

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

## LWSD Elementaries

| Menu Item  | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars | Added Sugars | Protein (g) | Iron (mg) | Calcium (mg) | VitA (IU) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) | Ash (g) |
|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|--------------|--------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|---------|
| <b>Monday 12/04/2023, Breakfast, B-Classroom Café</b>                              |                 |               |             |               |           |             |          |                 |              |              |             |           |              |           |           |            |                |          |         |
| <b>Entrée/Combo; May Choose: 1</b>   |                 |               |             |               |           |             |          |                 |              |              |             |           |              |           |           |            |                |          |         |
| 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)     |
| 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)     |
| Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar) Contains Gluten, Soy, Wheat.     | 157.04          | 3.20          | 0.36        | 0.04          | 0.00      | 122.12      | 29.60    | 2.92            | 8.52         | 8.24         | 2.44        | 1.68      | 226.80       | 0.00(M)   | 0.00(M)   | 0.00       | 65.68          | (M)      | (M)     |
| Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.               | 158.44          | 3.36          | 0.44        | 0.04          | 0.00      | 105.52      | 29.48    | 2.88            | 8.92         | 8.52         | 2.56        | 1.92      | 261.04       | 0.00(M)   | 0.00(M)   | 0.40       | 98.88          | (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)     |
| 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)     |
| <b>Grains; May Choose: 1</b>   |                 |               |             |               |           |             |          |                 |              |              |             |           |              |           |           |            |                |          |         |
| 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)     |
| <b>Fruit; May Choose: 2</b>  |                 |               |             |               |           |             |          |                 |              |              |             |           |              |           |           |            |                |          |         |
| Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))                           | 47.79           | 0.16          | 0.03        | 0.00          | 0.00      | 0.92        | 12.69    | 2.21            | 9.55         | 0.00         | 0.24        | 0.11      | 5.51         | 49.63     | 4.23      | 0.00       | 98.34          | 78.64    | 0.17    |
| 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) |
| 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)     |
| <b>Milk; May Choose: 1</b>   |                 |               |             |               |           |             |          |                 |              |              |             |           |              |           |           |            |                |          |         |
| 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)     |
| <b>Monday 12/04/2023, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b> |                 |               |             |               |           |             |          |                 |              |              |             |           |              |           |           |            |                |          |         |
| <b>Entrée/Combo; May Choose: 1</b>   |                 |               |             |               |           |             |          |                 |              |              |             |           |              |           |           |            |                |          |         |
| Variety of Entrees - SR2092 (1 serving)  | 0.00            | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 0.00     | 0.00            | 0.00         | (M)          | 0.00        | 0.00      | 0.00         | 0.00      | 0.00      | (M)        | (M)            | (M)      | (M)     |
| <b>Fruit; May Choose: 1</b>  |                 |               |             |               |           |             |          |                 |              |              |             |           |              |           |           |            |                |          |         |
| Banana - SR1166 (1 medium (7" to 7-7/8" long))                                     | 105.02          | 0.39          | 0.13        | 0.00          | 0.00      | 1.18        | 26.95    | 3.07            | 14.43        | 0.00         | 1.29        | 0.31      | 5.90         | 75.52     | 10.27     | 0.00       | 422.44         | (M)      | (M)     |
| 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)     |
| Fresh Sliced Apples - SR3767 (1/2 c.)  | 31.36           | 0.10          | 0.02        | 0.00          | 0.00      | 0.64        | 8.29     | 1.37            | 6.25         | 0.00(M)      | 0.16        | 0.08      | 3.86         | 30.80     | 2.96      | 0.00       | 65.28          | 51.57    | 0.12    |
| Orange Smiles - SR1172 (6 slice or wedge)  | 45.12           | 0.12          | 0.01        | 0.00          | 0.00      | 0.00        | 11.28    | 2.30            | 8.98         | 0.00         | 0.90        | 0.10      | 38.40        | 216.00    | 51.07     | 0.00       | 173.76         | 83.28    | 0.42    |
| <b>Vegetable; May Choose: 2</b>  |                 |               |             |               |           |             |          |                 |              |              |             |           |              |           |           |            |                |          |         |
| Kidney Beans - SR1036 (1/2 c.)   | 140.65          | 0.00          | 0.00        | 0.00          | 0.00      | 151.47      | 25.97    | 6.49            | 3.25         | 2.16         | 7.57        | 2.60      | 86.56        | (M)       | (M)       | 0.00       | 540.97         | 0.00(M)  | (M)     |
| Green Salad Mix - SR3780 (1 c.)  | 12.31           | 0.00          | 0.00        | 0.00          | 0.00      | 8.21        | 2.46     | 0.82            | 1.64         | 0.00(M)      | 0.82        | 0.30      | 16.42        | 1026.23   | 3.94      | 0.00(M)    | 0.00(M)        | 0.00(M)  | 0.00(M) |

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Date: 12/04/2023 - 12/15/2023

|   |        |       |      |      |        |         |       |      |       |         |       |         |           |            |         |         |           |          |         |
|---|--------|-------|------|------|--------|---------|-------|------|-------|---------|-------|---------|-----------|------------|---------|---------|-----------|----------|---------|
| <b>Milk; May Choose: 1</b>  |        |       |      |      |        |         |       |      |       |         |       |         |           |            |         |         |           |          |         |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)<br>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)<br>Contains Milk.                              | 110.00 | 2.50  | 1.50 | 0.00 | 15.00  | 130.00  | 13.00 | 0.00 | 12.00 | (M)     | 9.00  | 0.00    | 312.00    | 1000.00    | 0.00(M) | 3.00    | 408.00    | (M)      | (M)     |
| <b>Condiment; May Choose: 1</b>   |        |       |      |      |        |         |       |      |       |         |       |         |           |            |         |         |           |          |         |
| Ketchup - SR1004 (1 pump)   | 20.31  | 0.01  | 0.00 | 0.00 | 0.00   | 175.46  | 4.63  | 0.21 | 3.93  | 3.51    | 0.16  | 0.05    | 1.61      | 0.00(M)    | 0.00(M) | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump) Contains<br>Egg.  | 53.33  | 5.87  | 1.07 | 0.00 | 5.33   | 45.33   | 0.00  | 0.00 | 0.00  | (M)     | 0.00  | 0.00    | 0.00      | 0.00       | 0.00    | 0.00    | (M)       | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump) Contains<br>Egg, Milk.                                     | 60.00  | 6.00  | 1.00 | 0.00 | 5.00   | 125.00  | 1.00  | 0.00 | 0.50  | (M)     | 0.00  | 0.00    | 0.00      | 0.00(M)    | 0.00    | 0.00    | 0.00      | (M)      | (M)     |
| <b>Monday 12/04/2023, Lunch, CH-Main Event<br/>(4 entrees)</b>                              |        |       |      |      |        |         |       |      |       |         |       |         |           |            |         |         |           |          |         |
| <b>Menu Item &amp; Assembly; May Choose: 1</b>  |        |       |      |      |        |         |       |      |       |         |       |         |           |            |         |         |           |          |         |
| Chef Salad - NWR1193 (1 salad) Contains Egg,<br>Milk, Soy.                                  | 154.39 | 9.01  | 3.92 | 0.00 | 123.89 | 482.82  | 5.52  | 1.31 | 2.52  | 0.00(M) | 14.53 | 1.67    | 115.71    | 3613.07(M) | 6.84(M) | 0.55(M) | 309.52(M) | 50.46(M) | 0.24(M) |
| Hummus Snack Plate - NWR1051 (1 ea.)<br>Contains Gluten, Milk, Soy, Wheat. May contain      | 381.24 | 19.84 | 6.51 | 0.00 | 25.31  | 1026.48 | 39.93 | 6.54 | 5.36  | 1.00(M) | 13.51 | 2.28(M) | 219.52(M) | 5144.88(M) | 2.23(M) | 0.60(M) | 320.36(M) | 32.67(M) | 0.59(M) |
| Marinara Meatball Sub - NWR3911 (1 sandwich)<br>Contains Gluten, Milk, Sesame, Soy, Wheat.  | 378.33 | 13.13 | 4.25 | 0.00 | 54.70  | 639.12  | 43.31 | 6.15 | 8.63  | 4.11    | 22.48 | 3.40    | 205.06    | 0.00(M)    | 0.00(M) | 0.00    | 726.69    | (M)      | (M)     |
| <b>Entrée/Combo; May Choose: 1</b>  |        |       |      |      |        |         |       |      |       |         |       |         |           |            |         |         |           |          |         |
| Hand Tossed Style Pepperoni Pizza - NWR1593<br>(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)     |
| Bean & Cheese Nachos - SR1471 (1 nacho)<br>Contains Milk.                                   | 396.30 | 18.21 | 6.55 | 0.00 | 27.21  | 678.59  | 44.27 | 8.02 | 1.05  | 0.00    | 15.35 | 1.92    | 286.49    | 0.00(M)    | 0.00(M) | 0.00    | 545.23    | 52.11(M) | 0.06(M) |
| Hand Tossed Cheese Pizza - NWR1592 (1 slice)<br>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) |
| <b>Grains; May Choose: 1</b>  |        |       |      |      |        |         |       |      |       |         |       |         |           |            |         |         |           |          |         |
| Bread Roll - NWR1032 (2 roll.) Contains Gluten,<br>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)     |
| Whole Grain Sugar Cookie - NWR4545 (1 cookie)<br>Contains Egg, Gluten, Milk, Soy, Wheat.    | 115.50 | 3.15  | 1.05 | 0.00 | 10.50  | 78.75   | 18.90 | 1.05 | 9.45  | 9.45    | 1.05  | 0.63    | 0.00      | 0.00(M)    | 0.00(M) | 0.00    | 63.00     | 3.09(M)  | (M)     |
| <b>Vegetable; May Choose: 2</b>   |        |       |      |      |        |         |       |      |       |         |       |         |           |            |         |         |           |          |         |
| Mixed Garden Vegetables - SR1583 (1/2 c.)   | 53.56  | 0.44  | 0.08 | 0.00 | 0.00   | 91.04   | 11.37 | 3.18 | 3.18  | 0.00(M) | 2.28  | 0.77    | 26.07     | 4935.54(M) | 4.56(M) | 0.00    | 167.83    | 79.30    | 0.73    |
| <b>Tuesday 12/05/2023, Breakfast, B-<br/>Classroom Café</b>                                 |        |       |      |      |        |         |       |      |       |         |       |         |           |            |         |         |           |          |         |
| <b>Entrée/Combo; May Choose: 1</b>  |        |       |      |      |        |         |       |      |       |         |       |         |           |            |         |         |           |          |         |
| 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)     |
| Cinnamon Toast Crunch Cereal - SR1164 (1<br>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)     |
| Cinnamon Toast Crunch Cereal Bar - SR1203 (1<br>Bar) Contains Gluten, Soy, Wheat.           | 157.04 | 3.20  | 0.36 | 0.04 | 0.00   | 122.12  | 29.60 | 2.92 | 8.52  | 8.24    | 2.44  | 1.68    | 226.80    | 0.00(M)    | 0.00(M) | 0.00    | 65.68     | (M)      | (M)     |
| Cocoa Puffs Cereal Bar - SR1308 (1 Bar)<br>Contains Gluten, Soy, Wheat.                     | 158.44 | 3.36  | 0.44 | 0.04 | 0.00   | 105.52  | 29.48 | 2.88 | 8.92  | 8.52    | 2.56  | 1.92    | 261.04    | 0.00(M)    | 0.00(M) | 0.40    | 98.88     | (M)      | (M)     |
| Honey Nut Cheerios Cereal - SR1361 (1 bowl)<br>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<br>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) |
| <b>Grains; May Choose: 1</b>  |        |       |      |      |        |         |       |      |       |         |       |         |           |            |         |         |           |          |         |
| Buttery Whole Grain Toast - NWR1119 (1 slice)<br>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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|   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
|---|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|-----------|----------|---------|-----------|----------|---------|
| <b>Fruit; May Choose: 2</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))                            | 47.79  | 0.16 | 0.03 | 0.00 | 0.00  | 0.92   | 12.69 | 2.21 | 9.55  | 0.00    | 0.24 | 0.11    | 5.51    | 49.63     | 4.23     | 0.00    | 98.34     | 78.64    | 0.17    |
| 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) |
| 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)     |
| <b>Fruit Juice; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| 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)     |
| <b>Milk; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| 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)     |
| <b>Tuesday 12/05/2023, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b> |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| <b>Entrée/Combo; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| Variety of Entrees - SR2092 (1 serving)   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 0.00   | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00      | 0.00     | (M)     | (M)       | (M)      | (M)     |
| <b>Fruit; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| Orange Smiles - SR1172 (6 slice or wedge)   | 45.12  | 0.12 | 0.01 | 0.00 | 0.00  | 0.00   | 11.28 | 2.30 | 8.98  | 0.00    | 0.90 | 0.10    | 38.40   | 216.00    | 51.07    | 0.00    | 173.76    | 83.28    | 0.42    |
| Unsweetened Applesauce - SR1195 (1/2 c.)  | 52.39  | 0.00 | 0.00 | 0.00 | 0.00  | 10.48  | 12.57 | 1.05 | 11.53 | 0.00    | 0.00 | 6.29    | 5.24    | 0.00(M)   | 0.00(M)  | 0.00    | 115.26    | (M)      | (M)     |
| <b>Fruit Juice; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| 100% Grape Juice - SR1607 (4 fl oz cup)   | 80.00  | 0.00 | 0.00 | 0.00 | 0.00  | 10.00  | 19.00 | 0.00 | 18.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)   | 0.00(M)  | 0.00    | 0.00      | (M)      | (M)     |
| <b>Vegetable; May Choose: 2</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| Basil Corn Salad - SR2587 (1/2 c.)  | 102.01 | 4.11 | 0.34 | 0.00 | 0.00  | 296.46 | 16.78 | 2.30 | 3.02  | 0.00(M) | 2.32 | 0.58    | 8.92    | 656.16(M) | 17.82(M) | 0.00(M) | 217.97(M) | 76.38(M) | 1.22(M) |
| Fresh Broccoli Florets - SR1027 (1/2 c.)  | 10.84  | 0.12 | 0.01 | 0.00 | 0.00  | 10.53  | 2.12  | 0.83 | 0.54  | 0.00    | 0.90 | 0.23    | 14.99   | 198.70    | 28.45    | 0.00    | 100.78    | (M)      | (M)     |
| Green Salad Mix - SR3780 (1 c.)   | 12.31  | 0.00 | 0.00 | 0.00 | 0.00  | 8.21   | 2.46  | 0.82 | 1.64  | 0.00(M) | 0.82 | 0.30    | 16.42   | 1026.23   | 3.94     | 0.00(M) | 0.00(M)   | 0.00(M)  | 0.00(M) |
| <b>Milk; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.                          | 130.00 | 0.00 | 0.00 | 0.00 | 4.00  | 210.00 | 24.00 | 0.00 | 22.00 | 11.00   | 8.00 | 0.00    | 329.00  | 1000.00   | 0.00(M)  | 3.00    | 425.00    | (M)      | (M)     |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.                         | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 9.00 | 0.00    | 312.00  | 1000.00   | 0.00(M)  | 3.00    | 408.00    | (M)      | (M)     |
| <b>Condiment; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| Ketchup - SR1004 (1 pump)   | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16 | 0.05    | 1.61    | 0.00(M)   | 0.00(M)  | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump) Contains Egg.                                     | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00      | 0.00     | 0.00    | (M)       | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.                                | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00 | 0.00    | 0.00    | 0.00(M)   | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| <b>Tuesday 12/05/2023, Lunch, CH-Main Event (4 entrees)</b>                         |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

|  |        |       |      |      |       |        |        |      |       |          |       |         |           |           |          |         |           |          |         |
|--|--------|-------|------|------|-------|--------|--------|------|-------|----------|-------|---------|-----------|-----------|----------|---------|-----------|----------|---------|
| <b>Entrée/Combo; May Choose: 1</b>   |        |       |      |      |       |        |        |      |       |          |       |         |           |           |          |         |           |          |         |
| Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat. | 377.83 | 16.93 | 7.72 | 0.00 | 39.59 | 490.33 | 35.51  | 3.71 | 5.60  | 0.80     | 19.54 | 1.92    | 368.99    | 320.00(M) | 0.00(M)  | 0.00(M) | 374.40(M) | (M)      | (M)     |
| Breakfast for Lunch: French Toast Sticks & Sausage - NWR4467 (1 plate) Contains Gluten,  | 377.35 | 18.90 | 3.48 | 0.00 | 60.00 | 456.95 | 37.61  | 2.97 | 8.91  | 7.92     | 17.94 | 2.70    | 39.59     | 0.00(M)   | 0.00(M)  | 0.00    | 148.48    | (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) |
| Italian Sub Sandwich - NWR1041 (1 sandwich) Contains Gluten, Milk, Sesame, Soy, Wheat.   | 341.50 | 12.68 | 4.29 | 0.00 | 88.59 | 977.00 | 29.15  | 3.51 | 3.00  | 2.00     | 28.24 | 2.88    | 159.19    | 0.00(M)   | 0.00(M)  | 0.00(M) | 576.99(M) | (M)      | (M)     |
| Plant Taco Filling - SR4095 (5 tbsp.) Contains Gluten, Wheat.                            | 78.66  | 3.18  | 2.02 | 0.01 | 0.00  | 274.57 | 2.98   | 1.19 | 0.28  | 0.06     | 9.65  | 2.25    | 14.29     | 0.00(M)   | 0.00(M)  | 0.00    | 82.38     | 15.39(M) | 0.32(M) |
| Strawberry Fields Parfait - SR1738 (1 parfait) Contains Milk, Soy. May contain Gluten.   | 574.58 | 10.68 | 1.75 | 0.04 | 4.00  | 302.73 | 110.82 | 5.66 | 72.64 | 35.37(M) | 11.66 | 1.83    | 272.93    | 270.60(M) | 52.78(M) | 3.87    | 557.81    | 93.33(M) | 0.31(M) |
| Turkey Soft Taco - NWR4346 (1 taco) Contains Gluten, Milk, Soy, Wheat.                   | 308.95 | 16.06 | 6.01 | 0.00 | 44.24 | 489.54 | 26.54  | 2.00 | 5.02  | 0.00(M)  | 18.09 | 1.00(M) | 151.50(M) | 0.00(M)   | 0.00(M)  | 0.10(M) | 56.50(M)  | (M)      | (M)     |
| <b>Vegetable; May Choose: 2</b>  |        |       |      |      |       |        |        |      |       |          |       |         |           |           |          |         |           |          |         |
| Tater Tots - SR1450 (1/2 c.)   | 110.70 | 6.04  | 1.01 | 0.00 | 0.00  | 311.98 | 14.09  | 1.01 | 1.01  | 0.00     | 1.01  | 0.20    | 10.06     | 0.00(M)   | 0.00(M)  | 0.00    | 211.34    | (M)      | (M)     |
| Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)                                      | 11.38  | 0.12  | 0.02 | 0.00 | 0.00  | 4.26   | 2.45   | 0.81 | 1.65  | 0.00     | 0.60  | 0.21    | 8.16      | 500.52    | 7.25     | 0.00    | 142.08    | 46.54(M) | 0.25(M) |
| <b>Condiment; May Choose: 1</b>  |        |       |      |      |       |        |        |      |       |          |       |         |           |           |          |         |           |          |         |
| 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)     |
| <b>Wednesday 12/06/2023, Breakfast, B-Classroom Café</b>                                 |        |       |      |      |       |        |        |      |       |          |       |         |           |           |          |         |           |          |         |
| <b>Entrée/Combo; May Choose: 1</b>   |        |       |      |      |       |        |        |      |       |          |       |         |           |           |          |         |           |          |         |
| 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)     |
| 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)     |
| Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar) Contains Gluten, Soy, Wheat.           | 157.04 | 3.20  | 0.36 | 0.04 | 0.00  | 122.12 | 29.60  | 2.92 | 8.52  | 8.24     | 2.44  | 1.68    | 226.80    | 0.00(M)   | 0.00(M)  | 0.00    | 65.68     | (M)      | (M)     |
| Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.                     | 158.44 | 3.36  | 0.44 | 0.04 | 0.00  | 105.52 | 29.48  | 2.88 | 8.92  | 8.52     | 2.56  | 1.92    | 261.04    | 0.00(M)   | 0.00(M)  | 0.40    | 98.88     | (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)     |
| <b>Grains; May Choose: 1</b>   |        |       |      |      |       |        |        |      |       |          |       |         |           |           |          |         |           |          |         |
| 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)     |
| <b>Fruit; May Choose: 2</b>  |        |       |      |      |       |        |        |      |       |          |       |         |           |           |          |         |           |          |         |
| Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))                                 | 47.79  | 0.16  | 0.03 | 0.00 | 0.00  | 0.92   | 12.69  | 2.21 | 9.55  | 0.00     | 0.24  | 0.11    | 5.51      | 49.63     | 4.23     | 0.00    | 98.34     | 78.64    | 0.17    |
| 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) |
| 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)     |
| <b>Milk; May Choose: 1</b>   |        |       |      |      |       |        |        |      |       |          |       |         |           |           |          |         |           |          |         |
| 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)     |

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

|  |        |       |      |      |        |        |       |      |       |         |       |      |        |            |          |         |           |          |         |
|--|--------|-------|------|------|--------|--------|-------|------|-------|---------|-------|------|--------|------------|----------|---------|-----------|----------|---------|
| White Skim Milk - NWR2347 (1 Half Pint)<br>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)     |
| <b>Wednesday 12/06/2023, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>    |        |       |      |      |        |        |       |      |       |         |       |      |        |            |          |         |           |          |         |
| <b>Entrée/Combo; May Choose: 1</b>   |        |       |      |      |        |        |       |      |       |         |       |      |        |            |          |         |           |          |         |
| Variety of Entrees - SR2092 (1 serving)  | 0.00   | 0.00  | 0.00 | 0.00 | 0.00   | 0.00   | 0.00  | 0.00 | 0.00  | (M)     | 0.00  | 0.00 | 0.00   | 0.00       | 0.00     | (M)     | (M)       | (M)      | (M)     |
| <b>Fruit; May Choose: 1</b>  |        |       |      |      |        |        |       |      |       |         |       |      |        |            |          |         |           |          |         |
| Banana - SR1166 (1 medium (7" to 7-7/8" long))   | 105.02 | 0.39  | 0.13 | 0.00 | 0.00   | 1.18   | 26.95 | 3.07 | 14.43 | 0.00    | 1.29  | 0.31 | 5.90   | 75.52      | 10.27    | 0.00    | 422.44    | (M)      | (M)     |
| Diced Pears - SR3041 (1/2 c.)  | 57.47  | 0.00  | 0.00 | 0.00 | 0.00   | 4.79   | 15.33 | 1.92 | 11.49 | (M)     | 0.00  | (M)  | (M)    | (M)        | (M)      | (M)     | (M)       | (M)      | (M)     |
| Orange Smiles - SR1172 (6 slice or wedge)  | 45.12  | 0.12  | 0.01 | 0.00 | 0.00   | 0.00   | 11.28 | 2.30 | 8.98  | 0.00    | 0.90  | 0.10 | 38.40  | 216.00     | 51.07    | 0.00    | 173.76    | 83.28    | 0.42    |
| <b>Vegetable; May Choose: 2</b>  |        |       |      |      |        |        |       |      |       |         |       |      |        |            |          |         |           |          |         |
| Baby Carrots - SR1016 (1/2 c.)   | 25.40  | 0.09  | 0.02 | 0.00 | 0.00   | 56.61  | 5.98  | 2.10 | 3.46  | 0.00    | 0.46  | 0.65 | 23.22  | 10008.06   | 1.89     | 0.00    | 172.00    | (M)      | (M)     |
| Green Salad Mix - SR3780 (1 c.)  | 12.31  | 0.00  | 0.00 | 0.00 | 0.00   | 8.21   | 2.46  | 0.82 | 1.64  | 0.00(M) | 0.82  | 0.30 | 16.42  | 1026.23    | 3.94     | 0.00(M) | 0.00(M)   | 0.00(M)  | 0.00(M) |
| <b>Milk; May Choose: 1</b>   |        |       |      |      |        |        |       |      |       |         |       |      |        |            |          |         |           |          |         |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)<br>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)<br>Contains Milk.                           | 110.00 | 2.50  | 1.50 | 0.00 | 15.00  | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 9.00  | 0.00 | 312.00 | 1000.00    | 0.00(M)  | 3.00    | 408.00    | (M)      | (M)     |
| <b>Condiment; May Choose: 1</b>  |        |       |      |      |        |        |       |      |       |         |       |      |        |            |          |         |           |          |         |
| Ketchup - SR1004 (1 pump)  | 20.31  | 0.01  | 0.00 | 0.00 | 0.00   | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16  | 0.05 | 1.61   | 0.00(M)    | 0.00(M)  | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump) Contains Egg.  | 53.33  | 5.87  | 1.07 | 0.00 | 5.33   | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00  | 0.00 | 0.00   | 0.00       | 0.00     | 0.00    | (M)       | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.                                     | 60.00  | 6.00  | 1.00 | 0.00 | 5.00   | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00  | 0.00 | 0.00   | 0.00(M)    | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| <b>Wednesday 12/06/2023, Lunch, CH-Main Event (4 entrees)</b>                            |        |       |      |      |        |        |       |      |       |         |       |      |        |            |          |         |           |          |         |
| <b>Entrée/Combo; May Choose: 1</b>   |        |       |      |      |        |        |       |      |       |         |       |      |        |            |          |         |           |          |         |
| Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat. | 377.83 | 16.93 | 7.72 | 0.00 | 39.59  | 490.33 | 35.51 | 3.71 | 5.60  | 0.80    | 19.54 | 1.92 | 368.99 | 320.00(M)  | 0.00(M)  | 0.00(M) | 374.40(M) | (M)      | (M)     |
| Chef Salad - NWR1193 (1 salad) Contains Egg, Milk, Soy.                                  | 154.39 | 9.01  | 3.92 | 0.00 | 123.89 | 482.82 | 5.52  | 1.31 | 2.52  | 0.00(M) | 14.53 | 1.67 | 115.71 | 3613.07(M) | 6.84(M)  | 0.55(M) | 309.52(M) | 50.46(M) | 0.24(M) |
| Elvis Melt - NWR4500 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.                     | 618.35 | 36.96 | 4.72 | 0.00 | 5.39   | 558.68 | 52.68 | 6.94 | 14.51 | 7.94    | 22.07 | 4.87 | 77.46  | 24.00(M)   | 3.26(M)  | 0.00(M) | 661.96(M) | (M)      | (M)     |
| Fresh Sliced Apples - SR3767 (1/2 c.)  | 31.36  | 0.10  | 0.02 | 0.00 | 0.00   | 0.64   | 8.29  | 1.37 | 6.25  | 0.00(M) | 0.16  | 0.08 | 3.86   | 30.80      | 2.96     | 0.00    | 65.28     | 51.57    | 0.12    |
| 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) |
| Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.                       | 281.62 | 11.63 | 3.04 | 0.00 | 50.62  | 473.25 | 29.01 | 3.00 | 4.01  | 3.01    | 13.09 | 2.71 | 113.62 | 0.00(M)    | 0.00(M)  | 0.00    | 486.73    | (M)      | (M)     |
| Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.     | 661.82 | 34.74 | 3.98 | 0.02 | 0.02   | 472.82 | 71.32 | 6.13 | 35.26 | 26.80   | 19.95 | 4.84 | 77.99  | 0.00(M)    | 0.00(M)  | 0.00    | 547.01    | (M)      | (M)     |
| <b>Grains; May Choose: 1</b>   |        |       |      |      |        |        |       |      |       |         |       |      |        |            |          |         |           |          |         |
| Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.                      | 140.00 | 1.00  | 0.00 | 0.00 | 0.00   | 180.00 | 26.00 | 2.00 | 2.00  | 2.00    | 6.00  | 2.00 | 28.00  | 0.00(M)    | 0.00(M)  | 2.00    | 97.76     | (M)      | (M)     |
| <b>Vegetable; May Choose: 2</b>  |        |       |      |      |        |        |       |      |       |         |       |      |        |            |          |         |           |          |         |
| Roasted Broccoli and Carrots - SR2023 (1/2 c.)   | 85.04  | 7.11  | 0.52 | 0.00 | 0.00   | 14.84  | 4.95  | 2.53 | 1.56  | 0.00(M) | 2.43  | 0.49 | 28.07  | 2343.02(M) | 30.87(M) | 0.00(M) | 30.24(M)  | 76.93(M) | 0.63(M) |

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

| <b>Thursday 12/07/2023, Breakfast, B-Classroom Café</b>                              |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |         |         |
|--|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|----------|---------|---------|----------|---------|---------|
| <b>Entrée/Combo; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |         |         |
| 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)     |
| 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)     |
| Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar) Contains Gluten, Soy, Wheat.       | 157.04 | 3.20 | 0.36 | 0.04 | 0.00  | 122.12 | 29.60 | 2.92 | 8.52  | 8.24    | 2.44 | 1.68    | 226.80  | 0.00(M)  | 0.00(M) | 0.00    | 65.68    | (M)     | (M)     |
| Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.                 | 158.44 | 3.36 | 0.44 | 0.04 | 0.00  | 105.52 | 29.48 | 2.88 | 8.92  | 8.52    | 2.56 | 1.92    | 261.04  | 0.00(M)  | 0.00(M) | 0.40    | 98.88    | (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)     |
| 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)     |
| <b>Grains; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |         |         |
| 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)     |
| <b>Fruit; May Choose: 2</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |         |         |
| Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))                             | 47.79  | 0.16 | 0.03 | 0.00 | 0.00  | 0.92   | 12.69 | 2.21 | 9.55  | 0.00    | 0.24 | 0.11    | 5.51    | 49.63    | 4.23    | 0.00    | 98.34    | 78.64   | 0.17    |
| 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) |
| 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)     |
| <b>Fruit Juice; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |         |         |
| 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)     |
| <b>Milk; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |         |         |
| 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)     |
| <b>Thursday 12/07/2023, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b> |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |         |         |
| <b>Entrée/Combo; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |         |         |
| Variety of Entrees - SR2092 (1 serving)  | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 0.00   | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00     | 0.00    | (M)     | (M)      | (M)     | (M)     |
| <b>Fruit; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |         |         |
| Banana - SR1166 (1 medium (7" to 7-7/8" long))                                       | 105.02 | 0.39 | 0.13 | 0.00 | 0.00  | 1.18   | 26.95 | 3.07 | 14.43 | 0.00    | 1.29 | 0.31    | 5.90    | 75.52    | 10.27   | 0.00    | 422.44   | (M)     | (M)     |
| Fresh Sliced Apples - SR3767 (1/2 c.)  | 31.36  | 0.10 | 0.02 | 0.00 | 0.00  | 0.64   | 8.29  | 1.37 | 6.25  | 0.00(M) | 0.16 | 0.08    | 3.86    | 30.80    | 2.96    | 0.00    | 65.28    | 51.57   | 0.12    |
| Orange Smiles - SR1172 (6 slice or wedge)  | 45.12  | 0.12 | 0.01 | 0.00 | 0.00  | 0.00   | 11.28 | 2.30 | 8.98  | 0.00    | 0.90 | 0.10    | 38.40   | 216.00   | 51.07   | 0.00    | 173.76   | 83.28   | 0.42    |
| Unsweetened Applesauce - SR1195 (1/2 c.)   | 52.39  | 0.00 | 0.00 | 0.00 | 0.00  | 10.48  | 12.57 | 1.05 | 11.53 | 0.00    | 0.00 | 6.29    | 5.24    | 0.00(M)  | 0.00(M) | 0.00    | 115.26   | (M)     | (M)     |
| <b>Fruit Juice; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |         |         |
| 100% Grape Juice - SR1607 (4 fl oz cup)  | 80.00  | 0.00 | 0.00 | 0.00 | 0.00  | 10.00  | 19.00 | 0.00 | 18.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)  | 0.00(M) | 0.00    | 0.00     | (M)     | (M)     |

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

|  |        |       |      |      |       |         |       |      |       |         |       |         |           |             |          |         |           |          |         |
|--|--------|-------|------|------|-------|---------|-------|------|-------|---------|-------|---------|-----------|-------------|----------|---------|-----------|----------|---------|
| <b>Vegetable; May Choose: 2</b>  |        |       |      |      |       |         |       |      |       |         |       |         |           |             |          |         |           |          |         |
| Apple Glazed Baby Carrots - SR3683 (1/2 c.)<br>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) |
| 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) |
| <b>Milk; May Choose: 1</b>   |        |       |      |      |       |         |       |      |       |         |       |         |           |             |          |         |           |          |         |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)<br>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)<br>Contains Milk.                           | 110.00 | 2.50  | 1.50 | 0.00 | 15.00 | 130.00  | 13.00 | 0.00 | 12.00 | (M)     | 9.00  | 0.00    | 312.00    | 1000.00     | 0.00(M)  | 3.00    | 408.00    | (M)      | (M)     |
| <b>Condiment; May Choose: 1</b>  |        |       |      |      |       |         |       |      |       |         |       |         |           |             |          |         |           |          |         |
| Ketchup - SR1004 (1 pump)  | 20.31  | 0.01  | 0.00 | 0.00 | 0.00  | 175.46  | 4.63  | 0.21 | 3.93  | 3.51    | 0.16  | 0.05    | 1.61      | 0.00(M)     | 0.00(M)  | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump) Contains Egg.  | 53.33  | 5.87  | 1.07 | 0.00 | 5.33  | 45.33   | 0.00  | 0.00 | 0.00  | (M)     | 0.00  | 0.00    | 0.00      | 0.00        | 0.00     | 0.00    | (M)       | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.                                     | 60.00  | 6.00  | 1.00 | 0.00 | 5.00  | 125.00  | 1.00  | 0.00 | 0.50  | (M)     | 0.00  | 0.00    | 0.00      | 0.00(M)     | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| <b>Thursday 12/07/2023, Lunch, CH-Main Event (4 entrees)</b>                             |        |       |      |      |       |         |       |      |       |         |       |         |           |             |          |         |           |          |         |
| <b>Menu Item &amp; Assembly; May Choose: 1</b>   |        |       |      |      |       |         |       |      |       |         |       |         |           |             |          |         |           |          |         |
| Crispy Chicken Wrap - NWR4148 (1 wrap)<br>Contains Egg, Gluten, Milk, Soy, Wheat.        | 437.08 | 24.30 | 7.26 | 0.00 | 37.50 | 724.20  | 37.94 | 5.26 | 4.72  | 0.00(M) | 18.35 | 2.81    | 188.46    | 361.44(M)   | 2.02(M)  | 0.18(M) | 536.50(M) | 68.86(M) | 0.26(M) |
| 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)     |
| Pinwheel Party Box - NWR4077 (1 Box) Contains Gluten, Milk, Soy, Wheat.                  | 433.74 | 15.31 | 7.20 | 0.00 | 71.48 | 1032.04 | 55.69 | 7.17 | 19.88 | 0.00    | 24.05 | 2.73    | 205.60    | 10073.27(M) | 12.15(M) | 0.08    | 985.45    | 0.00(M)  | 0.00(M) |
| Southwest Taco Nachos - NWR4027 (1 portion)<br>Contains Milk, Soy.                       | 442.82 | 26.06 | 8.71 | 0.00 | 59.31 | 841.74  | 34.73 | 2.83 | 3.85  | 0.00(M) | 21.88 | 0.71(M) | 291.60(M) | 0.00(M)     | 0.00(M)  | 0.00(M) | 339.77(M) | (M)      | (M)     |
| <b>Entrée/Combo; May Choose: 1</b>   |        |       |      |      |       |         |       |      |       |         |       |         |           |             |          |         |           |          |         |
| Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat. | 377.83 | 16.93 | 7.72 | 0.00 | 39.59 | 490.33  | 35.51 | 3.71 | 5.60  | 0.80    | 19.54 | 1.92    | 368.99    | 320.00(M)   | 0.00(M)  | 0.00(M) | 374.40(M) | (M)      | (M)     |
| Hand Tossed Cheese Pizza - NWR1592 (1 slice)<br>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) |
| <b>Meat/MA; May Choose: 1</b>  |        |       |      |      |       |         |       |      |       |         |       |         |           |             |          |         |           |          |         |
| Plant Taco Filling - SR4095 (5 tbsp.) Contains Gluten, Wheat.                            | 78.66  | 3.18  | 2.02 | 0.01 | 0.00  | 274.57  | 2.98  | 1.19 | 0.28  | 0.06    | 9.65  | 2.25    | 14.29     | 0.00(M)     | 0.00(M)  | 0.00    | 82.38     | 15.39(M) | 0.32(M) |
| <b>Vegetable; May Choose: 2</b>  |        |       |      |      |       |         |       |      |       |         |       |         |           |             |          |         |           |          |         |
| Aztec Corn - NWR3261 (1/2 c.)  | 97.71  | 2.56  | 0.08 | 0.00 | 0.00  | 55.19   | 18.10 | 3.15 | 5.25  | 0.00(M) | 3.32  | 0.58(M) | 19.43(M)  | 121.75(M)   | 4.78(M)  | 0.00(M) | 145.32(M) | 6.58(M)  | 0.06(M) |
| Spaghetti Sauce - SR2220 (1/2 c.)  | 64.72  | 0.49  | 0.06 | 0.00 | 0.00  | 259.64  | 13.34 | 2.74 | 7.84  | 2.93    | 2.08  | 1.02    | 33.86     | 0.00(M)     | 0.00(M)  | 0.00    | 475.93    | (M)      | (M)     |
| <b>Friday 12/08/2023, Breakfast, B-Classroom Café</b>                                    |        |       |      |      |       |         |       |      |       |         |       |         |           |             |          |         |           |          |         |
| <b>Entrée/Combo; May Choose: 1</b>   |        |       |      |      |       |         |       |      |       |         |       |         |           |             |          |         |           |          |         |
| Apple Cinnamon Muffin - SR1165 (1 muffin)<br>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)     |
| 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)     |
| 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)     |
| Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar) Contains Gluten, Soy, Wheat.           | 157.04 | 3.20  | 0.36 | 0.04 | 0.00  | 122.12  | 29.60 | 2.92 | 8.52  | 8.24    | 2.44  | 1.68    | 226.80    | 0.00(M)     | 0.00(M)  | 0.00    | 65.68     | (M)      | (M)     |

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

|   |        |      |      |      |       |        |       |      |       |         |       |         |         |          |         |         |          |         |         |
|---|--------|------|------|------|-------|--------|-------|------|-------|---------|-------|---------|---------|----------|---------|---------|----------|---------|---------|
| Cocoa Puffs Cereal Bar - SR1308 (1 Bar)<br>Contains Gluten, Soy, Wheat.             | 158.44 | 3.36 | 0.44 | 0.04 | 0.00  | 105.52 | 29.48 | 2.88 | 8.92  | 8.52    | 2.56  | 1.92    | 261.04  | 0.00(M)  | 0.00(M) | 0.40    | 98.88    | (M)     | (M)     |
| Honey Nut Cheerios Cereal - SR1361 (1 bowl)<br>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)     |
| <b>Grains; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |       |         |         |          |         |         |          |         |         |
| Buttery Whole Grain Toast - NWR1119 (1 slice)<br>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)     |
| <b>Fruit; May Choose: 2</b>   |        |      |      |      |       |        |       |      |       |         |       |         |         |          |         |         |          |         |         |
| Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))                            | 47.79  | 0.16 | 0.03 | 0.00 | 0.00  | 0.92   | 12.69 | 2.21 | 9.55  | 0.00    | 0.24  | 0.11    | 5.51    | 49.63    | 4.23    | 0.00    | 98.34    | 78.64   | 0.17    |
| 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) |
| 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)     |
| <b>Milk; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |       |         |         |          |         |         |          |         |         |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)<br>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)<br>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)     |
| <b>Friday 12/08/2023, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>  |        |      |      |      |       |        |       |      |       |         |       |         |         |          |         |         |          |         |         |
| <b>Entrée/Combo; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |       |         |         |          |         |         |          |         |         |
| Variety of Entrees - SR2092 (1 serving)   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 0.00   | 0.00  | 0.00 | 0.00  | (M)     | 0.00  | 0.00    | 0.00    | 0.00     | 0.00    | (M)     | (M)      | (M)     | (M)     |
| <b>Fruit; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |       |         |         |          |         |         |          |         |         |
| Banana - SR1166 (1 medium (7" to 7-7/8" long))                                      | 105.02 | 0.39 | 0.13 | 0.00 | 0.00  | 1.18   | 26.95 | 3.07 | 14.43 | 0.00    | 1.29  | 0.31    | 5.90    | 75.52    | 10.27   | 0.00    | 422.44   | (M)     | (M)     |
| 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)     |
| <b>Vegetable; May Choose: 2</b>   |        |      |      |      |       |        |       |      |       |         |       |         |         |          |         |         |          |         |         |
| Celery Sticks - SR1014 (6 stick.)   | 10.34  | 0.11 | 0.03 | 0.00 | 0.00  | 51.71  | 1.92  | 1.03 | 0.87  | 0.00    | 0.45  | 0.13    | 25.86   | 290.23   | 2.00    | 0.00    | 168.06   | 61.68   | 0.48    |
| Green Salad Mix - SR3780 (1 c.)   | 12.31  | 0.00 | 0.00 | 0.00 | 0.00  | 8.21   | 2.46  | 0.82 | 1.64  | 0.00(M) | 0.82  | 0.30    | 16.42   | 1026.23  | 3.94    | 0.00(M) | 0.00(M)  | 0.00(M) | 0.00(M) |
| <b>Milk; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |       |         |         |          |         |         |          |         |         |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)<br>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)<br>Contains Milk.                      | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 9.00  | 0.00    | 312.00  | 1000.00  | 0.00(M) | 3.00    | 408.00   | (M)     | (M)     |
| <b>Condiment; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |       |         |         |          |         |         |          |         |         |
| Ketchup - SR1004 (1 pump)   | 20.31  | 0.01 | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16  | 0.05    | 1.61    | 0.00(M)  | 0.00(M) | 0.00    | 40.51    | (M)     | (M)     |
| Mayonnaise Pump - SR1991 (1 pump) Contains Egg.                                     | 53.33  | 5.87 | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00  | 0.00    | 0.00    | 0.00     | 0.00    | 0.00    | (M)      | (M)     | (M)     |
| Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.                                | 60.00  | 6.00 | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00  | 0.00    | 0.00    | 0.00(M)  | 0.00    | 0.00    | 0.00     | (M)     | (M)     |
| <b>Friday 12/08/2023, Lunch, CH-Main Event (4 entrees)</b>                          |        |      |      |      |       |        |       |      |       |         |       |         |         |          |         |         |          |         |         |
| <b>Menu Item &amp; Assembly; May Choose: 1</b>                                      |        |      |      |      |       |        |       |      |       |         |       |         |         |          |         |         |          |         |         |
| Alaskan Pollock - NWR2448 (4 Ounce serving)<br>Contains Fish, Gluten, Wheat.        | 211.86 | 8.07 | 1.01 | 0.00 | 45.40 | 312.74 | 19.17 | 2.02 | 1.01  | 1.01    | 16.14 | 2.02    | 15.13   | (M)      | (M)     | 0.00    | 319.81   | (M)     | (M)     |



# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

|  |        |       |      |      |       |        |       |      |      |         |       |         |          |            |         |         |           |           |         |
|--|--------|-------|------|------|-------|--------|-------|------|------|---------|-------|---------|----------|------------|---------|---------|-----------|-----------|---------|
| American Sandwich - NWR3012 (1 sandwich)<br>Contains Gluten, Milk, Soy, Wheat.                 | 335.56 | 11.05 | 4.16 | 0.00 | 80.16 | 997.88 | 30.51 | 2.00 | 2.00 | 2.00    | 27.53 | 2.88    | 113.00   | 0.00(M)    | 0.00(M) | 0.05    | 550.75    | (M)       | (M)     |
| Caesar Salad - NWR1735 (1 salad) Contains<br>Gluten, Milk, Wheat. Processed in a facility that | 237.57 | 13.52 | 7.44 | 0.00 | 36.96 | 620.60 | 15.21 | 3.91 | 1.36 | 0.00    | 16.20 | 1.10    | 453.40   | 9923.65(M) | 4.56(M) | 0.00    | 325.77    | 107.79(M) | 0.66(M) |
| Chicken Caesar Salad Strip - NWR1745 (1 salad)<br>Contains Milk.                               | 181.40 | 9.42  | 2.94 | 0.00 | 80.73 | 415.76 | 8.50  | 0.83 | 0.83 | 0.00(M) | 16.72 | 0.60(M) | 70.53(M) | 3333.33(M) | 2.00(M) | 0.00(M) | 0.00(M)   | (M)       | (M)     |
| Sloppy Joe Sandwich, Plant - SR3971 (1<br>sandwich) Contains Gluten, Wheat.                    | 260.09 | 5.57  | 2.28 | 0.00 | 0.00  | 676.70 | 34.38 | 3.95 | 7.61 | 5.67(M) | 17.14 | 3.40    | 69.67    | 1269.20(M) | 9.46(M) | 0.00(M) | 201.98(M) | 12.75(M)  | 0.17(M) |
| <b>Entrée/Combo; May Choose: 1</b>   |        |       |      |      |       |        |       |      |      |         |       |         |          |            |         |         |           |           |         |
| Hand Tossed Style Pepperoni Pizza - NWR1593<br>(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)<br>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) |
| <b>Grains; May Choose: 1</b>   |        |       |      |      |       |        |       |      |      |         |       |         |          |            |         |         |           |           |         |
| Bread Roll - NWR1032 (2 roll.) Contains Gluten,<br>Sesame, Soy, Wheat.                         | 140.00 | 1.00  | 0.00 | 0.00 | 0.00  | 180.00 | 26.00 | 2.00 | 2.00 | 2.00    | 6.00  | 2.00    | 28.00    | 0.00(M)    | 0.00(M) | 2.00    | 97.76     | (M)       | (M)     |
| <b>Vegetable; May Choose: 2</b>  |        |       |      |      |       |        |       |      |      |         |       |         |          |            |         |         |           |           |         |
| Country Style Potato Wedges - NWR4546 (1/2 c.)   | 79.97  | 2.00  | 0.00 | 0.00 | 0.00  | 19.99  | 15.99 | 1.00 | 1.00 | 0.00    | 1.00  | 0.20    | 19.99    | 0.00(M)    | 0.00(M) | 0.00    | 240.08    | (M)       | (M)     |
| <b>Condiment; May Choose: 1</b>  |        |       |      |      |       |        |       |      |      |         |       |         |          |            |         |         |           |           |         |
| Tartar Sauce - SR2615 (1 tbsp.) Contains Egg.  | 39.34  | 3.60  | 0.80 | 0.00 | 4.00  | 100.36 | 1.51  | 0.01 | 0.64 | 0.00(M) | 0.01  | 0.00    | 0.09     | 0.00(M)    | 0.00(M) | 0.00(M) | 1.62(M)   | 0.00(M)   | 0.00(M) |

|  |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |       |      |
|--|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|----------|---------|---------|----------|-------|------|
| <b>Monday 12/11/2023, Breakfast, B-Classroom Café</b>                                  |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |       |      |
| <b>Entrée/Combo; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |       |      |
| 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)  |
| Cinnamon Toast Crunch Cereal - SR1164 (1<br>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)  |
| Cinnamon Toast Crunch Cereal Bar - SR1203 (1<br>Bar) Contains Gluten, Soy, Wheat.      | 157.04 | 3.20 | 0.36 | 0.04 | 0.00  | 122.12 | 29.60 | 2.92 | 8.52  | 8.24    | 2.44 | 1.68    | 226.80  | 0.00(M)  | 0.00(M) | 0.00    | 65.68    | (M)   | (M)  |
| Cocoa Puffs Cereal Bar - SR1308 (1 Bar)<br>Contains Gluten, Soy, Wheat.                | 158.44 | 3.36 | 0.44 | 0.04 | 0.00  | 105.52 | 29.48 | 2.88 | 8.92  | 8.52    | 2.56 | 1.92    | 261.04  | 0.00(M)  | 0.00(M) | 0.40    | 98.88    | (M)   | (M)  |
| Waffles - NWR3120 (2 ea.) Contains Egg,<br>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)  |
| <b>Grains; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |       |      |
| Buttery Whole Grain Toast - NWR1119 (1 slice)<br>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)  |
| <b>Fruit; May Choose: 2</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |       |      |
| Crispy Whole Apple - SR1161 (1 extra small (2-<br>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 - 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)  |
| <b>Milk; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |       |      |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)<br>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)<br>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)  |
| <b>Monday 12/11/2023, Lunch, CH-From the<br/>Garden Bar (Garden, Milk, Condiments)</b> |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |       |      |
| <b>Entrée/Combo; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |          |         |         |          |       |      |

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

|   |        |       |      |      |        |        |       |       |       |         |       |         |          |            |          |         |           |          |         |     |
|---|--------|-------|------|------|--------|--------|-------|-------|-------|---------|-------|---------|----------|------------|----------|---------|-----------|----------|---------|-----|
| Variety of Entrees - SR2092 (1 serving)   | 0.00   | 0.00  | 0.00 | 0.00 | 0.00   | 0.00   | 0.00  | 0.00  | 0.00  | 0.00    | (M)   | 0.00    | 0.00     | 0.00       | 0.00     | 0.00    | (M)       | (M)      | (M)     | (M) |
| <b>Fruit; May Choose: 1</b>   |        |       |      |      |        |        |       |       |       |         |       |         |          |            |          |         |           |          |         |     |
| Banana - SR1166 (1 medium (7" to 7-7/8" long))  | 105.02 | 0.39  | 0.13 | 0.00 | 0.00   | 1.18   | 26.95 | 3.07  | 14.43 | 0.00    | 1.29  | 0.31    | 5.90     | 75.52      | 10.27    | 0.00    | 422.44    | (M)      | (M)     |     |
| 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)     |     |
| Fresh Sliced Apples - SR3767 (1/2 c.)   | 31.36  | 0.10  | 0.02 | 0.00 | 0.00   | 0.64   | 8.29  | 1.37  | 6.25  | 0.00(M) | 0.16  | 0.08    | 3.86     | 30.80      | 2.96     | 0.00    | 65.28     | 51.57    | 0.12    |     |
| Orange Smiles - SR1172 (6 slice or wedge)   | 45.12  | 0.12  | 0.01 | 0.00 | 0.00   | 0.00   | 11.28 | 2.30  | 8.98  | 0.00    | 0.90  | 0.10    | 38.40    | 216.00     | 51.07    | 0.00    | 173.76    | 83.28    | 0.42    |     |
| <b>Vegetable; May Choose: 2</b>   |        |       |      |      |        |        |       |       |       |         |       |         |          |            |          |         |           |          |         |     |
| Kidney Beans - SR1036 (1/2 c.)  | 140.65 | 0.00  | 0.00 | 0.00 | 0.00   | 151.47 | 25.97 | 6.49  | 3.25  | 2.16    | 7.57  | 2.60    | 86.56    | (M)        | (M)      | 0.00    | 540.97    | 0.00(M)  | (M)     |     |
| Green Salad Mix - SR3780 (1 c.)   | 12.31  | 0.00  | 0.00 | 0.00 | 0.00   | 8.21   | 2.46  | 0.82  | 1.64  | 0.00(M) | 0.82  | 0.30    | 16.42    | 1026.23    | 3.94     | 0.00(M) | 0.00(M)   | 0.00(M)  | 0.00(M) |     |
| <b>Milk; May Choose: 1</b>  |        |       |      |      |        |        |       |       |       |         |       |         |          |            |          |         |           |          |         |     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)<br>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)<br>Contains Milk.                              | 110.00 | 2.50  | 1.50 | 0.00 | 15.00  | 130.00 | 13.00 | 0.00  | 12.00 | (M)     | 9.00  | 0.00    | 312.00   | 1000.00    | 0.00(M)  | 3.00    | 408.00    | (M)      | (M)     |     |
| <b>Condiment; May Choose: 1</b>   |        |       |      |      |        |        |       |       |       |         |       |         |          |            |          |         |           |          |         |     |
| Ketchup - SR1004 (1 pump)   | 20.31  | 0.01  | 0.00 | 0.00 | 0.00   | 175.46 | 4.63  | 0.21  | 3.93  | 3.51    | 0.16  | 0.05    | 1.61     | 0.00(M)    | 0.00(M)  | 0.00    | 40.51     | (M)      | (M)     |     |
| Mayonnaise Pump - SR1991 (1 pump) Contains<br>Egg.  | 53.33  | 5.87  | 1.07 | 0.00 | 5.33   | 45.33  | 0.00  | 0.00  | 0.00  | (M)     | 0.00  | 0.00    | 0.00     | 0.00       | 0.00     | 0.00    | (M)       | (M)      | (M)     |     |
| Ranch Dressing - SR1931 (1 pump) Contains<br>Egg, Milk.                                     | 60.00  | 6.00  | 1.00 | 0.00 | 5.00   | 125.00 | 1.00  | 0.00  | 0.50  | (M)     | 0.00  | 0.00    | 0.00     | 0.00(M)    | 0.00     | 0.00    | 0.00      | (M)      | (M)     |     |
| <b>Monday 12/11/2023, Lunch, CH-Main Event<br/>(4 entrees)</b>                              |        |       |      |      |        |        |       |       |       |         |       |         |          |            |          |         |           |          |         |     |
| <b>Menu Item &amp; Assembly; May Choose: 1</b>  |        |       |      |      |        |        |       |       |       |         |       |         |          |            |          |         |           |          |         |     |
| Cheeseburger - NWR1213 (1 burger) Contains<br>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 & Waffles - NWR3126 (1 serving)<br>Contains Egg, Gluten, Milk, Soy, Wheat.          | 330.00 | 16.50 | 3.00 | 0.00 | 25.00  | 605.00 | 31.00 | 3.50  | 3.00  | 2.00    | 16.00 | 3.70    | 160.00   | 500.00(M)  | (M)      | 0.10    | 620.00    | (M)      | (M)     |     |
| Hamburger - NWR1292 (1 burger) Contains<br>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)     |     |
| Hand Tossed Cheese Pizza - NWR1592 (1 slice)<br>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) |     |
| Protein Power Up Box - NWR3767 (1 Box)<br>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) |     |
| Veggie Burger - NWR4422 (1 burger) Contains<br>Egg, Gluten, Milk, Sesame, Soy, Wheat. May   | 290.00 | 9.50  | 1.00 | 0.00 | 0.00   | 600.00 | 33.00 | 34.00 | 2.00  | 2.00    | 22.00 | 3.20    | 120.00   | 0.00(M)    | 0.00(M)  | 0.10    | 234.00    | (M)      | (M)     |     |
| <b>Entrée/Combo; May Choose: 1</b>  |        |       |      |      |        |        |       |       |       |         |       |         |          |            |          |         |           |          |         |     |
| Hand Tossed Style Pepperoni Pizza - NWR1593<br>(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)     |     |
| <b>Vegetable; May Choose: 2</b>   |        |       |      |      |        |        |       |       |       |         |       |         |          |            |          |         |           |          |         |     |
| Aztec Corn - NWR3261 (1/2 c.)   | 97.71  | 2.56  | 0.08 | 0.00 | 0.00   | 55.19  | 18.10 | 3.15  | 5.25  | 0.00(M) | 3.32  | 0.58(M) | 19.43(M) | 121.75(M)  | 4.78(M)  | 0.00(M) | 145.32(M) | 6.58(M)  | 0.06(M) |     |
| Country Style Potato Wedges - NWR4546 (1/2 c.)  | 79.97  | 2.00  | 0.00 | 0.00 | 0.00   | 19.99  | 15.99 | 1.00  | 1.00  | 0.00    | 1.00  | 0.20    | 19.99    | 0.00(M)    | 0.00(M)  | 0.00    | 240.08    | (M)      | (M)     |     |
| <b>Tuesday 12/12/2023, Breakfast, B-<br/>Classroom Café</b>                                 |        |       |      |      |        |        |       |       |       |         |       |         |          |            |          |         |           |          |         |     |
| <b>Entrée/Combo; May Choose: 1</b>  |        |       |      |      |        |        |       |       |       |         |       |         |          |            |          |         |           |          |         |     |

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

|   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
|---|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|-----------|----------|---------|-----------|----------|---------|
| 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)     |
| 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)     |
| Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar) Contains Gluten, Soy, Wheat.      | 157.04 | 3.20 | 0.36 | 0.04 | 0.00  | 122.12 | 29.60 | 2.92 | 8.52  | 8.24    | 2.44 | 1.68    | 226.80  | 0.00(M)   | 0.00(M)  | 0.00    | 65.68     | (M)      | (M)     |
| Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.                | 158.44 | 3.36 | 0.44 | 0.04 | 0.00  | 105.52 | 29.48 | 2.88 | 8.92  | 8.52    | 2.56 | 1.92    | 261.04  | 0.00(M)   | 0.00(M)  | 0.40    | 98.88     | (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)     |
| <b>Grains; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| 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)     |
| <b>Fruit; May Choose: 2</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| 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)     |
| <b>Fruit Juice; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| 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)     |
| <b>Milk; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| 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)     |
| <b>Tuesday 12/12/2023, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b> |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| <b>Entrée/Combo; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| Variety of Entrees - SR2092 (1 serving)   | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 0.00   | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00      | 0.00     | (M)     | (M)       | (M)      | (M)     |
| <b>Fruit; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| Orange Smiles - SR1172 (6 slice or wedge)   | 45.12  | 0.12 | 0.01 | 0.00 | 0.00  | 0.00   | 11.28 | 2.30 | 8.98  | 0.00    | 0.90 | 0.10    | 38.40   | 216.00    | 51.07    | 0.00    | 173.76    | 83.28    | 0.42    |
| Unsweetened Applesauce - SR1195 (1/2 c.)  | 52.39  | 0.00 | 0.00 | 0.00 | 0.00  | 10.48  | 12.57 | 1.05 | 11.53 | 0.00    | 0.00 | 6.29    | 5.24    | 0.00(M)   | 0.00(M)  | 0.00    | 115.26    | (M)      | (M)     |
| <b>Fruit Juice; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| 100% Grape Juice - SR1607 (4 fl oz cup)   | 80.00  | 0.00 | 0.00 | 0.00 | 0.00  | 10.00  | 19.00 | 0.00 | 18.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)   | 0.00(M)  | 0.00    | 0.00      | (M)      | (M)     |
| <b>Vegetable; May Choose: 2</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| Basil Corn Salad - SR2587 (1/2 c.)  | 102.01 | 4.11 | 0.34 | 0.00 | 0.00  | 296.46 | 16.78 | 2.30 | 3.02  | 0.00(M) | 2.32 | 0.58    | 8.92    | 656.16(M) | 17.82(M) | 0.00(M) | 217.97(M) | 76.38(M) | 1.22(M) |
| Fresh Broccoli Florets - SR1027 (1/2 c.)  | 10.84  | 0.12 | 0.01 | 0.00 | 0.00  | 10.53  | 2.12  | 0.83 | 0.54  | 0.00    | 0.90 | 0.23    | 14.99   | 198.70    | 28.45    | 0.00    | 100.78    | (M)      | (M)     |
| Green Salad Mix - SR3780 (1 c.)   | 12.31  | 0.00 | 0.00 | 0.00 | 0.00  | 8.21   | 2.46  | 0.82 | 1.64  | 0.00(M) | 0.82 | 0.30    | 16.42   | 1026.23   | 3.94     | 0.00(M) | 0.00(M)   | 0.00(M)  | 0.00(M) |
| <b>Milk; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |
| Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.                          | 130.00 | 0.00 | 0.00 | 0.00 | 4.00  | 210.00 | 24.00 | 0.00 | 22.00 | 11.00   | 8.00 | 0.00    | 329.00  | 1000.00   | 0.00(M)  | 3.00    | 425.00    | (M)      | (M)     |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.                         | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 9.00 | 0.00    | 312.00  | 1000.00   | 0.00(M)  | 3.00    | 408.00    | (M)      | (M)     |
| <b>Condiment; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |           |          |         |           |          |         |

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

|   |        |       |      |      |       |        |       |      |       |         |       |         |           |            |         |         |           |          |         |
|---|--------|-------|------|------|-------|--------|-------|------|-------|---------|-------|---------|-----------|------------|---------|---------|-----------|----------|---------|
| Ketchup - SR1004 (1 pump)   | 20.31  | 0.01  | 0.00 | 0.00 | 0.00  | 175.46 | 4.63  | 0.21 | 3.93  | 3.51    | 0.16  | 0.05    | 1.61      | 0.00(M)    | 0.00(M) | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump) Contains Egg.   | 53.33  | 5.87  | 1.07 | 0.00 | 5.33  | 45.33  | 0.00  | 0.00 | 0.00  | (M)     | 0.00  | 0.00    | 0.00      | 0.00       | 0.00    | 0.00    | (M)       | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.                                      | 60.00  | 6.00  | 1.00 | 0.00 | 5.00  | 125.00 | 1.00  | 0.00 | 0.50  | (M)     | 0.00  | 0.00    | 0.00      | 0.00(M)    | 0.00    | 0.00    | 0.00      | (M)      | (M)     |
| <b>Tuesday 12/12/2023, Lunch, CH-Main Event (4 entrees)</b>                               |        |       |      |      |       |        |       |      |       |         |       |         |           |            |         |         |           |          |         |
| <b>Menu Item &amp; Assembly; May Choose: 1</b>  |        |       |      |      |       |        |       |      |       |         |       |         |           |            |         |         |           |          |         |
| Chicken Alfredo Pasta K12, WG Penne, USDA Unseasoned Chx, JTM Alfredo - NWR4324 (1        | 357.79 | 12.45 | 4.27 | 0.00 | 50.40 | 534.62 | 45.07 | 4.70 | 4.88  | 0.00(M) | 18.55 | 1.88(M) | 197.91(M) | 0.00(M)    | 0.00(M) | 0.00(M) | 246.36(M) | 41.29(M) | 0.22(M) |
| Chicken Burger - NWR1300 (1 burger) 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)     |
| Greek Salad - NWR3916 (1 salad) Contains Milk.  | 183.76 | 7.85  | 2.02 | 0.00 | 50.00 | 613.00 | 9.38  | 2.14 | 2.41  | 0.00(M) | 20.11 | 1.48(M) | 66.34(M)  | 3541.12(M) | 5.72(M) | 0.00(M) | 382.32(M) | 59.98(M) | 0.21(M) |
| 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) |
| Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.      | 661.82 | 34.74 | 3.98 | 0.02 | 0.02  | 472.82 | 71.32 | 6.13 | 35.26 | 26.80   | 19.95 | 4.84    | 77.99     | 0.00(M)    | 0.00(M) | 0.00    | 547.01    | (M)      | (M)     |
| <b>Entrée/Combo; May Choose: 1</b>  |        |       |      |      |       |        |       |      |       |         |       |         |           |            |         |         |           |          |         |
| Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.  | 377.83 | 16.93 | 7.72 | 0.00 | 39.59 | 490.33 | 35.51 | 3.71 | 5.60  | 0.80    | 19.54 | 1.92    | 368.99    | 320.00(M)  | 0.00(M) | 0.00(M) | 374.40(M) | (M)      | (M)     |
| <b>Grains; May Choose: 1</b>  |        |       |      |      |       |        |       |      |       |         |       |         |           |            |         |         |           |          |         |
| Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.                       | 140.00 | 1.00  | 0.00 | 0.00 | 0.00  | 180.00 | 26.00 | 2.00 | 2.00  | 2.00    | 6.00  | 2.00    | 28.00     | 0.00(M)    | 0.00(M) | 2.00    | 97.76     | (M)      | (M)     |
| <b>Vegetable; May Choose: 2</b>   |        |       |      |      |       |        |       |      |       |         |       |         |           |            |         |         |           |          |         |
| Mixed Garden Vegetables - SR1583 (1/2 c.)   | 53.56  | 0.44  | 0.08 | 0.00 | 0.00  | 91.04  | 11.37 | 3.18 | 3.18  | 0.00(M) | 2.28  | 0.77    | 26.07     | 4935.54(M) | 4.56(M) | 0.00    | 167.83    | 79.30    | 0.73    |
| <b>Wednesday 12/13/2023, Breakfast, B-Classroom Café</b>                                  |        |       |      |      |       |        |       |      |       |         |       |         |           |            |         |         |           |          |         |
| <b>Entrée/Combo; May Choose: 1</b>  |        |       |      |      |       |        |       |      |       |         |       |         |           |            |         |         |           |          |         |
| 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)     |
| Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar) Contains Gluten, Soy, Wheat.            | 157.04 | 3.20  | 0.36 | 0.04 | 0.00  | 122.12 | 29.60 | 2.92 | 8.52  | 8.24    | 2.44  | 1.68    | 226.80    | 0.00(M)    | 0.00(M) | 0.00    | 65.68     | (M)      | (M)     |
| Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.                      | 158.44 | 3.36  | 0.44 | 0.04 | 0.00  | 105.52 | 29.48 | 2.88 | 8.92  | 8.52    | 2.56  | 1.92    | 261.04    | 0.00(M)    | 0.00(M) | 0.40    | 98.88     | (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)     |
| <b>Grains; May Choose: 1</b>  |        |       |      |      |       |        |       |      |       |         |       |         |           |            |         |         |           |          |         |
| 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)     |
| <b>Fruit; May Choose: 2</b>   |        |       |      |      |       |        |       |      |       |         |       |         |           |            |         |         |           |          |         |
| Banana - SR1166 (1 medium (7" to 7-7/8" long))  | 105.02 | 0.39  | 0.13 | 0.00 | 0.00  | 1.18   | 26.95 | 3.07 | 14.43 | 0.00    | 1.29  | 0.31    | 5.90      | 75.52      | 10.27   | 0.00    | 422.44    | (M)      | (M)     |
| 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)     |
| <b>Milk; May Choose: 1</b>  |        |       |      |      |       |        |       |      |       |         |       |         |           |            |         |         |           |          |         |
| 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)     |
| <b>Wednesday 12/13/2023, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>     |        |       |      |      |       |        |       |      |       |         |       |         |           |            |         |         |           |          |         |

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

|   |        |       |       |      |        |         |       |      |       |         |       |         |          |            |         |         |           |          |         |     |
|---|--------|-------|-------|------|--------|---------|-------|------|-------|---------|-------|---------|----------|------------|---------|---------|-----------|----------|---------|-----|
| <b>Entrée/Combo; May Choose: 1</b>  |        |       |       |      |        |         |       |      |       |         |       |         |          |            |         |         |           |          |         |     |
| Variety of Entrees - SR2092 (1 serving)   | 0.00   | 0.00  | 0.00  | 0.00 | 0.00   | 0.00    | 0.00  | 0.00 | 0.00  | 0.00    | (M)   | 0.00    | 0.00     | 0.00       | 0.00    | 0.00    | (M)       | (M)      | (M)     | (M) |
| <b>Fruit; May Choose: 1</b>   |        |       |       |      |        |         |       |      |       |         |       |         |          |            |         |         |           |          |         |     |
| Banana - SR1166 (1 medium (7" to 7-7/8" long))  | 105.02 | 0.39  | 0.13  | 0.00 | 0.00   | 1.18    | 26.95 | 3.07 | 14.43 | 0.00    | 1.29  | 0.31    | 5.90     | 75.52      | 10.27   | 0.00    | 422.44    | (M)      | (M)     |     |
| Diced Pears - SR3041 (1/2 c.)   | 57.47  | 0.00  | 0.00  | 0.00 | 0.00   | 4.79    | 15.33 | 1.92 | 11.49 | (M)     | 0.00  | (M)     | (M)      | (M)        | (M)     | (M)     | (M)       | (M)      | (M)     |     |
| Orange Smiles - SR1172 (6 slice or wedge)   | 45.12  | 0.12  | 0.01  | 0.00 | 0.00   | 0.00    | 11.28 | 2.30 | 8.98  | 0.00    | 0.90  | 0.10    | 38.40    | 216.00     | 51.07   | 0.00    | 173.76    | 83.28    | 0.42    |     |
| <b>Vegetable; May Choose: 2</b>   |        |       |       |      |        |         |       |      |       |         |       |         |          |            |         |         |           |          |         |     |
| Baby Carrots - SR1016 (1/2 c.)  | 25.40  | 0.09  | 0.02  | 0.00 | 0.00   | 56.61   | 5.98  | 2.10 | 3.46  | 0.00    | 0.46  | 0.65    | 23.22    | 10008.06   | 1.89    | 0.00    | 172.00    | (M)      | (M)     |     |
| Green Salad Mix - SR3780 (1 c.)   | 12.31  | 0.00  | 0.00  | 0.00 | 0.00   | 8.21    | 2.46  | 0.82 | 1.64  | 0.00(M) | 0.82  | 0.30    | 16.42    | 1026.23    | 3.94    | 0.00(M) | 0.00(M)   | 0.00(M)  | 0.00(M) |     |
| <b>Milk; May Choose: 1</b>  |        |       |       |      |        |         |       |      |       |         |       |         |          |            |         |         |           |          |         |     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)<br>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)<br>Contains Milk.                              | 110.00 | 2.50  | 1.50  | 0.00 | 15.00  | 130.00  | 13.00 | 0.00 | 12.00 | (M)     | 9.00  | 0.00    | 312.00   | 1000.00    | 0.00(M) | 3.00    | 408.00    | (M)      | (M)     |     |
| <b>Condiment; May Choose: 1</b>   |        |       |       |      |        |         |       |      |       |         |       |         |          |            |         |         |           |          |         |     |
| Ketchup - SR1004 (1 pump)   | 20.31  | 0.01  | 0.00  | 0.00 | 0.00   | 175.46  | 4.63  | 0.21 | 3.93  | 3.51    | 0.16  | 0.05    | 1.61     | 0.00(M)    | 0.00(M) | 0.00    | 40.51     | (M)      | (M)     |     |
| Mayonnaise Pump - SR1991 (1 pump) Contains<br>Egg.  | 53.33  | 5.87  | 1.07  | 0.00 | 5.33   | 45.33   | 0.00  | 0.00 | 0.00  | (M)     | 0.00  | 0.00    | 0.00     | 0.00       | 0.00    | 0.00    | 0.00      | (M)      | (M)     | (M) |
| Ranch Dressing - SR1931 (1 pump) Contains<br>Egg, Milk.                                     | 60.00  | 6.00  | 1.00  | 0.00 | 5.00   | 125.00  | 1.00  | 0.00 | 0.50  | (M)     | 0.00  | 0.00    | 0.00     | 0.00(M)    | 0.00    | 0.00    | 0.00      | (M)      | (M)     |     |
| <b>Wednesday 12/13/2023, Lunch, CH-Main<br/>Event (4 entrees)</b>                           |        |       |       |      |        |         |       |      |       |         |       |         |          |            |         |         |           |          |         |     |
| <b>Entrée/Combo; May Choose: 1</b>  |        |       |       |      |        |         |       |      |       |         |       |         |          |            |         |         |           |          |         |     |
| Hand Tossed Style Pepperoni Pizza - NWR1593<br>(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)     |     |
| Chef Salad - NWR1193 (1 salad) Contains Egg,<br>Milk, Soy.                                  | 154.39 | 9.01  | 3.92  | 0.00 | 123.89 | 482.82  | 5.52  | 1.31 | 2.52  | 0.00(M) | 14.53 | 1.67    | 115.71   | 3613.07(M) | 6.84(M) | 0.55(M) | 309.52(M) | 50.46(M) | 0.24(M) |     |
| Hand Tossed Cheese Pizza - NWR1592 (1 slice)<br>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) |     |
| Pork Posole - NWR3342 (1 portion)   | 421.93 | 18.17 | 5.15  | 0.00 | 65.23  | 956.49  | 39.50 | 4.73 | 0.85  | 0.18(M) | 24.22 | 1.03(M) | 56.09(M) | 10.12(M)   | 5.71(M) | 0.00(M) | 77.92(M)  | 97.72(M) | 0.33(M) |     |
| Pretzel and Cheese Sauce - NWR1699 (1 portion)<br>Contains Gluten, Milk, Wheat.             | 396.15 | 20.78 | 10.77 | 0.00 | 57.14  | 1049.88 | 34.40 | 3.00 | 3.20  | 0.00    | 20.38 | 2.00    | 459.34   | 0.00(M)    | 0.00(M) | 0.00    | 711.59    | (M)      | (M)     |     |
| Turkey and Cheese Sandwich - NWR1766 (1<br>sandwich) Contains Gluten, Milk, Soy, Wheat.     | 333.63 | 12.47 | 5.81  | 0.00 | 59.06  | 963.25  | 31.01 | 2.00 | 2.00  | 2.00    | 23.81 | 2.60    | 194.00   | 0.00(M)    | 0.00(M) | 0.10    | 345.87    | (M)      | (M)     |     |
| <b>Grains; May Choose: 1</b>  |        |       |       |      |        |         |       |      |       |         |       |         |          |            |         |         |           |          |         |     |
| Bread Roll - NWR1032 (2 roll.) Contains Gluten,<br>Sesame, Soy, Wheat.                      | 140.00 | 1.00  | 0.00  | 0.00 | 0.00   | 180.00  | 26.00 | 2.00 | 2.00  | 2.00    | 6.00  | 2.00    | 28.00    | 0.00(M)    | 0.00(M) | 2.00    | 97.76     | (M)      | (M)     |     |
| <b>Vegetable; May Choose: 2</b>   |        |       |       |      |        |         |       |      |       |         |       |         |          |            |         |         |           |          |         |     |
| 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)     |     |
| <b>Thursday 12/14/2023, Breakfast, B-<br/>Classroom Café</b>                                |        |       |       |      |        |         |       |      |       |         |       |         |          |            |         |         |           |          |         |     |
| <b>Entrée/Combo; May Choose: 1</b>  |        |       |       |      |        |         |       |      |       |         |       |         |          |            |         |         |           |          |         |     |
| 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)     |     |

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

|  |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |           |         |         |
|--|--------|------|------|------|-------|--------|-------|------|-------|---------|------|---------|---------|-------------|---------|---------|-----------|---------|---------|
| Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar) Contains Gluten, Soy, Wheat.       | 157.04 | 3.20 | 0.36 | 0.04 | 0.00  | 122.12 | 29.60 | 2.92 | 8.52  | 8.24    | 2.44 | 1.68    | 226.80  | 0.00(M)     | 0.00(M) | 0.00    | 65.68     | (M)     | (M)     |
| Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.                 | 158.44 | 3.36 | 0.44 | 0.04 | 0.00  | 105.52 | 29.48 | 2.88 | 8.92  | 8.52    | 2.56 | 1.92    | 261.04  | 0.00(M)     | 0.00(M) | 0.40    | 98.88     | (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)     |
| <b>Grains; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |           |         |         |
| 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)     |
| Mozzarella String Cheese Stick - SR4124 (1 stick.) Contains Milk.                    | 81.00  | 5.06 | 3.04 | 0.00 | 20.25 | 182.25 | 1.01  | 0.00 | 0.51  | 0.00    | 7.09 | 0.00    | 151.87  | (M)         | (M)     | 0.00    | 860.61    | (M)     | (M)     |
| <b>Fruit; May Choose: 2</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |           |         |         |
| 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)     |
| <b>Fruit Juice; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |           |         |         |
| 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)     |
| <b>Milk; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |           |         |         |
| 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)     |
| <b>Thursday 12/14/2023, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b> |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |           |         |         |
| <b>Entrée/Combo; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |           |         |         |
| Variety of Entrees - SR2092 (1 serving)  | 0.00   | 0.00 | 0.00 | 0.00 | 0.00  | 0.00   | 0.00  | 0.00 | 0.00  | (M)     | 0.00 | 0.00    | 0.00    | 0.00        | 0.00    | (M)     | (M)       | (M)     | (M)     |
| <b>Fruit; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |           |         |         |
| Banana - SR1166 (1 medium (7" to 7-7/8" long))                                       | 105.02 | 0.39 | 0.13 | 0.00 | 0.00  | 1.18   | 26.95 | 3.07 | 14.43 | 0.00    | 1.29 | 0.31    | 5.90    | 75.52       | 10.27   | 0.00    | 422.44    | (M)     | (M)     |
| Fresh Sliced Apples - SR3767 (1/2 c.)  | 31.36  | 0.10 | 0.02 | 0.00 | 0.00  | 0.64   | 8.29  | 1.37 | 6.25  | 0.00(M) | 0.16 | 0.08    | 3.86    | 30.80       | 2.96    | 0.00    | 65.28     | 51.57   | 0.12    |
| Orange Smiles - SR1172 (6 slice or wedge)  | 45.12  | 0.12 | 0.01 | 0.00 | 0.00  | 0.00   | 11.28 | 2.30 | 8.98  | 0.00    | 0.90 | 0.10    | 38.40   | 216.00      | 51.07   | 0.00    | 173.76    | 83.28   | 0.42    |
| Unsweetened Applesauce - SR1195 (1/2 c.)   | 52.39  | 0.00 | 0.00 | 0.00 | 0.00  | 10.48  | 12.57 | 1.05 | 11.53 | 0.00    | 0.00 | 6.29    | 5.24    | 0.00(M)     | 0.00(M) | 0.00    | 115.26    | (M)     | (M)     |
| <b>Fruit Juice; May Choose: 1</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |           |         |         |
| 100% Grape Juice - SR1607 (4 fl oz cup)  | 80.00  | 0.00 | 0.00 | 0.00 | 0.00  | 10.00  | 19.00 | 0.00 | 18.00 | 0.00    | 0.00 | 0.00    | 0.00    | 0.00(M)     | 0.00(M) | 0.00    | 0.00      | (M)     | (M)     |
| <b>Vegetable; May Choose: 2</b>  |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |           |         |         |
| Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.                      | 58.31  | 0.81 | 0.31 | 0.00 | 0.00  | 68.19  | 12.33 | 2.32 | 8.77  | 1.11(M) | 0.56 | 0.78    | 26.98   | 10480.56(M) | 2.42(M) | 0.00(M) | 232.62(M) | 2.15(M) | 0.03(M) |
| 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) |
| <b>Milk; May Choose: 1</b>   |        |      |      |      |       |        |       |      |       |         |      |         |         |             |         |         |           |         |         |
| Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.                           | 130.00 | 0.00 | 0.00 | 0.00 | 4.00  | 210.00 | 24.00 | 0.00 | 22.00 | 11.00   | 8.00 | 0.00    | 329.00  | 1000.00     | 0.00(M) | 3.00    | 425.00    | (M)     | (M)     |
| Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.                          | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 12.00 | (M)     | 9.00 | 0.00    | 312.00  | 1000.00     | 0.00(M) | 3.00    | 408.00    | (M)     | (M)     |

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

|  |        |       |      |      |       |        |        |      |       |          |       |         |         |           |          |         |           |          |         |
|--|--------|-------|------|------|-------|--------|--------|------|-------|----------|-------|---------|---------|-----------|----------|---------|-----------|----------|---------|
| <b>Condiment; May Choose: 1</b>  |        |       |      |      |       |        |        |      |       |          |       |         |         |           |          |         |           |          |         |
| Ketchup - SR1004 (1 pump)  | 20.31  | 0.01  | 0.00 | 0.00 | 0.00  | 175.46 | 4.63   | 0.21 | 3.93  | 3.51     | 0.16  | 0.05    | 1.61    | 0.00(M)   | 0.00(M)  | 0.00    | 40.51     | (M)      | (M)     |
| Mayonnaise Pump - SR1991 (1 pump) Contains Egg.  | 53.33  | 5.87  | 1.07 | 0.00 | 5.33  | 45.33  | 0.00   | 0.00 | 0.00  | (M)      | 0.00  | 0.00    | 0.00    | 0.00      | 0.00     | 0.00    | (M)       | (M)      | (M)     |
| Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.                                     | 60.00  | 6.00  | 1.00 | 0.00 | 5.00  | 125.00 | 1.00   | 0.00 | 0.50  | (M)      | 0.00  | 0.00    | 0.00    | 0.00(M)   | 0.00     | 0.00    | 0.00      | (M)      | (M)     |
| <b>Thursday 12/14/2023, Lunch, CH-Main Event (4 entrees)</b>                             |        |       |      |      |       |        |        |      |       |          |       |         |         |           |          |         |           |          |         |
| <b>Menu Item &amp; Assembly; May Choose: 1</b>   |        |       |      |      |       |        |        |      |       |          |       |         |         |           |          |         |           |          |         |
| American Sandwich - NWR3012 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.              | 335.56 | 11.05 | 4.16 | 0.00 | 80.16 | 997.88 | 30.51  | 2.00 | 2.00  | 2.00     | 27.53 | 2.88    | 113.00  | 0.00(M)   | 0.00(M)  | 0.05    | 550.75    | (M)      | (M)     |
| Corn Dog - SR1023 (1 corn dog) Contains Egg, Gluten, Soy, Wheat.                         | 240.00 | 9.00  | 2.50 | 0.00 | 40.00 | 470.00 | 30.00  | 2.00 | 8.00  | 7.00     | 9.00  | 1.50    | 70.00   | (M)       | (M)      | 9.00    | 240.00    | (M)      | (M)     |
| 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) |
| 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) |
| Turkey Gravy - NWR2419 (3/8 c.) Contains Milk.   | 147.84 | 5.75  | 1.91 | 0.00 | 73.55 | 753.23 | 5.48   | 0.04 | 1.48  | 0.29     | 16.76 | 0.70    | 13.07   | 0.00(M)   | 0.00(M)  | 0.00    | 209.00    | 2.46(M)  | 0.00(M) |
| <b>Entrée/Combo; May Choose: 1</b>   |        |       |      |      |       |        |        |      |       |          |       |         |         |           |          |         |           |          |         |
| Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat. | 377.83 | 16.93 | 7.72 | 0.00 | 39.59 | 490.33 | 35.51  | 3.71 | 5.60  | 0.80     | 19.54 | 1.92    | 368.99  | 320.00(M) | 0.00(M)  | 0.00(M) | 374.40(M) | (M)      | (M)     |
| <b>Grains; May Choose: 1</b>   |        |       |      |      |       |        |        |      |       |          |       |         |         |           |          |         |           |          |         |
| Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.                      | 140.00 | 1.00  | 0.00 | 0.00 | 0.00  | 180.00 | 26.00  | 2.00 | 2.00  | 2.00     | 6.00  | 2.00    | 28.00   | 0.00(M)   | 0.00(M)  | 2.00    | 97.76     | (M)      | (M)     |
| <b>Vegetable; May Choose: 2</b>  |        |       |      |      |       |        |        |      |       |          |       |         |         |           |          |         |           |          |         |
| 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)     |
| Mashed Potatoes - NWR2551 (1/2 c.) Contains Milk.  | 81.62  | 1.53  | 1.02 | 0.00 | 0.00  | 104.72 | 15.30  | 1.02 | 1.02  | 0.00(M)  | 2.04  | 0.23    | 13.19   | 2.66      | 6.51     | 0.00(M) | 0.90(M)   | 89.81(M) | 0.09(M) |
| Vegetarian Baked Beans - SR2026 (1/2 c.)   | 150.00 | 0.00  | 0.00 | 0.00 | 0.00  | 550.00 | 30.00  | 5.00 | 12.00 | 11.00    | 7.00  | 1.90    | 50.00   | 0.00(M)   | 0.00(M)  | 0.00    | 380.00    | (M)      | (M)     |
| <b>Friday 12/15/2023, Breakfast, B-Classroom Café</b>                                    |        |       |      |      |       |        |        |      |       |          |       |         |         |           |          |         |           |          |         |
| <b>Entrée/Combo; May Choose: 1</b>   |        |       |      |      |       |        |        |      |       |          |       |         |         |           |          |         |           |          |         |
| 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)     |
| Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar) Contains Gluten, Soy, Wheat.           | 157.04 | 3.20  | 0.36 | 0.04 | 0.00  | 122.12 | 29.60  | 2.92 | 8.52  | 8.24     | 2.44  | 1.68    | 226.80  | 0.00(M)   | 0.00(M)  | 0.00    | 65.68     | (M)      | (M)     |
| Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.                     | 158.44 | 3.36  | 0.44 | 0.04 | 0.00  | 105.52 | 29.48  | 2.88 | 8.92  | 8.52     | 2.56  | 1.92    | 261.04  | 0.00(M)   | 0.00(M)  | 0.40    | 98.88     | (M)      | (M)     |
| <b>Grains; May Choose: 1</b>   |        |       |      |      |       |        |        |      |       |          |       |         |         |           |          |         |           |          |         |
| 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)     |
| <b>Fruit; May Choose: 2</b>  |        |       |      |      |       |        |        |      |       |          |       |         |         |           |          |         |           |          |         |
| 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    |
| 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)     |
| <b>Milk; May Choose: 1</b>   |        |       |      |      |       |        |        |      |       |          |       |         |         |           |          |         |           |          |         |

# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

|  |        |       |      |      |       |         |       |      |       |         |       |         |           |           |         |         |           |          |         |     |
|--|--------|-------|------|------|-------|---------|-------|------|-------|---------|-------|---------|-----------|-----------|---------|---------|-----------|----------|---------|-----|
| Lowfat 1% White Milk - NWR2345 (1 Half Pint)<br>Contains Milk.                           | 110.00 | 2.50  | 1.50 | 0.00 | 15.00 | 130.00  | 13.00 | 0.00 | 12.00 | (M)     | 9.00  | 0.00    | 312.00    | 1000.00   | 0.00(M) | 3.00    | 408.00    | (M)      | (M)     |     |
| <b>Friday 12/15/2023, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>       |        |       |      |      |       |         |       |      |       |         |       |         |           |           |         |         |           |          |         |     |
| <b>Entrée/Combo; May Choose: 1</b>   |        |       |      |      |       |         |       |      |       |         |       |         |           |           |         |         |           |          |         |     |
| Variety of Entrees - SR2092 (1 serving)  | 0.00   | 0.00  | 0.00 | 0.00 | 0.00  | 0.00    | 0.00  | 0.00 | 0.00  | (M)     | 0.00  | 0.00    | 0.00      | 0.00      | 0.00    | (M)     | (M)       | (M)      | (M)     |     |
| <b>Fruit; May Choose: 1</b>  |        |       |      |      |       |         |       |      |       |         |       |         |           |           |         |         |           |          |         |     |
| Banana - SR1166 (1 medium (7" to 7-7/8" long))   | 105.02 | 0.39  | 0.13 | 0.00 | 0.00  | 1.18    | 26.95 | 3.07 | 14.43 | 0.00    | 1.29  | 0.31    | 5.90      | 75.52     | 10.27   | 0.00    | 422.44    | (M)      | (M)     |     |
| 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)     |     |
| <b>Vegetable; May Choose: 2</b>  |        |       |      |      |       |         |       |      |       |         |       |         |           |           |         |         |           |          |         |     |
| Celery Sticks - SR1014 (6 stick.)  | 10.34  | 0.11  | 0.03 | 0.00 | 0.00  | 51.71   | 1.92  | 1.03 | 0.87  | 0.00    | 0.45  | 0.13    | 25.86     | 290.23    | 2.00    | 0.00    | 168.06    | 61.68    | 0.48    |     |
| Green Salad Mix - SR3780 (1 c.)  | 12.31  | 0.00  | 0.00 | 0.00 | 0.00  | 8.21    | 2.46  | 0.82 | 1.64  | 0.00(M) | 0.82  | 0.30    | 16.42     | 1026.23   | 3.94    | 0.00(M) | 0.00(M)   | 0.00(M)  | 0.00(M) |     |
| <b>Milk; May Choose: 1</b>   |        |       |      |      |       |         |       |      |       |         |       |         |           |           |         |         |           |          |         |     |
| Chocolate Skim Milk - NWR2346 (1 Half Pint)<br>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)<br>Contains Milk.                           | 110.00 | 2.50  | 1.50 | 0.00 | 15.00 | 130.00  | 13.00 | 0.00 | 12.00 | (M)     | 9.00  | 0.00    | 312.00    | 1000.00   | 0.00(M) | 3.00    | 408.00    | (M)      | (M)     |     |
| <b>Condiment; May Choose: 1</b>  |        |       |      |      |       |         |       |      |       |         |       |         |           |           |         |         |           |          |         |     |
| Ketchup - SR1004 (1 pump)  | 20.31  | 0.01  | 0.00 | 0.00 | 0.00  | 175.46  | 4.63  | 0.21 | 3.93  | 3.51    | 0.16  | 0.05    | 1.61      | 0.00(M)   | 0.00(M) | 0.00    | 40.51     | (M)      | (M)     |     |
| Mayonnaise Pump - SR1991 (1 pump) Contains Egg.  | 53.33  | 5.87  | 1.07 | 0.00 | 5.33  | 45.33   | 0.00  | 0.00 | 0.00  | (M)     | 0.00  | 0.00    | 0.00      | 0.00      | 0.00    | 0.00    | 0.00      | (M)      | (M)     | (M) |
| Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.                                     | 60.00  | 6.00  | 1.00 | 0.00 | 5.00  | 125.00  | 1.00  | 0.00 | 0.50  | (M)     | 0.00  | 0.00    | 0.00      | 0.00(M)   | 0.00    | 0.00    | 0.00      | (M)      | (M)     |     |
| <b>Friday 12/15/2023, Lunch, CH-Main Event (4 entrees)</b>                               |        |       |      |      |       |         |       |      |       |         |       |         |           |           |         |         |           |          |         |     |
| <b>Menu Item &amp; Assembly; May Choose: 1</b>   |        |       |      |      |       |         |       |      |       |         |       |         |           |           |         |         |           |          |         |     |
| Alaskan Pollock - NWR2448 (4 Ounce serving)<br>Contains Fish, Gluten, Wheat.             | 211.86 | 8.07  | 1.01 | 0.00 | 45.40 | 312.74  | 19.17 | 2.02 | 1.01  | 1.01    | 16.14 | 2.02    | 15.13     | (M)       | (M)     | 0.00    | 319.81    | (M)      | (M)     |     |
| Ham and Cheese Sandwich - NWR1203 (1 ea.)<br>Contains Gluten, Milk, Soy, Wheat.          | 326.13 | 12.85 | 6.19 | 0.00 | 70.31 | 1045.75 | 31.01 | 2.00 | 2.00  | 2.00    | 21.56 | 2.83    | 194.00    | 0.00(M)   | 0.00(M) | 0.10    | 420.87    | (M)      | (M)     |     |
| Hand Tossed Cheese Pizza - NWR1592 (1 slice)<br>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) |     |
| Southwest Chicken Wrap - NWR4153 (1 wrap)<br>Contains Egg, Gluten, Milk, Wheat.          | 372.26 | 18.07 | 6.13 | 0.00 | 61.96 | 883.22  | 37.65 | 4.40 | 4.34  | 0.84(M) | 17.77 | 2.76(M) | 186.83(M) | 189.53(M) | 3.08(M) | 0.10(M) | 316.17(M) | 21.23(M) | 0.29(M) |     |
| <b>Entrée/Combo; May Choose: 1</b>   |        |       |      |      |       |         |       |      |       |         |       |         |           |           |         |         |           |          |         |     |
| Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat. | 377.83 | 16.93 | 7.72 | 0.00 | 39.59 | 490.33  | 35.51 | 3.71 | 5.60  | 0.80    | 19.54 | 1.92    | 368.99    | 320.00(M) | 0.00(M) | 0.00(M) | 374.40(M) | (M)      | (M)     |     |
| <b>Vegetable; May Choose: 2</b>  |        |       |      |      |       |         |       |      |       |         |       |         |           |           |         |         |           |          |         |     |
| Country Style Potato Wedges - NWR4546 (1/2 c.)   | 79.97  | 2.00  | 0.00 | 0.00 | 0.00  | 19.99   | 15.99 | 1.00 | 1.00  | 0.00    | 1.00  | 0.20    | 19.99     | 0.00(M)   | 0.00(M) | 0.00    | 240.08    | (M)      | (M)     |     |
| <b>Condiment; May Choose: 1</b>  |        |       |      |      |       |         |       |      |       |         |       |         |           |           |         |         |           |          |         |     |
| Tartar Sauce - SR2615 (1 tbsp.) Contains Egg.  | 39.34  | 3.60  | 0.80 | 0.00 | 4.00  | 100.36  | 1.51  | 0.01 | 0.64  | 0.00(M) | 0.01  | 0.00    | 0.09      | 0.00(M)   | 0.00(M) | 0.00(M) | 1.62(M)   | 0.00(M)  | 0.00(M) |     |

(M) Indicates missing nutrient values.



# Menu Item Nutrients

Date: 12/04/2023 - 12/15/2023

**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.