

Menu Item Nutrients
Middle Schools and ICS FEBRUARY
2024

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)
Thursday 02/01/2024, 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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Mushroom Swiss Burger - NWR4366 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	391.81	21.35	7.36	0.50	57.52	492.71	29.24	3.53	3.06	2.00(M)	23.61	3.35	207.86	0.00(M)	1.12(M)	0.11(M)	273.60(M)	40.91(M)	0.45(M)
Spicy Chicken Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
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)
Thursday 02/01/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
Bold 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)
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	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 02/01/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree	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. Processed in a facility that also	538.34	17.96	6.81	0.00	195.54	493.57	77.34	10.98	35.02	16.93	20.12	3.39	237.05	5224.66(M)	12.21(M)	1.00	1689.91	30.84(M)	0.24(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)

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Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 02/01/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
Baked Penne Pasta - SR3241 (1 c.) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.	392.48	14.50	6.99	0.00	35.67	724.69	47.62	7.05	9.79	1.43	20.11	2.27	445.92	0.00(M)	0.00(M)	0.00	592.62	0.00(M)	0.18(M)
Grains; May Choose: 1																			
Dinner Roll - NWR1313 (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)
Vegetable; May Choose: 1																			
Roasted Green Beans - SR1021 (1/2 c.)	22.18	0.13	0.04	0.00	0.00	43.10	5.11	2.34	1.45	0.00(M)	1.18	0.53	32.84	323.23(M)	3.16(M)	0.00	124.93	74.73	0.48
Thursday 02/01/2024, 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)
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
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)
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	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(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
Fresh Julienne Kale - SR4121 (1 c.)	12.98	0.55	0.07	0.00	0.00	19.65	1.64	1.52	0.37	0.00	1.08	0.59	94.18	1784.28	34.63	0.00	129.04	31.16	0.74
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 02/01/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.21	36.55	(M)	(M)	0.00	719.95	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
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)

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Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08 (M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Friday 02/02/2024, 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)
Crispy Chicken Sandwich - 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)
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 Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
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)
Friday 02/02/2024, Lunch, FE-Everyday Selects (Nacho)																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	144.33	6.19	1.03	0.00	0.00	118.55	20.62	2.06	0.00	0.00	2.06	0.52	30.93	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)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa 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)
Friday 02/02/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)
Bold 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)
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)

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Vegetable; May Choose: 1																			
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
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)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Friday 02/02/2024, 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,	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	357.98	14.92	5.03	0.00	76.36	1079.98	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 02/02/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
Fish Po Boy - NWR4329 (1 sandwich) Contains Fish, Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame, Soy.	366.25	13.12	3.28	0.00	46.51	648.87	44.30	4.56	4.82	4.82	20.67	3.28	102.33	0.00(M)	0.00(M)	0.76	350.39	0.00(M)	0.00(M)
Vegetable; May Choose: 2																			
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)
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Mexican Slaw - SR1612 (1/2 c.)	48.54	0.19	0.04	0.00	0.00	16.92	11.94	1.71	9.52	7.13	0.91	0.34	29.36	101.97(M)	23.87(M)	0.00(M)	134.74(M)	43.30(M)	0.41(M)
Condiment; May Choose: 1																			
Tartar Sauce - SR2615 (1 tbsp.) Contains Egg.	39.34	3.60	0.80	0.00	4.00	100.36	1.51	0.01	0.64	0.00(M)	0.01	0.00	0.09	0.00(M)	0.00(M)	0.00(M)	1.62(M)	0.00(M)	0.00(M)
Friday 02/02/2024, 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 Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Vegetable; May Choose: 2																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Fresh Julienne Kale - SR4121 (1 c.)	12.98	0.55	0.07	0.00	0.00	19.65	1.64	1.52	0.37	0.00	1.08	0.59	94.18	1784.28	34.63	0.00	129.04	31.16	0.74
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

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)
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)
Vegetarian Baked Beans - SR2026 (1/2 c.)	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)	(M)
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	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Monday 02/05/2024, 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)
Crispy Chicken Sandwich - 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 Sandwich - 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																			
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)
Monday 02/05/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
Bold Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	434.09	21.60	9.26	0.11	49.62	633.96	36.49	4.06	5.94	0.80(M)	21.98	2.24	383.67	347.48(M)	0.21(M)	0.00(M)	374.40(M)	(M)	(M)
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																			
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)
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)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Monday 02/05/2024, Lunch, FE-Fast Takes																			

Menu Item Nutrients

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.	359.01	10.58	2.78	0.00	9.98	635.72	52.71	13.45	2.54	0.00(M)	12.93	3.25	106.82	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, Grains; May Choose: 1	338.85	14.55	5.82	0.00	59.06	928.09	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 02/05/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
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: 2																			
Spaghetti Sauce - SR2220 (1/2 c.)	64.72	0.49	0.06	0.00	0.00	259.64	13.34	2.74	7.84	2.93	2.08	1.02	33.86	0.00(M)	0.00(M)	0.00	475.93	(M)	(M)
Vegetarian Baked Beans - SR3118 (1/2 c.)	112.64	1.02	0.00	0.00	0.00	122.88	21.50	5.12	1.02	0.00	7.17	1.74	40.96	0.00(M)	0.00(M)	0.00	471.04	(M)	(M)
Monday 02/05/2024, 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)
Baby Spinach - SR1980 (1 c.)	16.30	0.28	0.04	0.00	0.00	55.99	2.57	1.56	0.30	0.00	2.03	1.92	70.17	6645.84	19.92	0.00	395.48	64.78	1.22
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)
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 02/05/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
Tuesday 02/06/2024, Lunch, FE-Everyday Selects (Grill composed)																			

Menu Item Nutrients

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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	281.62	11.63	3.04	0.00	50.62	473.25	29.01	3.00	4.01	3.01	13.09	2.71	113.62	0.00(M)	0.00(M)	0.00	486.73	(M)	(M)
Spicy Chicken Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
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)
Tuesday 02/06/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
Bold 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)
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	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 02/06/2024, 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,	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	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 02/06/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			

Menu Item Nutrients

Cheesy Ravioli - NWR4432 (8 oz.) Contains Gluten, Milk, Wheat.	306.86	5.21	2.65	0.00	10.56	484.71	44.42	5.33	9.59	2.08	20.16	2.43	244.98	0.00(M)	0.00(M)	0.00	528.92	(M)	(M)
Grains; May Choose: 1																			
Dinner Roll - NWR1313 (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)
Vegetable; May Choose: 1																			
Mixed Garden Vegetables - SR1583 (1/2 c.)	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.07	4935.54(M)	4.56(M)	0.00	167.83	79.30	0.73
Tuesday 02/06/2024, 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)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
100% 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)
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)
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	4.20	0.02	0.01	0.00	0.00	3.02	0.97	0.42	0.54	0.00	0.21	0.08	6.72	16.46	6.15	0.00	28.56	15.49	0.11
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 02/06/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.21	36.55	(M)	(M)	0.00	719.95	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Wednesday 02/07/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			

Menu Item Nutrients

Carolina BBQ Pork Sandwich - NWR4502 (1 sandwich) Contains Fish, Gluten, Sesame, Soy, Wheat. May contain	371.74	11.51	4.00	0.00	72.00	1206.71	38.71	3.03	12.43	11.42(M)	28.02	2.06(M)	84.26(M)	0.00(M)	0.00(M)	0.00(M)	111.80(M)	2.56(M)	0.03(M)
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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Spicy Chicken Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
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)
Vegetarian Baked Beans - SR2026 (1/2 c.)	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)	(M)
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)
Wednesday 02/07/2024, Lunch, FE-Everyday Selects (Nacho)																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	144.33	6.19	1.03	0.00	0.00	118.55	20.62	2.06	0.00	0.00	2.06	0.52	30.93	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)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 02/07/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
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)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M)	6.21(M)	0.00(M)	477.32(M)	9.67(M)	0.04(M)
Vegetable; May Choose: 1																			
Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.) Contains Gluten, Milk, Wheat.	117.06	9.12	1.22	0.01	2.86	74.45	8.23	2.22	2.23	0.00(M)	2.44	1.26	80.58	113.76(M)	31.75(M)	0.00(M)	195.74(M)	29.66(M)	0.38(M)

Menu Item Nutrients

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																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 02/07/2024, 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,	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 02/07/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
Crispy Orange Chicken over Brown Rice - NWR4318 (1 serving) Contains Gluten, Soy, Wheat.	413.26	15.06	2.53	0.03	25.28	545.10	54.73	4.52	13.79	12.79	16.87	2.65	33.21	0.00(M)	0.00(M)	0.17	685.33	66.47(M)	0.32(M)
Vegetable; May Choose: 1																			
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Wednesday 02/07/2024, 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)
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	4.20	0.02	0.01	0.00	0.00	3.02	0.97	0.42	0.54	0.00	0.21	0.08	6.72	16.46	6.15	0.00	28.56	15.49	0.11
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 02/08/2024, 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)
Crispy Chicken Sandwich - 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)

Menu Item Nutrients

Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Mushroom Swiss Burger - NWR4366 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	391.81	21.35	7.36	0.50	57.52	492.71	29.24	3.53	3.06	2.00(M)	23.61	3.35	207.86	0.00(M)	1.12(M)	0.11(M)	273.60(M)	40.91(M)	0.45(M)
Spicy Chicken Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Thursday 02/08/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
Bold 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)
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	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 02/08/2024, 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)
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree	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. Processed in a facility that also	538.34	17.96	6.81	0.00	195.54	493.57	77.34	10.98	35.02	16.93	20.12	3.39	237.05	5224.66(M)	12.21(M)	1.00	1689.91	30.84(M)	0.24(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	338.85	14.55	5.82	0.00	59.06	928.09	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 02/08/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
Macaroni & Cheese - NWR1988 (1 c.) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.	384.12	24.43	12.71	0.00	65.98	977.70	24.82	2.74	3.64	0.00(M)	21.08	1.28	538.91	19.93(M)	0.00(M)	0.19(M)	634.96(M)	28.91(M)	0.11(M)
Vegetable; May Choose: 1																			

Menu Item Nutrients

Aztec Corn - SR3173 (1/2 c.)	92.67	1.62	0.14	0.00	0.00	49.24	18.12	3.28	2.48	0.00(M)	3.58	0.87(M)	21.25(M)	226.79(M)	6.62(M)	0.00(M)	274.65(M)	47.70(M)	0.28(M)
Thursday 02/08/2024, 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)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
100% 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)
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	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(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)
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	4.20	0.02	0.01	0.00	0.00	3.02	0.97	0.42	0.54	0.00	0.21	0.08	6.72	16.46	6.15	0.00	28.56	15.49	0.11
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 02/08/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
General Tso Sauce - SR1823 (1 tbsp.) Contains Soy.	56.94	0.04	0.02	0.02	0.17	62.79	14.32	0.13	13.52	13.50	0.09	0.09	6.01	0.00(M)	0.00(M)	0.04	17.70	8.43	0.19
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Friday 02/09/2024, 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)
Crispy Chicken Sandwich - 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)
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)

Menu Item Nutrients

Spicy Chicken Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Friday 02/09/2024, Lunch, FE-Everyday Selects (Nacho)																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	144.33	6.19	1.03	0.00	0.00	118.55	20.62	2.06	0.00	0.00	2.06	0.52	30.93	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)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Friday 02/09/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)
Bold 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)
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																			
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)
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)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Friday 02/09/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			

Menu Item Nutrients

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,	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	357.98	14.92	5.03	0.00	76.36	1079.98	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 02/09/2024, Lunch, FE-Favorites																			
Meat/MA; May Choose: 1																			
Cheddar Cheese Omelet, Papetti's, 2 oz. - SR2438 (1 patty) Contains Egg, Milk.	130.00	11.00	3.50	0.00	170.00	290.00	1.00	0.00	0.00	0.00	7.00	1.10	67.00	0.00(M)	0.00(M)	1.00	74.00	(M)	(M)
Grains; May Choose: 1																			
Cinnamon Breadstick - SR1455 (1 roll.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame.	93.38	1.69	0.28	0.00	0.00	102.38	15.88	2.13	3.67	3.67(M)	3.01	0.83	13.86	31.25(M)	0.00(M)	0.30(M)	53.33(M)	0.05(M)	0.02(M)
Vegetable; May Choose: 2																			
Tater Tot Hash - SR1848 (1/2 c.)	125.56	7.33	1.10	0.00	0.00	346.86	15.02	1.29	1.50	0.00	1.16	0.26	12.53	41.98(M)	9.50(M)	0.00	237.72	15.41(M)	0.16(M)
Friday 02/09/2024, 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 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																			
Baby Spinach - SR1980 (1 c.)	16.30	0.28	0.04	0.00	0.00	55.99	2.57	1.56	0.30	0.00	2.03	1.92	70.17	6645.84	19.92	0.00	395.48	64.78	1.22
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
Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54	0.23
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)
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	4.20	0.02	0.01	0.00	0.00	3.02	0.97	0.42	0.54	0.00	0.21	0.08	6.72	16.46	6.15	0.00	28.56	15.49	0.11
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)
Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Monday 02/12/2024, 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)
Crispy Chicken Sandwich - 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)

Menu Item Nutrients

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)
Homemade Rainbow Chili - NWR2365 (1 c.)	210.67	0.65	0.01	0.00	0.00	979.14	41.47	11.03	10.24	1.34(M)	10.97	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
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)
Monday 02/12/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
Bold Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	434.09	21.60	9.26	0.11	49.62	633.96	36.49	4.06	5.94	0.80(M)	21.98	2.24	383.67	347.48(M)	0.21(M)	0.00(M)	374.40(M)	(M)	(M)
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																			
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)
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)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Monday 02/12/2024, 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.	359.01	10.58	2.78	0.00	9.98	635.72	52.71	13.45	2.54	0.00(M)	12.93	3.25	106.82	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.	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 02/12/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
Melty Meatball Sub - NWR4539 (1 sandwich) Contains Gluten, Milk, Sesame, Soy, Wheat.	343.00	10.95	3.58	0.00	42.92	598.74	42.14	5.98	8.63	4.11	19.62	3.23	199.68	0.00(M)	0.00(M)	0.00	656.03	(M)	(M)
Vegetable; May Choose: 1																			

Menu Item Nutrients

Mixed Garden Vegetables - SR1583 (1/2 c.)	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.07	4935.54(M)	4.56(M)	0.00	167.83	79.30	0.73
Monday 02/12/2024, 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 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)
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)
Basil Corn Salad - NWR3667 (1/2 c.)	115.18	5.56	0.26	0.00	0.00	310.64	17.86	2.32	7.49	0.00(M)	2.21	0.19(M)	6.45(M)	491.98(M)	14.94(M)	0.00(M)	25.75(M)	12.85(M)	0.85(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)
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	4.20	0.02	0.01	0.00	0.00	3.02	0.97	0.42	0.54	0.00	0.21	0.08	6.72	16.46	6.15	0.00	28.56	15.49	0.11
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 02/12/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Shaved Beef - NWR1830 (2 7/8 oz.) Contains Soy.	145.45	8.14	3.46	0.51	40.69	395.67	3.05	0.00	2.03	(M)	13.22	0.92	10.17	0.00	0.00	(M)	(M)	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
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)
Pho Condiments - NWR2507 (1 serving)	16.72	0.09	0.02	0.00	0.03	308.38	4.01	0.67	2.42	0.00(M)	0.44	0.24	11.94	424.12(M)	3.92(M)	0.01(M)	38.07(M)	23.73(M)	0.70(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)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Tuesday 02/13/2024, 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)
Crispy Chicken Sandwich - 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)

Menu Item Nutrients

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)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	281.62	11.63	3.04	0.00	50.62	473.25	29.01	3.00	4.01	3.01	13.09	2.71	113.62	0.00(M)	0.00(M)	0.00	486.73	(M)	(M)
Spicy Chicken Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Tuesday 02/13/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
Bold 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)
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	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 02/13/2024, 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,	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	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 02/13/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
French Toast Sticks - SR1910 (4 stick.) Contains Gluten, Soy, Wheat.	257.36	9.90	1.49	0.00	0.00	296.95	37.61	2.97	8.91	7.92	5.94	1.98	39.59	0.00(M)	0.00(M)	0.00	148.48	(M)	(M)
Meat/MA; May Choose: 1																			
Country Breakfast Sausage Patty - SR1157 (2 patty)	120.00	9.00	2.00	0.00	60.00	160.00	0.00	0.00	0.00	0.00	12.00	0.72	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)

Menu Item Nutrients

Vegetable; May Choose: 1																			
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)
Condiment; May Choose: 1																			
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
Tuesday 02/13/2024, 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																			
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)
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)
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	4.20	0.02	0.01	0.00	0.00	3.02	0.97	0.42	0.54	0.00	0.21	0.08	6.72	16.46	6.15	0.00	28.56	15.49	0.11
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 02/13/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.21	36.55	(M)	(M)	0.00	719.95	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Wednesday 02/14/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich) Contains Gluten, Sesame, Wheat. May contain Soy.	348.23	11.50	4.00	0.00	72.00	983.54	32.65	3.00	6.84	6.04	28.00	2.00(M)	80.00(M)	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)

Menu Item Nutrients

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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Spicy Chicken Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
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)
Wednesday 02/14/2024, Lunch, FE-Everyday Selects (Nacho)																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	144.33	6.19	1.03	0.00	0.00	118.55	20.62	2.06	0.00	0.00	2.06	0.52	30.93	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)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 02/14/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
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)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M)	6.21(M)	0.00(M)	477.32(M)	9.67(M)	0.04(M)
Vegetable; May Choose: 1																			
Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.) Contains Gluten, Milk, Wheat.	117.06	9.12	1.22	0.01	2.86	74.45	8.23	2.22	2.23	0.00(M)	2.44	1.26	80.58	113.76(M)	31.75(M)	0.00(M)	195.74(M)	29.66(M)	0.38(M)
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																			

Menu Item Nutrients

Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 02/14/2024, 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, Grains; May Choose: 1	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)
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 02/14/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
Crispy Sweet & Sour Chicken Rice Bowl - NWR4561 (1 bowl) Contains Gluten, Soy, Wheat.	392.01	14.56	2.59	0.00	20.65	402.43	48.42	4.50	8.89	7.87	17.18	2.75	36.30	0.00(M)	0.00(M)	0.02	748.43	52.04(M)	0.07(M)
Vegetable; May Choose: 1																			
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Wednesday 02/14/2024, 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)
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
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)
Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Tuesday 02/20/2024, 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)
Crispy Chicken Sandwich - 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)

Menu Item Nutrients

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)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	281.62	11.63	3.04	0.00	50.62	473.25	29.01	3.00	4.01	3.01	13.09	2.71	113.62	0.00(M)	0.00(M)	0.00	486.73	(M)	(M)
Spicy Chicken Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Tuesday 02/20/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
Bold 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)
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	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 02/20/2024, 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)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat. Processed in a facility that also	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)
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 02/20/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
Chicken Alfredo Pasta K12, WG Penne, USDA Unseasoned Chx, JTM Alfredo - NWR4324 (1 portion) Contains Gluten,	357.79	12.45	4.27	0.00	50.40	534.62	45.07	4.70	4.88	0.00(M)	18.55	1.88(M)	197.91(M)	0.00(M)	0.00(M)	0.00(M)	246.36(M)	41.29(M)	0.22(M)
Vegetable; May Choose: 1																			
Mixed Garden Vegetables - SR1583 (1/2 c.)	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.07	4935.54(M)	4.56(M)	0.00	167.83	79.30	0.73
Tuesday 02/20/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			

Menu Item Nutrients

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																				
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)	
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42	
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)	
Fruit Juice; May Choose: 1																				
100% 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)	
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)	
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	4.20	0.02	0.01	0.00	0.00	3.02	0.97	0.42	0.54	0.00	0.21	0.08	6.72	16.46	6.15	0.00	28.56	15.49	0.11	
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 02/20/2024, Lunch, FE-Remix (Popups)																				
MTO Pick 1st Grain; May Choose: 1																				
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)	
MTO Pick 1st Protein; May Choose: 1																				
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)	
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.21	36.55	(M)	(M)	0.00	719.95	(M)	(M)	
MTO Additional Toppings/Sides; May Choose: 1																				
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41	
Vegetable; May Choose: 1																				
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)	
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)	
Wednesday 02/21/2024, Lunch, FE-Everyday Selects (Grill composed)																				
Entrée/Combo; May Choose: 1																				
Carolina BBQ Pork Sandwich - NWR4502 (1 sandwich) Contains Fish, Gluten, Sesame, Soy, Wheat. May contain	371.74	11.51	4.00	0.00	72.00	1206.71	38.71	3.03	12.43	11.42(M)	28.02	2.06(M)	84.26(M)	0.00(M)	0.00(M)	0.00(M)	111.80(M)	2.56(M)	0.03(M)	
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)	
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)	
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)	
Spicy Chicken Sandwich - 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																				

Menu Item Nutrients

Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
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)
Vegetarian Baked Beans - SR2026 (1/2 c.)	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)	(M)
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)
Wednesday 02/21/2024, Lunch, FE-Everyday Selects (Nacho)																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	144.33	6.19	1.03	0.00	0.00	118.55	20.62	2.06	0.00	0.00	2.06	0.52	30.93	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)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
Iceberg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 02/21/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
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)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M)	6.21(M)	0.00(M)	477.32(M)	9.67(M)	0.04(M)
Vegetable; May Choose: 1																			
Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.) Contains Gluten, Milk, Wheat.	117.06	9.12	1.22	0.01	2.86	74.45	8.23	2.22	2.23	0.00(M)	2.44	1.26	80.58	113.76(M)	31.75(M)	0.00(M)	195.74(M)	29.66(M)	0.38(M)
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																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 02/21/2024, 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)

Menu Item Nutrients

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, Grains; May Choose: 1	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)
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 02/21/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
Chili & Chips, rainbow chili, Tostitos chip, purch shred ched, 2G2.25M - NWR4571 (1 portion) Contains Milk.	453.55	12.13	2.80	0.00	6.25	1201.06	72.24	14.11	10.24	1.34(M)	15.54	3.80(M)	190.80(M)	813.89(M)	6.53(M)	0.05(M)	648.35(M)	6.61(M)	0.07(M)
Pork Posole - NWR3342 (1 portion)	421.93	18.17	5.15	0.00	65.23	956.49	39.50	4.73	0.85	0.18(M)	24.22	1.03(M)	56.09(M)	10.12(M)	5.71(M)	0.00(M)	77.92(M)	97.72(M)	0.33(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - SR1029 (1/2 c.)	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	(M)
Wednesday 02/21/2024, 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)
Thursday 02/22/2024, 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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Mushroom Swiss Burger - NWR4366 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	391.81	21.35	7.36	0.50	57.52	492.71	29.24	3.53	3.06	2.00(M)	23.61	3.35	207.86	0.00(M)	1.12(M)	0.11(M)	273.60(M)	40.91(M)	0.45(M)
Spicy Chicken Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
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)

Menu Item Nutrients

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)
Thursday 02/22/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
Bold 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)
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	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 02/22/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree	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. Processed in a facility that also	538.34	17.96	6.81	0.00	195.54	493.57	77.34	10.98	35.02	16.93	20.12	3.39	237.05	5224.66(M)	12.21(M)	1.00	1689.91	30.84(M)	0.24(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	338.85	14.55	5.82	0.00	59.06	928.09	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 02/22/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
Turkey Gravy - NWR2716 (3/4 c.) Contains Milk.	126.27	4.86	1.60	0.00	34.11	990.59	8.27	0.09	3.33	0.67(M)	12.10	0.11(M)	32.68(M)	0.00(M)	0.00(M)	0.00(M)	103.84(M)	110.95(M)	0.11(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)
Vegetable; May Choose: 1																			
Mashed Potatoes - NWR2551 (1/2 c.) Contains Milk.	81.62	1.53	1.02	0.00	0.00	104.72	15.30	1.02	1.02	0.00(M)	2.04	0.23	13.19	2.66	6.51	0.00(M)	0.90(M)	89.81(M)	0.09(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Thursday 02/22/2024, 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																			

Menu Item Nutrients

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)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
100% 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)
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	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(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)
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	4.20	0.02	0.01	0.00	0.00	3.02	0.97	0.42	0.54	0.00	0.21	0.08	6.72	16.46	6.15	0.00	28.56	15.49	0.11
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 02/22/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Sweet and Sour Sauce - SR2022 (1 tbsp.)	36.54	0.16	0.02	0.00	0.09	37.98	8.73	0.04	7.33	7.33	0.05	0.01	0.36	0.00(M)	0.00(M)	0.02	6.12	(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)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Friday 02/23/2024, 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)
Crispy Chicken Sandwich - 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)
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 Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
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)

Menu Item Nutrients

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)	
Friday 02/23/2024, Lunch, FE-Everyday Selects (Nacho)																				
MTO Pick 1st Grain; May Choose: 1																				
Tortilla Chips - SR1065 (1 1/2 oz.)	144.33	6.19	1.03	0.00	0.00	118.55	20.62	2.06	0.00	0.00	2.06	0.52	30.93	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)	
Pinto Beans - SR1032 (1 #8 scoop)	126.80	0.00	0.00	0.00	0.00	161.38	21.90	5.76	0.58	0.00	8.07	1.84	69.16	0.00(M)	0.00(M)	0.00	495.66	(M)	(M)	
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Vegetable; May Choose: 1																				
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)	
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)	
Condiment; May Choose: 1																				
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)	
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Friday 02/23/2024, Lunch, FE-Everyday Selects (Pizza conv)																				
Entrée/Combo; May Choose: 1																				
Bold 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)	
Bold Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)	
Bold 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)	
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																				
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)	
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)	
Condiment; May Choose: 1																				
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)	
Friday 02/23/2024, 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.	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	357.98	14.92	5.03	0.00	76.36	1079.98	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																				

Menu Item Nutrients

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 02/23/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
Alaskan Pollock - NWR2448 (4 Ounce serving) Contains Fish, Gluten, Wheat.	211.86	8.07	1.01	0.00	45.40	312.74	19.17	2.02	1.01	1.01	16.14	2.02	15.13	(M)	(M)	0.00	319.81	(M)	(M)
Grains; May Choose: 1																			
Dinner Roll - NWR1313 (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)
Garden, Milk, Condiments; May Choose: 1																			
Tartar Sauce - SR2615 (1 tbsp.) Contains Egg.	39.34	3.60	0.80	0.00	4.00	100.36	1.51	0.01	0.64	0.00(M)	0.01	0.00	0.09	0.00(M)	0.00(M)	0.00(M)	1.62(M)	0.00(M)	0.00(M)
Vegetable; May Choose: 2																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)	(M)
Friday 02/23/2024, 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 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																			
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
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)
Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Monday 02/26/2024, 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)
Crispy Chicken Sandwich - 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)
Homemade Rainbow Chili - NWR2365 (1 c.)	210.67	0.65	0.01	0.00	0.00	979.14	41.47	11.03	10.24	1.34(M)	10.97	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - 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

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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
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)
Monday 02/26/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
Bold Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	434.09	21.60	9.26	0.11	49.62	633.96	36.49	4.06	5.94	0.80(M)	21.98	2.24	383.67	347.48(M)	0.21(M)	0.00(M)	374.40(M)	(M)	(M)
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																			
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)
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)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Monday 02/26/2024, 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.	359.01	10.58	2.78	0.00	9.98	635.72	52.71	13.45	2.54	0.00(M)	12.93	3.25	106.82	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.	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 02/26/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
Plant Taco Filling - SR4095 (5 tbsp.) Contains Gluten, Wheat.	76.27	3.08	1.95	0.01	0.00	268.43	2.91	1.16	0.27	0.05	9.35	2.18	14.02	0.00(M)	0.00(M)	0.00	80.33	41.77(M)	0.32(M)
Tot'chos - NWR1452 (1 portion) Contains Milk, Soy.	329.74	21.79	7.56	0.00	53.38	920.31	19.72	1.00	4.46	0.00(M)	18.14	0.20(M)	234.15(M)	0.00(M)	0.00(M)	0.00(M)	515.42(M)	(M)	(M)
Grains; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	144.33	6.19	1.03	0.00	0.00	118.55	20.62	2.06	0.00	0.00	2.06	0.52	30.93	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(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)

Menu Item Nutrients

Monday 02/26/2024, 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	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 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)	
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)	
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)	
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 02/26/2024, Lunch, FE-Remix (Popups)																				
MTO Pick 1st Grain; May Choose: 1																				
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)	
MTO Pick 1st Protein; May Choose: 1																				
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)	
Shaved Beef - NWR1830 (2 7/8 oz.) Contains Soy.	145.45	8.14	3.46	0.51	40.69	395.67	3.05	0.00	2.03	(M)	13.22	0.92	10.17	0.00	0.00	(M)	(M)	(M)	(M)	
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)	
MTO Additional Toppings/Sides; May Choose: 1																				
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)	
Pho Condiments - NWR2507 (1 serving)	16.72	0.09	0.02	0.00	0.03	308.38	4.01	0.67	2.42	0.00(M)	0.44	0.24	11.94	424.12(M)	3.92(M)	0.01(M)	38.07(M)	23.73(M)	0.70(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)	
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)	
Tuesday 02/27/2024, 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)	
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)	
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)	
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	281.62	11.63	3.04	0.00	50.62	473.25	29.01	3.00	4.01	3.01	13.09	2.71	113.62	0.00(M)	0.00(M)	0.00	486.73	(M)	(M)	

Menu Item Nutrients

Spicy Chicken Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
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)
Tuesday 02/27/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
Bold 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)
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	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 02/27/2024, 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,	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	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 02/27/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
Glazed Chicken Drumstick - SR2447 (1 piece)	248.99	15.56	3.89	0.00	140.06	497.98	3.11	0.00	0.00	0.00	24.90	1.56	14.01	0.00(M)	0.00(M)	0.00	357.92	(M)	(M)
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)
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)

Menu Item Nutrients

Tuesday 02/27/2024, 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	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)	
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42	
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)	
Fruit Juice; May Choose: 1																				
100% 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)	
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)	
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	4.20	0.02	0.01	0.00	0.00	3.02	0.97	0.42	0.54	0.00	0.21	0.08	6.72	16.46	6.15	0.00	28.56	15.49	0.11	
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 02/27/2024, Lunch, FE-Remix (Popups)																				
MTO Pick 1st Grain; May Choose: 1																				
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)	
MTO Pick 1st Protein; May Choose: 1																				
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)	
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)	
MTO Additional Toppings/Sides; May Choose: 1																				
General Tso Sauce - SR1823 (1 tbsp.) Contains Soy.	56.94	0.04	0.02	0.02	0.17	62.79	14.32	0.13	13.52	13.50	0.09	0.09	6.01	0.00(M)	0.00(M)	0.04	17.70	8.43	0.19	
Vegetable; May Choose: 1																				
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)	
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)	
Wednesday 02/28/2024, 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)	
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)	
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)	
Spicy Chicken Sandwich - 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)	

Menu Item Nutrients

Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Wednesday 02/28/2024, Lunch, FE-Everyday Selects (Nacho)																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	144.33	6.19	1.03	0.00	0.00	118.55	20.62	2.06	0.00	0.00	2.06	0.52	30.93	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)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 02/28/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
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)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M)	6.21(M)	0.00(M)	477.32(M)	9.67(M)	0.04(M)
Vegetable; May Choose: 1																			
Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.) Contains Gluten, Milk, Wheat.	117.06	9.12	1.22	0.01	2.86	74.45	8.23	2.22	2.23	0.00(M)	2.44	1.26	80.58	113.76(M)	31.75(M)	0.00(M)	195.74(M)	29.66(M)	0.38(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 02/28/2024, 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)

Menu Item Nutrients

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, Grains; May Choose: 1	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)
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 02/28/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
Popcorn Chicken Bowl - NWR4198 (1 portion) Contains Gluten, Milk, Soy, Wheat.	407.44	17.95	3.80	0.00	22.15	640.42	43.49	5.35	6.34	0.00(M)	19.27	2.45(M)	53.13(M)	2.69(M)	6.57(M)	0.00(M)	843.07(M)	199.49(M)	0.20(M)
Grains; May Choose: 1																			
Dinner Roll - NWR1313 (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)
Vegetable; May Choose: 2																			
Vegetarian Baked Beans - SR3118 (1/2 c.)	112.64	1.02	0.00	0.00	0.00	122.88	21.50	5.12	1.02	0.00	7.17	1.74	40.96	0.00(M)	0.00(M)	0.00	471.04	(M)	(M)
Wednesday 02/28/2024, 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)
Thursday 02/29/2024, 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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Mushroom Swiss Burger - NWR4366 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	391.81	21.35	7.36	0.50	57.52	492.71	29.24	3.53	3.06	2.00(M)	23.61	3.35	207.86	0.00(M)	1.12(M)	0.11(M)	273.60(M)	40.91(M)	0.45(M)
Spicy Chicken Sandwich - 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																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)

Menu Item Nutrients

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)
Thursday 02/29/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold 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)
Bold 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)
Bold 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)
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	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 02/29/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree	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. Processed in a facility that also	538.34	17.96	6.81	0.00	195.54	493.57	77.34	10.98	35.02	16.93	20.12	3.39	237.05	5224.66(M)	12.21(M)	1.00	1689.91	30.84(M)	0.24(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	338.85	14.55	5.82	0.00	59.06	928.09	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 02/29/2024, Lunch, FE-Favorites																			
Meat/MA; May Choose: 1																			
Plant Crumble Sauce - SR4081 (1/3 c.)	102.76	2.86	1.68	0.00	0.00	325.78	10.34	2.55	5.25	1.95	9.15	2.34	29.92	0.00(M)	0.00(M)	0.00	361.62	23.20(M)	0.04(M)
Spaghetti & Meatsauce - NWR3972 (3/4 c.) Contains Gluten, Soy, Wheat.	280.59	9.66	3.24	0.00	33.90	619.03	35.03	7.12	3.92	1.47(M)	14.50	0.51(M)	22.12(M)	0.00(M)	0.00(M)	0.00(M)	239.70(M)	52.35(M)	0.97(M)
Grains; May Choose: 1																			
Whole Wheat Spaghetti Noodles - NWR4299 (3/4 c.) Contains Gluten, Wheat.	139.78	2.64	0.09	0.00	0.00	321.27	25.28	4.21	0.00	0.00(M)	4.21	0.00(M)	5.19(M)	0.00(M)	0.00(M)	0.00(M)	1.73(M)	52.35(M)	0.97(M)
Vegetable; May Choose: 2																			
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Thursday 02/29/2024, 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

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)
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Fruit Juice; May Choose: 1																			
100% 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)
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	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(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)
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 02/29/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.21	36.55	(M)	(M)	0.00	719.95	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)

(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