

Menu Item Nutrients

Date: 10/30/2023 - 11/30/2023

Traditional High Schools

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassiu m (mg)	Mois (g)	Ash (g)
Monday 10/30/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Waffles - NWR3120 (2 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	180.00	5.00	1.00	0.00	0.00	330.00	30.00	1.00	4.00	4.00	4.00	3.60	260.00	1000.00	(M)	0.00	40.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2- 1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Monday 10/30/2023, Lunch, T4-Adventure																			
Entrée/Combo; May Choose: 1																			
Barbecue Riblet Beef Sandwich - SR1925 (1 sandwich) Contains Gluten, Soy, Wheat.	327.18	13.15	4.56	0.00	35.48	880.17	35.58	3.01	10.05	5.50(M)	17.15	2.46	73.27	101.36(M)	1.22(M)	0.00(M)	92.00(M)	(M)	(M)
MTO Pick 1st Grain; May Choose: 1																			
Hamburger Bun - NWR2664 (1 bun) Contains Gluten, Sesame, Wheat. May contain Soy.	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)
MTO Pick 1st Protein; May Choose: 1																			
Pulled Pork - SR3327 (4 oz.)	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.)	138.72	5.95	1.98	0.00	79.27	475.63	1.98	0.00	0.00	0.00	17.84	0.71	0.00	(M)	(M)	0.00	178.36	0.00(M)	(M)
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Carolina Slaw - SR1633 (1/3 c.) Contains Egg.	86.64	6.12	1.36	0.00	6.67	145.84	7.69	1.47	4.60	2.77	0.77	0.41	27.16	710.60(M)	18.94(M)	0.00(M)	107.17(M)	57.77(M)	0.38(M)
Vegetarian Baked Beans - SR1336 (1/2 c.)	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)
Monday 10/30/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			

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Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Green Seedless Grapes - SR1601 (1/2 c.)	62.60	0.14	0.05	0.00	0.00	1.81	16.42	0.82	14.04	(M)	0.65	0.33	9.07	59.87	2.90	(M)	(M)	73.06	0.43
Vegetable; May Choose: 2																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	7.57	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Cucumber Coins - SR1013 (1/2 c.)	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
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Monday 10/30/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	342.25	17.20	10.13	0.00	50.63	1151.50	32.02	2.00	2.00	2.00	16.13	2.61	356.00	0.00(M)	0.00(M)	0.20	156.12	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	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) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11

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Monday 10/30/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	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)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - NWR1960 (2 tbsp.)	6.53	0.00	0.00	0.00	0.00	56.60	1.63	0.00	0.54	(M)	0.00	0.20	10.88	272.10	3.27	(M)	(M)	(M)	(M)
Monday 10/30/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Style Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Monday 10/30/2023, Lunch, x-T4-Fast (tier II)																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)

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Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	420.87	13.23	3.22	0.00	9.98	686.53	61.54	14.33	2.54	0.00(M)	13.81	3.47	120.08	101.88(M)	0.00(M)	0.00(M)	527.94(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Tuesday 10/31/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cheerios - SR1160 (1 bowl)	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Ultimate Breakfast Round, Oatmeal Chocolate Chip, BULK - SR3020 (1 round) Contains Egg,	250.00	7.00	2.00	0.00	5.00	190.00	42.00	6.00	16.00	16.00	5.00	1.60	30.00	0.00(M)	0.00(M)	0.00	170.00	0.00(M)	0.00(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	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
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	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	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Tuesday 10/31/2023, Lunch, T4-Adventure																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	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)

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Pulled Pork - SR3327 (2 oz.)	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.)	69.36	2.97	0.99	0.00	39.64	237.81	0.99	0.00	0.00	0.00	8.92	0.36	0.00	(M)	(M)	0.00	89.18	0.00(M)	(M)
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Carolina Slaw - SR1633 (1/3 c.) Contains Egg.	86.64	6.12	1.36	0.00	6.67	145.84	7.69	1.47	4.60	2.77	0.77	0.41	27.16	710.60(M)	18.94(M)	0.00(M)	107.17(M)	57.77(M)	0.38(M)
Tater Tots - SR1450 (3/4 c.)	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)
Vegetarian Baked Beans - SR1336 (1/2 c.)	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)
Tuesday 10/31/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Green Seedless Grapes - SR1601 (1/2 c.)	62.60	0.14	0.05	0.00	0.00	1.81	16.42	0.82	14.04	(M)	0.65	0.33	9.07	59.87	2.90	(M)	(M)	73.06	0.43
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Tuesday 10/31/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	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)

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Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	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) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Tuesday 10/31/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	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)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - NWR1960 (2 tbsp.)	6.53	0.00	0.00	0.00	0.00	56.60	1.63	0.00	0.54	(M)	0.00	0.20	10.88	272.10	3.27	(M)	(M)	(M)	(M)
Tuesday 10/31/2023, Lunch, T4-Pizza (conv)																			

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Entrée/Combo; May Choose: 1																			
Hand Tossed Style Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy,	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 10/31/2023, Lunch, x-T4-Fast (tier II)																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Wednesday 11/01/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cheerios - SR1160 (1 bowl)	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Maple Pancake Bites - SR1590 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a	200.00	6.00	1.00	0.00	0.00	210.00	35.00	4.00	10.00	10.00	4.00	3.60	40.00	1000.00	0.00(M)	0.00	130.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Honey Graham Crackers - SR2366 (1 pkg.) Contains Gluten, Soy, Wheat. Processed in a	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	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
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Fruit Juice; May Choose: 1																			

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100% Apple Juice - SR1204 (4 fl oz cup)	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	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Wednesday 11/01/2023, Lunch, T4-Adventure																			
Entrée/Combo; May Choose: 1																			
Barbecue Riblet Beef Sandwich - SR1925 (1 sandwich) Contains Gluten, Soy, Wheat.	327.18	13.15	4.56	0.00	35.48	880.17	35.58	3.01	10.05	5.50(M)	17.15	2.46	73.27	101.36(M)	1.22(M)	0.00(M)	92.00(M)	(M)	(M)
MTO Pick 1st Grain; May Choose: 1																			
Hamburger Bun - NWR2664 (1 bun) Contains Gluten, Sesame, Wheat. May contain Soy.	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)
MTO Pick 1st Protein; May Choose: 1																			
Pulled Pork - SR3327 (4 oz.)	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.)	138.72	5.95	1.98	0.00	79.27	475.63	1.98	0.00	0.00	0.00	17.84	0.71	0.00	(M)	(M)	0.00	178.36	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Carolina Slaw - SR1633 (1/3 c.) Contains Egg.	86.64	6.12	1.36	0.00	6.67	145.84	7.69	1.47	4.60	2.77	0.77	0.41	27.16	710.60(M)	18.94(M)	0.00(M)	107.17(M)	57.77(M)	0.38(M)
Vegetarian Baked Beans - SR1336 (1/2 c.)	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)
Wednesday 11/01/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Italian Roasted Chickpeas - SR3793 (1/2 c.)	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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)

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Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Wednesday 11/01/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Beef Meatballs - NWR4538 (2 Meatballs) Contains Gluten, Wheat.	146.67	11.33	4.00	0.33	26.67	146.67	2.67	0.00	0.00	(M)	8.00	0.67	0.67	0.00	0.00	(M)	(M)	(M)	(M)
Beef Meatballs in Sauce - NWR4540 (3 Meatballs) Contains Gluten, Wheat.	282.03	17.47	6.05	0.50	40.00	468.82	16.79	2.62	7.51	2.81(M)	13.99	1.97	33.45	0.00(M)	0.00(M)	0.00(M)	456.10(M)	(M)	(M)
Beef Rib Sandwich - NWR4541 (1 sandwich) Contains Gluten, Milk, Sesame, Soy, Wheat. May	315.14	8.50	2.50	0.00	35.00	767.21	39.53	4.00	12.03	4.52(M)	20.00	4.00	120.00	200.00(M)	2.00(M)	0.00(M)	104.00(M)	(M)	(M)
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	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)
Melty Meatball Sub - NWR4539 (1 sandwich) Contains Gluten, Milk, Sesame, Soy, Wheat.	343.00	10.95	3.58	0.00	42.92	598.74	42.14	5.98	8.63	4.11	19.62	3.23	199.68	0.00(M)	0.00(M)	0.00	656.03	(M)	(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Wednesday 11/01/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	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)

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Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 11/01/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 11/01/2023, Lunch, x-T4-Fast (tier II)																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 11/02/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cheerios - SR1160 (1 bowl)	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)

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Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	5.00	1.50	0.00	0.00	210.00	36.00	4.00	11.00	11.00	4.00	3.60	260.00	1000.00	0.00(M)	0.00	150.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	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
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	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	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Thursday 11/02/2023, Lunch, T4-Adventure																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	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.)	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.)	69.36	2.97	0.99	0.00	39.64	237.81	0.99	0.00	0.00	0.00	8.92	0.36	0.00	(M)	(M)	0.00	89.18	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Carolina Slaw - SR1633 (1/3 c.) Contains Egg.	86.64	6.12	1.36	0.00	6.67	145.84	7.69	1.47	4.60	2.77	0.77	0.41	27.16	710.60(M)	18.94(M)	0.00(M)	107.17(M)	57.77(M)	0.38(M)
Tater Tots - SR1450 (3/4 c.)	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)
Vegetarian Baked Beans - SR1336 (1/2 c.)	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)
Thursday 11/02/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

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Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Chilled Corn - SR1033 (1/2 c.)	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
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Moroccan Spiced Carrots - SR2588 (1/2 c.)	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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Thursday 11/02/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Beef Meatballs - NWR4538 (3 Meatballs) Contains Gluten, Wheat.	220.00	17.00	6.00	0.50	40.00	220.00	4.00	0.00	0.00	(M)	12.00	1.00	1.00	0.00	0.00	(M)	(M)	(M)	(M)
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	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)
Mushroom Swiss Burger - NWR4366 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May	391.81	21.35	7.36	0.50	57.52	492.71	29.24	3.53	3.06	2.00(M)	23.61	3.35	207.86	0.00(M)	1.12(M)	0.11(M)	273.60(M)	40.91(M)	0.45(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Thursday 11/02/2023, Lunch, T4-Mexico/Fiesta/Nacho																			

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MT0 Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MT0 Pick 1st Protein; May Choose: 2																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	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)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Thursday 11/02/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Thursday 11/02/2023, Lunch, x-T4-Fast (tier II)																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	237.72	11.80	3.46	0.00	83.09	596.03	16.76	2.39	1.36	0.00(M)	18.15	1.10(M)	103.88(M)	9923.65(M)	4.56(M)	0.00(M)	311.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Protein Power Up Box - NWR3767 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat. May	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)

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Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Friday 11/03/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Apple Cinnamon Muffin - SR1165 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	180.00	6.00	2.00	0.00	35.00	125.00	31.00	2.00	16.00	15.00	3.00	0.90	30.00	0.00(M)	0.00(M)	0.10	110.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	190.00	6.00	2.00	0.00	30.00	130.00	30.00	2.00	16.00	16.00	3.00	0.90	30.00	0.00(M)	0.00(M)	0.00	90.00	(M)	(M)
Cheerios - SR1160 (1 bowl)	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	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
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	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	110.00	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Friday 11/03/2023, Lunch, T4-Adventure																			
Entrée/Combo; May Choose: 1																			
Barbecue Riblet Beef Sandwich - SR1925 (1 sandwich) Contains Gluten, Soy, Wheat.	327.18	13.15	4.56	0.00	35.48	880.17	35.58	3.01	10.05	5.50(M)	17.15	2.46	73.27	101.36(M)	1.22(M)	0.00(M)	92.00(M)	(M)	(M)
MTO Pick 1st Grain; May Choose: 1																			
Hamburger Bun - NWR2664 (1 bun) Contains Gluten, Sesame, Wheat. May contain Soy.	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)
MTO Pick 1st Protein; May Choose: 1																			
Pulled Pork - SR3327 (4 oz.)	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.)	138.72	5.95	1.98	0.00	79.27	475.63	1.98	0.00	0.00	0.00	17.84	0.71	0.00	(M)	(M)	0.00	178.36	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			

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Carolina Slaw - SR1633 (1/3 c.) Contains Egg.	86.64	6.12	1.36	0.00	6.67	145.84	7.69	1.47	4.60	2.77	0.77	0.41	27.16	710.60(M)	18.94(M)	0.00(M)	107.17(M)	57.77(M)	0.38(M)
Vegetarian Baked Beans - SR1336 (1/2 c.)	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)
Friday 11/03/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Vegetable; May Choose: 2																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Roasted Sweet Potatoes - SR3681 (1/2 c.)	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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Friday 11/03/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Crispy Fish Burger - NWR4244 (1 patty) Contains Fish, Gluten, Milk, Sesame, Wheat. May	310.00	8.50	1.00	0.00	35.00	470.00	43.00	4.00	3.00	2.00	17.00	3.08	80.00	0.00(M)	0.00(M)	0.00	274.00	(M)	(M)
Fish Po Boy - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	428.53	16.76	4.43	0.00	52.13	805.03	49.52	6.39	7.21	3.75(M)	21.54	4.07	187.32	1153.13(M)	24.87(M)	0.05(M)	488.11(M)	67.43(M)	0.50(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	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) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			

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Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Friday 11/03/2023, Lunch, T4-Mexico/ Fiesta/Nacho																			
MT0 Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MT0 Pick 1st Protein; May Choose: 2																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	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)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Friday 11/03/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)

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Friday 11/03/2023, Lunch, x-T4-Fast (tier II)																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.19	9.49	5.03	0.00	25.00	631.24	23.57	6.02	5.60	0.00(M)	12.31	1.77	265.31	4214.86(M)	12.24(M)	0.20(M)	404.87(M)	46.84(M)	0.31(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box NWR4387 (1 Box) Contains Gluten, Milk, Soy,	357.98	14.92	5.03	0.00	76.36	1079.99	28.51	3.00	2.00	1.00	28.27	2.30	111.00	0.00(M)	0.00(M)	0.55	529.82	0.00(M)	0.00(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)

Monday 11/06/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
French Toast Bites - SR1205 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	200.00	5.00	1.50	0.00	0.00	240.00	37.00	3.00	13.00	(M)	4.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Monday 11/06/2023, Lunch, T4-Adventure																			
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	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)
MTO Pick 1st Protein; May Choose: 2																			
Beef Meatballs - NWR4538 (2 Meatballs) Contains Gluten, Wheat.	146.67	11.33	4.00	0.33	26.67	146.67	2.67	0.00	0.00	(M)	8.00	0.67	0.67	0.00	0.00	(M)	(M)	(M)	(M)
Hard Boiled Egg - SR3322 (1 egg) Contains Egg.	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)

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Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)	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)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Condiment; May Choose: 4																			
Fresh Cilantro - SR1265 (1 tsp.)	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)
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	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
Green Onion - SR1946 (2 tbsp.)	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
Matchstick Carrots - SR1435 (2 tbsp.)	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.)	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
Monday 11/06/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	7.57	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Cucumber Coins - SR1013 (1/2 c.)	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
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Monday 11/06/2023, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	420.87	13.23	3.22	0.00	9.98	686.53	61.54	14.33	2.54	0.00(M)	13.81	3.47	120.08	101.88(M)	0.00(M)	0.00(M)	527.94(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)

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Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 11/06/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	342.25	17.20	10.13	0.00	50.63	1151.50	32.02	2.00	2.00	2.00	16.13	2.61	356.00	0.00(M)	0.00(M)	0.20	156.12	(M)	(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Monday 11/06/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	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)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			

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Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Monday 11/06/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Style Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Condiment; May Choose: 1	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)
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 11/07/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Baked Biscuit with Grape Jelly - SR1470 (1 ea.) Contains Gluten, Milk, Wheat.	225.00	9.00	6.00	0.00	0.00	310.00	33.00	2.00	10.00	8.24	4.00	1.44	150.00	0.00(M)	0.00(M)	0.00	188.00	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Sausage Breakfast Pizza - SR1167 (1 slice) Contains Gluten, Milk, Soy, Wheat.	210.00	7.00	2.00	0.00	15.00	350.00	27.00	3.00	5.00	2.00	9.00	1.90	146.00	0.00	0.00	0.00	330.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	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	110.00	(M)	(M)
Milk; May Choose: 1																			

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Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Tuesday 11/07/2023, Lunch, T4-Adventure																			
MTO Pick 1st Grain; May Choose: 1																			
Fried Rice - SR3326 (1 1/3 c.) Contains Egg, Gluten, Milk, Soy, Wheat.	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)
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	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)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	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)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	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)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	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)
MTO Additional Toppings/Sides; May Choose: 1																			
General Tso Sauce - SR1823 (2 tbsp.) Contains Soy.	113.88	0.09	0.04	0.03	0.34	125.57	28.64	0.25	27.03	27.00	0.18	0.18	12.02	0.00(M)	0.00(M)	0.08	35.41	16.85	0.38
Sweet and Sour Sauce - SR2022 (2 tbsp.)	73.08	0.32	0.04	0.00	0.18	75.96	17.46	0.09	14.65	14.65	0.11	0.02	0.72	0.00(M)	0.00(M)	0.04	12.24	(M)	(M)
Teriyaki Sauce - SR2025 (2 tbsp.) Contains Gluten, Soy, Wheat.	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
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	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)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	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)
Tuesday 11/07/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)

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Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Tuesday 11/07/2023, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Tuesday 11/07/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	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) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11

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Tuesday 11/07/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	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)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tuesday 11/07/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy,	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.98	16.04	3.29	0.00	13.75	325.67	6.78	1.26	0.71	0.00	3.18	0.61	59.40	4938.81(M)	3.37(M)	0.00	167.83	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 11/08/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			

Menu Item Nutrients

Date: 10/30/2023 - 11/30/2023

Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Ham & Cheese Muffin - NWR2460 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	205.56	7.05	3.28	0.00	42.66	652.88	21.51	2.00	1.00	0.00(M)	14.53	1.50	148.00	0.00(M)	0.00(M)	0.05	288.01	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Wednesday 11/08/2023, Lunch, T4-Adventure																			
Entrée/Combo; May Choose: 1																			
Philly Cheesesteak Sub - NWR4499 (1 sandwich) Contains Gluten, Milk, Sesame, Wheat. May	373.56	17.10	6.33	0.41	41.64	652.16	37.38	4.09	7.10	2.00(M)	20.10	3.07	178.19	144.05(M)	33.01(M)	0.00	361.46(M)	31.65(M)	0.36(M)
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Wednesday 11/08/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Italian Roasted Chickpeas - SR3793 (1/2 c.)	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)

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Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Wednesday 11/08/2023, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Wednesday 11/08/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich) Contains Gluten, Sesame, Wheat.	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)
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Wednesday 11/08/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			

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Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	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)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 11/08/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Thursday 11/09/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)

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Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	5.00	1.50	0.00	0.00	210.00	36.00	4.00	11.00	11.00	4.00	3.60	260.00	1000.00	0.00(M)	0.00	150.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	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	110.00	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Thursday 11/09/2023, Lunch, T4-Adventure																			
MTO Pick 1st Grain; May Choose: 1																			
Fried Rice - SR3326 (1 1/3 c.) Contains Egg, Gluten, Milk, Soy, Wheat.	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)
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	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)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	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)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	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)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	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)
MTO Additional Toppings/Sides; May Choose: 1																			
General Tso Sauce - SR1823 (2 tbsp.) Contains Soy.	113.88	0.09	0.04	0.03	0.34	125.57	28.64	0.25	27.03	27.00	0.18	0.18	12.02	0.00(M)	0.00(M)	0.08	35.41	16.85	0.38
Sweet and Sour Sauce - SR2022 (2 tbsp.)	73.08	0.32	0.04	0.00	0.18	75.96	17.46	0.09	14.65	14.65	0.11	0.02	0.72	0.00(M)	0.00(M)	0.04	12.24	(M)	(M)
Teriyaki Sauce - SR2025 (2 tbsp.) Contains Gluten, Soy, Wheat.	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
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	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)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	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)
Thursday 11/09/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			

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Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
Apple Juice - SR3091 (1 ea.)	60.00	0.00	0.00	(M)	(M)	10.00	15.00	(M)	14.00	(M)	0.00	(M)	0.00(M)	0.00(M)	36.00	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Chilled Corn - SR1033 (1/2 c.)	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
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Moroccan Spiced Carrots - SR2588 (1/2 c.)	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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Thursday 11/09/2023, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	237.72	11.80	3.46	0.00	83.09	596.03	16.76	2.39	1.36	0.00(M)	18.15	1.10(M)	103.88(M)	9923.65(M)	4.56(M)	0.00(M)	311.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Protein Power Up Box - NWR3767 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat. May	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)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 11/09/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Mushroom Swiss Burger - NWR4511 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May	361.81	18.35	6.36	0.00	37.52	492.71	31.24	4.53	3.06	2.00(M)	23.61	3.71	227.86	0.00(M)	1.12(M)	0.11(M)	273.60(M)	40.91(M)	0.45(M)

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Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Thursday 11/09/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	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)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Thursday 11/09/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			

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Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.98	16.04	3.29	0.00	13.75	325.67	6.78	1.26	0.71	0.00	3.18	0.61	59.40	4938.81(M)	3.37(M)	0.00	167.83	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Monday 11/13/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
French Toast Sticks - SR1910 (4 stick.) Contains Gluten, Soy, Wheat.	257.36	9.90	1.49	0.00	0.00	296.95	37.61	2.97	8.91	7.92	5.94	1.98	39.59	0.00(M)	0.00(M)	0.00	148.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Monday 11/13/2023, Lunch, T4-Adventure																			
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	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)
MTO Pick 1st Protein; May Choose: 2																			
Beef Meatballs - NWR4538 (2 Meatballs) Contains Gluten, Wheat.	146.67	11.33	4.00	0.33	26.67	146.67	2.67	0.00	0.00	(M)	8.00	0.67	0.67	0.00	0.00	(M)	(M)	(M)	(M)
Hard Boiled Egg - SR3322 (1 egg) Contains Egg.	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)
Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)	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)

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MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Condiment; May Choose: 4																			
Fresh Cilantro - SR1265 (1 tsp.)	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)
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	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
Green Onion - SR1946 (2 tbsp.)	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
Matchstick Carrots - SR1435 (2 tbsp.)	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.)	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
Monday 11/13/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	7.57	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Cucumber Coins - SR1013 (1/2 c.)	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
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Monday 11/13/2023, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	420.87	13.23	3.22	0.00	9.98	686.53	61.54	14.33	2.54	0.00(M)	13.81	3.47	120.08	101.88(M)	0.00(M)	0.00(M)	527.94(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			

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Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 11/13/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	342.25	17.20	10.13	0.00	50.63	1151.50	32.02	2.00	2.00	2.00	16.13	2.61	356.00	0.00(M)	0.00(M)	0.20	156.12	(M)	(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Monday 11/13/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	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)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)

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Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Monday 11/13/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Style Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 11/14/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Strawberry Yogurt Cup - SR3887 (1 Container) Contains Milk.	60.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	4.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Honey Graham Crackers - SR2366 (1 pkg.) Contains Gluten, Soy, Wheat. Processed in a	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	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	110.00	(M)	(M)
Milk; May Choose: 1																			

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Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Tuesday 11/14/2023, Lunch, T4-Adventure																			
MTO Pick 1st Grain; May Choose: 1																			
Baked Biscuit - SR1598 (1 biscuit) Contains Gluten, Milk, Wheat.	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)
MTO Pick 1st Protein; May Choose: 1																			
Scrambled Eggs - SR3323 (1/4 c.) Contains Egg.	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)
MTO Additional Toppings/Sides; May Choose: 1																			
Old Fashioned Sausage Gravy - SR1588 (1/4 c.) Contains Milk, Soy.	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)
Vegetable; May Choose: 1																			
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.) Contains Milk, Soy.	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.)	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)
Tuesday 11/14/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Tuesday 11/14/2023, Lunch, T4-Fast																			

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Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Tuesday 11/14/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	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) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Tuesday 11/14/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)

Menu Item Nutrients

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Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tuesday 11/14/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy,	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.98	16.04	3.29	0.00	13.75	325.67	6.78	1.26	0.71	0.00	3.18	0.61	59.40	4938.81(M)	3.37(M)	0.00	167.83	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 11/15/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	270.00	8.00	3.00	0.00	5.00	180.00	44.00	5.00	19.00	18.00	5.00	1.70	30.00	0.00(M)	0.00(M)	0.00	180.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)

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Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Wednesday 11/15/2023, Lunch, T4-Adventure																			
MTO Pick 1st Grain; May Choose: 1																			
Buttermilk Pancakes - SR2010 (2 pancake) Contains Egg, Gluten, Milk, Soy, Wheat.	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)
MTO Pick 1st Protein; May Choose: 1																			
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
Scrambled Eggs - SR3323 (1/4 c.) Contains Egg.	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)
Vegetable; May Choose: 1																			
Tater Tot Hash - SR1848 (1/2 c.)	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.)	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)
Condiment; May Choose: 1																			
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	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)
Wednesday 11/15/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Italian Roasted Chickpeas - SR3793 (1/2 c.)	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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Wednesday 11/15/2023, Lunch, T4-Fast																			

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Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Wednesday 11/15/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich) Contains Gluten, Sesame, Wheat.	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)
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Wednesday 11/15/2023, Lunch, T4-Mexico/ Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)

Menu Item Nutrients

Date: 10/30/2023 - 11/30/2023

Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 11/15/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Thursday 11/16/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Blueberry Bagel w/ Cream Cheese Burry - NWR1198 (1 ea.) Contains Gluten, Milk, Wheat.	204.54	4.55	2.25	0.13	12.80	370.37	34.71	3.05	7.10	(M)	6.57	1.49	23.60	275.35	0.00	(M)	(M)	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	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	110.00	(M)	(M)

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Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Thursday 11/16/2023, Lunch, T4-Adventure																			
MT0 Pick 1st Grain; May Choose: 1																			
Toasted Waffle - SR2165 (2 waffle) Contains Egg, Gluten, Milk, Soy, Wheat.	185.89	5.16	1.03	0.00	0.00	340.80	30.98	1.03	4.13	4.13	4.13	3.72	268.51	1032.73	(M)	0.00	41.31	(M)	(M)
MT0 Pick 1st Protein; May Choose: 1																			
Fajita Chicken - SR2529 (2/3 c.)	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) Contains Gluten, Soy, Wheat.	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)
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
Vegetable; May Choose: 1																			
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.) Contains Milk, Soy.	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.)	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)
Condiment; May Choose: 2																			
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	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)
Thursday 11/16/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Vegetable; May Choose: 2																			
Chilled Corn - SR1033 (1/2 c.)	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
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Moroccan Spiced Carrots - SR2588 (1/2 c.)	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)
Milk; May Choose: 1																			

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Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Thursday 11/16/2023, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	237.72	11.80	3.46	0.00	83.09	596.03	16.76	2.39	1.36	0.00(M)	18.15	1.10(M)	103.88(M)	9923.65(M)	4.56(M)	0.00(M)	311.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Protein Power Up Box - NWR3767 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat. May	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)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 11/16/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Mushroom Swiss Burger - NWR4511 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May	361.81	18.35	6.36	0.00	37.52	492.71	31.24	4.53	3.06	2.00(M)	23.61	3.71	227.86	0.00(M)	1.12(M)	0.11(M)	273.60(M)	40.91(M)	0.45(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Thursday 11/16/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			

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Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MT0 Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Thursday 11/16/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.98	16.04	3.29	0.00	13.75	325.67	6.78	1.26	0.71	0.00	3.18	0.61	59.40	4938.81(M)	3.37(M)	0.00	167.83	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Friday 11/17/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Mini Cinnis - SR1595 (1 pkg.) Contains Gluten, Milk, Wheat.	240.00	8.00	1.50	0.00	0.00	270.00	40.00	3.00	14.00	13.00	4.00	1.44	20.00	(M)	(M)	0.00	94.00	(M)	(M)

Menu Item Nutrients

Date: 10/30/2023 - 11/30/2023

Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	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
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	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	110.00	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Friday 11/17/2023, Lunch, T4-Adventure																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1066 (2 tortilla) Contains Gluten, Wheat.	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)
MTO Pick 1st Protein; May Choose: 1																			
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
Scrambled Eggs - SR3323 (1/4 c.) Contains Egg.	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)
Vegetable; May Choose: 1																			
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.) Contains Milk, Soy.	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.)	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)
Condiment; May Choose: 2																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Pico de Gallo - SR1073 (2 tbsp.)	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)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	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)
Sour Cream - SR1659 (1 tbsp.) Contains Milk.	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)
Friday 11/17/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			

Menu Item Nutrients

Date: 10/30/2023 - 11/30/2023

Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Vegetable; May Choose: 2																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Roasted Sweet Potatoes - SR3681 (1/2 c.)	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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Friday 11/17/2023, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.19	9.49	5.03	0.00	25.00	631.24	23.57	6.02	5.60	0.00(M)	12.31	1.77	265.31	4214.86(M)	12.24(M)	0.20(M)	404.87(M)	46.84(M)	0.31(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy,	357.98	14.92	5.03	0.00	76.36	1079.99	28.51	3.00	2.00	1.00	28.27	2.30	111.00	0.00(M)	0.00(M)	0.55	529.82	0.00(M)	0.00(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Friday 11/17/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Crispy Fish Burger - NWR4244 (1 patty) Contains Fish, Gluten, Milk, Sesame, Wheat. May	310.00	8.50	1.00	0.00	35.00	470.00	43.00	4.00	3.00	2.00	17.00	3.08	80.00	0.00(M)	0.00(M)	0.00	274.00	(M)	(M)
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)

Menu Item Nutrients

Date: 10/30/2023 - 11/30/2023

Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Friday 11/17/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Friday 11/17/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)

Menu Item Nutrients

Date: 10/30/2023 - 11/30/2023

Monday 11/20/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Breakfast on a Stick - SR2494 (1 stick.) Contains Egg, Gluten, Soy, Wheat.	190.00	10.00	2.50	0.00	25.00	310.00	17.00	3.00	4.00	4.00	7.00	1.80	30.00	0.00(M)	0.00(M)	0.00	200.00	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Monday 11/20/2023, Lunch, T4-Adventure																			
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	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)
MTO Pick 1st Protein; May Choose: 2																			
Beef Meatballs - NWR4538 (2 Meatballs) Contains Gluten, Wheat.	146.67	11.33	4.00	0.33	26.67	146.67	2.67	0.00	0.00	(M)	8.00	0.67	0.67	0.00	0.00	(M)	(M)	(M)	(M)
Hard Boiled Egg - SR3322 (1 egg) Contains Egg.	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)
Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)	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)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Condiment; May Choose: 4																			
Fresh Cilantro - SR1265 (1 tsp.)	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)
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	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
Green Onion - SR1946 (2 tbsp.)	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
Lime Wedges - SR1283 (2 slice or wedge)	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
Matchstick Carrots - SR1435 (2 tbsp.)	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

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Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	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
Monday 11/20/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	7.57	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Cucumber Coins - SR1013 (1/2 c.)	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
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Monday 11/20/2023, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	420.87	13.23	3.22	0.00	9.98	686.53	61.54	14.33	2.54	0.00(M)	13.81	3.47	120.08	101.88(M)	0.00(M)	0.00(M)	527.94(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 11/20/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	342.25	17.20	10.13	0.00	50.63	1151.50	32.02	2.00	2.00	2.00	16.13	2.61	356.00	0.00(M)	0.00(M)	0.20	156.12	(M)	(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)

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Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Monday 11/20/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MT0 Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MT0 Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Monday 11/20/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Style Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)

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Hand Tossed Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 11/21/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	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	110.00	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Tuesday 11/21/2023, Lunch, T4-Adventure																			
Entrée/Combo; May Choose: 1																			
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	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)
MTO Pick 1st Protein; May Choose: 2																			
Chicken Meatballs - SR3065 (3 Meatballs) Contains Gluten, Soy, Wheat.	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)
Hard Boiled Egg - SR3322 (1 egg) Contains Egg.	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)
Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)	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)
MTO Additional Toppings/Sides; May Choose: 1																			

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Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.) Contains Gluten, Sesame, Soy, Wheat.	61.52	3.81	0.83	0.00(M)	2.67	537.18	5.32	0.14	2.74	2.65(M)	1.72	0.35	18.57	0.13(M)	0.55(M)	0.11(M)	141.00(M)	245.80(M)	1.39(M)
Condiment; May Choose: 4																			
Chilled Corn - SR1033 (2 tbsp.)	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
Fresh Cilantro - SR1265 (1 tsp.)	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)
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	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
Green Onion - SR1946 (2 tbsp.)	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
Lime Wedges - SR1283 (2 slice or wedge)	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
Matchstick Carrots - SR1435 (2 tbsp.)	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
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	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.)	10.22	0.16	0.02	0.00	0.00	2.32	1.51	0.46	0.92	(M)	1.39	0.23	2.32	0.00	0.98	0.09	147.79	42.94	0.40
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	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
Tuesday 11/21/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Tuesday 11/21/2023, Lunch, T4-Fast																			

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Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Tuesday 11/21/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	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) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Tuesday 11/21/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)

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Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tuesday 11/21/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy,	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 11/22/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	5.00	1.50	0.00	0.00	210.00	36.00	4.00	11.00	11.00	4.00	3.60	260.00	1000.00	0.00(M)	0.00	150.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	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	110.00	(M)	(M)

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Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Wednesday 11/22/2023, Lunch, T4-Adventure																			
Entrée/Combo; May Choose: 1																			
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	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)
MTO Pick 1st Protein; May Choose: 2																			
Chicken Meatballs - SR3065 (3 Meatballs) Contains Gluten, Soy, Wheat.	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)
Hard Boiled Egg - SR3322 (1 egg) Contains Egg.	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)
Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)	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)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.) Contains Gluten, Sesame, Soy, Wheat.	61.52	3.81	0.83	0.00(M)	2.67	537.18	5.32	0.14	2.74	2.65(M)	1.72	0.35	18.57	0.13(M)	0.55(M)	0.11(M)	141.00(M)	245.80(M)	1.39(M)
Condiment; May Choose: 4																			
Chilled Corn - SR1033 (2 tbsp.)	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
Fresh Cilantro - SR1265 (1 tsp.)	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)
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	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
Green Onion - SR1946 (2 tbsp.)	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
Lime Wedges - SR1283 (2 slice or wedge)	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
Matchstick Carrots - SR1435 (2 tbsp.)	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
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	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.)	10.22	0.16	0.02	0.00	0.00	2.32	1.51	0.46	0.92	(M)	1.39	0.23	2.32	0.00	0.98	0.09	147.79	42.94	0.40
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	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
Wednesday 11/22/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

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Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Italian Roasted Chickpeas - SR3793 (1/2 c.)	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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Wednesday 11/22/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Monday 11/27/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Sausage Breakfast Pizza - SR1167 (1 slice) Contains Gluten, Milk, Soy, Wheat.	210.00	7.00	2.00	0.00	15.00	350.00	27.00	3.00	5.00	2.00	9.00	1.90	146.00	0.00	0.00	0.00	330.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)

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Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Monday 11/27/2023, Lunch, T4-Adventure																			
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	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)
MTO Pick 1st Protein; May Choose: 2																			
Beef Meatballs - NWR4538 (2 Meatballs) Contains Gluten, Wheat.	146.67	11.33	4.00	0.33	26.67	146.67	2.67	0.00	0.00	(M)	8.00	0.67	0.67	0.00	0.00	(M)	(M)	(M)	(M)
Hard Boiled Egg - SR3322 (1 egg) Contains Egg.	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)
Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)	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)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Condiment; May Choose: 4																			
Fresh Cilantro - SR1265 (1 tsp.)	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)
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	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
Green Onion - SR1946 (2 tbsp.)	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
Lime Wedges - SR1283 (2 slice or wedge)	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
Matchstick Carrots - SR1435 (2 tbsp.)	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.)	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
Monday 11/27/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			

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Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	7.57	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Cucumber Coins - SR1013 (1/2 c.)	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
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Monday 11/27/2023, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	420.87	13.23	3.22	0.00	9.98	686.53	61.54	14.33	2.54	0.00(M)	13.81	3.47	120.08	101.88(M)	0.00(M)	0.00(M)	527.94(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 11/27/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	342.25	17.20	10.13	0.00	50.63	1151.50	32.02	2.00	2.00	2.00	16.13	2.61	356.00	0.00(M)	0.00(M)	0.20	156.12	(M)	(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)

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Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Monday 11/27/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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.) Contains Gluten, Soy, Wheat.	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.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Monday 11/27/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Style Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 11/28/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)

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Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Strawberry Yogurt Cup - SR3887 (1 Container) Contains Milk.	60.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	4.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Honey Graham Crackers - SR2366 (1 pkg.) Contains Gluten, Soy, Wheat. Processed in a	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	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	110.00	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Tuesday 11/28/2023, Lunch, T4-Adventure																			
Entrée/Combo; May Choose: 1																			
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
MTO Pick 1st Grain; May Choose: 1																			
Toasted Waffle - SR2165 (2 waffle) Contains Egg, Gluten, Milk, Soy, Wheat.	185.89	5.16	1.03	0.00	0.00	340.80	30.98	1.03	4.13	4.13	4.13	3.72	268.51	1032.73	(M)	0.00	41.31	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	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)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	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)
Vegetable; May Choose: 1																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	68.19	12.33	2.32	8.77	1.11(M)	0.56	0.78	26.98	10480.56(M)	2.42(M)	0.00(M)	232.62(M)	2.15(M)	0.03(M)
Blue Ribbon Slaw - SR1254 (1/2 c.)	41.82	0.15	0.03	0.00	0.00	113.85	10.28	1.51	8.05	6.24	0.76	0.52	27.65	1697.14(M)	15.19(M)	0.00(M)	120.36(M)	57.15(M)	0.65(M)
Condiment; May Choose: 1																			
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	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)
Tuesday 11/28/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			

Menu Item Nutrients

Date: 10/30/2023 - 11/30/2023

Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Tuesday 11/28/2023, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Tuesday 11/28/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	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) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)

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Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Tuesday 11/28/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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.) Contains Gluten, Soy, Wheat.	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.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tuesday 11/28/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy,	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)

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Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 11/29/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	270.00	8.00	3.00	0.00	5.00	180.00	44.00	5.00	19.00	18.00	5.00	1.70	30.00	0.00(M)	0.00(M)	0.00	180.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Wednesday 11/29/2023, Lunch, T4-Adventure																			
Entrée/Combo; May Choose: 1																			
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
MTO Pick 1st Grain; May Choose: 1																			
Garlic Knot Breadstick - SR1255 (2 roll.) Contains Gluten, Soy, Wheat. May contain Egg,	221.25	8.11	0.45	0.00	0.00	191.69	30.03	4.33	4.07	4.00	6.45	1.93	26.43	0.00(M)	0.00(M)	0.60	133.77	0.19(M)	0.12(M)
MTO Pick 1st Protein; May Choose: 1																			
Breaded Chicken Tender - SR2504 (3 tenders) Contains Gluten, Soy, Wheat.	263.02	15.17	2.53	0.00	25.29	394.54	16.19	3.04	1.01	1.01	15.17	2.02	36.42	0.00(M)	0.00(M)	0.00	728.37	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	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)
Vegetable; May Choose: 1																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)

Menu Item Nutrients

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Wednesday 11/29/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Italian Roasted Chickpeas - SR3793 (1/2 c.)	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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Wednesday 11/29/2023, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Wednesday 11/29/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich) Contains Gluten, Sesame, Wheat.	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)
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)

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Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Wednesday 11/29/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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.) Contains Gluten, Soy, Wheat.	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.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 11/29/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)

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Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Thursday 11/30/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Blueberry Patch Parfait - NWR1562 (1 parfait) Contains Milk. Processed in a facility that also	249.41	2.42	0.58	0.00	1.93	54.32	49.37	3.97	27.90	10.67(M)	5.83	0.90(M)	130.00(M)	120.00(M)	0.00(M)	1.93(M)	160.00(M)	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Thursday 11/30/2023, Lunch, T4-Adventure																			
MTO Pick 1st Grain; May Choose: 1																			
Baked Biscuit - SR1598 (1 biscuit) Contains Gluten, Milk, Wheat.	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)
MTO Pick 1st Protein; May Choose: 1																			
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	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)
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	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)
Vegetable; May Choose: 2																			
Blue Ribbon Slaw - SR1254 (1/2 c.)	41.82	0.15	0.03	0.00	0.00	113.85	10.28	1.51	8.05	6.24	0.76	0.52	27.65	1697.14(M)	15.19(M)	0.00(M)	120.36(M)	57.15(M)	0.65(M)
Green Beans, Low Country Green Beans - SR2616 (1/2 c.)	68.15	4.70	0.64	0.00	2.67	347.50	5.67	2.28	1.73	0.00(M)	2.04	0.55	34.03	283.04(M)	3.56(M)	0.00(M)	127.26(M)	74.26(M)	1.19(M)
Whipped Potatoes - SR1112 (1/2 c.) Contains Milk.	79.98	1.50	1.00	0.00	0.00	102.62	15.00	1.00	1.00	0.00(M)	2.00	0.23	12.92	2.61	6.38	0.00(M)	0.88(M)	84.69(M)	0.09(M)
Condiment; May Choose: 1																			

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Chicken Gravy - SR1589 (1/4 c.) Contains Milk.	30.37	1.01	0.00	0.00	0.00	138.46	4.05	0.00	0.71	0.00	0.71	0.00	1.77	0.00(M)	0.00(M)	0.00	122.09	58.94(M)	0.06(M)
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.) Contains Milk.	43.66	2.37	1.18	0.00	0.42	168.13	4.98	0.08	0.76	0.42	0.37	0.12	12.09	0.00(M)	0.00(M)	0.00	48.75	51.97	0.69
Thursday 11/30/2023, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Chilled Corn - SR1033 (1/2 c.)	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
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Moroccan Spiced Carrots - SR2588 (1/2 c.)	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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Thursday 11/30/2023, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	237.72	11.80	3.46	0.00	83.09	596.03	16.76	2.39	1.36	0.00(M)	18.15	1.10(M)	103.88(M)	9923.65(M)	4.56(M)	0.00(M)	311.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Protein Power Up Box - NWR3767 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat. May	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)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 11/30/2023, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR4513 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	282.78	11.53	4.77	0.00	31.33	576.44	29.25	4.00	2.00	2.00	19.27	3.52	140.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)

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Mushroom Swiss Burger - NWR4511 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May	361.81	18.35	6.36	0.00	37.52	492.71	31.24	4.53	3.06	2.00(M)	23.61	3.71	227.86	0.00(M)	1.12(M)	0.11(M)	273.60(M)	40.91(M)	0.45(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	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)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Thursday 11/30/2023, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	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)
Pinto Beans - SR1032 (1 #8 scoop)	115.27	0.00	0.00	0.00	0.00	161.38	20.75	8.07	0.00	(M)	6.92	1.66	46.11	0.00	0.00	(M)	(M)	(M)	(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	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)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Thursday 11/30/2023, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)

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Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)

(M) Indicates missing nutrient values.

Allergen Disclaimer: Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information.