

Middle School Menu Item Nutrients + ICS and STEM

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

Middle School

Menu Item	Calories (Kcal)	Total Fat (g)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Monday 10/03/2022, Breakfast, B- Classroom Caffe						
Entrée/Combo; May Choose: 1						
French Toast Sticks - NWR3095 (4 ea.) Contains <small>Gluten, Soy, Wheat</small>	300.00	14.00	39.00	1.00	8.00	5.00
Meat/MA; May Choose: 1						
String Cheese Stick - SR3035 (1 stick.) Contains <small>Milk</small>	91.13	7.09	0.00	0.00	0.00	7.09
Grains; May Choose: 2						
Cheerios - SR1160 (1 bowl)	100.52	1.79	20.83	2.88	1.43	3.58
Cocoa Puffs Cereal - SR1170 (1 bowl)	110.00	1.50	25.00	2.00	8.00	2.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) <small>Contains Gluten, Soy, Wheat</small>	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
String Cheese - SR1146 (1 stick.) Contains Milk.	80.00	6.00	0.00	0.00	0.00	7.00
Trix Cereal reduced sugar - SR1184 (1 bowl) <small>Contains Gluten, Wheat</small>	113.29	1.37	23.74	1.15	7.31	1.46
Fruit; May Choose: 2						
Crispy Whole Apple - SR1161 (1 extra small (2- 1 1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
Fruit Juice; May Choose: 1						
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
Milk; May Choose: 1						
Lowfat 1% White Milk - NWR2345 (1 Half Pint) <small>Contains Milk</small>	110.00	2.50	13.00	0.00	12.00	9.00
White Skim Milk - NWR2347 (1 Half Pint) <small>Contains Milk</small>	90.00	0.00	13.00	0.00	12.00	9.00
Monday 10/03/2022, Lunch, CRC-Pizza						
Entrée/Combo; May Choose: 1						
BBQ Chicken Pizza - NWR3923 (1 slice) Contains <small>Gluten, Milk, Wheat, Soy, Contains Egg</small>	460.05	15.19	58.68	1.64	7.17	21.66
Cheese Pizza - NWR2356 (1 slice) Contains <small>Gluten, Milk, Wheat, Processed in a facility that</small>	469.14	19.15	54.20	1.77	4.28	21.11
Pepperoni Pizza - NWR2358 (1 slice) Contains <small>Gluten, Milk, Wheat, Processed in a facility that</small>	500.73	22.06	54.20	1.77	4.28	22.57
Monday 10/03/2022, Lunch, DYK-Chopsticks						
Meat/MA; May Choose: 1						
Beefy Meatballs - SR2032 (5 Meatballs) Contains <small>Gluten, Milk, Soy, Wheat</small>	196.99	14.52	4.15	1.04	1.04	14.52

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Grains; May Choose: 1						
Steamed Rice - SR2109 (1/2 c.)	137.87	0.81	30.01	1.62	0.00	3.24
Vegetable; May Choose: 1						
Mixed Garden Vegetables - SR1583 (1/2 c.)	52.99	0.47	11.21	3.18	3.32	2.30
Condiment; May Choose: 1						
Sweet & Sour Sauce - NWR1484 (1/4 c.)	140.00	0.00	36.00	0.00	30.00	0.00
Monday 10/03/2022, Lunch, DYK-Fast Takes (Menu ID)						
Menu Item & Assembly; May Choose: 1						
Chef Salad - NWR4037 (1 salad) Contains Egg, Milk, Soy	128.45	7.43	5.33	1.13	2.19	11.72
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat, Processed in a Soy	237.72	11.80	16.76	2.39	1.36	18.15
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Eggs, Gluten, Milk, Wheat, May contain Soy	499.69	27.67	43.34	5.20	3.68	21.70
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat	331.35	14.93	31.04	3.27	4.42	21.83
Grains; May Choose: 1						
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Wheat, May contain Soy	140.00	1.00	24.00	2.00	2.00	6.00
Condiment; May Choose: 1						
Buffalo Side Vegetables - SR1954 (1/4 c.)	7.29	0.05	1.67	0.48	0.80	0.22
Monday 10/03/2022, Lunch, DYK-Honor Roll (Menu ID)						
Menu Item & Assembly; May Choose: 1						
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
100% Beef Hamburger - NWR4231 (1 burger) Contains Gluten, Wheat, May contain Soy	293.00	9.50	27.00	2.00	3.00	18.00
BBQ Pork Riblet Sandwich - NWR2296 (1 ea.) Contains Gluten, Soy, Wheat, May contain Soy	325.00	11.50	37.50	3.00	11.00	19.00
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	380.00	14.50	41.00	4.00	4.00	20.00
Veggie Burger - NWR1631 (1 burger) Contains Gluten, Soy, Wheat, May contain Soy	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	14.55	1.12	0.00	1.12
Monday 10/03/2022, Lunch, DYK-Revolve						
Menu Item & Assembly; May Choose: 1						
Tot'chos - NWR1452 (1 portion) Contains Milk, Soy	329.74	21.79	19.72	1.00	4.46	18.14
Grains; May Choose: 1						
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Wheat, May contain Soy	140.00	1.00	24.00	2.00	2.00	6.00
Monday 10/03/2022, Lunch, DYK-Thrive Bar (Cakes, Milk, Condiments)						
Entrée/Combo; May Choose: 1						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00

Middle School Menu Item Nutrients + ICS and STEM

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Fruit; May Choose: 2						
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	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
Fruit Juice; May Choose: 1						
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
Vegetable; May Choose: 2						
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
Garden Side Salad - SR1429 (1 c.)	20.07	0.13	4.25	1.38	1.86	1.10
Milk; May Choose: 1						
Chocolate Skim Milk - NWR2346 (1 Half Pint) <small>Contains Milk</small>	130.00	0.00	24.00	0.00	22.00	8.00
Lowfat 1% White Milk - NWR2345 (1 Half Pint) <small>Contains Milk</small>	110.00	2.50	13.00	0.00	12.00	9.00
Tuesday 10/04/2022, Breakfast, B- Classroom Café						
Meat/MA; May Choose: 1						
String Cheese Stick - SR3035 (1 stick.) Contains Milk	91.13	7.09	0.00	0.00	0.00	7.09
Grains; May Choose: 2						
Cheerios - SR1160 (1 bowl)	100.52	1.79	20.83	2.88	1.43	3.58
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) <small>Contains Gluten, Soy, Wheat</small>	120.00	2.50	22.00	3.00	6.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	110.00	1.50	25.00	2.00	8.00	2.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) <small>Contains Gluten, Soy, Wheat</small>	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
String Cheese - SR1146 (1 stick.) Contains Milk.	80.00	6.00	0.00	0.00	0.00	7.00
Fruit; May Choose: 2						
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
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
Fruit Juice; May Choose: 1						
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
Milk; May Choose: 1						

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Date: 10/03/2022 - 10/07/2022

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Lowfat 1% White Milk - NWR2345 (1 Half Pint) <small>Contains Milk</small>	110.00	2.50	13.00	0.00	12.00	9.00
White Skim Milk - NWR2347 (1 Half Pint) <small>Contains Milk</small>	90.00	0.00	13.00	0.00	12.00	9.00
Tuesday 10/04/2022, Lunch, CRC-Pizza						
Entrée/Combo; May Choose: 1						
Cheese Pizza - NWR2356 (1 slice) Contains <small>Gluten, Milk, Wheat, Processed in a facility that</small>	469.14	19.15	54.20	1.77	4.28	21.11
Pepperoni Pizza - NWR2358 (1 slice) Contains <small>Gluten, Milk, Wheat, Processed in a facility that</small>	500.73	22.06	54.20	1.77	4.28	22.57
Supreme Pizza - NWR3285 (1 slice) Contains <small>Gluten, Milk, Soy, Wheat, Processed in a facility that</small>	528.08	23.32	56.50	2.50	5.07	24.63
Tuesday 10/04/2022, Lunch, DYK-Fast Food (A la Carte)						
Menu Item & Assembly; May Choose: 1						
BBQ Chicken Sub - NWR4254 (1 sandwich) <small>Contains Gluten, Milk, Wheat, May contain Egg</small>	372.71	14.05	39.49	3.05	7.07	23.60
Chef Salad - NWR4037 (1 salad) Contains Egg, <small>Milk, Soy</small>	128.45	7.43	5.33	1.13	2.19	11.72
Chicken Caesar Wrap - NWR1276 (1 ea.) <small>Contains Egg, Gluten, Milk, Wheat, May contain</small>	499.69	27.67	43.34	5.20	3.68	21.70
Crispy Chicken Salad - NWR3926 (1 salad) <small>Contains Gluten, Milk, Soy, Wheat</small>	318.82	17.07	23.49	5.26	3.81	19.47
Ham & Cheese Sub - NWR3930 (1 sandwich) <small>Contains Gluten, Milk, Soy, Wheat, May contain</small>	320.23	11.83	32.03	3.27	6.42	22.76
Ham & Cheese Sub Sandwich - NWR3163 (1 <small>sandwich) Contains Gluten, Milk, Soy, Wheat</small>	331.35	14.93	31.04	3.27	4.42	21.83
Grains; May Choose: 1						
Bread Roll - NWR1032 (2 roll.) Contains Gluten, <small>Wheat, May contain Soy</small>	140.00	1.00	24.00	2.00	2.00	6.00
Vegetable; May Choose: 1						
Roasted Peppers and Onions Blend - SR1952 (1/4 <small>c.)</small>	34.82	2.09	4.12	1.09	1.97	0.61
Tuesday 10/04/2022, Lunch, DYK-Fiesta						
Meat/MA; May Choose: 2						
Cheddar Cheese Sauce - SR1293 (1/4 c.) <small>Contains Milk</small>	114.49	9.20	2.04	0.00	1.02	7.16
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains <small>Soy</small>	1.79	0.11	0.07	0.00	0.04	0.17
Grains; May Choose: 1						
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	29.45	2.94	0.00	2.94
Vegetable; May Choose: 1						
Aztec Corn - NWR3261 (1/2 c.)	95.02	2.43	17.30	2.88	5.25	3.32
Vegetarian Refried Beans - SR1070 (1/2 c.)	161.28	0.58	27.65	10.37	0.00	10.37
Condiment; May Choose: 2						
Diced Red Tomatoes - SR1012 (2 tbsp.)	4.43	0.05	0.96	0.29	0.65	0.22
Diced Yellow Onion - SR1264 (2 tbsp.)	8.58	0.02	2.00	0.36	0.91	0.24
Homemade Salsa - NWR2772 (2 tbsp.)	8.32	0.03	1.74	0.47	1.02	0.26
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredded)	2.52	0.03	0.54	0.22	0.35	0.16

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Sliced Black Olives - SR1390 (2 tbsp.)	14.12	1.41	0.94	0.00	0.00	0.00
Sour Cream - NWR2575 (2 tbsp.) Contains Milk.	45.00	3.00	3.00	0.00	2.00	1.00
Sour Cream - NWR3153 (2 tbsp.) Contains Milk.	60.00	6.00	2.00	0.00	1.00	1.00
Sour Cream, Darigold, Fat Free - NWR2923 (2	25.00	0.00	4.00	0.00	3.00	2.00
Spanish Rice - NWR3146 (1/4 c.) Contains	63.15	0.39	13.89	1.03	0.47	1.46
Thick & Chunky Salsa - SR2187 (2 tbsp.)	5.00	0.00	1.50	0.50	1.00	0.00
Tuesday 10/04/2022, Lunch, DYK-Honor						
Menu Item & Assembly; May Choose: 1						
100% Beef Cheeseburger - NWR4232 (1 burger)	348.00	14.00	28.00	2.00	3.50	20.50
100% Beef Hamburger - NWR4231 (1 burger)	293.00	9.50	27.00	2.00	3.00	18.00
Chicken Burger - NWR1300 (1 burger) Contains	390.00	15.50	42.00	5.00	4.00	21.00
Corn Dog - SR1023 (1 corn dog) Contains Egg,	240.00	8.00	30.00	5.00	5.00	9.00
Spicy Chicken Burger - NWR1249 (1 burger)	380.00	14.50	41.00	4.00	4.00	20.00
Veggie Burger - NWR1631 (1 burger) Contains	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	14.55	1.12	0.00	1.12
Tuesday 10/04/2022, Lunch, DYK-Revolve						
Menu Item & Assembly; May Choose: 1						
Glazed Chicken Drumstick - SR2447 (1 piece)	248.99	15.56	3.11	0.00	0.00	24.90
Grains; May Choose: 1						
Bread Roll - NWR1032 (2 roll.) Contains Gluten,	140.00	1.00	24.00	2.00	2.00	6.00
Vegetable; May Choose: 2						
Mixed Garden Vegetables - SR1583 (1/2 c.)	52.99	0.47	11.21	3.18	3.32	2.30
Tuesday 10/04/2022, Lunch, DYK-Thrive						
Entrée/Combo; May Choose: 1						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
Fruit; May Choose: 2						
Crispy Whole Apple - SR1161 (1 extra small (2-	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
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Fruit Juice; May Choose: 1						
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
Vegetable; May Choose: 2						

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Caesar Side Salad - SR1428 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat, Processed in a facility that contains Milk, Soy, Wheat	169.83	15.80	5.61	1.19	0.68	2.95
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
Milk; May Choose: 1						
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk	130.00	0.00	24.00	0.00	22.00	8.00
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk	110.00	2.50	13.00	0.00	12.00	9.00
Wednesday 10/05/2022, Breakfast, B-Cleanroom Café						
Grains; May Choose: 2						
Cheerios - SR1160 (1 bowl)	100.52	1.79	20.83	2.88	1.43	3.58
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat	120.00	2.50	22.00	3.00	6.00	1.00
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
String Cheese - SR1146 (1 stick.) Contains Milk	80.00	6.00	0.00	0.00	0.00	7.00
Fruit; May Choose: 2						
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia.))	47.79	0.16	12.69	2.21	9.55	0.24
Fruit Juice; May Choose: 1						
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
Milk; May Choose: 1						
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk	110.00	2.50	13.00	0.00	12.00	9.00
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk	90.00	0.00	13.00	0.00	12.00	9.00
Wednesday 10/05/2022, Lunch, CRC-Pizza						
Entrée/Combo; May Choose: 1						
Cheese Pizza - NWR2356 (1 slice) Contains Gluten, Milk, Wheat, Processed in a facility that contains Milk, Soy, Wheat	469.14	19.15	54.20	1.77	4.28	21.11
Pepperoni Pizza - NWR2358 (1 slice) Contains Gluten, Milk, Wheat, Processed in a facility that contains Milk, Soy, Wheat	500.73	22.06	54.20	1.77	4.28	22.57
Sausage Pizza - NWR2357 (1 slice) Contains Gluten, Milk, Soy, Wheat, Processed in a facility that contains Milk, Soy, Wheat	538.49	25.04	55.28	2.13	4.60	24.16
Wednesday 10/05/2022, Lunch, DYK-Cleanroom Café						
Meat/MA; May Choose: 1						
Crispy Chicken Nuggets - SR1367 (5 nugget) Contains Gluten, Soy, Wheat	239.93	14.00	16.00	3.00	1.00	14.00
Grains; May Choose: 1						
Steamed Rice - SR2109 (1/2 c.)	137.87	0.81	30.01	1.62	0.00	3.24
Vegetable; May Choose: 1						
Mixed Garden Vegetables - SR1583 (1/2 c.)	52.99	0.47	11.21	3.18	3.32	2.30

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Condiment; May Choose: 1						
Orange Sauce - NWR1853 (1/4 c.) Contains <small>Gluten, Soy, Wheat</small>	140.00	0.00	36.00	0.00	34.00	0.00
Wednesday 10/05/2022, Lunch, DYK-Fast Food (All-IT)						
Menu Item & Assembly; May Choose: 1						
Chef Salad - NWR4037 (1 salad) Contains Egg, <small>Milk, Soy</small>	128.45	7.43	5.33	1.13	2.19	11.72
Chicken Caesar Salad - NWR1428 (1 salad) <small>Contains Gluten, Milk, Wheat, Processed in a</small>	237.72	11.80	16.76	2.39	1.36	18.15
Chicken Caesar Wrap - NWR1276 (1 ea.) <small>Contains Egg, Gluten, Milk, Wheat, May contain</small>	499.69	27.67	43.34	5.20	3.68	21.70
Ham & Cheese Sub Sandwich - NWR3163 (1 <small>sandwich) Contains Gluten, Milk, Soy, Wheat</small>	331.35	14.93	31.04	3.27	4.42	21.83
Grains; May Choose: 1						
Bread Roll - NWR1032 (2 roll.) Contains Gluten, <small>Wheat, May contain Soy</small>	140.00	1.00	24.00	2.00	2.00	6.00
Wednesday 10/05/2022, Lunch, DYK-Honor Roll (All-IT)						
Menu Item & Assembly; May Choose: 1						
100% Beef Cheeseburger - NWR4232 (1 burger) <small>Contains Gluten, Milk, Soy, Wheat, May contain</small>	348.00	14.00	28.00	2.00	3.50	20.50
100% Beef Hamburger - NWR4231 (1 burger) <small>Contains Gluten, Wheat, May contain Soy</small>	293.00	9.50	27.00	2.00	3.00	18.00
Chicken Burger - NWR1300 (1 burger) Contains <small>Gluten, Soy, Wheat, May contain Soy</small>	390.00	15.50	42.00	5.00	4.00	21.00
Grilled Cheese Sandwich - NWR1723 (1 <small>sandwich) Contains Gluten, Milk, Soy, Wheat</small>	342.25	18.20	32.02	2.00	2.00	18.13
Spicy Chicken Burger - NWR1249 (1 burger) <small>Contains Gluten, Soy, Wheat, May contain Soy</small>	380.00	14.50	41.00	4.00	4.00	20.00
Veggie Burger - NWR1631 (1 burger) Contains <small>Gluten, Soy, Wheat, May contain Soy</small>	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	14.55	1.12	0.00	1.12
Wednesday 10/05/2022, Lunch, DYK- Dunkin'						
Menu Item & Assembly; May Choose: 1						
Popcorn Chicken Bowl - NWR4198 (1 portion) <small>Contains Gluten, Milk, Soy, Wheat</small>	441.46	18.52	49.97	5.66	6.74	19.09
Grains; May Choose: 1						
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, <small>Wheat, May contain Soy</small>	70.00	0.50	12.00	1.00	1.00	3.00
Vegetable; May Choose: 2						
Vegetarian Baked Beans - SR2026 (1/2 c.)	132.68	0.00	29.60	5.10	10.21	7.14
Wednesday 10/05/2022, Lunch, DYK-Thrive Bar (Gluten, Milk, Sediments)						
Entrée/Combo; May Choose: 1						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
Fruit; May Choose: 2						
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
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

Middle School Menu Item Nutrients + ICS and STEM

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

Fruit Juice; May Choose: 1						
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
Vegetable; May Choose: 2						
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
Garden Side Salad - SR1429 (1 c.)	20.07	0.13	4.25	1.38	1.86	1.10
Milk; May Choose: 1						
Chocolate Skim Milk - NWR2346 (1 Half Pint)	130.00	0.00	24.00	0.00	22.00	8.00
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	110.00	2.50	13.00	0.00	12.00	9.00
Thursday 10/06/2022, Breakfast, B-Cross-Country						
Entrée/Combo; May Choose: 1						
Blueberry Bagel w/ Cream Cheese Burry - NWR1108 (1 ea.) Contains Milk, Wheat	204.54	4.55	34.71	3.05	7.10	6.57
Meat/MA; May Choose: 1						
String Cheese Stick - SR3035 (1 stick.) Contains Milk	91.13	7.09	0.00	0.00	0.00	7.09
Grains; May Choose: 2						
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat	120.00	2.50	22.00	3.00	6.00	1.00
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
String Cheese - SR1146 (1 stick.) Contains Milk	80.00	6.00	0.00	0.00	0.00	7.00
Fruit; May Choose: 2						
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
Fruit Juice; May Choose: 1						
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
Milk; May Choose: 1						
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	110.00	2.50	13.00	0.00	12.00	9.00
White Skim Milk - NWR2347 (1 Half Pint)	90.00	0.00	13.00	0.00	12.00	9.00
Thursday 10/06/2022, Lunch, CRC-Pizza						
Entrée/Combo; May Choose: 1						
Buffalo Chicken Pizza - NWR3351 (1 slice) Contains Egg, Gluten, Milk, Soy, Wheat	510.74	20.06	60.29	3.45	4.13	22.80
Cheese Pizza - NWR2356 (1 slice) Contains Gluten, Milk, Wheat, Processed in a facility that	469.14	19.15	54.20	1.77	4.28	21.11
Pepperoni Pizza - NWR2358 (1 slice) Contains Gluten, Milk, Wheat, Processed in a facility that	500.73	22.06	54.20	1.77	4.28	22.57

Middle School Menu Item Nutrients + ICS and STEM

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

Thursday 10/06/2022, Lunch, DYK-Fast						
Menu Item & Assembly; May Choose: 1						
Buffalo Chicken Salad - SR1956 (1 salad)	313.06	16.71	22.32	6.22	4.75	18.64
Chef Salad - NWR4037 (1 salad) Contains Egg,	128.45	7.43	5.33	1.13	2.19	11.72
Chicken Caesar Wrap - NWR1276 (1 ea.)	499.69	27.67	43.34	5.20	3.68	21.70
Ham & Cheese Sub Sandwich - NWR3163 (1	331.35	14.93	31.04	3.27	4.42	21.83
Spicy Italian Sub - NWR3420 (1 sandwich)	412.63	18.77	34.00	3.92	6.37	29.85
Grains; May Choose: 1						
Bread Roll - NWR1032 (2 roll.) Contains Gluten,	140.00	1.00	24.00	2.00	2.00	6.00
Condiment; May Choose: 1						
Buffalo Side Vegetables - SR1954 (1/4 c.)	7.29	0.05	1.67	0.48	0.80	0.22
Thursday 10/06/2022, Lunch, DYK-Fiesta						
Meat/MA; May Choose: 2						
Cheddar Cheese Sauce - SR1293 (1/4 c.)	114.49	9.20	2.04	0.00	1.02	7.16
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains	1.79	0.11	0.07	0.00	0.04	0.17
Grains; May Choose: 1						
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	29.45	2.94	0.00	2.94
Vegetable; May Choose: 1						
Aztec Corn - NWR3261 (1/2 c.)	95.02	2.43	17.30	2.88	5.25	3.32
Vegetarian Refried Beans - SR1070 (1/2 c.)	161.28	0.58	27.65	10.37	0.00	10.37
Condiment; May Choose: 2						
Diced Red Tomatoes - SR1012 (2 tbsp.)	4.43	0.05	0.96	0.29	0.65	0.22
Diced Yellow Onion - SR1264 (2 tbsp.)	8.58	0.02	2.00	0.36	0.91	0.24
Homemade Salsa - NWR2772 (2 tbsp.)	8.32	0.03	1.74	0.47	1.02	0.26
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredded)	2.52	0.03	0.54	0.22	0.35	0.16
Sliced Black Olives - SR1390 (2 tbsp.)	14.12	1.41	0.94	0.00	0.00	0.00
Sour Cream - NWR2575 (2 tbsp.) Contains Milk.	45.00	3.00	3.00	0.00	2.00	1.00
Sour Cream - NWR3153 (2 tbsp.) Contains Milk.	60.00	6.00	2.00	0.00	1.00	1.00
Sour Cream, Darigold, Fat Free - NWR2923 (2	25.00	0.00	4.00	0.00	3.00	2.00
Spanish Rice - NWR3146 (1/4 c.) Contains	63.15	0.39	13.89	1.03	0.47	1.46
Thick & Chunky Salsa - SR2187 (2 tbsp.)	5.00	0.00	1.50	0.50	1.00	0.00
Thursday 10/06/2022, Lunch, DYK-Honor						
Menu Item & Assembly; May Choose: 1						

Middle School Menu Item Nutrients + ICS and STEM

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

100% Beef Cheeseburger - NWR4232 (1 burger) <small>Contains Gluten, Milk, Soy, Wheat, May contain</small>	348.00	14.00	28.00	2.00	3.50	20.50
100% Beef Hamburger - NWR4231 (1 burger) <small>Contains Gluten, Wheat, May contain Soy</small>	293.00	9.50	27.00	2.00	3.00	18.00
Chicken Burger - NWR1300 (1 burger) Contains <small>Gluten, Soy, Wheat, May contain Soy</small>	390.00	15.50	42.00	5.00	4.00	21.00
Hot Dog - NWR1054 (1 serving) Contains <small>Gluten, Wheat, May contain Soy</small>	271.50	10.61	27.01	2.00	2.00	15.10
Spicy Chicken Burger - NWR1249 (1 burger) <small>Contains Gluten, Soy, Wheat, May contain Soy</small>	380.00	14.50	41.00	4.00	4.00	20.00
Veggie Burger - NWR1631 (1 burger) Contains <small>Gluten, Soy, Wheat, May contain Soy</small>	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	14.55	1.12	0.00	1.12
Thursday 10/06/2022, Lunch, DYK-Revolve						
Menu Item & Assembly; May Choose: 1						
Pasta with Forward Sauce - SR3133 (1 serving)	(M)	(M)	(M)	(M)	(M)	(M)
Entrée/Combo; May Choose: 1						
Forward Sauce - SR2478 (1 c.)	307.44	7.70	45.91	11.14	12.02	14.76
Grains; May Choose: 1						
Whole Wheat Spaghetti Noodles - NWR4299 (1/2 <small>c.) Contains Gluten, Wheat</small>	93.19	1.76	16.85	2.81	0.00	2.81
Vegetable; May Choose: 2						
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	4.95	2.53	1.56	2.43
Thursday 10/06/2022, Lunch, DYK-Thrive <small>Box (Cakes, Milk, Condiments)</small>						
Entrée/Combo; May Choose: 1						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
Fruit; May Choose: 2						
Crispy Whole Apple - SR1161 (1 extra small (2- <small>1/2" dia.))</small>	47.79	0.16	12.69	2.21	9.55	0.24
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	15.33	1.92	11.49	0.00
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Fruit Juice; May Choose: 1						
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
Vegetable; May Choose: 2						
Caesar Side Salad - SR1428 (1 c.) Contains Egg, <small>Fish, Gluten, Milk, Wheat, Processed in a facility</small>	169.83	15.80	5.61	1.19	0.68	2.95
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
Milk; May Choose: 1						
Chocolate Skim Milk - NWR2346 (1 Half Pint) <small>Contains Milk</small>	130.00	0.00	24.00	0.00	22.00	8.00
Lowfat 1% White Milk - NWR2345 (1 Half Pint) <small>Contains Milk</small>	110.00	2.50	13.00	0.00	12.00	9.00

Middle School Menu Item Nutrients + ICS and STEM

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

Friday 10/07/2022, Breakfast, B-Classroom						
Entrée/Combo; May Choose: 1						
Mini Cinnis - SR1595 (1 pkg.) Contains Gluten, Milk, Wheat	240.00	8.00	40.00	3.00	14.00	4.00
Meat/MA; May Choose: 1						
String Cheese Stick - SR3035 (1 stick.) Contains Milk	91.13	7.09	0.00	0.00	0.00	7.09
Grains; May Choose: 2						
Cheerios - SR1160 (1 bowl)	100.52	1.79	20.83	2.88	1.43	3.58
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat	120.00	2.50	22.00	3.00	6.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	110.00	1.50	25.00	2.00	8.00	2.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat	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
Trix Cereal Bar - SR1307 (1 Bar) Contains Gluten, Soy, Wheat	159.00	3.56	29.24	2.60	8.76	2.48
Fruit; May Choose: 2						
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
Fruit Juice; May Choose: 1						
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
Milk; May Choose: 1						
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk	110.00	2.50	13.00	0.00	12.00	9.00
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk	90.00	0.00	13.00	0.00	12.00	9.00
Friday 10/07/2022, Lunch, CRC-Pizza						
Entrée/Combo; May Choose: 1						
Cheese Pizza - NWR2356 (1 slice) Contains Gluten, Milk, Wheat, Processed in a facility that contains Milk, Soy, Wheat	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 contains Milk, Soy, Wheat	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 contains Milk, Soy, Wheat	500.73	22.06	54.20	1.77	4.28	22.57
Friday 10/07/2022, Lunch, DYK-Fast Takes (After IT)						
Menu Item & Assembly; May Choose: 1						
Chef Salad - NWR4037 (1 salad) Contains Egg, Milk, Soy	128.45	7.43	5.33	1.13	2.19	11.72
Chicken Bacon Ranch Wrap - NWR3173 (1 wrap) Contains Egg, Gluten, Milk, Wheat	489.59	25.00	43.25	4.42	4.42	22.08
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat, Processed in a facility that contains Milk, Soy, Wheat	237.72	11.80	16.76	2.39	1.36	18.15
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat, Processed in a facility that contains Milk, Soy, Wheat	499.69	27.67	43.34	5.20	3.68	21.70
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat	331.35	14.93	31.04	3.27	4.42	21.83
Grains; May Choose: 1						

Middle School Menu Item Nutrients + ICS and STEM

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

Bread Roll - NWR1032 (2 roll.) Contains Gluten, Wheat, May contain Soy	140.00	1.00	24.00	2.00	2.00	6.00
Friday 10/07/2022, Lunch, DYK-Honor Roll (Aller. F.)						
Menu Item & Assembly; May Choose: 1						
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
100% Beef Hamburger - NWR4231 (1 burger) Contains Gluten, Wheat, May contain Soy	293.00	9.50	27.00	2.00	3.00	18.00
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Soy, Wheat, May contain Soy	390.00	15.50	42.00	5.00	4.00	21.00
Crispy Chicken Nuggets - SR1367 (5 nugget) Contains Gluten, Soy, Wheat	239.93	14.00	16.00	3.00	1.00	14.00
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Soy, Wheat, May contain Soy	380.00	14.50	41.00	4.00	4.00	20.00
Veggie Burger - NWR1631 (1 burger) Contains Gluten, Soy, Wheat, May contain Soy	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	14.55	1.12	0.00	1.12
Friday 10/07/2022, Lunch, DYK-Noodles (Potatoes)						
Entrée/Combo; May Choose: 1						
Marinara Sauce - NWR1316 (1/4 c.)	40.00	2.00	5.00	0.50	3.00	0.50
Grains; May Choose: 2						
Penne Pasta - SR2108 (1/2 c.) Contains Gluten, Wheat	131.82	1.67	25.77	1.23	1.23	4.29
Vegetable; May Choose: 1						
Mixed Garden Vegetables - SR1583 (1/2 c.)	52.99	0.47	11.21	3.18	3.32	2.30
Friday 10/07/2022, Lunch, DYK-Revolve						
Menu Item & Assembly; May Choose: 1						
Chicken & Waffles - NWR3126 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat	330.00	17.00	29.50	3.50	2.00	16.00
Vegetable; May Choose: 2						
Sweet Potato Fries - SR2043 (1/2 c.)	162.34	7.10	25.37	1.01	7.10	1.01
Condiment; May Choose: 1						
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	26.00	0.00	14.50	0.00
Friday 10/07/2022, Lunch, DYK-Thrive Bar (Candy, Milk, Condiments)						
Entrée/Combo; May Choose: 1						
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00
Fruit; May Choose: 2						
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	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
Wild Blueberries - SR2872 (1/2 c.)	39.34	0.00	8.85	2.95	4.92	0.00

Middle School Menu Item Nutrients + ICS and STEM

Date: 10/03/2022 - 10/07/2022
 Meal Service: -- ALL --

Fruit Juice; May Choose: 1						
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
Vegetable; May Choose: 2						
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
Garden Side Salad - SR1429 (1 c.)	20.07	0.13	4.25	1.38	1.86	1.10
Green Beans - NWR1005 (1/2 c.)	22.66	0.00	3.63	1.81	1.81	0.91
Milk; May Choose: 1						
Chocolate Skim Milk - NWR2346 (1 Half Pint)	130.00	0.00	24.00	0.00	22.00	8.00
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	110.00	2.50	13.00	0.00	12.00	9.00

(M) Indicates missing nutrient values.

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

High School Menu Item Nutrients

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

High School

Menu Item	Calories (Kcal)	Total Fat (g)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Monday 10/03/2022, Breakfast, B-Entrée/Combo; May Choose: 1						
Double Chocolate Chip Muffin - SR1592 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	6.00	33.00	2.00	17.00	3.00
French Toast Sticks - NWR3095 (4 ea.) Contains Gluten, Soy, Wheat.	300.00	14.00	39.00	1.00	8.00	5.00
Ham & Cheese English Muffin - NWR1363 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	174.06	6.05	22.51	2.00	1.50	10.03
Grains; May Choose: 2						
Bagel & Cream Cheese - NWR1120 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	214.54	4.55	36.71	4.05	4.10	7.57
Cheerios - SR1160 (1 bowl)	100.52	1.79	20.83	2.88	1.43	3.58
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 bar) Contains Gluten, Soy, Wheat.	157.04	3.20	29.60	2.92	8.52	2.44
Milk; May Choose: 1						
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
Monday 10/03/2022, Lunch, T4-Adventure (4)						
Menu Item & Assembly; May Choose: 2						
Aztec Lentil Taco - SR3354 (1 taco)	(M)	(M)	(M)	(M)	(M)	(M)
Beef Tamale con Queso - SR3352 (1 tamale)	204.17	13.93	11.22	1.00	0.41	9.21
Enchilada Suiza - SR3315 (1 enchilada) Contains Gluten, Milk, Soy, Wheat.	346.93	12.72	36.18	4.54	3.36(M)	17.41
Taco Al Pastor - SR3353 (1 taco)	(M)	(M)	(M)	(M)	(M)	(M)
Entrée/Combo; May Choose: 2						
Lentil Taco Filling - SR2477 (3 tbsp.) Contains Gluten, Wheat.	80.67	2.65	10.07	2.74	0.05	4.42
Turkey Al Pastor - SR1259 (1/4 c.)	66.31	1.99	3.39	0.50	1.46	8.49
Meat/MA; May Choose: 1						
Aztec Corn - SR3173 (1 #10 scoop)	71.93	1.18	13.79	2.48	1.92	2.83
Grains; May Choose: 1						
Cilantro Lime Rice - SR2167 (1/4 c.)	58.08	1.10	11.19	0.72	0.33	1.23
Flour Tortilla - SR1066 (2 tortilla) Contains	179.97	5.00	28.00	4.00	2.00	4.00
Vegetable; May Choose: 1						
Vegetarian Refried Beans - SR1070 (1/2 c.)	161.28	0.58	27.65	10.37	0.00	10.37
Condiment; May Choose: 1						
Fresh Cilantro - SR1265 (1 tsp.)	0.08	0.00	0.01	0.01	0.00	0.01
Lime Wedges - SR1283 (2 slice or wedge)	2.51	0.02	0.88	0.23	0.14	0.06
Salsa Verde - SR1282 (2 tbsp.)	16.00	0.97	1.98	0.64	0.73	0.35
Sour Cream, Dairigold, Fat Free - NWR2923 (2 tbsp.) Contains Milk.	25.00	0.00	4.00	0.00	3.00	2.00
Monday 10/03/2022, Lunch, T4-Extras Bar (4)						
Fruit; May Choose: 2						
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Ready-to-Serve Apples - SR1216 (1 kiddie (<2-1/2" dia))	47.62	0.16	12.65	2.20	9.51	0.24
Unsweetened Applesauce - SR1195 (1/2 c.)	55.86	0.15	12.58	1.51	11.53	0.32
Vegetable; May Choose: 2						
Baby Spinach - SR1980 (1 c.)	16.30	0.28	2.57	1.56	0.30	2.03
Carrot Sticks - SR1606 (6 stick.)	24.80	0.14	5.79	1.69	2.87	0.56
Super Side Salad - SR1979 (1 c.)	49.06	0.30	10.09	2.54	2.36	2.35

Menu Item Nutrients

Date: 10/10/2022 - 10/14/2022

Meal Service: -- ALL --

High School

Menu Item	Calories (Kcal)	Total Fat (g)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Monday 10/10/2022, Breakfast, B-Classroom Café						
Entrée/Combo; May Choose: 1						
Blueberry Muffin - SR1454 (1 muffin) Contains Egg, Gluten, Soy,	190.00	6.00	30.00	2.00	16.00	3.00
French Toast Sticks - NWR3095 (4 ea.) Contains Gluten, Soy, Wheat.	300.00	14.00	39.00	1.00	8.00	5.00
Turkey Sausage & Cheese Biscuit - NWR3119 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	305.56	16.55	28.51	1.00	3.00	13.53
Grains; May Choose: 2						
Bagel & Cream Cheese - NWR1120 (1 ea.) Contains Gluten, Milk, Soy,	214.54	4.55	36.71	4.05	4.10	7.57
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.	158.44	3.36	29.48	2.88	8.92	2.56
Trix Cereal reduced sugar - SR1184 (1 bowl) May contain Gluten,	113.29	1.37	23.74	1.15	7.31	1.46
Fruit; May Choose: 2						
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
Milk; May Choose: 1						
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
Monday 10/10/2022, Lunch, T4-Adventure (1)						
Menu Item & Assembly; May Choose: 1						
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	(M)	(M)	(M)	(M)	(M)	(M)
Meat/MA; May Choose: 1						
Chicken Meatballs - SR3065 (5 Meatballs) Contains Gluten, Soy,	176.64	10.93	5.89	0.84	0.00	14.30
Fajita Chicken - SR2529 (2/3 c.)	123.52	4.05	2.02	0.00	2.02	18.23
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	110.67	0.21	20.99	7.87	0.95(M)	5.99
Grains; May Choose: 1						
Garlic Knot Breadstick - SR1255 (1 roll.) Contains Gluten, Soy, Wheat.	110.63	4.05	15.02	2.17	2.03	3.23
Musselman's Egg Milk Penne Pasta - SR2108 (1 c.) Contains Gluten, Wheat.	263.63	3.35	51.54	2.45	2.45	8.59
Vegetable; May Choose: 1						
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	5.40	2.89	1.40	3.00
Condiment; May Choose: 1						
Alfredo Cheese Sauce - SR2217 (1/4 c.) Contains Milk.	100.55	6.56	4.37	0.00	3.28	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.00	0.17
Spaghetti Sauce - SR2220 (1/2 c.)	64.72	0.49	13.34	2.74	7.84	2.08
Monday 10/10/2022, Lunch, T4-Extras Bar (Garden, Milk, Condiments)						
Fruit; May Choose: 2						
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Ready-to-Serve Apples - SR1216 (1 kiddie (<2-1/2" dia))	47.62	0.16	12.65	2.20	9.51	0.24
Unsweetened Applesauce - SR1195 (1/2 c.)	55.86	0.15	12.58	1.51	11.53	0.32
Vegetable; May Choose: 2						
Baby Spinach - SR1980 (1 c.)	16.30	0.28	2.57	1.56	0.30	2.03
Carrot Sticks - SR1606 (6 stick.)	24.80	0.14	5.79	1.69	2.87	0.56
Super Side Salad - SR1979 (1 c.)	49.06	0.30	10.09	2.54	2.36	2.35
Milk; May Choose: 1						
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

High School Menu Item Nutrients

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

Milk; May Choose: 1						
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
Monday 10/03/2022, Lunch, T4-Fast (tier I)						
Menu Item & Assembly; May Choose: 1						
American Sub - NWR3933 (1 sandwich) Contains	350.23	12.83	32.03	3.27	6.42	27.76
American Sub - NWR4057 (1 sandwich) Contains	316.60	13.15	32.36	3.27	5.07	21.95
Blueberry Fruit & Yogurt Parfait - NWR3779 (1	408.98	7.74	75.17	5.04	43.20	9.81
Chef Salad - NWR4037 (1 salad) Contains Egg,	128.45	7.43	5.33	1.13	2.19	11.72
Chicken Caesar Salad - NWR1428 (1 salad)	237.72	11.80	16.76	2.39	1.36	18.15
Classic Hummus Wrap - NWR4257 (1 wrap)	490.00	26.00	50.00	8.00	3.00	13.00
Entrée/Combo; May Choose: 1						
Green Chili Chicken Salad - NWR3960 (1 salad)	163.97	6.92	8.64	2.39	2.82(M)	17.04
Monday 10/03/2022, Lunch, T4-Grill (tier I)						
Menu Item & Assembly; May Choose: 1						
100% Beef Hamburger - NWR4231 (1 burger)	293.00	9.50	27.00	2.00	3.00	18.00
Buffalo Chicken Sandwich - NWR3148 (1 burger)	461.82	22.92	43.46	5.34	4.56	21.66
Chicken Burger - NWR1300 (1 burger) Contains	390.00	15.50	42.00	5.00	4.00	21.00
Veggie Burger - NWR1631 (1 burger) Contains	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Baked French Fries - SR1444 (1/2 c.)	90.40	2.51	16.07	1.00	1.00	1.00
Monday 10/03/2022, Lunch, T4-Pizza (tier I)						
Menu Item & Assembly; May Choose: 1						
Cheese Pizza - NWR2356 (1 slice) Contains	469.14	19.15	54.20	1.77	4.28	21.11
Mozzarella Stuffed Breadsticks - SR1625 (2	290.17	11.01	28.02	2.00	5.00	19.01
Pepperoni Pizza - NWR2358 (1 slice) Contains	500.73	22.06	54.20	1.77	4.28	22.57
Sweet Thai Chili Chicken Pizza - NWR3310 (1	532.04	19.86	66.38	3.28	10.55	22.89
Tuesday 10/04/2022, Breakfast, B-						
Entrée/Combo; May Choose: 2						
Apple Cinnamon Muffin - SR1165 (1 muffin)	180.00	6.00	31.00	2.00	16.00	3.00
Breakfast Biscuit Sandwich - SR1750 (1	330.00	18.50	26.00	2.00	2.50	16.50
Sausage Breakfast Pizza - SR1167 (1 slice)	210.03	7.00	27.00	3.00	5.00	9.00
Grains; May Choose: 2						
Bagel & Cream Cheese - NWR1120 (1 ea.)	214.54	4.55	36.71	4.05	4.10	7.57
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	157.04	3.20	29.60	2.92	8.52	2.44
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	23.32	1.54	9.32	2.32
Fruit; May Choose: 2						
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Fruit Juice; May Choose: 1						
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
Milk; May Choose: 1						
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

Menu Item Nutrients

Date: 10/10/2022 - 10/14/2022

Meal Service: -- ALL --

Monday 10/10/2022, Lunch, T4-Fast (tier I)						
Menu Item & Assembly; May Choose: 1						
American Sub - NWR4057 (1 sandwich) Contains	316.60	13.15	32.36	3.27	5.07	21.95
Blueberry Fruit & Yogurt Parfait - NWR3779 (1	408.98	7.74	75.17	5.04	43.20	9.81
Chef Salad - NWR4037 (1 salad) Contains Egg,	128.45	7.43	5.33	1.13	2.19	11.72
Chicken Caesar Salad - NWR1428 (1 salad) Contains	237.72	11.80	16.76	2.39	1.36	18.15
Classic Hummus Wrap - NWR4257 (1 wrap) Contains	490.00	26.00	50.00	8.00	3.00	13.00
Sweet Thai Chili Chicken Salad - SR1888 (1	348.96	14.47	37.61	5.73	19.09	17.72
Grains; May Choose: 1						
Twisted Breadstick - SR2142 (1 breadstick) Contains	172.69	3.27	28.41	4.07	4.01	6.09
Monday 10/10/2022, Lunch, T4-Grill (tier I)						
Menu Item & Assembly; May Choose: 1						
100% Beef Cheeseburger - NWR4233 (1 burger) Contains	338.56	13.55	27.51	2.00	3.00	20.53
Chicken Cordon Bleu Sandwich - NWR2961 (1	440.00	18.75	42.25	5.00	4.00	26.50
Spicy Chicken Burger - NWR1249 (1 burger) Contains	380.00	14.50	41.00	4.00	4.00	20.00
Veggie Burger - NWR1631 (1 burger) Contains	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Baked French Fries - SR1444 (1/2 c.)	90.40	2.51	16.07	1.00	1.00	1.00
Monday 10/10/2022, Lunch, T4-Pizza (tier I)						
Menu Item & Assembly; May Choose: 1						
Cheese Pizza - NWR2356 (1 slice) Contains	469.14	19.15	54.20	1.77	4.28	21.11
Mozzarella Stuffed Breadsticks - SR1625 (2	290.17	11.01	28.02	2.00	5.00	19.01
Pepperoni Pizza - NWR2358 (1 slice) Contains	500.73	22.06	54.20	1.77	4.28	22.57
Sweet Thai Chili Chicken Pizza - NWR3310 (1	532.04	19.86	66.38	3.28	10.55	22.89
Vegetable; May Choose: 1						
Spaghetti Sauce - SR2220 (1/2 c.)	64.72	0.49	13.34	2.74	7.84	2.08
Tuesday 10/11/2022, Breakfast, B-Classroom Café						
Entrée/Combo; May Choose: 1						
Apple Cinnamon Muffin - SR1165 (1 muffin) Contains	180.00	6.00	31.00	2.00	16.00	3.00
Apple Frudel Stick - SR1747 (1 pkg.) Contains	174.98	4.88	30.42	1.89	8.78	3.83
Ham & Cheese English Muffin - NWR1363 (1	174.06	6.05	22.51	2.00	1.50	10.03
Grains; May Choose: 2						
Bagel & Cream Cheese - NWR1120 (1 ea.) Contains	214.54	4.55	36.71	4.05	4.10	7.57
Cheerios - SR1160 (1 bowl)	100.52	1.79	20.83	2.88	1.43	3.58
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	157.04	3.20	29.60	2.92	8.52	2.44
Fruit; May Choose: 2						
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Fruit Juice; May Choose: 1						
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
Milk; May Choose: 1						
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
Tuesday 10/11/2022, Lunch, T4-Extras Bar (Garden, Milk,						

High School Menu Item Nutrients

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

Tuesday 10/04/2022, Lunch, T4-Adventure						
Menu Item & Assembly; May Choose: 2						
Aztec Lentil Taco - SR3354 (1 taco)	(M)	(M)	(M)	(M)	(M)	(M)
Beef Tamale con Queso - SR3352 (1 tamale)	204.17	13.93	11.22	1.00	0.41	9.21
Enchilada Suiza - SR3315 (1 enchilada) Contains	346.93	12.72	36.18	4.54	3.36(M)	17.41
Taco Al Pastor - SR3353 (1 taco)	(M)	(M)	(M)	(M)	(M)	(M)
Entrée/Combo; May Choose: 2						
Lentil Taco Filling - SR2477 (3 tbsp.) Contains	80.67	2.65	10.07	2.74	0.05	4.42
Turkey Al Pastor - SR1259 (1/4 c.)	66.31	1.99	3.39	0.50	1.46	8.49
Meat/MA; May Choose: 1						
Aztec Corn - SR3173 (1 #10 scoop)	71.93	1.18	13.79	2.48	1.92	2.83
Grains; May Choose: 1						
Cilantro Lime Rice - SR2167 (1/4 c.)	58.08	1.10	11.19	0.72	0.33	1.23
Flour Tortilla - SR1066 (2 tortilla) Contains	179.97	5.00	28.00	4.00	2.00	4.00
Tuesday 10/04/2022, Lunch, T4-Extras Bar						
Fruit; May Choose: 2						
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Fruit Cocktail - SR3023 (1/2 c.)	86.67	0.00	21.67	1.44	0.00(M)	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2-1/2" dia))	47.62	0.16	12.65	2.20	9.51	0.24
Vegetable; May Choose: 2						
Caesar Side Salad - SR1428 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat, Processed in a facility that also processes Tree nuts	169.83	15.80	5.61	1.19	0.68	2.95
Carrot Sticks - SR1606 (6 stick.)	24.80	0.14	5.79	1.69	2.87	0.56
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	2.12	0.83	0.54	0.90
Milk; May Choose: 1						
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
Tuesday 10/11/2022, Lunch, T4-Grill (tier I)						
Menu Item & Assembly; May Choose: 1						
100% Beef Hamburger - NWR4231 (1 burger) Contains Gluten, Wheat.	293.00	9.50	27.00	2.00	3.00	18.00
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Soy, Wheat.	390.00	15.50	42.00	5.00	4.00	21.00
Mushroom Swiss Burger - NWR4265 (1 burger) Contains Gluten, Milk,	295.04	9.68	27.05	2.01	3.02	18.11
Veggie Burger - NWR1631 (1 burger) Contains Gluten, Soy, Wheat.	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Baked French Fries - SR1444 (1/2 c.)	90.40	2.51	16.07	1.00	1.00	1.00
Tuesday 10/11/2022, Lunch, T4-Mexico						
Menu Item & Assembly; May Choose: 1						
Fiesta Burrito - SR3330 (1 burrito)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Nachos - SR3329 (1 nacho)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Taco Salad - SR3332 (1 salad)	(M)	(M)	(M)	(M)	(M)	(M)
Entrée/Combo; May Choose: 1						
Carnitas - SR3328 (1 1/2 oz.)	67.10	2.61	1.71	0.40	0.64	8.10
Turkey Carnitas - SR1262 (3/8 c.)	113.97	5.24	4.00	0.62	0.98	12.62
Unseasoned Chicken Strips - SR3351 (1 7/8 oz.)	93.75	5.00	3.75	0.00	0.00	8.75
Meat/MA; May Choose: 1						
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	2.04	0.00	1.02	7.16
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	1.79	0.11	0.07	0.00	0.04	0.17
Grains; May Choose: 1						
Cilantro Lime Rice - SR2167 (1/4 c.)	58.08	1.10	11.19	0.72	0.33	1.23
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	34.00	4.00	3.00	5.00
Taco Salad Bowl - SR1657 (1 bowl) 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
Vegetable; May Choose: 1						
Vegetarian Refried Beans - SR1070 (1/2 c.)	161.28	0.58	27.65	10.37	0.00	10.37
Condiment; May Choose: 1						
Diced Red Tomatoes - SR1012 (2 tbsp.)	4.43	0.05	0.96	0.29	0.65	0.22
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
Tuesday 10/11/2022, Lunch, T4-Pizza (tier I)						

Menu Item Nutrients

Date: 10/10/2022 - 10/14/2022

Meal Service: -- ALL --

Tuesday 10/04/2022, Lunch, T4-Adventure						
Menu Item & Assembly; May Choose: 2						
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Fruit Cocktail - SR3023 (1/2 c.)	86.67	0.00	21.67	1.44	0.00(M)	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2-1/2" dia))	47.62	0.16	12.65	2.20	9.51	0.24
Vegetable; May Choose: 2						
Caesar Side Salad - SR1428 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat, Processed in a facility that also processes Tree nuts	169.83	15.80	5.61	1.19	0.68	2.95
Carrot Sticks - SR1606 (6 stick.)	24.80	0.14	5.79	1.69	2.87	0.56
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	2.12	0.83	0.54	0.90
Milk; May Choose: 1						
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
Tuesday 10/11/2022, Lunch, T4-Grill (tier I)						
Menu Item & Assembly; May Choose: 1						
100% Beef Hamburger - NWR4231 (1 burger) Contains Gluten, Wheat.	293.00	9.50	27.00	2.00	3.00	18.00
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Soy, Wheat.	390.00	15.50	42.00	5.00	4.00	21.00
Mushroom Swiss Burger - NWR4265 (1 burger) Contains Gluten, Milk,	295.04	9.68	27.05	2.01	3.02	18.11
Veggie Burger - NWR1631 (1 burger) Contains Gluten, Soy, Wheat.	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Baked French Fries - SR1444 (1/2 c.)	90.40	2.51	16.07	1.00	1.00	1.00
Tuesday 10/11/2022, Lunch, T4-Mexico						
Menu Item & Assembly; May Choose: 1						
Fiesta Burrito - SR3330 (1 burrito)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Nachos - SR3329 (1 nacho)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Taco Salad - SR3332 (1 salad)	(M)	(M)	(M)	(M)	(M)	(M)
Entrée/Combo; May Choose: 1						
Carnitas - SR3328 (1 1/2 oz.)	67.10	2.61	1.71	0.40	0.64	8.10
Turkey Carnitas - SR1262 (3/8 c.)	113.97	5.24	4.00	0.62	0.98	12.62
Unseasoned Chicken Strips - SR3351 (1 7/8 oz.)	93.75	5.00	3.75	0.00	0.00	8.75
Meat/MA; May Choose: 1						
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	2.04	0.00	1.02	7.16
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	1.79	0.11	0.07	0.00	0.04	0.17
Grains; May Choose: 1						
Cilantro Lime Rice - SR2167 (1/4 c.)	58.08	1.10	11.19	0.72	0.33	1.23
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	34.00	4.00	3.00	5.00
Taco Salad Bowl - SR1657 (1 bowl) 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
Vegetable; May Choose: 1						
Vegetarian Refried Beans - SR1070 (1/2 c.)	161.28	0.58	27.65	10.37	0.00	10.37
Condiment; May Choose: 1						
Diced Red Tomatoes - SR1012 (2 tbsp.)	4.43	0.05	0.96	0.29	0.65	0.22
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
Tuesday 10/11/2022, Lunch, T4-Pizza (tier I)						

High School Menu Item Nutrients

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

Korean BBQ Chicken Pizza - NWR3642 (1 slice)	467.04	17.36	57.18	2.02	6.17	21.52
Mozzarella Stuffed Breadsticks - SR1625 (2)	290.17	11.01	28.02	2.00	5.00	19.01
Sausage Pizza - NWR2357 (1 slice) Contains	538.49	25.04	55.28	2.13	4.60	24.16
Entrée/Combo; May Choose: 1						
Pepperoni Pizza - NWR2358 (1 slice) Contains	500.73	22.06	54.20	1.77	4.28	22.57
Wednesday 10/05/2022, Breakfast, B-Classroom Café						
Entrée/Combo; May Choose: 1						
Apple Cinnamon Muffin - SR1165 (1 muffin)	180.00	6.00	31.00	2.00	16.00	3.00
Ham & Cheese English Muffin - NWR1363 (1	174.06	6.05	22.51	2.00	1.50	10.03
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.)	270.00	8.00	44.00	5.00	19.00	5.00
Grains; May Choose: 2						
Bagel & Cream Cheese - NWR1120 (1 ea.)	214.54	4.55	36.71	4.05	4.10	7.57
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	120.00	2.50	22.00	3.00	6.00	1.00
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	157.04	3.20	29.60	2.92	8.52	2.44
Fruit; May Choose: 2						
Crispy Whole Apple - SR1161 (1 extra small (2-	47.79	0.16	12.69	2.21	9.55	0.24
Milk; May Choose: 1						
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
Wednesday 10/05/2022, Lunch, T4-Adventure (1)						
Menu Item & Assembly; May Choose: 2						
Aztec Lentil Taco - SR3354 (1 taco)	(M)	(M)	(M)	(M)	(M)	(M)
Beef Tamale con Queso - SR3352 (1 tamale)	204.17	13.93	11.22	1.00	0.41	9.21
Enchilada Suiza - SR3315 (1 enchilada) Contains	346.93	12.72	36.18	4.54	3.36(M)	17.41
Taco Al Pastor - SR3353 (1 taco)	(M)	(M)	(M)	(M)	(M)	(M)
Entrée/Combo; May Choose: 2						
Lentil Taco Filling - SR2477 (3 tbsp.) Contains	80.67	2.65	10.07	2.74	0.05	4.42
Turkey Al Pastor - SR1259 (1/4 c.)	66.31	1.99	3.39	0.50	1.46	8.49
Meat/MA; May Choose: 1						
Aztec Corn - SR3173 (1 #10 scoop)	71.93	1.18	13.79	2.48	1.92	2.83
Grains; May Choose: 1						
Cilantro Lime Rice - SR2167 (1/4 c.)	58.08	1.10	11.19	0.72	0.33	1.23
Flour Tortilla - SR1066 (2 tortilla) Contains	179.97	5.00	28.00	4.00	2.00	4.00
Wednesday 10/05/2022, Lunch, T4-Extras						
Fruit; May Choose: 2						
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	13.78	0.98	12.79	0.00
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Ready-to-Serve Apples - SR1216 (1 kiddie (<2-	47.62	0.16	12.65	2.20	9.51	0.24
Vegetable; May Choose: 2						
Carrot Sticks - SR1606 (6 stick.)	24.80	0.14	5.79	1.69	2.87	0.56
Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	2.23	0.31	1.03	0.40
Super Side Salad - SR1979 (1 c.)	49.06	0.30	10.09	2.54	2.36	2.35
Milk; May Choose: 1						
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

Menu Item Nutrients

Date: 10/10/2022 - 10/14/2022

Meal Service: -- ALL --

Menu Item & Assembly; May Choose: 1						
Cheese Pizza - NWR2356 (1 slice) Contains Gluten, Milk, Wheat.	469.14	19.15	54.20	1.77	4.28	21.11
Korean BBQ Chicken Pizza - NWR3642 (1 slice) Contains Egg, Gluten,	467.04	17.36	57.18	2.02	6.17	21.52
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg,	290.17	11.01	28.02	2.00	5.00	19.01
Sausage Pizza - NWR2357 (1 slice) Contains Gluten, Milk, Soy, Wheat.	538.49	25.04	55.28	2.13	4.60	24.16
Entrée/Combo; May Choose: 1						
Pepperoni Pizza - NWR2358 (1 slice) Contains Gluten, Milk, Wheat.	500.73	22.06	54.20	1.77	4.28	22.57
Vegetable; May Choose: 1						
Spaghetti Sauce - SR2220 (1/2 c.)	64.72	0.49	13.34	2.74	7.84	2.08
Wednesday 10/12/2022, Breakfast, B-Classroom Café						
Menu Item & Assembly; May Choose: 1						
Double Chocolate Chip Muffin - SR1592 (1 muffin) Contains Egg,	190.00	6.00	33.00	2.00	17.00	3.00
Entrée/Combo; May Choose: 1						
Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk,	200.00	5.00	35.00	4.00	10.00	4.00
Sausage Breakfast Sandwich - SR1189 (1 sandwich) Contains Gluten,	229.11	8.70	24.71	2.00	1.36	12.78
Grains; May Choose: 2						
Bagel & Cream Cheese - NWR1120 (1 ea.) Contains Gluten, Milk, Soy,	214.54	4.55	36.71	4.05	4.10	7.57
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
Fruit; May Choose: 2						
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Milk; May Choose: 1						
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
Wednesday 10/12/2022, Lunch, T4-Adventure (1)						
Menu Item & Assembly; May Choose: 1						
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	(M)	(M)	(M)	(M)	(M)	(M)
Meat/MA; May Choose: 1						
Chicken Meatballs - SR3065 (5 Meatballs) Contains Gluten, Soy,	176.64	10.93	5.89	0.84	0.00	14.30
Grains; May Choose: 1						
Garlic Knot Breadstick - SR1255 (1 roll.) Contains Gluten, Soy, Wheat.	110.63	4.05	15.02	2.17	2.03	3.23
Penne Pasta - SR2108 (1 c.) Contains Gluten, Wheat.	263.63	3.35	51.54	2.45	2.45	8.59
Vegetable; May Choose: 1						
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	5.40	2.89	1.40	3.00
Condiment; May Choose: 1						
Alfredo Cheese Sauce - SR2217 (1/4 c.) Contains Milk.	100.55	6.56	4.37	0.00	3.28	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.00	0.17
Spaghetti Sauce - SR2220 (1/2 c.)	64.72	0.49	13.34	2.74	7.84	2.08
Wednesday 10/12/2022, Lunch, T4-Extras Bar (Garden, Milk,						
Fruit; May Choose: 2						
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	13.78	0.98	12.79	0.00
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Ready-to-Serve Apples - SR1216 (1 kiddie (<2-1/2" dia))	47.62	0.16	12.65	2.20	9.51	0.24
Vegetable; May Choose: 2						
Carrot Sticks - SR1606 (6 stick.)	24.80	0.14	5.79	1.69	2.87	0.56

High School Menu Item Nutrients

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

Wednesday 10/05/2022, Lunch, T4-Fast						
Menu Item & Assembly; May Choose: 1						
American Sub - NWR4057 (1 sandwich) Contains	316.60	13.15	32.36	3.27	5.07	21.95
Chicken Caesar Salad - NWR1428 (1 salad)	237.72	11.80	16.76	2.39	1.36	18.15
Classic Hummus Wrap - NWR4257 (1 wrap)	490.00	26.00	50.00	8.00	3.00	13.00
Crispy Chicken Salad - NWR3926 (1 salad)	318.82	17.07	23.49	5.26	3.81	19.47
Strawberry Banana Parfait - SR1737 (1 parfait)	462.40(M)	7.72(M)	90.50(M)	4.28(M)	57.95(M)	10.33(M)
Turkey Banh Mi Salad - SR2181 (1 salad)	186.73	4.77	13.53	2.91	4.68	22.80
Wednesday 10/05/2022, Lunch, T4-Grill						
Menu Item & Assembly; May Choose: 1						
Cheese Burger - NWR2576 (1 ea.) Contains	310.00	9.75	29.50	2.00	3.50	20.50
Chicken Burger - NWR1300 (1 burger) Contains	390.00	15.50	42.00	5.00	4.00	21.00
Chicken Parmesan Sandwich - NWR3043 (1	455.56	20.04	45.01	5.25	6.01	24.29
Veggie Burger - NWR1631 (1 burger) Contains	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Baked French Fries - SR1444 (1/2 c.)	90.40	2.51	16.07	1.00	1.00	1.00
Wednesday 10/05/2022, Lunch, T4-Pizza						
Menu Item & Assembly; May Choose: 1						
Cheese Pizza - NWR2356 (1 slice) Contains	469.14	19.15	54.20	1.77	4.28	21.11
Mozzarella Stuffed Breadsticks - SR1625 (2	290.17	11.01	28.02	2.00	5.00	19.01
Pepperoni Pizza - NWR2358 (1 slice) Contains	500.73	22.06	54.20	1.77	4.28	22.57
Turkey Banh Mi Pizza - SR2207 (1 slice)	446.22	13.01	57.33	1.90	4.77	24.32
Thursday 10/06/2022, Breakfast, B-						
Entrée/Combo; May Choose: 1						
Blueberry Bagel w/ Cream Cheese Burry -	204.54	4.55	34.71	3.05	7.10	6.57
Double Chocolate Chip Muffin - SR1592 (1	190.00	6.00	33.00	2.00	17.00	3.00
Grains; May Choose: 2						
Bagel & Cream Cheese - NWR1120 (1 ea.)	214.54	4.55	36.71	4.05	4.10	7.57
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	23.32	1.54	9.32	2.32
Trix Cereal Bar - SR1307 (1 Bar) Contains	159.00	3.56	29.24	2.60	8.76	2.48
Fruit Juice; May Choose: 1						
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
Milk; May Choose: 1						
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
Thursday 10/06/2022, Lunch, T4-Adventure						
Menu Item & Assembly; May Choose: 2						
Aztec Lentil Taco - SR3354 (1 taco)	(M)	(M)	(M)	(M)	(M)	(M)
Beef Tamale con Queso - SR3352 (1 tamale)	204.17	13.93	11.22	1.00	0.41	9.21
Enchilada Suiza - SR3315 (1 enchilada) Contains	346.93	12.72	36.18	4.54	3.36(M)	17.41
Taco Al Pastor - SR3353 (1 taco)	(M)	(M)	(M)	(M)	(M)	(M)
Entrée/Combo; May Choose: 2						
Lentil Taco Filling - SR2477 (3 tbsp.) Contains	80.67	2.65	10.07	2.74	0.05	4.42

Menu Item Nutrients

Date: 10/10/2022 - 10/14/2022

Meal Service: -- ALL --

Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	2.23	0.31	1.03	0.40
Super Side Salad - SR1979 (1 c.)	49.06	0.30	10.09	2.54	2.36	2.35
Milk; May Choose: 1						
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
Wednesday 10/12/2022, Lunch, T4-Fast (tier I)						
Menu Item & Assembly; May Choose: 1						
American Sub - NWR4057 (1 sandwich) Contains	316.60	13.15	32.36	3.27	5.07	21.95
Chicken Caesar Salad - NWR1428 (1 salad) Contains	237.72	11.80	16.76	2.39	1.36	18.15
Classic Hummus Wrap - NWR4257 (1 wrap) Contains	490.00	26.00	50.00	8.00	3.00	13.00
Crispy Chicken Salad - NWR3926 (1 salad) Contains	318.82	17.07	23.49	5.26	3.81	19.47
Strawberry Banana Parfait - SR1737 (1 parfait) Contains	462.40(M)	7.72(M)	90.50(M)	4.28(M)	57.95(M)	10.33(M)
Wednesday 10/12/2022, Lunch, T4-Grill (tier I)						
Menu Item & Assembly; May Choose: 1						
100% Beef Hamburger - NWR4231 (1 burger) Contains	293.00	9.50	27.00	2.00	3.00	18.00
Banh Mi Burger - NWR4266 (1 burger) Contains	300.05	9.54	28.74	2.17	4.11	18.21
Spicy Chicken Burger - NWR1249 (1 burger) Contains	380.00	14.50	41.00	4.00	4.00	20.00
Veggie Burger - NWR1631 (1 burger) Contains	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Baked French Fries - SR1444 (1/2 c.)	90.40	2.51	16.07	1.00	1.00	1.00
Thursday 10/13/2022, Breakfast, B-Classroom Café						
Entrée/Combo; May Choose: 1						
Blueberry Muffin - SR1454 (1 muffin) Contains	190.00	6.00	30.00	2.00	16.00	3.00
Blueberry Pancake Bites - SR1190 (1 pkg.) Contains	210.00	6.00	35.00	4.00	11.00	4.00
Turkey Sausage & Cheese Biscuit - NWR3119 (1	305.56	16.55	28.51	1.00	3.00	13.53
Grains; May Choose: 1						
Bagel & Cream Cheese - NWR1120 (1 ea.) Contains	214.54	4.55	36.71	4.05	4.10	7.57
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains	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
Fruit; May Choose: 2						
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
Fruit Juice; May Choose: 1						
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
Milk; May Choose: 1						
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
Thursday 10/13/2022, Lunch, T4-Adventure (1)						
Menu Item & Assembly; May Choose: 1						
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	(M)	(M)	(M)	(M)	(M)	(M)
Meat/MA; May Choose: 1						
Chicken Meatballs - SR3065 (5 Meatballs) Contains	176.64	10.93	5.89	0.84	0.00	14.30
Fajita Chicken - SR2529 (2/3 c.)	123.52	4.05	2.02	0.00	2.02	18.23
Grains; May Choose: 1						

High School Menu Item Nutrients

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

Turkey Al Pastor - SR1259 (1/4 c.)	66.31	1.99	3.39	0.50	1.46	8.49
Meat/MA; May Choose: 1						
Aztec Corn - SR3173 (1 #10 scoop)	71.93	1.18	13.79	2.48	1.92	2.83
Grains; May Choose: 1						
Cilantro Lime Rice - SR2167 (1/4 c.)	58.08	1.10	11.19	0.72	0.33	1.23
Flour Tortilla - SR1066 (2 tortilla) Contains Gluten, Wheat	179.97	5.00	28.00	4.00	2.00	4.00
Vegetable; May Choose: 1						
Vegetarian Refried Beans - SR1070 (1/2 c.)	161.28	0.58	27.65	10.37	0.00	10.37
Thursday 10/06/2022, Lunch, T4-Extras Bar (T4-Extras Bar)						
Fruit; May Choose: 2						
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	15.33	1.92	11.49	0.00
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Ready-to-Serve Apples - SR1216 (1 kiddie (<2-1/2" dia))	47.62	0.16	12.65	2.20	9.51	0.24
Vegetable; May Choose: 2						
Carrot Sticks - SR1606 (6 stick.)	24.80	0.14	5.79	1.69	2.87	0.56
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	2.12	0.83	0.54	0.90
Garden Side Salad - SR1429 (1 c.)	20.07	0.13	4.25	1.38	1.86	1.10
Milk; May Choose: 1						
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
Thursday 10/06/2022, Lunch, T4-Fast (tier 1)						
Menu Item & Assembly; May Choose: 1						
American Sub - NWR4057 (1 sandwich) Contains Gluten, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	316.60	13.15	32.36	3.27	5.07	21.95
Asian Hummus Wrap - NWR4255 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	603.35	30.43	64.29	11.28	8.45	18.51
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	237.72	11.80	16.76	2.39	1.36	18.15
Italian Antipasto Salad - NWR4256 (1 salad) Contains Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	221.53	12.06	5.83	0.83	1.34	24.07
Just Peachy Parfait - NWR3516 (1 parfait) Contains Milk, Soy, May	428.68	7.74	80.09	3.07	51.07	9.81
Teriyaki Chicken Salad - NWR2964 (1 salad) Contains Gluten, Soy, Wheat, Mesquite Egg, Milk, Soy	205.28	6.61	23.95	2.67	13.65	14.06
Thursday 10/06/2022, Lunch, T4-Grill (tier 1)						
Menu Item & Assembly; May Choose: 1						
100% Beef Cheeseburger - NWR4233 (1 burger) Contains Gluten, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	338.56	13.55	27.51	2.00	3.00	20.53
Hot Dog - NWR1054 (1 serving) Contains Gluten, Wheat. May contain Soy, Wheat, Mesquite Egg, Milk, Soy	271.50	10.61	27.01	2.00	2.00	15.10
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Soy, Wheat, Mesquite Egg, Milk, Soy	380.00	14.50	41.00	4.00	4.00	20.00
Veggie Burger - NWR1631 (1 burger) Contains Gluten, Soy, Wheat, Mesquite Egg, Milk, Soy	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Baked French Fries - SR1444 (1/2 c.)	90.40	2.51	16.07	1.00	1.00	1.00
Thursday 10/06/2022, Lunch, T4-Pizza (tier 1)						
Menu Item & Assembly; May Choose: 1						
Cheese Pizza - NWR2356 (1 slice) Contains Gluten, Milk, Wheat, Mesquite Egg, Milk, Soy	469.14	19.15	54.20	1.77	4.28	21.11
Hawaiian Pizza - NWR1294 (1 slice) Contains Gluten, Milk, Wheat, Mesquite Egg, Milk, Soy	465.90	16.70	55.44	1.96	5.14	24.62
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	290.17	11.01	28.02	2.00	5.00	19.01
Teriyaki Chicken Pizza - NWR3645 (1 slice) Contains Egg, Gluten, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	456.91	15.80	58.34	1.90	7.61	21.48
Entrée/Combo; May Choose: 1						
Pepperoni Pizza - NWR2358 (1 slice) Contains Gluten, Milk, Wheat, Mesquite Egg, Milk, Soy	500.73	22.06	54.20	1.77	4.28	22.57
Friday 10/07/2022, Breakfast, B-Classroom Café						
Entrée/Combo; May Choose: 1						

Menu Item Nutrients

Date: 10/10/2022 - 10/14/2022

Meal Service: -- ALL --

Garlic Knot Breadstick - SR1255 (1 roll.) Contains Gluten, Soy, Wheat, Mesquite Egg, Milk, Soy	110.63	4.05	15.02	2.17	2.03	3.23
Penne Pasta - SR2108 (1 c.) Contains Gluten, Wheat, Mesquite Egg, Milk, Soy	263.63	3.35	51.54	2.45	2.45	8.59
Vegetable; May Choose: 1						
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	5.40	2.89	1.40	3.00
Condiment; May Choose: 1						
Alfredo Cheese Sauce - SR2217 (1/4 c.) Contains Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	100.55	6.56	4.37	0.00	3.28	6.56
Spaghetti Sauce - SR2220 (1/2 c.)	64.72	0.49	13.34	2.74	7.84	2.08
Thursday 10/13/2022, Lunch, T4-Extras Bar (Garden, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy)						
Fruit; May Choose: 2						
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	15.33	1.92	11.49	0.00
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Ready-to-Serve Apples - SR1216 (1 kiddie (<2-1/2" dia))	47.62	0.16	12.65	2.20	9.51	0.24
Vegetable; May Choose: 2						
Carrot Sticks - SR1606 (6 stick.)	24.80	0.14	5.79	1.69	2.87	0.56
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	2.12	0.83	0.54	0.90
Garden Side Salad - SR1429 (1 c.)	20.07	0.13	4.25	1.38	1.86	1.10
Milk; May Choose: 1						
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
Thursday 10/13/2022, Lunch, T4-Fast (tier 1)						
Menu Item & Assembly; May Choose: 1						
American Sub - NWR4057 (1 sandwich) Contains Gluten, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	316.60	13.15	32.36	3.27	5.07	21.95
Asian Hummus Wrap - NWR4255 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	603.35	30.43	64.29	11.28	8.45	18.51
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	237.72	11.80	16.76	2.39	1.36	18.15
Italian Antipasto Salad - NWR4256 (1 salad) Contains Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	221.53	12.06	5.83	0.83	1.34	24.07
Just Peachy Parfait - NWR3516 (1 parfait) Contains Milk, Soy, May	428.68	7.74	80.09	3.07	51.07	9.81
Teriyaki Chicken Salad - NWR2964 (1 salad) Contains Gluten, Soy, Wheat, Mesquite Egg, Milk, Soy	205.28	6.61	23.95	2.67	13.65	14.06
Thursday 10/13/2022, Lunch, T4-Grill (tier 1)						
Menu Item & Assembly; May Choose: 1						
100% Beef Cheeseburger - NWR4233 (1 burger) Contains Gluten, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	338.56	13.55	27.51	2.00	3.00	20.53
Hot Dog - NWR1054 (1 serving) Contains Gluten, Wheat. May contain Soy, Wheat, Mesquite Egg, Milk, Soy	271.50	10.61	27.01	2.00	2.00	15.10
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Soy, Wheat, Mesquite Egg, Milk, Soy	380.00	14.50	41.00	4.00	4.00	20.00
Veggie Burger - NWR1631 (1 burger) Contains Gluten, Soy, Wheat, Mesquite Egg, Milk, Soy	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Baked French Fries - SR1444 (1/2 c.)	90.40	2.51	16.07	1.00	1.00	1.00
Thursday 10/13/2022, Lunch, T4-Pizza (tier 1)						
Menu Item & Assembly; May Choose: 1						
Cheese Pizza - NWR2356 (1 slice) Contains Gluten, Milk, Wheat, Mesquite Egg, Milk, Soy	469.14	19.15	54.20	1.77	4.28	21.11
Hawaiian Pizza - NWR1294 (1 slice) Contains Gluten, Milk, Wheat, Mesquite Egg, Milk, Soy	465.90	16.70	55.44	1.96	5.14	24.62
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	290.17	11.01	28.02	2.00	5.00	19.01
Teriyaki Chicken Pizza - NWR3645 (1 slice) Contains Egg, Gluten, Milk, Soy, Wheat, Mesquite Egg, Milk, Soy	456.91	15.80	58.34	1.90	7.61	21.48
Entrée/Combo; May Choose: 1						
Pepperoni Pizza - NWR2358 (1 slice) Contains Gluten, Milk, Wheat, Mesquite Egg, Milk, Soy	500.73	22.06	54.20	1.77	4.28	22.57
Friday 10/14/2022, Breakfast, B-Classroom Café						
Entrée/Combo; May Choose: 1						

High School Menu Item Nutrients

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

Entrée/Combo; May Choose: 1						
Double Chocolate Chip Muffin - SR1592 (1 ea.)	190.00	6.00	33.00	2.00	17.00	3.00
Sausage Breakfast Sandwich - SR1189 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat	229.11	8.70	24.71	2.00	1.36	12.78
Whole Grain Cinnamon Roll with Icing - NWR1197 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat	298.65	2.66	64.22	3.00	37.39	5.00
Grains; May Choose: 2						
Bagel & Cream Cheese - NWR1120 (1 ea.) Contains Gluten, Milk, Soy, Wheat	214.54	4.55	36.71	4.05	4.10	7.57
Cheerios - SR1160 (1 bowl)	100.52	1.79	20.83	2.88	1.43	3.58
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	158.44	3.36	29.48	2.88	8.92	2.56
Fruit; May Choose: 2						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Milk; May Choose: 1						
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
Friday 10/07/2022, Lunch, T4-Extras Bar (Garden, Milk, Condiments)						
Fruit; May Choose: 2						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	63.20	0.00	16.43	1.26	13.90	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2-1/2" dia))	47.62	0.16	12.65	2.20	9.51	0.24
Vegetable; May Choose: 2						
Baby Spinach - SR1980 (1 c.)	16.30	0.28	2.57	1.56	0.30	2.03
Carrot Sticks - SR1606 (6 stick.)	24.80	0.14	5.79	1.69	2.87	0.56
Super Side Salad - SR1979 (1 c.)	49.06	0.30	10.09	2.54	2.36	2.35
Milk; May Choose: 1						
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
Friday 10/07/2022, Lunch, T4-Fast (tier I)						
Menu Item & Assembly; May Choose: 1						
American Sub - NWR4057 (1 sandwich) Contains Gluten, Milk, Soy, Wheat, Meat, Nonfat Milk, Soy, May contain Egg	316.60	13.15	32.36	3.27	5.07	21.95
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat, Prepared in a facility that also processes Milk, Soy, May contain Egg	237.72	11.80	16.76	2.39	1.36	18.15
Classic Hummus Wrap - NWR4257 (1 wrap) Contains Gluten, Milk, Wheat, Prepared in a facility that also processes Milk, Soy, May contain Egg	490.00	26.00	50.00	8.00	3.00	13.00
Fiesta Taco Salad - NWR3883 (1 salad) Contains Milk, Soy	398.81	19.91	38.38	3.91	3.90	19.70
Entrée/Combo; May Choose: 1						
Double Berry Parfait - NWR3513 (1 parfait) Contains Milk, Soy, May contain Gluten	450.51	7.82	87.27	4.78	56.05	10.14
Friday 10/07/2022, Lunch, T4-Grill (tier I)						
Menu Item & Assembly; May Choose: 1						
100% Beef Cheeseburger - NWR4232 (1 burger) Contains Gluten, Milk, Soy, Wheat, Meat, Nonfat Milk, Soy, May contain Egg	348.00	14.00	28.00	2.00	3.50	20.50
Buffalo Chicken Sandwich - NWR3148 (1 burger) Contains Egg, Gluten, Milk, Soy, Wheat, Meat, Nonfat Milk, Soy, May contain Egg	461.82	22.92	43.46	5.34	4.56	21.66
Corn Dog - SR1023 (1 corn dog) Contains Egg, Gluten, Soy, Wheat.	240.00	8.00	30.00	5.00	5.00	9.00
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Soy, Wheat, Meat, Nonfat Milk, Soy, May contain Egg	380.00	14.50	41.00	4.00	4.00	20.00
Veggie Burger - NWR1631 (1 burger) Contains Gluten, Soy, Wheat, Meat, Nonfat Milk, Soy, May contain Egg	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Baked French Fries - SR1444 (1/2 c.)	90.40	2.51	16.07	1.00	1.00	1.00
Friday 10/07/2022, Lunch, T4-Pizza (tier I)						
Menu Item & Assembly; May Choose: 1						
Buffalo Chicken Pizza - NWR3351 (1 slice) Contains Egg, Gluten, Milk, Soy, Wheat, Meat, Nonfat Milk, Soy, May contain Egg	510.74	20.06	60.29	3.45	4.13	22.80
Cheese Pizza - NWR2356 (1 slice) Contains Gluten, Milk, Wheat, Prepared in a facility that also processes Milk, Soy, May contain Egg	469.14	19.15	54.20	1.77	4.28	21.11

Menu Item Nutrients

Date: 10/10/2022 - 10/14/2022

Meal Service: -- ALL --

Apple Cinnamon Muffin - SR1165 (1 muffin) Contains Egg, Gluten, Soy, Wheat	180.00	6.00	31.00	2.00	16.00	3.00
Cinnamon UBR - SR1976 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat	270.00	8.00	44.00	5.00	18.00	5.00
Sausage Breakfast Sandwich - SR1189 (1 sandwich) Contains Gluten, Milk, Soy, Wheat, Prepared in a facility that also processes Milk, Soy, May contain Egg	229.11	8.70	24.71	2.00	1.36	12.78
Grains; May Choose: 2						
Bagel & Cream Cheese - NWR1120 (1 ea.) Contains Gluten, Milk, Soy, Wheat	214.54	4.55	36.71	4.05	4.10	7.57
Cheerios - SR1160 (1 bowl)	100.52	1.79	20.83	2.88	1.43	3.58
Trix Cereal Bar - SR1307 (1 Bar) Contains Gluten, Soy, Wheat.	159.00	3.56	29.24	2.60	8.76	2.48
Fruit; May Choose: 2						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Milk; May Choose: 1						
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
Friday 10/14/2022, Lunch, T4-Extras Bar (Garden, Milk, Condiments)						
Fruit; May Choose: 2						
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	63.20	0.00	16.43	1.26	13.90	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2-1/2" dia))	47.62	0.16	12.65	2.20	9.51	0.24
Vegetable; May Choose: 2						
Baby Spinach - SR1980 (1 c.)	16.30	0.28	2.57	1.56	0.30	2.03
Carrot Sticks - SR1606 (6 stick.)	24.80	0.14	5.79	1.69	2.87	0.56
Super Side Salad - SR1979 (1 c.)	49.06	0.30	10.09	2.54	2.36	2.35
Milk; May Choose: 1						
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
Friday 10/14/2022, Lunch, T4-Fast (tier I)						
Menu Item & Assembly; May Choose: 1						
American Sub - NWR4057 (1 sandwich) Contains Gluten, Milk, Soy, Wheat, Meat, Nonfat Milk, Soy, May contain Egg	316.60	13.15	32.36	3.27	5.07	21.95
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat, Prepared in a facility that also processes Milk, Soy, May contain Egg	237.72	11.80	16.76	2.39	1.36	18.15
Classic Hummus Wrap - NWR4257 (1 wrap) Contains Gluten, Wheat.	490.00	26.00	50.00	8.00	3.00	13.00
Fiesta Taco Salad - NWR3883 (1 salad) Contains Milk, Soy.	398.81	19.91	38.38	3.91	3.90	19.70
Entrée/Combo; May Choose: 1						
Double Berry Parfait - NWR3513 (1 parfait) Contains Milk, Soy, May contain Gluten	450.51	7.82	87.27	4.78	56.05	10.14
Friday 10/14/2022, Lunch, T4-Grill (tier I)						
Menu Item & Assembly; May Choose: 1						
100% Beef Cheeseburger - NWR4232 (1 burger) Contains Gluten, Milk, Soy, Wheat, Meat, Nonfat Milk, Soy, May contain Egg	348.00	14.00	28.00	2.00	3.50	20.50
Buffalo Chicken Sandwich - NWR3148 (1 burger) Contains Egg, Gluten, Milk, Soy, Wheat, Meat, Nonfat Milk, Soy, May contain Egg	461.82	22.92	43.46	5.34	4.56	21.66
Corn Dog - SR1023 (1 corn dog) Contains Egg, Gluten, Soy, Wheat.	240.00	8.00	30.00	5.00	5.00	9.00
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Soy, Wheat, Meat, Nonfat Milk, Soy, May contain Egg	380.00	14.50	41.00	4.00	4.00	20.00
Veggie Burger - NWR1631 (1 burger) Contains Gluten, Soy, Wheat, Meat, Nonfat Milk, Soy, May contain Egg	302.25	8.61	38.18	5.04	7.06	17.15
Vegetable; May Choose: 1						
Baked French Fries - SR1444 (1/2 c.)	90.40	2.51	16.07	1.00	1.00	1.00
Friday 10/14/2022, Lunch, T4-Pizza (tier I)						
Menu Item & Assembly; May Choose: 1						
Cheese Pizza - NWR2356 (1 slice) Contains Gluten, Milk, Wheat, Prepared in a facility that also processes Milk, Soy, May contain Egg	469.14	19.15	54.20	1.77	4.28	21.11
Meatlover's Pizza - NWR3278 (1 slice) Contains Gluten, Milk, Soy, Wheat, Prepared in a facility that also processes Milk, Soy, May contain Egg	554.47	26.13	54.73	1.96	4.48	26.31

High School Menu Item Nutrients

Date: 10/03/2022 - 10/07/2022

Meal Service: -- ALL --

Mozzarella Stuffed Breadsticks - SR1625 (2)	290.17	11.01	28.02	2.00	5.00	19.01
Pepperoni Pizza - NWR2358 (1 slice) Contains	500.73	22.06	54.20	1.77	4.28	22.57
Friday 10/07/2022, Lunch, T4-Variety						
Menu Item & Assembly; May Choose: 1						
Cheese Lasagna Rollup - SR1497 (1 roll.)	277.32	4.01	42.88	4.85	13.15	17.16
Chicken Alfredo Macaroni - SR3146 (1 c.)	316.63	12.03	35.47	2.75	6.51	18.75
Grains; May Choose: 1						
Garlic Knot Breadstick - SR1255 (1 roll.)	110.63	4.05	15.02	2.17	2.03	3.23
Vegetable; May Choose: 1						
Parmesan Green Beans - SR1144 (1/2 c.)	41.90	2.35	5.18	2.32	1.45	1.30

(M) Indicates missing nutrient values.

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

Menu Item Nutrients

Date: 10/10/2022 - 10/14/2022

Meal Service: -- ALL --

Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg,	290.17	11.01	28.02	2.00	5.00	19.01
Pepperoni Pizza - NWR2358 (1 slice) Contains Gluten, Milk, Wheat.	500.73	22.06	54.20	1.77	4.28	22.57
Vegetable; May Choose: 1						
Spaghetti Sauce - SR2220 (1/2 c.)	64.72	0.49	13.34	2.74	7.84	2.08
Friday 10/14/2022, Lunch, T4-Variety						
Menu Item & Assembly; May Choose: 1						
Chopsticks- Rice Bowl - SR3337 (1 bowl)	(M)	(M)	(M)	(M)	(M)	(M)
Entrée/Combo; May Choose: 1						
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	15.51	3.32	1.11	15.51
Grains; May Choose: 1						
Vegetable; May Choose: 1						
Condiment; May Choose: 1						