

# Menu Calendar Nutrient Analysis Report - October, 2023

Generated on: 10/2/2023 10:08:54 AM by Patricia Engelsgaard

Site: ALL

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
<b>CH Main Event - SY23-24 - WA: W5D1 -</b>																				
Bean and Cheese Burrito - SR3376 (1 burrito)	35	291.11	8.29	3.62	0.00	15.33	478.94	40.95	7.96	1.33	0.00(M)	15.60	3.33	171.00	295.00	1.54	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Veggie Burger - NWR4422 (1 burger)	1	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Cheeseburger - NWR1213 (1 burger)	34	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)
Hamburger - NWR1292 (1 burger)	15	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)
Protein Power Up Box - NWR3767 (1 Box)	15	512.89	15.49	5.65	0.00	185.00	500.34	75.90	10.64	35.59	0.00(M)	19.74	2.77	271.44	5224.66(M)	12.21(M)	1.00(M)	759.47(M)	30.84(M)	0.24(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn - NWR3261 (1/2 c.)	35	97.71	2.56	0.08	0.00	0.00	55.19	18.10	3.15	5.25	0.00(M)	3.32	0.58(M)	19.43(M)	121.75(M)	4.78(M)	0.00(M)	145.32(M)	6.58(M)	0.06(M)
<b>CH Main Event - SY23-24 - WA: W5D2 -</b>																				
Chicken Alfredo Pasta K12, WG Penne, USDA	30	357.79	12.45	4.27	0.00	50.40	534.62	45.07	4.70	4.88	0.00(M)	18.55	1.88(M)	197.91(M)	0.00(M)	0.00(M)	0.00(M)	246.36(M)	41.29(M)	0.22(M)
Chicken Burger - NWR1300 (1 burger)	50	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)
Greek Salad - NWR3916 (1 salad)	5	183.76	7.85	2.02	0.00	50.00	613.00	9.38	2.14	2.41	0.00(M)	20.11	1.48(M)	66.34(M)	3541.12(M)	5.72(M)	0.00(M)	382.32(M)	59.98(M)	0.21(M)
Sunbutter & jelly Sandwich - NWR1633 (1)	15	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
Bread Roll - NWR1032 (2 roll.)	2	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	3	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	40	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.07	4935.54(M)	4.56(M)	0.00	167.83	79.30	0.73
<b>BCB 10/04/23: CH Main Event - SY23-24 -</b>																				
Teriyaki Chicken Rice Bowl - NWR4498 (1)	35	371.73	13.96	2.50	0.01	79.02	524.31	44.23	4.46	8.32	6.21(M)	20.60	1.44(M)	39.39(M)	1020.61(M)	39.16(M)	0.01(M)	119.52(M)	148.60(M)	1.22(M)
Pretzel and Cheese Sauce - NWR1699 (1 portion)	45	396.15	20.78	10.77	0.00	57.14	1049.88	34.40	3.00	3.20	0.00	20.38	2.00	459.34	0.00(M)	0.00(M)	0.00	711.59	(M)	(M)
Chef Salad - NWR1193 (1 salad)	10	154.39	9.01	3.92	0.00	123.89	482.82	5.52	1.31	2.52	0.00(M)	14.53	1.67	115.71	3613.07(M)	6.84(M)	0.55(M)	309.52(M)	50.46(M)	0.24(M)
Turkey and Cheese Sandwich - NWR1766 (1)	10	333.63	12.47	5.81	0.00	59.06	963.25	31.01	2.00	2.00	2.00	23.81	2.60	194.00	0.00(M)	0.00(M)	0.10	345.87	(M)	(M)
Bread Roll - NWR1032 (2 roll.)	7	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	3	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Citrus Glazed Carrots - SR1131 (1/2 c.)	35	60.46	0.78	0.14	0.00	0.00	67.70	13.35	3.81	8.63	2.50	0.68	0.66	43.02	19196.03(M)	2.61(M)	0.00	253.16	102.49(M)	0.80(M)
Country Style Potato Wedges - SR1029 (1/2 c.)	25	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	(M)
<b>CH Main Event - SY23-24 - WA: W5D4 -</b>																				
American Sandwich - NWR3012 (1 sandwich)	5	335.56	11.05	4.16	0.00	80.16	997.88	30.51	2.00	2.00	2.00	27.53	2.88	113.00	0.00(M)	0.00(M)	0.05	550.75	(M)	(M)

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Corn Dog - SR1023 (1 corn dog)	50	240.00	9.00	2.50	0.00	40.00	470.00	30.00	2.00	8.00	7.00	9.00	1.50	70.00	(M)	(M)	9.00	240.00	(M)	(M)
Strawberry Banana Parfait - SR1737 (1)	5	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
Turkey Gravy - NWR2419 (3/8 c.)	40	147.84	5.75	1.91	0.00	73.55	753.23	5.48	0.04	1.48	0.29	16.76	0.70	13.07	0.00(M)	0.00(M)	0.00	209.00	2.46(M)	0.00(M)
Bread Roll - NWR1032 (2 roll.)	30	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	40	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)	(M)
Mashed Potatoes - NWR2551 (1/2 c.)	40	81.62	1.53	1.02	0.00	0.00	104.72	15.30	1.02	1.02	0.00(M)	2.04	0.23	13.19	2.66	6.51	0.00(M)	0.90(M)	89.81(M)	0.09(M)
<b>CH Main Event - SY23-24 - WA: W5D5 -</b>																				
Cheese Pizza - NWR1309 (1 slice)	40	255.66	10.52	4.96	0.00	22.78	522.95	24.86	3.35	2.44	0.91	14.88	1.29	298.95	0.00(M)	0.00(M)	0.24	129.81	(M)	(M)
Alaskan Pollock - NWR2448 (4 Ounce serv)	30	211.86	8.07	1.01	0.00	45.40	312.74	19.17	2.02	1.01	1.01	16.14	2.02	15.13	(M)	(M)	0.00	319.81	(M)	(M)
Pepperoni Pizza - NWR1310 (1 slice)	10	272.99	12.12	5.57	0.00	26.78	580.28	24.95	3.35	2.44	0.91	15.68	1.29	298.95	0.00(M)	0.00(M)	0.24(M)	129.81(M)	(M)	(M)
Ham and Cheese Sandwich - NWR1203 (1)	10	326.13	12.85	6.19	0.00	70.31	1045.75	31.01	2.00	2.00	2.00	21.56	2.83	194.00	0.00(M)	0.00(M)	0.10	420.87	(M)	(M)
Southwest Chicken Wrap - NWR4153 (1 wrap)	10	372.26	18.07	6.13	0.00	61.96	883.22	37.65	4.40	4.34	0.84(M)	17.77	2.76(M)	186.83(M)	189.53(M)	3.08(M)	0.10(M)	316.17(M)	21.23(M)	0.29(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	10	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	30	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Tartar Sauce - SR2615 (1 tbsp.)	15	39.34	3.60	0.80	0.00	4.00	100.36	1.51	0.01	0.64	0.00(M)	0.01	0.00	0.09	0.00(M)	0.00(M)	0.00(M)	1.62(M)	0.00(M)	0.00(M)
<b>CH Main Event - SY23-24 - WA: W1D1 -</b>																				
Veggie Burger - NWR4422 (1 burger)	5	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Cheeseburger - NWR1213 (1 burger)	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)
Hamburger - NWR1292 (1 burger)	15	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)
Italian Stackers Box - NWR4460 (1 Box)	15	405.20	15.59	4.98	0.00	68.05	950.28	40.48	5.81	10.98	1.00	27.54	2.15	164.59	216.00(M)	51.07(M)	0.50(M)	623.45(M)	83.28(M)	0.42(M)
Tot'chos - NWR1452 (1 portion)	40	329.74	21.79	7.56	0.00	53.38	920.31	19.72	1.00	4.46	0.00(M)	18.14	0.20(M)	234.15(M)	0.00(M)	0.00(M)	0.00(M)	515.42(M)	(M)	(M)
Bread Roll - NWR1032 (2 roll.)	30	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	25	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>CH Main Event - SY23-24 - WA: W1D2 -</b>																				
Glazed Chicken Drumstick - SR2447 (1 piece)	35	248.99	15.56	3.89	0.00	140.06	497.98	3.11	0.00	0.00	0.00	24.90	1.56	14.01	0.00(M)	0.00(M)	0.00	357.92	(M)	(M)

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Chef Salad - NWR1193 (1 salad)	5	154.39	9.01	3.92	0.00	123.89	482.82	5.52	1.31	2.52	0.00(M)	14.53	1.67	115.71	3613.07(M)	6.84(M)	0.55(M)	309.52(M)	50.46(M)	0.24(M)
Sunbutter & jelly Sandwich - NWR1633 (1 Turkey Soft Taco - NWR4346 (1 taco))	15	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
Bread Roll - NWR1032 (2 roll.)	45	308.95	16.06	6.01	0.00	44.24	489.54	26.54	2.00	5.02	0.00(M)	18.09	1.00(M)	151.50(M)	0.00(M)	0.00(M)	0.10(M)	56.50(M)	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	25	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
From the Garden - SR2435 (1 serv.)	15	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tomato and Shredded Lettuce Salad - SR1997	15	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.07	4935.54(M)	4.56(M)	0.00	167.83	79.30	0.73
CH Main Event - SY23-24 - WA: W1D3 -	20	11.38	0.12	0.02	0.00	0.00	4.26	2.45	0.81	1.65	0.00	0.60	0.21	8.16	500.52	7.25	0.00	142.08	46.54(M)	0.25(M)
Popcorn Chicken Bowl - NWR4198 (1 portion)	40	632.55	23.30	4.17	0.00	21.79	742.71	90.58	10.44	23.46	0.00(M)	24.74	2.51(M)	56.77(M)	3.76(M)	9.20(M)	0.00(M)	859.67(M)	199.49(M)	0.20(M)
Hot Dog - NWR1054 (1 serving)	50	271.50	10.61	2.53	0.00	60.75	473.25	29.01	3.00	3.00	2.00(M)	14.10	3.46	164.25	0.00(M)	0.00(M)	0.00(M)	101.99(M)	(M)	(M)
Blueberry Patch Parfait - SR1733 (1 parfait)	5	491.59	10.51	1.75	0.04	3.87	299.89	86.67	5.21	48.94	35.37	10.99	1.08(M)	258.90(M)	240.00(M)	0.00(M)	3.87(M)	432.86(M)	0.00(M)	0.00(M)
Ham and Cheese Sandwich - NWR1203 (1 Garlic Knot Breadstick - SR1255 (1 roll.)	5	326.13	12.85	6.19	0.00	70.31	1045.75	31.01	2.00	2.00	2.00	21.56	2.83	194.00	0.00(M)	0.00(M)	0.10	420.87	(M)	(M)
Dinner Roll - NWR1313 (1 roll.)	10	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(M)
From the Garden - SR2435 (1 serv.)	30	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
CH Main Event - SY23-24 - WA: W1D4 -	50	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)	(M)
Chicken Burger - NWR1300 (1 burger)	60	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Spaghetti with Meaty Marinara - NWR3022 (3/4)	25	260.46	8.78	2.43	0.00	26.44	723.06	32.70	6.34	3.92	1.47(M)	13.56	153.11(M)	44.79(M)	0.00(M)	0.00(M)	0.00(M)	405.90(M)	52.35(M)	0.97(M)
Chicken Caesar Salad Strip - NWR1745 (1 Turkey and Cheese Sandwich - NWR1766 (1 Bread Roll - NWR1032 (2 roll.)	5	181.40	9.42	2.94	0.00	80.73	415.76	8.50	0.83	0.83	0.00(M)	16.72	0.60(M)	70.53(M)	3333.33(M)	2.00(M)	0.00(M)	0.00(M)	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	10	333.63	12.47	5.81	0.00	59.06	963.25	31.01	2.00	2.00	2.00	23.81	2.60	194.00	0.00(M)	0.00(M)	0.10	345.87	(M)	(M)
From the Garden - SR2435 (1 serv.)	2	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	3	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
CH Main Event - SY23-24 - WA: W1D5 -	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - NWR1309 (1 slice)	25	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Chicken & Waffles - NWR3126 (1 serving)	25	255.66	10.52	4.96	0.00	22.78	522.95	24.86	3.35	2.44	0.91	14.88	1.29	298.95	0.00(M)	0.00(M)	0.24	129.81	(M)	(M)
Crispy Chicken Wrap - NWR4148 (1 wrap)	40	330.00	17.00	3.25	0.00	27.50	620.00	29.50	3.50	2.00	0.00(M)	16.00	3.75	160.00	500.00(M)	(M)	0.10(M)	600.00(M)	(M)	(M)

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Pepperoni Pizza - NWR1310 (1 slice)	10	272.99	12.12	5.57	0.00	26.78	580.28	24.95	3.35	2.44	0.91	15.68	1.29	298.95	0.00(M)	0.00(M)	0.24(M)	129.81(M)	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich)	15	342.25	17.20	10.13	0.00	50.63	1151.50	32.02	2.00	2.00	2.00	16.13	2.61	356.00	0.00(M)	0.00(M)	0.20	156.12	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut Sweet Potato Fries - SR3936 (1/2 c.)	95	169.47	6.98	1.00	0.00	0.00	259.20	24.92	1.00	7.97	0.50	1.00	0.40	29.91	0.00(M)	0.00(M)	0.00	279.13	(M)	(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	40	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
<b>CH Main Event - SY23-24 - WA: W2D1 -</b>																				
EZ Pizza Bento Box - SR3665 (1 Box)	15	467.81	19.22	8.36	0.00	38.38	1098.85	52.27	8.19	17.71	1.57	24.31	2.70	457.40	235.87(M)	41.14(M)	0.50(M)	630.29(M)	76.44(M)	0.42(M)
Cheese Lasagna Rollup - SR1497 (1 roll.)	30	277.32	4.01	2.06	0.00	5.00	510.06	42.88	4.85	13.15	3.05	17.16	2.36	215.22	0.00(M)	0.00(M)	0.00	705.02	(M)	(M)
Teriyaki Chicken Rice Bowl - NWR4230 (1)	45	508.94	15.90	2.77	0.04	25.26	719.80	75.02	5.22	20.46	19.13	18.87	3.09	41.14	8.48(M)	1.11(M)	0.14	777.22	95.02(M)	0.93(M)
Turkey and Cheese Sandwich - NWR1766 (1)	10	333.63	12.47	5.81	0.00	59.06	963.25	31.01	2.00	2.00	2.00	23.81	2.60	194.00	0.00(M)	0.00(M)	0.10	345.87	(M)	(M)
Garlic Knot Breadstick - SR1255 (1 roll.)	10	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(M)
Dinner Roll - NWR1313 (1 roll.)	20	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	30	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
<b>CH Main Event - SY23-24 - WA: W2D2 -</b>																				
Breakfast for Lunch: Pancakes & Sausage -	30	280.00	11.00	2.33	0.00	70.00	566.66	30.67	4.00	5.33	4.00	16.00	2.05	33.33	0.00(M)	0.00(M)	0.00	153.33	(M)	(M)
Chicken Burger - NWR1300 (1 burger)	45	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Fruit & Yo To Go Box - NWR3789 (1 Box)	10	471.30	12.50	3.95	0.02	11.97	518.35	75.37	5.21	37.96	24.69	14.37	3.02	442.01	5161.79(M)	6.08(M)	1.93	663.65	0.00(M)	0.00(M)
Chef Salad - NWR1193 (1 salad)	15	154.39	9.01	3.92	0.00	123.89	482.82	5.52	1.31	2.52	0.00(M)	14.53	1.67	115.71	3613.07(M)	6.84(M)	0.55(M)	309.52(M)	50.46(M)	0.24(M)
Bread Roll - NWR1032 (2 roll.)	10	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	5	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.)	60	123.28	1.85	0.75	0.00	0.00	30.64	27.95	2.30	24.25	10.00(M)	0.41	0.34	24.71	83.33(M)	0.00(M)	0.00(M)	168.10(M)	0.00(M)	0.26(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	30	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
<b>BCB 10/18/23: CH Main Event - SY23-24 -</b>																				
Teriyaki Chicken Rice Bowl - NWR4498 (1)	25	371.73	13.96	2.50	0.01	79.02	524.31	44.23	4.46	8.32	6.21(M)	20.60	1.44(M)	39.39(M)	1020.61(M)	39.16(M)	0.01(M)	119.52(M)	148.60(M)	1.22(M)
Buffalo Chicken Wrap - NWR4405 (1 wrap)	5	312.26	15.22	6.18	0.00	75.95	996.03	27.32	2.23	2.05	0.00(M)	17.78	1.01(M)	152.62(M)	0.00(M)	0.00(M)	0.17(M)	75.06(M)	0.00(M)	0.00(M)
Italian Sub Sandwich - NWR1041 (1 sandwich)	10	341.50	12.68	4.29	0.00	88.59	977.00	29.15	3.51	3.00	2.00	28.24	2.88	159.19	0.00(M)	0.00(M)	0.00(M)	576.99(M)	(M)	(M)
Bean & Cheese Nachos - SR1471 (1 nacho)	60	396.30	18.21	6.55	0.00	27.21	678.59	44.27	8.02	1.05	0.00	15.35	1.92	286.49	0.00(M)	0.00(M)	0.00	545.23	52.11(M)	0.06(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Mexican Black Beans - SR1026 (1/2 c.)	20	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Buffalo Side Vegetables - SR1954 (1/4 c.)	5	7.29	0.05	0.01	0.00	0.00	13.27	1.67	0.48	0.80	0.00	0.22	0.08	7.98	1981.02	1.16	0.00	68.46	19.89(M)	0.15(M)
Citrus Glazed Carrots - SR1131 (1/2 c.)	25	60.46	0.78	0.14	0.00	0.00	67.70	13.35	3.81	8.63	2.50	0.68	0.66	43.02	19196.03(M)	2.61(M)	0.00	253.16	102.49(M)	0.80(M)
<b>CH Main Event - SY23-24 - WA: W2D4 -</b>																				
American Sandwich - NWR3012 (1 sandwich)	10	335.56	11.05	4.16	0.00	80.16	997.88	30.51	2.00	2.00	2.00	27.53	2.88	113.00	0.00(M)	0.00(M)	0.05	550.75	(M)	(M)
Baked Penne Pasta - SR3241 (1 c.)	24	392.48	14.50	6.99	0.00	35.67	724.69	47.62	7.05	9.79	1.43	20.11	2.27	445.92	0.00(M)	0.00(M)	0.00	592.62	0.00(M)	0.18(M)
Crispy Chicken Nuggets - SR1367 (5 nugget)	56	239.93	14.00	2.50	0.00	24.99	439.88	16.00	3.00	1.00	0.00	14.00	1.90	29.99	0.00(M)	0.00(M)	0.10	599.84	0.00(M)	0.00(M)
Double Berry Parfait - SR1602 (1 parfait)	10	533.08	10.60	1.75	0.04	3.87	301.31	98.74	5.44	60.79	35.37(M)	11.32	1.46(M)	265.91(M)	255.30(M)	26.39(M)	3.87(M)	495.33(M)	46.66(M)	0.15(M)
Garlic Knot Breadstick - SR1255 (1 roll.)	30	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(M)
Dinner Roll - NWR1313 (1 roll.)	26	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Green Beans - NWR3257 (1/2 c.)	20	26.24	0.00	0.00	0.00	0.00	162.15	4.23	2.08	2.06	0.00(M)	1.05	0.02(M)	0.26(M)	0.00(M)	0.00(M)	0.00(M)	1.89(M)	0.01(M)	0.05(M)
<b>CH Main Event - SY23-24 - WA: W3D1 -</b>																				
BBQ Pork Riblet Sandwich - NWR2296 (1 ea.)	15	315.14	11.50	3.50	0.00	30.00	827.21	38.53	4.00	10.03	4.52(M)	18.00	3.08	120.00	100.00(M)	1.20(M)	0.00(M)	104.00(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2)	65	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Fruit & Yo To Go Box - NWR3789 (1 Box)	10	471.30	12.50	3.95	0.02	11.97	518.35	75.37	5.21	37.96	24.69	14.37	3.02	442.01	5161.79(M)	6.08(M)	1.93	663.65	0.00(M)	0.00(M)
Ham and Cheese Sandwich - NWR1203 (1)	10	326.13	12.85	6.19	0.00	70.31	1045.75	31.01	2.00	2.00	2.00	21.56	2.83	194.00	0.00(M)	0.00(M)	0.10	420.87	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	25	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.07	4935.54(M)	4.56(M)	0.00	167.83	79.30	0.73
Spaghetti Sauce - SR2220 (1/2 c.)	65	64.72	0.49	0.06	0.00	0.00	259.64	13.34	2.74	7.84	2.93	2.08	1.02	33.86	0.00(M)	0.00(M)	0.00	475.93	(M)	(M)
<b>CH Main Event - SY23-24 - WA: W3D2 -</b>																				
Veggie Burger - NWR4422 (1 burger)	1	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Cheeseburger - NWR1213 (1 burger)	45	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Deli Stackables Box - NWR3583 (1 Box)	14	420.08	17.21	6.01	0.00	73.16	1136.38	42.15	6.27	11.32	1.00	26.84	2.72	150.94	5226.10(M)	41.96(M)	0.55(M)	712.56(M)	64.95(M)	0.26(M)
Hamburger - NWR1292 (1 burger)	10	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Cheesy Ravioli - NWR4432 (8 oz.)	30	304.38	5.17	2.63	0.00	10.47	480.79	44.06	5.29	9.51	2.06	19.99	2.41	242.99	0.00(M)	0.00(M)	0.00	524.64	(M)	(M)
Garlic Knot Breadstick - SR1255 (1 roll.)	15	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(M)
Dinner Roll - NWR1313 (1 roll.)	15	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	20	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)	(M)

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CH Main Event - SY23-24 - WA: W3D3 -																				
Corn Dog - SR1023 (1 corn dog)	50	240.00	9.00	2.50	0.00	40.00	470.00	30.00	2.00	8.00	7.00	9.00	1.50	70.00	(M)	(M)	9.00	240.00	(M)	(M)
Crispy Orange Chicken over Brown Rice -	30	413.26	15.06	2.53	0.03	25.28	545.10	54.73	4.52	13.79	12.79	16.87	2.65	33.21	0.00(M)	0.00(M)	0.17	685.33	66.47(M)	0.32(M)
Fiesta Salad - NWR4410 (1 salad)	5	408.81	21.41	5.57	0.00	44.75	477.96	37.88	3.91	3.90	0.00(M)	19.20	1.37(M)	159.32(M)	3333.33(M)	2.00(M)	0.10(M)	10.50(M)	(M)	(M)
Sunbutter & jelly Sandwich - NWR1633 (1)	15	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	25	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Thick & Chunky Salsa - SR2187 (2 tbsp.)	5	5.00	0.00	0.00	0.00	0.00	115.00	1.50	0.50	1.00	(M)	0.00	0.00	0.00	50.00	0.00	(M)	(M)	(M)	(M)
CH Main Event - SY23-24 - WA: W3D4 -																				
Chicken Burger - NWR1300 (1 burger)	60	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Just Peachy Parfait - NWR3516 (1 parfait)	5	511.22	10.51	1.75	0.04	3.87	303.83	91.58	4.22	54.83	35.37(M)	10.99	1.08(M)	258.90(M)	240.00(M)	0.00(M)	3.87(M)	432.86(M)	(M)	(M)
Macaroni & Cheese - NWR1988 (1 c.)	30	384.12	24.43	12.71	0.00	65.98	977.70	24.82	2.74	3.64	0.00(M)	21.08	1.28	538.91	19.93(M)	0.00(M)	0.19(M)	634.96(M)	28.91(M)	0.11(M)
Garden Salad with Egg & Cheese - NWR4352 (1)	5	203.88	12.90	5.76	0.00	110.00	330.66	11.10	1.19	2.20	0.00(M)	11.47	1.20	231.04	3552.06(M)	5.74(M)	0.70(M)	142.96(M)	35.65(M)	0.17(M)
Bread Roll - NWR1032 (2 roll.)	2	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	3	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn - NWR3261 (1/2 c.)	25	97.71	2.56	0.08	0.00	0.00	55.19	18.10	3.15	5.25	0.00(M)	3.32	0.58(M)	19.43(M)	121.75(M)	4.78(M)	0.00(M)	145.32(M)	6.58(M)	0.06(M)
CH Main Event - SY23-24 - WA: W3D5 -																				
Cheddar Cheese Omelet, Papetti's, 2 oz. - SR2438	25	130.00	11.00	3.50	0.00	170.00	290.00	1.00	0.00	0.00	0.00	7.00	1.10	67.00	0.00(M)	0.00(M)	1.00	74.00	(M)	(M)
Cheese Pizza - NWR1309 (1 slice)	35	255.66	10.52	4.96	0.00	22.78	522.95	24.86	3.35	2.44	0.91	14.88	1.29	298.95	0.00(M)	0.00(M)	0.24	129.81	(M)	(M)
Corn Dog - SR1023 (1 corn dog)	10	240.00	9.00	2.50	0.00	40.00	470.00	30.00	2.00	8.00	7.00	9.00	1.50	70.00	(M)	(M)	9.00	240.00	(M)	(M)
Pepperoni Pizza - NWR1310 (1 slice)	20	272.99	12.12	5.57	0.00	26.78	580.28	24.95	3.35	2.44	0.91	15.68	1.29	298.95	0.00(M)	0.00(M)	0.24(M)	129.81(M)	(M)	(M)
Turkey and Cheese Sandwich - NWR1766 (1)	10	333.63	12.47	5.81	0.00	59.06	963.25	31.01	2.00	2.00	2.00	23.81	2.60	194.00	0.00(M)	0.00(M)	0.10	345.87	(M)	(M)
Cinnamon Breadstick - SR1455 (1 roll.)	25	93.38	1.69	0.28	0.00	0.00	102.38	15.88	2.13	3.67	3.67(M)	3.01	0.83	13.86	31.25(M)	0.00(M)	0.30(M)	53.33(M)	0.05(M)	0.02(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Tot Hash - SR1848 (1/2 c.)	45	125.56	7.33	1.10	0.00	0.00	346.86	15.02	1.29	1.50	0.00	1.16	0.26	12.53	41.98(M)	9.50(M)	0.00	237.72	15.41(M)	0.16(M)
CH Main Event - SY23-24 - WA: W4D1 -																				
Crispy Chicken Nuggets - SR1367 (5 nugget)	55	239.93	14.00	2.50	0.00	24.99	439.88	16.00	3.00	1.00	0.00	14.00	1.90	29.99	0.00(M)	0.00(M)	0.10	599.84	0.00(M)	0.00(M)
Hummus Snack Plate - NWR1051 (1 ea.)	10	381.24	19.84	6.51	0.00	25.31	1026.48	39.93	6.54	5.36	1.00(M)	13.51	2.28(M)	219.52(M)	5144.88(M)	2.23(M)	0.60(M)	320.36(M)	32.67(M)	0.59(M)
Marinara Meatball Sub - NWR3911 (1 sandwich)	25	378.33	13.13	4.25	0.00	54.70	639.12	43.31	6.15	8.63	4.11	22.48	3.40	205.06	0.00(M)	0.00(M)	0.00	726.69	(M)	(M)

# Menu Calendar Nutrient Analysis Report - October, 2023

Generated on: 10/2/2023 10:08:54 AM by Patricia Engelsgaard

Site: ALL

Chef Salad - NWR1193 (1 salad)	10	154.39	9.01	3.92	0.00	123.89	482.82	5.52	1.31	2.52	0.00(M)	14.53	1.67	115.71	3613.07(M)	6.84(M)	0.55(M)	309.52(M)	50.46(M)	0.24(M)
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(M)
Bread Roll - NWR1032 (2 roll.)	7	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Dinner Roll - NWR1313 (1 roll.)	30	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick)	3	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	20	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.07	4935.54(M)	4.56(M)	0.00	167.83	79.30	0.73
<b>CH Main Event - SY23-24 - WA: W4D2 -</b>																				
Breakfast for Lunch: French Toast Sticks & Italian Sub Sandwich - NWR1041 (1 sandwich)	10	341.50	12.68	4.29	0.00	88.59	977.00	29.15	3.51	3.00	2.00	28.24	2.88	159.19	0.00(M)	0.00(M)	0.00(M)	576.99(M)	(M)	(M)
Strawberry Fields Parfait - SR1738 (1 parfait)	10	574.58	10.68	1.75	0.04	4.00	302.73	110.82	5.66	72.64	35.37(M)	11.66	1.83	272.93	270.60(M)	52.78(M)	3.87	557.81	93.33(M)	0.31(M)
Turkey Soft Taco - NWR4346 (1 taco)	30	308.95	16.06	6.01	0.00	44.24	489.54	26.54	2.00	5.02	0.00(M)	18.09	1.00(M)	151.50(M)	0.00(M)	0.00(M)	0.10(M)	56.50(M)	(M)	(M)
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Tots - SR1450 (1/2 c.)	90	110.70	6.04	1.01	0.00	0.00	311.98	14.09	1.01	1.01	0.00	1.01	0.20	10.06	0.00(M)	0.00(M)	0.00	211.34	(M)	(M)
Tomato and Shredded Lettuce Salad - SR1997	20	11.38	0.12	0.02	0.00	0.00	4.26	2.45	0.81	1.65	0.00	0.60	0.21	8.16	500.52	7.25	0.00	142.08	46.54(M)	0.25(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	50	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)

## Legend

(M) - Missing Nutrient Values

## Report Selections

Meal Type: Lunch

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing