	0.2316	0.9999	1.0066	19.06	19.186	0.36	0.3624
	72	72.4761	0.23	0.2316	0.9999	1.0066	19.06	19.186	0.36	0.3624

* Total includes one or more missing nutrient data.

(G-3166) Honey Bunches Vanilla Cereal	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK
Honey Bunches Of Vanilla NEEDS NEW SET UP	220	220	3	3	150	150	47	47	4	4
	220	220	3	3	150	150	47	47	4	4

* Total includes one or more missing nutrient data.

(G-3437) Honey Scooters Cereal	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cereal, Honey Scooters APRIL	110	110	1.5	1.5	170	170	22	22	3	3
	110	110	1.5	1.5	170	170	22	22	3	3

* Total includes one or more missing nutrient data.



(D-2026) Milk, 1%	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup
Milk, 1%	110.0001	110.0001	55	82.6123	2.5	2.5	1.25	1.8775	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632	8	8	4	6.0082
	110.0001	110.0001	55	82.6123	2.5	2.5	1.25	1.8775	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632	8	8	4	6.0082

* Total includes one or more missing nutrient data.

(P-4135) Nectarine,	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Nectarine, APRIL	44	45.2798	0.32	0.3293	0	0	10.55	10.8569	1.06	1.0908
	44	45.2798	0.32	0.3293	0	0	10.55	10.8569	1.06	1.0908

* Total includes one or more missing nutrient data.

(P-4052) Orange	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each
Orange, Fresh	47	42.3	42.3	0.12	0.108	0.108	0	0	0	11.75	10.575	10.575	0.94	0.846	0.846
	47	42.3	42.3	0.12	0.108	0.108	0	0	0	11.75	10.575	10.575	0.94	0.846	0.846

* Total includes one or more missing nutrient data.

(P-4140) Peach, Fresh	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH 1/2 Cup	Recipe	EACH 1/2 Cup	Recipe	EACH 1/2 Cup	Recipe	EACH 1/2 Cup	Recipe	EACH 1/2 Cup
Peach, Fresh	39	44.2252	0.25	0.2835	0	0	9.54	10.8182	0.91	1.0319
	39	44.2252	0.25	0.2835	0	0	9.54	10.8182	0.91	1.0319

* Total includes one or more missing nutrient data.

(G-3431) Raisins	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Raisins, Boxed APRIL	120	120	0 *	0 *	5	5	29	29	1	1
	120	120	0 *	0 *	5	5	29	29	1	1

* Total includes one or more missing nutrient data.

(G-3226) Rice Krispies	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1 1/4 cup	3/4 C	Recipe	1 1/4 cup	3/4 C	Recipe	1 1/4 cup	3/4 C	Recipe	1 1/4 cup	3/4 C	Recipe	1 1/4 cup	3/4 C
Cereal, Rice Krispies Bulk WG - Daycare	381	106.68	53.34	0.6	0.168	0.084	562	157.36	78.68	88.3	24.724	12.362	6.5	1.82	0.91
	381	106.68	53.34	0.6	0.168	0.084	562	157.36	78.68	88.3	24.724	12.362	6.5	1.82	0.91

* Total includes one or more missing nutrient data.

(G-3535) Rice Krispies, Cereal	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK
Rice Krispies, Cereal	69.9999	69.9999	0	0	89.9999	89.9999	16	16	1	1
	69.9999	69.9999	0	0	89.9999	89.9999	16	16	1	1

* Total includes one or more missing nutrient data.

(sys-6) Skim Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, White, Skim Half Pint	77.1106	77.1106	0.1814	0.1814	95.2543	95.2543	11.2491	11.2491	7.643	7.643
	77.1106	77.1106	0.1814	0.1814	95.2543	95.2543	11.2491	11.2491	7.643	7.643

* Total includes one or more missing nutrient data.

(G-3153) Snackin Waffle	Calories (kcal)					Total Fat (g)					Sodium (mg)					Total Carbohydrate (g)					Protein (g)				
	Recipe		1 WAFFLE			Recipe		1 WAFFLE			Recipe		1 WAFFLE			Recipe		1 WAFFLE			Recipe		1 WAFFLE		
Waffles, Snackin Buttery Maple IW	250		250			9		9			290		290			37		37			6		6		
	250		250			9		9			290		290			37		37			6		6		

* Total includes one or more missing nutrient data.

(G-3534) Strawberries, Frozen	Calories (kcal)					Total Fat (g)					Sodium (mg)					Total Carbohydrate (g)					Protein (g)				
	Recipe		1/2 cup			Recipe		1/2 cup			Recipe		1/2 cup			Recipe		1/2 cup			Recipe		1/2 cup		
Strawberries, Frozen	35		39.6893			0.11		0.1247			2		2.268			9.13		10.3532			0.43		0.4876		
	35		39.6893			0.11		0.1247			2		2.268			9.13		10.3532			0.43		0.4876		

* Total includes one or more missing nutrient data.

(D-2031) String Cheese	Calories (kcal)					Total Fat (g)					Sodium (mg)					Total Carbohydrate (g)					Protein (g)				
	Recipe		each			Recipe		each			Recipe		each			Recipe		each			Recipe		each		
Cheese, String APRIL	80		80.9986			6		6.0749			200		202.4964			2		2.025			6		6.0749		
	80		80.9986			6		6.0749			200		202.4964			2		2.025			6		6.0749		

* Total includes one or more missing nutrient data.

(G-3432) Sunflower Seeds	Calories (kcal)					Total Fat (g)					Sodium (mg)					Total Carbohydrate (g)					Protein (g)				
	Recipe		Each			Recipe		Each			Recipe		Each			Recipe		Each			Recipe		Each		
Seeds, Sunflower Roasted APRIL	170		170			14		14			110		110			6		6			6		6		
	170		170			14		14			110		110			6		6			6		6		

* Total includes one or more missing nutrient data.

(FG-26) Turkey Sausage Patty	Calories (kcal)					Total Fat (g)					Sodium (mg)					Total Carbohydrate (g)					Protein (g)				
	Recipe		Each			Recipe		Each			Recipe		Each			Recipe		Each			Recipe		Each		
Sausage Patty, Turkey, FC 1.3 OZ	115.0685		115.0685			7.6712		7.6712			172.6027		172.6027			0		0			11.5068		11.5068		
	115.0685		115.0685			7.6712		7.6712			172.6027		172.6027			0		0			11.5068		11.5068		

* Total includes one or more missing nutrient data.

(G-3487) WG French Toast Sticks	Calories (kcal)										Total Fat (g)					Sodium (mg)					Total Carbohydrate (g)					Protein (g)				
	Recipe	2 Each	3 Each	4 each	each	Recipe	2 Each	3 Each	4 each	each	Recipe	2 Each	3 Each	4 each	each	Recipe	2 Each	3 Each	4 each	each	Recipe	2 Each	3 Each	4 each	each					
French Toast, WG, Sticks, APRIL	260	172.5097	258.7645	345.0194	86.2548	8	5.308	7.962	10.6159	2.654	290	192.4147	288.622	384.8293	96.2073	42	27.867	41.8005	55.734	13.9335	6	3.981	5.9715	7.962	1.9905					
	260	172.5097	258.7645	345.0194	86.2548	8	5.308	7.962	10.6159	2.654	290	192.4147	288.622	384.8293	96.2073	42	27.867	41.8005	55.734	13.9335	6	3.981	5.9715	7.962	1.9905					

* Total includes one or more missing nutrient data.

(G-3434) Whole Grain Apple Cinnamon Bread	Calories (kcal)					Total Fat (g)					Sodium (mg)					Total Carbohydrate (g)					Protein (g)				
	Recipe		each			Recipe		each			Recipe		each			Recipe		each			Recipe		each		
Bread, Apple Cinnamon APRIL	160		160			5		5			100		100			27		27			3		3		
	160		160			5		5			100		100			27		27			3		3		

* Total includes one or more missing nutrient data.



(G-3416) Whole Grain Banana Muffin	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1 EACH	2 Each	Recipe	1 EACH	2 Each	Recipe	1 EACH	2 Each	Recipe	1 EACH	2 Each	Recipe	1 EACH	2 Each
Muffin, Banana, WG 2OZ APRIL	160	159.1551	318.3102	4	3.9789	7.9577	100	99.4719	198.9439	28	27.8521	55.7043	3	2.9842	5.9684
	160	159.1551	318.3102	4	3.9789	7.9577	100	99.4719	198.9439	28	27.8521	55.7043	3	2.9842	5.9684

* Total includes one or more missing nutrient data.

(G-3448) Whole Grain Blueberry Bread	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Bread, Blueberry APRIL	170	170	7	7	150	150	27	27	2	2
	170	170	7	7	150	150	27	27	2	2

* Total includes one or more missing nutrient data.

(G-3169) Whole Grain Blueberry Muffin	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
Muffin, Blueberry, WG 2OZ	159.9999	159.9999	5	5	94.9999	94.9999	26	26	3	3
	159.9999	159.9999	5	5	94.9999	94.9999	26	26	3	3

* Total includes one or more missing nutrient data.

(G-3453) Whole Grain Pancakes	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1 EACH	2 Each	Recipe	1 EACH	2 Each	Recipe	1 EACH	2 Each	Recipe	1 EACH	2 Each	Recipe	1 EACH	2 Each
Pancakes, WG, Bulk, APRIL	90	90	180	2	2	4	110	110	220	15	15	30	2	2	4
	90	90	180	2	2	4	110	110	220	15	15	30	2	2	4

* Total includes one or more missing nutrient data.

(D-2012) Yogurt Cup	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	2 Each	Each	Recipe	2 Each	Each	Recipe	2 Each	Each	Recipe	2 Each	Each	Recipe	2 Each	Each
Yogurt, Strawberry Non-Fat 4 oz	100	200	100	0	0	0	35.0001	70.0002	35.0001	14	28	14	10	20	10
	100	200	100	0	0	0	35.0001	70.0002	35.0001	14	28	14	10	20	10

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 9/1/2022, End = 9/30/2022)
Menu Plans	(2 Day Hot Breakfast K-12)
Nutrients	(Calories, Total Carbohydrate, Total Fat, Protein, Sodium)

Open Kitchens

(D-2027) 1% Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, Half Pint, 1% APRIL	100	100	2.5	2.5	119.9998	119.9998	11.0001	11.0001	8	8
	100	100	2.5	2.5	119.9998	119.9998	11.0001	11.0001	8	8

* Total includes one or more missing nutrient data.

(FG-5094) All American Grilled Cheese, COMPONENT	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
ZZCheese, Yellow American, Sliced, LOL	219.996	219.996	17.9984	17.9984	539.9968	539.9968	3.9984	3.9984	9.996	9.996
Bread, Sandwich, WG	140	140	2	2	220	220	28	28	6	6
	359.996	359.996	19.9984	19.9984	759.9968	759.9968	31.9984	31.9984	15.996	15.996

* Total includes one or more missing nutrient data.

(G-3426) Applesauce	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Applesauce, Cup APRIL	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3	0.5	0.5
	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3	0.5	0.5

* Total includes one or more missing nutrient data.

(P-4098) Baby Carrots	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C
Carrots, Baby 1/2 Cup APRIL	30	30	60.0342	0 *	0 *	0 *	65	65	130.0742	7	7	14.008	0 *	0 *	0 *
	30	30	60.0342	0 *	0 *	0 *	65	65	130.0742	7	7	14.008	0 *	0 *	0 *

* Total includes one or more missing nutrient data.

(FG-5498) BBQ Black Bean Salad	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup
Beans, Black APRIL	170.097	170.097	0.6542	0.6542	471.0379	471.0379	30.0941	30.0941	10.4674	10.4674
	170.097	170.097	0.6542	0.6542	471.0379	471.0379	30.0941	30.0941	10.4674	10.4674

* Total includes one or more missing nutrient data.

(FG-5469) BBQ Chicken Sandwich	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Bun, Hamburger WG APRIL	160	160	2	2	250	250	28	28	6 *	6 *
ZZCheese, White American, Sliced, LOL	110	110	9	9	440	440	2	2	5 *	5 *
Chicken, Pulled, BBQ, APRIL	110	110	0.3333	0.3333	736.6667	736.6667	18	18	10 *	10 *
	380	380	11.3334	11.3334	1426.6668	1426.6668	48	48	21 *	21 *

* Total includes one or more missing nutrient data.

(FG-5478) Bean and Cheese Tamale	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bean and Cheese Tamale	290	290.654	16	16.0361	320	320.7216	30	30.0676	8	8.018
	290	290.654	16	16.0361	320	320.7216	30	30.0676	8	8.018

* Total includes one or more missing nutrient data.

(FG-5401) Black Bean & Corn Salad	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	3/4 cup serve	Recipe	3/4 cup serve	Recipe	3/4 cup serve	Recipe	3/4 cup serve	Recipe	3/4 cup serve
Corn, Frozen APRIL	41.7511	41.7511	0.335	0.335	2.1391	2.1391	10.0512	10.0512	1.3917	1.3917
Pepper, Diced, Red APRIL	3.1409	3.1409	0.0403	0.0403	0.4832	0.4832	0.7248	0.7248	0.1208	0.1208
Beans, Black APRIL	130	130	0.5	0.5	360	360	23	23	7.9999	7.9999
	174.892	174.892	0.8753	0.8753	362.6223	362.6223	33.776	33.776	9.5124	9.5124

* Total includes one or more missing nutrient data.

(G-3411) Black Beans	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 cup	1/4 cup	3/4 cup	Recipe	1/2 cup	1/4 cup	3/4 cup	Recipe	1/2 cup	1/4 cup	3/4 cup	Recipe	1/2 cup	1/4 cup	3/4 cup	Recipe	1/2 cup	1/4 cup	3/4 cup
Beans, Black APRIL	130	130	65	170.097	0.5	0.5	0.25	0.6542	360	360	180	471.0379	23	23	11.5	30.0941	7.9999	7.9999	4	10.4674
	130	130	65	170.097	0.5	0.5	0.25	0.6542	360	360	180	471.0379	23	23	11.5	30.0941	7.9999	7.9999	4	10.4674

* Total includes one or more missing nutrient data.

(FG-5434) Breadstick	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Breadstick, WG APRIL	60	60	0	0	130	130	13	13	2	2
	60	60	0	0	130	130	13	13	2	2

* Total includes one or more missing nutrient data.

(FG-5487) Breakfast for Lunch French Toast and Turkey Sausage	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Sausage Patty, Turkey FC 2-1.3 oz Component	172.6027	172.6027	11.5068	11.5068	258.904	258.904	0	0	17.2602	17.2602
French Toast, WG, Sticks, APRIL	345.0194	345.0194	10.6159	10.6159	384.8293	384.8293	55.734	55.734	7.962	7.962
	517.6221	517.6221	22.1228	22.1228	643.7334	643.7334	55.734	55.734	25.2222	25.2222

* Total includes one or more missing nutrient data.

(P-4139) Broccoli, Cooked	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup
Broccoli, Cooked	35	49.6116	0.41	0.5812	41	58.1165	7.18	10.1775	2.38	3.3736
	35	49.6116	0.41	0.5812	41	58.1165	7.18	10.1775	2.38	3.3736

* Total includes one or more missing nutrient data.

(FG-5243) Brown Rice	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	1/2 cup Serving, cooked, No. 8 scoop	Recipe	1 CUP	1/2 cup	1/2 cup Serving, cooked, No. 8 scoop	Recipe	1 CUP	1/2 cup	1/2 cup Serving, cooked, No. 8 scoop	Recipe	1 CUP	1/2 cup	1/2 cup Serving, cooked, No. 8 scoop	Recipe	1 CUP	1/2 cup	1/2 cup Serving, cooked, No. 8 scoop
Water	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Rice, Brown, Long Grain, Raw, APRIL	5421.8466	216.8739	54.2185	108.4369	47.8398	1.9136	0.4784	0.9568	0	0	0	0	1148.1556	45.9262	11.4816	22.9631	127.5723	5.1029	1.2757	2.5514
	5421.8466	216.8739	54.2185	108.4369	47.8398	1.9136	0.4784	0.9568	0	0	0	0	1148.1556	45.9262	11.4816	22.9631	127.5723	5.1029	1.2757	2.5514

* Total includes one or more missing nutrient data.

(P-4136) Cantaloupe	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Cantaloupe	1.36	38.5553	0.0076	0.2155	0.64	18.1437	0.3264	9.2533	0.0336	0.9525
	1.36	38.5553	0.0076	0.2155	0.64	18.1437	0.3264	9.2533	0.0336	0.9525

* Total includes one or more missing nutrient data.

(FG-5438) Cheese Pizza	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Pizza, Cheese, Tonys 4X6 APRIL	300	300	11.0001	11.0001	440	440	34	34	16	16
	300	300	11.0001	11.0001	440	440	34	34	16	16

* Total includes one or more missing nutrient data.

(FG-5492) Cheese Tortellini	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Tortellini, Tricolor, APRIL	29.4835	29.4835	5.6699	5.6699	46.4932	46.4932	4.6493	4.6493	1.134	1.134
Cheese, Mozzarella, Shredded APRIL	182.2468	182.2468	12.1498	12.1498	364.4935	364.4935	2.0249	2.0249	14.1748	14.1748
	211.7303	211.7303	17.8197	17.8197	410.9867	410.9867	6.6743	6.6743	15.3087	15.3087

* Total includes one or more missing nutrient data.

(FG-5131) Chef Salad	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
ZZ Bologna, Turkey	143.4286	143.4286	9.1429	9.1429	496.5714	496.5714	5.1429	5.1429	8.5714	8.5714
ZZ SHREDDED CHEESE, MILD CHEDDAR	111.373	111.373	9.1124	9.1124	192.3716	192.3716	1.0125	1.0125	6.0749	6.0749
ZZ SLICED TOMATO	7.5	7.5	0.075	0.075	2.05	2.05	1.6	1.6	0.35	0.35
Salad, Spinach Component	11.9	11.9	0.1	0.1	29	29	2.6	2.6	1.4	1.4
	274.2016	274.2016	18.4302	18.4302	719.993	719.993	10.3553	10.3553	16.3963	16.3963

* Total includes one or more missing nutrient data.

(FG-5493) Chicken and Waffle	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Waffle, WG, Bulk APRIL	89.6457	89.6457	2.9882	2.9882	134.4686	134.4686	13.9449	13.9449	1.9921	1.9921
Chicken Patty 110321	180	180	6	6	610	610	15	15	14	14
	269.6457	269.6457	8.9882	8.9882	744.4686	744.4686	28.9449	28.9449	15.9921	15.9921

* Total includes one or more missing nutrient data.

(FG-5446) Chicken Chef Salad	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Copy Chicken, Diced	2364.0807	98.5034	53.7293	2.2387	9456.3211	394.0134	21.4921	0.8955	408.3403	17.0142
Romaine, Chopped, April	300.7318	12.5305	5.307	0.2211	141.5208	5.8967	58.2004	2.425	21.7588	0.9066
Cheese, Mozzarella, Shredded APRIL	1093.4808	45.5617	72.8988	3.0374	2186.9613	91.1234	12.1497	0.5062	85.0485	3.5437
	3758.2933	156.5956	131.9351	5.4973	11784.8032	491.0335	91.8422	3.8268	515.1476	21.4645

* Total includes one or more missing nutrient data.

(FG-5497) Chicken Drum w/ Veggie Pasta Salad	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Pasta Salad, Veggie	226.5153	226.5153	5.0497	5.0497	199.7824	199.7824	40.6975 *	40.6975 *	4.6301	4.6301
Drumstick, Chicken Raw APRIL	195.0975	195.0975	9.5797	9.5797	103.9741	103.9741	0 *	0 *	25.7014	25.7014
Dressing, Italian	79.9999	79.9999	8	8	149.9999	149.9999	2 *	2 *	1	1
	501.6127	501.6127	22.6293	22.6293	453.7564	453.7564	42.6975 *	42.6975 *	31.3316	31.3316

* Total includes one or more missing nutrient data.

(FG-5494) Chicken Fajitas	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Tortilla, Whole Wheat, 8inch, APRIL	120	120	2.5	2.5	340	340	20	20	4	4
Chicken, Fajita Strips APRIL	109.9999	109.9999	2.5	2.5	669.9995	669.9995	3	3	17	17

* Total includes one or more missing nutrient data.

(FG-5494) Chicken Fajitas	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
	229.9999	229.9999	5	5	1009.9995	1009.9995	23	23	21	21

* Total includes one or more missing nutrient data.

(FG-5256) Chicken Salad	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
ZZ Chicken, Diced, Cooked, Frozen	349910.2261	72.898	9715.9486	2.0242	272155.422	56.699	0	0	58295.6914	12.1449
Chopped Celery	1270.0587	0.2646	15.4221	0.0032	7257.4784	1.512	269.4339	0.0561	62.5958	0.013
Mayonnaise, bulk	431819.9648	89.9625	47531.9476	9.9025	403243.6436	84.0091	361.9667	0.0754	609.6282	0.127
ZZOnions, Diced	3628.7392	0.756	9.0718	0.0019	362.8739	0.0756	847.3106	0.1765	99.7903	0.0208
	786628.9888	163.881	57272.3902	11.9317	683019.4179	142.2957	1478.7112	0.3081	59067.7057	12.3058

* Total includes one or more missing nutrient data.

(M-1208) Chicken, Drumstick, Buffalo	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
ZZChicken Drumstick, 4oz Raw	8499.9992	170	500.0016	10	5250	105	0	0	1050 *	21 *
Spice, Jerk Seasoning	95	1.9	0	0	3610	72.2	19	0.38	0 *	0 *
	8594.9992	171.9	500.0016	10	8860	177.2	19	0.38	1050 *	21 *

* Total includes one or more missing nutrient data.

(D-2028) Chocolate Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, Half Pint, Chocolate APRIL	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8
	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8

* Total includes one or more missing nutrient data.

(G-3388) Corn	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C
Corn, Frozen APRIL	162	80.7187	41.7511	111.3362	1.3	0.6478	0.335	0.8935	8.3	4.1356	2.1391	5.7043	39.0001	19.4323	10.0512	26.8032	5.4	2.6906	1.3917	3.7112
	162	80.7187	41.7511	111.3362	1.3	0.6478	0.335	0.8935	8.3	4.1356	2.1391	5.7043	39.0001	19.4323	10.0512	26.8032	5.4	2.6906	1.3917	3.7112

* Total includes one or more missing nutrient data.

(G-3533) Crackers, Veggie, WG	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	2 PK	EACH	Recipe	2 PK	EACH	Recipe	2 PK	EACH	Recipe	2 PK	EACH	Recipe	2 PK	EACH
Crackers, Veggie, WG	110	222.746	110	3.5	7.0874	3.5	140	283.495	140	18	36.4493	18	2	4.05	2
	110	222.746	110	3.5	7.0874	3.5	140	283.495	140	18	36.4493	18	2	4.05	2

* Total includes one or more missing nutrient data.

(G-3155) Crinkle Cut Fries	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C
CRINKLE CUT, FRENCH FRIES	90	90	45	205.0277	2	2	1	4.5561	20	20	10	45.5617	13	13	6.5	29.6151	1	1	0.5	2.2781
	90	90	45	205.0277	2	2	1	4.5561	20	20	10	45.5617	13	13	6.5	29.6151	1	1	0.5	2.2781

* Total includes one or more missing nutrient data.

(P-4111) Cucumber Slices, 1/2 Cup	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Cucumber Slices, 1/2 Cup APRIL	16	11.6015	0.1	0.0725	2.1	1.5227	3.8	2.7553	0.7	0.5076
	16	11.6015	0.1	0.0725	2.1	1.5227	3.8	2.7553	0.7	0.5076

* Total includes one or more missing nutrient data.

(G-3029) Diced Peach Cup	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
ZZFruit Cup - Peaches, diced in juice NEEDS NEW SET UP	50.821	50.821	0	0	3.986	3.986	11.9579	11.9579	0.3986	0.3986
	50.821	50.821	0	0	3.986	3.986	11.9579	11.9579	0.3986	0.3986

* Total includes one or more missing nutrient data.

(D-2007) FF Chocolate Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, FF Chocolate, Half Pint	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8
	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8

* Total includes one or more missing nutrient data.

(P-4104) Fresh Banana	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Banana, Fresh APRIL	110	130.9524	0 *	0 *	0 *	0 *	30	35.7142	1.0001	1.1906
	110	130.9524	0 *	0 *	0 *	0 *	30	35.7142	1.0001	1.1906

* Total includes one or more missing nutrient data.

(P-4117) Fresh Broccoli	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 Cup	3/4 C	Recipe	1/2 Cup	3/4 C	Recipe	1/2 Cup	3/4 C	Recipe	1/2 Cup	3/4 C	Recipe	1/2 Cup	3/4 C
Broccoli 1/2 Cup APRIL	34	10.982	18.121	0.37	0.1195	0.1972	33	10.659	17.588	6.64	2.1447	3.5389	2.82	0.9109	1.503
	34	10.982	18.121	0.37	0.1195	0.1972	33	10.659	17.588	6.64	2.1447	3.5389	2.82	0.9109	1.503

* Total includes one or more missing nutrient data.

(FG-5410) Fresh Grapes	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each, 1/2 Cup	Recipe	Each, 1/2 Cup	Recipe	Each, 1/2 Cup	Recipe	Each, 1/2 Cup	Recipe	Each, 1/2 Cup
Grapes, Fresh IW APRIL	50	50	0 *	0 *	0 *	0 *	14	14	1	1
	50	50	0 *	0 *	0 *	0 *	14	14	1	1

* Total includes one or more missing nutrient data.

(P-4103) Fresh Orange	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Orange, Fresh Whole APRIL	69	64.2723	0.2001	0.1864	1.4	1.3041	17.9999	16.7666	1.3	1.211
	69	64.2723	0.2001	0.1864	1.4	1.3041	17.9999	16.7666	1.3	1.211

* Total includes one or more missing nutrient data.

(P-4101) Fresh Pear	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Pear, Fresh Whole APRIL	57	77.5642	0.14	0.1905	1	1.3608	15.23	20.7246	0.36	0.4899
	57	77.5642	0.14	0.1905	1	1.3608	15.23	20.7246	0.36	0.4899

* Total includes one or more missing nutrient data.

(P-4045) Fresh Plum	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each
Plum, Fresh	75.9	75.9	37.95	75.9	0.462	0.462	0.231	0.462	0	0	0	0	18.843	18.843	9.4215	18.843	1.155	1.155	0.5775	1.155
	75.9	75.9	37.95	75.9	0.462	0.462	0.231	0.462	0	0	0	0	18.843	18.843	9.4215	18.843	1.155	1.155	0.5775	1.155

* Total includes one or more missing nutrient data.

(FG-5397) Grape Tomatoes	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 cup	3/4 C	3/4 Cup	Recipe	1/2 cup	3/4 C	3/4 Cup	Recipe	1/2 cup	3/4 C	3/4 Cup	Recipe	1/2 cup	3/4 C	3/4 Cup	Recipe	1/2 cup	3/4 C	3/4 Cup
Tomatoes, Grape	18	15.3	3.8272	30.6175	0.2	0.17	0.0425	0.3402	5	4.25	1.0631	8.5048	3.92	3.332	0.8335	6.6678	0.88	0.748	0.1871	1.4969
	18	15.3	3.8272	30.6175	0.2	0.17	0.0425	0.3402	5	4.25	1.0631	8.5048	3.92	3.332	0.8335	6.6678	0.88	0.748	0.1871	1.4969

* Total includes one or more missing nutrient data.

(G-3399) Green Beans	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 Cup	1/4 cup	3/4 cup	Recipe	1/2 Cup	1/4 cup	3/4 cup	Recipe	1/2 Cup	1/4 cup	3/4 cup	Recipe	1/2 Cup	1/4 cup	3/4 cup	Recipe	1/2 Cup	1/4 cup	3/4 cup
Green Beans, Frozen, APRIL	30	26.4706	13.2353	60.0342	0	0	0	0	0	0	0	0	6	5.2941	2.647	12.0068	1	0.8824	0.4412	2.0012
	30	26.4706	13.2353	60.0342	0	0	0	0	0	0	0	0	6	5.2941	2.647	12.0068	1	0.8824	0.4412	2.0012

* Total includes one or more missing nutrient data.

(FG-5479) Hamburger w/Bun	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bun, Hamburger WG APRIL	160	160	2	2	250	250	28	28	6	6
Beef patty, Flame Grilled, APRIL	110	110	6	6	45	45	2	2	11	11
	270	270	8	8	295	295	30	30	17	17

* Total includes one or more missing nutrient data.

(P-4137) Honey Dew Melon	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Honey Dew Melon	36	40.8233	0.14	0.1588	18	20.4116	9.09	10.3079	0.54	0.6123
	36	40.8233	0.14	0.1588	18	20.4116	9.09	10.3079	0.54	0.6123

* Total includes one or more missing nutrient data.

(FG-5448) Lemon Chickpea Salad	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup
Juice, Lemon, Realemon	114.24	5.0215	2.5108	8.16	0.4704	0.0207	0.0103	0.0336	174.72	7.68	3.84	12.48	38.0352	1.6719	0.8359	2.7168	3.1584	0.1388	0.0694	0.2256
Garbanzos, Canned, LS APRIL	4334.6386	190.5336	95.2668	309.617	86.3809	3.797	1.8985	6.1701	7671.3747	337.2033	168.6016	547.9553	702.5857	30.8829	15.4414	50.1847	219.8504	9.6638	4.8319	15.7036
	4448.8785	195.5551	97.7775	317.777	86.8513	3.8176	1.9088	6.2037	7846.0947	344.8833	172.4416	560.4353	740.6209	32.5548	16.2774	52.9015	223.0088	9.8026	4.9013	15.9292

* Total includes one or more missing nutrient data.

(FG-5402) Mashed Potatoes	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Potatoes, Mashed AP APRIL	129.9999	194.9999	3.9999	5.9999	390	584.9999	20	30	2	3.0001
	129.9999	194.9999	3.9999	5.9999	390	584.9999	20	30	2	3.0001

* Total includes one or more missing nutrient data.

(D-2026) Milk, 1%	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup
Milk, 1%	110.0001	110.0001	55	82.6123	2.5	2.5	1.25	1.8775	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632	8	8	4	6.0082
	110.0001	110.0001	55	82.6123	2.5	2.5	1.25	1.8775	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632	8	8	4	6.0082

* Total includes one or more missing nutrient data.

(P-4135) Nectarine,	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Nectarine, APRIL	44	45.2798	0.32	0.3293	0	0	10.55	10.8569	1.06	1.0908
	44	45.2798	0.32	0.3293	0	0	10.55	10.8569	1.06	1.0908

* Total includes one or more missing nutrient data.



(P-4052) Orange	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each
Orange, Fresh	47	42.3	42.3	0.12	0.108	0.108	0	0	0	11.75	10.575	10.575	0.94	0.846	0.846
	47	42.3	42.3	0.12	0.108	0.108	0	0	0	11.75	10.575	10.575	0.94	0.846	0.846

* Total includes one or more missing nutrient data.

(P-4087) Peppers & Onions	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 Cup	1/4 cup	3/4 C	Recipe	1/2 Cup	1/4 cup	3/4 C	Recipe	1/2 Cup	1/4 cup	3/4 C	Recipe	1/2 Cup	1/4 cup	3/4 C	Recipe	1/2 Cup	1/4 cup	3/4 C
ZZOnions, Diced	22.6796	22.6796	22.6796	22.6796	0.0567	0.0567	0.0567	0.0567	2.268	2.268	2.268	2.268	5.2957	5.2957	5.2957	5.2957	0.6237	0.6237	0.6237	0.6237
ZZPeppers, Green, Raw	7.44	7.44	7.44	7.44	0.0632	0.0632	0.0632	0.0632	1.116	1.116	1.116	1.116	1.7261	1.7261	1.7261	1.7261	0.3199	0.3199	0.3199	0.3199
	30.1196	30.1196	30.1196	30.1196	0.1199	0.1199	0.1199	0.1199	3.384	3.384	3.384	3.384	7.0218	7.0218	7.0218	7.0218	0.9436	0.9436	0.9436	0.9436

* Total includes one or more missing nutrient data.

(G-3053) PINEAPPLE FRUIT CUP	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
ZZFruit Cup, Pineapple Tidbit NEEDS NEW SET UP	70	70	0	0	0	0	13	13	0	0
	70	70	0	0	0	0	13	13	0	0

* Total includes one or more missing nutrient data.

(P-4060) Pineapple Tidbits	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 cup	1/4 cup serving	Recipe	1/2 cup	1/4 cup serving	Recipe	1/2 cup	1/4 cup serving	Recipe	1/2 cup	1/4 cup serving	Recipe	1/2 cup	1/4 cup serving
Pineapple Tidbits-Daycare	50	50	20.2497	0	0	0	20	20	8.0998	12	12	4.8599	0	0	0
	50	50	20.2497	0	0	0	20	20	8.0998	12	12	4.8599	0	0	0

* Total includes one or more missing nutrient data.

(G-3431) Raisins	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Raisins, Boxed APRIL	120	120	0 *	0 *	5	5	29	29	1	1
	120	120	0 *	0 *	5	5	29	29	1	1

* Total includes one or more missing nutrient data.

(G-3193) Ranch Dressing	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET
ZZDressing, Ranch, PC NEED NEW SET UP	15	11.25	0	0	125	93.75	2	1.5	0	0
	15	11.25	0	0	125	93.75	2	1.5	0	0

* Total includes one or more missing nutrient data.

(G-3520) Roll, Dinner, Frozen, APRIL	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Roll, Dinner, Frozen, APRIL	80	80	1	1	125	125	15	15	3	3
	80	80	1	1	125	125	15	15	3	3

* Total includes one or more missing nutrient data.

(P-4039) Salad, Garden 90/10	Calories (kcal)					Total Fat (g)					Sodium (mg)					Total Carbohydrate (g)					Protein (g)				
	Recipe	1 CUP	1.5 CUP	1/2 CUP SERVING TO BLEND	1/4 cup	Recipe	1 CUP	1.5 CUP	1/2 CUP SERVING TO BLEND	1/4 cup	Recipe	1 CUP	1.5 CUP	1/2 CUP SERVING TO BLEND	1/4 cup	Recipe	1 CUP	1.5 CUP	1/2 CUP SERVING TO BLEND	1/4 cup	Recipe	1 CUP	1.5 CUP	1/2 CUP SERVING TO BLEND	1/4 cup
Salad, Garden 90/10	11.7647	7.8431	11.7647	5.8824	2.9412	0	0	0	0	0	11.7647	7.8431	11.7647	5.8824	2.9412	3.5294	2.3529	3.5294	1.7647	0.8824	1.1765	0.7843	1.1765	0.5883	0.2941
	11.7647	7.8431	11.7647	5.8824	2.9412	0	0	0	0	0	11.7647	7.8431	11.7647	5.8824	2.9412	3.5294	2.3529	3.5294	1.7647	0.8824	1.1765	0.7843	1.1765	0.5883	0.2941

* Total includes one or more missing nutrient data.

(G-3398) Salsa Cup	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cup, Salsa 1/4 Cup APRIL	15	14.834	0 *	0 *	100	98.8936	3	2.9668	1	0.9889
	15	14.834	0 *	0 *	100	98.8936	3	2.9668	1	0.9889

* Total includes one or more missing nutrient data.

(sys-84) Sandwich, Turkey & White American	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each	Recipe	each
ZZCheese, White American, Sliced, LOL	111.373	111.373	9.1124	9.1124	445.4922	445.4922	2.025	2.025	5.0624	5.0624
Oven Roasted Turkey Breast, Jennieo	50	50	0.5	0.5	289.9997	289.9997	1.5	1.5	9.5	9.5
Bread, Sandwich, WG	140	140	2	2	220	220	28	28	6	6
	301.373	301.373	11.6123	11.6123	955.4919	955.4919	31.5249	31.5249	20.5624	20.5624

* Total includes one or more missing nutrient data.

(FG-5385) Sandwich, Turkey Ham & White American	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each	Recipe	each
ZZCheese, White American, Sliced, LOL	111.373	111.373	9.1124	9.1124	445.4922	445.4922	2.025	2.025	5.0624	5.0624
ZZBaked Turkey Ham	60	60	2	2	669.9994	669.9994	2	2	8	8
Bread, Sandwich, WG	140	140	2	2	220	220	28	28	6	6
	311.373	311.373	13.1123	13.1123	1335.4916	1335.4916	32.025	32.025	19.0624	19.0624

* Total includes one or more missing nutrient data.

(sys-6) Skim Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, White, Skim Half Pint	77.1106	77.1106	0.1814	0.1814	95.2543	95.2543	11.2491	11.2491	7.643	7.643
	77.1106	77.1106	0.1814	0.1814	95.2543	95.2543	11.2491	11.2491	7.643	7.643

* Total includes one or more missing nutrient data.

(FG-5482) Sloppy Joe on Bun	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bun, Hamburger WG APRIL	160	160	2 *	2 *	250 *	250 *	28	28	6 *	6 *
Sloppy Joe, Beef, APRIL	172.6033	172.6033	7.8843 *	7.8843 *	324.3546 *	324.3546 *	13.5922	13.5922	10.3725 *	10.3725 *
	332.6033	332.6033	9.8843 *	9.8843 *	574.3546 *	574.3546 *	41.5922	41.5922	16.3725 *	16.3725 *

* Total includes one or more missing nutrient data.

(22) Swedish Meatballs	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	3 Each	EACH	Recipe	3 Each	EACH	Recipe	3 Each	EACH	Recipe	3 Each	EACH	Recipe	3 Each	EACH
Meatballs, Chicken APRIL WESTERN	4322.4648	4322.4648	180.1027	240.1368	240.1368	10.0057	14888.4911	14888.4911	620.3538	168.096	168.096	7.004	0 *	0 *	0 *
Egg Noodle	19199.9833	19199.9833	799.9993	239.9973	239.9973	9.9999	1920.0005	1920.0005	80	3743.9955	3743.9955	155.9998	768.0002 *	768.0002 *	32 *
Gravy, Brown, APRIL	240.3844	240.3844	10.016	0	0	0	1682.6909	1682.6909	70.1121	48.0769	48.0769	2.0032	0 *	0 *	0 *

* Total includes one or more missing nutrient data.

(22) Swedish Meatballs	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	3 Each	EACH	Recipe	3 Each	EACH	Recipe	3 Each	EACH	Recipe	3 Each	EACH	Recipe	3 Each	EACH
Sauce, Alfredo, APRIL	501.1275	501.1275	20.8803	12.5282	12.5282	0.522	2380.3558	2380.3558	99.1815	87.6973	87.6973	3.6541	12.5282 *	12.5282 *	0.522 *
	24263.9601	24263.9601	1010.9983	492.6624	492.6624	20.5276	20871.5383	20871.5383	869.6474	4047.8657	4047.8657	168.6611	780.5284 *	780.5284 *	32.522 *

* Total includes one or more missing nutrient data.

(G-3468) Syrup, PC,	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
Syrup, PC, APRIL	69.9999	69.9999	0	0	0	0	18	18	0	0
	69.9999	69.9999	0	0	0	0	18	18	0	0

* Total includes one or more missing nutrient data.

(FG-5496) Teriyaki Chicken Breast w/ Rice	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Sauce, Teriyaki	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Filet, Chicken Breast APRIL	110 *	110 *	6 *	6 *	410 *	410 *	0 *	0 *	13 *	13 *
Rice, Brown, Cooked APRIL	54.2185 *	54.2185 *	0.4784 *	0.4784 *	0 *	0 *	11.4816 *	11.4816 *	1.2757 *	1.2757 *
	164.2185 *	164.2185 *	6.4784 *	6.4784 *	410 *	410 *	11.4816 *	11.4816 *	14.2758 *	14.2758 *

* Total includes one or more missing nutrient data.

(G-3397) Tortilla Chips	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	Serving 1BG	Serving 2BG	Recipe	Serving 1BG	Serving 2BG	Recipe	Serving 1BG	Serving 2BG	Recipe	Serving 1BG	Serving 2BG	Recipe	Serving 1BG	Serving 2BG
Chips, tortilla, round APRIL	100	137.9202	275.8404	3.5	4.8272	9.6544	80	110.3362	220.6723	14.5	19.9984	39.9968	1.5	2.0688	4.1376
	100	137.9202	275.8404	3.5	4.8272	9.6544	80	110.3362	220.6723	14.5	19.9984	39.9968	1.5	2.0688	4.1376

* Total includes one or more missing nutrient data.

(FG-5495) Totchos	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Chicken Taco Meat, Diced	49.3112	49.3112	1.1178	1.1178	199.6107	199.6107	0.4703	0.4703	8.4969	8.4969
Tater Tots APRIL WESTERN	90.3274	90.3274	3.2846	3.2846	164.2316	164.2316	13.9597	13.9597	0.8211	0.8211
Sauce, Cheese, Cheddar, APRIL	129.9257	129.9257	9.9943	9.9943	549.6859	549.6859	4.9971	4.9971	6.996	6.996
	269.5643	269.5643	14.3967	14.3967	913.5282	913.5282	19.4271	19.4271	16.3141	16.3141

* Total includes one or more missing nutrient data.

(FG-5455) Turkey Hot Dog & Bun	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Turkey Frank	129.9999	129.9999	10	10	249.9998	249.9998	1	1	7	7
Bun, Hot Dog WG APRIL	160	160	2	2	250	250	28	28	6	6
	289.9999	289.9999	12	12	499.9998	499.9998	29	29	13	13

* Total includes one or more missing nutrient data.

(M-1207) Turkey Sausage Pizza, Tony's	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Turkey Sausage Pizza, Tony's	279.9997	279.9997	10	10	449.9996	449.9996	32.9999	32.9999	17	17
	279.9997	279.9997	10	10	449.9996	449.9996	32.9999	32.9999	17	17

* Total includes one or more missing nutrient data.



(FG-5445) Walking Taco w/ Chips	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Chicken Taco Meat, Diced	2366.9368	98.6224	53.6537	2.2356	9581.3134	399.2214	22.5754	0.9406	407.8521	16.9938
Cheese, Cheddar, Shredded APRIL	1372.9209	57.205	109.3384	4.5558	2186.9371	91.1224	0	0	85.0485	3.5437
Chips, tortilla, round APRIL	6620.1698	275.8404	231.7061	9.6544	5296.1361	220.6723	959.924	39.9968	99.3026	4.1376
	10360.0275	431.6678	394.6982	16.4458	17064.3866	711.0161	982.4995	40.9375	592.2033	24.6751

* Total includes one or more missing nutrient data.

(FG-5466) WG Chicken Nuggets	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Tray, 108	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Chicken Nugget APRIL WESTERN	300 *	300 *	20 *	20 *	530.0001 *	530.0001 *	17 *	17 *	15 *	15 *
	300 *	300 *	20 *	20 *	530.0001 *	530.0001 *	17 *	17 *	15 *	15 *

* Total includes one or more missing nutrient data.

(M-1195) WG Popcorn Chicken	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Serving - 12 peices	Recipe	Serving - 12 peices	Recipe	Serving - 12 peices	Recipe	Serving - 12 peices	Recipe	Serving - 12 peices
Chicken, Popcorn, WG, TYSON, APRIL	230	254.75	13	14.3989	350	387.6629	14	15.5065	14	15.5065
	230	254.75	13	14.3989	350	387.6629	14	15.5065	14	15.5065

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 9/1/2022, End = 9/30/2022)
Menu Plans	(AUGUST HOT LUNCH W/ MILK 2022-2023, Middle 2 Entree Hot Menu)
Nutrients	(Calories, Total Carbohydrate, Total Fat, Protein, Sodium)