

Menu Item Nutrients

LWSD HS Lunch

SEPT 1st - 30th

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
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.) Contains Milk, Soy.	121.88	1.89	26.93	2.20	22.04	0.37
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Wild Blueberries - SR2872 (1/2 c.)	39.34	0.00	8.85	2.95	4.92	0.00
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)
Aztec Corn - SR3173 (1/2 c.)	89.90	1.48	17.23	3.10	2.40	3.54
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	5.98	2.10	3.46	0.46
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Soy, Wheat.	130.70	9.59	10.85	3.40	6.43	1.32
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
Country Style Potato Wedges - SR1029 (1/2 c.)	90.43	2.51	15.07	2.01	0.00	2.01
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
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	5.18	2.32	1.45	1.30
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
LUNCH ENTREES	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
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
Meatlover's Pizza - NWR3278 (1 slice) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk, Soy. May contain Egg, Soy.	554.47	26.13	54.73	1.96	4.48	26.31
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
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
Italian Antipasto Salad - NWR4256 (1 salad) Contains Milk.	221.53	12.06	5.83	0.83	1.34	24.07
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
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

Italian Chicken Poppers - SR3264 (1 bowl) Contains Gluten, Milk, Soy, Wheat.	344.03	21.44	18.21	3.91	2.84	20.19
Chicken Bacon Ranch Poppers - SR3265 (1 bowl) Contains Egg, Gluten, Milk, Soy, Wheat.	381.53	24.23	20.78	3.27	3.60	20.31
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	15.51	3.32	1.11	15.51
Sloppy Joe - NWR2543 (1 ea.) Contains Gluten, Soy, Wheat. May contain Soy.	312.20	8.45	39.00	3.57	12.85	18.91
Beef Chili and Chips - NWR1344 (1 portion) Contains Soy.	222.73	7.31	31.64	5.97	4.48	8.63
Veggie Chili and Chips - NWR1343 (1 portion)	432.75	9.90	71.90	15.73	8.55	15.53
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
Mini Cheese Ravioli - NWR3093 (1 serving) Contains Egg, Gluten, Milk, Wheat.	251.13	12.09	21.01	1.50	5.01	14.57
Chicken Alfredo Macaroni - SR3146 (1 c.) Contains Gluten, Milk, Wheat.	316.63	12.03	35.47	2.75	6.51	18.75
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
Glazed Chicken Drumstick - SR2447 (1 piece)	248.99	15.56	3.11	0.00	0.00	24.90
Crispy Chicken Nuggets - SR1367 (5 nugget) Contains Gluten, Soy, Wheat.	239.93	14.00	16.00	3.00	1.00	14.00
Cheese Quesadilla - NWR4170 (1 each quesadilla) Contains Gluten, Milk, Wheat.	352.50	20.20	25.01	2.00	3.01	16.15
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
General Tso Sauce - SR1823 (2 tbsp.) Contains Gluten, Soy, Wheat.	110.93	0.05	28.49	0.08	27.29	0.05
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
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
Double Berry Parfait - NWR1557 (1 parfait) Contains Milk. Processed in a facility that also processes Milk, Soy, Tree nuts, Wheat.	499.24	4.94	102.76	6.20	61.54	12.14

Double Berry Parfait - NWR3513 (1 parfait) Contains Milk, Soy. May contain Gluten.	450.51	7.82	87.27	4.78	56.05	10.14
Strawberry Banana Parfait - NWR3523 (1 parfait) Contains Milk. Processed in a facility that also processes Milk, Soy, Tree nuts, Wheat.	511.10	4.84	105.98	6.19	62.45	12.32
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	462.40(M)	7.72(M)	90.50(M)	4.28(M)	57.95(M)	10.33(M)
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
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
Made to Order Burritos & Nachos	Calories (Kcal)	Total Fat (g)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Fajita Chicken - SR2529 (1/2 c.)	92.64	3.04	1.52	0.00	1.52	13.67
Lentil Taco Filling - SR2477 (3/8 c.) Contains Gluten, Wheat.	161.34	5.21	20.12	5.21	0.00	8.68
Pork Carnitas - SR3328 (1 1/2 oz.)	66.97	2.63	1.69	0.42	0.63	8.10
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	2.04	0.00	1.02	7.16
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.) Contains Milk.	90.00	6.00	1.00	0.00	0.00	7.00
Flour Tortilla - SR1066 (2 tortilla) Contains Gluten, Wheat.	179.97	5.00	28.00	4.00	2.00	4.00
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	34.00	4.00	3.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	29.45	2.94	0.00	2.94
Vegetarian Refried Beans - SR1070 (1/2 c.)	161.28	0.58	27.65	10.37	0.00	10.37
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	0.00
Pico de Gallo - SR1073 (1 tbsp.)	1.80	0.01	0.39	0.08	0.13(M)	0.07
Shredded Lettuce - SR1015 (1 cup shredded)	10.08	0.10	2.14	0.86	1.42	0.65
Sour Cream - SR1659 (1 tbsp.) Contains Milk.	30.00	2.50	0.50	0.00	0.50	0.50
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
Twisted Breadstick - SR2142 (1 breadstick) Contains Gluten, Soy, Wheat. May contain Egg, Milk.	172.69	3.27	28.41	4.07	4.01	6.09
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