

ES Menu Calendar Nutrient Analysis Report - September, 2023-January, 2024

Site: All

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
<b>CH Main Event - SY23-24 - WA: W5D5 -</b>																				
Cheese Pizza - NWR1309 (1 slice)	40	252.07	10.45	4.96	0.00	22.78	511.72	24.35	3.27	2.02	0.91	14.72	1.17	298.44	0.00(M)	0.00(M)	0.24	99.98	(M)	(M)
Alaskan Pollock - NWR2448 (4 Ounce)	30	211.86	8.07	1.01	0.00	45.40	312.74	19.17	2.02	1.01	1.01	16.14	2.02	15.13	(M)	(M)	0.00	319.81	(M)	(M)
Pepperoni Pizza - NWR1310 (1 slice)	10	269.40	12.05	5.57	0.00	26.78	569.05	24.45	3.27	2.02	0.91	15.52	1.17	298.44	0.00(M)	0.00(M)	0.24(M)	99.98(M)	(M)	(M)
Ham and Cheese Sandwich - NWR1203 (1)	10	326.13	12.85	6.19	0.00	70.31	1045.75	31.01	2.00	2.00	2.00	21.56	2.83	194.00	0.00(M)	0.00(M)	0.10	420.87	(M)	(M)
Southwest Chicken Wrap - NWR4153 (1 wrap)	10	374.08	18.07	5.95	0.00	61.96	878.22	38.38	4.40	4.80	1.20(M)	17.75	2.71(M)	186.83(M)	189.53(M)	3.08(M)	0.10(M)	311.17(M)	21.23(M)	0.29(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	10	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	30	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Tartar Sauce - SR2615 (1 tbsp.)	15	43.34	3.60	0.40	0.00	4.00	88.36	3.11	0.01	1.44	0.80(M)	0.01	0.00	0.09	0.00(M)	0.00(M)	0.00(M)	1.62(M)	0.00(M)	0.00(M)
<b>CH Main Event - SY23-24 - WA: W1D2 -</b>																				
Glazed Chicken Drumstick - SR2447 (1)	35	248.99	15.56	3.89	0.00	140.06	497.98	3.11	0.00	0.00	0.00	24.90	1.56	14.01	0.00(M)	0.00(M)	0.00	357.92	(M)	(M)
Chef Salad - NWR1193 (1 salad)	5	156.06	9.01	3.94	0.02	127.12	484.65	5.28	1.31	2.28	0.00(M)	14.50	1.45	116.03	3730.44(M)	6.84(M)	0.57(M)	310.82(M)	68.11(M)	0.49(M)
Sunbutter & jelly Sandwich - NWR1633 (1)	15	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
Turkey Soft Taco - NWR4346 (1 taco)	45	308.95	16.06	6.01	0.00	44.24	489.54	26.54	2.00	5.02	0.00(M)	18.09	1.00(M)	151.50(M)	0.00(M)	0.00(M)	0.10(M)	56.50(M)	(M)	(M)
Bread Roll - NWR1032 (2 roll.)	25	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	15	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.07	4935.54(M)	4.56(M)	0.00	167.83	79.30	0.73
Tomato and Shredded Lettuce Salad - SR1997	20	11.38	0.12	0.02	0.00	0.00	4.26	2.45	0.81	1.65	0.00	0.60	0.21	8.16	500.52	7.25	0.00	142.08	46.54(M)	0.25(M)
<b>CH Main Event - SY23-24 - WA: W1D3 -</b>																				
Popcorn Chicken Bowl - NWR4198 (1 portion)	40	632.55	23.30	4.17	0.00	21.79	742.71	90.58	10.44	23.46	0.00(M)	24.74	2.51(M)	56.77(M)	3.76(M)	9.20(M)	0.00(M)	859.67(M)	199.49(M)	0.20(M)
Hot Dog - NWR1054 (1 serving)	50	271.50	10.61	2.53	0.00	60.75	473.25	29.01	3.00	3.00	2.00(M)	14.10	3.46	164.25	0.00(M)	0.00(M)	0.00(M)	101.99(M)	(M)	(M)
Blueberry Patch Parfait - SR1733 (1 parfait)	5	410.64	7.57	1.40	0.03	3.87	238.19	74.53	4.17	44.43	30.87	9.60	0.73(M)	252.83(M)	240.00(M)	0.00(M)	3.87(M)	396.63(M)	0.00(M)	0.00(M)
Ham and Cheese Sandwich - NWR1203 (1)	5	326.13	12.85	6.19	0.00	70.31	1045.75	31.01	2.00	2.00	2.00	21.56	2.83	194.00	0.00(M)	0.00(M)	0.10	420.87	(M)	(M)
Garlic Knot Breadstick - SR1255 (1 roll.)	10	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(M)
Dinner Roll - NWR1313 (1 roll.)	30	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	50	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)	(M)
<b>CH Main Event - SY23-24 - WA: W1D4 -</b>																				

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Chicken Burger - NWR1300 (1 burger)	60	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Spaghetti with Meaty Marinara - NWR3022 (3/4)	25	260.46	8.78	2.43	0.00	26.44	723.06	32.70	6.34	3.92	1.47(M)	13.56	153.11(M)	44.79(M)	0.00(M)	0.00(M)	0.00(M)	405.90(M)	52.35(M)	0.97(M)
Chicken Caesar Salad Strip - NWR1745 (1)	5	181.40	9.42	2.94	0.00	80.73	415.76	8.50	0.83	0.83	0.00(M)	16.72	0.60(M)	70.53(M)	3333.33(M)	2.00(M)	0.00(M)	0.00(M)	(M)	(M)
Turkey and Cheese Sandwich - NWR1766 (1 Bread Roll - NWR1032 (2 roll.))	10	333.63	12.47	5.81	0.00	59.06	963.25	31.01	2.00	2.00	2.00	23.81	2.60	194.00	0.00(M)	0.00(M)	0.10	345.87	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	2	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
From the Garden - SR2435 (1 serv.)	3	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
CH Main Event - SY23-24 - WA: W1D5 -	25	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
CH Main Event - SY23-24 - WA: W1D5 -																				
Cheese Pizza - NWR1309 (1 slice)	25	252.07	10.45	4.96	0.00	22.78	511.72	24.35	3.27	2.02	0.91	14.72	1.17	298.44	0.00(M)	0.00(M)	0.24	99.98	(M)	(M)
Chicken & Waffles - NWR3126 (1 serving)	40	330.00	17.00	3.25	0.00	27.50	620.00	29.50	3.50	2.00	0.00(M)	16.00	3.75	160.00	500.00(M)	(M)	0.10(M)	600.00(M)	(M)	(M)
Crispy Chicken Wrap - NWR4148 (1 wrap)	10	437.08	24.30	7.26	0.00	37.50	724.20	37.94	5.26	4.72	0.00(M)	18.35	2.81	188.46	361.44(M)	2.02(M)	0.18(M)	536.50(M)	68.86(M)	0.26(M)
Pepperoni Pizza - NWR1310 (1 slice)	10	269.40	12.05	5.57	0.00	26.78	569.05	24.45	3.27	2.02	0.91	15.52	1.17	298.44	0.00(M)	0.00(M)	0.24(M)	99.98(M)	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich)	15	342.25	17.20	10.13	0.00	50.63	1151.50	32.02	2.00	2.00	2.00	16.13	2.61	356.00	0.00(M)	0.00(M)	0.20	156.12	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	95	162.34	7.10	1.01	0.00	0.00	192.78	25.37	1.01	7.10	0.00	1.01	0.51	30.44	0.00(M)	0.00(M)	0.00	284.10	(M)	(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	40	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
CH Main Event - SY23-24 - WA: W2D1 -																				
EZ Pizza Bento Box - SR3665 (1 Box)	15	449.87	18.86	8.36	0.00	38.38	1042.68	49.74	7.76	15.56	1.57	23.53	2.17	454.84	235.87(M)	41.14(M)	0.50(M)	481.16(M)	76.44(M)	0.42(M)
Cheese Lasagna Rollup - SR1497 (1 roll.)	30	277.32	4.01	2.06	0.00	5.00	510.06	42.88	4.85	13.15	3.05	17.16	2.36	215.22	0.00(M)	0.00(M)	0.00	705.02	(M)	(M)
Teriyaki Chicken Rice Bowl - NWR4230 (1)	45	508.94	15.90	2.77	0.04	25.26	719.80	75.02	5.22	20.46	19.13	18.87	3.09	41.14	8.48(M)	1.11(M)	0.14	777.22	95.02(M)	0.93(M)
Turkey and Cheese Sandwich - NWR1766 (1)	10	333.63	12.47	5.81	0.00	59.06	963.25	31.01	2.00	2.00	2.00	23.81	2.60	194.00	0.00(M)	0.00(M)	0.10	345.87	(M)	(M)
Garlic Knot Breadstick - SR1255 (1 roll.)	10	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(M)
Dinner Roll - NWR1313 (1 roll.)	20	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	30	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
CH Main Event - SY23-24 - WA: W2D2 -																				
Breakfast for Lunch: Pancakes & Sausage -	30	280.00	11.00	3.33	0.00	80.00	566.67	30.67	4.00	5.33	4.00	16.00	2.13	33.33	0.00(M)	0.00(M)	0.00	153.33	(M)	(M)
Chicken Burger - NWR1300 (1 burger)	45	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Fruit & Yo To Go Box - NWR3789 (1 Box)	10	450.83	14.03	5.27	0.01	16.97	477.49	68.30	4.69	34.71	22.43	13.68	2.28	438.98	5161.79(M)	6.08(M)	1.93	560.54	0.00(M)	0.00(M)
Chef Salad - NWR1193 (1 salad)	15	156.06	9.01	3.94	0.02	127.12	484.65	5.28	1.31	2.28	0.00(M)	14.50	1.45	116.03	3730.44(M)	6.84(M)	0.57(M)	310.82(M)	68.11(M)	0.49(M)
Bread Roll - NWR1032 (2 roll.)	10	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)

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Twisted Breadstick - SR2142 (1 breadstick)	5	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.)	60	123.28	1.85	0.75	0.00	0.00	30.64	27.95	2.30	24.25	10.00(M)	0.41	0.34	24.71	83.33(M)	0.00(M)	0.00(M)	168.10(M)	0.00(M)	0.26(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	30	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
<b>CH Main Event - SY23-24 - WA: W2D3 -</b>																				
BBQ Chicken Sandwich - NWR3752 (1 ea.)	25	302.28	9.35	2.84	0.00	58.17	764.46	37.20	3.76	5.88	4.69(M)	19.00	2.03(M)	178.68(M)	0.31(M)	1.14(M)	0.00(M)	126.44(M)	18.90(M)	0.06(M)
Buffalo Chicken Wrap - NWR4405 (1 wrap)	5	312.26	15.22	6.18	0.00	75.95	996.03	27.32	2.23	2.05	0.00(M)	17.78	1.01(M)	152.62(M)	0.00(M)	0.00(M)	0.17(M)	75.06(M)	0.00(M)	0.00(M)
Italian Sub Sandwich - NWR1041 (1 sandwich)	10	341.50	12.68	4.29	0.00	88.59	977.00	29.15	3.51	3.00	2.00	28.24	2.88	159.19	0.00(M)	0.00(M)	0.00(M)	576.99(M)	(M)	(M)
Bean & Cheese Nachos - SR1471 (1 nacho)	60	396.30	18.21	6.55	0.00	27.21	678.59	44.27	8.02	1.05	0.00	15.35	1.92	286.49	0.00(M)	0.00(M)	0.00	545.23	52.11(M)	0.06(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	20	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Buffalo Side Vegetables - SR1954 (1/4 c.)	5	7.29	0.05	0.01	0.00	0.00	13.27	1.67	0.48	0.80	0.00	0.22	0.08	7.98	1981.02	1.16	0.00	68.46	19.89(M)	0.15(M)
<b>CH Main Event - SY23-24 - WA: W2D4 -</b>																				
American Sandwich - NWR3012 (1 sandwich)	10	335.56	11.05	4.16	0.00	80.16	997.88	30.51	2.00	2.00	2.00	27.53	2.88	113.00	0.00(M)	0.00(M)	0.05	550.75	(M)	(M)
Baked Penne Pasta - SR3241 (1 c.)	24	392.48	14.50	6.99	0.00	35.67	1066.40	47.62	7.05	9.79	1.43	20.11	2.27	446.13	0.00(M)	0.00(M)	0.00	592.70	0.00(M)	1.06(M)
Crispy Chicken Nuggets - SR1367 (5 nugget)	56	239.93	14.00	2.50	0.00	24.99	439.88	16.00	3.00	1.00	0.00	14.00	1.90	29.99	0.00(M)	0.00(M)	0.10	599.84	0.00(M)	0.00(M)
Double Berry Parfait - SR1602 (1 parfait)	10	452.14	7.65	1.40	0.03	3.87	239.60	86.61	4.40	56.28	30.87(M)	9.94	1.11(M)	259.85(M)	255.30(M)	26.39(M)	3.87(M)	459.11(M)	46.66(M)	0.15(M)
Garlic Knot Breadstick - SR1255 (1 roll.)	30	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(M)
Dinner Roll - NWR1313 (1 roll.)	26	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Green Beans - NWR3257 (1/2 c.)	20	26.24	0.00	0.00	0.00	0.00	162.15	4.23	2.08	2.06	0.00(M)	1.05	0.02(M)	0.26(M)	0.00(M)	0.00(M)	0.00(M)	1.89(M)	0.01(M)	0.05(M)
<b>CH Main Event - SY23-24 - WA: W2D5 -</b>																				
Cheese Pizza - NWR1309 (1 slice)	35	252.07	10.45	4.96	0.00	22.78	511.72	24.35	3.27	2.02	0.91	14.72	1.17	298.44	0.00(M)	0.00(M)	0.24	99.98	(M)	(M)
Pepperoni Pizza - NWR1310 (1 slice)	25	269.40	12.05	5.57	0.00	26.78	569.05	24.45	3.27	2.02	0.91	15.52	1.17	298.44	0.00(M)	0.00(M)	0.24(M)	99.98(M)	(M)	(M)
Poppin Chicken Salad - NWR4430 (1 salad)	5	259.10	16.18	6.38	0.00	35.91	388.75	12.68	3.15	2.79	0.00(M)	14.88	1.83	236.04	5494.14(M)	6.42(M)	0.20(M)	490.20(M)	45.91(M)	0.28(M)
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich)	15	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
Fish Po Boy - NWR3046 (1 sandwich)	20	12841.43	485.31	61.50	0.00	2715.84	19000.41	1178.24	124.28	67.97	65.78	971.10	122.67	1021.35	50.98(M)	11.94(M)	0.03(M)	19261.41(M)	21.65(M)	0.21(M)
Garlic Knot Breadstick - SR1255 (1 roll.)	3	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(M)
Dinner Roll - NWR1313 (1 roll.)	2	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	25	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.07	4935.54(M)	4.56(M)	0.00	167.83	79.30	0.73
<b>CH Main Event - SY23-24 - WA: W3D1 -</b>																				

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BBQ Pork Riblet Sandwich - NWR2296 (1 ea.)	15	315.14	11.50	3.50	0.00	30.00	827.21	38.53	4.00	10.03	4.52(M)	18.00	3.08	120.00	100.00(M)	1.20(M)	0.00(M)	104.00(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2)	65	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Fruit & Yo To Go Box - NWR3789 (1 Box)	10	450.83	14.03	5.27	0.01	16.97	477.49	68.30	4.69	34.71	22.43	13.68	2.28	438.98	5161.79(M)	6.08(M)	1.93	560.54	0.00(M)	0.00(M)
Ham and Cheese Sandwich - NWR1203 (1)	10	326.13	12.85	6.19	0.00	70.31	1045.75	31.01	2.00	2.00	2.00	21.56	2.83	194.00	0.00(M)	0.00(M)	0.10	420.87	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	25	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.07	4935.54(M)	4.56(M)	0.00	167.83	79.30	0.73
Spaghetti Sauce - SR2220 (1/2 c.)	65	64.72	0.49	0.06	0.00	0.00	259.64	13.34	2.74	7.84	2.93	2.08	1.02	33.86	0.00(M)	0.00(M)	0.00	475.93	(M)	(M)
<b>CH Main Event - SY23-24 - WA: W3D2 -</b>																				
Veggie Burger - NWR4422 (1 burger)	1	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Cheeseburger - NWR1213 (1 burger)	45	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Deli Stackables Box - NWR3583 (1 Box)	14	420.08	17.21	6.01	0.00	73.16	1136.38	42.15	6.27	11.32	1.00	26.84	2.82	150.94	5226.10(M)	41.96(M)	0.55(M)	712.56(M)	64.95(M)	0.26(M)
Hamburger - NWR1292 (1 burger)	10	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Cheesy Ravioli - NWR4432 (8 oz.)	30	306.68	5.21	2.65	0.00	10.55	484.42	44.40	5.33	9.58	2.08	20.14	2.43	244.83	0.00(M)	0.00(M)	0.00	528.61	(M)	(M)
Garlic Knot Breadstick - SR1255 (1 roll.)	15	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(M)
Dinner Roll - NWR1313 (1 roll.)	15	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	20	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)	(M)
<b>CH Main Event - SY23-24 - WA: W3D3 -</b>																				
Corn Dog - SR1023 (1 corn dog)	50	240.00	9.00	2.50	0.00	40.00	470.00	30.00	2.00	8.00	7.00	9.00	1.50	70.00	(M)	(M)	9.00	240.00	(M)	(M)
Fiesta Salad - NWR4410 (1 salad)	5	408.81	21.41	5.57	0.00	44.75	477.96	37.88	3.91	3.90	0.00(M)	19.20	1.37(M)	159.32(M)	3333.33(M)	2.00(M)	0.10(M)	10.50(M)	(M)	(M)
Sunbutter & jelly Sandwich - NWR1633 (1)	15	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
Crispy Orange Chicken over Brown Rice - From the Garden - SR2435 (1 serv.)	30	410.76	15.03	2.50	0.00	24.99	545.34	54.60	4.38	14.03	0.00(M)	16.75	2.67	33.62	5.75(M)	0.28(M)	0.10(M)	674.27(M)	52.38(M)	0.07(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	25	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Thick & Chunky Salsa - SR2187 (2 tbsp.)	5	5.00	0.00	0.00	0.00	0.00	115.00	1.50	0.50	1.00	(M)	0.00	0.00	0.00	50.00	0.00	(M)	(M)	(M)	(M)
<b>CH Main Event - SY23-24 - WA: W3D4 -</b>																				
Chicken Burger - NWR1300 (1 burger)	60	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Just Peachy Parfait - NWR3516 (1 parfait)	5	430.27	7.57	1.40	0.03	3.87	242.12	79.44	3.18	50.32	30.87(M)	9.60	0.73(M)	252.83(M)	240.00(M)	0.00(M)	3.87(M)	396.63(M)	(M)	(M)
Macaroni & Cheese - NWR1988 (1 c.)	30	384.12	24.43	12.71	0.00	65.98	977.70	24.82	2.74	3.64	0.00(M)	21.08	1.28	538.91	19.93(M)	0.00(M)	0.19(M)	634.96(M)	28.91(M)	0.11(M)
Garden Salad with Egg & Cheese - NWR4352 (1)	5	205.55	12.91	5.79	0.02	113.23	332.49	10.86	1.19	1.96	0.00(M)	11.44	0.98	231.37	3669.43(M)	5.74(M)	0.72(M)	144.26(M)	53.30(M)	0.43(M)
Bread Roll - NWR1032 (2 roll.)	2	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	3	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)

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From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn - NWR3261 (1/2 c.)	25	97.71	2.56	0.08	0.00	0.00	55.19	18.10	3.15	5.25	0.00(M)	3.32	0.58(M)	19.43(M)	121.75(M)	4.78(M)	0.00(M)	145.32(M)	6.58(M)	0.06(M)
<b>CH Main Event - SY23-24 - WA: W3D5 -</b>																				
Cheddar Cheese Omelet, Papetti's, 2 oz. - SR2438	25	130.00	11.00	3.50	0.00	170.00	290.00	1.00	0.00	0.00	0.00	7.00	1.10	67.00	0.00(M)	0.00(M)	1.00	74.00	(M)	(M)
Cheese Pizza - NWR1309 (1 slice)	35	252.07	10.45	4.96	0.00	22.78	511.72	24.35	3.27	2.02	0.91	14.72	1.17	298.44	0.00(M)	0.00(M)	0.24	99.98	(M)	(M)
Corn Dog - SR1023 (1 corn dog)	10	240.00	9.00	2.50	0.00	40.00	470.00	30.00	2.00	8.00	7.00	9.00	1.50	70.00	(M)	(M)	9.00	240.00	(M)	(M)
Pepperoni Pizza - NWR1310 (1 slice)	20	269.40	12.05	5.57	0.00	26.78	569.05	24.45	3.27	2.02	0.91	15.52	1.17	298.44	0.00(M)	0.00(M)	0.24(M)	99.98(M)	(M)	(M)
Turkey and Cheese Sandwich - NWR1766 (1)	10	333.63	12.47	5.81	0.00	59.06	963.25	31.01	2.00	2.00	23.81	2.60	194.00	0.00(M)	0.00(M)	0.10	345.87	(M)	(M)	
Cinnamon Breadstick - SR1455 (1 roll.)	25	93.38	1.69	0.28	0.00	0.00	102.38	15.88	2.13	3.67	3.67(M)	3.01	0.83	13.86	31.25(M)	0.00(M)	0.30(M)	53.33(M)	0.05(M)	0.02(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Tot Hash - SR1848 (1/2 c.)	45	125.56	7.33	1.10	0.00	0.00	346.86	15.02	1.29	1.50	0.00	1.16	0.26	12.53	41.98(M)	9.50(M)	0.00	237.72	15.41(M)	0.16(M)
<b>CH Main Event - SY23-24 - WA: W4D1 -</b>																				
Crispy Chicken Nuggets - SR1367 (5 nugget)	55	239.93	14.00	2.50	0.00	24.99	439.88	16.00	3.00	1.00	0.00	14.00	1.90	29.99	0.00(M)	0.00(M)	0.10	599.84	0.00(M)	0.00(M)
Hummus Snack Plate - NWR1051 (1 ea.)	10	381.24	19.84	6.51	0.00	25.31	1026.48	39.93	6.54	5.36	1.00(M)	13.51	2.38(M)	219.52(M)	5144.88(M)	2.23(M)	0.60(M)	320.36(M)	32.67(M)	0.59(M)
Marinara Meatball Sub - NWR3911 (1 sandwich)	25	378.33	13.13	4.25	0.00	54.70	639.12	43.31	6.15	8.63	4.11	22.48	3.40	205.06	0.00(M)	0.00(M)	0.00	726.69	(M)	(M)
Chef Salad - NWR1193 (1 salad)	10	156.06	9.01	3.94	0.02	127.12	484.65	5.28	1.31	2.28	0.00(M)	14.50	1.45	116.03	3730.44(M)	6.84(M)	0.57(M)	310.82(M)	68.11(M)	0.49(M)
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(M)
Bread Roll - NWR1032 (2 roll.)	7	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Dinner Roll - NWR1313 (1 roll.)	30	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	3	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	20	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.07	4935.54(M)	4.56(M)	0.00	167.83	79.30	0.73
<b>CH Main Event - SY23-24 - WA: W4D2 -</b>																				
Breakfast for Lunch: French Toast Sticks & Italian Sub Sandwich - NWR1041 (1 sandwich)	50	377.36	18.90	4.49	0.00	70.00	456.95	37.61	2.97	8.91	7.92	17.94	2.78	39.59	0.00(M)	0.00(M)	0.00	148.48	(M)	(M)
Strawberry Fields Parfait - SR1738 (1 parfait)	10	493.63	7.73	1.40	0.03	4.00	241.03	98.69	4.62	68.13	30.87(M)	10.28	1.49	266.86	270.60(M)	52.78(M)	3.87	521.58	93.33(M)	0.31(M)
Turkey Soft Taco - NWR4346 (1 taco)	30	308.95	16.06	6.01	0.00	44.24	489.54	26.54	2.00	5.02	0.00(M)	18.09	1.00(M)	151.50(M)	0.00(M)	0.00(M)	0.10(M)	56.50(M)	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Golden Hash Brown Rounds - SR1984 (2)	90	90.00	2.50	0.00	0.00	0.00	190.00	15.00	2.00	0.00	0.00	1.00	0.30	10.00	0.00(M)	0.00(M)	0.40	170.00	(M)	(M)
Tomato and Shredded Lettuce Salad - SR1997	20	11.38	0.12	0.02	0.00	0.00	4.26	2.45	0.81	1.65	0.00	0.60	0.21	8.16	500.52	7.25	0.00	142.08	46.54(M)	0.25(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	50	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
<b>CH Main Event - SY23-24 - WA: W4D3 -</b>																				

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Hot Dog - NWR1054 (1 serving)	50	271.50	10.61	2.53	0.00	60.75	473.25	29.01	3.00	3.00	2.00(M)	14.10	3.46	164.25	0.00(M)	0.00(M)	0.00(M)	101.99(M)	(M)	(M)
Chef Salad - NWR1193 (1 salad)	15	156.06	9.01	3.94	0.02	127.12	484.65	5.28	1.31	2.28	0.00(M)	14.50	1.45	116.03	3730.44(M)	6.84(M)	0.57(M)	310.82(M)	68.11(M)	0.49(M)
Sunbutter & jelly Sandwich - NWR1633 (1)	10	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
Crispy Sweet & Sour Chicken Rice Bowl - Bread Roll - NWR1032 (2 roll.)	25	85.42	3.01	0.50	0.00	5.00	103.38	11.76	0.88	3.20	0.00(M)	3.35	0.52	6.40	150.00(M)	1.80(M)	0.02(M)	134.85(M)	10.48(M)	0.01(M)
Twisted Breadstick - SR2142 (1 breadstick)	7	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
From the Garden - SR2435 (1 serv.)	3	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
CH Main Event - SY23-24 - WA: W4D4 -	30	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Mozzarella Stuffed Breadsticks - SR1625 (2)	42	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Crispy Chicken Wrap - NWR4148 (1 wrap)	5	437.08	24.30	7.26	0.00	37.50	724.20	37.94	5.26	4.72	0.00(M)	18.35	2.81	188.46	361.44(M)	2.02(M)	0.18(M)	536.50(M)	68.86(M)	0.26(M)
Southwest Taco Nachos - NWR4027 (1 portion)	48	442.82	26.06	8.71	0.00	59.31	841.74	34.73	2.83	3.85	0.00(M)	21.88	0.71(M)	291.60(M)	0.00(M)	0.00(M)	0.00(M)	339.77(M)	(M)	(M)
Pinwheel Party Box - NWR4077 (1 Box)	5	433.74	15.31	7.20	0.00	71.48	1032.04	55.69	7.17	19.88	0.00	24.05	2.73	205.60	10073.27(M)	12.15(M)	0.08	985.45	0.00(M)	0.00(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn - NWR3261 (1/2 c.)	35	97.71	2.56	0.08	0.00	0.00	55.19	18.10	3.15	5.25	0.00(M)	3.32	0.58(M)	19.43(M)	121.75(M)	4.78(M)	0.00(M)	145.32(M)	6.58(M)	0.06(M)
Spaghetti Sauce - SR2220 (1/2 c.)	42	64.72	0.49	0.06	0.00	0.00	259.64	13.34	2.74	7.84	2.93	2.08	1.02	33.86	0.00(M)	0.00(M)	0.00	475.93	(M)	(M)
CH Main Event - SY23-24 - WA: W4D5 -	5	335.56	11.05	4.16	0.00	80.16	997.88	30.51	2.00	2.00	2.00	27.53	2.88	113.00	0.00(M)	0.00(M)	0.05	550.75	(M)	(M)
American Sandwich - NWR3012 (1 sandwich)	40	252.07	10.45	4.96	0.00	22.78	511.72	24.35	3.27	2.02	0.91	14.72	1.17	298.44	0.00(M)	0.00(M)	0.24	99.98	(M)	(M)
Cheese Pizza - NWR1309 (1 slice)	15	269.40	12.05	5.57	0.00	26.78	569.05	24.45	3.27	2.02	0.91	15.52	1.17	298.44	0.00(M)	0.00(M)	0.24(M)	99.98(M)	(M)	(M)
Pepperoni Pizza - NWR1310 (1 slice)	5	181.40	9.42	2.94	0.00	80.73	415.76	8.50	0.83	0.83	0.00(M)	16.72	0.60(M)	70.53(M)	3333.33(M)	2.00(M)	0.00(M)	0.00(M)	(M)	(M)
Chicken Caesar Salad Strip - NWR1745 (1)	30	290.33	8.04	2.75	0.00	32.01	751.70	38.72	5.38	10.94	8.10(M)	16.96	186.87	113.59	213.67(M)	8.30(M)	0.00(M)	368.16(M)	12.47(M)	0.06(M)
Hot Sloppy Joe - NWR1176 (1 ea.)	2	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Bread Roll - NWR1032 (2 roll.)	3	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
Twisted Breadstick - SR2142 (1 breadstick)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
From the Garden - SR2435 (1 serv.)	85	79.98	1.50	1.00	0.00	0.00	102.62	15.00	1.00	1.00	0.00(M)	2.00	0.23	12.92	2.61	6.38	0.00(M)	0.88(M)	84.69(M)	0.09(M)
Whipped Potatoes - SR1112 (1/2 c.)																				

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

# ES Menu Calendar Nutrient Analysis Report - September, 2023-January, 2024

Generated on: 5/11/2023 3:00:07 PM by Patricia Engelsgaard

Site: All

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion