

LWSD Elementary B & L		Sep-22		2022		
<b>Menu Item Nutrients</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
<b>MILK</b>						
<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>	
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
<b>FRUIT</b>						
<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>	
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
<b>VEGGIES</b>						
<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>	
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

<b>BREAKFAST</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
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

<b>LUNCH</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
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
<b>GRAINS</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
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

<b>CONDIMENTS</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
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