

# T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Generated on: 5/11/2023 4:34:39 PM by Patricia Engelsgaard

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

| Item Name<br>(Serving Size)                                                               | Planned Qty | Calories<br>(Kcal) | Total Fat<br>(g) | Sat Fat<br>(g) | Trans Fat<br>(g) | Chol<br>(mg) | Sodium<br>(mg) | Carb (g) | Total Fiber (g) | Total Sugars | Added Sugars | Protein<br>(g) | Iron<br>(mg) | Calcium<br>(mg) | VitA<br>(IU) | VitC<br>(mg) | VitD<br>(mcg) | Potassium<br>(mg) | Mois (g) | Ash (g) |
|-------------------------------------------------------------------------------------------|-------------|--------------------|------------------|----------------|------------------|--------------|----------------|----------|-----------------|--------------|--------------|----------------|--------------|-----------------|--------------|--------------|---------------|-------------------|----------|---------|
| <b>NW Core - SY23-24 T4 Adv PopUp Twirls D1,3,5 - ServingDate: 09/01/2023</b>             |             |                    |                  |                |                  |              |                |          |                 |              |              |                |              |                 |              |              |               |                   |          |         |
| Whole Wheat Penne Pasta - SR1198 (1 c.)                                                   | 70          | 201.74             | 3.03             | 0.12           | 0.00             | 0.00         | 416.62         | 38.50    | 4.70            | 1.88         | 0.00         | 6.57           | 1.88         | 6.82            | 0.00(M)      | 0.00(M)      | 0.00          | 246.44            | 40.61(M) | 1.28(M) |
| Whole Wheat Spaghetti Noodles - SR1135 (1 c.)                                             | 30          | 192.89             | 3.09             | 0.42           | 0.00             | 0.00         | 422.74         | 39.60    | 5.44            | 1.81         | 0.00(M)      | 6.67           | 2.53         | 27.15           | 0.00(M)      | 0.00(M)      | 0.00(M)       | 2.31(M)           | 69.80(M) | 1.29(M) |
| Unbreaded Chicken Strips - NWR4238 (3 oz.)                                                | 35          | 150.00             | 8.00             | 2.00           | 0.00             | 76.00        | 346.00         | 6.00     | 0.00            | 0.00         | 0.00(M)      | 14.00          | 0.00(M)      | 0.00(M)         | (M)          | (M)          | 0.00(M)       | 0.00(M)           | 0.00(M)  | (M)     |
| Chicken Meatballs - SR3065 (5 Meatballs)                                                  | 60          | 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)                                                    | 5           | 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) |
| Alfredo Cheese Sauce - SR2217 (1/4 c.)                                                    | 60          | 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)     |
| Spaghetti Sauce - SR2220 (1/4 c.)                                                         | 40          | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                                      | 100         | (M)                | (M)              | (M)            | (M)              | (M)          | (M)            | (M)      | (M)             | (M)          | (M)          | (M)            | (M)          | (M)             | (M)          | (M)          | (M)           | (M)               | (M)      | (M)     |
| Roasted Broccoli - SR1852 (1/2 c.)                                                        | 30          | 65.49              | 4.49             | 0.33           | 0.00             | 0.00         | 72.07          | 5.40     | 2.89            | 1.40         | 0.00(M)      | 3.00           | 0.62         | 31.81           | 955.38(M)    | 37.89(M)     | 0.00(M)       | 5.74(M)           | 85.76(M) | 0.85(M) |
| Toasted Garlic Caesar Salad - SR2130 (1 c.)                                               | 30          | 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) |
| Garlic Knot Breadstick - SR1255 (1 roll.)                                                 | 50          | 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) |
| Grated Parmesan Cheese - SR1553 (1/2 tsp.)                                                | 25          | 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.)                                                     | 5           | 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>Core/ID/MT/UT/WA: SY23-24 T4 Adv PopUp Beale St BBQ D2,4 - ServingDate: 09/05/2023</b> |             |                    |                  |                |                  |              |                |          |                 |              |              |                |              |                 |              |              |               |                   |          |         |
| Tortilla Chips - SR1065 (1 1/2 oz.)                                                       | 100         | 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              | (M)      | (M)     |
| Cheddar Cheese Sauce - SR1293 (1/4 c.)                                                    | 50          | 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)     |
| Jalapeno Cheese Sauce - SR1067 (1/4 c.)                                                   | 50          | 115.51             | 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          | 284.48            | 0.00(M)  | (M)     |
| Pulled Pork - SR3327 (2 oz.)                                                              | 75          | 92.00              | 5.00             | 2.00           | 0.00             | 36.00        | 202.00         | 0.00     | 0.00            | 0.00         | 0.00         | 11.00          | 0.00(M)      | 0.00(M)         | (M)          | (M)          | 0.00(M)       | 0.00(M)           | (M)      | (M)     |
| Pulled Turkey - SR1213 (3 tbsp.)                                                          | 25          | 59.45              | 1.98             | 0.50           | 0.00             | 29.73        | 346.81         | 0.99     | 0.00            | 0.00         | 0.00         | 8.92           | 0.69         | 29.73           | (M)          | (M)          | 0.00          | 89.18             | 0.00(M)  | (M)     |
| Vegetarian Baked Beans - SR1336 (1/2 c.)                                                  | 25          | 243.37             | 0.02             | 0.01           | 0.00             | 0.00         | 581.61         | 53.65    | 5.33            | 34.41        | 22.57(M)     | 7.38           | 2.74         | 92.03           | 0.14(M)      | 0.53(M)      | 0.00(M)       | 421.52(M)         | 9.60(M)  | 0.54(M) |
| Carolina Slaw - SR1633 (1/3 c.)                                                           | 25          | 94.65              | 6.12             | 0.69           | 0.00             | 6.67         | 126.07         | 10.41    | 1.47            | 5.96         | 4.11(M)      | 0.76           | 0.42         | 27.42           | 710.60(M)    | 18.94(M)     | 0.00(M)       | 106.63(M)         | 51.14(M) | 0.38(M) |
| Tater Tots - SR1450 (3/4 c.)                                                              | 75          | 166.06             | 9.06             | 1.51           | 0.00             | 0.00         | 467.98         | 21.13    | 1.51            | 1.51         | 0.00         | 1.51           | 0.30         | 15.10           | 0.00(M)      | 0.00(M)      | 0.00          | 317.02            | (M)      | (M)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                                      | 100         | (M)                | (M)              | (M)            | (M)              | (M)          | (M)            | (M)      | (M)             | (M)          | (M)          | (M)            | (M)          | (M)             | (M)          | (M)          | (M)           | (M)               | (M)      | (M)     |

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Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                    |     |        |       |      |      |       |        |       |      |       |          |       |         |         |           |          |         |           |          |         |
|------------------------------------------------------------------------------------|-----|--------|-------|------|------|-------|--------|-------|------|-------|----------|-------|---------|---------|-----------|----------|---------|-----------|----------|---------|
| Asian Sweet Chili                                                                  | 10  | 73.60  | 0.09  | 0.07 | 0.01 | 0.07  | 282.11 | 18.23 | 0.05 | 16.57 | 11.65(M) | 0.17  | 0.09    | 6.70    | 138.75(M) | 1.47(M)  | 0.01(M) | 25.33(M)  | 4.43(M)  | 0.29(M) |
| Barbecue Sauce - SR1242                                                            |     |        |       |      |      |       |        |       |      |       |          |       |         |         |           |          |         |           |          |         |
| Carolinian Barbecue Sauce - SR1309 (2 tbsp.)                                       | 10  | 36.69  | 0.01  | 0.00 | 0.00 | 0.00  | 257.27 | 9.21  | 0.07 | 8.91  | 8.75(M)  | 0.04  | 0.18    | 9.17    | 0.00(M)   | 0.00(M)  | 0.00(M) | 15.19(M)  | 1.40(M)  | 0.10(M) |
| Barbecue Sauce - SR1008 (2 tbsp.)                                                  | 30  | 30.00  | 0.00  | 0.00 | 0.00 | 0.00  | 470.00 | 7.00  | 0.00 | 6.00  | 5.00     | 0.00  | 0.00    | 0.00    | (M)       | (M)      | 0.00    | 0.00      | (M)      | (M)     |
| <b>Core/ID/MT/UT/WA: SY23-24 T4 Adv PopUp Beale St BBQ D2,4 - Sampling Data:</b>   |     |        |       |      |      |       |        |       |      |       |          |       |         |         |           |          |         |           |          |         |
| Tortilla Chips - SR1065 (1 1/2 oz.)                                                | 100 | 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      | (M)      | (M)     |
| Cheddar Cheese Sauce - SR1293 (1/4 c.)                                             | 50  | 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)     |
| Jalapeno Cheese Sauce - SR1067 (1/4 c.)                                            | 50  | 115.51 | 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    | 284.48    | 0.00(M)  | (M)     |
| Pulled Pork - SR3327 (2 oz.)                                                       | 75  | 92.00  | 5.00  | 2.00 | 0.00 | 36.00 | 202.00 | 0.00  | 0.00 | 0.00  | 0.00     | 11.00 | 0.00(M) | 0.00(M) | (M)       | (M)      | 0.00(M) | 0.00(M)   | (M)      | (M)     |
| Pulled Turkey - SR1213 (3 tbsp.)                                                   | 25  | 59.45  | 1.98  | 0.50 | 0.00 | 29.73 | 346.81 | 0.99  | 0.00 | 0.00  | 0.00     | 8.92  | 0.69    | 29.73   | (M)       | (M)      | 0.00    | 89.18     | 0.00(M)  | (M)     |
| Vegetarian Baked Beans - SR1336 (1/2 c.)                                           | 25  | 243.37 | 0.02  | 0.01 | 0.00 | 0.00  | 581.61 | 53.65 | 5.33 | 34.41 | 22.57(M) | 7.38  | 2.74    | 92.03   | 0.14(M)   | 0.53(M)  | 0.00(M) | 421.52(M) | 9.60(M)  | 0.54(M) |
| Carolina Slaw - SR1633 (1/3 c.)                                                    | 25  | 94.65  | 6.12  | 0.69 | 0.00 | 6.67  | 126.07 | 10.41 | 1.47 | 5.96  | 4.11(M)  | 0.76  | 0.42    | 27.42   | 710.60(M) | 18.94(M) | 0.00(M) | 106.63(M) | 51.14(M) | 0.38(M) |
| Tater Tots - SR1450 (3/4 c.)                                                       | 75  | 166.06 | 9.06  | 1.51 | 0.00 | 0.00  | 467.98 | 21.13 | 1.51 | 1.51  | 0.00     | 1.51  | 0.30    | 15.10   | 0.00(M)   | 0.00(M)  | 0.00    | 317.02    | (M)      | (M)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                               | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)   | (M)      | (M)   | (M)     | (M)     | (M)       | (M)      | (M)     | (M)       | (M)      | (M)     |
| Asian Sweet Chili                                                                  | 10  | 73.60  | 0.09  | 0.07 | 0.01 | 0.07  | 282.11 | 18.23 | 0.05 | 16.57 | 11.65(M) | 0.17  | 0.09    | 6.70    | 138.75(M) | 1.47(M)  | 0.01(M) | 25.33(M)  | 4.43(M)  | 0.29(M) |
| Barbecue Sauce - SR1242                                                            |     |        |       |      |      |       |        |       |      |       |          |       |         |         |           |          |         |           |          |         |
| Carolinian Barbecue Sauce - SR1309 (2 tbsp.)                                       | 10  | 36.69  | 0.01  | 0.00 | 0.00 | 0.00  | 257.27 | 9.21  | 0.07 | 8.91  | 8.75(M)  | 0.04  | 0.18    | 9.17    | 0.00(M)   | 0.00(M)  | 0.00(M) | 15.19(M)  | 1.40(M)  | 0.10(M) |
| Barbecue Sauce - SR1008 (2 tbsp.)                                                  | 30  | 30.00  | 0.00  | 0.00 | 0.00 | 0.00  | 470.00 | 7.00  | 0.00 | 6.00  | 5.00     | 0.00  | 0.00    | 0.00    | (M)       | (M)      | 0.00    | 0.00      | (M)      | (M)     |
| <b>Core/ID/MT/OR/WA: SY23-24 T4 Adv PopUp Beale St BBQ D1,3,5 - Sampling Data:</b> |     |        |       |      |      |       |        |       |      |       |          |       |         |         |           |          |         |           |          |         |
| Hamburger Bun - NWR2664 (1 bun)                                                    | 100 | 140.00 | 1.50  | 0.00 | 0.00 | 0.00  | 200.00 | 27.00 | 3.00 | 2.00  | 2.00     | 6.00  | 2.00    | 80.00   | 0.00(M)   | 0.00(M)  | 0.00    | 104.00    | (M)      | (M)     |
| Pulled Pork - SR3327 (4 oz.)                                                       | 75  | 184.00 | 10.00 | 4.00 | 0.00 | 72.00 | 403.99 | 0.00  | 0.00 | 0.00  | 0.00     | 22.00 | 0.00(M) | 0.00(M) | (M)       | (M)      | 0.00(M) | 0.00(M)   | (M)      | (M)     |
| Pulled Turkey - SR1213 (3/8 c.)                                                    | 25  | 118.91 | 3.96  | 0.99 | 0.00 | 59.45 | 693.63 | 1.98  | 0.00 | 0.00  | 0.00     | 17.84 | 1.39    | 59.45   | (M)       | (M)      | 0.00    | 178.36    | 0.00(M)  | (M)     |
| Vegetarian Baked Beans - SR1336 (1/2 c.)                                           | 25  | 243.37 | 0.02  | 0.01 | 0.00 | 0.00  | 581.61 | 53.65 | 5.33 | 34.41 | 22.57(M) | 7.38  | 2.74    | 92.03   | 0.14(M)   | 0.53(M)  | 0.00(M) | 421.52(M) | 9.60(M)  | 0.54(M) |
| Carolina Slaw - SR1633 (1/3 c.)                                                    | 25  | 94.65  | 6.12  | 0.69 | 0.00 | 6.67  | 126.07 | 10.41 | 1.47 | 5.96  | 4.11(M)  | 0.76  | 0.42    | 27.42   | 710.60(M) | 18.94(M) | 0.00(M) | 106.63(M) | 51.14(M) | 0.38(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                               | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)   | (M)      | (M)   | (M)     | (M)     | (M)       | (M)      | (M)     | (M)       | (M)      | (M)     |
| Asian Sweet Chili                                                                  | 10  | 73.60  | 0.09  | 0.07 | 0.01 | 0.07  | 282.11 | 18.23 | 0.05 | 16.57 | 11.65(M) | 0.17  | 0.09    | 6.70    | 138.75(M) | 1.47(M)  | 0.01(M) | 25.33(M)  | 4.43(M)  | 0.29(M) |
| Barbecue Sauce - SR1242                                                            |     |        |       |      |      |       |        |       |      |       |          |       |         |         |           |          |         |           |          |         |
| Carolinian Barbecue Sauce - SR1309 (2 tbsp.)                                       | 10  | 36.69  | 0.01  | 0.00 | 0.00 | 0.00  | 257.27 | 9.21  | 0.07 | 8.91  | 8.75(M)  | 0.04  | 0.18    | 9.17    | 0.00(M)   | 0.00(M)  | 0.00(M) | 15.19(M)  | 1.40(M)  | 0.10(M) |
| Barbecue Sauce - SR1008 (2 tbsp.)                                                  | 30  | 30.00  | 0.00  | 0.00 | 0.00 | 0.00  | 470.00 | 7.00  | 0.00 | 6.00  | 5.00     | 0.00  | 0.00    | 0.00    | (M)       | (M)      | 0.00    | 0.00      | (M)      | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

| <b>NW Core: SY23-24 T4<br/>Chopsticks daily -<br/>ServingDate:<br/>09/11/2023</b>         |     |        |       |      |      |        |        |       |      |         |          |       |         |         |             |          |         |           |           |         |
|-------------------------------------------------------------------------------------------|-----|--------|-------|------|------|--------|--------|-------|------|---------|----------|-------|---------|---------|-------------|----------|---------|-----------|-----------|---------|
| Fried Rice - SR3326 (1 1/3 c.)                                                            | 30  | 317.05 | 4.36  | 0.68 | 0.00 | 49.45  | 664.28 | 60.08 | 5.14 | 3.88    | 0.00(M)  | 10.51 | 2.46    | 43.41   | 3295.50(M)  | 6.49(M)  | 0.42    | 374.40    | 184.88(M) | 2.25(M) |
| Vegetable Lo Mein - SR3864 (1 1/3 c.)                                                     | 40  | 342.52 | 1.84  | 0.23 | 0.03 | 0.33   | 892.91 | 69.77 | 3.79 | 18.15   | 16.94    | 10.78 | 3.93    | 17.68   | 3139.35(M)  | 2.38(M)  | 0.14    | 316.11    | 40.48(M)  | 2.02(M) |
| Steamed Brown Rice - SR1098 (1 c.)                                                        | 30  | 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) |
| Baked Tofu - SR2069 (2 5/8 oz.)                                                           | 10  | 255.81 | 19.29 | 2.21 | 0.00 | 0.00   | 354.81 | 3.81  | 3.06 | 0.00    | 0.00     | 22.40 | 3.54    | 886.04  | 214.95(M)   | 0.26(M)  | 0.00    | 311.09    | 0.00(M)   | 0.88(M) |
| Unbreaded Chicken Strips - NWR4238 (3 oz.)                                                | 20  | 150.00 | 8.00  | 2.00 | 0.00 | 76.00  | 346.00 | 6.00  | 0.00 | 0.00    | 0.00(M)  | 14.00 | 0.00(M) | 0.00(M) | (M)         | (M)      | 0.00(M) | 0.00(M)   | 0.00(M)   | (M)     |
| Popcorn Chicken - SR1413 (12 piece)                                                       | 70  | 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)     |
| General Tso Sauce - SR1823 (2 tbsp.)                                                      | 15  | 110.93 | 0.05  | 0.01 | 0.00 | 0.00   | 125.86 | 28.49 | 0.08 | 27.32   | 11.88(M) | 0.05  | 0.20    | 12.51   | 6.80(M)     | 0.34(M)  | 0.00(M) | 22.33(M)  | 0.19(M)   | 0.07(M) |
| Sweet and Sour Sauce - SR2022 (2 tbsp.)                                                   | 75  | 70.00  | 0.00  | 0.00 | 0.00 | 0.00   | 75.00  | 18.00 | 0.00 | 15.00   | (M)      | 0.00  | 0.00    | 0.00    | 750.00      | 9.00     | (M)     | (M)       | (M)       | (M)     |
| Teriyaki Sauce - SR2025 (2 tbsp.)                                                         | 10  | 92.82  | 0.35  | 0.27 | 0.04 | 0.27   | 287.82 | 21.76 | 0.10 | 20.24   | 19.93    | 0.59  | 0.12    | 3.32    | 8.58        | 0.27     | 0.04    | 56.94     | 15.48     | 0.82    |
| Taste4 Extras Bar - SR2401 (1 serv.)                                                      | 100 | (M)    | (M)   | (M)  | (M)  | (M)    | (M)    | (M)   | (M)  | (M)     | (M)      | (M)   | (M)     | (M)     | (M)         | (M)      | (M)     | (M)       | (M)       | (M)     |
| Roasted Sesame Carrots - SR1787 (1/2 c.)                                                  | 30  | 130.71 | 9.59  | 1.30 | 0.04 | 0.00   | 357.54 | 10.85 | 3.41 | 6.43    | 2.53     | 1.32  | 0.82    | 52.50   | 16165.08(M) | 2.20(M)  | 0.00    | 193.76    | 86.35(M)  | 1.07(M) |
| Roasted Broccoli - SR1852 (1/2 c.)                                                        | 70  | 65.49  | 4.49  | 0.33 | 0.00 | 0.00   | 72.07  | 5.40  | 2.89 | 1.40    | 0.00(M)  | 3.00  | 0.62    | 31.81   | 955.38(M)   | 37.89(M) | 0.00(M) | 5.74(M)   | 85.76(M)  | 0.85(M) |
| <b>Core/WA: SY23-24 T4<br/>Adv PopUp Overslept<br/>D1,5 - ServingDate:<br/>09/18/2023</b> |     |        |       |      |      |        |        |       |      |         |          |       |         |         |             |          |         |           |           |         |
| Flour Tortilla - SR1066 (2 tortilla)                                                      | 100 | 179.97 | 5.00  | 2.00 | 0.00 | 0.00   | 259.96 | 28.00 | 4.00 | 2.00    | 0.00     | 4.00  | 2.00    | 71.99   | 0.00(M)     | 0.00(M)  | 0.00    | 57.99     | (M)       | (M)     |
| Scrambled Eggs - SR3323 (1/4 c.)                                                          | 100 | 93.18  | 5.99  | 2.00 | 0.00 | 226.30 | 86.53  | 0.00  | 0.00 | 0.00    | 0.00     | 7.99  | 1.33    | 34.61   | 0.00(M)     | 0.00(M)  | 1.33    | 83.86     | 0.00(M)   | (M)     |
| Taste4 Extras Bar - SR2401 (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.)                                            | 50  | 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) |
| Tater Tot Hash - SR1848 (1/2 c.)                                                          | 50  | 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) |
| Shredded Cheddar Cheese - SR1537 (1/2 oz.)                                                | 20  | 55.00  | 4.50  | 2.50 | 0.00 | 12.50  | 90.00  | 0.00  | 0.00 | 0.00    | 0.00     | 3.00  | 0.00    | 96.50   | (M)         | (M)      | 0.10    | 10.50     | (M)       | (M)     |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                                 | 20  | 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)     |
| Pico de Gallo - SR1073 (2 tbsp.)                                                          | 20  | 3.60   | 0.02  | 0.00 | 0.00 | 0.00   | 36.02  | 0.78  | 0.16 | 0.27(M) | 0.01(M)  | 0.13  | 0.06    | 3.52    | 92.61(M)    | 1.53(M)  | 0.00(M) | 18.24(M)  | 6.93(M)   | 0.09(M) |
| Sour Cream - SR1659 (1 tbsp.)                                                             | 10  | 30.00  | 2.50  | 1.75 | 0.00 | 10.00  | 7.50   | 0.50  | 0.00 | 0.50    | 0.00     | 0.50  | 0.00    | 15.00   | 0.00(M)     | 0.00(M)  | 0.00    | 20.00     | (M)       | (M)     |
| <b>NW Core: SY23-24 T4<br/>Adv PopUp Overslept<br/>D2 - ServingDate:<br/>09/19/2023</b>   |     |        |       |      |      |        |        |       |      |         |          |       |         |         |             |          |         |           |           |         |
| Baked Biscuit - SR1598 (1 biscuit)                                                        | 100 | 190.00 | 9.00  | 6.00 | 0.00 | 0.00   | 310.00 | 24.00 | 2.00 | 2.00    | 2.00     | 4.00  | 1.44    | 150.00  | 0.00(M)     | 0.00(M)  | 0.00    | 188.00    | (M)       | (M)     |
| Scrambled Eggs - SR3323 (1/4 c.)                                                          | 100 | 93.18  | 5.99  | 2.00 | 0.00 | 226.30 | 86.53  | 0.00  | 0.00 | 0.00    | 0.00     | 7.99  | 1.33    | 34.61   | 0.00(M)     | 0.00(M)  | 1.33    | 83.86     | 0.00(M)   | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                               |     |        |       |      |      |        |        |       |      |       |          |       |         |         |          |          |         |           |          |         |
|-------------------------------------------------------------------------------|-----|--------|-------|------|------|--------|--------|-------|------|-------|----------|-------|---------|---------|----------|----------|---------|-----------|----------|---------|
| Old Fashioned Sausage Gravy - SR1588 (1/4 c.)                                 | 100 | 96.27  | 7.36  | 2.75 | 0.10 | 13.41  | 293.48 | 4.13  | 0.38 | 0.79  | 0.26(M)  | 3.26  | 0.38    | 21.32   | 25.76(M) | 0.20(M)  | 0.00(M) | 30.47(M)  | 32.48(M) | 0.43(M) |
| Taste4 Extras Bar - SR2401 (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.)                                | 50  | 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) |
| Tater Tot Hash - SR1848 (1/2 c.)                                              | 50  | 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>NW Core: SY23-24 T4 Adv PopUp Overslept D3 - ServingDate: 09/20/2023</b>   |     |        |       |      |      |        |        |       |      |       |          |       |         |         |          |          |         |           |          |         |
| Buttermilk Pancakes - SR2010 (2 pancake)                                      | 100 | 160.00 | 2.00  | 0.33 | 0.00 | 10.00  | 406.67 | 30.67 | 4.00 | 5.33  | 4.00     | 4.00  | 1.33    | 33.33   | 0.00(M)  | 0.00(M)  | 0.00    | 153.33    | (M)      | (M)     |
| Scrambled Eggs - SR3323 (1/4 c.)                                              | 100 | 93.18  | 5.99  | 2.00 | 0.00 | 226.30 | 86.53  | 0.00  | 0.00 | 0.00  | 0.00     | 7.99  | 1.33    | 34.61   | 0.00(M)  | 0.00(M)  | 1.33    | 83.86     | 0.00(M)  | (M)     |
| Taste4 Extras Bar - SR2401 (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.)                                              | 50  | 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) |
| Warm Berries - SR2617 (1/2 c.)                                                | 50  | 107.16 | 0.11  | 0.00 | 0.00 | 0.00   | 3.00   | 27.63 | 2.77 | 24.65 | 0.65(M)  | 0.43  | 0.48(M) | 9.71(M) | 18.83(M) | 32.48(M) | 0.00(M) | 96.66(M)  | 57.45(M) | 0.20(M) |
| Pancake & Waffle Syrup - SR1158 (2 tbsp.)                                     | 100 | 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>NW Core: SY23-24 T4 Adv PopUp Overslept D4 - ServingDate: 09/21/2023</b>   |     |        |       |      |      |        |        |       |      |       |          |       |         |         |          |          |         |           |          |         |
| Toasted Waffle - SR2165 (2 waffle)                                            | 100 | 185.89 | 6.20  | 1.55 | 0.00 | 5.16   | 371.78 | 27.88 | 1.03 | 2.07  | (M)      | 4.13  | 3.82    | 268.51  | 1032.73  | (M)      | (M)     | (M)       | (M)      | (M)     |
| Fajita Chicken - SR2529 (2/3 c.)                                              | 10  | 160.09 | 8.01  | 2.29 | 0.00 | 91.48  | 480.27 | 2.29  | 0.00 | 0.00  | 0.00     | 19.44 | 1.03    | 11.44   | (M)      | (M)      | 0.00    | 274.44    | 0.00(M)  | (M)     |
| Popcorn Chicken - SR1413 (12 piece)                                           | 90  | 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)     |
| Taste4 Extras Bar - SR2401 (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.)                                | 50  | 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) |
| Tater Tot Hash - SR1848 (1/2 c.)                                              | 50  | 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) |
| Pancake & Waffle Syrup - SR1158 (2 tbsp.)                                     | 100 | 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>Core/WA: SY23-24 T4 Adv PopUp Overslept D1,5 - ServingDate: 09/22/2023</b> |     |        |       |      |      |        |        |       |      |       |          |       |         |         |          |          |         |           |          |         |
| Flour Tortilla - SR1066 (2 tortilla)                                          | 100 | 179.97 | 5.00  | 2.00 | 0.00 | 0.00   | 259.96 | 28.00 | 4.00 | 2.00  | 0.00     | 4.00  | 2.00    | 71.99   | 0.00(M)  | 0.00(M)  | 0.00    | 57.99     | (M)      | (M)     |
| Scrambled Eggs - SR3323 (1/4 c.)                                              | 100 | 93.18  | 5.99  | 2.00 | 0.00 | 226.30 | 86.53  | 0.00  | 0.00 | 0.00  | 0.00     | 7.99  | 1.33    | 34.61   | 0.00(M)  | 0.00(M)  | 1.33    | 83.86     | 0.00(M)  | (M)     |
| Taste4 Extras Bar - SR2401 (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.)                                | 50  | 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) |
| Tater Tot Hash - SR1848 (1/2 c.)                                              | 50  | 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) |
| Shredded Cheddar Cheese - SR1537 (1/2 oz.)                                    | 20  | 55.00  | 4.50  | 2.50 | 0.00 | 12.50  | 90.00  | 0.00  | 0.00 | 0.00  | 0.00     | 3.00  | 0.00    | 96.50   | (M)      | (M)      | 0.10    | 10.50     | (M)      | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                              |     |        |      |      |         |        |        |       |      |         |         |      |         |         |          |         |         |           |           |         |
|----------------------------------------------------------------------------------------------|-----|--------|------|------|---------|--------|--------|-------|------|---------|---------|------|---------|---------|----------|---------|---------|-----------|-----------|---------|
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                                    | 20  | 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)     |
| Pico de Gallo - SR1073 (2 tbsp.)                                                             | 20  | 3.60   | 0.02 | 0.00 | 0.00    | 0.00   | 36.02  | 0.78  | 0.16 | 0.27(M) | 0.01(M) | 0.13 | 0.06    | 3.52    | 92.61(M) | 1.53(M) | 0.00(M) | 18.24(M)  | 6.93(M)   | 0.09(M) |
| Sour Cream - SR1659 (1 tbsp.)                                                                | 10  | 30.00  | 2.50 | 1.75 | 0.00    | 10.00  | 7.50   | 0.50  | 0.00 | 0.50    | 0.00    | 0.50 | 0.00    | 15.00   | 0.00(M)  | 0.00(M) | 0.00    | 20.00     | (M)       | (M)     |
| <b>NW Core: SY23-24 T4 Adv PopUp Rockin Ramen Daily - ServingDate: 09/25/2023</b>            |     |        |      |      |         |        |        |       |      |         |         |      |         |         |          |         |         |           |           |         |
| Yakisoba Noodles - SR3439 (1 c.)                                                             | 100 | 250.03 | 1.50 | 0.00 | 0.00    | 0.00   | 250.39 | 49.01 | 3.00 | 1.00    | 1.00    | 9.00 | 3.50    | 0.36    | 0.00(M)  | 0.00(M) | 0.00    | 160.14    | 0.00(M)   | 0.01(M) |
| Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)                                               | 80  | 75.00  | 4.00 | 1.00 | 0.00    | 38.00  | 173.00 | 3.00  | 0.00 | 0.00    | 0.00(M) | 7.00 | 0.00(M) | 0.00(M) | (M)      | (M)     | 0.00(M) | 0.00(M)   | 0.00(M)   | (M)     |
| Hard Boiled Egg - SR3322 (1 egg)                                                             | 70  | 70.00  | 5.00 | 1.50 | 0.00    | 170.00 | 55.00  | 1.00  | 0.00 | 1.00    | 0.00    | 6.00 | 1.00    | 23.00   | (M)      | (M)     | 1.00    | 57.00     | (M)       | (M)     |
| Chicken Meatballs - SR3065 (3 Meatballs)                                                     | 50  | 105.99 | 6.56 | 2.02 | 0.00    | 35.33  | 121.13 | 3.53  | 0.50 | 0.00    | 0.00    | 8.58 | 0.50    | 16.15   | 0.00(M)  | 0.00(M) | 0.00    | 211.97    | (M)       | (M)     |
| Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)                                                  | 40  | 61.52  | 3.92 | 0.89 | 0.00(M) | 2.95   | 538.88 | 5.09  | 0.14 | 2.74    | 2.65(M) | 1.78 | 0.37    | 19.71   | 0.13(M)  | 0.55(M) | 0.11(M) | 137.03(M) | 245.80(M) | 1.39(M) |
| Broth- Pho, Vegetable - SR2211 (1 c.)                                                        | 60  | 23.82  | 1.35 | 0.20 | 0.00(M) | 0.00   | 37.32  | 2.85  | 0.37 | 0.99    | 0.20(M) | 0.28 | 0.07    | 9.50    | 0.32(M)  | 1.36(M) | 0.00(M) | 57.39(M)  | 149.82(M) | 0.21(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                                         | 100 | (M)    | (M)  | (M)  | (M)     | (M)    | (M)    | (M)   | (M)  | (M)     | (M)     | (M)  | (M)     | (M)     | (M)      | (M)     | (M)     | (M)       | (M)       | (M)     |
| Fresh Cilantro - SR1265 (1 tsp.)                                                             | 20  | 0.08   | 0.00 | 0.00 | 0.00    | 0.00   | 0.15   | 0.01  | 0.01 | 0.00    | 0.00    | 0.01 | 0.01    | 0.22    | 22.44    | 0.09    | 0.00    | 1.73      | (M)       | (M)     |
| Lime Wedges - SR1283 (2 slice or w)                                                          | 20  | 2.51   | 0.02 | 0.00 | 0.00    | 0.00   | 0.17   | 0.88  | 0.23 | 0.14    | (M)     | 0.06 | 0.05    | 2.76    | 4.19     | 2.44    | (M)     | (M)       | 7.39      | 0.03    |
| O - Cabbage, green, shredded, ready-to-serve                                                 | 40  | 2.10   | 0.01 | 0.00 | 0.00    | 0.00   | 1.51   | 0.49  | 0.21 | 0.27    | 0.00    | 0.11 | 0.04    | 3.36    | 8.23     | 3.07    | 0.00    | 14.28     | 7.74      | 0.05    |
| Sliced Mushrooms - SR2424 (2 tbsp.)                                                          | 40  | 10.22  | 0.16 | 0.02 | 0.00    | 0.00   | 2.32   | 1.51  | 0.46 | 0.92    | (M)     | 1.44 | 0.23    | 1.39    | 0.00     | 0.98    | (M)     | (M)       | (M)       | (M)     |
| Green Onion - SR1946 (2 tbsp.)                                                               | 40  | 4.02   | 0.02 | 0.00 | 0.00    | 0.00   | 2.01   | 0.92  | 0.33 | 0.29    | 0.00    | 0.23 | 0.19    | 9.04    | 125.12   | 2.36    | 0.00    | 34.64     | 11.27     | 0.10    |
| Freshly Sliced Jalapeno Peppers - SR2210 (1                                                  | 30  | 2.08   | 0.03 | 0.01 | 0.00    | 0.00   | 0.21   | 0.47  | 0.20 | 0.29    | (M)     | 0.07 | 0.02    | 0.86    | 77.29    | 8.50    | (M)     | (M)       | 6.57      | 0.04    |
| Matchstick Carrots - SR1435 (2 tbsp.)                                                        | 40  | 4.77   | 0.03 | 0.00 | 0.00    | 0.00   | 8.02   | 1.11  | 0.33 | 0.55    | 0.00    | 0.11 | 0.04    | 3.84    | 1942.07  | 0.69    | 0.00    | 37.20     | 10.26     | 0.11    |
| Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)                                                  | 40  | 21.09  | 0.09 | 0.04 | 0.00    | 0.07   | 517.39 | 4.70  | 0.44 | 4.13    | (M)     | 0.37 | 0.16    | 3.40    | 478.41   | 0.00    | 0.03    | 41.11     | 11.22     | 1.35    |
| Chilled Corn - SR1033 (2 tbsp.)                                                              | 30  | 17.22  | 0.14 | 0.02 | 0.00    | 0.00   | 0.21   | 4.10  | 0.51 | 0.65    | 0.00    | 0.54 | 0.10    | 0.64    | 42.31    | 0.74    | 0.00    | 49.54     | 16.37     | 0.09    |
| <b>NW Core SY23-24 T4 Offering Bar Day 5 - archived on Apr 28 2023 2:11PM - ServingDate:</b> |     |        |      |      |         |        |        |       |      |         |         |      |         |         |          |         |         |           |           |         |
| Variety of Entrees - SR2092 (1 serving)                                                      | 100 | 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)     |
| Banana - SR1166 (1 medium (7"))                                                              | 60  | 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 smal)                                                   | 4   | 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 w)                                                        | 5   | 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    |
| Diced Peaches - SR3040 (1/2 c.)                                                              | 15  | 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)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                              |     |        |      |      |      |       |        |       |      |       |         |      |      |        |             |         |         |         |         |         |
|----------------------------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|------|--------|-------------|---------|---------|---------|---------|---------|
| 100% Apple Juice - SR2547 (4 fl oz cup)                                                      | 20  | 60.00  | 0.00 | 0.00 | 0.00 | 0.00  | 5.00   | 14.00 | 0.00 | 12.00 | 0.00    | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00(M) | 0.00    | 130.00  | (M)     | (M)     |
| Celery Sticks - SR1014 (6 stick.)                                                            | 15  | 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    |
| Roasted Sweet Potatoes - SR3681 (1/2 c.)                                                     | 5   | 129.67 | 5.68 | 0.41 | 0.00 | 0.00  | 50.59  | 19.08 | 2.98 | 3.85  | 0.00    | 1.55 | 0.64 | 31.11  | 12870.23(M) | 2.18(M) | 0.00    | 318.99  | 0.00(M) | 0.05(M) |
| Green Salad Mix - SR3780 (1 c.)                                                              | 5   | 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) |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                                 | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                                      | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00 | 315.00 | 1000.00     | 0.00(M) | 3.00    | 410.00  | (M)     | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                                  | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                                           | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00 | 250.00 | 750.00      | 0.00    | 2.00    | 376.00  | (M)     | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                                  | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00 | 300.00 | 500.00      | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                                            | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00 | 250.00 | 750.00      | (M)     | (M)     | (M)     | (M)     | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                                 | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00 | 310.00 | 1000.00     | (M)     | 2.40    | 370.00  | (M)     | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                                       | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00 | 294.00 | 750.00      | 0.00(M) | 2.50    | 385.00  | (M)     | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                               | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00 | 300.00 | 750.00      | (M)     | 2.50    | 380.00  | (M)     | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                               | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00 | 250.00 | 500.00      | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                                         | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36 | 300.00 | 500.00      | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                              | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00 | 250.00 | 500.00      | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                                    | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00(M) | 0.00    | 0.00    | (M)     | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                             | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Ketchup - SR1004 (1 pump)                                                                    | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05 | 1.61   | 0.00(M)     | 0.00(M) | 0.00    | 40.51   | (M)     | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                                            | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00 | 0.00   | 0.00        | 0.00    | 0.00    | (M)     | (M)     | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                             | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                                          | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02 | 8.34   | 59.80(M)    | 0.00(M) | 0.00    | 13.05   | 1.40(M) | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 2 - archived on Apr 28 2023 2:08PM - ServingDate:</b> |     |        |      |      |      |       |        |       |      |       |         |      |      |        |             |         |         |         |         |         |
| Variety of Entrees - SR2092 (1 serving)                                                      | 100 | 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)     |
| Unsweetened Applesauce - SR1195 (1/2 c.)                                                     | 22  | 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)     |
| Banana - SR1166 (1 medium (7"))                                                              | 5   | 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 smal)                                                   | 4   | 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    |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                               |     |        |      |      |      |       |        |       |      |       |         |      |      |        |           |          |         |           |          |         |
|-----------------------------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|------|--------|-----------|----------|---------|-----------|----------|---------|
| Orange Smiles - SR1172 (6 slice or w)                                                         | 4   | 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    |
| 100% Grape Juice - SR1607 (4 fl oz cup)                                                       | 15  | 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)     |
| Basil Corn Salad - SR2587 (1/2 c.)                                                            | 5   | 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.)                                                      | 15  | 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.)                                                               | 5   | 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) |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                                  | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                                       | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00 | 315.00 | 1000.00   | 0.00(M)  | 3.00    | 410.00    | (M)      | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                                   | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                                            | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00 | 250.00 | 750.00    | 0.00     | 2.00    | 376.00    | (M)      | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                                   | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00 | 300.00 | 500.00    | 2.40     | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                                             | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00 | 250.00 | 750.00    | (M)      | (M)     | (M)       | (M)      | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                                  | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00 | 310.00 | 1000.00   | (M)      | 2.40    | 370.00    | (M)      | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                                        | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00 | 294.00 | 750.00    | 0.00(M)  | 2.50    | 385.00    | (M)      | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                                | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00 | 300.00 | 750.00    | (M)      | 2.50    | 380.00    | (M)      | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                                | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00 | 250.00 | 500.00    | 1.20     | (M)     | (M)       | (M)      | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                                          | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36 | 300.00 | 500.00    | 2.40     | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                               | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00 | 250.00 | 500.00    | 1.20     | (M)     | (M)       | (M)      | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                                     | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00 | 0.00   | 0.00(M)   | 0.00(M)  | 0.00    | 0.00      | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                              | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00 | 0.00   | 0.00(M)   | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| Ketchup - SR1004 (1 pump)                                                                     | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05 | 1.61   | 0.00(M)   | 0.00(M)  | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                                             | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00 | 0.00   | 0.00      | 0.00     | 0.00    | (M)       | (M)      | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                              | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00 | 0.00   | 0.00(M)   | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                                           | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02 | 8.34   | 59.80(M)  | 0.00(M)  | 0.00    | 13.05     | 1.40(M)  | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 3 - archived on Apr 28 2023 2:11PM - Serving Date:</b> |     |        |      |      |      |       |        |       |      |       |         |      |      |        |           |          |         |           |          |         |
| Variety of Entrees - SR2092 (1 serving)                                                       | 100 | 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)     |
| Banana - SR1166 (1 medium (7"))                                                               | 5   | 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 smal)                                                    | 4   | 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    |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                                              |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |         |         |         |
|--------------------------------------------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|----------|---------|---------|---------|---------|---------|
| Orange Smiles - SR1172<br>(6 slice or w)                                                                     | 4   | 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    |
| Diced Pears - SR3041<br>(1/2 c.)                                                                             | 17  | 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)     |
| 100% Apple Juice -<br>SR2547 (4 fl oz cup)                                                                   | 20  | 60.00  | 0.00 | 0.00 | 0.00 | 0.00  | 5.00   | 14.00 | 0.00 | 12.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00    | 130.00  | (M)     | (M)     |
| Baby Carrots - SR1016<br>(1/2 c.)                                                                            | 15  | 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)     |
| Italian Roasted Chickpeas<br>- SR3793 (1/2 c.)                                                               | 5   | 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) |
| Green Salad Mix - SR3780<br>(1 c.)                                                                           | 5   | 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) |
| Lowfat 1% White Milk -<br>NWR2345 (1 Half Pint)                                                              | 4   | 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)     |
| White Skim Milk -<br>NWR2347 (1 Half Pint)                                                                   | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00    | 315.00  | 1000.00  | 0.00(M) | 3.00    | 410.00  | (M)     | (M)     |
| Chocolate Skim Milk -<br>NWR2346 (1 Half Pint)                                                               | 9   | 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)     |
| Chocolate Milk -<br>NWR2496 (1/2 pt.)                                                                        | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00    | 250.00  | 750.00   | 0.00    | 2.00    | 376.00  | (M)     | (M)     |
| 1% Milk - NWR2497 (1/2<br>pt.)                                                                               | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 300.00  | 500.00   | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2842 (1<br>Half Pint)                                                                         | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 250.00  | 750.00   | (M)     | (M)     | (M)     | (M)     | (M)     |
| 1% Milk - NWR4003 (1<br>Carton)                                                                              | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 310.00  | 1000.00  | (M)     | 2.40    | 370.00  | (M)     | (M)     |
| Nonfat Chocolate Milk -<br>NWR2553 (1 c.)                                                                    | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00    | 294.00  | 750.00   | 0.00(M) | 2.50    | 385.00  | (M)     | (M)     |
| Skim Milk - NWR4005 (1<br>Carton)                                                                            | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 300.00  | 750.00   | (M)     | 2.50    | 380.00  | (M)     | (M)     |
| 1 % Milk - NWR2327 (8<br>fl. oz.)                                                                            | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Chocolate Milk -<br>NWR2328 (8 fl. oz.)                                                                      | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36    | 300.00  | 500.00   | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2329 (8<br>fl. oz.)                                                                           | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Italian Salad Dressing -<br>SR1489 (1 tbsp.)                                                                 | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00    | 0.00    | (M)     | (M)     |
| Ranch Dressing - SR1931<br>(1 pump)                                                                          | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Ketchup - SR1004 (1<br>pump)                                                                                 | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05    | 1.61    | 0.00(M)  | 0.00(M) | 0.00    | 40.51   | (M)     | (M)     |
| Mayonnaise Pump -<br>SR1991 (1 pump)                                                                         | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00     | 0.00    | 0.00    | (M)     | (M)     | (M)     |
| Yellow Mustard - SR1603<br>(1 pump)                                                                          | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Spicy Cool Sauce -<br>SR1788 (1 tbsp.)                                                                       | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02    | 8.34    | 59.80(M) | 0.00(M) | 0.00    | 13.05   | 1.40(M) | 0.17(M) |
| <b>NW Core SY23-24 T4<br/>Offering Bar Day 4 -<br/>archived on Apr 28<br/>2023 2:11PM -<br/>Spring Date:</b> |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |         |         |         |
| Variety of Entrees -<br>SR2092 (1 serving)                                                                   | 100 | 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)     |
| Unsweetened Applesauce -<br>SR1195 (1/2 c.)                                                                  | 20  | 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)     |



## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                             |     |        |       |      |         |       |        |       |      |         |         |      |      |        |             |         |         |           |          |         |
|---------------------------------------------------------------------------------------------|-----|--------|-------|------|---------|-------|--------|-------|------|---------|---------|------|------|--------|-------------|---------|---------|-----------|----------|---------|
| Banana - SR1166 (1 medium (7"))                                                             | 5   | 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 smal)                                                  | 4   | 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 w)                                                       | 5   | 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    |
| 100% Grape Juice - SR1607 (4 fl oz cup)                                                     | 16  | 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)     |
| Moroccan Spiced Carrots - SR2588 (1/2 c.)                                                   | 5   | 118.81 | 10.10 | 0.79 | 0.00(M) | 0.00  | 126.93 | 7.99  | 3.36 | 3.99(M) | 0.00(M) | 0.72 | 0.92 | 42.68  | 16497.88(M) | 4.30(M) | 0.00(M) | 195.08(M) | 87.96(M) | 0.88(M) |
| Green Salad Mix - SR3780 (1 c.)                                                             | 5   | 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) |
| Chilled Corn - SR1033 (1/2 c.)                                                              | 15  | 68.89  | 0.57  | 0.09 | 0.00    | 0.00  | 0.85   | 16.41 | 2.04 | 2.61    | 0.00    | 2.17 | 0.40 | 2.55   | 169.25      | 2.98    | 0.00    | 198.16    | 65.49    | 0.37    |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                                | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                                     | 5   | 90.00  | 0.00  | 0.00 | 0.00    | 2.00  | 130.00 | 13.00 | 0.00 | 12.00   | 0.00    | 9.00 | 0.00 | 315.00 | 1000.00     | 0.00(M) | 3.00    | 410.00    | (M)      | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                                 | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                                          | 9   | 120.00 | 0.00  | 0.00 | 0.00    | 5.00  | 180.00 | 20.00 | 0.00 | 18.00   | 7.00    | 8.00 | 0.00 | 250.00 | 750.00      | 0.00    | 2.00    | 376.00    | (M)      | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                                 | 5   | 110.00 | 2.50  | 1.50 | 0.00    | 10.00 | 130.00 | 13.00 | 0.00 | 12.00   | (M)     | 8.00 | 0.00 | 300.00 | 500.00      | 2.40    | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                                           | 5   | 90.00  | 0.00  | 0.00 | 0.00    | 5.00  | (M)    | 13.00 | 0.00 | 12.00   | (M)     | 8.00 | 0.00 | 250.00 | 750.00      | (M)     | (M)     | (M)       | (M)      | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                                | 5   | 100.00 | 2.50  | 1.50 | 0.00    | 10.00 | 105.00 | 12.00 | 0.00 | 12.00   | 0.00    | 8.00 | 0.00 | 310.00 | 1000.00     | (M)     | 2.40    | 370.00    | (M)      | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                                      | 9   | 130.00 | 0.00  | 0.00 | 0.00    | 5.00  | 160.00 | 23.00 | 0.00 | 23.00   | 11.00   | 8.00 | 0.00 | 294.00 | 750.00      | 0.00(M) | 2.50    | 385.00    | (M)      | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                              | 5   | 80.00  | 0.00  | 0.00 | 0.00    | 5.00  | 105.00 | 12.00 | 0.00 | 12.00   | 0.00    | 8.00 | 0.00 | 300.00 | 750.00      | (M)     | 2.50    | 380.00    | (M)      | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                              | 5   | 100.00 | 2.50  | 1.50 | 0.00    | 15.00 | 110.00 | 11.00 | 0.00 | 11.00   | (M)     | 8.00 | 0.00 | 250.00 | 500.00      | 1.20    | (M)     | (M)       | (M)      | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                                        | 9   | 120.00 | 0.00  | 0.00 | 0.00    | 4.00  | 180.00 | 21.00 | 0.00 | 18.00   | (M)     | 8.00 | 0.36 | 300.00 | 500.00      | 2.40    | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                             | 5   | 80.00  | 0.00  | 0.00 | 0.00    | 5.00  | 110.00 | 11.00 | 0.00 | 11.00   | (M)     | 8.00 | 0.00 | 250.00 | 500.00      | 1.20    | (M)     | (M)       | (M)      | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                                   | 10  | 15.00  | 0.00  | 0.00 | 0.00    | 0.00  | 175.00 | 4.00  | 0.00 | 1.00    | 1.00    | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00(M) | 0.00    | 0.00      | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                            | 25  | 60.00  | 6.00  | 1.00 | 0.00    | 5.00  | 125.00 | 1.00  | 0.00 | 0.50    | (M)     | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00    | 0.00    | 0.00      | (M)      | (M)     |
| Ketchup - SR1004 (1 pump)                                                                   | 15  | 20.31  | 0.01  | 0.00 | 0.00    | 0.00  | 175.46 | 4.63  | 0.21 | 3.93    | 3.51    | 0.16 | 0.05 | 1.61   | 0.00(M)     | 0.00(M) | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                                           | 5   | 53.33  | 5.87  | 1.07 | 0.00    | 5.33  | 45.33  | 0.00  | 0.00 | 0.00    | (M)     | 0.00 | 0.00 | 0.00   | 0.00        | 0.00    | 0.00    | (M)       | (M)      | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                            | 5   | 0.00   | 0.00  | 0.00 | 0.00    | 0.00  | 180.00 | 0.00  | 0.00 | 0.00    | 0.00    | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00    | 0.00    | 0.00      | (M)      | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                                         | 15  | 31.39  | 2.26  | 0.25 | 0.00    | 2.71  | 110.09 | 2.38  | 0.06 | 1.27    | 0.50(M) | 0.76 | 0.02 | 8.34   | 59.80(M)    | 0.00(M) | 0.00    | 13.05     | 1.40(M)  | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 5 - archived on Apr 28 2023 2:11PM - SeeingDate:</b> |     |        |       |      |         |       |        |       |      |         |         |      |      |        |             |         |         |           |          |         |
| Variety of Entrees - SR2092 (1 serving)                                                     | 100 | 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)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                        |    |        |      |      |      |       |        |       |      |       |         |      |         |         |              |         |         |         |         |         |
|------------------------------------------------------------------------|----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|--------------|---------|---------|---------|---------|---------|
| Banana - SR1166 (1 medium (7"))                                        | 60 | 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 smal)                             | 4  | 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 w)                                  | 5  | 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    |
| Diced Peaches - SR3040 (1/2 c.)                                        | 15 | 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)     |
| 100% Apple Juice - SR2547 (4 fl oz cup)                                | 20 | 60.00  | 0.00 | 0.00 | 0.00 | 0.00  | 5.00   | 14.00 | 0.00 | 12.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)      | 0.00(M) | 0.00    | 130.00  | (M)     | (M)     |
| Celery Sticks - SR1014 (6 stick.)                                      | 15 | 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    |
| Roasted Sweet Potatoes - SR3681 (1/2 c.)                               | 5  | 129.67 | 5.68 | 0.41 | 0.00 | 0.00  | 50.59  | 19.08 | 2.98 | 3.85  | 0.00    | 1.55 | 0.64    | 31.11   | 12870.23 (M) | 2.18(M) | 0.00    | 318.99  | 0.00(M) | 0.05(M) |
| Green Salad Mix - SR3780 (1 c.)                                        | 5  | 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) |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                           | 4  | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                | 5  | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00    | 315.00  | 1000.00      | 0.00(M) | 3.00    | 410.00  | (M)     | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                            | 9  | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                     | 9  | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00    | 250.00  | 750.00       | 0.00    | 2.00    | 376.00  | (M)     | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                            | 5  | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 300.00  | 500.00       | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                      | 5  | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 250.00  | 750.00       | (M)     | (M)     | (M)     | (M)     | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                           | 5  | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 310.00  | 1000.00      | (M)     | 2.40    | 370.00  | (M)     | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                 | 9  | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00    | 294.00  | 750.00       | 0.00(M) | 2.50    | 385.00  | (M)     | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                         | 5  | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 300.00  | 750.00       | (M)     | 2.50    | 380.00  | (M)     | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                         | 5  | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00       | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                   | 9  | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36    | 300.00  | 500.00       | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                        | 5  | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00       | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                              | 10 | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00    | 0.00    | 0.00(M)      | 0.00(M) | 0.00    | 0.00    | (M)     | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                       | 25 | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00    | 0.00    | 0.00(M)      | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Ketchup - SR1004 (1 pump)                                              | 15 | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05    | 1.61    | 0.00(M)      | 0.00(M) | 0.00    | 40.51   | (M)     | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                      | 5  | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00         | 0.00    | 0.00    | (M)     | (M)     | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                       | 5  | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)      | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                    | 15 | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02    | 8.34    | 59.80(M)     | 0.00(M) | 0.00    | 13.05   | 1.40(M) | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 1 - ServingDate: 09/11/2023</b> |    |        |      |      |      |       |        |       |      |       |         |      |         |         |              |         |         |         |         |         |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                              |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |      |        |         |         |
|----------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|----------|---------|------|--------|---------|---------|
| Variety of Entrees - SR2092 (1 serving)      | 100 | 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)     |
| Banana - SR1166 (1 medium (7"))              | 7   | 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 smal)   | 4   | 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 w)        | 6   | 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    |
| Diced Peaches - SR3040 (1/2 c.)              | 13  | 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)     |
| 100% Apple Juice - SR2547 (4 fl oz cup)      | 20  | 60.00  | 0.00 | 0.00 | 0.00 | 0.00  | 5.00   | 14.00 | 0.00 | 12.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00 | 130.00 | (M)     | (M)     |
| Kidney Beans - SR1036 (1/2 c.)               | 5   | 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)     |
| Iceburg Lettuce Mix - NWR1305 (1 c.)         | 15  | 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)     |
| Cucumber Coins - SR1013 (1/2 c.)             | 5   | 9.22   | 0.07 | 0.02 | 0.00 | 0.00  | 1.23   | 2.23  | 0.31 | 1.03  | 0.00    | 0.40 | 0.17    | 9.84    | 64.54    | 1.72    | 0.00 | 90.36  | 58.54   | 0.23    |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint) | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)      | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00    | 315.00  | 1000.00  | 0.00(M) | 3.00 | 410.00 | (M)     | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)  | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)           | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00    | 250.00  | 750.00   | 0.00    | 2.00 | 376.00 | (M)     | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                  | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 300.00  | 500.00   | 2.40    | (M)  | (M)    | (M)     | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)            | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 250.00  | 750.00   | (M)     | (M)  | (M)    | (M)     | (M)     |
| 1% Milk - NWR4003 (1 Carton)                 | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 310.00  | 1000.00  | (M)     | 2.40 | 370.00 | (M)     | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)       | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00    | 294.00  | 750.00   | 0.00(M) | 2.50 | 385.00 | (M)     | (M)     |
| Skim Milk - NWR4005 (1 Carton)               | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 300.00  | 750.00   | (M)     | 2.50 | 380.00 | (M)     | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)               | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)  | (M)    | (M)     | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)         | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36    | 300.00  | 500.00   | 2.40    | (M)  | (M)    | (M)     | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)              | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)  | (M)    | (M)     | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)    | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00 | 0.00   | (M)     | (M)     |
| Ranch Dressing - SR1931 (1 pump)             | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00 | 0.00   | (M)     | (M)     |
| Ketchup - SR1004 (1 pump)                    | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05    | 1.61    | 0.00(M)  | 0.00(M) | 0.00 | 40.51  | (M)     | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)            | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00     | 0.00    | 0.00 | (M)    | (M)     | (M)     |
| Yellow Mustard - SR1603 (1 pump)             | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00 | 0.00   | (M)     | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)          | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02    | 8.34    | 59.80(M) | 0.00(M) | 0.00 | 13.05  | 1.40(M) | 0.17(M) |

# T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Generated on: 5/11/2023 4:34:39 PM by Patricia Engelsgaard

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

| NW Core SY23-24 T4 Offering Bar Day 2 - archived on Apr 28 2023 2:08PM -<br><del>Serving Date:</del> |     |        |      |      |      |       |        |       |      |       |         |      |      |        |           |          |         |           |          |         |
|------------------------------------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|------|--------|-----------|----------|---------|-----------|----------|---------|
| Variety of Entrees - SR2092 (1 serving)                                                              | 100 | 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)     |
| Unsweetened Applesauce - SR1195 (1/2 c.)                                                             | 22  | 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)     |
| Banana - SR1166 (1 medium (7"))                                                                      | 5   | 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 smal)                                                           | 4   | 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 w)                                                                | 4   | 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    |
| 100% Grape Juice - SR1607 (4 fl oz cup)                                                              | 15  | 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)     |
| Basil Corn Salad - SR2587 (1/2 c.)                                                                   | 5   | 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.)                                                             | 15  | 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.)                                                                      | 5   | 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) |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                                         | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                                              | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00 | 315.00 | 1000.00   | 0.00(M)  | 3.00    | 410.00    | (M)      | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                                          | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                                                   | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00 | 250.00 | 750.00    | 0.00     | 2.00    | 376.00    | (M)      | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                                          | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00 | 300.00 | 500.00    | 2.40     | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                                                    | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00 | 250.00 | 750.00    | (M)      | (M)     | (M)       | (M)      | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                                         | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00 | 310.00 | 1000.00   | (M)      | 2.40    | 370.00    | (M)      | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                                               | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00 | 294.00 | 750.00    | 0.00(M)  | 2.50    | 385.00    | (M)      | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                                       | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00 | 300.00 | 750.00    | (M)      | 2.50    | 380.00    | (M)      | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                                       | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00 | 250.00 | 500.00    | 1.20     | (M)     | (M)       | (M)      | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                                                 | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36 | 300.00 | 500.00    | 2.40     | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                                      | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00 | 250.00 | 500.00    | 1.20     | (M)     | (M)       | (M)      | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                                            | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00 | 0.00   | 0.00(M)   | 0.00(M)  | 0.00    | 0.00      | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                                     | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00 | 0.00   | 0.00(M)   | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| Ketchup - SR1004 (1 pump)                                                                            | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05 | 1.61   | 0.00(M)   | 0.00(M)  | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                                                    | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00 | 0.00   | 0.00      | 0.00     | 0.00    | (M)       | (M)      | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                                     | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00 | 0.00   | 0.00(M)   | 0.00     | 0.00    | 0.00      | (M)      | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                               |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |         |         |         |
|-----------------------------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|----------|---------|---------|---------|---------|---------|
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                                           | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02    | 8.34    | 59.80(M) | 0.00(M) | 0.00    | 13.05   | 1.40(M) | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 3 - archived on Apr 28 2023 2:11PM - Serving Date:</b> |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |         |         |         |
| Variety of Entrees - SR2092 (1 serving)                                                       | 100 | 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)     |
| Banana - SR1166 (1 medium (7"))                                                               | 5   | 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 smal)                                                    | 4   | 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 w)                                                         | 4   | 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    |
| Diced Pears - SR3041 (1/2 c.)                                                                 | 17  | 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)     |
| 100% Apple Juice - SR2547 (4 fl oz cup)                                                       | 20  | 60.00  | 0.00 | 0.00 | 0.00 | 0.00  | 5.00   | 14.00 | 0.00 | 12.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00    | 130.00  | (M)     | (M)     |
| Baby Carrots - SR1016 (1/2 c.)                                                                | 15  | 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)     |
| Italian Roasted Chickpeas - SR3793 (1/2 c.)                                                   | 5   | 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) |
| Green Salad Mix - SR3780 (1 c.)                                                               | 5   | 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) |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                                  | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                                       | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00    | 315.00  | 1000.00  | 0.00(M) | 3.00    | 410.00  | (M)     | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                                   | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                                            | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00    | 250.00  | 750.00   | 0.00    | 2.00    | 376.00  | (M)     | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                                   | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 300.00  | 500.00   | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                                             | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 250.00  | 750.00   | (M)     | (M)     | (M)     | (M)     | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                                  | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 310.00  | 1000.00  | (M)     | 2.40    | 370.00  | (M)     | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                                        | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00    | 294.00  | 750.00   | 0.00(M) | 2.50    | 385.00  | (M)     | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                                | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 300.00  | 750.00   | (M)     | 2.50    | 380.00  | (M)     | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                                | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                                          | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36    | 300.00  | 500.00   | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                               | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                                     | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00    | 0.00    | (M)     | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                              | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Ketchup - SR1004 (1 pump)                                                                     | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05    | 1.61    | 0.00(M)  | 0.00(M) | 0.00    | 40.51   | (M)     | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                                             | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00     | 0.00    | 0.00    | (M)     | (M)     | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                               |     |        |       |      |         |       |        |       |      |         |         |      |      |        |             |         |         |           |          |         |
|-----------------------------------------------------------------------------------------------|-----|--------|-------|------|---------|-------|--------|-------|------|---------|---------|------|------|--------|-------------|---------|---------|-----------|----------|---------|
| Yellow Mustard - SR1603 (1 pump)                                                              | 5   | 0.00   | 0.00  | 0.00 | 0.00    | 0.00  | 180.00 | 0.00  | 0.00 | 0.00    | 0.00    | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00    | 0.00    | 0.00      | (M)      | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                                           | 15  | 31.39  | 2.26  | 0.25 | 0.00    | 2.71  | 110.09 | 2.38  | 0.06 | 1.27    | 0.50(M) | 0.76 | 0.02 | 8.34   | 59.80(M)    | 0.00(M) | 0.00    | 13.05     | 1.40(M)  | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 4 - archived on Apr 28 2023 2:11PM - Serving Data:</b> |     |        |       |      |         |       |        |       |      |         |         |      |      |        |             |         |         |           |          |         |
| Variety of Entrees - SR2092 (1 serving)                                                       | 100 | 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)     |
| Unsweetened Applesauce - SR1195 (1/2 c.)                                                      | 20  | 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)     |
| Banana - SR1166 (1 medium (7"))                                                               | 5   | 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 smal)                                                    | 4   | 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 w)                                                         | 5   | 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    |
| 100% Grape Juice - SR1607 (4 fl oz cup)                                                       | 16  | 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)     |
| Moroccan Spiced Carrots - SR2588 (1/2 c.)                                                     | 5   | 118.81 | 10.10 | 0.79 | 0.00(M) | 0.00  | 126.93 | 7.99  | 3.36 | 3.99(M) | 0.00(M) | 0.72 | 0.92 | 42.68  | 16497.88(M) | 4.30(M) | 0.00(M) | 195.08(M) | 87.96(M) | 0.88(M) |
| Green Salad Mix - SR3780 (1 c.)                                                               | 5   | 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) |
| Chilled Corn - SR1033 (1/2 c.)                                                                | 15  | 68.89  | 0.57  | 0.09 | 0.00    | 0.00  | 0.85   | 16.41 | 2.04 | 2.61    | 0.00    | 2.17 | 0.40 | 2.55   | 169.25      | 2.98    | 0.00    | 198.16    | 65.49    | 0.37    |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                                  | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                                       | 5   | 90.00  | 0.00  | 0.00 | 0.00    | 2.00  | 130.00 | 13.00 | 0.00 | 12.00   | 0.00    | 9.00 | 0.00 | 315.00 | 1000.00     | 0.00(M) | 3.00    | 410.00    | (M)      | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                                   | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                                            | 9   | 120.00 | 0.00  | 0.00 | 0.00    | 5.00  | 180.00 | 20.00 | 0.00 | 18.00   | 7.00    | 8.00 | 0.00 | 250.00 | 750.00      | 0.00    | 2.00    | 376.00    | (M)      | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                                   | 5   | 110.00 | 2.50  | 1.50 | 0.00    | 10.00 | 130.00 | 13.00 | 0.00 | 12.00   | (M)     | 8.00 | 0.00 | 300.00 | 500.00      | 2.40    | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                                             | 5   | 90.00  | 0.00  | 0.00 | 0.00    | 5.00  | (M)    | 13.00 | 0.00 | 12.00   | (M)     | 8.00 | 0.00 | 250.00 | 750.00      | (M)     | (M)     | (M)       | (M)      | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                                  | 5   | 100.00 | 2.50  | 1.50 | 0.00    | 10.00 | 105.00 | 12.00 | 0.00 | 12.00   | 0.00    | 8.00 | 0.00 | 310.00 | 1000.00     | (M)     | 2.40    | 370.00    | (M)      | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                                        | 9   | 130.00 | 0.00  | 0.00 | 0.00    | 5.00  | 160.00 | 23.00 | 0.00 | 23.00   | 11.00   | 8.00 | 0.00 | 294.00 | 750.00      | 0.00(M) | 2.50    | 385.00    | (M)      | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                                | 5   | 80.00  | 0.00  | 0.00 | 0.00    | 5.00  | 105.00 | 12.00 | 0.00 | 12.00   | 0.00    | 8.00 | 0.00 | 300.00 | 750.00      | (M)     | 2.50    | 380.00    | (M)      | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                                | 5   | 100.00 | 2.50  | 1.50 | 0.00    | 15.00 | 110.00 | 11.00 | 0.00 | 11.00   | (M)     | 8.00 | 0.00 | 250.00 | 500.00      | 1.20    | (M)     | (M)       | (M)      | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                                          | 9   | 120.00 | 0.00  | 0.00 | 0.00    | 4.00  | 180.00 | 21.00 | 0.00 | 18.00   | (M)     | 8.00 | 0.36 | 300.00 | 500.00      | 2.40    | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                               | 5   | 80.00  | 0.00  | 0.00 | 0.00    | 5.00  | 110.00 | 11.00 | 0.00 | 11.00   | (M)     | 8.00 | 0.00 | 250.00 | 500.00      | 1.20    | (M)     | (M)       | (M)      | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                                     | 10  | 15.00  | 0.00  | 0.00 | 0.00    | 0.00  | 175.00 | 4.00  | 0.00 | 1.00    | 1.00    | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00(M) | 0.00    | 0.00      | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                              | 25  | 60.00  | 6.00  | 1.00 | 0.00    | 5.00  | 125.00 | 1.00  | 0.00 | 0.50    | (M)     | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00    | 0.00    | 0.00      | (M)      | (M)     |
| Ketchup - SR1004 (1 pump)                                                                     | 15  | 20.31  | 0.01  | 0.00 | 0.00    | 0.00  | 175.46 | 4.63  | 0.21 | 3.93    | 3.51    | 0.16 | 0.05 | 1.61   | 0.00(M)     | 0.00(M) | 0.00    | 40.51     | (M)      | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                 |     |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |         |         |         |
|---------------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|-------------|---------|---------|---------|---------|---------|
| Mayonnaise Pump - SR1991 (1 pump)                                               | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00        | 0.00    | 0.00    | (M)     | (M)     | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)     | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                             | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02    | 8.34    | 59.80(M)    | 0.00(M) | 0.00    | 13.05   | 1.40(M) | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 5 - archived on Apr 28 2023 2:11PM -</b> |     |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |         |         |         |
| Variety of Entrees - SR2092 (1 serving)                                         | 100 | 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)     |
| Banana - SR1166 (1 medium (7"))                                                 | 60  | 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 smal)                                      | 4   | 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 w)                                           | 5   | 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    |
| Diced Peaches - SR3040 (1/2 c.)                                                 | 15  | 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)     |
| 100% Apple Juice - SR2547 (4 fl oz cup)                                         | 20  | 60.00  | 0.00 | 0.00 | 0.00 | 0.00  | 5.00   | 14.00 | 0.00 | 12.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)     | 0.00(M) | 0.00    | 130.00  | (M)     | (M)     |
| Celery Sticks - SR1014 (6 stick.)                                               | 15  | 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    |
| Roasted Sweet Potatoes - SR3681 (1/2 c.)                                        | 5   | 129.67 | 5.68 | 0.41 | 0.00 | 0.00  | 50.59  | 19.08 | 2.98 | 3.85  | 0.00    | 1.55 | 0.64    | 31.11   | 12870.23(M) | 2.18(M) | 0.00    | 318.99  | 0.00(M) | 0.05(M) |
| Green Salad Mix - SR3780 (1 c.)                                                 | 5   | 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) |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                    | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                         | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00    | 315.00  | 1000.00     | 0.00(M) | 3.00    | 410.00  | (M)     | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                     | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                              | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00    | 250.00  | 750.00      | 0.00    | 2.00    | 376.00  | (M)     | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                     | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 300.00  | 500.00      | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                               | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 250.00  | 750.00      | (M)     | (M)     | (M)     | (M)     | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                    | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 310.00  | 1000.00     | (M)     | 2.40    | 370.00  | (M)     | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                          | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00    | 294.00  | 750.00      | 0.00(M) | 2.50    | 385.00  | (M)     | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                  | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 300.00  | 750.00      | (M)     | 2.50    | 380.00  | (M)     | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                  | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00      | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                            | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36    | 300.00  | 500.00      | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                 | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00      | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                       | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00    | 0.00    | 0.00(M)     | 0.00(M) | 0.00    | 0.00    | (M)     | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00    | 0.00    | 0.00(M)     | 0.00    | 0.00    | 0.00    | (M)     | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                         |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |      |        |         |         |
|-------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|----------|---------|------|--------|---------|---------|
| Ketchup - SR1004 (1 pump)                                               | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05    | 1.61    | 0.00(M)  | 0.00(M) | 0.00 | 40.51  | (M)     | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                       | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00     | 0.00    | 0.00 | (M)    | (M)     | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                        | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00 | 0.00   | (M)     | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                     | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02    | 8.34    | 59.80(M) | 0.00(M) | 0.00 | 13.05  | 1.40(M) | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 1 - Serving Date: 09/18/2023</b> |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |      |        |         |         |
| Variety of Entrees - SR2092 (1 serving)                                 | 100 | 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)     |
| Banana - SR1166 (1 medium (7"))                                         | 7   | 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 smal)                              | 4   | 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 w)                                   | 6   | 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    |
| Diced Peaches - SR3040 (1/2 c.)                                         | 13  | 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)     |
| 100% Apple Juice - SR2547 (4 fl oz cup)                                 | 20  | 60.00  | 0.00 | 0.00 | 0.00 | 0.00  | 5.00   | 14.00 | 0.00 | 12.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00 | 130.00 | (M)     | (M)     |
| Kidney Beans - SR1036 (1/2 c.)                                          | 5   | 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)     |
| Iceburg Lettuce Mix - NWR1305 (1 c.)                                    | 15  | 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)     |
| Cucumber Coins - SR1013 (1/2 c.)                                        | 5   | 9.22   | 0.07 | 0.02 | 0.00 | 0.00  | 1.23   | 2.23  | 0.31 | 1.03  | 0.00    | 0.40 | 0.17    | 9.84    | 64.54    | 1.72    | 0.00 | 90.36  | 58.54   | 0.23    |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                            | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                 | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00    | 315.00  | 1000.00  | 0.00(M) | 3.00 | 410.00 | (M)     | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                             | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                      | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00    | 250.00  | 750.00   | 0.00    | 2.00 | 376.00 | (M)     | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                             | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 300.00  | 500.00   | 2.40    | (M)  | (M)    | (M)     | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                       | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 250.00  | 750.00   | (M)     | (M)  | (M)    | (M)     | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                            | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 310.00  | 1000.00  | (M)     | 2.40 | 370.00 | (M)     | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                  | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00    | 294.00  | 750.00   | 0.00(M) | 2.50 | 385.00 | (M)     | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                          | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 300.00  | 750.00   | (M)     | 2.50 | 380.00 | (M)     | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                          | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)  | (M)    | (M)     | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                    | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36    | 300.00  | 500.00   | 2.40    | (M)  | (M)    | (M)     | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                         | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)  | (M)    | (M)     | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                               | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00 | 0.00   | (M)     | (M)     |



## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                 |     |        |      |      |      |       |        |       |      |       |         |      |      |        |           |          |         |           |          |         |
|---------------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|------|--------|-----------|----------|---------|-----------|----------|---------|
| Ranch Dressing - SR1931 (1 pump)                                                | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00 | 0.00   | 0.00(M)   | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| Ketchup - SR1004 (1 pump)                                                       | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05 | 1.61   | 0.00(M)   | 0.00(M)  | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                               | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00 | 0.00   | 0.00      | 0.00     | 0.00    | (M)       | (M)      | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00 | 0.00   | 0.00(M)   | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                             | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02 | 8.34   | 59.80(M)  | 0.00(M)  | 0.00    | 13.05     | 1.40(M)  | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 2 - archived on Apr 28 2023 2:08PM -</b> |     |        |      |      |      |       |        |       |      |       |         |      |      |        |           |          |         |           |          |         |
| Variety of Entrees - SR2092 (1 serving)                                         | 100 | 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)     |
| Unsweetened Applesauce - SR1195 (1/2 c.)                                        | 22  | 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)     |
| Banana - SR1166 (1 medium (7"))                                                 | 5   | 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 smal)                                      | 4   | 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 w)                                           | 4   | 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    |
| 100% Grape Juice - SR1607 (4 fl oz cup)                                         | 15  | 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)     |
| Basil Corn Salad - SR2587 (1/2 c.)                                              | 5   | 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.)                                        | 15  | 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.)                                                 | 5   | 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) |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                    | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                         | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00 | 315.00 | 1000.00   | 0.00(M)  | 3.00    | 410.00    | (M)      | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                     | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                              | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00 | 250.00 | 750.00    | 0.00     | 2.00    | 376.00    | (M)      | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                     | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00 | 300.00 | 500.00    | 2.40     | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                               | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00 | 250.00 | 750.00    | (M)      | (M)     | (M)       | (M)      | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                    | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00 | 310.00 | 1000.00   | (M)      | 2.40    | 370.00    | (M)      | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                          | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00 | 294.00 | 750.00    | 0.00(M)  | 2.50    | 385.00    | (M)      | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                  | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00 | 300.00 | 750.00    | (M)      | 2.50    | 380.00    | (M)      | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                  | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00 | 250.00 | 500.00    | 1.20     | (M)     | (M)       | (M)      | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                            | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36 | 300.00 | 500.00    | 2.40     | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                 | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00 | 250.00 | 500.00    | 1.20     | (M)     | (M)       | (M)      | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                 |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |         |         |         |
|---------------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|----------|---------|---------|---------|---------|---------|
| Italian Salad Dressing - SR1489 (1 tbsp.)                                       | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00    | 0.00    | (M)     | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Ketchup - SR1004 (1 pump)                                                       | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05    | 1.61    | 0.00(M)  | 0.00(M) | 0.00    | 40.51   | (M)     | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                               | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00     | 0.00    | 0.00    | (M)     | (M)     | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                             | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02    | 8.34    | 59.80(M) | 0.00(M) | 0.00    | 13.05   | 1.40(M) | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 3 - archived on Apr 28 2023 2:11PM -</b> |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |         |         |         |
| Variety of Entrees - SR2092 (1 serving)                                         | 100 | 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)     |
| Banana - SR1166 (1 medium (7"))                                                 | 5   | 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 smal)                                      | 4   | 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 w)                                           | 4   | 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    |
| Diced Pears - SR3041 (1/2 c.)                                                   | 17  | 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)     |
| 100% Apple Juice - SR2547 (4 fl oz cup)                                         | 20  | 60.00  | 0.00 | 0.00 | 0.00 | 0.00  | 5.00   | 14.00 | 0.00 | 12.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00    | 130.00  | (M)     | (M)     |
| Baby Carrots - SR1016 (1/2 c.)                                                  | 15  | 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)     |
| Italian Roasted Chickpeas - SR3793 (1/2 c.)                                     | 5   | 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) |
| Green Salad Mix - SR3780 (1 c.)                                                 | 5   | 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) |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                    | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                         | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00    | 315.00  | 1000.00  | 0.00(M) | 3.00    | 410.00  | (M)     | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                     | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                              | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00    | 250.00  | 750.00   | 0.00    | 2.00    | 376.00  | (M)     | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                     | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 300.00  | 500.00   | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                               | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 250.00  | 750.00   | (M)     | (M)     | (M)     | (M)     | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                    | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 310.00  | 1000.00  | (M)     | 2.40    | 370.00  | (M)     | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                          | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00    | 294.00  | 750.00   | 0.00(M) | 2.50    | 385.00  | (M)     | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                  | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 300.00  | 750.00   | (M)     | 2.50    | 380.00  | (M)     | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                  | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                            | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36    | 300.00  | 500.00   | 2.40    | (M)     | (M)     | (M)     | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                 |     |        |       |      |         |       |        |       |      |         |         |      |      |        |             |         |         |           |          |         |
|---------------------------------------------------------------------------------|-----|--------|-------|------|---------|-------|--------|-------|------|---------|---------|------|------|--------|-------------|---------|---------|-----------|----------|---------|
| Skim Milk - NWR2329 (8 fl. oz.)                                                 | 5   | 80.00  | 0.00  | 0.00 | 0.00    | 5.00  | 110.00 | 11.00 | 0.00 | 11.00   | (M)     | 8.00 | 0.00 | 250.00 | 500.00      | 1.20    | (M)     | (M)       | (M)      | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                       | 10  | 15.00  | 0.00  | 0.00 | 0.00    | 0.00  | 175.00 | 4.00  | 0.00 | 1.00    | 1.00    | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00(M) | 0.00    | 0.00      | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                | 25  | 60.00  | 6.00  | 1.00 | 0.00    | 5.00  | 125.00 | 1.00  | 0.00 | 0.50    | (M)     | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00    | 0.00    | 0.00      | (M)      | (M)     |
| Ketchup - SR1004 (1 pump)                                                       | 15  | 20.31  | 0.01  | 0.00 | 0.00    | 0.00  | 175.46 | 4.63  | 0.21 | 3.93    | 3.51    | 0.16 | 0.05 | 1.61   | 0.00(M)     | 0.00(M) | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                               | 5   | 53.33  | 5.87  | 1.07 | 0.00    | 5.33  | 45.33  | 0.00  | 0.00 | 0.00    | (M)     | 0.00 | 0.00 | 0.00   | 0.00        | 0.00    | 0.00    | (M)       | (M)      | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                | 5   | 0.00   | 0.00  | 0.00 | 0.00    | 0.00  | 180.00 | 0.00  | 0.00 | 0.00    | 0.00    | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00    | 0.00    | 0.00      | (M)      | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                             | 15  | 31.39  | 2.26  | 0.25 | 0.00    | 2.71  | 110.09 | 2.38  | 0.06 | 1.27    | 0.50(M) | 0.76 | 0.02 | 8.34   | 59.80(M)    | 0.00(M) | 0.00    | 13.05     | 1.40(M)  | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 4 - archived on Apr 28 2023 2:11PM -</b> |     |        |       |      |         |       |        |       |      |         |         |      |      |        |             |         |         |           |          |         |
| Variety of Entrees - SR2092 (1 serving)                                         | 100 | 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)     |
| Unsweetened Applesauce - SR1195 (1/2 c.)                                        | 20  | 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)     |
| Banana - SR1166 (1 medium (7"))                                                 | 5   | 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 smal)                                      | 4   | 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 w)                                           | 5   | 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    |
| 100% Grape Juice - SR1607 (4 fl oz cup)                                         | 16  | 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)     |
| Moroccan Spiced Carrots - SR2588 (1/2 c.)                                       | 5   | 118.81 | 10.10 | 0.79 | 0.00(M) | 0.00  | 126.93 | 7.99  | 3.36 | 3.99(M) | 0.00(M) | 0.72 | 0.92 | 42.68  | 16497.88(M) | 4.30(M) | 0.00(M) | 195.08(M) | 87.96(M) | 0.88(M) |
| Green Salad Mix - SR3780 (1 c.)                                                 | 5   | 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) |
| Chilled Corn - SR1033 (1/2 c.)                                                  | 15  | 68.89  | 0.57  | 0.09 | 0.00    | 0.00  | 0.85   | 16.41 | 2.04 | 2.61    | 0.00    | 2.17 | 0.40 | 2.55   | 169.25      | 2.98    | 0.00    | 198.16    | 65.49    | 0.37    |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                    | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                         | 5   | 90.00  | 0.00  | 0.00 | 0.00    | 2.00  | 130.00 | 13.00 | 0.00 | 12.00   | 0.00    | 9.00 | 0.00 | 315.00 | 1000.00     | 0.00(M) | 3.00    | 410.00    | (M)      | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                     | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                              | 9   | 120.00 | 0.00  | 0.00 | 0.00    | 5.00  | 180.00 | 20.00 | 0.00 | 18.00   | 7.00    | 8.00 | 0.00 | 250.00 | 750.00      | 0.00    | 2.00    | 376.00    | (M)      | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                     | 5   | 110.00 | 2.50  | 1.50 | 0.00    | 10.00 | 130.00 | 13.00 | 0.00 | 12.00   | (M)     | 8.00 | 0.00 | 300.00 | 500.00      | 2.40    | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                               | 5   | 90.00  | 0.00  | 0.00 | 0.00    | 5.00  | (M)    | 13.00 | 0.00 | 12.00   | (M)     | 8.00 | 0.00 | 250.00 | 750.00      | (M)     | (M)     | (M)       | (M)      | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                    | 5   | 100.00 | 2.50  | 1.50 | 0.00    | 10.00 | 105.00 | 12.00 | 0.00 | 12.00   | 0.00    | 8.00 | 0.00 | 310.00 | 1000.00     | (M)     | 2.40    | 370.00    | (M)      | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                          | 9   | 130.00 | 0.00  | 0.00 | 0.00    | 5.00  | 160.00 | 23.00 | 0.00 | 23.00   | 11.00   | 8.00 | 0.00 | 294.00 | 750.00      | 0.00(M) | 2.50    | 385.00    | (M)      | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                  | 5   | 80.00  | 0.00  | 0.00 | 0.00    | 5.00  | 105.00 | 12.00 | 0.00 | 12.00   | 0.00    | 8.00 | 0.00 | 300.00 | 750.00      | (M)     | 2.50    | 380.00    | (M)      | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                  | 5   | 100.00 | 2.50  | 1.50 | 0.00    | 15.00 | 110.00 | 11.00 | 0.00 | 11.00   | (M)     | 8.00 | 0.00 | 250.00 | 500.00      | 1.20    | (M)     | (M)       | (M)      | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                 |     |        |      |      |      |       |        |       |      |       |         |      |         |         |              |         |         |         |         |         |
|---------------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|--------------|---------|---------|---------|---------|---------|
| Chocolate Milk - NWR2328 (8 fl. oz.)                                            | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36    | 300.00  | 500.00       | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                 | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00       | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                       | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00    | 0.00    | 0.00(M)      | 0.00(M) | 0.00    | 0.00    | (M)     | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00    | 0.00    | 0.00(M)      | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Ketchup - SR1004 (1 pump)                                                       | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05    | 1.61    | 0.00(M)      | 0.00(M) | 0.00    | 40.51   | (M)     | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                               | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00         | 0.00    | 0.00    | (M)     | (M)     | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)      | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                             | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02    | 8.34    | 59.80(M)     | 0.00(M) | 0.00    | 13.05   | 1.40(M) | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 5 - archived on Apr 28 2023 2:11PM -</b> |     |        |      |      |      |       |        |       |      |       |         |      |         |         |              |         |         |         |         |         |
| Variety of Entrees - SR2092 (1 serving)                                         | 100 | 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)     |
| Banana - SR1166 (1 medium (7"))                                                 | 60  | 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 smal)                                      | 4   | 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 w)                                           | 5   | 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    |
| Diced Peaches - SR3040 (1/2 c.)                                                 | 15  | 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)     |
| 100% Apple Juice - SR2547 (4 fl oz cup)                                         | 20  | 60.00  | 0.00 | 0.00 | 0.00 | 0.00  | 5.00   | 14.00 | 0.00 | 12.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)      | 0.00(M) | 0.00    | 130.00  | (M)     | (M)     |
| Celery Sticks - SR1014 (6 stick.)                                               | 15  | 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    |
| Roasted Sweet Potatoes - SR3681 (1/2 c.)                                        | 5   | 129.67 | 5.68 | 0.41 | 0.00 | 0.00  | 50.59  | 19.08 | 2.98 | 3.85  | 0.00    | 1.55 | 0.64    | 31.11   | 12870.23 (M) | 2.18(M) | 0.00    | 318.99  | 0.00(M) | 0.05(M) |
| Green Salad Mix - SR3780 (1 c.)                                                 | 5   | 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) |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                    | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                         | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00    | 315.00  | 1000.00      | 0.00(M) | 3.00    | 410.00  | (M)     | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                     | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                              | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00    | 250.00  | 750.00       | 0.00    | 2.00    | 376.00  | (M)     | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                     | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 300.00  | 500.00       | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                               | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 250.00  | 750.00       | (M)     | (M)     | (M)     | (M)     | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                    | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 310.00  | 1000.00      | (M)     | 2.40    | 370.00  | (M)     | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                          | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00    | 294.00  | 750.00       | 0.00(M) | 2.50    | 385.00  | (M)     | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                  | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 300.00  | 750.00       | (M)     | 2.50    | 380.00  | (M)     | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                         |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |      |        |         |         |
|-------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|----------|---------|------|--------|---------|---------|
| 1 % Milk - NWR2327 (8 fl. oz.)                                          | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)  | (M)    | (M)     | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                    | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36    | 300.00  | 500.00   | 2.40    | (M)  | (M)    | (M)     | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                         | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)  | (M)    | (M)     | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                               | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00 | 0.00   | (M)     | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                        | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00 | 0.00   | (M)     | (M)     |
| Ketchup - SR1004 (1 pump)                                               | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05    | 1.61    | 0.00(M)  | 0.00(M) | 0.00 | 40.51  | (M)     | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                       | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00     | 0.00    | 0.00 | (M)    | (M)     | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                        | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00 | 0.00   | (M)     | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                     | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02    | 8.34    | 59.80(M) | 0.00(M) | 0.00 | 13.05  | 1.40(M) | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 1 - Serving Date: 09/25/2023</b> |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |      |        |         |         |
| Variety of Entrees - SR2092 (1 serving)                                 | 100 | 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)     |
| Banana - SR1166 (1 medium (7"))                                         | 7   | 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 smal)                              | 4   | 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 w)                                   | 6   | 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    |
| Diced Peaches - SR3040 (1/2 c.)                                         | 13  | 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)     |
| 100% Apple Juice - SR2547 (4 fl oz cup)                                 | 20  | 60.00  | 0.00 | 0.00 | 0.00 | 0.00  | 5.00   | 14.00 | 0.00 | 12.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00 | 130.00 | (M)     | (M)     |
| Kidney Beans - SR1036 (1/2 c.)                                          | 5   | 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)     |
| Iceburg Lettuce Mix - NWR1305 (1 c.)                                    | 15  | 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)     |
| Cucumber Coins - SR1013 (1/2 c.)                                        | 5   | 9.22   | 0.07 | 0.02 | 0.00 | 0.00  | 1.23   | 2.23  | 0.31 | 1.03  | 0.00    | 0.40 | 0.17    | 9.84    | 64.54    | 1.72    | 0.00 | 90.36  | 58.54   | 0.23    |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                            | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                 | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00    | 315.00  | 1000.00  | 0.00(M) | 3.00 | 410.00 | (M)     | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                             | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                      | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00    | 250.00  | 750.00   | 0.00    | 2.00 | 376.00 | (M)     | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                             | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 300.00  | 500.00   | 2.40    | (M)  | (M)    | (M)     | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                       | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 250.00  | 750.00   | (M)     | (M)  | (M)    | (M)     | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                            | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 310.00  | 1000.00  | (M)     | 2.40 | 370.00 | (M)     | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                  | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00    | 294.00  | 750.00   | 0.00(M) | 2.50 | 385.00 | (M)     | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                 |     |        |      |      |      |       |        |       |      |       |         |      |      |        |           |          |         |           |          |         |
|---------------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|------|--------|-----------|----------|---------|-----------|----------|---------|
| Skim Milk - NWR4005 (1 Carton)                                                  | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00 | 300.00 | 750.00    | (M)      | 2.50    | 380.00    | (M)      | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                  | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00 | 250.00 | 500.00    | 1.20     | (M)     | (M)       | (M)      | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                            | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36 | 300.00 | 500.00    | 2.40     | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                 | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00 | 250.00 | 500.00    | 1.20     | (M)     | (M)       | (M)      | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                       | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00 | 0.00   | 0.00(M)   | 0.00(M)  | 0.00    | 0.00      | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00 | 0.00   | 0.00(M)   | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| Ketchup - SR1004 (1 pump)                                                       | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05 | 1.61   | 0.00(M)   | 0.00(M)  | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                               | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00 | 0.00   | 0.00      | 0.00     | 0.00    | (M)       | (M)      | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00 | 0.00   | 0.00(M)   | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                             | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02 | 8.34   | 59.80(M)  | 0.00(M)  | 0.00    | 13.05     | 1.40(M)  | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 2 - archived on Apr 28 2023 2:08PM -</b> |     |        |      |      |      |       |        |       |      |       |         |      |      |        |           |          |         |           |          |         |
| Variety of Entrees - SR2092 (1 serving)                                         | 100 | 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)     |
| Unsweetened Applesauce - SR1195 (1/2 c.)                                        | 22  | 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)     |
| Banana - SR1166 (1 medium (7"))                                                 | 5   | 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 smal)                                      | 4   | 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 w)                                           | 4   | 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    |
| 100% Grape Juice - SR1607 (4 fl oz cup)                                         | 15  | 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)     |
| Basil Corn Salad - SR2587 (1/2 c.)                                              | 5   | 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.)                                        | 15  | 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.)                                                 | 5   | 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) |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                    | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                         | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00 | 315.00 | 1000.00   | 0.00(M)  | 3.00    | 410.00    | (M)      | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                     | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                              | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00 | 250.00 | 750.00    | 0.00     | 2.00    | 376.00    | (M)      | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                     | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00 | 300.00 | 500.00    | 2.40     | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                               | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00 | 250.00 | 750.00    | (M)      | (M)     | (M)       | (M)      | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                    | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00 | 310.00 | 1000.00   | (M)      | 2.40    | 370.00    | (M)      | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                 |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |         |         |         |
|---------------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|----------|---------|---------|---------|---------|---------|
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                          | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00    | 294.00  | 750.00   | 0.00(M) | 2.50    | 385.00  | (M)     | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                  | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 300.00  | 750.00   | (M)     | 2.50    | 380.00  | (M)     | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                  | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                            | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36    | 300.00  | 500.00   | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                 | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00   | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                       | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00    | 0.00    | (M)     | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Ketchup - SR1004 (1 pump)                                                       | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05    | 1.61    | 0.00(M)  | 0.00(M) | 0.00    | 40.51   | (M)     | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                               | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00     | 0.00    | 0.00    | (M)     | (M)     | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                             | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02    | 8.34    | 59.80(M) | 0.00(M) | 0.00    | 13.05   | 1.40(M) | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 3 - archived on Apr 28 2023 2:11PM -</b> |     |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |         |         |         |
| Variety of Entrees - SR2092 (1 serving)                                         | 100 | 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)     |
| Banana - SR1166 (1 medium (7"))                                                 | 5   | 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 smal)                                      | 4   | 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 w)                                           | 4   | 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    |
| Diced Pears - SR3041 (1/2 c.)                                                   | 17  | 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)     |
| 100% Apple Juice - SR2547 (4 fl oz cup)                                         | 20  | 60.00  | 0.00 | 0.00 | 0.00 | 0.00  | 5.00   | 14.00 | 0.00 | 12.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00    | 130.00  | (M)     | (M)     |
| Baby Carrots - SR1016 (1/2 c.)                                                  | 15  | 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)     |
| Italian Roasted Chickpeas - SR3793 (1/2 c.)                                     | 5   | 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) |
| Green Salad Mix - SR3780 (1 c.)                                                 | 5   | 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) |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                    | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                         | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00    | 315.00  | 1000.00  | 0.00(M) | 3.00    | 410.00  | (M)     | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                     | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                              | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00    | 250.00  | 750.00   | 0.00    | 2.00    | 376.00  | (M)     | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                     | 5   | 110.00 | 2.50 | 1.50 | 0.00 | 10.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 300.00  | 500.00   | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                               | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 250.00  | 750.00   | (M)     | (M)     | (M)     | (M)     | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                 |     |        |       |      |         |       |        |       |      |         |         |      |      |        |             |         |         |           |          |         |
|---------------------------------------------------------------------------------|-----|--------|-------|------|---------|-------|--------|-------|------|---------|---------|------|------|--------|-------------|---------|---------|-----------|----------|---------|
| 1% Milk - NWR4003 (1 Carton)                                                    | 5   | 100.00 | 2.50  | 1.50 | 0.00    | 10.00 | 105.00 | 12.00 | 0.00 | 12.00   | 0.00    | 8.00 | 0.00 | 310.00 | 1000.00     | (M)     | 2.40    | 370.00    | (M)      | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                          | 9   | 130.00 | 0.00  | 0.00 | 0.00    | 5.00  | 160.00 | 23.00 | 0.00 | 23.00   | 11.00   | 8.00 | 0.00 | 294.00 | 750.00      | 0.00(M) | 2.50    | 385.00    | (M)      | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                  | 5   | 80.00  | 0.00  | 0.00 | 0.00    | 5.00  | 105.00 | 12.00 | 0.00 | 12.00   | 0.00    | 8.00 | 0.00 | 300.00 | 750.00      | (M)     | 2.50    | 380.00    | (M)      | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                  | 5   | 100.00 | 2.50  | 1.50 | 0.00    | 15.00 | 110.00 | 11.00 | 0.00 | 11.00   | (M)     | 8.00 | 0.00 | 250.00 | 500.00      | 1.20    | (M)     | (M)       | (M)      | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                            | 9   | 120.00 | 0.00  | 0.00 | 0.00    | 4.00  | 180.00 | 21.00 | 0.00 | 18.00   | (M)     | 8.00 | 0.36 | 300.00 | 500.00      | 2.40    | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                 | 5   | 80.00  | 0.00  | 0.00 | 0.00    | 5.00  | 110.00 | 11.00 | 0.00 | 11.00   | (M)     | 8.00 | 0.00 | 250.00 | 500.00      | 1.20    | (M)     | (M)       | (M)      | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                       | 10  | 15.00  | 0.00  | 0.00 | 0.00    | 0.00  | 175.00 | 4.00  | 0.00 | 1.00    | 1.00    | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00(M) | 0.00    | 0.00      | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                | 25  | 60.00  | 6.00  | 1.00 | 0.00    | 5.00  | 125.00 | 1.00  | 0.00 | 0.50    | (M)     | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00    | 0.00    | 0.00      | (M)      | (M)     |
| Ketchup - SR1004 (1 pump)                                                       | 15  | 20.31  | 0.01  | 0.00 | 0.00    | 0.00  | 175.46 | 4.63  | 0.21 | 3.93    | 3.51    | 0.16 | 0.05 | 1.61   | 0.00(M)     | 0.00(M) | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                               | 5   | 53.33  | 5.87  | 1.07 | 0.00    | 5.33  | 45.33  | 0.00  | 0.00 | 0.00    | (M)     | 0.00 | 0.00 | 0.00   | 0.00        | 0.00    | 0.00    | (M)       | (M)      | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                | 5   | 0.00   | 0.00  | 0.00 | 0.00    | 0.00  | 180.00 | 0.00  | 0.00 | 0.00    | 0.00    | 0.00 | 0.00 | 0.00   | 0.00(M)     | 0.00    | 0.00    | 0.00      | (M)      | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                             | 15  | 31.39  | 2.26  | 0.25 | 0.00    | 2.71  | 110.09 | 2.38  | 0.06 | 1.27    | 0.50(M) | 0.76 | 0.02 | 8.34   | 59.80(M)    | 0.00(M) | 0.00    | 13.05     | 1.40(M)  | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 4 - archived on Apr 28 2023 2:11PM -</b> |     |        |       |      |         |       |        |       |      |         |         |      |      |        |             |         |         |           |          |         |
| Variety of Entrees - SR2092 (1 serving)                                         | 100 | 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)     |
| Unsweetened Applesauce - SR1195 (1/2 c.)                                        | 20  | 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)     |
| Banana - SR1166 (1 medium (7"))                                                 | 5   | 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 smal)                                      | 4   | 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 w)                                           | 5   | 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    |
| 100% Grape Juice - SR1607 (4 fl oz cup)                                         | 16  | 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)     |
| Moroccan Spiced Carrots - SR2588 (1/2 c.)                                       | 5   | 118.81 | 10.10 | 0.79 | 0.00(M) | 0.00  | 126.93 | 7.99  | 3.36 | 3.99(M) | 0.00(M) | 0.72 | 0.92 | 42.68  | 16497.88(M) | 4.30(M) | 0.00(M) | 195.08(M) | 87.96(M) | 0.88(M) |
| Green Salad Mix - SR3780 (1 c.)                                                 | 5   | 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) |
| Chilled Corn - SR1033 (1/2 c.)                                                  | 15  | 68.89  | 0.57  | 0.09 | 0.00    | 0.00  | 0.85   | 16.41 | 2.04 | 2.61    | 0.00    | 2.17 | 0.40 | 2.55   | 169.25      | 2.98    | 0.00    | 198.16    | 65.49    | 0.37    |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                    | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                         | 5   | 90.00  | 0.00  | 0.00 | 0.00    | 2.00  | 130.00 | 13.00 | 0.00 | 12.00   | 0.00    | 9.00 | 0.00 | 315.00 | 1000.00     | 0.00(M) | 3.00    | 410.00    | (M)      | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                     | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                              | 9   | 120.00 | 0.00  | 0.00 | 0.00    | 5.00  | 180.00 | 20.00 | 0.00 | 18.00   | 7.00    | 8.00 | 0.00 | 250.00 | 750.00      | 0.00    | 2.00    | 376.00    | (M)      | (M)     |
| 1% Milk - NWR2497 (1/2 pt.)                                                     | 5   | 110.00 | 2.50  | 1.50 | 0.00    | 10.00 | 130.00 | 13.00 | 0.00 | 12.00   | (M)     | 8.00 | 0.00 | 300.00 | 500.00      | 2.40    | (M)     | (M)       | (M)      | (M)     |



## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                 |     |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |         |         |         |
|---------------------------------------------------------------------------------|-----|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|-------------|---------|---------|---------|---------|---------|
| Skim Milk - NWR2842 (1 Half Pint)                                               | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 5.00  | (M)    | 13.00 | 0.00 | 12.00 | (M)     | 8.00 | 0.00    | 250.00  | 750.00      | (M)     | (M)     | (M)     | (M)     | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                                    | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 10.00 | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 310.00  | 1000.00     | (M)     | 2.40    | 370.00  | (M)     | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                                          | 9   | 130.00 | 0.00 | 0.00 | 0.00 | 5.00  | 160.00 | 23.00 | 0.00 | 23.00 | 11.00   | 8.00 | 0.00    | 294.00  | 750.00      | 0.00(M) | 2.50    | 385.00  | (M)     | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                                  | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 105.00 | 12.00 | 0.00 | 12.00 | 0.00    | 8.00 | 0.00    | 300.00  | 750.00      | (M)     | 2.50    | 380.00  | (M)     | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                                  | 5   | 100.00 | 2.50 | 1.50 | 0.00 | 15.00 | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00      | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                            | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 4.00  | 180.00 | 21.00 | 0.00 | 18.00 | (M)     | 8.00 | 0.36    | 300.00  | 500.00      | 2.40    | (M)     | (M)     | (M)     | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                                 | 5   | 80.00  | 0.00 | 0.00 | 0.00 | 5.00  | 110.00 | 11.00 | 0.00 | 11.00 | (M)     | 8.00 | 0.00    | 250.00  | 500.00      | 1.20    | (M)     | (M)     | (M)     | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                                       | 10  | 15.00  | 0.00 | 0.00 | 0.00 | 0.00  | 175.00 | 4.00  | 0.00 | 1.00  | 1.00    | 0.00 | 0.00    | 0.00    | 0.00(M)     | 0.00(M) | 0.00    | 0.00    | (M)     | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                                | 25  | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00    | 0.00    | 0.00(M)     | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Ketchup - SR1004 (1 pump)                                                       | 15  | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05    | 1.61    | 0.00(M)     | 0.00(M) | 0.00    | 40.51   | (M)     | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                               | 5   | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00        | 0.00    | 0.00    | (M)     | (M)     | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                                | 5   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 180.00 | 0.00  | 0.00 | 0.00  | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)     | 0.00    | 0.00    | 0.00    | (M)     | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                             | 15  | 31.39  | 2.26 | 0.25 | 0.00 | 2.71  | 110.09 | 2.38  | 0.06 | 1.27  | 0.50(M) | 0.76 | 0.02    | 8.34    | 59.80(M)    | 0.00(M) | 0.00    | 13.05   | 1.40(M) | 0.17(M) |
| <b>NW Core SY23-24 T4 Offering Bar Day 5 - archived on Apr 28 2023 2:11PM -</b> |     |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |         |         |         |
| Variety of Entrees - SR2092 (1 serving)                                         | 100 | 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)     |
| Banana - SR1166 (1 medium (7"))                                                 | 60  | 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 smal)                                      | 4   | 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 w)                                           | 5   | 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    |
| Diced Peaches - SR3040 (1/2 c.)                                                 | 15  | 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)     |
| 100% Apple Juice - SR2547 (4 fl oz cup)                                         | 20  | 60.00  | 0.00 | 0.00 | 0.00 | 0.00  | 5.00   | 14.00 | 0.00 | 12.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)     | 0.00(M) | 0.00    | 130.00  | (M)     | (M)     |
| Celery Sticks - SR1014 (6 stick.)                                               | 15  | 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    |
| Roasted Sweet Potatoes - SR3681 (1/2 c.)                                        | 5   | 129.67 | 5.68 | 0.41 | 0.00 | 0.00  | 50.59  | 19.08 | 2.98 | 3.85  | 0.00    | 1.55 | 0.64    | 31.11   | 12870.23(M) | 2.18(M) | 0.00    | 318.99  | 0.00(M) | 0.05(M) |
| Green Salad Mix - SR3780 (1 c.)                                                 | 5   | 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) |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)                                    | 4   | 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)     |
| White Skim Milk - NWR2347 (1 Half Pint)                                         | 5   | 90.00  | 0.00 | 0.00 | 0.00 | 2.00  | 130.00 | 13.00 | 0.00 | 12.00 | 0.00    | 9.00 | 0.00    | 315.00  | 1000.00     | 0.00(M) | 3.00    | 410.00  | (M)     | (M)     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)                                     | 9   | 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)     |
| Chocolate Milk - NWR2496 (1/2 pt.)                                              | 9   | 120.00 | 0.00 | 0.00 | 0.00 | 5.00  | 180.00 | 20.00 | 0.00 | 18.00 | 7.00    | 8.00 | 0.00    | 250.00  | 750.00      | 0.00    | 2.00    | 376.00  | (M)     | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                     |     |        |       |      |      |       |         |       |      |       |          |       |         |           |            |          |         |           |          |         |
|---------------------------------------------------------------------|-----|--------|-------|------|------|-------|---------|-------|------|-------|----------|-------|---------|-----------|------------|----------|---------|-----------|----------|---------|
| 1% Milk - NWR2497 (1/2 pt.)                                         | 5   | 110.00 | 2.50  | 1.50 | 0.00 | 10.00 | 130.00  | 13.00 | 0.00 | 12.00 | (M)      | 8.00  | 0.00    | 300.00    | 500.00     | 2.40     | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2842 (1 Half Pint)                                   | 5   | 90.00  | 0.00  | 0.00 | 0.00 | 5.00  | (M)     | 13.00 | 0.00 | 12.00 | (M)      | 8.00  | 0.00    | 250.00    | 750.00     | (M)      | (M)     | (M)       | (M)      | (M)     |
| 1% Milk - NWR4003 (1 Carton)                                        | 5   | 100.00 | 2.50  | 1.50 | 0.00 | 10.00 | 105.00  | 12.00 | 0.00 | 12.00 | 0.00     | 8.00  | 0.00    | 310.00    | 1000.00    | (M)      | 2.40    | 370.00    | (M)      | (M)     |
| Nonfat Chocolate Milk - NWR2553 (1 c.)                              | 9   | 130.00 | 0.00  | 0.00 | 0.00 | 5.00  | 160.00  | 23.00 | 0.00 | 23.00 | 11.00    | 8.00  | 0.00    | 294.00    | 750.00     | 0.00(M)  | 2.50    | 385.00    | (M)      | (M)     |
| Skim Milk - NWR4005 (1 Carton)                                      | 5   | 80.00  | 0.00  | 0.00 | 0.00 | 5.00  | 105.00  | 12.00 | 0.00 | 12.00 | 0.00     | 8.00  | 0.00    | 300.00    | 750.00     | (M)      | 2.50    | 380.00    | (M)      | (M)     |
| 1 % Milk - NWR2327 (8 fl. oz.)                                      | 5   | 100.00 | 2.50  | 1.50 | 0.00 | 15.00 | 110.00  | 11.00 | 0.00 | 11.00 | (M)      | 8.00  | 0.00    | 250.00    | 500.00     | 1.20     | (M)     | (M)       | (M)      | (M)     |
| Chocolate Milk - NWR2328 (8 fl. oz.)                                | 9   | 120.00 | 0.00  | 0.00 | 0.00 | 4.00  | 180.00  | 21.00 | 0.00 | 18.00 | (M)      | 8.00  | 0.36    | 300.00    | 500.00     | 2.40     | (M)     | (M)       | (M)      | (M)     |
| Skim Milk - NWR2329 (8 fl. oz.)                                     | 5   | 80.00  | 0.00  | 0.00 | 0.00 | 5.00  | 110.00  | 11.00 | 0.00 | 11.00 | (M)      | 8.00  | 0.00    | 250.00    | 500.00     | 1.20     | (M)     | (M)       | (M)      | (M)     |
| Italian Salad Dressing - SR1489 (1 tbsp.)                           | 10  | 15.00  | 0.00  | 0.00 | 0.00 | 0.00  | 175.00  | 4.00  | 0.00 | 1.00  | 1.00     | 0.00  | 0.00    | 0.00      | 0.00(M)    | 0.00(M)  | 0.00    | 0.00      | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump)                                    | 25  | 60.00  | 6.00  | 1.00 | 0.00 | 5.00  | 125.00  | 1.00  | 0.00 | 0.50  | (M)      | 0.00  | 0.00    | 0.00      | 0.00(M)    | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| Ketchup - SR1004 (1 pump)                                           | 15  | 20.31  | 0.01  | 0.00 | 0.00 | 0.00  | 175.46  | 4.63  | 0.21 | 3.93  | 3.51     | 0.16  | 0.05    | 1.61      | 0.00(M)    | 0.00(M)  | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump)                                   | 5   | 53.33  | 5.87  | 1.07 | 0.00 | 5.33  | 45.33   | 0.00  | 0.00 | 0.00  | (M)      | 0.00  | 0.00    | 0.00      | 0.00       | 0.00     | 0.00    | (M)       | (M)      | (M)     |
| Yellow Mustard - SR1603 (1 pump)                                    | 5   | 0.00   | 0.00  | 0.00 | 0.00 | 0.00  | 180.00  | 0.00  | 0.00 | 0.00  | 0.00     | 0.00  | 0.00    | 0.00      | 0.00(M)    | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| Spicy Cool Sauce - SR1788 (1 tbsp.)                                 | 15  | 31.39  | 2.26  | 0.25 | 0.00 | 2.71  | 110.09  | 2.38  | 0.06 | 1.27  | 0.50(M)  | 0.76  | 0.02    | 8.34      | 59.80(M)   | 0.00(M)  | 0.00    | 13.05     | 1.40(M)  | 0.17(M) |
| <b>Core/WA: SY23-24 T4 Fast Takes D5 - Serving Date: 09/01/2023</b> |     |        |       |      |      |       |         |       |      |       |          |       |         |           |            |          |         |           |          |         |
| Turkey, Ham, & Cheese Deli Flatbread Bento Box -                    | 10  | 357.98 | 14.92 | 5.03 | 0.00 | 76.36 | 1079.99 | 28.51 | 3.00 | 2.00  | 1.00     | 28.27 | 2.40    | 111.00    | 0.00(M)    | 0.00(M)  | 0.55    | 529.82    | 0.00(M)  | 0.00(M) |
| Fiesta Garden Salad - NWR4392 (1 salad)                             | 40  | 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                              | 40  | 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)     |
| Chicken Caesar Wrap - NWR1276 (1 ea.)                               | 10  | 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) |
| Bread Roll - NWR1032 (2 roll.)                                      | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)     | (M)   | (M)  | (M)   | (M)      | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)      | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D2 - Serving Date: 09/05/2023</b> |     |        |       |      |      |       |         |       |      |       |          |       |         |           |            |          |         |           |          |         |
| Strawberry Banana Parfait - SR1737 (1                               | 10  | 465.81 | 7.77  | 1.44 | 0.03 | 4.00  | 239.49  | 90.74 | 4.39 | 57.42 | 30.87(M) | 10.35 | 1.21    | 261.72    | 279.30(M)  | 29.66(M) | 3.87    | 593.36    | 46.66(M) | 0.15(M) |
| Hearty Garden Vegetable Salad - SR3876 (1 salad)                    | 40  | 180.83 | 6.87  | 2.29 | 0.00 | 92.59 | 271.43  | 20.48 | 4.68 | 6.41  | 0.00(M)  | 11.47 | 1.25(M) | 154.11(M) | 4220.82(M) | 12.51(M) | 0.50(M) | 165.90(M) | 52.78(M) | 0.31(M) |
| American Sub Sandwich - NWR3156 (1 sandwich)                        | 40  | 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.)                               | 10  | 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) |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                    |     |        |       |       |      |        |         |       |       |       |         |       |         |           |            |          |         |           |           |         |
|--------------------------------------------------------------------|-----|--------|-------|-------|------|--------|---------|-------|-------|-------|---------|-------|---------|-----------|------------|----------|---------|-----------|-----------|---------|
| Bread Roll - NWR1032 (2 roll.)                                     | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)     | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D3 - ServingDate: 09/06/2023</b> |     |        |       |       |      |        |         |       |       |       |         |       |         |           |            |          |         |           |           |         |
| Classic Hummus Box - SR3878 (1 Box)                                | 10  | 553.50 | 32.25 | 10.05 | 0.00 | 20.00  | 1015.99 | 44.20 | 7.05  | 2.00  | 1.00(M) | 21.10 | 4.03(M) | 70.50(M)  | 0.00(M)    | 0.00(M)  | 0.50(M) | 484.49(M) | 0.00(M)   | 0.00(M) |
| Crispy Chicken Salad - NWR4380 (1 salad)                           | 40  | 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)                        | 40  | 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)     |
| Buffalo Chicken Wrap - NWR4386 (1 wrap)                            | 10  | 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) |
| Bread Roll - NWR1032 (2 roll.)                                     | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)     | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D4 - ServingDate: 09/07/2023</b> |     |        |       |       |      |        |         |       |       |       |         |       |         |           |            |          |         |           |           |         |
| Crispy Chicken Wrap - NWR4376 (1 wrap)                             | 10  | 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) |
| Protein Power Up Box - NWR3767 (1 Box)                             | 10  | 536.22 | 18.51 | 7.20  | 0.05 | 196.47 | 494.00  | 74.42 | 10.64 | 34.12 | 0.00(M) | 19.69 | 2.34    | 272.10    | 5459.40(M) | 12.21(M) | 1.04(M) | 677.08(M) | 66.14(M)  | 0.75(M) |
| Chicken Caesar Salad - NWR1428 (1 salad)                           | 40  | 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) |
| Turkey & Cheese Sub Sandwich - NWR3161 (1                          | 40  | 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)     |
| Bread Roll - NWR1032 (2 roll.)                                     | 0   | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)     | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D5 - ServingDate: 09/08/2023</b> |     |        |       |       |      |        |         |       |       |       |         |       |         |           |            |          |         |           |           |         |
| Turkey, Ham, & Cheese Deli Flatbread Bento Box -                   | 10  | 357.98 | 14.92 | 5.03  | 0.00 | 76.36  | 1079.99 | 28.51 | 3.00  | 2.00  | 1.00    | 28.27 | 2.40    | 111.00    | 0.00(M)    | 0.00(M)  | 0.55    | 529.82    | 0.00(M)   | 0.00(M) |
| Fiesta Garden Salad - NWR4392 (1 salad)                            | 40  | 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                             | 40  | 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)     |
| Chicken Caesar Wrap - NWR1276 (1 ea.)                              | 10  | 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) |
| Bread Roll - NWR1032 (2 roll.)                                     | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)     | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D1 - ServingDate: 09/11/2023</b> |     |        |       |       |      |        |         |       |       |       |         |       |         |           |            |          |         |           |           |         |
| Fiesta Layered Dip with Chips - SR3885 (1 Box)                     | 10  | 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) |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                    |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
|--------------------------------------------------------------------|-----|--------|-------|-------|------|--------|---------|-------|-------|-------|----------|-------|---------|-----------|------------|----------|---------|-----------|-----------|---------|
| Chef Salad - NWR4396 (1 salad)                                     | 40  | 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)                             | 10  | 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)                         | 40  | 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)     |
| Bread Roll - NWR1032 (2 roll.)                                     | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)      | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D2 - ServingDate: 09/12/2023</b> |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
| Strawberry Banana Parfait - SR1737 (1)                             | 10  | 465.81 | 7.77  | 1.44  | 0.03 | 4.00   | 239.49  | 90.74 | 4.39  | 57.42 | 30.87(M) | 10.35 | 1.21    | 261.72    | 279.30(M)  | 29.66(M) | 3.87    | 593.36    | 46.66(M)  | 0.15(M) |
| Hearty Garden Vegetable Salad - SR3876 (1 salad)                   | 40  | 180.83 | 6.87  | 2.29  | 0.00 | 92.59  | 271.43  | 20.48 | 4.68  | 6.41  | 0.00(M)  | 11.47 | 1.25(M) | 154.11(M) | 4220.82(M) | 12.51(M) | 0.50(M) | 165.90(M) | 52.78(M)  | 0.31(M) |
| American Sub Sandwich - NWR3156 (1 sandwich)                       | 40  | 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.)                              | 10  | 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) |
| Bread Roll - NWR1032 (2 roll.)                                     | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)      | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D3 - ServingDate: 09/13/2023</b> |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
| Classic Hummus Box - SR3878 (1 Box)                                | 10  | 553.50 | 32.25 | 10.05 | 0.00 | 20.00  | 1015.99 | 44.20 | 7.05  | 2.00  | 1.00(M)  | 21.10 | 4.03(M) | 70.50(M)  | 0.00(M)    | 0.00(M)  | 0.50(M) | 484.49(M) | 0.00(M)   | 0.00(M) |
| Crispy Chicken Salad - NWR4380 (1 salad)                           | 40  | 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)                        | 40  | 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)     |
| Buffalo Chicken Wrap - NWR4386 (1 wrap)                            | 10  | 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) |
| Bread Roll - NWR1032 (2 roll.)                                     | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)      | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D4 - ServingDate: 09/14/2023</b> |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
| Crispy Chicken Wrap - NWR4376 (1 wrap)                             | 10  | 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) |
| Protein Power Up Box - NWR3767 (1 Box)                             | 10  | 536.22 | 18.51 | 7.20  | 0.05 | 196.47 | 494.00  | 74.42 | 10.64 | 34.12 | 0.00(M)  | 19.69 | 2.34    | 272.10    | 5459.40(M) | 12.21(M) | 1.04(M) | 677.08(M) | 66.14(M)  | 0.75(M) |
| Chicken Caesar Salad - NWR1428 (1 salad)                           | 40  | 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) |
| Turkey & Cheese Sub Sandwich - NWR3161 (1)                         | 40  | 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)     |
| Bread Roll - NWR1032 (2 roll.)                                     | 0   | 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)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                    |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
|--------------------------------------------------------------------|-----|--------|-------|-------|------|--------|---------|-------|-------|-------|----------|-------|---------|-----------|------------|----------|---------|-----------|-----------|---------|
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)      | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D5 - ServingDate: 09/15/2023</b> |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
| Turkey, Ham, & Cheese Deli Flatbread Bento Box -                   | 10  | 357.98 | 14.92 | 5.03  | 0.00 | 76.36  | 1079.99 | 28.51 | 3.00  | 2.00  | 1.00     | 28.27 | 2.40    | 111.00    | 0.00(M)    | 0.00(M)  | 0.55    | 529.82    | 0.00(M)   | 0.00(M) |
| Fiesta Garden Salad - NWR4392 (1 salad)                            | 40  | 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                             | 40  | 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)     |
| Chicken Caesar Wrap - NWR1276 (1 ea.)                              | 10  | 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) |
| Bread Roll - NWR1032 (2 roll.)                                     | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)      | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D1 - ServingDate: 09/18/2023</b> |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
| Fiesta Layered Dip with Chips - SR3885 (1 Box)                     | 10  | 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) |
| Chef Salad - NWR4396 (1 salad)                                     | 40  | 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)                             | 10  | 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                          | 40  | 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)     |
| Bread Roll - NWR1032 (2 roll.)                                     | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)      | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D2 - ServingDate: 09/19/2023</b> |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
| Strawberry Banana Parfait - SR1737 (1                              | 10  | 465.81 | 7.77  | 1.44  | 0.03 | 4.00   | 239.49  | 90.74 | 4.39  | 57.42 | 30.87(M) | 10.35 | 1.21    | 261.72    | 279.30(M)  | 29.66(M) | 3.87    | 593.36    | 46.66(M)  | 0.15(M) |
| Hearty Garden Vegetable Salad - SR3876 (1 salad)                   | 40  | 180.83 | 6.87  | 2.29  | 0.00 | 92.59  | 271.43  | 20.48 | 4.68  | 6.41  | 0.00(M)  | 11.47 | 1.25(M) | 154.11(M) | 4220.82(M) | 12.51(M) | 0.50(M) | 165.90(M) | 52.78(M)  | 0.31(M) |
| American Sub Sandwich - NWR3156 (1 sandwich)                       | 40  | 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.)                              | 10  | 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) |
| Bread Roll - NWR1032 (2 roll.)                                     | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)      | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D3 - ServingDate: 09/20/2023</b> |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
| Classic Hummus Box - SR3878 (1 Box)                                | 10  | 553.50 | 32.25 | 10.05 | 0.00 | 20.00  | 1015.99 | 44.20 | 7.05  | 2.00  | 1.00(M)  | 21.10 | 4.03(M) | 70.50(M)  | 0.00(M)    | 0.00(M)  | 0.50(M) | 484.49(M) | 0.00(M)   | 0.00(M) |
| Crispy Chicken Salad - NWR4380 (1 salad)                           | 40  | 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) |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                    |     |        |       |      |      |        |         |       |       |       |         |       |         |           |            |          |         |           |           |         |
|--------------------------------------------------------------------|-----|--------|-------|------|------|--------|---------|-------|-------|-------|---------|-------|---------|-----------|------------|----------|---------|-----------|-----------|---------|
| Italian Sub Sandwich - NWR4382 (1 sandwich)                        | 40  | 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)     |
| Buffalo Chicken Wrap - NWR4386 (1 wrap)                            | 10  | 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) |
| Bread Roll - NWR1032 (2 roll.)                                     | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)  | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)     | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D4 - ServingDate: 09/21/2023</b> |     |        |       |      |      |        |         |       |       |       |         |       |         |           |            |          |         |           |           |         |
| Crispy Chicken Wrap - NWR4376 (1 wrap)                             | 10  | 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) |
| Protein Power Up Box - NWR3767 (1 Box)                             | 10  | 536.22 | 18.51 | 7.20 | 0.05 | 196.47 | 494.00  | 74.42 | 10.64 | 34.12 | 0.00(M) | 19.69 | 2.34    | 272.10    | 5459.40(M) | 12.21(M) | 1.04(M) | 677.08(M) | 66.14(M)  | 0.75(M) |
| Chicken Caesar Salad - NWR1428 (1 salad)                           | 40  | 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) |
| Turkey & Cheese Sub Sandwich - NWR3161 (1)                         | 40  | 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)     |
| Bread Roll - NWR1032 (2 roll.)                                     | 0   | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)  | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)     | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D5 - ServingDate: 09/22/2023</b> |     |        |       |      |      |        |         |       |       |       |         |       |         |           |            |          |         |           |           |         |
| Turkey, Ham, & Cheese Deli Flatbread Bento Box -                   | 10  | 357.98 | 14.92 | 5.03 | 0.00 | 76.36  | 1079.99 | 28.51 | 3.00  | 2.00  | 1.00    | 28.27 | 2.40    | 111.00    | 0.00(M)    | 0.00(M)  | 0.55    | 529.82    | 0.00(M)   | 0.00(M) |
| Fiesta Garden Salad - NWR4392 (1 salad)                            | 40  | 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)                            | 40  | 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)     |
| Chicken Caesar Wrap - NWR1276 (1 ea.)                              | 10  | 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) |
| Bread Roll - NWR1032 (2 roll.)                                     | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)  | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)     | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| <b>Core/WA: SY23-24 T4 Fast Takes D1 - ServingDate: 09/25/2023</b> |     |        |       |      |      |        |         |       |       |       |         |       |         |           |            |          |         |           |           |         |
| Fiesta Layered Dip with Chips - SR3885 (1 Box)                     | 10  | 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) |
| Chef Salad - NWR4396 (1 salad)                                     | 40  | 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)                             | 10  | 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)                         | 40  | 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)     |
| Bread Roll - NWR1032 (2 roll.)                                     | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                               | 100 | (M)    | (M)   | (M)  | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)     | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                      |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
|----------------------------------------------------------------------|-----|--------|-------|-------|------|--------|---------|-------|-------|-------|----------|-------|---------|-----------|------------|----------|---------|-----------|-----------|---------|
| Core/WA: SY23-24 T4<br>Fast Takes D2 -<br>ServingDate:<br>09/26/2023 |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
| Strawberry Banana Parfait - SR1737 (1                                | 10  | 465.81 | 7.77  | 1.44  | 0.03 | 4.00   | 239.49  | 90.74 | 4.39  | 57.42 | 30.87(M) | 10.35 | 1.21    | 261.72    | 279.30(M)  | 29.66(M) | 3.87    | 593.36    | 46.66(M)  | 0.15(M) |
| Hearty Garden Vegetable Salad - SR3876 (1 salad)                     | 40  | 180.83 | 6.87  | 2.29  | 0.00 | 92.59  | 271.43  | 20.48 | 4.68  | 6.41  | 0.00(M)  | 11.47 | 1.25(M) | 154.11(M) | 4220.82(M) | 12.51(M) | 0.50(M) | 165.90(M) | 52.78(M)  | 0.31(M) |
| American Sub Sandwich - NWR3156 (1 sandwich)                         | 40  | 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.)                                | 10  | 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) |
| Bread Roll - NWR1032 (2 roll.)                                       | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                 | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)      | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| Core/WA: SY23-24 T4<br>Fast Takes D3 -<br>ServingDate:<br>09/27/2023 |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
| Classic Hummus Box - SR3878 (1 Box)                                  | 10  | 553.50 | 32.25 | 10.05 | 0.00 | 20.00  | 1015.99 | 44.20 | 7.05  | 2.00  | 1.00(M)  | 21.10 | 4.03(M) | 70.50(M)  | 0.00(M)    | 0.00(M)  | 0.50(M) | 484.49(M) | 0.00(M)   | 0.00(M) |
| Crispy Chicken Salad - NWR4380 (1 salad)                             | 40  | 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)                          | 40  | 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)     |
| Buffalo Chicken Wrap - NWR4386 (1 wrap)                              | 10  | 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) |
| Bread Roll - NWR1032 (2 roll.)                                       | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                 | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)      | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| Core/WA: SY23-24 T4<br>Fast Takes D4 -<br>ServingDate:<br>09/28/2023 |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
| Crispy Chicken Wrap - NWR4376 (1 wrap)                               | 10  | 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) |
| Protein Power Up Box - NWR3767 (1 Box)                               | 10  | 536.22 | 18.51 | 7.20  | 0.05 | 196.47 | 494.00  | 74.42 | 10.64 | 34.12 | 0.00(M)  | 19.69 | 2.34    | 272.10    | 5459.40(M) | 12.21(M) | 1.04(M) | 677.08(M) | 66.14(M)  | 0.75(M) |
| Chicken Caesar Salad - NWR1428 (1 salad)                             | 40  | 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) |
| Turkey & Cheese Sub Sandwich - NWR3161 (1                            | 40  | 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)     |
| Bread Roll - NWR1032 (2 roll.)                                       | 0   | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                 | 100 | (M)    | (M)   | (M)   | (M)  | (M)    | (M)     | (M)   | (M)   | (M)   | (M)      | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)       | (M)     |
| Core/WA: SY23-24 T4<br>Fast Takes D5 -<br>ServingDate:<br>09/29/2023 |     |        |       |       |      |        |         |       |       |       |          |       |         |           |            |          |         |           |           |         |
| Turkey, Ham, & Cheese Deli Flatbread Bento Box -                     | 10  | 357.98 | 14.92 | 5.03  | 0.00 | 76.36  | 1079.99 | 28.51 | 3.00  | 2.00  | 1.00     | 28.27 | 2.40    | 111.00    | 0.00(M)    | 0.00(M)  | 0.55    | 529.82    | 0.00(M)   | 0.00(M) |
| Fiesta Garden Salad - NWR4392 (1 salad)                              | 40  | 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                               | 40  | 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)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                        |     |        |       |      |      |       |         |       |      |      |         |       |         |           |            |         |         |           |          |         |
|------------------------------------------------------------------------|-----|--------|-------|------|------|-------|---------|-------|------|------|---------|-------|---------|-----------|------------|---------|---------|-----------|----------|---------|
| Chicken Caesar Wrap - NWR1276 (1 ea.)                                  | 10  | 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) |
| Bread Roll - NWR1032 (2 roll.)                                         | 40  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                   | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)     | (M)   | (M)  | (M)  | (M)     | (M)   | (M)     | (M)       | (M)        | (M)     | (M)     | (M)       | (M)      | (M)     |
| <b>WA: T4 SY23-24 Grill D5 Fish Sandwich - ServingDate: 09/01/2023</b> |     |        |       |      |      |       |         |       |      |      |         |       |         |           |            |         |         |           |          |         |
| Cheeseburger - NWR1213 (1 burger)                                      | 25  | 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)                                    | 25  | 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)                                | 10  | 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)     |
| Hamburger - NWR1292 (1 burger)                                         | 5   | 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)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                              | 30  | 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 - NWR1631 (1 burger)                                     | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05  | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83    | 140.90    | 0.00(M)    | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M)  | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                   | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)     | (M)   | (M)  | (M)  | (M)     | (M)   | (M)     | (M)       | (M)        | (M)     | (M)     | (M)       | (M)      | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                             | 75  | 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.)                                   | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                     | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                              | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                   | 10  | 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.)                                 | 10  | 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>WA: T4 SY23-24 Grill D2 Hot Dog - ServingDate: 09/05/2023</b>       |     |        |       |      |      |       |         |       |      |      |         |       |         |           |            |         |         |           |          |         |
| Cheeseburger - NWR1213 (1 burger)                                      | 25  | 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)                                    | 25  | 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)     |
| Hamburger - NWR1292 (1 burger)                                         | 5   | 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)     |
| Hot Dog - NWR1054 (1 serving)                                          | 10  | 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)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                              | 30  | 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 - NWR1631 (1 burger)                                     | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05  | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83    | 140.90    | 0.00(M)    | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M)  | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                   | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)     | (M)   | (M)  | (M)  | (M)     | (M)   | (M)     | (M)       | (M)        | (M)     | (M)     | (M)       | (M)      | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                             | 75  | 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)     |



## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                            |     |        |       |      |      |       |        |       |      |      |         |       |         |          |         |         |         |           |         |         |
|----------------------------------------------------------------------------|-----|--------|-------|------|------|-------|--------|-------|------|------|---------|-------|---------|----------|---------|---------|---------|-----------|---------|---------|
| Iceburg Lettuce Mix - NWR1305 (1 c.)                                       | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                         | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                  | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                       | 10  | 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.)                                     | 10  | 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>WA: T4 SY23-24 Grill D3 BBQ Pork Sandwich - ServingDate: 09/06/2023</b> |     |        |       |      |      |       |        |       |      |      |         |       |         |          |         |         |         |           |         |         |
| Cheeseburger - NWR1213 (1 burger)                                          | 25  | 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)                                        | 25  | 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)     |
| Hamburger - NWR1292 (1 burger)                                             | 5   | 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)     |
| BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich)                            | 10  | 348.00 | 11.50 | 4.00 | 0.00 | 72.00 | 980.00 | 32.60 | 3.00 | 6.80 | 6.00    | 28.00 | 2.00(M) | 80.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | (M)     | (M)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                                  | 30  | 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 - NWR1631 (1 burger)                                         | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05 | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83    | 140.90   | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                       | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)     | (M)      | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                 | 75  | 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.)                                       | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                         | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                  | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                       | 10  | 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.)                                     | 10  | 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>WA: T4 SY23-24 Grill D4 Mush Swiss Burger - ServingDate: 09/07/2023</b> |     |        |       |      |      |       |        |       |      |      |         |       |         |          |         |         |         |           |         |         |
| Mushroom Swiss Burger - NWR4366 (1 burger)                                 | 10  | 391.81 | 21.35 | 7.36 | 0.50 | 57.52 | 492.71 | 29.24 | 3.53 | 3.06 | 2.00(M) | 23.65 | 3.35    | 206.80   | 0.00(M) | 1.12(M) | 0.00(M) | 104.00(M) | 0.00(M) | (M)     |
| Cheeseburger - NWR1213 (1 burger)                                          | 25  | 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)                                        | 30  | 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)     |
| Hamburger - NWR1292 (1 burger)                                             | 5   | 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)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                                  | 30  | 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 - NWR1631 (1 burger)                                         | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05 | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83    | 140.90   | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                    |     |        |       |      |      |       |        |       |      |      |         |       |      |        |         |         |         |           |         |         |
|------------------------------------------------------------------------------------|-----|--------|-------|------|------|-------|--------|-------|------|------|---------|-------|------|--------|---------|---------|---------|-----------|---------|---------|
| Taste4 Extras Bar - SR2401 (1 serv.)                                               | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                         | 75  | 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.)                                               | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                                 | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                          | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                               | 10  | 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.)                                             | 10  | 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>WA: T4 SY23-24 Grill<br/>D5 Fish Sandwich -<br/>ServingDate:<br/>09/08/2023</b> |     |        |       |      |      |       |        |       |      |      |         |       |      |        |         |         |         |           |         |         |
| Cheeseburger - NWR1213 (1 burger)                                                  | 25  | 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)                                                | 25  | 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)                                            | 10  | 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)     |
| Hamburger - NWR1292 (1 burger)                                                     | 5   | 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)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                                          | 30  | 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 - NWR1631 (1 burger)                                                 | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05 | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83 | 140.90 | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                               | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                         | 75  | 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.)                                               | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                                 | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                          | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                               | 10  | 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.)                                             | 10  | 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>WA: T4 SY23-24 Grill<br/>D1 Grill Cheese -<br/>ServingDate:<br/>09/11/2023</b>  |     |        |       |      |      |       |        |       |      |      |         |       |      |        |         |         |         |           |         |         |
| Cheeseburger - NWR1213 (1 burger)                                                  | 25  | 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)                                                | 25  | 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)     |
| Hamburger - NWR1292 (1 burger)                                                     | 5   | 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)     |
| Hamburger - NWR2377 (1 burger)                                                     | 5   | 280.00 | 8.50  | 3.00 | 0.00 | 25.00 | 380.00 | 30.00 | 3.00 | 2.00 | 2.00(M) | 18.00 | 3.60 | 109.30 | 1.00(M) | 0.50(M) | 0.00(M) | 104.00(M) | (M)     | (M)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                            |     |        |       |       |      |       |         |       |      |      |         |       |      |        |         |         |         |           |         |         |
|----------------------------------------------------------------------------|-----|--------|-------|-------|------|-------|---------|-------|------|------|---------|-------|------|--------|---------|---------|---------|-----------|---------|---------|
| Grilled Cheese Sandwich - NWR1723 (1 sandwich)                             | 10  | 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)                                  | 30  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                       | 100 | (M)    | (M)   | (M)   | (M)  | (M)   | (M)     | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                 | 75  | 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.)                                       | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                         | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                  | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                       | 10  | 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.)                                     | 10  | 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>WA: T4 SY23-24 Grill D2 Hot Dog - ServingDate: 09/12/2023</b>           |     |        |       |       |      |       |         |       |      |      |         |       |      |        |         |         |         |           |         |         |
| Cheeseburger - NWR1213 (1 burger)                                          | 25  | 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)                                        | 25  | 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)     |
| Hamburger - NWR1292 (1 burger)                                             | 5   | 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)     |
| Hot Dog - NWR1054 (1 serving)                                              | 10  | 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)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                                  | 30  | 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 - NWR1631 (1 burger)                                         | 5   | 292.25 | 8.61  | 0.51  | 0.00 | 0.00  | 677.05  | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83 | 140.90 | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                       | 100 | (M)    | (M)   | (M)   | (M)  | (M)   | (M)     | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                 | 75  | 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.)                                       | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                         | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                  | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                       | 10  | 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.)                                     | 10  | 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>WA: T4 SY23-24 Grill D3 BBQ Pork Sandwich - ServingDate: 09/13/2023</b> |     |        |       |       |      |       |         |       |      |      |         |       |      |        |         |         |         |           |         |         |
| Cheeseburger - NWR1213 (1 burger)                                          | 25  | 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)                                        | 25  | 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)     |
| Hamburger - NWR1292 (1 burger)                                             | 5   | 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)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                            |     |        |       |      |      |       |        |       |      |      |         |       |         |          |         |         |         |           |         |         |
|----------------------------------------------------------------------------|-----|--------|-------|------|------|-------|--------|-------|------|------|---------|-------|---------|----------|---------|---------|---------|-----------|---------|---------|
| BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich)                            | 10  | 348.00 | 11.50 | 4.00 | 0.00 | 72.00 | 980.00 | 32.60 | 3.00 | 6.80 | 6.00    | 28.00 | 2.00(M) | 80.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | (M)     | (M)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                                  | 30  | 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 - NWR1631 (1 burger)                                         | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05 | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83    | 140.90   | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                       | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)     | (M)      | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                 | 75  | 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.)                                       | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                         | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                  | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                       | 10  | 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.)                                     | 10  | 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>WA: T4 SY23-24 Grill D4 Mush Swiss Burger - ServingDate: 09/14/2023</b> |     |        |       |      |      |       |        |       |      |      |         |       |         |          |         |         |         |           |         |         |
| Mushroom Swiss Burger - NWR4366 (1 burger)                                 | 10  | 391.81 | 21.35 | 7.36 | 0.50 | 57.52 | 492.71 | 29.24 | 3.53 | 3.06 | 2.00(M) | 23.65 | 3.35    | 206.80   | 0.00(M) | 1.12(M) | 0.00(M) | 104.00(M) | 0.00(M) | (M)     |
| Cheeseburger - NWR1213 (1 burger)                                          | 25  | 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)                                        | 30  | 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)     |
| Hamburger - NWR1292 (1 burger)                                             | 5   | 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)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                                  | 30  | 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 - NWR1631 (1 burger)                                         | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05 | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83    | 140.90   | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                       | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)     | (M)      | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                 | 75  | 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.)                                       | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                         | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                  | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                       | 10  | 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.)                                     | 10  | 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>WA: T4 SY23-24 Grill D5 Fish Sandwich - ServingDate: 09/15/2023</b>     |     |        |       |      |      |       |        |       |      |      |         |       |         |          |         |         |         |           |         |         |
| Cheeseburger - NWR1213 (1 burger)                                          | 25  | 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)                                        | 25  | 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)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                       |     |        |       |       |      |       |         |       |      |      |         |       |      |        |         |         |         |           |         |         |
|-----------------------------------------------------------------------|-----|--------|-------|-------|------|-------|---------|-------|------|------|---------|-------|------|--------|---------|---------|---------|-----------|---------|---------|
| Fish Patty on a Bun - NWR4244 (1 patty)                               | 10  | 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)     |
| Hamburger - NWR1292 (1 burger)                                        | 5   | 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)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                             | 30  | 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 - NWR1631 (1 burger)                                    | 5   | 292.25 | 8.61  | 0.51  | 0.00 | 0.00  | 677.05  | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83 | 140.90 | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                  | 100 | (M)    | (M)   | (M)   | (M)  | (M)   | (M)     | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                            | 75  | 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.)                                  | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                    | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                             | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                  | 10  | 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.)                                | 10  | 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>WA: T4 SY23-24 Grill D1 Grill Cheese - ServingDate: 09/18/2023</b> |     |        |       |       |      |       |         |       |      |      |         |       |      |        |         |         |         |           |         |         |
| Cheeseburger - NWR1213 (1 burger)                                     | 25  | 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)                                   | 25  | 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)     |
| Hamburger - NWR1292 (1 burger)                                        | 5   | 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)     |
| Hamburger - NWR2377 (1 burger)                                        | 5   | 280.00 | 8.50  | 3.00  | 0.00 | 25.00 | 380.00  | 30.00 | 3.00 | 2.00 | 2.00(M) | 18.00 | 3.60 | 109.30 | 1.00(M) | 0.50(M) | 0.00(M) | 104.00(M) | (M)     | (M)     |
| Grilled Cheese Sandwich - NWR1723 (1 sandwich)                        | 10  | 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)                             | 30  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                  | 100 | (M)    | (M)   | (M)   | (M)  | (M)   | (M)     | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                            | 75  | 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.)                                  | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                    | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                             | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                  | 10  | 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.)                                | 10  | 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>WA: T4 SY23-24 Grill D2 Hot Dog - ServingDate: 09/19/2023</b>      |     |        |       |       |      |       |         |       |      |      |         |       |      |        |         |         |         |           |         |         |
| Cheeseburger - NWR1213 (1 burger)                                     | 25  | 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)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                            |     |        |       |      |      |       |        |       |      |      |         |       |         |          |         |         |         |           |         |         |
|----------------------------------------------------------------------------|-----|--------|-------|------|------|-------|--------|-------|------|------|---------|-------|---------|----------|---------|---------|---------|-----------|---------|---------|
| Chicken Burger - NWR1300 (1 burger)                                        | 25  | 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)     |
| Hamburger - NWR1292 (1 burger)                                             | 5   | 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)     |
| Hot Dog - NWR1054 (1 serving)                                              | 10  | 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)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                                  | 30  | 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 - NWR1631 (1 burger)                                         | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05 | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83    | 140.90   | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                       | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)     | (M)      | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                 | 75  | 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.)                                       | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                         | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                  | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                       | 10  | 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.)                                     | 10  | 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>WA: T4 SY23-24 Grill D3 BBQ Pork Sandwich - ServingDate: 09/20/2023</b> |     |        |       |      |      |       |        |       |      |      |         |       |         |          |         |         |         |           |         |         |
| Cheeseburger - NWR1213 (1 burger)                                          | 25  | 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)                                        | 25  | 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)     |
| Hamburger - NWR1292 (1 burger)                                             | 5   | 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)     |
| BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich)                            | 10  | 348.00 | 11.50 | 4.00 | 0.00 | 72.00 | 980.00 | 32.60 | 3.00 | 6.80 | 6.00    | 28.00 | 2.00(M) | 80.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | (M)     | (M)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                                  | 30  | 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 - NWR1631 (1 burger)                                         | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05 | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83    | 140.90   | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                       | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)     | (M)      | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                 | 75  | 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.)                                       | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                         | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                  | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                       | 10  | 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.)                                     | 10  | 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>WA: T4 SY23-24 Grill D4 Mush Swiss Burger - ServingDate: 09/21/2023</b> |     |        |       |      |      |       |        |       |      |      |         |       |         |          |         |         |         |           |         |         |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                        |     |        |       |      |      |       |        |       |      |      |         |       |      |        |         |         |         |           |         |         |
|------------------------------------------------------------------------|-----|--------|-------|------|------|-------|--------|-------|------|------|---------|-------|------|--------|---------|---------|---------|-----------|---------|---------|
| Mushroom Swiss Burger - NWR4366 (1 burger)                             | 10  | 391.81 | 21.35 | 7.36 | 0.50 | 57.52 | 492.71 | 29.24 | 3.53 | 3.06 | 2.00(M) | 23.65 | 3.35 | 206.80 | 0.00(M) | 1.12(M) | 0.00(M) | 104.00(M) | 0.00(M) | (M)     |
| Cheeseburger - NWR1213 (1 burger)                                      | 25  | 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)                                    | 30  | 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)     |
| Hamburger - NWR1292 (1 burger)                                         | 5   | 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)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                              | 30  | 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 - NWR1631 (1 burger)                                     | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05 | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83 | 140.90 | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                   | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                             | 75  | 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.)                                   | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                     | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                              | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                   | 10  | 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.)                                 | 10  | 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>WA: T4 SY23-24 Grill D5 Fish Sandwich - ServingDate: 09/22/2023</b> |     |        |       |      |      |       |        |       |      |      |         |       |      |        |         |         |         |           |         |         |
| Cheeseburger - NWR1213 (1 burger)                                      | 25  | 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)                                    | 25  | 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)                                | 10  | 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)     |
| Hamburger - NWR1292 (1 burger)                                         | 5   | 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)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                              | 30  | 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 - NWR1631 (1 burger)                                     | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05 | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83 | 140.90 | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                   | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                             | 75  | 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.)                                   | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                     | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                              | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                   | 10  | 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.)                                 | 10  | 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    |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

| <b>WA: T4 SY23-24 Grill<br/>D1 Grill Cheese -<br/>ServingDate:<br/>09/25/2023</b> |     |        |       |       |      |       |         |       |      |      |         |       |      |        |         |         |         |           |         |         |
|-----------------------------------------------------------------------------------|-----|--------|-------|-------|------|-------|---------|-------|------|------|---------|-------|------|--------|---------|---------|---------|-----------|---------|---------|
| Cheeseburger - NWR1213<br>(1 burger)                                              | 25  | 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 -<br>NWR1300 (1 burger)                                            | 25  | 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)     |
| Hamburger - NWR1292 (1<br>burger)                                                 | 5   | 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)     |
| Hamburger - NWR2377 (1<br>burger)                                                 | 5   | 280.00 | 8.50  | 3.00  | 0.00 | 25.00 | 380.00  | 30.00 | 3.00 | 2.00 | 2.00(M) | 18.00 | 3.60 | 109.30 | 1.00(M) | 0.50(M) | 0.00(M) | 104.00(M) | (M)     | (M)     |
| Grilled Cheese Sandwich -<br>NWR1723 (1 sandwich)                                 | 10  | 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 -<br>NWR1249 (1 burger)                                      | 30  | 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)     |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                           | 100 | (M)    | (M)   | (M)   | (M)  | (M)   | (M)     | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries -<br>SR2496 (1/2 c.)                                     | 75  | 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 -<br>NWR1305 (1 c.)                                           | 5   | 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)     |
| Diced Red Onion -<br>SR1447 (2 tbsp.)                                             | 10  | 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    |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                      | 10  | 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)     |
| Dill Pickle Chips - SR1399<br>(2 tbsp.)                                           | 10  | 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 -<br>SR1536 (2 tbsp.)                                         | 10  | 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>WA: T4 SY23-24 Grill<br/>D2 Hot Dog -<br/>ServingDate:<br/>09/26/2023</b>      |     |        |       |       |      |       |         |       |      |      |         |       |      |        |         |         |         |           |         |         |
| Cheeseburger - NWR1213<br>(1 burger)                                              | 25  | 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 -<br>NWR1300 (1 burger)                                            | 25  | 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)     |
| Hamburger - NWR1292 (1<br>burger)                                                 | 5   | 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)     |
| Hot Dog - NWR1054 (1<br>serving)                                                  | 10  | 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)     |
| Spicy Chicken Burger -<br>NWR1249 (1 burger)                                      | 30  | 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 - NWR1631<br>(1 burger)                                             | 5   | 292.25 | 8.61  | 0.51  | 0.00 | 0.00  | 677.05  | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83 | 140.90 | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                           | 100 | (M)    | (M)   | (M)   | (M)  | (M)   | (M)     | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries -<br>SR2496 (1/2 c.)                                     | 75  | 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 -<br>NWR1305 (1 c.)                                           | 5   | 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)     |
| Diced Red Onion -<br>SR1447 (2 tbsp.)                                             | 10  | 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    |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                      | 10  | 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)     |
| Dill Pickle Chips - SR1399<br>(2 tbsp.)                                           | 10  | 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)     |



## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                            |     |        |       |      |      |       |        |       |      |      |         |       |         |          |         |         |         |           |         |         |
|----------------------------------------------------------------------------|-----|--------|-------|------|------|-------|--------|-------|------|------|---------|-------|---------|----------|---------|---------|---------|-----------|---------|---------|
| Sliced Red Tomatoes - SR1536 (2 tbsp.)                                     | 10  | 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>WA: T4 SY23-24 Grill D3 BBQ Pork Sandwich - ServingDate: 09/27/2023</b> |     |        |       |      |      |       |        |       |      |      |         |       |         |          |         |         |         |           |         |         |
| Cheeseburger - NWR1213 (1 burger)                                          | 25  | 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)                                        | 25  | 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)     |
| Hamburger - NWR1292 (1 burger)                                             | 5   | 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)     |
| BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich)                            | 10  | 348.00 | 11.50 | 4.00 | 0.00 | 72.00 | 980.00 | 32.60 | 3.00 | 6.80 | 6.00    | 28.00 | 2.00(M) | 80.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | (M)     | (M)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                                  | 30  | 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 - NWR1631 (1 burger)                                         | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05 | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83    | 140.90   | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                       | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)     | (M)      | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                 | 75  | 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.)                                       | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                         | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                  | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                       | 10  | 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.)                                     | 10  | 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>WA: T4 SY23-24 Grill D4 Mush Swiss Burger - ServingDate: 09/28/2023</b> |     |        |       |      |      |       |        |       |      |      |         |       |         |          |         |         |         |           |         |         |
| Mushroom Swiss Burger - NWR4366 (1 burger)                                 | 10  | 391.81 | 21.35 | 7.36 | 0.50 | 57.52 | 492.71 | 29.24 | 3.53 | 3.06 | 2.00(M) | 23.65 | 3.35    | 206.80   | 0.00(M) | 1.12(M) | 0.00(M) | 104.00(M) | 0.00(M) | (M)     |
| Cheeseburger - NWR1213 (1 burger)                                          | 25  | 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)                                        | 30  | 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)     |
| Hamburger - NWR1292 (1 burger)                                             | 5   | 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)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                                  | 30  | 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 - NWR1631 (1 burger)                                         | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05 | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83    | 140.90   | 0.00(M) | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M) | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                       | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)     | (M)      | (M)     | (M)     | (M)     | (M)       | (M)     | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                 | 75  | 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.)                                       | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                         | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                  | 10  | 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)     |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                        |     |        |       |      |      |       |        |       |      |      |         |       |         |          |          |         |         |           |          |         |
|------------------------------------------------------------------------|-----|--------|-------|------|------|-------|--------|-------|------|------|---------|-------|---------|----------|----------|---------|---------|-----------|----------|---------|
| Dill Pickle Chips - SR1399 (2 tbsp.)                                   | 10  | 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.)                                 | 10  | 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>WA: T4 SY23-24 Grill D5 Fish Sandwich - ServingDate: 09/29/2023</b> |     |        |       |      |      |       |        |       |      |      |         |       |         |          |          |         |         |           |          |         |
| Cheeseburger - NWR1213 (1 burger)                                      | 25  | 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)                                    | 25  | 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)                                | 10  | 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)     |
| Hamburger - NWR1292 (1 burger)                                         | 5   | 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)     |
| Spicy Chicken Burger - NWR1249 (1 burger)                              | 30  | 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 - NWR1631 (1 burger)                                     | 5   | 292.25 | 8.61  | 0.51 | 0.00 | 0.00  | 677.05 | 39.18 | 6.04 | 6.06 | 2.00(M) | 16.15 | 3.83    | 140.90   | 0.00(M)  | 0.00(M) | 0.00(M) | 104.00(M) | 0.00(M)  | 0.00(M) |
| Taste4 Extras Bar - SR2401 (1 serv.)                                   | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)     | (M)      | (M)      | (M)     | (M)     | (M)       | (M)      | (M)     |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                             | 75  | 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.)                                   | 5   | 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)     |
| Diced Red Onion - SR1447 (2 tbsp.)                                     | 10  | 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    |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                              | 10  | 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)     |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                   | 10  | 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.)                                 | 10  | 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>T4 SY23-24 Nacho - ServingDate: 09/01/2023</b>                      |     |        |       |      |      |       |        |       |      |      |         |       |         |          |          |         |         |           |          |         |
| Tortilla Chips - SR1065 (1 1/2 oz.)                                    | 100 | 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      | (M)      | (M)     |
| Vegetarian Refried Beans - SR1070 (1 #16 scoop)                        | 10  | 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) |
| Pork Carnitas - NWR3345 (2 oz.)                                        | 10  | 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) |
| Cheddar Cheese Sauce - SR1293 (1/4 c.)                                 | 60  | 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)     |
| Jalapeno Cheese Sauce - SR1067 (1/4 c.)                                | 60  | 115.51 | 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    | 284.48    | 0.00(M)  | (M)     |
| Chicken Strip Filling - NWR1749 (1 1/2 oz.)                            | 20  | 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) |
| Taco Beef Filling - NWR4374 (1 1/4 oz.)                                | 15  | 76.20  | 4.23  | 2.08 | 0.01 | 22.72 | 214.71 | 3.49  | 1.44 | 0.33 | 0.00(M) | 6.43  | 0.24(M) | 5.99(M)  | 22.25(M) | 0.83(M) | 0.00(M) | 22.53(M)  | 6.08(M)  | 0.34(M) |
| Turkey Taco Filling - SR3496 (1 3/4 oz.)                               | 25  | 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)     |
| Taste4 Extras Bar - SR2401 (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.)                                  | 75  | 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) |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                                |     |        |       |      |      |       |        |       |      |         |         |       |         |           |            |          |         |           |          |         |
|--------------------------------------------------------------------------------|-----|--------|-------|------|------|-------|--------|-------|------|---------|---------|-------|---------|-----------|------------|----------|---------|-----------|----------|---------|
| Iceburg Lettuce Mix - NWR1305 (1 c.)                                           | 5   | 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)     |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                      | 10  | 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)     |
| Salsa Roja - SR1081 (2 tbsp.)                                                  | 50  | 9.05   | 0.04  | 0.01 | 0.00 | 0.00  | 96.29  | 1.85  | 0.39 | 0.46(M) | 0.10(M) | 0.28  | 0.19    | 9.56      | 163.15(M)  | 2.67(M)  | 0.00(M) | 16.71(M)  | 4.03(M)  | 0.12(M) |
| <b>T4 SY23-24 Pizza D5 Meatlovers (Big Daddys) - ServingDate: 09/01/2023</b>   |     |        |       |      |      |       |        |       |      |         |         |       |         |           |            |          |         |           |          |         |
| Mozzarella Stuffed Breadsticks - SR1625 (2                                     | 15  | 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)     |
| Hand Tossed Cheese Pizza - NWR1592 (1 slice)                                   | 40  | 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 Meatlover's Pizza - NWR3210 (1                                     | 10  | 407.03 | 19.62 | 7.97 | 0.06 | 54.91 | 652.22 | 35.09 | 3.38 | 5.77    | 0.80(M) | 21.25 | 2.24    | 280.14    | 333.74(M)  | 0.10(M)  | 0.00(M) | 459.90(M) | (M)      | (M)     |
| Hand Tossed Style Pepperoni Pizza -                                            | 35  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                           | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)     | (M)     | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)      | (M)     |
| Roasted Broccoli - SR1852 (1/2 c.)                                             | 35  | 65.49  | 4.49  | 0.33 | 0.00 | 0.00  | 72.07  | 5.40  | 2.89 | 1.40    | 0.00(M) | 3.00  | 0.62    | 31.81     | 955.38(M)  | 37.89(M) | 0.00(M) | 5.74(M)   | 85.76(M) | 0.85(M) |
| Iceburg Lettuce Mix - NWR1305 (1 c.)                                           | 35  | 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)     |
| Spaghetti Sauce - SR2220 (1/4 c.)                                              | 15  | 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>T4 SY23-24 Pizza D2 Buff Chicken (Big Daddys) - ServingDate: 09/05/2023</b> |     |        |       |      |      |       |        |       |      |         |         |       |         |           |            |          |         |           |          |         |
| Mozzarella Stuffed Breadsticks - SR1625 (2                                     | 15  | 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)     |
| Hand Tossed Style Buffalo Chicken Pizza -                                      | 10  | 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 Cheese Pizza - NWR1592 (1 slice)                                   | 40  | 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 Style Pepperoni Pizza -                                            | 35  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                           | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)     | (M)     | (M)   | (M)     | (M)       | (M)        | (M)      | (M)     | (M)       | (M)      | (M)     |
| Parmesan Green Beans - SR1144 (1/2 c.)                                         | 35  | 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.)                                    | 35  | 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) |
| Spaghetti Sauce - SR2220 (1/4 c.)                                              | 15  | 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>T4 SY23-24 Pizza D3 Supreme (Big Daddys) - ServingDate: 09/06/2023</b>      |     |        |       |      |      |       |        |       |      |         |         |       |         |           |            |          |         |           |          |         |
| Mozzarella Stuffed Breadsticks - SR1625 (2                                     | 15  | 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)     |
| Hand Tossed Cheese Pizza - NWR1592 (1 slice)                                   | 40  | 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 Style Pepperoni Pizza -                                            | 35  | 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)     |
| Supreme Pizza - NWR3854 (1 slice)                                              | 10  | 378.72 | 16.55 | 7.15 | 0.00 | 48.54 | 550.08 | 35.52 | 3.58 | 5.91    | 0.80    | 20.66 | 2.11    | 312.71    | 347.63(M)  | 6.21(M)  | 0.00(M) | 477.32(M) | 9.67(M)  | 0.04(M) |

## T4 High School LUNCH Menu Calendar Nutrient Analysis Report - Sept 2023-Jan 2024

Site: Juanita HS, Lake Washington HS, Redmond HS, Eastlake HS

|                                                                              |     |        |       |      |      |       |        |       |      |      |         |       |      |        |            |          |         |           |          |         |
|------------------------------------------------------------------------------|-----|--------|-------|------|------|-------|--------|-------|------|------|---------|-------|------|--------|------------|----------|---------|-----------|----------|---------|
| Taste4 Extras Bar - SR2401 (1 serv.)                                         | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)        | (M)      | (M)     | (M)       | (M)      | (M)     |
| Iceburg Lettuce Mix - NWR1305 (1 c.)                                         | 35  | 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)     |
| Crispy Panko Broccoli and Cauliflower - SR1227 (1/2)                         | 35  | 117.06 | 9.12  | 1.22 | 0.01 | 2.86  | 74.45  | 8.23  | 2.22 | 2.23 | 0.00(M) | 2.44  | 1.26 | 80.58  | 113.76(M)  | 31.75(M) | 0.00(M) | 195.74(M) | 29.66(M) | 0.38(M) |
| Spaghetti Sauce - SR2220 (1/4 c.)                                            | 15  | 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>T4 SY23-24 Pizza D4 Hawaiian (Big Daddys) - ServingDate: 09/07/2023</b>   |     |        |       |      |      |       |        |       |      |      |         |       |      |        |            |          |         |           |          |         |
| Mozzarella Stuffed Breadsticks - SR1625 (2)                                  | 15  | 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)     |
| Hand Tossed Cheese Pizza - NWR1592 (1 slice)                                 | 40  | 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)                                     | 10  | 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)     |
| Hand Tossed Style Pepperoni Pizza -                                          | 35  | 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)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                         | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)        | (M)      | (M)     | (M)       | (M)      | (M)     |
| Parmesan Green Beans - SR1144 (1/2 c.)                                       | 35  | 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.)                                  | 35  | 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) |
| Spaghetti Sauce - SR2220 (1/4 c.)                                            | 15  | 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>T4 SY23-24 Pizza D1 It Sausage (Big Daddys) - ServingDate: 09/11/2023</b> |     |        |       |      |      |       |        |       |      |      |         |       |      |        |            |          |         |           |          |         |
| Mozzarella Stuffed Breadsticks - SR1625 (2)                                  | 15  | 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)     |
| Hand Tossed Cheese Pizza - NWR1592 (1 slice)                                 | 40  | 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 Style Pepperoni Pizza -                                          | 35  | 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 Style Sausage Pizza - NWR1591                                    | 10  | 434.09 | 21.60 | 9.26 | 0.11 | 49.62 | 633.96 | 36.49 | 4.06 | 5.94 | 0.80(M) | 21.98 | 2.24 | 383.67 | 347.48(M)  | 0.21(M)  | 0.00(M) | 374.40(M) | (M)      | (M)     |
| Taste4 Extras Bar - SR2401 (1 serv.)                                         | 100 | (M)    | (M)   | (M)  | (M)  | (M)   | (M)    | (M)   | (M)  | (M)  | (M)     | (M)   | (M)  | (M)    | (M)        | (M)      | (M)     | (M)       | (M)      | (M)     |
| Roasted Broccoli - SR1852 (1/2 c.)                                           | 35  | 65.49  | 4.49  | 0.33 | 0.00 | 0.00  | 72.07  | 5.40  | 2.89 | 1.40 | 0.00(M) | 3.00  | 0.62 | 31.81  | 955.38(M)  | 37.89(M) | 0.00(M) | 5.74(M)   | 85.76(M) | 0.85(M) |
| Iceburg Lettuce Mix - NWR1305 (1 c.)                                         | 35  | 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)     |
| Spaghetti Sauce - SR2220 (1/4 c.)                                            | 15  | 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)     |