

# Menu Item Nutrients

FEBRUARY 2024

## Timberline Middle School

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)	
<b>Thursday 02/01/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
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)	
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)	
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Vegetable; May Choose: 1	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)	
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.	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)	
<b>Condiment; May Choose: 1</b>																				
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)	
<b>Thursday 02/01/2024, Lunch, FE-Fast Takes</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)	
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	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)	
<b>Grains; May Choose: 1</b>																				
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)	
<b>Thursday 02/01/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
<b>Fruit; May Choose: 2</b>																				
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)	
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)	
<b>Vegetable; May Choose: 2</b>																				
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	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	

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Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Thursday 02/01/2024, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Beef Greek Meatballs - SR3516 (3 Meatballs) Contains Egg, Gluten, Wheat.	329.49	25.93	7.76	1.07	109.67	200.13	5.52	0.77	0.99	0.00(M)	17.97	2.42	40.95	0.50(M)	1.80(M)	0.36(M)	310.34(M)	42.80(M)	1.23(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Greek Turkey - SR1854 (1/2 c.)	320.50	19.55	2.82	0.00	72.67	458.03	21.83	0.20	18.20	17.41	16.62	0.83	4.29	0.00(M)	0.11(M)	0.00	213.87	0.00(M)	0.06(M)
<b>MTO Additional Toppings/Sides; May Choose: 3</b>																			
Mozzarella Cheese - SR3098 (1/2 oz.) Contains Milk.	40.50	2.53	1.52	0.00	7.59	81.00	1.01	0.51	0.00	0.00	3.54	0.00	96.19	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Sliced Black Olives - SR1390 (2 tbsp.)	14.12	1.41	0.00	0.00	0.00	117.63	0.94	0.00	0.00	0.00	0.00	0.34	0.00	0.00	0.00	0.00	0.00	12.78(M)	(M)
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	11.38	0.12	0.02	0.00	0.00	4.26	2.45	0.81	1.65	0.00	0.60	0.21	8.16	500.52	7.25	0.00	142.08	46.54(M)	0.25(M)
Tzatziki Sauce - SR1820 (1 tbsp.) Contains Milk.	7.38	0.02	0.00	0.00	0.33	63.90	0.78	0.05	0.52	0.00(M)	1.20	0.07	14.71	17.28(M)	0.28(M)	0.00(M)	23.77(M)	6.53(M)	0.18(M)
<b>Vegetable; May Choose: 1</b>																			
Italian Roasted Chickpeas - SR3793 (1/2 c.)	83.23	2.18	0.06	0.00	0.00	219.69	12.56	3.77	2.19	0.00(M)	3.66	0.27(M)	6.66(M)	0.00(M)	0.00(M)	0.00(M)	4.40(M)	0.00(M)	0.34(M)
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 Summer Squash - SR1523 (1/2 c.)	34.33	2.14	0.18	0.00	0.00	42.19	3.28	1.03	1.70(M)	0.00(M)	0.85	0.32	13.59	1031.50(M)	31.37(M)	0.00(M)	39.46(M)	52.37(M)	0.39(M)
<b>Thursday 02/01/2024, Lunch, FE-Superfoods</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)

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<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Friday 02/02/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Crispy Fish Burger - NWR4244 (1 patty) Contains Fish, Gluten, Milk, Sesame, Wheat. May	310.00	8.50	1.00	0.00	35.00	470.00	43.00	4.00	3.00	2.00	17.00	3.08	80.00	0.00(M)	0.00(M)	0.00	274.00	(M)	(M)
Fish Po Boy - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	428.53	16.76	4.43	0.00	52.13	805.03	49.52	6.39	7.21	3.75(M)	21.54	4.07	187.32	1153.13(M)	24.87(M)	0.05(M)	488.11(M)	67.43(M)	0.50(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
Country Style Potato Wedges - NWR4546 (1/2 c.)	79.97	2.00	0.00	0.00	0.00	19.99	15.99	1.00	1.00	0.00	1.00	0.20	19.99	0.00(M)	0.00(M)	0.00	240.08	(M)	(M)
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)
<b>Condiment; May Choose: 1</b>																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Friday 02/02/2024, Lunch, FE-Fast Takes</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.19	9.49	5.03	0.00	25.00	631.24	23.57	6.02	5.60	0.00(M)	12.31	1.77	265.31	4214.86(M)	12.24(M)	0.20(M)	404.87(M)	46.84(M)	0.31(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy,	357.98	14.92	5.03	0.00	76.36	1079.98	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)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Friday 02/02/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

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<b>Fruit; May Choose: 2</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
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
<b>Vegetable; May Choose: 2</b>																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
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)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Friday 02/02/2024, Lunch, FE-Global Flavors</b>																			
<b>Meat/MA; May Choose: 1</b>																			
Korean BBQ Chicken - NWR3641 (3 oz.) Contains Gluten, Sesame, Soy, Wheat.	217.38	11.95	2.67	0.01	76.80	776.05	13.15	0.11	5.69	5.00(M)	14.59	0.10(M)	3.59(M)	21.61(M)	0.20(M)	0.00(M)	11.36(M)	0.00(M)	0.03(M)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1066 (2 tortilla) Contains Gluten, Wheat.	179.97	5.00	2.00	0.00	0.00	259.96	28.00	4.00	2.00	0.00	4.00	2.00	71.99	0.00(M)	0.00(M)	0.00	57.99	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Teriyaki Chicken - NWR2962 (1/2 c.) Contains Gluten, Soy, Wheat.	171.47	6.84	1.80	0.02	63.47	432.36	15.89	0.06	10.12	9.96(M)	11.96	0.06(M)	1.82(M)	21.12(M)	0.20(M)	0.02(M)	29.77(M)	0.00(M)	0.41(M)
<b>MTO Additional Toppings/Sides; May Choose: 2</b>																			
Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
Spicy Asian Vegetable Blend - SR2607 (1/4 c.) Contains Gluten, Sesame, Soy, Wheat.	40.13	3.73	0.29	0.01	0.00	99.77	1.93	0.74	0.97	0.00	0.41	0.18	13.19	1009.12(M)	11.30(M)	0.00	60.49	16.70(M)	0.23(M)
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	21.09	0.09	0.04	0.00	0.07	517.39	4.70	0.44	4.13	(M)	0.37	0.16	3.40	478.41	0.00	0.03	41.11	11.22	1.35
<b>Vegetable; May Choose: 1</b>																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Soy Roasted Potatoes - SR2609 (1/2 c.) Contains Gluten, Soy, Wheat.	186.44	13.04	1.52	0.00	0.04	670.51	19.19	2.28	1.17	0.00	1.48	0.59	16.58	62.56(M)	1.20(M)	0.04	307.57	0.00(M)	1.20(M)
<b>Friday 02/02/2024, Lunch, FE-Superfoods</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)

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Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
<b>Monday 02/05/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
Ground Beef Taco Filling - SR3506 (3/8 c.) Contains Gluten, Wheat.	208.19	15.48	5.82	0.91	54.22	413.52	2.90	0.84	0.65	0.00(M)	13.61	1.98	26.17	44.50(M)	1.67(M)	0.08(M)	252.24(M)	40.37(M)	1.74(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)
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)
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)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Monday 02/05/2024, Lunch, FE-Fast Takes</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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	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)
<b>Grains; May Choose: 1</b>																			

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Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Monday 02/05/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 2</b>																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
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
<b>Vegetable; May Choose: 2</b>																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	7.57	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Monday 02/05/2024, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Buttermilk Pancakes - SR2010 (2 pancake) Contains Egg, Gluten, Milk, Soy, Wheat.	160.00	2.00	0.33	0.00	10.00	406.67	30.67	4.00	5.33	4.00	4.00	1.33	33.33	0.00(M)	0.00(M)	0.00	153.33	(M)	(M)
Toasted Waffle - SR2165 (2 waffle) Contains Egg, Gluten, Milk, Soy, Wheat.	185.89	5.16	1.03	0.00	0.00	340.80	30.98	1.03	4.13	4.13	4.13	3.72	268.51	1032.73	(M)	0.00	41.31	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
Country Breakfast Sausage Patty - SR1157 (1 patty)	60.00	4.50	1.00	0.00	30.00	80.00	0.00	0.00	0.00	0.00	6.00	0.36	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Scrambled Eggs - SR3323 (2 tbsp.) Contains Egg.	46.59	3.00	1.00	0.00	113.15	43.26	0.00	0.00	0.00	0.00	3.99	0.67	17.31	0.00(M)	0.00(M)	0.67	41.93	0.00(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
Baked Cinnamon Raisin Apples - SR1238 (1/4 c.) Contains Milk, Soy.	82.19	1.23	0.50	0.00	0.00	20.42	18.63	1.53	16.17	6.67(M)	0.27	0.23	16.47	55.56(M)	0.00(M)	0.00(M)	112.06(M)	0.00(M)	0.17(M)
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)
Warm Berries - SR2617 (1/4 c.)	53.58	0.05	0.00	0.00	0.00	1.50	13.81	1.38	12.32	0.32(M)	0.21	0.24(M)	4.86(M)	9.42(M)	16.24(M)	0.00(M)	48.33(M)	28.73(M)	0.10(M)
<b>Vegetable; May Choose: 1</b>																			
Crinkle Cut Sweet Potato Fries - SR3936 (1/2 c.)	169.47	6.98	1.00	0.00	0.00	259.20	24.92	1.00	7.97	0.50	1.00	0.40	29.91	0.00(M)	0.00(M)	0.00	279.13	(M)	(M)
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)
<b>Monday 02/05/2024, Lunch, FE-Superfoods</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)

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<b>MTO Pick 1st Protein; May Choose: 1</b>																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
<b>Tuesday 02/06/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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, Vegetable; May Choose: 1	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
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.	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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Tuesday 02/06/2024, Lunch, FE-Fast Takes</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Tuesday 02/06/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 2</b>																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)

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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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Tuesday 02/06/2024, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Korean BBQ Baked Tofu - SR3901 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	288.57	21.23	2.53	0.00	0.00	566.79	7.30	3.11	2.82	2.49	22.63	3.59	888.26	217.73(M)	0.27(M)	0.00	315.58	0.00(M)	0.90(M)
Teriyaki Chicken - NWR2962 (1/2 c.) Contains Gluten, Soy, Wheat.	171.47	6.84	1.80	0.02	63.47	432.36	15.89	0.06	10.12	9.96(M)	11.96	0.06(M)	1.82(M)	21.12(M)	0.20(M)	0.02(M)	29.77(M)	0.00(M)	0.41(M)
<b>MTO Additional Toppings/Sides; May Choose: 2</b>																			
Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
Roasted Broccoli - SR1852 (1/4 c.)	32.75	2.25	0.17	0.00	0.00	36.04	2.70	1.44	0.70	0.00(M)	1.50	0.31	15.91	477.69(M)	18.95(M)	0.00(M)	2.87(M)	42.88(M)	0.42(M)
Soy Roasted Potatoes - SR2609 (1/4 c.) Contains Gluten, Soy, Wheat.	93.22	6.52	0.76	0.00	0.02	335.25	9.59	1.14	0.58	0.00	0.74	0.30	8.29	31.28(M)	0.60(M)	0.02	153.78	0.00(M)	0.60(M)
Spicy Asian Vegetable Blend - SR2607 (1/4 c.) Contains Gluten, Sesame, Soy, Wheat.	40.13	3.73	0.29	0.01	0.00	99.77	1.93	0.74	0.97	0.00	0.41	0.18	13.19	1009.12(M)	11.30(M)	0.00	60.49	16.70(M)	0.23(M)
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	21.09	0.09	0.04	0.00	0.07	517.39	4.70	0.44	4.13	(M)	0.37	0.16	3.40	478.41	0.00	0.03	41.11	11.22	1.35
<b>Tuesday 02/06/2024, Lunch, FE-Superfoods</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)



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Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Wednesday 02/07/2024, Lunch, FE- Everyday Selects (Grill/Nacho/Pizza conv) Meat/MA; May Choose: 1</b>																			
Carolina BBQ Pork Sandwich - NWR4502 (1 sandwich) Contains Fish, Gluten, Sesame, Soy,	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	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	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Wednesday 02/07/2024, Lunch, FE-Fast Takes Entrée/Combo; May Choose: 1</b>																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
<b>Grains; May Choose: 1</b>																			
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)
<b>Wednesday 02/07/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments) Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 2</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
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

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<b>Vegetable; May Choose: 2</b>																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Wednesday 02/07/2024, Lunch, FE-Global Flavors</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Cheese Calzone, 5" - SR2629 (1 ea.) Contains Gluten, Milk, Wheat. May contain Egg, Milk, Soy.	372.19	12.41	6.38	0.08	40.05	621.17	43.75	5.49	8.85	3.92(M)	22.40	2.25	430.39	8.78(M)	0.14(M)	0.02	493.02	0.09(M)	0.00(M)
Pepperoni Calzone - SR2632 (1 ea.) Contains Gluten, Milk, Wheat. May contain Egg, Milk, Soy.	432.86	18.01	8.48	0.08	54.05	821.85	44.08	5.49	8.85	3.92(M)	25.20	2.25	430.39	8.78(M)	0.14(M)	0.02(M)	493.02(M)	0.09(M)	0.00(M)
<b>Vegetable; May Choose: 1</b>																			
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)
Roasted Broccoli and Red Peppers - SR2024 (1/2 c.)	85.72	6.65	0.48	0.00	0.00	9.07	5.83	2.82	2.49	0.00(M)	2.51	0.57	25.46	1795.72(M)	72.45(M)	0.00(M)	73.47(M)	95.42(M)	0.66(M)
Roasted Butternut Squash - SR1408 (1/2 c.)	73.30	0.33	0.01	0.00	0.00	31.71	18.56	2.39	7.25	4.64	1.19	0.87	61.10	12578.52(M)	24.85(M)	0.00	423.40	0.07(M)	0.09(M)
<b>Condiment; May Choose: 1</b>																			
Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.83	15.00	0.17	0.00	0.00	0.00	0.17	0.00	7.17	(M)	(M)	0.00	1.67	(M)	(M)
Red Pepper Flakes - SR1554 (1/4 tsp.)	1.43	0.08	0.01	0.00	0.00	0.14	0.25	0.12	0.05	0.00	0.05	0.04	0.67	0.00(M)	0.00(M)	0.00	9.06	0.04	0.03
<b>Wednesday 02/07/2024, Lunch, FE-Superfoods</b>																			
<b>Meat/MA; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			

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Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Thursday 02/08/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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,	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)
<b>Vegetable; May Choose: 1</b>																			
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.	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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Thursday 02/08/2024, Lunch, FE-Fast Takes</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	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)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	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)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Thursday 02/08/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 2</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
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)

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<b>Vegetable; May Choose: 2</b>																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Thursday 02/08/2024, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
<b>MTO Pick 2nd Grain; May Choose: 1</b>																			
Cilantro Lime Rice - SR1232 (1 c.)	232.33	4.97	0.25	0.00	0.00	277.95	43.66	2.88	1.34	0.00	4.91	1.32	14.54	16.22(M)	2.57(M)	0.00	178.19	79.41(M)	0.95(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Mexican Tinga Chicken - NWR3229 (3 oz.)	101.43	4.72	1.17	0.00	44.13	282.39	6.52	0.77	1.50	0.11(M)	8.57	0.26(M)	16.73(M)	34.62(M)	0.95(M)	0.00(M)	112.90(M)	0.00(M)	0.16(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)
<b>MTO Additional Toppings/Sides; May Choose: 3</b>																			
Black Beans - SR3362 (1/4 c.)	62.70	0.26	0.00	0.00	0.00	73.15	12.02	3.13	0.52	0.00	3.66	0.94	31.35	0.00(M)	0.00(M)	0.00	235.12	0.00(M)	0.00(M)
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	75.58	2.89	0.20	0.00	0.00	96.15	12.18	1.42	4.58	2.67	0.82	0.50	18.75	6435.11(M)	1.09(M)	0.00	165.38	0.00(M)	0.04(M)
Mex Zucchini - SR1697 (1/4 c.)	73.65	7.26	0.56	0.00	0.00	85.74	2.54	0.77	0.06(M)	0.00(M)	0.86	0.43	12.99	113.40(M)	10.15(M)	0.00(M)	17.71(M)	0.00(M)	0.27(M)
Salsa Roja - SR1081 (2 tbsp.)	8.92	0.04	0.01	0.00	0.00	95.64	1.84	0.39	0.33(M)	0.10(M)	0.31	0.26	9.54	163.15(M)	2.67(M)	0.00(M)	23.63(M)	4.66(M)	0.12(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
<b>Thursday 02/08/2024, Lunch, FE-Superfoods</b>																			
<b>Meat/MA; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)

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Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Friday 02/09/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Crispy Fish Burger - NWR4244 (1 patty) Contains Fish, Gluten, Milk, Sesame, Wheat. May	310.00	8.50	1.00	0.00	35.00	470.00	43.00	4.00	3.00	2.00	17.00	3.08	80.00	0.00(M)	0.00(M)	0.00	274.00	(M)	(M)
Fish Po Boy - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	428.53	16.76	4.43	0.00	52.13	805.03	49.52	6.39	7.21	3.75(M)	21.54	4.07	187.32	1153.13(M)	24.87(M)	0.05(M)	488.11(M)	67.43(M)	0.50(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Friday 02/09/2024, Lunch, FE-Fast Takes</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.19	9.49	5.03	0.00	25.00	631.24	23.57	6.02	5.60	0.00(M)	12.31	1.77	265.31	4214.86(M)	12.24(M)	0.20(M)	404.87(M)	46.84(M)	0.31(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy,	357.98	14.92	5.03	0.00	76.36	1079.98	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)
<b>Grains; May Choose: 1</b>																			

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Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Friday 02/09/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 2</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
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
<b>Vegetable; May Choose: 2</b>																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Friday 02/09/2024, Lunch, FE-Global Flavors</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Greek Meatball Flatbread Roll Up - SR2622 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	458.33	24.45	7.14	0.00	62.29	654.82	36.56	5.12	2.07	1.00	24.90	2.50	255.02	0.00(M)	0.00(M)	0.50	433.33	0.18(M)	0.12(M)
Three Cheese Flatbread Pizza - SR1567 (1 ea.) Contains Gluten, Milk, Wheat. May contain	378.45	17.65	8.65	0.00	39.36	990.27	35.97	4.58	4.01	1.27	20.55	1.92	449.78	(M)	(M)	0.55	295.60	(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 3</b>																			
Sliced Black Olives - SR1390 (2 tbsp.)	14.12	1.41	0.00	0.00	0.00	117.63	0.94	0.00	0.00	0.00	0.00	0.34	0.00	0.00	0.00	0.00	0.00	12.78(M)	(M)
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	11.38	0.12	0.02	0.00	0.00	4.26	2.45	0.81	1.65	0.00	0.60	0.21	8.16	500.52	7.25	0.00	142.08	46.54(M)	0.25(M)
Tzatziki Sauce - SR1820 (1 tbsp.) Contains Milk.	7.38	0.02	0.00	0.00	0.33	63.90	0.78	0.05	0.52	0.00(M)	1.20	0.07	14.71	17.28(M)	0.28(M)	0.00(M)	23.77(M)	6.53(M)	0.18(M)
<b>Vegetable; May Choose: 1</b>																			
Italian Roasted Chickpeas - SR3793 (1/2 c.)	83.23	2.18	0.06	0.00	0.00	219.69	12.56	3.77	2.19	0.00(M)	3.66	0.27(M)	6.66(M)	0.00(M)	0.00(M)	0.00(M)	4.40(M)	0.00(M)	0.34(M)
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 Summer Squash - SR1523 (1/2 c.)	34.33	2.14	0.18	0.00	0.00	42.19	3.28	1.03	1.70(M)	0.00(M)	0.85	0.32	13.59	1031.50(M)	31.37(M)	0.00(M)	39.46(M)	52.37(M)	0.39(M)
<b>Friday 02/09/2024, Lunch, FE-Superfoods</b>																			
<b>Meat/MA; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)

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Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Menu Item</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars</b>	<b>Added Sugars</b>	<b>Protein (g)</b>	<b>Iron (mg)</b>	<b>Calcium (mg)</b>	<b>VitA (IU)</b>	<b>VitC (mg)</b>	<b>VitD (mcg)</b>	<b>Potassium (mg)</b>	<b>Mois (g)</b>	<b>Ash (g)</b>
<b>Monday 02/12/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Condiment; May Choose: 1</b>																			
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)
<b>Monday 02/12/2024, Lunch, FE-Fast Takes</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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	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)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Monday 02/12/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 2</b>																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17

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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
<b>Vegetable; May Choose: 2</b>																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	7.57	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Monday 02/12/2024, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Breaded Chicken Tender - SR2504 (3 tenders) Contains Gluten, Soy, Wheat.	263.02	15.17	2.53	0.00	25.29	394.54	16.19	3.04	1.01	1.01	15.17	2.02	36.42	0.00(M)	0.00(M)	0.00	728.37	(M)	(M)
Crispy Chicken Nuggets - SR1367 (5 nugget) Contains Gluten, Soy, Wheat.	239.93	14.00	2.50	0.00	24.99	439.88	16.00	3.00	1.00	0.00	14.00	1.90	29.99	0.00(M)	0.00(M)	0.10	599.84	0.00(M)	0.00(M)
<b>Vegetable; May Choose: 1</b>																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
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
<b>Condiment; May Choose: 1</b>																			
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.) Contains Gluten, Soy, Wheat.	73.60	0.09	0.07	0.01	0.07	305.44	18.23	0.05	16.57	16.32(M)	0.17	0.09	6.70	22.08(M)	0.07(M)	0.01	25.33	4.43(M)	0.29(M)
Barbecue Sauce - SR1008 (2 tbsp.)	30.28	0.00	0.00	0.00	0.00	474.42	7.07	0.00	6.06	5.05	0.00	0.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)
Hot Sauce - SR3162 (1 tbsp.)	3.39	0.09	0.02	0.00	0.18	626.53	0.48	0.34	0.07	0.00	0.17	0.02	1.68	(M)	(M)	0.10	27.85	(M)	(M)
<b>Monday 02/12/2024, Lunch, FE-Superfoods</b>																			
<b>Meat/MA; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)



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Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Tuesday 02/13/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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,	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)
<b>Vegetable; May Choose: 1</b>																			
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.	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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Tuesday 02/13/2024, Lunch, FE-Fast Takes</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	496.183(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Tuesday 02/13/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

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<b>Fruit; May Choose: 2</b>																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Tuesday 02/13/2024, Lunch, FE-Global Flavors</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bean & Cheese Enchilada with Red Sauce - NWR3011 (1 ea.) Contains Gluten, Milk, Soy,	308.97	8.48	3.78	0.00	16.60	644.22	43.95	8.72	2.02	0.00(M)	16.64	3.86	166.00	300.00(M)	1.20(M)	0.01(M)	1.60(M)	(M)	(M)
Scratch Bean & Cheese Enchilada - NWR2747 (1 each burrito) Contains Gluten, Milk, Wheat. May	416.79	17.04	8.71	0.00	28.57	680.76	48.12	6.41	3.90	0.00(M)	14.86	1.15(M)	307.57(M)	0.00(M)	0.00(M)	0.23(M)	96.00(M)	(M)	(M)
<b>MTO Pick 2nd Grain; May Choose: 1</b>																			
Cilantro Lime Rice - SR1232 (1/4 c.)	58.08	1.24	0.06	0.00	0.00	69.49	10.91	0.72	0.33	0.00	1.23	0.33	3.64	4.05(M)	0.64(M)	0.00	44.55	19.85(M)	0.24(M)
<b>MTO Additional Toppings/Sides; May Choose: 3</b>																			
Salsa Roja - SR1081 (2 tbsp.)	8.92	0.04	0.01	0.00	0.00	95.64	1.84	0.39	0.33(M)	0.10(M)	0.31	0.26	9.54	163.15(M)	2.67(M)	0.00(M)	23.63(M)	4.66(M)	0.12(M)
Sour Cream - SR1659 (2 tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
Black Beans - SR3362 (1/2 c.)	125.39	0.52	0.00	0.00	0.00	146.29	24.03	6.27	1.04	0.00	7.32	1.88	62.70	0.00(M)	0.00(M)	0.00	470.23	0.00(M)	0.00(M)
Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	151.16	5.77	0.41	0.00	0.00	192.30	24.37	2.84	9.16	5.34	1.64	1.00	37.51	12870.23(M)	2.18(M)	0.00	330.76	0.00(M)	0.09(M)
Mex Zucchini - SR1697 (1/2 c.)	147.29	14.53	1.11	0.00	0.00	171.47	5.08	1.54	0.12(M)	0.00(M)	1.72	0.86	25.98	226.79(M)	20.30(M)	0.00(M)	35.42(M)	0.00(M)	0.54(M)
<b>Tuesday 02/13/2024, Lunch, FE-Superfoods</b>																			
<b>Meat/MA; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)

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<b>MTO Pick 1st Protein; May Choose: 1</b>																				
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)	
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)	
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)	
<b>MTO Pick 2nd Protein; May Choose: 1</b>																				
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)	
<b>Vegetable; May Choose: 1</b>																				
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)	
<b>Condiment; May Choose: 1</b>																				
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)	
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05	
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11	
<b>Wednesday 02/14/2024, Lunch, FE- Everyday Selects (Grill/Nacho/Pizza conv)</b>																				
<b>MTO Pick 1st Grain; May Choose: 1</b>																				
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)	
<b>MTO Pick 1st Protein; May Choose: 2</b>																				
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)	
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)	
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)	
Pork Carnitas - NWR3345 (2 oz.)	214.05	12.37	4.19	0.00	72.00	633.03	2.41	0.57	0.90	0.00(M)	22.33	0.42(M)	10.11(M)	0.19(M)	0.70(M)	0.00(M)	51.14(M)	8.53(M)	0.70(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)	
<b>Vegetable; May Choose: 1</b>																				
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)	
<b>Condiment; May Choose: 1</b>																				
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)	
<b>Wednesday 02/14/2024, Lunch, FE-Fast Takes</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)	
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)	
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)	

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Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
<b>Grains; May Choose: 1</b>																			
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)
<b>Wednesday 02/14/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 2</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
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
<b>Vegetable; May Choose: 2</b>																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Wednesday 02/14/2024, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Rainbow Chili - SR1922 (3/4 c.)	139.56	0.95	0.04	0.00	0.00	309.49	27.18	6.82	5.61	0.30(M)	7.06	2.58	62.68	2874.88(M)	35.76(M)	0.00(M)	575.73	142.02(M)	0.37(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 2</b>																			
Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Sour Cream - SR1659 (2 tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
Steamed Broccoli - SR1028 (1/2 c.)	26.46	0.11	0.02	0.00	0.00	11.13	5.06	2.83	1.39	0.00(M)	2.93	0.58	31.92	955.38	37.89	0.00(M)	0.25(M)	84.77	0.70
<b>Vegetable; May Choose: 1</b>																			
Baked Potato - SR1562 (1 potato)	172.26	4.66	0.36	0.00	0.00	19.32	29.59	3.17	1.49	0.00(M)	3.63	1.48	24.84	13.80(M)	11.45(M)	0.00(M)	0.00(M)	102.74(M)	1.86(M)

# Menu Item Nutrients

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<b>Wednesday 02/14/2024, Lunch, FE-Superfoods</b>																			
<b>Meat/MA; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Menu Item</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars</b>	<b>Added Sugars</b>	<b>Protein (g)</b>	<b>Iron (mg)</b>	<b>Calcium (mg)</b>	<b>VitA (IU)</b>	<b>VitC (mg)</b>	<b>VitD (mcg)</b>	<b>Potassium (mg)</b>	<b>Mois (g)</b>	<b>Ash (g)</b>
<b>Tuesday 02/20/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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,	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)
<b>Vegetable; May Choose: 1</b>																			
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.	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)
<b>Condiment; May Choose: 1</b>																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)

# Menu Item Nutrients

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<b>Tuesday 02/20/2024, Lunch, FE-Fast Takes</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)	
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)	
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)	
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)	
<b>Grains; May Choose: 1</b>																				
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)	
<b>Tuesday 02/20/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
<b>Fruit; May Choose: 2</b>																				
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17	
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42	
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)	
<b>Vegetable; May Choose: 2</b>																				
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)	
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)	
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
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	
<b>Milk; May Choose: 1</b>																				
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)	
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)	
<b>Tuesday 02/20/2024, Lunch, FE-Global Flavors</b>																				
<b>Meat/MA; May Choose: 1</b>																				
Korean BBQ Chicken - NWR3641 (3 oz.) Contains Gluten, Sesame, Soy, Wheat.	217.38	11.95	2.67	0.01	76.80	776.05	13.15	0.11	5.69	5.00(M)	14.59	0.10(M)	3.59(M)	21.61(M)	0.20(M)	0.00(M)	11.36(M)	0.00(M)	0.03(M)	
Teriyaki Meatballs - SR1856 (3 Meatballs) Contains Gluten, Milk, Sesame, Soy, Wheat.	177.38	8.73	3.65	0.06	21.00	308.94	15.64	0.77	12.89	12.55	9.06	1.07	26.71	20.16(M)	0.45(M)	0.02	233.95	32.86	1.19	
<b>MTO Pick 1st Grain; May Choose: 1</b>																				
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)	
<b>Vegetable; May Choose: 1</b>																				
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)	
<b>Tuesday 02/20/2024, Lunch, FE-Superfoods</b>																				

# Menu Item Nutrients

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<b>Meat/MA; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Wednesday 02/21/2024, Lunch, FE- Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Meat/MA; May Choose: 1</b>																			
Carolina BBQ Pork Sandwich - NWR4502 (1 sandwich) Contains Fish, Gluten, Sesame, Soy,	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	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	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
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)

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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)
<b>Wednesday 02/21/2024, Lunch, FE-Fast Takes</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain <b>Grains; May Choose: 1</b>	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)
<b>Wednesday 02/21/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 2</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
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
<b>Vegetable; May Choose: 2</b>																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Wednesday 02/21/2024, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1066 (2 tortilla) Contains Gluten, Wheat.	179.97	5.00	2.00	0.00	0.00	259.96	28.00	4.00	2.00	0.00	4.00	2.00	71.99	0.00(M)	0.00(M)	0.00	57.99	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Carnitas - SR3328 (2 oz.)	89.47	3.48	0.17	0.00	31.48	240.33	2.27	0.54	0.85	0.00(M)	10.80	0.38(M)	9.42(M)	0.19(M)	0.69(M)	0.00(M)	47.84(M)	8.39(M)	0.65(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 Al Pastor - SR1259 (1/2 c.)	155.31	5.83	1.89	0.00	73.90	776.78	7.98	1.10	3.72	0.11	17.04	1.38	17.78	0.07(M)	0.23(M)	0.00	266.91	0.00(M)	0.93(M)
Vegetarian Refried Beans - SR1070 (1/2 c.)	161.28	0.58	0.00	0.00	0.00	164.61	27.65	10.37	0.00	0.00	10.37	2.42	60.93	0.00(M)	0.00(M)	0.00	507.99	104.21(M)	0.11(M)



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<b>MTO Additional Toppings/Sides; May Choose: 2</b>																			
Diced Yellow Onion - SR1264 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Sour Cream - SR1659 (2 tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
Black Beans - SR3362 (1/2 c.)	125.39	0.52	0.00	0.00	0.00	146.29	24.03	6.27	1.04	0.00	7.32	1.88	62.70	0.00(M)	0.00(M)	0.00	470.23	0.00(M)	0.00(M)
<b>Wednesday 02/21/2024, Lunch, FE-Superfoods</b>																			
<b>Meat/MA; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Thursday 02/22/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)

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Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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.	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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Thursday 02/22/2024, Lunch, FE-Fast Takes</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	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)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	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)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Thursday 02/22/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 2</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
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)
<b>Vegetable; May Choose: 2</b>																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Thursday 02/22/2024, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	250.03	1.50	0.00	0.00	0.00	250.39	49.01	3.00	1.00	1.00	9.00	3.50	0.36	0.00(M)	0.00(M)	0.00	160.14	0.00(M)	0.01(M)

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<b>MTO Pick 1st Protein; May Choose: 2</b>																			
Hard Boiled Egg - SR3322 (1 egg) Contains Egg.	70.00	5.00	1.50	0.00	170.00	55.00	1.00	0.00	1.00	0.00	6.00	1.00	23.00	(M)	(M)	1.00	57.00	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (2 1/4 oz.)	112.50	6.00	1.50	0.00	57.00	259.50	4.50	0.00	0.00	0.00(M)	10.50	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 4</b>																			
Fresh Cilantro - SR1265 (1 tsp.)	0.08	0.00	0.00	0.00	0.00	0.15	0.01	0.01	0.00	0.00	0.01	0.01	0.22	22.44	0.09	0.00	1.73	(M)	(M)
Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
<b>Thursday 02/22/2024, Lunch, FE-Superfoods</b>																			
<b>Meat/MA; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Friday 02/23/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	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)

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Crispy Fish Burger - NWR4244 (1 patty) Contains Fish, Gluten, Milk, Sesame, Wheat. May	310.00	8.50	1.00	0.00	35.00	470.00	43.00	4.00	3.00	2.00	17.00	3.08	80.00	0.00(M)	0.00(M)	0.00	274.00	(M)	(M)
Fish Po Boy - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	428.53	16.76	4.43	0.00	52.13	805.03	49.52	6.39	7.21	3.75(M)	21.54	4.07	187.32	1153.13(M)	24.87(M)	0.05(M)	488.11(M)	67.43(M)	0.50(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Friday 02/23/2024, Lunch, FE-Fast Takes</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.19	9.49	5.03	0.00	25.00	631.24	23.57	6.02	5.60	0.00(M)	12.31	1.77	265.31	4214.86(M)	12.24(M)	0.20(M)	404.87(M)	46.84(M)	0.31(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy,	357.98	14.92	5.03	0.00	76.36	1079.98	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)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Friday 02/23/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 2</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
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
<b>Vegetable; May Choose: 2</b>																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)

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Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Friday 02/23/2024, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Toasted Waffle - SR2165 (2 waffle) Contains Egg, Gluten, Milk, Soy, Wheat.	185.89	5.16	1.03	0.00	0.00	340.80	30.98	1.03	4.13	4.13	4.13	3.72	268.51	1032.73	(M)	0.00	41.31	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
<b>Friday 02/23/2024, Lunch, FE-Superfoods</b>																			
<b>Meat/MA; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Menu Item</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars</b>	<b>Added Sugars</b>	<b>Protein (g)</b>	<b>Iron (mg)</b>	<b>Calcium (mg)</b>	<b>VitA (IU)</b>	<b>VitC (mg)</b>	<b>VitD (mcg)</b>	<b>Potassium (mg)</b>	<b>Mois (g)</b>	<b>Ash (g)</b>
<b>Monday 02/26/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Condiment; May Choose: 1</b>																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)

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<b>Monday 02/26/2024, Lunch, FE-Fast Takes</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
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	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)	
<b>Grains; May Choose: 1</b>																				
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)	
<b>Monday 02/26/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
<b>Fruit; May Choose: 2</b>																				
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17	
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	
<b>Vegetable; May Choose: 2</b>																				
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	7.57	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)	
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
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	
<b>Milk; May Choose: 1</b>																				
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)	
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)	
<b>Monday 02/26/2024, Lunch, FE-Global Flavors</b>																				
<b>MTO Pick 1st Grain; May Choose: 1</b>																				
Cilantro Lime Rice - SR1232 (1 c.)	232.33	4.97	0.25	0.00	0.00	277.95	43.66	2.88	1.34	0.00	4.91	1.32	14.54	16.22(M)	2.57(M)	0.00	178.19	79.41(M)	0.95(M)	
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)	
<b>MTO Pick 1st Protein; May Choose: 1</b>																				
Mexican Tinga Chicken - NWR3229 (3 oz.)	101.43	4.72	1.17	0.00	44.13	282.39	6.52	0.77	1.50	0.11(M)	8.57	0.26(M)	16.73(M)	34.62(M)	0.95(M)	0.00(M)	112.90(M)	0.00(M)	0.16(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)	
<b>MTO Additional Toppings/Sides; May Choose: 2</b>																				
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)	
<b>Condiment; May Choose: 1</b>																				

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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)
<b>Monday 02/26/2024, Lunch, FE-Superfoods</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Tuesday 02/27/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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.	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)
<b>Vegetable; May Choose: 1</b>																			
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.	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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Tuesday 02/27/2024, Lunch, FE-Fast Takes</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			

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American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	496.183(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Tuesday 02/27/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 2</b>																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Tuesday 02/27/2024, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Korean BBQ Baked Tofu - SR3901 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	288.57	21.23	2.53	0.00	0.00	566.79	7.30	3.11	2.82	2.49	22.63	3.59	888.26	217.73(M)	0.27(M)	0.00	315.58	0.00(M)	0.90(M)
Teriyaki Chicken - NWR2962 (1/2 c.) Contains Gluten, Soy, Wheat.	171.47	6.84	1.80	0.02	63.47	432.36	15.89	0.06	10.12	9.96(M)	11.96	0.06(M)	1.82(M)	21.12(M)	0.20(M)	0.02(M)	29.77(M)	0.00(M)	0.41(M)
<b>MTO Additional Toppings/Sides; May Choose: 2</b>																			
Roasted Broccoli - SR1852 (1/4 c.)	32.75	2.25	0.17	0.00	0.00	36.04	2.70	1.44	0.70	0.00(M)	1.50	0.31	15.91	477.69(M)	18.95(M)	0.00(M)	2.87(M)	42.88(M)	0.42(M)
<b>Condiment; May Choose: 1</b>																			
Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
<b>Tuesday 02/27/2024, Lunch, FE-Superfoods</b>																			



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<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Wednesday 02/28/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Pork Carnitas - NWR3345 (2 oz.)	214.05	12.37	4.19	0.00	72.00	633.03	2.41	0.57	0.90	0.00(M)	22.33	0.42(M)	10.11(M)	0.19(M)	0.70(M)	0.00(M)	51.14(M)	8.53(M)	0.70(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)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Wednesday 02/28/2024, Lunch, FE-Fast Takes</b>																			

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<b>Entrée/Combo; May Choose: 1</b>																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
<b>Grains; May Choose: 1</b>																			
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)
<b>Wednesday 02/28/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
<b>Fruit; May Choose: 2</b>																			
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
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
<b>Vegetable; May Choose: 2</b>																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Wednesday 02/28/2024, Lunch, FE-Global Flavors</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Barbecue Chicken - SR2532 (1/4 c.)	104.30	2.00	0.00	0.00	42.00	562.05	7.54	0.00	6.46	5.38	12.00	0.00(M)	0.00(M)	(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.21	36.55	(M)	(M)	0.00	719.95	(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 2</b>																			
Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	34.07	2.35	0.32	0.00	1.33	173.75	2.83	1.14	0.86	0.00(M)	1.02	0.28	17.01	141.52(M)	1.78(M)	0.00(M)	63.63(M)	37.13(M)	0.59(M)
Vegetarian Baked Beans - SR2026 (1/4 c.)	75.00	0.00	0.00	0.00	0.00	275.00	15.00	2.50	6.00	5.50	3.50	0.95	25.00	0.00(M)	0.00(M)	0.00	190.00	(M)	(M)
Whipped Potatoes - SR1112 (1/2 c.) Contains Milk.	79.98	1.50	1.00	0.00	0.00	102.62	15.00	1.00	1.00	0.00(M)	2.00	0.23	12.92	2.61	6.38	0.00(M)	0.88(M)	84.69(M)	0.09(M)

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<b>Condiment; May Choose: 1</b>																			
Chicken Gravy - SR1589 (1/4 c.) Contains Milk.	30.37	1.01	0.00	0.00	0.00	138.46	4.05	0.00	0.71	0.00	0.71	0.00	1.77	0.00(M)	0.00(M)	0.00	122.09	58.94(M)	0.06(M)
<b>Wednesday 02/28/2024, Lunch, FE-Superfoods</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
<b>MTO Pick 2nd Protein; May Choose: 1</b>																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
<b>Thursday 02/29/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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,	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)
<b>Vegetable; May Choose: 1</b>																			
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.	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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Thursday 02/29/2024, Lunch, FE-Fast Takes</b>																			

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<b>Entrée/Combo; May Choose: 1</b>																				
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)	
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	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)	
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	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)	
<b>Grains; May Choose: 1</b>																				
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)	
<b>Thursday 02/29/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
<b>Fruit; May Choose: 2</b>																				
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)	
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)	
<b>Vegetable; May Choose: 2</b>																				
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	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	
<b>Milk; May Choose: 1</b>																				
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)	
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)	
<b>Thursday 02/29/2024, Lunch, FE-Global Flavors</b>																				
<b>MTO Pick 1st Grain; May Choose: 1</b>																				
Whole Wheat Spaghetti Noodles - SR1135 (1 c.) Contains Gluten, Wheat. Processed in a facility	192.89	3.09	0.42	0.00	0.00	6.66	39.60	5.44	1.81	0.00(M)	6.67	2.53	26.89	0.00(M)	0.00(M)	0.00(M)	2.22(M)	70.39(M)	0.22(M)	
<b>MTO Pick 1st Protein; May Choose: 1</b>																				
Beef Meatballs - NWR4538 (3 Meatballs) Contains Gluten, Wheat.	220.00	17.00	6.00	0.50	40.00	220.00	4.00	0.00	0.00	(M)	12.00	1.00	1.00	0.00	0.00	(M)	(M)	(M)	(M)	
Roasted Tuscan Vegetables - SR1442 (1/2 c.)	55.34	0.11	0.02	0.00	0.00	113.60	10.49	3.93	0.47(M)	0.00(M)	3.00	0.96	41.66	301.45(M)	9.46(M)	0.00(M)	10.77(M)	15.00(M)	0.24(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)	
<b>MTO Additional Toppings/Sides; May Choose: 3</b>																				
Alfredo Cheese Sauce - SR2217 (1/4 c.) Contains Milk.	100.55	6.56	3.61	0.00	19.67	415.29	4.37	0.00	3.28	0.00	6.56	0.00	208.74	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)	
Parmesan Green Beans - SR1144 (1/4 c.) Contains Milk.	20.95	1.17	0.16	0.00	0.36	6.83	2.59	1.16	0.73	0.00(M)	0.65	0.26	19.45	161.62(M)	1.61(M)	0.00	62.44	35.31(M)	0.18(M)	

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<b>Condiment; May Choose: 1</b>																				
Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.83	15.00	0.17	0.00	0.00	0.00	0.17	0.00	7.17	(M)	(M)	0.00	1.67	(M)	(M)	
<b>Thursday 02/29/2024, Lunch, FE-Superfoods</b>																				
<b>MTO Pick 1st Grain; May Choose: 1</b>																				
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)	
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)	
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)	
<b>MTO Pick 1st Protein; May Choose: 1</b>																				
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)	
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)	
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)	
<b>MTO Pick 2nd Protein; May Choose: 1</b>																				
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk, Soy.	45.56	4.05	2.53	0.00	12.66	232.87	0.51	0.00	0.00	0.00	2.53	0.15	81.00	0.00(M)	0.00(M)	0.05	10.13	(M)	(M)	
<b>Vegetable; May Choose: 1</b>																				
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)	
<b>Condiment; May Choose: 1</b>																				
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)	
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05	
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11	

(M) Indicates missing nutrient values.

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