

# Menu Item Nutrients

Date: 09/05/2023 - 09/11/2023  
Meal Service: Lunch

## Timberline Middle School

Menu Item	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>Tuesday 09/05/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Hand Tossed Style Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy,	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)	
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat,	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)	
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat,	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)	
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	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)	
<b>Vegetable; May Choose: 1</b>																				
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk,	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)	
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat,	176.98	16.04	3.29	0.00	13.75	325.67	6.78	1.26	0.71	0.00	3.18	0.61	59.40	4938.81(M)	3.37(M)	0.00	167.83	55.72(M)	0.38(M)	
<b>Condiment; May Choose: 1</b>																				
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)	
<b>Tuesday 09/05/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
<b>Fruit; May Choose: 1</b>																				
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17	
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)	
<b>Fruit Juice; May Choose: 1</b>																				
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)	
<b>Vegetable; May Choose: 2</b>																				
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)	
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)	
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
<b>Milk; May Choose: 1</b>																				
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk,	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)	
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk,	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)	
<b>Tuesday 09/05/2023, Lunch, FE-Global Flavors</b>																				
<b>MTO Pick 1st Grain; May Choose: 1</b>																				
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)	
<b>MTO Pick 1st Protein; May Choose: 1</b>																				
Teriyaki Chicken - NWR2962 (1/2 c.) Contains Gluten, Soy, Wheat,	171.47	6.84	1.80	0.02	63.47	432.36	15.89	0.06	10.12	9.96(M)	11.96	0.06(M)	1.82(M)	21.12(M)	0.20(M)	0.02(M)	29.77(M)	0.00(M)	0.41(M)	
<b>MTO Additional Toppings/Sides; May Choose: 2</b>																				

# Menu Item Nutrients

Generated on: 8/14/2023 1:15:54 PM by Patricia Engelsgaard

Date: 09/05/2023 - 09/11/2023  
Meal Service: Lunch

Roasted Broccoli - SR1852 (1/4 c.)	32.75	2.25	0.17	0.00	0.00	36.04	2.70	1.44	0.70	0.00(M)	1.50	0.31	15.91	477.69(M)	18.95(M)	0.00(M)	2.87(M)	42.88(M)	0.42(M)
Soy Roasted Potatoes - SR2609 (1/4 c.) Contains Gluten, Soy, Wheat.	93.22	6.52	0.76	0.00	0.02	335.25	9.59	1.14	0.58	0.00	0.74	0.30	8.29	31.28(M)	0.60(M)	0.02	153.78	0.00(M)	0.60(M)
Spicy Asian Vegetable Blend - SR2607 (1/4 c.) Contains Gluten, Sesame, Soy, Wheat.	40.13	3.73	0.29	0.01	0.00	99.77	1.93	0.74	0.97	0.00	0.41	0.18	13.19	1009.12(M)	11.30(M)	0.00	60.49	16.70(M)	0.23(M)
<b>Condiment; May Choose: 1</b>																			
Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
<b>Tuesday 09/05/2023, Lunch, FE-Superfoods</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat, May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (5 slice)	137.50	5.63	1.25	0.00	56.25	462.49	0.00	0.00	0.00	0.00	21.25	0.50	0.00	(M)	(M)	0.00	350.00	(M)	(M)
Sliced Turkey Ham - SR1287 (3 slice)	75.00	3.75	1.13	0.00	45.00	359.99	0.00	0.00	0.00	0.00	10.50	0.52	0.00	(M)	(M)	0.00	284.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1 oz.) Contains Milk, Soy.	91.12	8.10	5.06	0.00	25.31	465.74	1.01	0.00	0.00	0.00	5.06	0.30	162.00	0.00(M)	0.00(M)	0.10	20.25	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Tuesday 09/05/2023, Lunch, x-DYK-Fast Takes (tier II)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	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)
<b>Wednesday 09/06/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)

# Menu Item Nutrients

Generated on: 8/14/2023 1:15:54 PM by Patricia Engelsgaard

Date: 09/05/2023 - 09/11/2023  
Meal Service: Lunch

Chicken Strip Filling - NWR1749 (1 1/2 oz.) <u>Contains Gluten, Wheat.</u>	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Pork Carnitas - NWR3345 (2 oz.)	214.05	12.37	4.19	0.00	72.00	633.03	2.41	0.57	0.90	0.00(M)	22.33	0.42(M)	10.11(M)	0.19(M)	0.70(M)	0.00(M)	51.14(M)	8.53(M)	0.70(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) <u>Contains Soy.</u>	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
<b>Vegetable; May Choose: 1</b>																			
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	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)
<b>Wednesday 09/06/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments) Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 1</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
<b>Vegetable; May Choose: 2</b>																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) <u>Contains Milk.</u>	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) <u>Contains Milk.</u>	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Wednesday 09/06/2023, Lunch, FE-Global Flavors MTO Pick 1st Grain; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) <u>Contains Gluten, Sesame, Soy, Wheat.</u>	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)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Barbecue Chicken - SR2532 (1/4 c.)	104.00	2.00	0.00	0.00	42.00	557.33	7.47	0.00	6.40	5.33	12.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
Popcorn Chicken - SR1413 (12 piece) <u>Contains Gluten, Soy, Wheat.</u>	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.21	36.55	(M)	(M)	0.00	719.95	(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 2</b>																			
Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	34.07	2.35	0.32	0.00	1.33	173.75	2.83	1.14	0.86	0.00(M)	1.02	0.28	17.01	141.52(M)	1.78(M)	0.00(M)	63.63(M)	37.13(M)	0.59(M)
Vegetarian Baked Beans - SR2026 (1/4 c.)	75.00	0.00	0.00	0.00	0.00	275.00	15.00	2.50	6.00	5.50	3.50	0.95	25.00	0.00(M)	0.00(M)	0.00	190.00	(M)	(M)
Whipped Potatoes - SR1112 (1/2 c.) <u>Contains Milk.</u>	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)
<b>Condiment; May Choose: 1</b>																			
Chicken Gravy - SR1589 (1/4 c.) <u>Contains Milk.</u>	30.37	1.01	0.00	0.00	0.00	138.46	4.05	0.00	0.71	0.00	0.71	0.00	1.77	0.00(M)	0.00(M)	0.00	122.09	58.94(M)	0.06(M)
<b>Wednesday 09/06/2023, Lunch, FE-Superfoods</b>																			

# Menu Item Nutrients

Date: 09/05/2023 - 09/11/2023  
Meal Service: Lunch

<b>MTO Pick 1st Grain; May Choose: 1</b>																				
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)	
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)	
<b>MTO Pick 1st Protein; May Choose: 1</b>																				
American-style Meat Combination - SR2087 (3 slice)	80.00	3.50	0.88	0.00	37.50	305.00	0.00	0.00	0.00	0.00	12.00	0.38	0.00	(M)	(M)	0.00	235.00	(M)	(M)	
Sliced Deli Turkey - SR1532 (5 slice)	137.50	5.63	1.25	0.00	56.25	462.49	0.00	0.00	0.00	0.00	21.25	0.50	0.00	(M)	(M)	0.00	350.00	(M)	(M)	
Sliced Turkey Ham - SR1287 (3 slice)	75.00	3.75	1.13	0.00	45.00	359.99	0.00	0.00	0.00	0.00	10.50	0.52	0.00	(M)	(M)	0.00	284.99	(M)	(M)	
<b>MTO Pick 2nd Protein; May Choose: 1</b>																				
American Cheese Slice - SR1988 (1 oz.) Contains Milk, Soy.	91.12	8.10	5.06	0.00	25.31	465.74	1.01	0.00	0.00	0.00	5.06	0.30	162.00	0.00(M)	0.00(M)	0.10	20.25	(M)	(M)	
<b>Vegetable; May Choose: 1</b>																				
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)	
<b>Condiment; May Choose: 1</b>																				
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)	
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05	
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11	
<b>Wednesday 09/06/2023, Lunch, x-DYK-Fast Takes (tier II)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)	
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)	
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)	
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)	
<b>Grains; May Choose: 1</b>																				
Bread Roll - NWR1032 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	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)	
<b>Thursday 09/07/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)	
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)	
Hand Tossed Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)	
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy.	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)	
<b>Vegetable; May Choose: 1</b>																				
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)	
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.98	16.04	3.29	0.00	13.75	325.67	6.78	1.26	0.71	0.00	3.18	0.61	59.40	4938.81(M)	3.37(M)	0.00	167.83	55.72(M)	0.38(M)	
<b>Condiment; May Choose: 1</b>																				

# Menu Item Nutrients

Generated on: 8/14/2023 1:15:54 PM by Patricia Engelsgaard

Date: 09/05/2023 - 09/11/2023  
Meal Service: Lunch

Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
<b>Thursday 09/07/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments) Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 1</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Fruit Juice; May Choose: 1</b>																			
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	68.19	12.33	2.32	8.77	1.11(M)	0.56	0.78	26.98	10480.56(M)	2.42(M)	0.00(M)	232.62(M)	2.15(M)	0.03(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Thursday 09/07/2023, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Whole Wheat Penne Pasta - SR1198 (1 c.) Contains Gluten, Wheat, Processed in a facility	201.74	3.03	0.12	0.00	0.00	6.57	38.50	4.70	1.88	0.00	6.57	1.88	6.57	0.00(M)	0.00(M)	0.00	246.36	41.29(M)	0.22(M)
Whole Wheat Spaghetti Noodles - SR1135 (1 c.) Contains Gluten, Wheat, Processed in a facility	192.89	3.09	0.42	0.00	0.00	6.66	39.60	5.44	1.81	0.00(M)	6.67	2.53	26.89	0.00(M)	0.00(M)	0.00(M)	2.22(M)	70.39(M)	0.22(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Chicken Meatballs - SR3065 (5 Meatballs) Contains Gluten, Soy, Wheat.	176.64	10.93	3.37	0.00	58.88	201.88	5.89	0.84	0.00	0.00	14.30	0.84	26.92	0.00(M)	0.00(M)	0.00	353.28	(M)	(M)
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	110.69	0.21	0.04	0.00	0.00	227.19	20.99	7.87	0.95(M)	0.00(M)	6.00	1.92	83.32	602.91(M)	18.91(M)	0.00(M)	21.55(M)	30.00(M)	0.48(M)
<b>MTO Additional Toppings/Sides; May Choose: 3</b>																			
Alfredo Cheese Sauce - SR2217 (1/4 c.) Contains Milk.	100.55	6.56	3.61	0.00	19.67	415.29	4.37	0.00	3.28	0.00	6.56	0.00	208.74	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Parmesan Green Beans - SR1144 (1/4 c.) Contains Milk.	20.95	1.17	0.16	0.00	0.36	6.83	2.59	1.16	0.73	0.00(M)	0.65	0.26	19.45	161.62(M)	1.61(M)	0.00	62.44	35.31(M)	0.18(M)
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	42.86	3.33	0.24	0.00	0.00	4.53	2.92	1.41	1.24	0.00(M)	1.25	0.29	12.73	897.86(M)	36.22(M)	0.00(M)	36.73(M)	47.71(M)	0.33(M)
Roasted Butternut Squash - SR1408 (1/4 c.)	36.65	0.16	0.01	0.00	0.00	15.85	9.28	1.19	3.62	2.32	0.60	0.43	30.55	6289.26(M)	12.42(M)	0.00	211.70	0.03(M)	0.04(M)
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.83	15.00	0.17	0.00	0.00	0.00	0.17	0.00	7.17	(M)	(M)	0.00	1.67	(M)	(M)
Red Pepper Flakes - SR1554 (1/4 tsp.)	1.43	0.08	0.01	0.00	0.00	0.14	0.25	0.12	0.05	0.00	0.05	0.04	0.67	0.00(M)	0.00(M)	0.00	9.06	0.04	0.03
<b>Thursday 09/07/2023, Lunch, FE-Superfoods</b>																			

# Menu Item Nutrients

Generated on: 8/14/2023 1:15:54 PM by Patricia Engelsgaard

Date: 09/05/2023 - 09/11/2023  
Meal Service: Lunch

<b>MTO Pick 1st Grain; May Choose: 1</b>																				
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)	
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat, May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)	
<b>MTO Pick 1st Protein; May Choose: 1</b>																				
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)	
Sliced Deli Turkey - SR1532 (5 slice)	137.50	5.63	1.25	0.00	56.25	462.49	0.00	0.00	0.00	0.00	21.25	0.50	0.00	(M)	(M)	0.00	350.00	(M)	(M)	
Sliced Turkey Ham - SR1287 (3 slice)	75.00	3.75	1.13	0.00	45.00	359.99	0.00	0.00	0.00	0.00	10.50	0.52	0.00	(M)	(M)	0.00	284.99	(M)	(M)	
<b>MTO Pick 2nd Protein; May Choose: 1</b>																				
American Cheese Slice - SR1988 (1 oz.) Contains Milk, Soy.	91.12	8.10	5.06	0.00	25.31	465.74	1.01	0.00	0.00	0.00	5.06	0.30	162.00	0.00(M)	0.00(M)	0.10	20.25	(M)	(M)	
<b>Vegetable; May Choose: 1</b>																				
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)	
<b>Condiment; May Choose: 1</b>																				
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)	
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05	
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11	
<b>Thursday 09/07/2023, Lunch, x-DYK-Fast Takes (tier II)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat, Processed in a	237.72	11.80	3.46	0.00	83.09	596.03	16.76	2.39	1.36	0.00(M)	18.15	1.10(M)	103.88(M)	9923.65(M)	4.56(M)	0.00(M)	311.59(M)	107.79(M)	0.66(M)	
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)	
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat, May	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)	
<b>Grains; May Choose: 1</b>																				
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	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)	
<b>Friday 09/08/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat, May contain	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)	
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat, May contain Soy.	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)	
Fish Patty on a Bun - NWR4244 (1 patty) Contains Fish, Gluten, Milk, Sesame, Wheat, May	310.00	8.50	1.00	0.00	35.00	470.00	43.00	4.00	3.00	2.00	17.00	3.08	80.00	0.00(M)	0.00(M)	0.00	274.00	(M)	(M)	
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat, May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)	
<b>Vegetable; May Choose: 1</b>																				
Crinkle Cut French Fries - SR2496 (1/2 c.)	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)	
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)	
<b>Condiment; May Choose: 1</b>																				
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07	

# Menu Item Nutrients

Generated on: 8/14/2023 1:15:54 PM by Patricia Engelsgaard

Date: 09/05/2023 - 09/11/2023  
Meal Service: Lunch

Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Friday 09/08/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 1</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
<b>Vegetable; May Choose: 2</b>																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Friday 09/08/2023, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Greek Herbed Brown Rice - SR2639 (1 c.) Contains Milk.	304.28	3.29	0.81	0.00	4.00	637.28	64.61	3.07	3.77	3.20	6.53	1.47	44.53	50.26(M)	1.74(M)	0.00	186.39	118.83(M)	0.21(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat, May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Greek Turkey - SR1854 (3/8 c.)	240.37	14.66	2.11	0.00	54.50	343.52	16.37	0.15	13.65	13.05	12.47	0.62	3.22	0.00(M)	0.08(M)	0.00	160.40	0.00(M)	0.04(M)
Italian Roasted Chickpeas - SR3793 (1 #8 scoop)	83.23	2.18	0.06	0.00	0.00	219.69	12.56	3.77	2.19	0.00(M)	3.66	0.27(M)	6.66(M)	0.00(M)	0.00(M)	0.00(M)	4.40(M)	0.00(M)	0.34(M)
<b>MTO Additional Toppings/Sides; May Choose: 3</b>																			
Mozzarella Cheese - SR3098 (1/2 oz.) Contains Milk.	40.50	2.53	1.52	0.00	7.59	81.00	1.01	0.51	0.00	0.00	3.54	0.00	96.19	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	32.75	2.25	0.17	0.00	0.00	36.04	2.70	1.44	0.70	0.00(M)	1.50	0.31	15.91	477.69(M)	18.95(M)	0.00(M)	2.87(M)	42.88(M)	0.42(M)
Roasted Summer Squash - SR1523 (1/4 c.)	17.16	1.07	0.09	0.00	0.00	21.09	1.64	0.52	0.85(M)	0.00(M)	0.42	0.16	6.80	515.75(M)	15.69(M)	0.00(M)	19.73(M)	26.18(M)	0.20(M)
<b>Condiment; May Choose: 1</b>																			
Diced Red Tomatoes - SR1012 (1/8 c.)	4.43	0.05	0.01	0.00	0.00	1.23	0.96	0.29	0.65	0.00	0.22	0.07	2.46	205.08	3.37	0.00	58.35	23.27	0.12
Sliced Black Olives - SR1390 (2 tbsp.)	14.12	1.41	0.00	0.00	0.00	117.63	0.94	0.00	0.00	0.00	0.00	0.34	0.00	0.00	0.00	0.00	0.00	12.78(M)	(M)
Tzatziki Sauce - SR1820 (1 tbsp.) Contains Milk.	7.38	0.02	0.00	0.00	0.33	63.90	0.78	0.05	0.52	0.00(M)	1.20	0.07	14.71	17.28(M)	0.28(M)	0.00(M)	23.77(M)	6.53(M)	0.18(M)
<b>Friday 09/08/2023, Lunch, FE-Superfoods</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)

# Menu Item Nutrients

Date: 09/05/2023 - 09/11/2023  
Meal Service: Lunch

Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat, May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat, May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
American-style Meat Combination - SR2087 (3 slice)	80.00	3.50	0.88	0.00	37.50	305.00	0.00	0.00	0.00	0.00	12.00	0.38	0.00	(M)	(M)	0.00	235.00	(M)	(M)
Sliced Deli Turkey - SR1532 (5 slice)	137.50	5.63	1.25	0.00	56.25	462.49	0.00	0.00	0.00	0.00	21.25	0.50	0.00	(M)	(M)	0.00	350.00	(M)	(M)
Sliced Turkey Ham - SR1287 (3 slice)	75.00	3.75	1.13	0.00	45.00	359.99	0.00	0.00	0.00	0.00	10.50	0.52	0.00	(M)	(M)	0.00	284.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1 oz.) Contains Milk, Soy, Vegetable; May Choose: 1	91.12	8.10	5.06	0.00	25.31	465.74	1.01	0.00	0.00	0.00	5.06	0.30	162.00	0.00(M)	0.00(M)	0.10	20.25	(M)	(M)
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Friday 09/08/2023, Lunch, x-DYK-Fast Takes (tier II)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat, May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk	226.19	9.49	5.03	0.00	25.00	631.24	23.57	6.02	5.60	0.00(M)	12.31	1.77	265.31	4214.86(M)	12.24(M)	0.20(M)	404.87(M)	46.84(M)	0.31(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy, Grains; May Choose: 1	357.98	14.92	5.03	0.00	76.36	1079.99	28.51	3.00	2.00	1.00	28.27	2.30	111.00	0.00(M)	0.00(M)	0.55	529.82	0.00(M)	0.00(M)
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat	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)
<b>Monday 09/11/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat, May contain	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)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat, May contain Soy	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)
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat	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)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat, May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat, May	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)
<b>Vegetable; May Choose: 1</b>																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	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)
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
<b>Condiment; May Choose: 1</b>																			



# Menu Item Nutrients

Generated on: 8/14/2023 1:15:54 PM by Patricia Engelsgaard

Date: 09/05/2023 - 09/11/2023  
Meal Service: Lunch

Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Monday 09/11/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 1</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
<b>Vegetable; May Choose: 2</b>																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	7.57	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Monday 09/11/2023, Lunch, FE-Global Flavors</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Grilled Three Cheese Caprese Sandwich - NWR4448 (1 sandwich) Contains Egg, Gluten.	391.27	18.89	9.23	0.00	46.49	985.80	35.68	3.31	2.98	2.00(M)	19.89	2.47	412.01	149.17(M)	2.46(M)	0.10(M)	199.50(M)	16.95(M)	0.11(M)
Parmesan Chicken, Pasta, Tyson patty + USDA Part Skim, Mozz, Parm Cheese, WGR Pasta - MTO Pick 1st Grain; May Choose: 1	392.30	17.48	3.83	0.00	30.44	653.96	43.27	7.18	5.73	1.43(M)	19.94	3.66	114.48	0.00(M)	0.00(M)	0.10(M)	840.24(M)	35.20(M)	0.11(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat, May MTO Pick 1st Protein; May Choose: 1	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Beefy Meatball Sauce - SR1136 (5 Meatballs) Contains Gluten, Milk, Soy, Wheat. MTO Additional Toppings/Sides; May Choose: 3	254.40	14.65	6.13	0.00	35.44	471.57	16.84	3.63	8.52	2.81(M)	16.17	2.43	72.95	101.25(M)	1.22(M)	0.00(M)	456.10(M)	(M)	(M)
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk. Condiment; May Choose: 1	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.83	15.00	0.17	0.00	0.00	0.00	0.17	0.00	7.17	(M)	(M)	0.00	1.67	(M)	(M)
Red Pepper Flakes - SR1554 (1/4 tsp.)	1.43	0.08	0.01	0.00	0.00	0.14	0.25	0.12	0.05	0.00	0.05	0.04	0.67	0.00(M)	0.00(M)	0.00	9.06	0.04	0.03
<b>Monday 09/11/2023, Lunch, FE-Superfoods</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			

# Menu Item Nutrients

Generated on: 8/14/2023 1:15:54 PM by Patricia Engelsgaard

Date: 09/05/2023 - 09/11/2023  
Meal Service: Lunch

Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
American-style Meat Combination - SR2087 (3 slice)	80.00	3.50	0.88	0.00	37.50	305.00	0.00	0.00	0.00	0.00	12.00	0.38	0.00	(M)	(M)	0.00	235.00	(M)	(M)
Sliced Deli Turkey - SR1532 (5 slice)	137.50	5.63	1.25	0.00	56.25	462.49	0.00	0.00	0.00	0.00	21.25	0.50	0.00	(M)	(M)	0.00	350.00	(M)	(M)
Sliced Turkey Ham - SR1287 (3 slice)	75.00	3.75	1.13	0.00	45.00	359.99	0.00	0.00	0.00	0.00	10.50	0.52	0.00	(M)	(M)	0.00	284.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1 oz.) Contains Milk, Soy.	91.12	8.10	5.06	0.00	25.31	465.74	1.01	0.00	0.00	0.00	5.06	0.30	162.00	0.00(M)	0.00(M)	0.10	20.25	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Monday 09/11/2023, Lunch, x-DYK-Fast Takes (tier II)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	420.87	13.23	3.22	0.00	9.98	686.53	61.54	14.33	2.54	0.00(M)	13.81	3.47	120.08	101.88(M)	0.00(M)	0.00(M)	527.94(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	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)

(M) Indicates missing nutrient values.

**Allergen Disclaimer:** 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.