

# Elementary Menu Item Nutrients

Date: 10/03/2022 - 10/09/2022  
Meal Service: -- ALL --

## Elementary

Menu Item	Calories (Kcal)	Total Fat (g)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
<b>Monday 10/03/2022, Breakfast, B-Entrée/Combo; May Choose: 1</b>						
French Toast Sticks - NWR3095 (4 ea.) Contains Milk, Eggs, Wheat	300.00	14.00	39.00	1.00	8.00	5.00
<b>Grains; May Choose: 2</b>						
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	158.44	3.36	29.48	2.88	8.92	2.56
String Cheese - SR1146 (1 stick.) Contains Milk.	80.00	6.00	0.00	0.00	0.00	7.00
<b>Fruit; May Choose: 2</b>						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Crispy Whole Apple - SR1161 (1 extra small (2-2 1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
<b>Fruit Juice; May Choose: 1</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
<b>Milk; May Choose: 1</b>						
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
<b>Monday 10/03/2022, Lunch, CH-From the Garden (Garden, Milk, Condiments)</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
<b>Fruit; May Choose: 1</b>						
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	11.28	2.30	8.98	0.90
Unsweetened Applesauce - SR1195 (1/2 c.)	55.86	0.15	12.58	1.51	11.53	0.32
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>Fruit Juice; May Choose: 1</b>						
100% Apple Juice - SR1204 (4 fl oz cup)	60.00	0.00	14.00	0.00	12.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	60.00	0.00	14.00	0.00	12.00	0.00
<b>Vegetable; May Choose: 2</b>						
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	5.98	2.10	3.46	0.46
Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	2.23	0.31	1.03	0.40
<b>Milk; May Choose: 1</b>						
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	12.00	0.00	12.00	8.00
Nonfat Chocolate Milk - NWR2553 (1 c.)	130.00	0.00	23.00	0.00	23.00	8.00
<b>Condiment; May Choose: 1</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
<b>Monday 10/03/2022, Lunch, CH-Main Event (II-Play)</b>						
<b>Menu Item &amp; Assembly; May Choose: 1</b>						
100% Beef Cheeseburger - NWR4233 (1 burger) Contains Gluten, Milk, Eggs, Wheat, Mayonnaise	338.56	13.55	27.51	2.00	3.00	20.53
100% Beef Hamburger - NWR4231 (1 burger)	293.00	9.50	27.00	2.00	3.00	18.00
Tot'chos - NWR1452 (1 portion) Contains Milk, Eggs, Wheat	329.74	21.79	19.72	1.00	4.46	18.14
<b>Tuesday 10/04/2022, Breakfast, B-Entrée/Combo; May Choose: 2</b>						
Sausage Breakfast Pizza - SR1167 (1 slice)	210.03	7.00	27.00	3.00	5.00	9.00
<b>Grains; May Choose: 2</b>						
Cheerios - SR1160 (1 bowl)	100.52	1.79	20.83	2.88	1.43	3.58

Date: 10/10/2022 - 10/14/2022  
Meal Service: -- ALL --

## Elementary

Menu Item	Calories (Kcal)	Total Fat (g)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
<b>Monday 10/10/2022, Breakfast, B-Classroom Café</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Breakfast on a Stick - SR2494 (1 stick.) Contains Egg, Gluten, Soy, Milk, Wheat	200.00	10.00	17.00	3.00	4.00	7.00
<b>Grains; May Choose: 2</b>						
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Eggs, Wheat	94.55	2.96	14.32	0.95	0.95	3.82
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.	158.44	3.36	29.48	2.88	8.92	2.56
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	23.32	1.54	9.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl) May contain Gluten, Milk, Eggs, Wheat	113.29	1.37	23.74	1.15	7.31	1.46
<b>Fruit; May Choose: 2</b>						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>Milk; May Choose: 1</b>						
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
<b>Monday 10/10/2022, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
<b>Fruit; May Choose: 1</b>						
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	11.28	2.30	8.98	0.90
Unsweetened Applesauce - SR1195 (1/2 c.)	55.86	0.15	12.58	1.51	11.53	0.32
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>Milk; May Choose: 1</b>						
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	12.00	0.00	12.00	8.00
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	23.00	0.00	23.00	8.00
<b>Condiment; May Choose: 1</b>						
Barbecue Sauce - SR2541 (1 packet)	15.00	0.00	4.00	0.00	2.00	0.00
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
Ranch Dressing - SR2540 (1 packet) Contains Egg, Milk.	50.00	5.00	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
<b>Monday 10/10/2022, Lunch, CH-Main Event (II-Play)</b>						
<b>Menu Item &amp; Assembly; May Choose: 1</b>						
Cheese Lasagna Rollup - SR1497 (1 roll.) Contains Gluten, Milk, Eggs, Wheat	277.32	4.01	42.88	4.85	13.15	17.16
Turkey & Cheese Sandwich - NWR4038 (1 sandwich) Contains Gluten, Milk, Eggs, Wheat	296.69	11.11	32.02	2.00	2.00	22.18
<b>Grains; May Choose: 1</b>						
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Wheat. May contain Milk, Eggs, Wheat	70.00	0.50	12.00	1.00	1.00	3.00
<b>Vegetable; May Choose: 2</b>						
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	4.95	2.53	1.56	2.43
<b>Tuesday 10/11/2022, Breakfast, B-Classroom Café</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Apple Frudel Stick - SR1747 (1 pkg.) Contains Gluten, Milk, Wheat.	174.98	4.88	30.42	1.89	8.78	3.83
<b>Grains; May Choose: 2</b>						
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Eggs, Wheat	94.55	2.96	14.32	0.95	0.95	3.82
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.	158.44	3.36	29.48	2.88	8.92	2.56
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	23.32	1.54	9.32	2.32

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Meal Service: -- ALL --

Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	158.44	3.36	29.48	2.88	8.92	2.56
String Cheese - SR1146 (1 stick.) Contains Milk.	80.00	6.00	0.00	0.00	0.00	7.00
<b>Fruit; May Choose: 2</b>						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>Fruit Juice; May Choose: 1</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
<b>Milk; May Choose: 1</b>						
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
<b>Tuesday 10/04/2022, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
<b>Fruit; May Choose: 1</b>						
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	13.78	0.98	12.79	0.00
<b>Fruit Juice; May Choose: 1</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
<b>Vegetable; May Choose: 2</b>						
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	1.92	1.03	0.87	0.45
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	2.12	0.83	0.54	0.90
<b>Milk; May Choose: 1</b>						
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	12.00	0.00	12.00	8.00
Nonfat Chocolate Milk - NWR2553 (1 c.)	130.00	0.00	23.00	0.00	23.00	8.00
<b>Condiment; May Choose: 1</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
<b>Tuesday 10/04/2022, Lunch, CH-Main Event (II-Play)</b>						
<b>Menu Item &amp; Assembly; May Choose: 1</b>						
Glazed Chicken Drumstick - SR2447 (1 piece)	248.99	15.56	3.11	0.00	0.00	24.90
Southwest Soft Taco - NWR4071 (1 taco)	298.95	14.56	27.04	2.00	5.02	18.59
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat	660.00	36.06	70.00	6.16	32.00	22.08
<b>Grains; May Choose: 1</b>						
Bread Roll - NWR1032 (2 roll.) Contains Gluten,	140.00	1.00	24.00	2.00	2.00	6.00
<b>Wednesday 10/05/2022, Breakfast, B-From the Garden Bar (Garden, Milk, Condiments)</b>						
<b>Grains; May Choose: 2</b>						
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	158.44	3.36	29.48	2.88	8.92	2.56
String Cheese - SR1146 (1 stick.) Contains Milk.	80.00	6.00	0.00	0.00	0.00	7.00
<b>Fruit; May Choose: 2</b>						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99

Date: 10/10/2022 - 10/14/2022  
Meal Service: -- ALL --

Trix Cereal reduced sugar - SR1184 (1 bowl) May contain Gluten,	113.29	1.37	23.74	1.15	7.31	1.46
<b>Fruit; May Choose: 2</b>						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>Fruit Juice; May Choose: 1</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
<b>Milk; May Choose: 1</b>						
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
<b>Tuesday 10/11/2022, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
<b>Fruit; May Choose: 1</b>						
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	13.78	0.98	12.79	0.00
<b>Fruit Juice; May Choose: 1</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
<b>Vegetable; May Choose: 2</b>						
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	1.92	1.03	0.87	0.45
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	2.12	0.83	0.54	0.90
<b>Milk; May Choose: 1</b>						
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
<b>Condiment; May Choose: 1</b>						
Barbecue Sauce - SR2541 (1 packet)	15.00	0.00	4.00	0.00	2.00	0.00
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
Ranch Dressing - SR2540 (1 packet) Contains Egg, Milk.	50.00	5.00	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
<b>Tuesday 10/11/2022, Lunch, CH-Main Event (II-Play)</b>						
<b>Menu Item &amp; Assembly; May Choose: 1</b>						
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)
Chef Salad - NWR4037 (1 salad) Contains Egg, Milk, Soy.	128.45	7.43	5.33	1.13	2.19	11.72
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Soy, Wheat.	390.00	15.50	42.00	5.00	4.00	21.00
Fruit & Yo To Go Box - NWR3790 (1 Box) Contains Gluten, Milk, Soy,	460.70	15.14	68.40	4.63	35.03	13.81
<b>Entrée/Combo; May Choose: 1</b>						
Country Breakfast Sausage Patty - SR1157 (2 patty)	120.00	9.00	0.00	0.00	0.00	12.00
<b>Grains; May Choose: 1</b>						
Buttermilk Pancakes - SR2010 (2 pancake) Contains Egg, Gluten, Milk,	160.00	2.00	30.67	4.00	5.33	4.00
<b>Fruit; May Choose: 1</b>						
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.) Contains Milk, Soy.	121.86	1.90	26.93	2.20	22.04	0.37
<b>Condiment; May Choose: 1</b>						
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	26.00	0.00	14.50	0.00

# Elementary Menu Item Nutrients

Date: 10/03/2022 - 10/09/2022  
Meal Service: -- ALL --

Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>Fruit Juice; May Choose: 1</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
<b>Milk; May Choose: 1</b>						
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
<b>Wednesday 10/05/2022, Lunch, CH-From the Garden Bar (Condiments)</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
<b>Fruit; May Choose: 1</b>						
Fruit Cocktail - SR3023 (1/2 c.)	86.67	0.00	21.67	1.44	0.00(M)	0.00
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
<b>Fruit Juice; May Choose: 1</b>						
100% Apple Juice - SR1204 (4 fl oz cup)	60.00	0.00	14.00	0.00	12.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	60.00	0.00	14.00	0.00	12.00	0.00
<b>Vegetable; May Choose: 2</b>						
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	5.98	2.10	3.46	0.46
Canned Corn - NWR1061 (1/2 c.)	79.33	1.98	16.86	1.98	6.94	1.98
<b>Milk; May Choose: 1</b>						
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	12.00	0.00	12.00	8.00
Nonfat Chocolate Milk - NWR2553 (1 c.)	130.00	0.00	23.00	0.00	23.00	8.00
<b>Condiment; May Choose: 1</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
<b>Wednesday 10/05/2022, Lunch, CH-Main Event (II-Play)</b>						
<b>Menu Item &amp; Assembly; May Choose: 1</b>						
Ham and Cheese Sandwich - NWR1203 (1 ea.)	326.13	13.85	31.01	2.00	2.00	23.56
Hot Dog - NWR1054 (1 serving) Contains Cheese, Mustard	271.50	10.61	27.01	2.00	2.00	15.10
<b>Thursday 10/06/2022, Breakfast, B-Classroom Café</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Blueberry Bagel w/ Cream Cheese Burry - NWR1109 (1 ea.) Contains Cheese, Milk, Wheat	204.54	4.55	34.71	3.05	7.10	6.57
<b>Grains; May Choose: 2</b>						
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	158.44	3.36	29.48	2.88	8.92	2.56
String Cheese - SR1146 (1 stick.) Contains Milk.	80.00	6.00	0.00	0.00	0.00	7.00
<b>Fruit; May Choose: 2</b>						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>Fruit Juice; May Choose: 1</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
<b>Milk; May Choose: 1</b>						
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

Date: 10/10/2022 - 10/14/2022  
Meal Service: -- ALL --

<b>Wednesday 10/12/2022, Breakfast, B-Classroom Café</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk, Cinnamon, Preserved in Fruit, Wheat, Soy, Tree Nuts	200.00	5.00	35.00	4.00	10.00	4.00
<b>Grains; May Choose: 2</b>						
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Cinnamon	94.55	2.96	14.32	0.95	0.95	3.82
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar) Contains Gluten, Cinnamon	157.04	3.20	29.60	2.92	8.52	2.44
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.	158.44	3.36	29.48	2.88	8.92	2.56
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	23.32	1.54	9.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl) May contain Gluten,	113.29	1.37	23.74	1.15	7.31	1.46
<b>Fruit; May Choose: 2</b>						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>Milk; May Choose: 1</b>						
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
<b>Wednesday 10/12/2022, Lunch, CH-From the Garden Bar (Condiments)</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
<b>Fruit; May Choose: 1</b>						
Fruit Cocktail - SR3023 (1/2 c.)	86.67	0.00	21.67	1.44	0.00(M)	0.00
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
<b>Vegetable; May Choose: 2</b>						
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	5.98	2.10	3.46	0.46
Canned Corn - NWR1061 (1/2 c.)	79.33	1.98	16.86	1.98	6.94	1.98
<b>Milk; May Choose: 1</b>						
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	12.00	0.00	12.00	8.00
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	23.00	0.00	23.00	8.00
<b>Condiment; May Choose: 1</b>						
Barbecue Sauce - SR2541 (1 packet)	15.00	0.00	4.00	0.00	2.00	0.00
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
Ranch Dressing - SR2540 (1 packet) Contains Egg, Milk.	50.00	5.00	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
<b>Wednesday 10/12/2022, Lunch, CH-Main Event (II-Play)</b>						
<b>Menu Item &amp; Assembly; May Choose: 1</b>						
BBQ Chicken Sandwich - NWR3752 (1 ea.) Contains Gluten, Milk,	284.33	8.21	31.66	2.26	7.35	19.77
Bean and Cheese Nachos - NWR4234 (1 nacho) Contains Milk.	396.30	18.21	44.27	8.02	1.05	15.35
Italian Sub Sandwich - NWR1041 (1 sandwich) Contains Gluten, Milk, Wheat	344.25	13.48	26.51	2.00	2.51	28.63
<b>Vegetable; May Choose: 2</b>						
Mexican Black Beans - SR1026 (1/2 c.)	65.34	0.08	12.15	3.04	1.18	3.95
<b>Thursday 10/13/2022, Breakfast, B-Classroom Café</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Blueberry Pancake Bites - SR1190 (1 pkg.) Contains Egg, Gluten, Milk,	210.00	6.00	35.00	4.00	11.00	4.00
<b>Grains; May Choose: 1</b>						
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Cinnamon	94.55	2.96	14.32	0.95	0.95	3.82
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar) Contains Gluten, Cinnamon	157.04	3.20	29.60	2.92	8.52	2.44
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.	158.44	3.36	29.48	2.88	8.92	2.56

# Elementary Menu Item Nutrients

Date: 10/03/2022 - 10/09/2022  
Meal Service: -- ALL --

<b>Thursday 10/06/2022, Lunch, CH-From the Garden Bar (Garden Milk, Condiments)</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
<b>Fruit; May Choose: 1</b>						
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	15.33	1.92	11.49	0.00
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	11.28	2.30	8.98	0.90
<b>Fruit Juice; May Choose: 1</b>						
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
<b>Vegetable; May Choose: 2</b>						
Chilled Black Beans - SR2006 (1/2 c.)	120.50	0.00	21.91	5.48	1.09	7.67
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	2.12	0.83	0.54	0.90
<b>Milk; May Choose: 1</b>						
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	12.00	0.00	12.00	8.00
Nonfat Chocolate Milk - NWR2553 (1 c.)	130.00	0.00	23.00	0.00	23.00	8.00
<b>Condiment; May Choose: 1</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
<b>Thursday 10/06/2022, Lunch, CH-Main</b>						
<b>Menu Item &amp; Assembly; May Choose: 1</b>						
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Wheat, Mayonnaise, Egg	390.00	15.50	42.00	5.00	4.00	21.00
Turkey & Cheese Sandwich - NWR4038 (1 c.)	296.69	11.11	32.02	2.00	2.00	22.18
<b>Friday 10/07/2022, Breakfast, B-Classroom Café</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Mini Cinnis - SR1595 (1 pkg.) Contains Gluten, Wheat	240.00	8.00	40.00	3.00	14.00	4.00
<b>Grains; May Choose: 2</b>						
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	158.44	3.36	29.48	2.88	8.92	2.56
String Cheese - SR1146 (1 stick.) Contains Milk.	80.00	6.00	0.00	0.00	0.00	7.00
<b>Fruit; May Choose: 2</b>						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>Fruit Juice; May Choose: 1</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
<b>Milk; May Choose: 1</b>						
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
<b>Friday 10/07/2022, Lunch, CH-From the Garden Bar (Garden Milk, Condiments)</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
<b>Fruit; May Choose: 1</b>						
Unsweetened Applesauce - SR1195 (1/2 c.)	55.86	0.15	12.58	1.51	11.53	0.32
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>Fruit Juice; May Choose: 1</b>						
100% Apple Juice - SR1204 (4 fl oz cup)	60.00	0.00	14.00	0.00	12.00	0.00

Date: 10/10/2022 - 10/14/2022  
Meal Service: -- ALL --

Lucky Charms - SR2428 (1 bowl)	108.86	1.15	23.32	1.54	9.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl) May contain Gluten,	113.29	1.37	23.74	1.15	7.31	1.46
<b>Fruit; May Choose: 2</b>						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>Fruit Juice; May Choose: 1</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
<b>Milk; May Choose: 1</b>						
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
<b>Thursday 10/13/2022, Lunch, CH-From the Garden Bar (Garden Milk, Condiments)</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
<b>Fruit; May Choose: 1</b>						
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	15.33	1.92	11.49	0.00
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	11.28	2.30	8.98	0.90
<b>Fruit Juice; May Choose: 1</b>						
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
<b>Vegetable; May Choose: 2</b>						
Chilled Black Beans - SR2006 (1/2 c.)	120.50	0.00	21.91	5.48	1.09	7.67
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	2.12	0.83	0.54	0.90
<b>Milk; May Choose: 1</b>						
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	12.00	0.00	12.00	8.00
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	23.00	0.00	23.00	8.00
<b>Condiment; May Choose: 1</b>						
Barbecue Sauce - SR2541 (1 packet)	15.00	0.00	4.00	0.00	2.00	0.00
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
Ranch Dressing - SR2540 (1 packet) Contains Egg, Milk.	50.00	5.00	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
<b>Thursday 10/13/2022, Lunch, CH-Main Event (II-Play)</b>						
<b>Menu Item &amp; Assembly; May Choose: 1</b>						
American Sandwich - NWR4036 (1 sandwich) Contains Gluten, Milk,	274.34	8.56	32.01	2.00	3.00	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
Crispy Chicken Nuggets - SR1367 (5 nugget) Contains Gluten, Soy,	239.93	14.00	16.00	3.00	1.00	14.00
<b>Grains; May Choose: 1</b>						
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Wheat. May contain	70.00	0.50	12.00	1.00	1.00	3.00
<b>Vegetable; May Choose: 2</b>						
Roasted Green Beans - SR1021 (1/2 c.)	22.18	0.13	5.11	2.34	1.45	1.18
<b>Friday 10/14/2022, Breakfast, B-Classroom Café</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Banana Muffin Top - NWR2902 (1 ea.) Contains Egg, Gluten, Milk,	331.25	8.60	59.76	3.58	26.80	4.10
<b>Grains; May Choose: 2</b>						
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk,	94.55	2.96	14.32	0.95	0.95	3.82

# Elementary Menu Item Nutrients

Date: 10/03/2022 - 10/09/2022  
Meal Service: -- ALL --

100% Orange Juice - SR1295 (4 fl oz cup)	60.00	0.00	14.00	0.00	12.00	0.00
<b>Vegetable; May Choose: 2</b>						
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	5.98	2.10	3.46	0.46
Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	2.23	0.31	1.03	0.40
<b>Milk; May Choose: 1</b>						
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	12.00	0.00	12.00	8.00
Nonfat Chocolate Milk - NWR2553 (1 c.)	130.00	0.00	23.00	0.00	23.00	8.00
<b>Condiment; May Choose: 1</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
<b>Friday 10/07/2022, Lunch, CH-Main Event</b>						
<b>Menu Item &amp; Assembly; May Choose: 1</b>						
Chicken & Waffles - NWR3126 (1 serving)	330.00	17.00	29.50	3.50	2.00	16.00
Crispy Chicken Wrap - NWR3904 (1 wrap)	379.08	20.00	35.24	4.66	4.52	16.05
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Chicken, Milk, Soy, Wheat	342.25	18.20	32.02	2.00	2.00	18.13
<b>Condiment; May Choose: 1</b>						
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	26.00	0.00	14.50	0.00

(M) Indicates missing nutrient values.

**Allergen Disclaimer:** Please be advised that our menu items may contain allergens or may have come in

Date: 10/10/2022 - 10/14/2022  
Meal Service: -- ALL --

Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar) Contains Gluten, Soy, Wheat	157.04	3.20	29.60	2.92	8.52	2.44
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat	158.44	3.36	29.48	2.88	8.92	2.56
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	23.32	1.54	9.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl) May contain Gluten, Soy, Wheat	113.29	1.37	23.74	1.15	7.31	1.46
<b>Fruit; May Choose: 2</b>						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>Milk; May Choose: 1</b>						
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
<b>Friday 10/14/2022, Lunch, CH-From the Garden Bar (Garden, CH-Play)</b>						
<b>Entrée/Combo; May Choose: 1</b>						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
<b>Fruit; May Choose: 1</b>						
Unsweetened Applesauce - SR1195 (1/2 c.)	55.86	0.15	12.58	1.51	11.53	0.32
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	5.98	2.10	3.46	0.46
Green Beans - NWR1005 (1/2 c.)	22.66	0.00	3.63	1.81	1.81	0.91
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	12.00	0.00	12.00	8.00
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	23.00	0.00	23.00	8.00
<b>Condiment; May Choose: 1</b>						
Barbecue Sauce - SR2541 (1 packet)	15.00	0.00	4.00	0.00	2.00	0.00
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
Ranch Dressing - SR2540 (1 packet) Contains Egg, Milk.	50.00	5.00	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
<b>Friday 10/14/2022, Lunch, CH-Main Event (II-Play)</b>						
<b>Menu Item &amp; Assembly; May Choose: 1</b>						
Cheese Pizza - NWR1309 (1 slice) Contains Gluten, Milk, Wheat.	267.26	13.49	22.83	1.75	3.54	13.21
Po Boy Fish Sub - NWR1341 (1 sandwich) Contains Fish, Gluten, Milk, Soy, Wheat, May contain Egg	337.78	9.53	43.50	3.50	2.75	17.27
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat	660.00	36.06	70.00	6.16	32.00	22.08
<b>Vegetable; May Choose: 2</b>						
Mexican Slaw - SR1612 (1/2 c.)	48.54	0.19	11.94	1.71	9.52	0.91
Mixed Garden Vegetables - SR1583 (1/2 c.)	52.99	0.47	11.21	3.18	3.32	2.30

(M) Indicates missing nutrient values.

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