

Menu Item Nutrients

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

Meal Categories: All

Timberline Middle School

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Monday 12/04/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
French Toast Bites - SR1205 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	200.00	5.00	1.50	0.00	0.00	240.00	37.00	3.00	13.00	(M)	4.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Monday 12/04/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	342.25	17.20	10.13	0.00	50.63	1151.50	32.02	2.00	2.00	2.00	16.13	2.61	356.00	0.00(M)	0.00(M)	0.20	156.12	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)

Menu Item Nutrients

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

Meal Categories: All

Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy. Vegetable; May Choose: 1	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Country Style Potato Wedges - SR1029 (1/2 c.)	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Monday 12/04/2023, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	420.87	13.23	3.22	0.00	9.98	686.53	61.54	14.33	2.54	0.00(M)	13.81	3.47	120.08	101.88(M)	0.00(M)	0.00(M)	527.94(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame, Soy. Grains; May Choose: 1	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 12/04/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

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Meal Category: All

Fruit; May Choose: 2																				
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17	
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)	
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42	
Vegetable; May Choose: 2																				
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)	
Milk; May Choose: 1																				
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)	
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)	
Monday 12/04/2023, Lunch, FE-Global Flavors																				
MTO Pick 1st Grain; May Choose: 1																				
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)	
MTO Pick 1st Protein; May Choose: 1																				
Breaded Chicken Tender - SR2504 (3 tenders) Contains Gluten, Soy, Wheat.	263.02	15.17	2.53	0.00	25.29	394.54	16.19	3.04	1.01	1.01	15.17	2.02	36.42	0.00(M)	0.00(M)	0.00	728.37	(M)	(M)	
Crispy Chicken Nuggets - SR1367 (5 nugget) Contains Gluten, Soy, Wheat.	239.93	14.00	2.50	0.00	24.99	439.88	16.00	3.00	1.00	0.00	14.00	1.90	29.99	0.00(M)	0.00(M)	0.10	599.84	0.00(M)	0.00(M)	
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)	
Vegetable; May Choose: 1																				
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)	
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48	

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

Meal Category: All

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)
Condiment; May Choose: 1																			
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.) Contains Gluten, Soy, Wheat.	73.60	0.09	0.07	0.01	0.07	305.44	18.23	0.05	16.57	16.32(M)	0.17	0.09	6.70	22.08(M)	0.07(M)	0.01	25.33	4.43(M)	0.29(M)
Barbecue Sauce - SR1008 (2 tbsp.)	30.00	0.00	0.00	0.00	0.00	470.00	7.00	0.00	6.00	5.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Hot Sauce - SR3162 (1 tbsp.)	3.39	0.09	0.02	0.00	0.18	626.53	0.48	0.34	0.07	0.00	0.17	0.02	1.68	(M)	(M)	0.10	27.85	(M)	(M)
Monday 12/04/2023, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May contain Egg, Milk, Sesame, Soy.	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain Sesame, Soy.	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

Menu Item Nutrients

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Meal Categories: All

Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Tuesday 12/05/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Ultimate Breakfast Round, Oatmeal Chocolate Chip, BULK - SR3020 (1 round) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility	250.00	7.00	2.00	0.00	5.00	190.00	42.00	6.00	16.00	16.00	5.00	1.60	30.00	0.00(M)	0.00(M)	0.00	170.00	0.00(M)	0.00(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Strawberries - SR3538 (1 Container)	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Tuesday 12/05/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			

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Meal Categories: All

Entrée/Combo; May Choose: 1																			
Hand Tossed Style Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy, Wheat.	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat. Processed in a facility that also processes Tree	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 12/05/2023, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame, Soy.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat. Processed in a facility that also processes Tree	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Tuesday 12/05/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			

Menu Item Nutrients

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

Meal Categories: All

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)
Fruit; May Choose: 2																				
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17	
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42	
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)	
Fruit Juice; May Choose: 1																				
Apple Juice - SR3091 (1 ea.)	60.00	0.00	0.00	(M)	(M)	10.00	15.00	(M)	14.00	(M)	0.00	(M)	0.00(M)	0.00(M)	36.00	(M)	(M)	(M)	(M)	
Vegetable; May Choose: 2																				
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)	
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)	
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
Milk; May Choose: 1																				
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)	
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)	
Tuesday 12/05/2023, Lunch, FE-Global Flavors																				
Entrée/Combo; May Choose: 1																				
Bean & Cheese Enchilada with Red Sauce - NWR3011 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	308.97	8.48	3.78	0.00	16.60	644.22	43.95	8.72	2.02	0.00(M)	16.64	3.86	166.00	300.00(M)	1.20(M)	0.01(M)	1.60(M)	(M)	(M)	
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)	
Scratch Bean & Cheese Enchilada - NWR2747 (1 each burrito) Contains Gluten, Milk, Wheat. May contain Soy.	416.79	17.04	8.71	0.00	28.57	680.76	48.12	6.41	3.90	0.00(M)	14.86	1.15(M)	307.57(M)	0.00(M)	0.00(M)	0.23(M)	96.00(M)	(M)	(M)	
MTO Pick 2nd Grain; May Choose: 1																				

Menu Item Nutrients

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

Meal Categories: All

Cilantro Lime Rice - SR1232 (1/4 c.)	58.08	1.24	0.06	0.00	0.00	69.49	10.91	0.72	0.33	0.00	1.23	0.33	3.64	4.05(M)	0.64(M)	0.00	44.55	19.85(M)	0.24(M)
MTO Additional Toppings/Sides; May Choose: 3																			
Salsa Roja - SR1081 (2 tbsp.)	8.92	0.04	0.01	0.00	0.00	95.64	1.84	0.39	0.33(M)	0.10(M)	0.31	0.26	9.54	163.15(M)	2.67(M)	0.00(M)	23.63(M)	4.66(M)	0.12(M)
Sour Cream - SR1659 (2 tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
Vegetable; May Choose: 1																			
Black Beans - SR3362 (1/2 c.)	125.39	0.52	0.00	0.00	0.00	146.29	24.03	6.27	1.04	0.00	7.32	1.88	62.70	0.00(M)	0.00(M)	0.00	470.23	0.00(M)	0.00(M)
Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	151.16	5.77	0.41	0.00	0.00	192.30	24.37	2.84	9.16	5.34	1.64	1.00	37.51	12870.23(M)	2.18(M)	0.00	330.76	0.00(M)	0.09(M)
Mex Zucchini - SR1697 (1/2 c.)	147.29	14.53	1.11	0.00	0.00	171.47	5.08	1.54	0.12(M)	0.00(M)	1.72	0.86	25.98	226.79(M)	20.30(M)	0.00(M)	35.42(M)	0.00(M)	0.54(M)
Tuesday 12/05/2023, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May contain Egg, Milk, Sesame, Soy.	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain Sesame, Soy.	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
Vegetable; May Choose: 1																			

Menu Item Nutrients

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

Meal Categories: All

Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Wednesday 12/06/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Maple Pancake Bites - SR1590 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	200.00	6.00	1.00	0.00	0.00	210.00	35.00	4.00	10.00	10.00	4.00	3.60	40.00	1000.00	0.00(M)	0.00	130.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
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
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)

Menu Item Nutrients

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

Meal Categories: All

Wednesday 12/06/2023, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - 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)
Wednesday 12/06/2023, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain Sesame, Soy.	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame, Soy.	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
Wednesday 12/06/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

Menu Item Nutrients

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

Meal Category: All

Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Vegetable; May Choose: 2																			
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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Wednesday 12/06/2023, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
Rainbow Chili - SR1922 (3/4 c.)	139.56	0.95	0.04	0.00	0.00	309.49	27.18	6.82	5.61	0.30(M)	7.06	2.58	62.68	2874.88(M)	35.76(M)	0.00(M)	575.73	142.02(M)	0.37(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 2																			

Menu Item Nutrients

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

Meal Categories: All

Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Sour Cream - SR1659 (2 tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
Steamed Broccoli - SR1028 (1/2 c.)	26.46	0.11	0.02	0.00	0.00	11.13	5.06	2.83	1.39	0.00(M)	2.93	0.58	31.92	955.38	37.89	0.00(M)	0.25(M)	84.77	0.70
Vegetable; May Choose: 1																			
Baked Potato - SR1562 (1 potato)	172.26	4.66	0.36	0.00	0.00	19.32	29.59	3.17	1.49	0.00(M)	3.63	1.48	24.84	13.80(M)	11.45(M)	0.00(M)	0.00(M)	102.74(M)	1.86(M)
Wednesday 12/06/2023, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May contain Egg, Milk, Sesame, Soy.	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Thursday 12/07/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	5.00	1.50	0.00	0.00	210.00	36.00	4.00	11.00	11.00	4.00	3.60	260.00	1000.00	0.00(M)	0.00	150.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
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

Menu Item Nutrients

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

Meal Categories: All

Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Thursday 12/07/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat. Processed in a facility that also processes Tree Nut.	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Thursday 12/07/2023, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			

Menu Item Nutrients

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

Meal Categories: All

Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree nuts.	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 - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree nuts.	227.72	11.47	3.46	0.00	83.09	567.70	15.09	2.39	1.36	0.00(M)	17.82	1.10(M)	102.55(M)	9923.65(M)	4.56(M)	0.00(M)	307.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Protein Power Up Box - NWR3767 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Peanuts, Tree nuts.	512.89	15.49	5.65	0.00	185.00	500.34	75.90	10.64	35.59	0.00(M)	19.74	2.77	271.44	5224.66(M)	12.21(M)	1.00(M)	759.47(M)	30.84(M)	0.24(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame, Soy.	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 12/07/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
Apple Juice - SR3091 (1 ea.)	60.00	0.00	0.00	(M)	(M)	10.00	15.00	(M)	14.00	(M)	0.00	(M)	0.00(M)	0.00(M)	36.00	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
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

Menu Item Nutrients

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

Meal Categories: All

Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Thursday 12/07/2023, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Whole Wheat Spaghetti Noodles - SR1135 (1 c.) Contains Gluten, Wheat. Processed in a facility that also processes Egg.	192.89	3.09	0.42	0.00	0.00	6.66	39.60	5.44	1.81	0.00(M)	6.67	2.53	26.89	0.00(M)	0.00(M)	0.00(M)	2.22(M)	70.39(M)	0.22(M)
MTO Pick 1st Protein; May Choose: 1																			
Beef Bolognese - SR1197 (2/3 c.) Contains Soy.	174.36	8.01	3.30	0.00	37.94	611.36	12.45	3.42	6.68	2.50	13.70	219.80	61.36	0.00(M)	0.00(M)	0.00	643.87	0.00(M)	(M)
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
MTO Additional Toppings/Sides; May Choose: 3																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Condiment; May Choose: 1																			
Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.83	15.00	0.17	0.00	0.00	0.00	0.17	0.00	7.17	(M)	(M)	0.00	1.67	(M)	(M)
Thursday 12/07/2023, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May contain Egg, Milk, Sesame, Soy.	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain Sesame, Soy.	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			

Menu Item Nutrients

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

Meal Categories: All

Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Friday 12/08/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Apple Cinnamon Muffin - SR1165 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	180.00	6.00	2.00	0.00	35.00	125.00	31.00	2.00	16.00	15.00	3.00	0.90	30.00	0.00(M)	0.00(M)	0.10	110.00	(M)	(M)
Blueberry Muffin Square - NWR1551 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	352.22	9.15	4.54	0.00	6.24	529.71	62.92	3.93	28.86	26.24	4.21	1.13(M)	24.79(M)	0.00(M)	0.00(M)	0.00(M)	131.54(M)	0.00(M)	0.00(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)

Menu Item Nutrients

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

Meal Category: All

Fruit; May Choose: 2																				
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17	
Milk; May Choose: 1																				
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)	
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)	
Friday 12/08/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																				
Entrée/Combo; May Choose: 1																				
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)	
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)	
Crispy Fish Burger - NWR4244 (1 patty) Contains Fish, Gluten, Milk, Sesame, Wheat. May contain Soy.	310.00	8.50	1.00	0.00	35.00	470.00	43.00	4.00	3.00	2.00	17.00	3.08	80.00	0.00(M)	0.00(M)	0.00	274.00	(M)	(M)	
Fish Po Boy - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	428.53	16.76	4.43	0.00	52.13	805.03	49.52	6.39	7.21	3.75(M)	21.54	4.07	187.32	1153.13(M)	24.87(M)	0.05(M)	488.11(M)	67.43(M)	0.50(M)	
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)	
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)	
Vegetable; May Choose: 1																				
Country Style Potato Wedges - SR1029 (1/2 c.)	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	(M)	
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)	
Condiment; May Choose: 1																				
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07	
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)	

Menu Item Nutrients

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

Meal Categories: All

Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Friday 12/08/2023, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.19	9.49	5.03	0.00	25.00	631.24	23.57	6.02	5.60	0.00(M)	12.31	1.77	265.31	4214.86(M)	12.24(M)	0.20(M)	404.87(M)	46.84(M)	0.31(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame, Soy.	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy, Wheat. May contain Sesame, Soy. Grains; May Choose: 1	357.98	14.92	5.03	0.00	76.36	1079.99	28.51	3.00	2.00	1.00	28.27	2.30	111.00	0.00(M)	0.00(M)	0.55	529.82	0.00(M)	0.00(M)
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Friday 12/08/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Vegetable; May Choose: 2																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			

Menu Item Nutrients

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

Meal Categories: All

Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Friday 12/08/2023, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Oven Fried Rice - SR1382 (1 1/3 c.) Contains Egg, Gluten, Milk, Soy, Wheat.	317.05	4.36	0.68	0.00	49.45	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
MTO Pick 1st Protein; May Choose: 1																			
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
Teriyaki Baked Tofu - SR3904 (1/2 c.) Contains Gluten, Soy, Wheat.	294.58	19.46	2.32	0.02	0.11	474.67	12.86	3.11	8.41	8.28	22.66	3.59	888.17	218.70(M)	0.37(M)	0.02	335.00	0.00(M)	1.22(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Roasted Broccoli - SR1852 (1/4 c.)	32.75	2.25	0.17	0.00	0.00	36.04	2.70	1.44	0.70	0.00(M)	1.50	0.31	15.91	477.69(M)	18.95(M)	0.00(M)	2.87(M)	42.88(M)	0.42(M)
Soy Roasted Potatoes - SR2609 (1/4 c.) Contains Gluten, Soy, Wheat.	93.22	6.52	0.76	0.00	0.02	335.25	9.59	1.14	0.58	0.00	0.74	0.30	8.29	31.28(M)	0.60(M)	0.02	153.78	0.00(M)	0.60(M)
Friday 12/08/2023, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May contain Egg, Milk, Sesame, Soy.	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain Sesame, Soy.	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)

Menu Item Nutrients

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

Meal Categories: All

MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11

Monday 12/11/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
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)
French Toast Bites - SR1205 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	200.00	5.00	1.50	0.00	0.00	240.00	37.00	3.00	13.00	(M)	4.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)	(M)
Grains; May Choose: 1																			
Buttery Wheat Toast - NWR3671 (1 slice) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	80.05	1.00	0.00	0.00	0.00	150.09	15.01	2.00	2.00	0.00(M)	4.00	0.72	40.02	0.00	0.00	0.00(M)	0.00(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)

Menu Item Nutrients

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

Meal Categories: All

White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Monday 12/11/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	342.25	17.20	10.13	0.00	50.63	1151.50	32.02	2.00	2.00	2.00	16.13	2.61	356.00	0.00(M)	0.00(M)	0.20	156.12	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	(M)
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Monday 12/11/2023, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)

Menu Item Nutrients

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

Meal Categories: All

Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	420.87	13.23	3.22	0.00	9.98	686.53	61.54	14.33	2.54	0.00(M)	13.81	3.47	120.08	101.88(M)	0.00(M)	0.00(M)	527.94(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame, Soy. Grains; May Choose: 1	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 12/11/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Vegetable; May Choose: 2																			
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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Monday 12/11/2023, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			

Menu Item Nutrients

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

Meal Combination: All

Tortilla Chips - SR1065 (1 1/2 oz.)	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Pulled Turkey - SR1213 (3 tbsp.)	69.36	2.97	0.99	0.00	39.64	237.81	0.99	0.00	0.00	0.00	8.92	0.36	0.00	(M)	(M)	0.00	89.18	0.00(M)	(M)
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Carolina Slaw - SR1633 (1/3 c.) Contains Egg.	86.64	6.12	1.36	0.00	6.67	145.84	7.69	1.47	4.60	2.77	0.77	0.41	27.16	710.60(M)	18.94(M)	0.00(M)	107.17(M)	57.77(M)	0.38(M)
Tater Tots - SR1450 (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)
Vegetarian Baked Beans - SR1336 (1/4 c.)	121.69	0.01	0.00	0.00	0.00	290.80	26.83	2.67	17.20	11.29(M)	3.69	1.37	46.01	0.07(M)	0.26(M)	0.00(M)	210.76(M)	4.80(M)	0.27(M)
Monday 12/11/2023, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May contain Egg, Milk, Sesame, Soy.	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain Sesame, Soy.	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)

Menu Item Nutrients

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

Meal Category: All

Vegetable; May Choose: 1																				
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)	
Condiment; May Choose: 1																				
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)	
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05	
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11	
Tuesday 12/12/2023, Breakfast, B-Classroom Café																				
Entrée/Combo; May Choose: 1																				
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)	
Sausage Breakfast Pizza - SR1167 (1 slice) Contains Gluten, Milk, Soy, Wheat.	210.00	7.00	2.00	0.00	15.00	350.00	27.00	3.00	5.00	2.00	9.00	1.90	146.00	0.00	0.00	0.00	330.00	(M)	(M)	
Grains; May Choose: 1																				
Buttery Wheat Toast - NWR3671 (1 slice) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	80.05	1.00	0.00	0.00	0.00	150.09	15.01	2.00	2.00	0.00(M)	4.00	0.72	40.02	0.00	0.00	0.00(M)	0.00(M)	(M)	(M)	
Fruit; May Choose: 2																				
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17	
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42	
Fruit Juice; May Choose: 1																				
100% Apple Juice - SR1204 (4 fl oz cup)	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)	
Milk; May Choose: 1																				
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)	

Menu Item Nutrients

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

Meal Categories: All

White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Tuesday 12/12/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy, Wheat.	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat. Processed in a facility that also processes Tree Nut.	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 12/12/2023, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame, Soy.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat. Processed in a facility that also processes Tree Nut.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
Grains; May Choose: 1																			

Menu Item Nutrients

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

Meal Categories: All

Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Tuesday 12/12/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
Apple Juice - SR3091 (1 ea.)	60.00	0.00	0.00	(M)	(M)	10.00	15.00	(M)	14.00	(M)	0.00	(M)	0.00(M)	0.00(M)	36.00	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Tuesday 12/12/2023, Lunch, FE-Global Flavors																			
Meat/MA; May Choose: 1																			
Korean BBQ Chicken - NWR3641 (3 oz.) Contains Gluten, Sesame, Soy, Wheat.	217.20	11.95	2.67	0.01	76.80	773.30	13.11	0.11	5.65	4.98(M)	14.59	0.10(M)	3.59(M)	21.61(M)	0.20(M)	0.00(M)	11.36(M)	0.00(M)	0.03(M)

Menu Item Nutrients

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

Meal Categories: All

Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
Teriyaki Meatballs - SR1856 (5 Meatballs) Contains Gluten, Milk, Sesame, Soy, Wheat.	295.63	14.55	6.08	0.10	35.01	514.90	26.06	1.29	21.48	20.91	15.10	1.78	44.52	33.60(M)	0.74(M)	0.04	389.92	54.77	1.99
Teriyaki Meatballs - SR3494 (5 Meatballs) Contains Gluten, Sesame, Soy, Wheat.	270.69	11.33	3.64	0.04	59.15	490.10	27.85	1.01	20.30	19.93	14.94	1.01	32.77	33.60(M)	0.74(M)	0.04	417.50	17.74(M)	0.84(M)
MTO Pick 1st Grain; May Choose: 1																			
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May contain Egg, Milk, Sesame, Soy.	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Soy Roasted Potatoes - SR2609 (1/2 c.) Contains Gluten, Soy, Wheat.	186.44	13.04	1.52	0.00	0.04	670.51	19.19	2.28	1.17	0.00	1.48	0.59	16.58	62.56(M)	1.20(M)	0.04	307.57	0.00(M)	1.20(M)
Tuesday 12/12/2023, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May contain Egg, Milk, Sesame, Soy.	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain Sesame, Soy.	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
Vegetable; May Choose: 1																			

Menu Item Nutrients

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

Meal Categories: All

Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Wednesday 12/13/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Ham & Cheese English Muffin - NWR4491 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes	273.50	11.50	4.50	0.00	136.50	1001.00	27.00	2.00	3.00	0.00(M)	14.00	2.30(M)	122.00(M)	0.00(M)	0.00(M)	1.00(M)	55.00(M)	(M)	(M)
Ultimate Breakfast Round, Cinnamon, BULK - SR3019 (1 round) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also	240.00	6.00	2.00	0.00	5.00	200.00	42.00	7.00	16.00	15.00	5.00	1.50	30.00	0.00(M)	0.00(M)	0.00	150.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Wheat Toast - NWR3671 (1 slice) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	80.05	1.00	0.00	0.00	0.00	150.09	15.01	2.00	2.00	0.00(M)	4.00	0.72	40.02	0.00	0.00	0.00(M)	0.00(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Wednesday 12/13/2023, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	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)

Menu Item Nutrients

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

Meal Categories: All

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)
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)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	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)
Wednesday 12/13/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Vegetable; May Choose: 2																			
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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Wednesday 12/13/2023, Lunch, FE-Global Flavors																			
MTO Pick 1st Protein; May Choose: 1																			

Menu Item Nutrients

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

Meal Categories: All

Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
Vegetarian Refried Beans - SR1070 (1/2 c.)	161.28	0.58	0.00	0.00	0.00	164.61	27.65	10.37	0.00	0.00	10.37	2.42	60.93	0.00(M)	0.00(M)	0.00	507.99	104.21(M)	0.11(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Diced Yellow Onion - SR1264 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Salsa Roja - SR1081 (2 tbsp.)	8.92	0.04	0.01	0.00	0.00	95.64	1.84	0.39	0.33(M)	0.10(M)	0.31	0.26	9.54	163.15(M)	2.67(M)	0.00(M)	23.63(M)	4.66(M)	0.12(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Sour Cream - SR1659 (2 tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
Vegetable; May Choose: 1																			
Black Beans - SR3362 (1/2 c.)	125.39	0.52	0.00	0.00	0.00	146.29	24.03	6.27	1.04	0.00	7.32	1.88	62.70	0.00(M)	0.00(M)	0.00	470.23	0.00(M)	0.00(M)
Thursday 12/14/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	5.00	1.50	0.00	0.00	210.00	36.00	4.00	11.00	11.00	4.00	3.60	260.00	1000.00	0.00(M)	0.00	150.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
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

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Meal Categories: All

Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Fruit Juice; May Choose: 1																			
100% Apple Juice - SR1204 (4 fl oz cup)	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Thursday 12/14/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Hand Tossed Style Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Hand Tossed Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Hand Tossed Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat. Processed in a facility that also processes Tree Nut.	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Thursday 12/14/2023, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree nuts.	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)

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Meal Categories: All

Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree nuts.	227.72	11.47	3.46	0.00	83.09	567.70	15.09	2.39	1.36	0.00(M)	17.82	1.10(M)	102.55(M)	9923.65(M)	4.56(M)	0.00(M)	307.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Protein Power Up Box - NWR3767 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Peanuts, Tree nuts.	512.89	15.49	5.65	0.00	185.00	500.34	75.90	10.64	35.59	0.00(M)	19.74	2.77	271.44	5224.66(M)	12.21(M)	1.00(M)	759.47(M)	30.84(M)	0.24(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame, Soy.	338.85	14.55	5.82	0.00	59.06	928.10	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 12/14/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
Apple Juice - SR3091 (1 ea.)	60.00	0.00	0.00	(M)	(M)	10.00	15.00	(M)	14.00	(M)	0.00	(M)	0.00(M)	0.00(M)	36.00	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
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)

Menu Item Nutrients

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

Meal Categories: All

Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Thursday 12/14/2023, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	250.03	1.50	0.00	0.00	0.00	250.39	49.01	3.00	1.00	1.00	9.00	3.50	0.36	0.00(M)	0.00(M)	0.00	160.14	0.00(M)	0.01(M)
MTO Pick 1st Protein; May Choose: 2																			
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
Unbreaded Chicken Strips - NWR4238 (2 1/4 oz.)	112.50	6.00	1.50	0.00	57.00	259.50	4.50	0.00	0.00	0.00(M)	10.50	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Condiment; May Choose: 4																			
Fresh Cilantro - SR1265 (1 tsp.)	0.08	0.00	0.00	0.00	0.00	0.15	0.01	0.01	0.00	0.00	0.01	0.01	0.22	22.44	0.09	0.00	1.73	(M)	(M)
Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
Thursday 12/14/2023, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May contain Egg, Milk, Sesame, Soy.	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain Sesame, Soy.	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			

Menu Item Nutrients

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

Meal Categories: All

Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Friday 12/15/2023, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Apple Cinnamon Muffin - SR1165 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	180.00	6.00	2.00	0.00	35.00	125.00	31.00	2.00	16.00	15.00	3.00	0.90	30.00	0.00(M)	0.00(M)	0.10	110.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Fruit; May Choose: 2																			

Menu Item Nutrients

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

Meal Categories: All

Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
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
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Friday 12/15/2023, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Crispy Fish Burger - NWR4244 (1 patty) Contains Fish, Gluten, Milk, Sesame, Wheat. May contain Soy.	310.00	8.50	1.00	0.00	35.00	470.00	43.00	4.00	3.00	2.00	17.00	3.08	80.00	0.00(M)	0.00(M)	0.00	274.00	(M)	(M)
Fish Po Boy - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	428.53	16.76	4.43	0.00	52.13	805.03	49.52	6.39	7.21	3.75(M)	21.54	4.07	187.32	1153.13(M)	24.87(M)	0.05(M)	488.11(M)	67.43(M)	0.50(M)
Spicy Chicken Burger - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	(M)
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

Menu Item Nutrients

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

Meal Categories: All

Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Friday 12/15/2023, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.19	9.49	5.03	0.00	25.00	631.24	23.57	6.02	5.60	0.00(M)	12.31	1.77	265.31	4214.86(M)	12.24(M)	0.20(M)	404.87(M)	46.84(M)	0.31(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame, Soy.	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy, Wheat. May contain Sesame, Soy.	357.98	14.92	5.03	0.00	76.36	1079.99	28.51	3.00	2.00	1.00	28.27	2.30	111.00	0.00(M)	0.00(M)	0.55	529.82	0.00(M)	0.00(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Friday 12/15/2023, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Vegetable; May Choose: 2																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)

Menu Item Nutrients

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

Meal Categories: All

Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Friday 12/15/2023, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Toasted Waffle - SR2165 (2 waffle) Contains Egg, Gluten, Milk, Soy, Wheat.	185.89	5.16	1.03	0.00	0.00	340.80	30.98	1.03	4.13	4.13	4.13	3.72	268.51	1032.73	(M)	0.00	41.31	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.21	36.55	(M)	(M)	0.00	719.95	(M)	(M)
Rainbow Chili - NWR2365 (1 c.)	198.49	0.65	0.01	0.00	0.00	986.93	39.08	12.06	9.67	0.00(M)	11.32	1.42(M)	42.71(M)	813.89(M)	6.53(M)	0.00(M)	307.74(M)	6.61(M)	0.08(M)
Condiment; May Choose: 1																			
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
Friday 12/15/2023, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May contain Egg, Milk, Sesame, Soy.	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain Sesame, Soy.	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)

Menu Item Nutrients

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

Meal Categories: All

MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11

(M) Indicates missing nutrient values.

Allergen Disclaimer: Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition