

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

High Schools and Tesla STEM

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)	Potassiu m (mg)	Mois (g)	Ash (g)
Monday 04/01/2024, Lunch, T4-Adventure (Rockin Ramen)																			
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	250.03	1.50	0.00	0.00	0.00	250.39	49.01	3.00	1.00	1.00	9.00	3.50	0.36	0.00(M)	0.00(M)	0.00	160.14	0.00(M)	0.01(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Meatballs - NWR4538 (2 Meatballs) Contains Gluten, Wheat.	146.67	11.33	4.00	0.33	26.67	146.67	2.67	0.00	0.00	(M)	8.00	0.67	0.67	0.00	0.00	(M)	(M)	(M)	(M)
Hard Boiled Egg - SR3322 (1 egg) Contains Egg.	70.00	5.00	1.50	0.00	170.00	55.00	1.00	0.00	1.00	0.00	6.00	1.00	23.00	(M)	(M)	1.00	57.00	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)	75.00	4.00	1.00	0.00	38.00	173.00	3.00	0.00	0.00	0.00(M)	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Condiment; May Choose: 4																			
Fresh Cilantro - SR1265 (1 tsp.)	0.08	0.00	0.00	0.00	0.00	0.15	0.01	0.01	0.00	0.00	0.01	0.01	0.22	22.44	0.09	0.00	1.73	(M)	(M)
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	2.08	0.03	0.01	0.00	0.00	0.21	0.47	0.20	0.29	(M)	0.07	0.02	0.86	77.29	8.50	(M)	(M)	6.57	0.04
Green Onion - SR1946 (2 tbsp.)	4.02	0.02	0.00	0.00	0.00	2.01	0.92	0.33	0.29	0.00	0.23	0.19	9.04	125.12	2.36	0.00	34.64	11.27	0.10
Matchstick Carrots - SR1435 (2 tbsp.)	4.77	0.03	0.00	0.00	0.00	8.02	1.11	0.33	0.55	0.00	0.11	0.04	3.84	1942.07	0.69	0.00	37.20	10.26	0.11
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	2.10	0.01	0.00	0.00	0.00	1.51	0.49	0.21	0.27	0.00	0.11	0.04	3.36	8.23	3.07	0.00	14.28	7.74	0.05
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	21.09	0.09	0.04	0.00	0.07	517.39	4.70	0.44	4.13	(M)	0.37	0.16	3.40	478.41	0.00	0.03	41.11	11.22	1.35
Monday 04/01/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	9.74	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54	0.23
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Monday 04/01/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			

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Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	359.01	10.58	2.78	0.00	9.98	635.72	52.71	13.45	2.54	0.00(M)	12.93	3.25	106.82	101.88(M)	0.00(M)	0.00(M)	527.94(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 04/01/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	342.25	17.20	10.13	0.00	50.63	1151.50	32.02	2.00	2.00	2.00	16.13	2.61	356.00	0.00(M)	0.00(M)	0.20	156.12	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	210.67	0.65	0.01	0.00	0.00	979.14	41.47	11.03	10.24	1.34(M)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Monday 04/01/2024, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Pinto Beans - SR1032 (1 #8 scoop)	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)
Pork Carnitas - NWR3345 (2 oz.)	214.05	12.37	4.19	0.00	72.00	633.47	2.38	0.57	0.87	0.00(M)	22.36	0.42(M)	10.11(M)	0.19(M)	0.70(M)	0.00(M)	49.67(M)	8.53(M)	0.70(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)

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Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Corn Salsa - NWR1942 (2 tbsp.)	15.01	0.35	0.00	0.00	0.00	2.85	3.21	0.43	1.36	0.00(M)	0.40	0.02(M)	0.77(M)	38.58(M)	1.74(M)	0.00(M)	10.79(M)	4.97(M)	0.02(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)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Monday 04/01/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Bold Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	434.09	21.60	9.26	0.11	49.62	633.96	36.49	4.06	5.94	0.80(M)	21.98	2.24	383.67	347.48(M)	0.21(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 04/02/2024, Lunch, T4-Adventure (Taqueria)																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 2nd Grain; May Choose: 1																			
Cilantro Lime Rice - SR1232 (1/4 c.)	58.08	1.24	0.06	0.00	0.00	69.49	10.91	0.72	0.33	0.00	1.23	0.33	3.64	4.05(M)	0.64(M)	0.00	44.55	19.85(M)	0.24(M)
MTO Pick 1st Protein; May Choose: 1																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 3																			
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)
Roasted Pineapple Salsa - SR1280 (2 tbsp.)	16.86	0.02	0.00	0.00	0.00	52.77	4.13	0.34	2.96(M)	1.13(M)	0.17	0.12	10.24	108.77(M)	1.78(M)	0.00(M)	27.18(M)	2.67(M)	0.08(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Tuesday 04/02/2024, Lunch, T4-Adventure (Twirls)																			
Entrée/Combo; May Choose: 1																			
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)

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Garlic Knot Breadstick - SR1255 (1 roll.) Contains Gluten, Soy, Wheat. May contain Egg, Milk, Sesame.	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(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)
Whole Wheat Penne Pasta - SR1198 (1/2 c.) Contains Gluten, Wheat.	91.48	1.52	0.06	0.00	0.00	3.28	18.31	3.29	0.47	0.00	3.76	0.94	11.27	0.00(M)	0.00(M)	0.00	129.75	20.65(M)	0.11(M)
MTO Pick 1st Protein; May Choose: 1																			
Beef Meatballs - NWR4538 (3 Meatballs) Contains Gluten, Wheat.	220.00	17.00	6.00	0.50	40.00	220.00	4.00	0.00	0.00	(M)	12.00	1.00	1.00	0.00	0.00	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Tuscan Vegetables - SR1442 (1/2 c.)	55.34	0.11	0.02	0.00	0.00	115.81	10.05	3.93	0.70(M)	0.00(M)	3.89	1.40	46.10	301.45(M)	9.46(M)	0.00(M)	219.37(M)	15.00(M)	0.24(M)
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat. Processed in a facility that also	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
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)
Tuesday 04/02/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Tuesday 04/02/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame,	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Blueberry Patch Parfait - NWR3296 (1 parfait) Contains Milk, Soy. May contain Gluten.	265.43	5.26	0.87	0.02	1.93	149.45	47.75	4.57	25.94	17.69	5.49	0.54(M)	129.45(M)	120.00(M)	0.00(M)	1.93(M)	216.43(M)	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat. Processed in a facility	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)
Mozzarella String Cheese Stick - SR4124 (1 stick.) Contains Milk.	81.00	5.06	3.04	0.00	20.25	182.25	1.01	0.00	0.51	0.00	7.09	0.00	151.87	(M)	(M)	0.00	860.61	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)

Menu Item Nutrients

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Meal Service: Lunch

Tuesday 04/02/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	281.62	11.63	3.04	0.00	50.62	473.25	29.01	3.00	4.01	3.01	13.09	2.71	113.62	0.00(M)	0.00(M)	0.00	486.73	(M)	(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Tuesday 04/02/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy, Wheat.	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 04/03/2024, Lunch, T4-Adventure (Rockin Ramen)																			
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	250.03	1.50	0.00	0.00	0.00	250.39	49.01	3.00	1.00	1.00	9.00	3.50	0.36	0.00(M)	0.00(M)	0.00	160.14	0.00(M)	0.01(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Meatballs - NWR4538 (2 Meatballs) Contains Gluten, Wheat.	146.67	11.33	4.00	0.33	26.67	146.67	2.67	0.00	0.00	(M)	8.00	0.67	0.67	0.00	0.00	(M)	(M)	(M)	(M)
Hard Boiled Egg - SR3322 (1 egg) Contains Egg.	70.00	5.00	1.50	0.00	170.00	55.00	1.00	0.00	1.00	0.00	6.00	1.00	23.00	(M)	(M)	1.00	57.00	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)	75.00	4.00	1.00	0.00	38.00	173.00	3.00	0.00	0.00	0.00(M)	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Condiment; May Choose: 4																			

Menu Item Nutrients

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Fresh Cilantro - SR1265 (1 tsp.)	0.08	0.00	0.00	0.00	0.00	0.15	0.01	0.01	0.00	0.00	0.01	0.01	0.22	22.44	0.09	0.00	1.73	(M)	(M)
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	2.08	0.03	0.01	0.00	0.00	0.21	0.47	0.20	0.29	(M)	0.07	0.02	0.86	77.29	8.50	(M)	(M)	6.57	0.04
Green Onion - SR1946 (2 tbsp.)	4.02	0.02	0.00	0.00	0.00	2.01	0.92	0.33	0.29	0.00	0.23	0.19	9.04	125.12	2.36	0.00	34.64	11.27	0.10
Matchstick Carrots - SR1435 (2 tbsp.)	4.77	0.03	0.00	0.00	0.00	8.02	1.11	0.33	0.55	0.00	0.11	0.04	3.84	1942.07	0.69	0.00	37.20	10.26	0.11
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	2.10	0.01	0.00	0.00	0.00	1.51	0.49	0.21	0.27	0.00	0.11	0.04	3.36	8.23	3.07	0.00	14.28	7.74	0.05
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	21.09	0.09	0.04	0.00	0.07	517.39	4.70	0.44	4.13	(M)	0.37	0.16	3.40	478.41	0.00	0.03	41.11	11.22	1.35
Wednesday 04/03/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Italian Roasted Chickpeas - SR3793 (1/2 c.)	83.23	2.18	0.06	0.00	0.00	219.69	12.56	3.77	2.19	0.00(M)	3.66	0.27(M)	6.66(M)	0.00(M)	0.00(M)	0.00(M)	4.40(M)	0.00(M)	0.34(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Wednesday 04/03/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain Sesame, Soy.	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame,	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Wednesday 04/03/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Chicken Po Boy - SR3991 (1 sandwich) Contains Egg, Gluten, Soy, Wheat. May contain Egg, Milk, Sesame, Soy.	459.63	21.44	3.46	0.00	29.70	870.57	49.58	7.10	7.00	4.07	20.87	3.84	52.68	553.65(M)	7.14(M)	0.81	864.23	42.35(M)	0.62(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)

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Meal Service: Lunch

Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Wednesday 04/03/2024, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Pinto Beans - SR1032 (1 #8 scoop)	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)
Condiment; May Choose: 1																			
Fire Roasted Salsa - NWR1937 (2 tbsp.) Contains Soy.	10.54	0.09	0.01	0.00	0.00	134.37	1.97	0.46	0.10(M)	0.00(M)	0.40	0.27	14.22	345.87(M)	4.33(M)	0.00(M)	3.31(M)	7.23(M)	0.24(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)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 04/03/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M)	6.21(M)	0.00(M)	477.32(M)	9.67(M)	0.04(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Thursday 04/04/2024, Lunch, T4-Adventure (Twirls)																			
Entrée/Combo; May Choose: 1																			
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)
Garlic Knot Breadstick - SR1255 (1 roll.) Contains Gluten, Soy, Wheat. May contain Egg, Milk, Sesame.	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	0.06(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)
Whole Wheat Spaghetti Noodles - SR1135 (1/2 c.) Contains Gluten, Wheat.	92.82	1.54	0.06	0.00	0.00	3.33	18.58	3.33	0.48	0.00	3.81	0.95	11.43	0.00(M)	0.00(M)	0.00	131.66	35.20(M)	0.11(M)
MTO Pick 1st Protein; May Choose: 1																			
Beef Meatballs - NWR4538 (3 Meatballs) Contains Gluten, Wheat.	220.00	17.00	6.00	0.50	40.00	220.00	4.00	0.00	0.00	(M)	12.00	1.00	1.00	0.00	0.00	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Tuscan Vegetables - SR1442 (1/2 c.)	55.34	0.11	0.02	0.00	0.00	115.81	10.05	3.93	0.70(M)	0.00(M)	3.89	1.40	46.10	301.45(M)	9.46(M)	0.00(M)	219.37(M)	15.00(M)	0.24(M)
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat. Processed in a facility that also	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
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)
Condiment; May Choose: 1																			
Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.83	15.00	0.17	0.00	0.00	0.00	0.17	0.00	7.17	(M)	(M)	0.00	1.67	(M)	(M)
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
Thursday 04/04/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Chilled Corn - SR1033 (1/2 c.)	68.89	0.57	0.09	0.00	0.00	0.85	16.41	2.04	2.61	0.00	2.17	0.40	2.55	169.25	2.98	0.00	198.16	65.49	0.37
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Moroccan Spiced Carrots - SR2588 (1/2 c.)	118.81	10.10	0.79	0.00(M)	0.00	126.93	7.99	3.36	3.99(M)	0.00(M)	0.72	0.92	42.68	16497.88(M)	4.30(M)	0.00(M)	195.08(M)	87.96(M)	0.88(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Thursday 04/04/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree nuts.	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also	227.72	11.47	3.46	0.00	83.09	567.70	15.09	2.39	1.36	0.00(M)	17.82	1.10(M)	102.55(M)	9923.65(M)	4.56(M)	0.00(M)	307.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Protein Power Up Box - NWR4587 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also	485.81	17.74	6.70	0.00	195.54	493.40	64.33	10.34	31.08	16.93	19.09	3.20	237.20	5203.64(M)	6.59(M)	1.00	1375.46	117.19(M)	0.43(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 04/04/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Mushroom Swiss Burger - NWR4366 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	391.81	21.35	7.36	0.50	57.52	492.71	29.24	3.53	3.06	2.00(M)	23.61	3.35	207.86	0.00(M)	1.12(M)	0.11(M)	273.60(M)	40.91(M)	0.45(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Thursday 04/04/2024, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Pork Carnitas - NWR3345 (2 oz.)	214.05	12.37	4.19	0.00	72.00	633.47	2.38	0.57	0.87	0.00(M)	22.36	0.42(M)	10.11(M)	0.19(M)	0.70(M)	0.00(M)	49.67(M)	8.53(M)	0.70(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Salsa Roja - NWR3396 (2 tbsp.)	9.86	0.04	0.01	0.00	0.00	72.20	2.03	0.58	1.08	0.10	0.31	0.21	13.29	22.53(M)	0.42(M)	0.00(M)	89.26(M)	4.66(M)	0.12(M)
Thursday 04/04/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Friday 04/05/2024, Lunch, T4-Adventure (Rockin Ramen)																			
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	250.03	1.50	0.00	0.00	0.00	250.39	49.01	3.00	1.00	1.00	9.00	3.50	0.36	0.00(M)	0.00(M)	0.00	160.14	0.00(M)	0.01(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Meatballs - NWR4538 (2 Meatballs) Contains Gluten, Wheat.	146.67	11.33	4.00	0.33	26.67	146.67	2.67	0.00	0.00	(M)	8.00	0.67	0.67	0.00	0.00	(M)	(M)	(M)	(M)
Hard Boiled Egg - SR3322 (1 egg) Contains Egg.	70.00	5.00	1.50	0.00	170.00	55.00	1.00	0.00	1.00	0.00	6.00	1.00	23.00	(M)	(M)	1.00	57.00	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)	75.00	4.00	1.00	0.00	38.00	173.00	3.00	0.00	0.00	0.00(M)	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Condiment; May Choose: 4																			
Fresh Cilantro - SR1265 (1 tsp.)	0.08	0.00	0.00	0.00	0.00	0.15	0.01	0.01	0.00	0.00	0.01	0.01	0.22	22.44	0.09	0.00	1.73	(M)	(M)
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	2.08	0.03	0.01	0.00	0.00	0.21	0.47	0.20	0.29	(M)	0.07	0.02	0.86	77.29	8.50	(M)	(M)	6.57	0.04
Green Onion - SR1946 (2 tbsp.)	4.02	0.02	0.00	0.00	0.00	2.01	0.92	0.33	0.29	0.00	0.23	0.19	9.04	125.12	2.36	0.00	34.64	11.27	0.10
Matchstick Carrots - SR1435 (2 tbsp.)	4.77	0.03	0.00	0.00	0.00	8.02	1.11	0.33	0.55	0.00	0.11	0.04	3.84	1942.07	0.69	0.00	37.20	10.26	0.11
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	2.10	0.01	0.00	0.00	0.00	1.51	0.49	0.21	0.27	0.00	0.11	0.04	3.36	8.23	3.07	0.00	14.28	7.74	0.05
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
Friday 04/05/2024, Lunch, T4-Adventure (Taqueria)																			
MTO Pick 1st Grain; May Choose: 1																			
Crispy Corn Taco Shell - SR2223 (3 shells)	255.00	12.00	1.50	0.00	0.00	0.00	33.00	3.00	0.00	0.00	3.00	0.00	30.00	0.00	0.00	0.00	150.00	(M)	(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Flour Tortilla - SR1066 (2 tortilla) Contains Gluten, Wheat.	179.97	5.00	2.00	0.00	0.00	259.96	28.00	4.00	2.00	0.00	4.00	2.00	71.99	0.00(M)	0.00(M)	0.00	57.99	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Honey Lime and Peach Salsa - NWR3566 (2 tbsp.)	15.37	0.02	0.00	0.00	0.00	12.62	3.62	0.26	3.26	0.36(M)	0.03	0.01(M)	0.67(M)	29.43(M)	1.19(M)	0.00(M)	5.75(M)	1.43(M)	0.01(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Vegetable; May Choose: 1																			
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)
Friday 04/05/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Roasted Sweet Potatoes - SR3681 (1/2 c.)	129.67	5.68	0.41	0.00	0.00	50.59	19.08	2.98	3.85	0.00	1.55	0.64	31.11	12870.23(M)	2.18(M)	0.00	318.99	0.00(M)	0.05(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Friday 04/05/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.19	9.49	5.03	0.00	25.00	631.24	23.57	6.02	5.60	0.00(M)	12.31	1.77	265.31	4214.86(M)	12.24(M)	0.20(M)	404.87(M)	46.84(M)	0.31(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy, Wheat. May contain	357.98	14.92	5.03	0.00	76.36	1079.98	28.51	3.00	2.00	1.00	28.27	2.30	111.00	0.00(M)	0.00(M)	0.55	529.82	0.00(M)	0.00(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Friday 04/05/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Friday 04/05/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Monday 04/15/2024, Lunch, T4-Adventure (Spice House)																			
MTO Pick 1st Grain; May Choose: 1																			
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)
MTO Pick 1st Protein; May Choose: 1																			
Butter Chicken - NWR3537 (2/3 c.) Contains Milk.	170.39	8.62	1.96	0.00	64.83	481.09	10.80	1.03	3.19	0.00(M)	13.58	0.77(M)	47.66(M)	300.47(M)	3.69(M)	0.30(M)	99.75(M)	16.34(M)	0.20(M)
Tofu - SR2068 (2 1/4 oz.) Contains Soy.	93.31	5.65	0.82	0.00	0.00	9.07	1.80	1.49	0.00	0.00	11.19	1.72	442.58	107.57	0.13	0.00	153.57	0.00(M)	(M)
Vegetable; May Choose: 1																			
Roasted Cauliflower - SR1039 (1/2 c.)	50.13	3.72	0.35	0.00	0.00	72.02	4.03	1.55	1.45	0.00	1.51	0.35	17.14	0.00(M)	36.44(M)	0.00	27.27	69.63(M)	0.71(M)
Monday 04/15/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service:: Lunch

Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	9.74	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54	0.23
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Monday 04/15/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	359.01	10.58	2.78	0.00	9.98	635.72	52.71	13.45	2.54	0.00(M)	12.93	3.25	106.82	101.88(M)	0.00(M)	0.00(M)	527.94(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 04/15/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	342.25	17.20	10.13	0.00	50.63	1151.50	32.02	2.00	2.00	2.00	16.13	2.61	356.00	0.00(M)	0.00(M)	0.20	156.12	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	210.67	0.65	0.01	0.00	0.00	979.14	41.47	11.03	10.24	1.34(M)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Monday 04/15/2024, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Pinto Beans - SR1032 (1 #8 scoop)	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)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Corn Salsa - NWR1942 (2 tbsp.)	15.01	0.35	0.00	0.00	0.00	2.85	3.21	0.43	1.36	0.00(M)	0.40	0.02(M)	0.77(M)	38.58(M)	1.74(M)	0.00(M)	10.79(M)	4.97(M)	0.02(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)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Monday 04/15/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Bold Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	434.09	21.60	9.26	0.11	49.62	633.96	36.49	4.06	5.94	0.80(M)	21.98	2.24	383.67	347.48(M)	0.21(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 04/16/2024, Lunch, T4-Adventure (Taqueria)																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 2nd Grain; May Choose: 1																			
Cilantro Lime Rice - SR1232 (1/4 c.)	58.08	1.24	0.06	0.00	0.00	69.49	10.91	0.72	0.33	0.00	1.23	0.33	3.64	4.05(M)	0.64(M)	0.00	44.55	19.85(M)	0.24(M)
MTO Pick 1st Protein; May Choose: 1																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 3																			
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)
Roasted Pineapple Salsa - SR1280 (2 tbsp.)	16.86	0.02	0.00	0.00	0.00	52.77	4.13	0.34	2.96(M)	1.13(M)	0.17	0.12	10.24	108.77(M)	1.78(M)	0.00(M)	27.18(M)	2.67(M)	0.08(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Tuesday 04/16/2024, Lunch, T4-Adventure (Twirls)																			
MTO Pick 1st Grain; May Choose: 1																			
Garlic Breadstick - SR3865 (2 breadstick) Contains Gluten, Soy, Wheat. May contain Egg, Milk, Sesame.	221.25	8.11	0.45	0.00	0.00	191.69	30.03	4.33	4.07	4.00	6.45	1.93	26.43	0.00(M)	0.00(M)	0.60	133.77	0.19(M)	0.12(M)
MTO Pick 1st Protein; May Choose: 1																			
Bruschetta Alfredo Dip - SR3866 (5/8 c.) Contains Milk.	232.86	14.28	8.14	0.00	42.59	714.53	10.70	1.94	5.43	0.00(M)	16.96	0.25	494.72	493.24(M)	8.30(M)	0.00(M)	146.00(M)	42.20(M)	0.32(M)
Spicy Italian Sausage Dip - SR3867 (5/8 c.) Contains Milk, Soy.	330.66	22.35	10.19	0.20	57.67	938.12	13.29	3.30	5.74	1.33(M)	20.05	1.07	418.81	50.75(M)	0.39(M)	0.00(M)	221.97(M)	0.01(M)	0.01(M)
Spinach Dip - SR3868 (1/2 c.) Contains Milk.	220.92	13.66	7.73	0.00	40.27	702.87	9.50	2.33	3.88	0.00(M)	16.79	0.68	508.94	3743.95(M)	1.11(M)	0.00	104.16	28.33(M)	0.46(M)
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat. Processed in a facility that also	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Tuesday 04/16/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Tuesday 04/16/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame,	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Blueberry Patch Parfait - NWR3296 (1 parfait) Contains Milk, Soy. May contain Gluten.	265.43	5.26	0.87	0.02	1.93	149.45	47.75	4.57	25.94	17.69	5.49	0.54(M)	129.45(M)	120.00(M)	0.00(M)	1.93(M)	216.43(M)	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat. Processed in a facility	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)
Mozzarella String Cheese Stick - SR4124 (1 stick.) Contains Milk.	81.00	5.06	3.04	0.00	20.25	182.25	1.01	0.00	0.51	0.00	7.09	0.00	151.87	(M)	(M)	0.00	860.61	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Tuesday 04/16/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	281.62	11.63	3.04	0.00	50.62	473.25	29.01	3.00	4.01	3.01	13.09	2.71	113.62	0.00(M)	0.00(M)	0.00	486.73	(M)	(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Tuesday 04/16/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy, Wheat.	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 04/17/2024, Lunch, T4-Adventure (Spice House)																			
MTO Pick 1st Grain; May Choose: 1																			
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

MTO Pick 1st Protein; May Choose: 1																			
Chana Masala - SR2256 (1 1/2 c.)	70.00	2.25	0.20	0.00	0.00	434.34	11.02	3.23	5.33	0.00(M)	2.06	1.32	82.68	1679.81(M)	9.03(M)	0.00(M)	470.98(M)	58.15(M)	1.50(M)
Chicken Tikka - NWR3536 (1/2 c.) Contains Milk.	209.13	13.94	2.21	0.00	64.15	604.75	8.08	0.56	1.31	0.00(M)	14.85	0.64(M)	41.85(M)	0.06(M)	0.22(M)	0.00(M)	78.96(M)	0.00(M)	0.91(M)
Vegetable; May Choose: 1																			
Roasted Cauliflower - SR1039 (1/2 c.)	50.13	3.72	0.35	0.00	0.00	72.02	4.03	1.55	1.45	0.00	1.51	0.35	17.14	0.00(M)	36.44(M)	0.00	27.27	69.63(M)	0.71(M)
Wednesday 04/17/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Italian Roasted Chickpeas - SR3793 (1/2 c.)	83.23	2.18	0.06	0.00	0.00	219.69	12.56	3.77	2.19	0.00(M)	3.66	0.27(M)	6.66(M)	0.00(M)	0.00(M)	0.00(M)	4.40(M)	0.00(M)	0.34(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Wednesday 04/17/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain Sesame, Soy.	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame, Grains; May Choose: 1	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Wednesday 04/17/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Chicken Po Boy - SR3991 (1 sandwich) Contains Egg, Gluten, Soy, Wheat. May contain Egg, Milk, Sesame, Soy.	459.63	21.44	3.46	0.00	29.70	870.57	49.58	7.10	7.00	4.07	20.87	3.84	52.68	553.65(M)	7.14(M)	0.81	864.23	42.35(M)	0.62(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Wednesday 04/17/2024, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Pinto Beans - SR1032 (1 #8 scoop)	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)
Condiment; May Choose: 1																			
Fire Roasted Salsa - NWR1937 (2 tbsp.) Contains Soy.	10.54	0.09	0.01	0.00	0.00	134.37	1.97	0.46	0.10(M)	0.00(M)	0.40	0.27	14.22	345.87(M)	4.33(M)	0.00(M)	3.31(M)	7.23(M)	0.24(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)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 04/17/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M)	6.21(M)	0.00(M)	477.32(M)	9.67(M)	0.04(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Thursday 04/18/2024, Lunch, T4-Adventure (Twirls)																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

MTO Pick 1st Grain; May Choose: 1																			
Garlic Breadstick - SR3865 (2 breadstick) Contains Gluten, Soy, Wheat. May contain Egg, Milk, Sesame.	221.25	8.11	0.45	0.00	0.00	191.69	30.03	4.33	4.07	4.00	6.45	1.93	26.43	0.00(M)	0.00(M)	0.60	133.77	0.19(M)	0.12(M)
MTO Pick 1st Protein; May Choose: 1																			
Bruschetta Alfredo Dip - SR3866 (5/8 c.) Contains Milk.	232.86	14.28	8.14	0.00	42.59	714.53	10.70	1.94	5.43	0.00(M)	16.96	0.25	494.72	493.24(M)	8.30(M)	0.00(M)	146.00(M)	42.20(M)	0.32(M)
Spicy Italian Sausage Dip - SR3867 (5/8 c.) Contains Milk, Soy.	330.66	22.35	10.19	0.20	57.67	938.12	13.29	3.30	5.74	1.33(M)	20.05	1.07	418.81	50.75(M)	0.39(M)	0.00(M)	221.97(M)	0.01(M)	0.01(M)
Spinach Dip - SR3868 (1/2 c.) Contains Milk.	220.92	13.66	7.73	0.00	40.27	702.87	9.50	2.33	3.88	0.00(M)	16.79	0.68	508.94	3743.95(M)	1.11(M)	0.00	104.16	28.33(M)	0.46(M)
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat. Processed in a facility that also	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Thursday 04/18/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Chilled Corn - SR1033 (1/2 c.)	68.89	0.57	0.09	0.00	0.00	0.85	16.41	2.04	2.61	0.00	2.17	0.40	2.55	169.25	2.98	0.00	198.16	65.49	0.37
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Moroccan Spiced Carrots - SR2588 (1/2 c.)	118.81	10.10	0.79	0.00(M)	0.00	126.93	7.99	3.36	3.99(M)	0.00(M)	0.72	0.92	42.68	16497.88(M)	4.30(M)	0.00(M)	195.08(M)	87.96(M)	0.88(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Thursday 04/18/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree nuts.	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also	227.72	11.47	3.46	0.00	83.09	567.70	15.09	2.39	1.36	0.00(M)	17.82	1.10(M)	102.55(M)	9923.65(M)	4.56(M)	0.00(M)	307.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Protein Power Up Box - NWR4587 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also	485.81	17.74	6.70	0.00	195.54	493.40	64.33	10.34	31.08	16.93	19.09	3.20	237.20	5203.64(M)	6.59(M)	1.00	1375.46	117.19(M)	0.43(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 04/18/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Mushroom Swiss Burger - NWR4366 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	391.81	21.35	7.36	0.50	57.52	492.71	29.24	3.53	3.06	2.00(M)	23.61	3.35	207.86	0.00(M)	1.12(M)	0.11(M)	273.60(M)	40.91(M)	0.45(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Thursday 04/18/2024, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa Roja - NWR3396 (2 tbsp.)	9.86	0.04	0.01	0.00	0.00	72.20	2.03	0.58	1.08	0.10	0.31	0.21	13.29	22.53(M)	0.42(M)	0.00(M)	89.26(M)	4.66(M)	0.12(M)
Thursday 04/18/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Friday 04/19/2024, Lunch, T4-Adventure (Spice House)																			
Entrée/Combo; May Choose: 1																			
Cranked Up Tandoori Chicken - NWR3495 (1/2 c.) Contains Milk.	124.24	7.12	1.34	0.00	43.83	408.24	5.87	0.45	0.85	0.00(M)	10.25	0.34(M)	26.86(M)	0.00(M)	0.00(M)	0.00(M)	58.07(M)	0.14(M)	0.60(M)
Lentil Dal - SR3562 (1/2 c.)	68.85	0.01	0.00	0.00(M)	0.00	174.80	18.55	8.65	0.01	0.00(M)	7.68	2.62	4.28	2.81(M)	0.04(M)	0.00(M)	4.03(M)	127.55(M)	0.52(M)
MTO Pick 1st Grain; May Choose: 1																			
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)
Vegetable; May Choose: 1																			
Roasted Cauliflower - SR1039 (1/2 c.)	50.13	3.72	0.35	0.00	0.00	72.02	4.03	1.55	1.45	0.00	1.51	0.35	17.14	0.00(M)	36.44(M)	0.00	27.27	69.63(M)	0.71(M)
Friday 04/19/2024, Lunch, T4-Adventure (Taqueria)																			
MTO Pick 1st Grain; May Choose: 1																			
Crispy Corn Taco Shell - SR2223 (3 shells)	255.00	12.00	1.50	0.00	0.00	0.00	33.00	3.00	0.00	0.00	3.00	0.00	30.00	0.00	0.00	0.00	150.00	(M)	(M)
Flour Tortilla - SR1066 (2 tortilla) Contains Gluten, Wheat.	179.97	5.00	2.00	0.00	0.00	259.96	28.00	4.00	2.00	0.00	4.00	2.00	71.99	0.00(M)	0.00(M)	0.00	57.99	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Honey Lime and Peach Salsa - NWR3566 (2 tbsp.)	15.37	0.02	0.00	0.00	0.00	12.62	3.62	0.26	3.26	0.36(M)	0.03	0.01(M)	0.67(M)	29.43(M)	1.19(M)	0.00(M)	5.75(M)	1.43(M)	0.01(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Vegetable; May Choose: 1																			
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)
Friday 04/19/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Roasted Sweet Potatoes - SR3681 (1/2 c.)	129.67	5.68	0.41	0.00	0.00	50.59	19.08	2.98	3.85	0.00	1.55	0.64	31.11	12870.23(M)	2.18(M)	0.00	318.99	0.00(M)	0.05(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Friday 04/19/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.19	9.49	5.03	0.00	25.00	631.24	23.57	6.02	5.60	0.00(M)	12.31	1.77	265.31	4214.86(M)	12.24(M)	0.20(M)	404.87(M)	46.84(M)	0.31(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy, Wheat. May contain	357.98	14.92	5.03	0.00	76.36	1079.98	28.51	3.00	2.00	1.00	28.27	2.30	111.00	0.00(M)	0.00(M)	0.55	529.82	0.00(M)	0.00(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Friday 04/19/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Fish Po Boy - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	428.53	16.76	4.43	0.00	52.13	805.03	49.52	6.39	7.21	3.75(M)	21.54	4.07	187.32	1153.13(M)	24.87(M)	0.05(M)	488.11(M)	67.43(M)	0.50(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Friday 04/19/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Monday 04/22/2024, Lunch, T4-Adventure (Rockin Ramen)																			
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	250.03	1.50	0.00	0.00	0.00	250.39	49.01	3.00	1.00	1.00	9.00	3.50	0.36	0.00(M)	0.00(M)	0.00	160.14	0.00(M)	0.01(M)
MTO Pick 1st Protein; May Choose: 2																			
Beef Meatballs - NWR4538 (2 Meatballs) Contains Gluten, Wheat.	146.67	11.33	4.00	0.33	26.67	146.67	2.67	0.00	0.00	(M)	8.00	0.67	0.67	0.00	0.00	(M)	(M)	(M)	(M)
Chicken Meatballs - SR3065 (3 Meatballs) Contains Gluten, Soy, Wheat.	105.99	6.56	2.02	0.00	35.33	121.13	3.53	0.50	0.00	0.00	8.58	0.50	16.15	0.00(M)	0.00(M)	0.00	211.97	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)	75.00	4.00	1.00	0.00	38.00	173.00	3.00	0.00	0.00	0.00(M)	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.) Contains Gluten, Sesame, Soy, Wheat.	61.52	3.81	0.83	0.00(M)	2.67	537.18	5.32	0.14	2.74	2.65(M)	1.72	0.35	18.57	0.13(M)	0.55(M)	0.11(M)	141.00(M)	245.80(M)	1.39(M)
Condiment; May Choose: 4																			
Chilled Corn - SR1033 (2 tbsp.)	17.22	0.14	0.02	0.00	0.00	0.21	4.10	0.51	0.65	0.00	0.54	0.10	0.64	42.31	0.74	0.00	49.54	16.37	0.09
Fresh Cilantro - SR1265 (1 tsp.)	0.08	0.00	0.00	0.00	0.00	0.15	0.01	0.01	0.00	0.00	0.01	0.01	0.22	22.44	0.09	0.00	1.73	(M)	(M)
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	2.08	0.03	0.01	0.00	0.00	0.21	0.47	0.20	0.29	(M)	0.07	0.02	0.86	77.29	8.50	(M)	(M)	6.57	0.04
Green Onion - SR1946 (2 tbsp.)	4.02	0.02	0.00	0.00	0.00	2.01	0.92	0.33	0.29	0.00	0.23	0.19	9.04	125.12	2.36	0.00	34.64	11.27	0.10
Lime Wedges - SR1283 (2 slice or wedge)	2.51	0.02	0.00	0.00	0.00	0.17	0.88	0.23	0.14	(M)	0.06	0.05	2.76	4.19	2.44	(M)	(M)	7.39	0.03
Matchstick Carrots - SR1435 (2 tbsp.)	4.77	0.03	0.00	0.00	0.00	8.02	1.11	0.33	0.55	0.00	0.11	0.04	3.84	1942.07	0.69	0.00	37.20	10.26	0.11
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	2.10	0.01	0.00	0.00	0.00	1.51	0.49	0.21	0.27	0.00	0.11	0.04	3.36	8.23	3.07	0.00	14.28	7.74	0.05
Sliced Mushrooms - SR2424 (2 tbsp.)	10.22	0.16	0.02	0.00	0.00	2.32	1.51	0.46	0.92	(M)	1.39	0.23	2.32	0.00	0.98	0.09	147.79	42.94	0.40
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	21.09	0.09	0.04	0.00	0.07	517.39	4.70	0.44	4.13	(M)	0.37	0.16	3.40	478.41	0.00	0.03	41.11	11.22	1.35
Monday 04/22/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	9.74	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54	0.23

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Monday 04/22/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	359.01	10.58	2.78	0.00	9.98	635.72	52.71	13.45	2.54	0.00(M)	12.93	3.25	106.82	101.88(M)	0.00(M)	0.00(M)	527.94(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 04/22/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Monday 04/22/2024, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

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)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Corn Salsa - NWR1942 (2 tbsp.)	15.01	0.35	0.00	0.00	0.00	2.85	3.21	0.43	1.36	0.00(M)	0.40	0.02(M)	0.77(M)	38.58(M)	1.74(M)	0.00(M)	10.79(M)	4.97(M)	0.02(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)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Monday 04/22/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold BBQ Chicken Pizza - NWR3213 (1 slice) Contains Gluten, Milk, Soy, Wheat.	366.84	14.48	6.02	0.00	43.83	614.29	39.28	3.35	8.39	2.82(M)	18.21	1.94(M)	274.91(M)	333.67(M)	0.69(M)	0.00(M)	387.98(M)	7.65(M)	0.03(M)
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 04/23/2024, Lunch, T4-Adventure (Spice House)																			
MTO Pick 1st Grain; May Choose: 1																			
Fried Rice - SR3326 (1 1/3 c.) Contains Egg, Gluten, Milk, Soy, Wheat.	317.05	4.36	0.68	0.00	49.45	664.28	60.08	5.14	3.88	0.00(M)	10.51	2.46	43.41	3295.50(M)	6.49(M)	0.42	374.40	184.88(M)	2.25(M)
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.21	36.55	(M)	(M)	0.00	719.95	(M)	(M)
Teriyaki Beef Dippers - SR1714 (4 piece) Contains Gluten, Soy, Wheat.	152.65	9.16	4.07	0.51	30.53	417.25	7.12	1.02	5.09	(M)	12.21	1.83	20.35	101.77	0.00	(M)	(M)	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
General Tso Sauce - SR1823 (2 tbsp.) Contains Soy.	113.88	0.09	0.04	0.03	0.34	125.57	28.64	0.25	27.03	27.00	0.18	0.18	12.02	0.00(M)	0.00(M)	0.08	35.41	16.85	0.38
Sweet and Sour Sauce - SR2022 (2 tbsp.)	73.08	0.32	0.04	0.00	0.18	75.96	17.46	0.09	14.65	14.65	0.11	0.02	0.72	0.00(M)	0.00(M)	0.04	12.24	(M)	(M)
Teriyaki Sauce - SR2025 (2 tbsp.) Contains Gluten, Soy, Wheat.	92.82	0.35	0.27	0.04	0.27	287.82	21.76	0.10	20.24	19.93	0.59	0.12	3.32	8.58	0.27	0.04	56.94	15.48	0.82
Vegetable; May Choose: 1																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service:: Lunch

Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Tuesday 04/23/2024, Lunch, T4-Adventure (Taqueria)																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 2nd Grain; May Choose: 1																			
Cilantro Lime Rice - SR1232 (1/4 c.)	58.08	1.24	0.06	0.00	0.00	69.49	10.91	0.72	0.33	0.00	1.23	0.33	3.64	4.05(M)	0.64(M)	0.00	44.55	19.85(M)	0.24(M)
MTO Pick 1st Protein; May Choose: 1																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 3																			
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)
Roasted Pineapple Salsa - SR1280 (2 tbsp.)	16.86	0.02	0.00	0.00	0.00	52.77	4.13	0.34	2.96(M)	1.13(M)	0.17	0.12	10.24	108.77(M)	1.78(M)	0.00(M)	27.18(M)	2.67(M)	0.08(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Tuesday 04/23/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Tuesday 04/23/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame,	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Blueberry Patch Parfait - NWR3296 (1 parfait) Contains Milk, Soy. May contain Gluten.	265.43	5.26	0.87	0.02	1.93	149.45	47.75	4.57	25.94	17.69	5.49	0.54(M)	129.45(M)	120.00(M)	0.00(M)	1.93(M)	216.43(M)	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat. Processed in a facility	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)
Mozzarella String Cheese Stick - SR4124 (1 stick.) Contains Milk.	81.00	5.06	3.04	0.00	20.25	182.25	1.01	0.00	0.51	0.00	7.09	0.00	151.87	(M)	(M)	0.00	860.61	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Tuesday 04/23/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Chicken Parmesan Sandwich - NWR3043 (1 sandwich) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	440.50	19.03	4.27	0.00	32.59	752.25	46.51	6.76	4.50	2.00(M)	23.79	3.90(M)	206.19(M)	0.00(M)	0.00(M)	0.10(M)	704.00(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Tuesday 04/23/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy, Wheat.	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 04/24/2024, Lunch, T4-Adventure (Rockin Ramen)																			
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	250.03	1.50	0.00	0.00	0.00	250.39	49.01	3.00	1.00	1.00	9.00	3.50	0.36	0.00(M)	0.00(M)	0.00	160.14	0.00(M)	0.01(M)
MTO Pick 1st Protein; May Choose: 2																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Beef Meatballs - NWR4538 (2 Meatballs) Contains Gluten, Wheat.	146.67	11.33	4.00	0.33	26.67	146.67	2.67	0.00	0.00	(M)	8.00	0.67	0.67	0.00	0.00	(M)	(M)	(M)	(M)
Chicken Meatballs - SR3065 (3 Meatballs) Contains Gluten, Soy, Wheat.	105.99	6.56	2.02	0.00	35.33	121.13	3.53	0.50	0.00	0.00	8.58	0.50	16.15	0.00(M)	0.00(M)	0.00	211.97	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)	75.00	4.00	1.00	0.00	38.00	173.00	3.00	0.00	0.00	0.00(M)	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.) Contains Gluten, Sesame, Soy, Wheat.	61.52	3.81	0.83	0.00(M)	2.67	537.18	5.32	0.14	2.74	2.65(M)	1.72	0.35	18.57	0.13(M)	0.55(M)	0.11(M)	141.00(M)	245.80(M)	1.39(M)
Condiment; May Choose: 4																			
Chilled Corn - SR1033 (2 tbsp.)	17.22	0.14	0.02	0.00	0.00	0.21	4.10	0.51	0.65	0.00	0.54	0.10	0.64	42.31	0.74	0.00	49.54	16.37	0.09
Fresh Cilantro - SR1265 (1 tsp.)	0.08	0.00	0.00	0.00	0.00	0.15	0.01	0.01	0.00	0.00	0.01	0.01	0.22	22.44	0.09	0.00	1.73	(M)	(M)
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	2.08	0.03	0.01	0.00	0.00	0.21	0.47	0.20	0.29	(M)	0.07	0.02	0.86	77.29	8.50	(M)	(M)	6.57	0.04
Green Onion - SR1946 (2 tbsp.)	4.02	0.02	0.00	0.00	0.00	2.01	0.92	0.33	0.29	0.00	0.23	0.19	9.04	125.12	2.36	0.00	34.64	11.27	0.10
Lime Wedges - SR1283 (2 slice or wedge)	2.51	0.02	0.00	0.00	0.00	0.17	0.88	0.23	0.14	(M)	0.06	0.05	2.76	4.19	2.44	(M)	(M)	7.39	0.03
Matchstick Carrots - SR1435 (2 tbsp.)	4.77	0.03	0.00	0.00	0.00	8.02	1.11	0.33	0.55	0.00	0.11	0.04	3.84	1942.07	0.69	0.00	37.20	10.26	0.11
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	2.10	0.01	0.00	0.00	0.00	1.51	0.49	0.21	0.27	0.00	0.11	0.04	3.36	8.23	3.07	0.00	14.28	7.74	0.05
Sliced Mushrooms - SR2424 (2 tbsp.)	10.22	0.16	0.02	0.00	0.00	2.32	1.51	0.46	0.92	(M)	1.39	0.23	2.32	0.00	0.98	0.09	147.79	42.94	0.40
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	21.09	0.09	0.04	0.00	0.07	517.39	4.70	0.44	4.13	(M)	0.37	0.16	3.40	478.41	0.00	0.03	41.11	11.22	1.35
Wednesday 04/24/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Italian Roasted Chickpeas - SR3793 (1/2 c.)	83.23	2.18	0.06	0.00	0.00	219.69	12.56	3.77	2.19	0.00(M)	3.66	0.27(M)	6.66(M)	0.00(M)	0.00(M)	0.00(M)	4.40(M)	0.00(M)	0.34(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Wednesday 04/24/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain Sesame, Soy.	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame,	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Wednesday 04/24/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich) Contains Gluten, Sesame, Wheat. May contain Soy.	348.23	11.50	4.00	0.00	72.00	983.54	32.65	3.00	6.84	6.04	28.00	2.00(M)	80.00(M)	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Wednesday 04/24/2024, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Pinto Beans - SR1032 (1 #8 scoop)	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)
Condiment; May Choose: 1																			
Fire Roasted Salsa - NWR1937 (2 tbsp.) Contains Soy.	10.54	0.09	0.01	0.00	0.00	134.37	1.97	0.46	0.10(M)	0.00(M)	0.40	0.27	14.22	345.87(M)	4.33(M)	0.00(M)	3.31(M)	7.23(M)	0.24(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 04/24/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Chicken Bacon Ranch Pizza - NWR3216 (1 slice) Contains Egg, Gluten, Milk, Soy, Wheat.	376.77	16.50	6.54	0.00	47.67	492.20	36.07	3.23	5.73	0.80(M)	19.18	1.94(M)	273.70(M)	332.46(M)	0.23(M)	0.00(M)	377.85(M)	1.12(M)	0.01(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Thursday 04/25/2024, Lunch, T4-Adventure (Spice House)																			
MTO Pick 1st Grain; May Choose: 1																			
Fried Rice - SR3326 (1 1/3 c.) Contains Egg, Gluten, Milk, Soy, Wheat.	317.05	4.36	0.68	0.00	49.45	664.28	60.08	5.14	3.88	0.00(M)	10.51	2.46	43.41	3295.50(M)	6.49(M)	0.42	374.40	184.88(M)	2.25(M)
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.21	36.55	(M)	(M)	0.00	719.95	(M)	(M)
Teriyaki Beef Dippers - SR1714 (4 piece) Contains Gluten, Soy, Wheat.	152.65	9.16	4.07	0.51	30.53	417.25	7.12	1.02	5.09	(M)	12.21	1.83	20.35	101.77	0.00	(M)	(M)	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
General Tso Sauce - SR1823 (2 tbsp.) Contains Soy.	113.88	0.09	0.04	0.03	0.34	125.57	28.64	0.25	27.03	27.00	0.18	0.18	12.02	0.00(M)	0.00(M)	0.08	35.41	16.85	0.38
Sweet and Sour Sauce - SR2022 (2 tbsp.)	73.08	0.32	0.04	0.00	0.18	75.96	17.46	0.09	14.65	14.65	0.11	0.02	0.72	0.00(M)	0.00(M)	0.04	12.24	(M)	(M)
Teriyaki Sauce - SR2025 (2 tbsp.) Contains Gluten, Soy, Wheat.	92.82	0.35	0.27	0.04	0.27	287.82	21.76	0.10	20.24	19.93	0.59	0.12	3.32	8.58	0.27	0.04	56.94	15.48	0.82
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Thursday 04/25/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Vegetable; May Choose: 2																			
Chilled Corn - SR1033 (1/2 c.)	68.89	0.57	0.09	0.00	0.00	0.85	16.41	2.04	2.61	0.00	2.17	0.40	2.55	169.25	2.98	0.00	198.16	65.49	0.37
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Moroccan Spiced Carrots - SR2588 (1/2 c.)	118.81	10.10	0.79	0.00(M)	0.00	126.93	7.99	3.36	3.99(M)	0.00(M)	0.72	0.92	42.68	16497.88(M)	4.30(M)	0.00(M)	195.08(M)	87.96(M)	0.88(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Thursday 04/25/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree nuts.	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also	227.72	11.47	3.46	0.00	83.09	567.70	15.09	2.39	1.36	0.00(M)	17.82	1.10(M)	102.55(M)	9923.65(M)	4.56(M)	0.00(M)	307.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Protein Power Up Box - NWR4587 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also	485.81	17.74	6.70	0.00	195.54	493.40	64.33	10.34	31.08	16.93	19.09	3.20	237.20	5203.64(M)	6.59(M)	1.00	1375.46	117.19(M)	0.43(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 04/25/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Pizza Burger - NWR2990 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	354.64	15.34	5.65	0.00	58.59	615.48	33.42	4.23	4.87	2.00(M)	21.46	2.05(M)	175.68(M)	0.00(M)	0.00(M)	0.05(M)	129.31(M)	(M)	(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Thursday 04/25/2024, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Pinto Beans - SR1032 (1 #8 scoop)	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)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Salsa Roja - NWR3396 (2 tbsp.)	9.86	0.04	0.01	0.00	0.00	72.20	2.03	0.58	1.08	0.10	0.31	0.21	13.29	22.53(M)	0.42(M)	0.00(M)	89.26(M)	4.66(M)	0.12(M)
Thursday 04/25/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Taco Pizza - NWR3857 (1 slice) Contains Gluten, Milk, Soy, Wheat.	361.62	15.68	7.08	0.00	38.50	433.98	35.02	3.45	5.85	0.80	18.32	2.17	326.80	320.00(M)	0.00(M)	0.05	379.65	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Friday 04/26/2024, Lunch, T4-Adventure (Rockin Ramen)																			
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	250.03	1.50	0.00	0.00	0.00	250.39	49.01	3.00	1.00	1.00	9.00	3.50	0.36	0.00(M)	0.00(M)	0.00	160.14	0.00(M)	0.01(M)
MTO Pick 1st Protein; May Choose: 2																			
Chicken Meatballs - SR3065 (3 Meatballs) Contains Gluten, Soy, Wheat.	105.99	6.56	2.02	0.00	35.33	121.13	3.53	0.50	0.00	0.00	8.58	0.50	16.15	0.00(M)	0.00(M)	0.00	211.97	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (1 1/2 oz.)	75.00	4.00	1.00	0.00	38.00	173.00	3.00	0.00	0.00	0.00(M)	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.) Contains Gluten, Sesame, Soy, Wheat.	61.52	3.81	0.83	0.00(M)	2.67	537.18	5.32	0.14	2.74	2.65(M)	1.72	0.35	18.57	0.13(M)	0.55(M)	0.11(M)	141.00(M)	245.80(M)	1.39(M)
Condiment; May Choose: 4																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Chilled Corn - SR1033 (2 tbsp.)	17.22	0.14	0.02	0.00	0.00	0.21	4.10	0.51	0.65	0.00	0.54	0.10	0.64	42.31	0.74	0.00	49.54	16.37	0.09
Fresh Cilantro - SR1265 (1 tsp.)	0.08	0.00	0.00	0.00	0.00	0.15	0.01	0.01	0.00	0.00	0.01	0.01	0.22	22.44	0.09	0.00	1.73	(M)	(M)
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	2.08	0.03	0.01	0.00	0.00	0.21	0.47	0.20	0.29	(M)	0.07	0.02	0.86	77.29	8.50	(M)	(M)	6.57	0.04
Green Onion - SR1946 (2 tbsp.)	4.02	0.02	0.00	0.00	0.00	2.01	0.92	0.33	0.29	0.00	0.23	0.19	9.04	125.12	2.36	0.00	34.64	11.27	0.10
Lime Wedges - SR1283 (2 slice or wedge)	2.51	0.02	0.00	0.00	0.00	0.17	0.88	0.23	0.14	(M)	0.06	0.05	2.76	4.19	2.44	(M)	(M)	7.39	0.03
Matchstick Carrots - SR1435 (2 tbsp.)	4.77	0.03	0.00	0.00	0.00	8.02	1.11	0.33	0.55	0.00	0.11	0.04	3.84	1942.07	0.69	0.00	37.20	10.26	0.11
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	2.10	0.01	0.00	0.00	0.00	1.51	0.49	0.21	0.27	0.00	0.11	0.04	3.36	8.23	3.07	0.00	14.28	7.74	0.05
Sliced Mushrooms - SR2424 (2 tbsp.)	10.22	0.16	0.02	0.00	0.00	2.32	1.51	0.46	0.92	(M)	1.39	0.23	2.32	0.00	0.98	0.09	147.79	42.94	0.40
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	21.09	0.09	0.04	0.00	0.07	517.39	4.70	0.44	4.13	(M)	0.37	0.16	3.40	478.41	0.00	0.03	41.11	11.22	1.35
Friday 04/26/2024, Lunch, T4-Adventure (Taqueria)																			
MTO Pick 1st Grain; May Choose: 1																			
Crispy Corn Taco Shell - SR2223 (3 shells)	255.00	12.00	1.50	0.00	0.00	0.00	33.00	3.00	0.00	0.00	3.00	0.00	30.00	0.00	0.00	0.00	150.00	(M)	(M)
Flour Tortilla - SR1066 (2 tortilla) Contains Gluten, Wheat.	179.97	5.00	2.00	0.00	0.00	259.96	28.00	4.00	2.00	0.00	4.00	2.00	71.99	0.00(M)	0.00(M)	0.00	57.99	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Honey Lime and Peach Salsa - NWR3566 (2 tbsp.)	15.37	0.02	0.00	0.00	0.00	12.62	3.62	0.26	3.26	0.36(M)	0.03	0.01(M)	0.67(M)	29.43(M)	1.19(M)	0.00(M)	5.75(M)	1.43(M)	0.01(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Vegetable; May Choose: 1																			
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)
Friday 04/26/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Roasted Sweet Potatoes - SR3681 (1/2 c.)	129.67	5.68	0.41	0.00	0.00	50.59	19.08	2.98	3.85	0.00	1.55	0.64	31.11	12870.23(M)	2.18(M)	0.00	318.99	0.00(M)	0.05(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Friday 04/26/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.19	9.49	5.03	0.00	25.00	631.24	23.57	6.02	5.60	0.00(M)	12.31	1.77	265.31	4214.86(M)	12.24(M)	0.20(M)	404.87(M)	46.84(M)	0.31(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy, Wheat. May contain	357.98	14.92	5.03	0.00	76.36	1079.98	28.51	3.00	2.00	1.00	28.27	2.30	111.00	0.00(M)	0.00(M)	0.55	529.82	0.00(M)	0.00(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Friday 04/26/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Fish Po Boy - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	428.53	16.76	4.43	0.00	52.13	805.03	49.52	6.39	7.21	3.75(M)	21.54	4.07	187.32	1153.13(M)	24.87(M)	0.05(M)	488.11(M)	67.43(M)	0.50(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Friday 04/26/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Monday 04/29/2024, Lunch, T4-Adventure (Tater Temptations)																			
Entrée/Combo; May Choose: 1																			
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
MTO Pick 1st Grain; May Choose: 1																			
Breadstick - SR1044 (2 breadstick) Contains Gluten, Soy, Wheat. May contain Egg, Milk, Sesame.	160.00	2.00	0.00	0.00	0.00	190.00	28.00	4.00	4.00	4.00	6.00	1.60	20.00	0.00(M)	0.00(M)	0.60	100.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Turkey Gravy - NWR2419 (1/3 c.) Contains Milk.	131.41	5.11	1.69	0.00	65.38	669.54	4.87	0.04	1.31	0.26	14.90	0.62	11.62	0.00(M)	0.00(M)	0.00	185.78	2.18(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)
MTO Additional Toppings/Sides; May Choose: 2																			
Bacon Crumble - SR1799 (1 tbsp.)	70.87	6.08	2.02	0.00	20.25	232.87	0.00	0.00	0.00	0.00	4.05	0.20	0.00	(M)	(M)	0.00	81.00	(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
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 (1/4 c.)	13.23	0.06	0.01	0.00	0.00	5.57	2.53	1.42	0.69	0.00(M)	1.46	0.29	15.96	477.69	18.95	0.00(M)	0.12(M)	42.38	0.35
Vegetable; May Choose: 1																			
Baked Potato - SR1562 (1 potato)	172.26	4.66	0.36	0.00	0.00	19.32	29.59	3.17	1.49	0.00(M)	3.63	1.48	24.84	13.80(M)	11.45(M)	0.00(M)	0.00(M)	102.74(M)	1.86(M)
Tater Tots - SR1450 (3/4 c.)	166.06	9.06	1.51	0.00	0.00	467.98	21.13	1.51	1.51	0.00	1.51	0.30	15.10	0.00(M)	0.00(M)	0.00	317.02	(M)	(M)
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)
Monday 04/29/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	9.74	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54	0.23
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Milk; May Choose: 1																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Monday 04/29/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	359.01	10.58	2.78	0.00	9.98	635.72	52.71	13.45	2.54	0.00(M)	12.93	3.25	106.82	101.88(M)	0.00(M)	0.00(M)	527.94(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 04/29/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	342.25	17.20	10.13	0.00	50.63	1151.50	32.02	2.00	2.00	2.00	16.13	2.61	356.00	0.00(M)	0.00(M)	0.20	156.12	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	210.67	0.65	0.01	0.00	0.00	979.14	41.47	11.03	10.24	1.34(M)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Monday 04/29/2024, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Pinto Beans - SR1032 (1 #8 scoop)	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)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Corn Salsa - NWR1942 (2 tbsp.)	15.01	0.35	0.00	0.00	0.00	2.85	3.21	0.43	1.36	0.00(M)	0.40	0.02(M)	0.77(M)	38.58(M)	1.74(M)	0.00(M)	10.79(M)	4.97(M)	0.02(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)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Monday 04/29/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Bold Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	434.09	21.60	9.26	0.11	49.62	633.96	36.49	4.06	5.94	0.80(M)	21.98	2.24	383.67	347.48(M)	0.21(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 04/30/2024, Lunch, T4-Adventure (Taqueria)																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 2nd Grain; May Choose: 1																			
Cilantro Lime Rice - SR1232 (1/4 c.)	58.08	1.24	0.06	0.00	0.00	69.49	10.91	0.72	0.33	0.00	1.23	0.33	3.64	4.05(M)	0.64(M)	0.00	44.55	19.85(M)	0.24(M)
MTO Pick 1st Protein; May Choose: 1																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 3																			
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)
Roasted Pineapple Salsa - SR1280 (2 tbsp.)	16.86	0.02	0.00	0.00	0.00	52.77	4.13	0.34	2.96(M)	1.13(M)	0.17	0.12	10.24	108.77(M)	1.78(M)	0.00(M)	27.18(M)	2.67(M)	0.08(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Tuesday 04/30/2024, Lunch, T4-Adventure (Twirls)																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

MTO Pick 1st Grain; May Choose: 1																			
Garlic Breadstick - SR3865 (2 breadstick) Contains Gluten, Soy, Wheat. May contain Egg, Milk, Sesame.	221.25	8.11	0.45	0.00	0.00	191.69	30.03	4.33	4.07	4.00	6.45	1.93	26.43	0.00(M)	0.00(M)	0.60	133.77	0.19(M)	0.12(M)
MTO Pick 1st Protein; May Choose: 1																			
Bruschetta Alfredo Dip - SR3866 (5/8 c.) Contains Milk.	232.86	14.28	8.14	0.00	42.59	714.53	10.70	1.94	5.43	0.00(M)	16.96	0.25	494.72	493.24(M)	8.30(M)	0.00(M)	146.00(M)	42.20(M)	0.32(M)
Spicy Italian Sausage Dip - SR3867 (5/8 c.) Contains Milk, Soy.	330.66	22.35	10.19	0.20	57.67	938.12	13.29	3.30	5.74	1.33(M)	20.05	1.07	418.81	50.75(M)	0.39(M)	0.00(M)	221.97(M)	0.01(M)	0.01(M)
Spinach Dip - SR3868 (1/2 c.) Contains Milk.	220.92	13.66	7.73	0.00	40.27	702.87	9.50	2.33	3.88	0.00(M)	16.79	0.68	508.94	3743.95(M)	1.11(M)	0.00	104.16	28.33(M)	0.46(M)
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat. Processed in a facility that also	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
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
Tuesday 04/30/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16(M)	17.82(M)	0.00(M)	217.97(M)	76.38(M)	1.22(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Tuesday 04/30/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame,	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
Blueberry Patch Parfait - NWR3296 (1 parfait) Contains Milk, Soy. May contain Gluten.	265.43	5.26	0.87	0.02	1.93	149.45	47.75	4.57	25.94	17.69	5.49	0.54(M)	129.45(M)	120.00(M)	0.00(M)	1.93(M)	216.43(M)	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat. Processed in a facility	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)
Mozzarella String Cheese Stick - SR4124 (1 stick.) Contains Milk.	81.00	5.06	3.04	0.00	20.25	182.25	1.01	0.00	0.51	0.00	7.09	0.00	151.87	(M)	(M)	0.00	860.61	(M)	(M)
Grains; May Choose: 1																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Tuesday 04/30/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	281.62	11.63	3.04	0.00	50.62	473.25	29.01	3.00	4.01	3.01	13.09	2.71	113.62	0.00(M)	0.00(M)	0.00	486.73	(M)	(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Tuesday 04/30/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy, Wheat.	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 05/01/2024, Lunch, T4-Adventure (Tater Temptations)																			
Entrée/Combo; May Choose: 1																			
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
MTO Pick 1st Grain; May Choose: 1																			
Breadstick - SR1044 (2 breadstick) Contains Gluten, Soy, Wheat. May contain Egg, Milk, Sesame.	160.00	2.00	0.00	0.00	0.00	190.00	28.00	4.00	4.00	4.00	6.00	1.60	20.00	0.00(M)	0.00(M)	0.60	100.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Turkey Gravy - NWR2419 (1/3 c.) Contains Milk.	131.41	5.11	1.69	0.00	65.38	669.54	4.87	0.04	1.31	0.26	14.90	0.62	11.62	0.00(M)	0.00(M)	0.00	185.78	2.18(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)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

MTO Additional Toppings/Sides; May Choose: 2																			
Bacon Crumble - SR1799 (1 tbsp.)	70.87	6.08	2.02	0.00	20.25	232.87	0.00	0.00	0.00	0.00	4.05	0.20	0.00	(M)	(M)	0.00	81.00	(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
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 (1/4 c.)	13.23	0.06	0.01	0.00	0.00	5.57	2.53	1.42	0.69	0.00(M)	1.46	0.29	15.96	477.69	18.95	0.00(M)	0.12(M)	42.38	0.35
Vegetable; May Choose: 1																			
Baked Potato - SR1562 (1 potato)	172.26	4.66	0.36	0.00	0.00	19.32	29.59	3.17	1.49	0.00(M)	3.63	1.48	24.84	13.80(M)	11.45(M)	0.00(M)	0.00(M)	102.74(M)	1.86(M)
Tater Tots - SR1450 (3/4 c.)	166.06	9.06	1.51	0.00	0.00	467.98	21.13	1.51	1.51	0.00	1.51	0.30	15.10	0.00(M)	0.00(M)	0.00	317.02	(M)	(M)
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)
Wednesday 05/01/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Italian Roasted Chickpeas - SR3793 (1/2 c.)	83.23	2.18	0.06	0.00	0.00	219.69	12.56	3.77	2.19	0.00(M)	3.66	0.27(M)	6.66(M)	0.00(M)	0.00(M)	0.00(M)	4.40(M)	0.00(M)	0.34(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Wednesday 05/01/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.93	219.62	90.36(M)	0.50(M)	0.26	746.89	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain Sesame, Soy.	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80(M)	0.00(M)	0.00(M)	0.50(M)	422.39(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Sesame,	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Wednesday 05/01/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich) Contains Gluten, Sesame, Wheat. May contain Soy.	348.23	11.50	4.00	0.00	72.00	983.54	32.65	3.00	6.84	6.04	28.00	2.00(M)	80.00(M)	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Wednesday 05/01/2024, Lunch, T4- Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Pinto Beans - SR1032 (1 #8 scoop)	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)
Condiment; May Choose: 1																			
Fire Roasted Salsa - NWR1937 (2 tbsp.) Contains Soy.	10.54	0.09	0.01	0.00	0.00	134.37	1.97	0.46	0.10(M)	0.00(M)	0.40	0.27	14.22	345.87(M)	4.33(M)	0.00(M)	3.31(M)	7.23(M)	0.24(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)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 05/01/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M))	6.21(M)	0.00(M)	477.32(M))	9.67(M)	0.04(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Thursday 05/02/2024, Lunch, T4-Adventure (Twirls)																			
MTO Pick 1st Grain; May Choose: 1																			
Garlic Breadstick - SR3865 (2 breadstick) Contains Gluten, Soy, Wheat. May contain Egg, Milk, Sesame.	221.25	8.11	0.45	0.00	0.00	191.69	30.03	4.33	4.07	4.00	6.45	1.93	26.43	0.00(M)	0.00(M)	0.60	133.77	0.19(M)	0.12(M)
MTO Pick 1st Protein; May Choose: 1																			
Bruschetta Alfredo Dip - SR3866 (5/8 c.) Contains Milk.	232.86	14.28	8.14	0.00	42.59	714.53	10.70	1.94	5.43	0.00(M)	16.96	0.25	494.72	493.24(M))	8.30(M)	0.00(M)	146.00(M))	42.20(M)	0.32(M)
Spicy Italian Sausage Dip - SR3867 (5/8 c.) Contains Milk, Soy.	330.66	22.35	10.19	0.20	57.67	938.12	13.29	3.30	5.74	1.33(M)	20.05	1.07	418.81	50.75(M)	0.39(M)	0.00(M)	221.97(M))	0.01(M)	0.01(M)
Spinach Dip - SR3868 (1/2 c.) Contains Milk.	220.92	13.66	7.73	0.00	40.27	702.87	9.50	2.33	3.88	0.00(M)	16.79	0.68	508.94	3743.95(M))	1.11(M)	0.00	104.16	28.33(M)	0.46(M)
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M))	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat. Processed in a facility that also	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M))	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
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
Thursday 05/02/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Chilled Corn - SR1033 (1/2 c.)	68.89	0.57	0.09	0.00	0.00	0.85	16.41	2.04	2.61	0.00	2.17	0.40	2.55	169.25	2.98	0.00	198.16	65.49	0.37
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Moroccan Spiced Carrots - SR2588 (1/2 c.)	118.81	10.10	0.79	0.00(M)	0.00	126.93	7.99	3.36	3.99(M)	0.00(M)	0.72	0.92	42.68	16497.88(M))	4.30(M)	0.00(M)	195.08(M))	87.96(M)	0.88(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Thursday 05/02/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree nuts.	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M))	4.56(M)	0.00	325.77	107.79(M))	0.66(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that also	227.72	11.47	3.46	0.00	83.09	567.70	15.09	2.39	1.36	0.00(M)	17.82	1.10(M)	102.55(M)	9923.65(M)	4.56(M)	0.00(M)	307.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.13	25.39	8.04	0.00	37.49	1151.18	56.21	8.04	8.55	1.00	20.31	2.98	225.75	671.41(M)	28.18(M)	0.18	771.85	49.89(M)	0.24(M)
Protein Power Up Box - NWR4587 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also	485.81	17.74	6.70	0.00	195.54	493.40	64.33	10.34	31.08	16.93	19.09	3.20	237.20	5203.64(M)	6.59(M)	1.00	1375.46	117.19(M)	0.43(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 05/02/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Mushroom Swiss Burger - NWR4366 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	391.81	21.35	7.36	0.50	57.52	492.71	29.24	3.53	3.06	2.00(M)	23.61	3.35	207.86	0.00(M)	1.12(M)	0.11(M)	273.60(M)	40.91(M)	0.45(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Thursday 05/02/2024, Lunch, T4-Mexico/Fiesta/Nacho																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Salsa Roja - NWR3396 (2 tbsp.)	9.86	0.04	0.01	0.00	0.00	72.20	2.03	0.58	1.08	0.10	0.31	0.21	13.29	22.53(M)	0.42(M)	0.00(M)	89.26(M)	4.66(M)	0.12(M)
Thursday 05/02/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Friday 05/03/2024, Lunch, T4-Adventure (Taqueria)																			
MTO Pick 1st Grain; May Choose: 1																			
Crispy Corn Taco Shell - SR2223 (3 shells)	255.00	12.00	1.50	0.00	0.00	0.00	33.00	3.00	0.00	0.00	3.00	0.00	30.00	0.00	0.00	0.00	150.00	(M)	(M)
Flour Tortilla - SR1066 (2 tortilla) Contains Gluten, Wheat.	179.97	5.00	2.00	0.00	0.00	259.96	28.00	4.00	2.00	0.00	4.00	2.00	71.99	0.00(M)	0.00(M)	0.00	57.99	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Honey Lime and Peach Salsa - NWR3566 (2 tbsp.)	15.37	0.02	0.00	0.00	0.00	12.62	3.62	0.26	3.26	0.36(M)	0.03	0.01(M)	0.67(M)	29.43(M)	1.19(M)	0.00(M)	5.75(M)	1.43(M)	0.01(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Vegetable; May Choose: 1																			
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)
Friday 05/03/2024, Lunch, T4-Adventure (Tater Temptations)																			
Entrée/Combo; May Choose: 1																			
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
MTO Pick 1st Grain; May Choose: 1																			
Breadstick - SR1044 (2 breadstick) Contains Gluten, Soy, Wheat. May contain Egg, Milk, Sesame.	160.00	2.00	0.00	0.00	0.00	190.00	28.00	4.00	4.00	4.00	6.00	1.60	20.00	0.00(M)	0.00(M)	0.60	100.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 2																			

Menu Item Nutrients

Date: 04/01/2024 - 05/03/2024
Meal Service: Lunch

Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Turkey Gravy - NWR2419 (1/3 c.) Contains Milk.	131.41	5.11	1.69	0.00	65.38	669.54	4.87	0.04	1.31	0.26	14.90	0.62	11.62	0.00(M)	0.00(M)	0.00	185.78	2.18(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)
MTO Additional Toppings/Sides; May Choose: 2																			
Bacon Crumble - SR1799 (1 tbsp.)	70.87	6.08	2.02	0.00	20.25	232.87	0.00	0.00	0.00	0.00	4.05	0.20	0.00	(M)	(M)	0.00	81.00	(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
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 (1/4 c.)	13.23	0.06	0.01	0.00	0.00	5.57	2.53	1.42	0.69	0.00(M)	1.46	0.29	15.96	477.69	18.95	0.00(M)	0.12(M)	42.38	0.35
Vegetable; May Choose: 1																			
Baked Potato - SR1562 (1 potato)	172.26	4.66	0.36	0.00	0.00	19.32	29.59	3.17	1.49	0.00(M)	3.63	1.48	24.84	13.80(M)	11.45(M)	0.00(M)	0.00(M)	102.74(M)	1.86(M)
Tater Tots - SR1450 (3/4 c.)	166.06	9.06	1.51	0.00	0.00	467.98	21.13	1.51	1.51	0.00	1.51	0.30	15.10	0.00(M)	0.00(M)	0.00	317.02	(M)	(M)
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)
Friday 05/03/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)																			
Entrée/Combo; May Choose: 1																			
Variety of Entrees - SR2092 (1 serving)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 2																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Roasted Sweet Potatoes - SR3681 (1/2 c.)	129.67	5.68	0.41	0.00	0.00	50.59	19.08	2.98	3.85	0.00	1.55	0.64	31.11	12870.23(M)	2.18(M)	0.00	318.99	0.00(M)	0.05(M)
Milk; May Choose: 1																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Friday 05/03/2024, Lunch, T4-Fast																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.19	9.49	5.03	0.00	25.00	631.24	23.57	6.02	5.60	0.00(M)	12.31	1.77	265.31	4214.86(M)	12.24(M)	0.20(M)	404.87(M)	46.84(M)	0.31(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk,	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy, Wheat. May contain	357.98	14.92	5.03	0.00	76.36	1079.98	28.51	3.00	2.00	1.00	28.27	2.30	111.00	0.00(M)	0.00(M)	0.55	529.82	0.00(M)	0.00(M)
Grains; May Choose: 1																			

Menu Item Nutrients

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Meal Service: Lunch

Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Friday 05/03/2024, Lunch, T4-Grill (composed)																			
Entrée/Combo; May Choose: 1																			
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Fish Po Boy - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	428.53	16.76	4.43	0.00	52.13	805.03	49.52	6.39	7.21	3.75(M)	21.54	4.07	187.32	1153.13(M)	24.87(M)	0.05(M)	488.11(M)	67.43(M)	0.50(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May contain Soy.	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	12.50	0.00	0.00	0.00	0.00	8.33	2.50	0.83	0.83	(M)	0.83	0.60	16.67	3333.33	2.00	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Diced Red Onion - SR1447 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Friday 05/03/2024, Lunch, T4-Pizza (conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Wheat.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)

(M) Indicates missing nutrient values.

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