

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

## LWSD Elementary Schools

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
<b>Monday 04/29/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
<b>Vegetable; May Choose: 2</b>																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	9.74	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Monday 04/29/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Menu Item &amp; Assembly; May Choose: 1</b>																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
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)
Protein Power Up Box - NWR3767 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat.	538.34	17.96	6.81	0.00	195.54	493.57	77.34	10.98	35.02	16.93	20.12	3.39	237.05	5224.66(M)	12.21(M)	1.00	1689.91	30.84(M)	0.24(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Entrée/Combo; May Choose: 1</b>																			
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)
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)
<b>Grains; May Choose: 1</b>																			
Steamed Brown Rice - SR1098 (1/2 c.)	117.19	1.03	0.00	0.00	0.00	2.02	24.82	1.38	0.00	0.00	2.76	0.69	2.02	0.00(M)	0.00(M)	0.00	74.44	52.38(M)	0.07(M)
<b>Monday 04/29/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Tuesday 04/30/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

<b>Fruit; May Choose: 1</b>																			
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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Basil Corn Salad - SR2587 (1/2 c.)	102.59	4.56	0.25	0.00	0.00	296.64	16.95	2.33	3.51	0.00(M)	2.23	0.19(M)	6.45(M)	491.98(M)	14.94(M)	0.00(M)	25.75(M)	12.85(M)	0.85(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Tuesday 04/30/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Chicken Alfredo Pasta K12, WG Penne, USDA Unseasoned Chx, JTM Alfredo - NWR4324 (1	339.01	12.45	4.27	0.00	50.40	534.62	43.19	6.57	3.94	0.00(M)	19.49	1.88(M)	213.88(M)	0.00(M)	0.00(M)	0.00(M)	259.51(M)	41.29(M)	0.22(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)
Peppi Pizza Salad - NWR1047 (1 salad) Contains Milk.	253.56	11.78	5.26	0.00	67.48	668.75	15.46	5.41	8.85	0.00(M)	23.36	2.07	276.88	5333.09(M)	23.07(M)	0.00(M)	343.35(M)	23.27(M)	0.12(M)
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Mixed Garden Vegetables - SR1583 (1/2 c.)	53.72	0.56	0.06	0.00	0.00	91.09	11.41	3.19	3.32	0.00(M)	2.25	0.66(M)	25.39(M)	4890.41(M)	3.76(M)	0.00(M)	114.98(M)	61.83(M)	0.63(M)
<b>Tuesday 04/30/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Wednesday 05/01/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
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)
<b>Vegetable; May Choose: 2</b>																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Wednesday 05/01/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bean & Cheese Nachos - SR1471 (1 nacho) Contains Milk.	396.30	18.21	6.55	0.00	27.21	678.59	44.27	8.02	1.05	0.00	15.35	1.92	286.49	0.00(M)	0.00(M)	0.00	545.23	52.11(M)	0.06(M)
Chef Salad - NWR1193 (1 salad) Contains Egg, Milk, Soy.	166.52	9.01	3.92	0.00	123.89	490.90	7.94	2.12	4.97	0.00(M)	15.34	1.67	131.88	2332.19(M)	12.72(M)	0.55(M)	309.52(M)	50.46(M)	0.24(M)
Pretzel and Cheese Sauce - NWR1699 (1 portion) Contains Gluten, Milk, Wheat.	396.15	20.78	10.77	0.00	57.14	1049.88	34.40	3.00	3.20	0.00	20.38	2.00	459.34	0.00(M)	0.00(M)	0.00	711.59	(M)	(M)
Turkey and Cheese Sandwich - NWR1766 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	333.62	12.47	5.81	0.00	59.06	963.25	31.01	2.00	2.00	2.00	23.81	2.60	194.00	0.00(M)	0.00(M)	0.10	345.87	(M)	(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Country Style Potato Wedges - SR1029 (1/2 c.)	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	(M)
<b>Wednesday 05/01/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Thursday 05/02/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)
Chilled Corn - SR1033 (1/2 c.)	69.49	1.04	0.00	0.00	0.00	1.04	16.59	2.07	3.11	0.00(M)	2.07	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Thursday 05/02/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
American Sandwich - NWR3012 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	335.56	11.05	4.16	0.00	80.16	997.87	30.51	2.00	2.00	2.00	27.53	2.88	113.00	0.00(M)	0.00(M)	0.05	550.74	(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)
Corn Dog - SR1023 (1 corn dog) Contains Egg, Gluten, Soy, Wheat.	240.00	9.00	2.50	0.00	40.00	470.00	30.00	2.00	8.00	7.00	9.00	1.50	70.00	(M)	(M)	9.00	240.00	(M)	(M)
Turkey Gravy - NWR2419 (3/8 c.) Contains Milk.	147.84	5.75	1.91	0.00	73.55	753.23	5.48	0.04	1.48	0.29	16.76	0.70	13.07	0.00(M)	0.00(M)	0.00	209.00	2.46(M)	0.00(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Mashed Potatoes - NWR2551 (1/2 c.) Contains Milk.	81.62	1.53	1.02	0.00	0.00	104.72	15.30	1.02	1.02	0.00(M)	2.04	0.23	13.19	2.66	6.51	0.00(M)	0.90(M)	89.81(M)	0.09(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
<b>Thursday 05/02/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
<b>Friday 05/03/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Friday 05/03/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Alaskan Pollock - NWR2448 (4 Ounce serving) Contains Fish, Gluten, Wheat.	211.86	8.07	1.01	0.00	45.40	312.74	19.17	2.02	1.01	1.01	16.14	2.02	15.13	(M)	(M)	0.00	319.81	(M)	(M)
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)
Ham and Cheese Sandwich - NWR1203 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	326.13	12.85	6.19	0.00	70.31	1045.75	31.01	2.00	2.00	2.00	21.56	2.83	194.00	0.00(M)	0.00(M)	0.10	420.87	(M)	(M)
Southwest Chicken Wrap - NWR4153 (1 wrap) Contains Egg, Gluten, Milk, Wheat.	372.25	18.07	6.13	0.00	61.96	883.20	37.65	4.40	4.34	0.84(M)	17.77	2.76(M)	186.83(M)	189.53(M)	3.08(M)	0.10(M)	316.17(M)	21.23(M)	0.29(M)
<b>Vegetable; May Choose: 2</b>																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Tartar Sauce - SR2615 (1 tbsp.) Contains Egg.	39.34	3.60	0.80	0.00	4.00	100.36	1.51	0.01	0.64	0.00(M)	0.01	0.00	0.09	0.00(M)	0.00(M)	0.00(M)	1.62(M)	0.00(M)	0.00(M)
<b>Friday 05/03/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Menu Item</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Added Sugars (g)</b>	<b>Protein (g)</b>	<b>Iron (mg)</b>	<b>Calcium (mg)</b>	<b>VitA (IU)</b>	<b>VitC (mg)</b>	<b>VitD (mcg)</b>	<b>Potassium (mg)</b>	<b>Mois (g)</b>	<b>Ash (g)</b>
<b>Monday 05/06/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
<b>Vegetable; May Choose: 2</b>																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	9.74	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	
<b>Milk; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Monday 05/06/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
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)
Lentil Taco Filling - NWR4582 (1/2 c.) Contains Gluten, Wheat.	174.53	5.69	0.02	0.01	0.00	408.41	21.90	5.98	0.27	0.00(M)	9.54	2.12	81.96	16.16(M)	0.61(M)	0.00(M)	340.94(M)	47.75(M)	0.41(M)
Tot'chos - NWR1452 (1 portion) Contains Milk, Soy.	329.74	21.79	7.56	0.00	53.38	920.31	19.72	1.00	4.46	0.00(M)	18.14	0.20(M)	234.15(M)	0.00(M)	0.00(M)	0.00(M)	515.42(M)	(M)	(M)
Turkey and Cheese Sandwich - NWR1766 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	333.62	12.47	5.81	0.00	59.06	963.25	31.01	2.00	2.00	2.00	23.81	2.60	194.00	0.00(M)	0.00(M)	0.10	345.87	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Grains; May Choose: 1</b>																			
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)
<b>Vegetable; May Choose: 2</b>																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
<b>Monday 05/06/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Tuesday 05/07/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Basil Corn Salad - SR2587 (1/2 c.)	102.59	4.56	0.25	0.00	0.00	296.64	16.95	2.33	3.51	0.00(M)	2.23	0.19(M)	6.45(M)	491.98(M)	14.94(M)	0.00(M)	25.75(M)	12.85(M)	0.85(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Tuesday 05/07/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Chef Salad - NWR1193 (1 salad) Contains Egg, Milk, Soy.	166.52	9.01	3.92	0.00	123.89	490.90	7.94	2.12	4.97	0.00(M)	15.34	1.67	131.88	2332.19(M)	12.72(M)	0.55(M)	309.52(M)	50.46(M)	0.24(M)
Lentil Taco Filling - NWR4582 (1/2 c.) Contains Gluten, Wheat.	174.53	5.69	0.02	0.01	0.00	408.41	21.90	5.98	0.27	0.00(M)	9.54	2.12	81.96	16.16(M)	0.61(M)	0.00(M)	340.94(M)	47.75(M)	0.41(M)

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
Turkey Soft Taco - NWR4346 (1 taco) Contains Gluten, Milk, Soy, Wheat.	308.94	16.06	6.01	0.00	44.24	489.52	26.53	2.00	5.02	0.00(M)	18.09	1.00(M)	151.50(M)	0.00(M)	0.00(M)	0.10(M)	56.50(M)	(M)	(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Country Style Potato Wedges - NWR4546 (1/2 c.)	79.97	2.00	0.00	0.00	0.00	19.99	15.99	1.00	1.00	0.00	1.00	0.20	19.99	0.00(M)	0.00(M)	0.00	240.08	(M)	(M)
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	11.38	0.12	0.02	0.00	0.00	4.26	2.45	0.81	1.65	0.00	0.60	0.21	8.16	500.52	7.25	0.00	142.08	46.54(M)	0.25(M)
<b>Tuesday 05/07/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Wednesday 05/08/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
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)
<b>Vegetable; May Choose: 2</b>																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Wednesday 05/08/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
Ham and Cheese Sandwich - NWR1203 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	326.13	12.85	6.19	0.00	70.31	1045.75	31.01	2.00	2.00	2.00	21.56	2.83	194.00	0.00(M)	0.00(M)	0.10	420.87	(M)	(M)
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)
Popcorn Chicken Bowl - NWR4198 (1 portion) Contains Gluten, Milk, Soy, Wheat.	407.44	17.95	3.80	0.00	22.15	640.42	43.49	5.35	6.34	0.00(M)	19.27	2.34(M)	49.81(M)	2.69(M)	6.57(M)	0.11(M)	411.10(M)	199.49(M)	0.20(M)
<b>Grains; May Choose: 1</b>																			
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

<b>Vegetable; May Choose: 2</b>																			
Vegetarian Baked Beans - SR2026 (1/2 c.)	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)	(M)
<b>Wednesday 05/08/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Thursday 05/09/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)
Chilled Corn - SR1033 (1/2 c.)	69.49	1.04	0.00	0.00	0.00	1.04	16.59	2.07	3.11	0.00(M)	2.07	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Thursday 05/09/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)
Chicken Caesar Salad Strip - NWR1745 (1 salad) Contains Milk.	230.44	9.42	2.94	0.00	80.73	448.45	18.31	4.10	8.21	0.00(M)	19.99	1.48(M)	135.91(M)	5128.02(M)	19.69(M)	0.00(M)	0.00(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Italian Stacker Box - NWR4460 (1 Box) Contains Gluten, Milk, Wheat. May contain Sesame, Soy.	405.20	15.59	4.98	0.00	68.05	950.28	40.48	5.81	10.98	1.00	27.54	2.15	164.59	216.00(M)	51.07(M)	0.50(M)	623.45(M)	83.28(M)	0.42(M)
Lentil Spaghetti Sauce (v) - NWR4584 (2/3 c.)	215.41	5.91	0.04	0.00	0.00	495.44	30.49	7.62	6.01	2.25	10.80	2.62	101.30	0.00(M)	0.00(M)	0.00	678.58	35.77(M)	0.06(M)
Spaghetti with Meaty Marinara - NWR3022 (3/4 c.) Contains Gluten, Soy, Wheat.	260.46	8.78	2.43	0.00	26.44	723.06	32.70	6.34	3.92	1.47(M)	13.56	153.11(M)	44.79(M)	0.00(M)	0.00(M)	0.00(M)	405.90(M)	52.35(M)	0.97(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			



# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
<b>Thursday 05/09/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
<b>Friday 05/10/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Friday 05/10/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
American Sandwich - NWR3012 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	335.56	11.05	4.16	0.00	80.16	997.87	30.51	2.00	2.00	2.00	27.53	2.88	113.00	0.00(M)	0.00(M)	0.05	550.74	(M)	(M)
Chicken & Waffles - NWR3126 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	330.00	16.50	3.00	0.00	25.00	605.00	31.00	3.50	3.00	2.00	16.00	3.70	160.00	500.00(M)	(M)	0.10	620.00	(M)	(M)
Crispy Chicken Wrap - NWR4148 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	410.50	21.44	6.75	0.00	34.84	827.28	39.28	5.26	5.16	0.47(M)	17.85	2.81	188.46	361.44(M)	2.02(M)	0.18(M)	536.50(M)	68.86(M)	0.26(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)
<b>Vegetable; May Choose: 2</b>																			
Crinkle Cut Sweet Potato Fries - SR3936 (1/2 c.)	169.47	6.98	1.00	0.00	0.00	259.20	24.92	1.00	7.97	0.50	1.00	0.40	29.91	0.00(M)	0.00(M)	0.00	279.13	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
<b>Friday 05/10/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
<b>Monday 05/13/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
<b>Vegetable; May Choose: 2</b>																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	9.74	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Monday 05/13/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
Butter Tofu (v) - NWR4657 (2/3 c.) Contains Milk, Soy.	138.77	7.60	1.10	0.00	1.50	201.84	7.61	2.53	3.19	0.00(M)	13.11	2.49(M)	490.29(M)	408.04(M)	3.82(M)	0.30(M)	253.87(M)	16.34(M)	0.20(M)
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
Turkey and Cheese Sandwich - NWR1766 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	333.62	12.47	5.81	0.00	59.06	963.25	31.01	2.00	2.00	2.00	23.81	2.60	194.00	0.00(M)	0.00(M)	0.10	345.87	(M)	(M)
<b>Grains; May Choose: 1</b>																			
Steamed Brown Rice - SR1098 (1/2 c.)	117.19	1.03	0.00	0.00	0.00	2.02	24.82	1.38	0.00	0.00	2.76	0.69	2.02	0.00(M)	0.00(M)	0.00	74.44	52.38(M)	0.07(M)
<b>Vegetable; May Choose: 2</b>																			
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)
<b>Monday 05/13/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Tuesday 05/14/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

<b>Vegetable; May Choose: 2</b>																			
Basil Corn Salad - SR2587 (1/2 c.)	102.59	4.56	0.25	0.00	0.00	296.64	16.95	2.33	3.51	0.00(M)	2.23	0.19(M)	6.45(M)	491.98(M)	14.94(M)	0.00(M)	25.75(M)	12.85(M)	0.85(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Tuesday 05/14/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Breakfast for Lunch: Pancakes & Sausage - NWR4464 (1 plate) Contains Egg, Gluten, Milk,	280.00	11.00	2.33	0.00	70.00	566.66	30.67	4.00	5.33	4.00	16.00	2.05	33.33	0.00(M)	0.00(M)	0.00	153.33	(M)	(M)
Chef Salad - NWR1193 (1 salad) Contains Egg, Milk, Soy.	166.52	9.01	3.92	0.00	123.89	490.90	7.94	2.12	4.97	0.00(M)	15.34	1.67	131.88	2332.19(M)	12.72(M)	0.55(M)	309.52(M)	50.46(M)	0.24(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Fruit & Yo To Go Box - NWR3789 (1 Box) Contains Gluten, Milk, Soy, Wheat. May contain	492.30	14.56	4.99	0.02	22.22	500.59	75.38	5.21	37.47	24.69	14.46	3.02	395.88	5161.79(M)	6.08(M)	1.93	1414.26	0.00(M)	0.00(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Fruit; May Choose: 1</b>																			
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.) Contains Milk, Soy.	123.28	1.85	0.75	0.00	0.00	30.64	27.95	2.30	24.25	10.00(M)	0.41	0.34	24.71	83.33(M)	0.00(M)	0.00(M)	168.10(M)	0.00(M)	0.26(M)
<b>Condiment; May Choose: 1</b>																			
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
<b>Tuesday 05/14/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Wednesday 05/15/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
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)
<b>Vegetable; May Choose: 2</b>																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Wednesday 05/15/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bean & Cheese Nachos - SR1471 (1 nacho) Contains Milk.	396.30	18.21	6.55	0.00	27.21	678.59	44.27	8.02	1.05	0.00	15.35	1.92	286.49	0.00(M)	0.00(M)	0.00	545.23	52.11(M)	0.06(M)
Buffalo Chicken Wrap - NWR4405 (1 wrap) Contains Gluten, Milk, Wheat.	312.25	15.22	6.18	0.00	75.95	996.01	27.32	2.23	2.05	0.00(M)	17.78	1.01(M)	152.61(M)	0.00(M)	0.00(M)	0.17(M)	75.06(M)	0.00(M)	0.00(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	281.62	11.63	3.04	0.00	50.62	473.25	29.01	3.00	4.01	3.01	13.09	2.71	113.62	0.00(M)	0.00(M)	0.00	486.73	(M)	(M)
Italian Sub Sandwich - NWR1041 (1 sandwich) Contains Gluten, Milk, Sesame, Soy, Wheat.	341.50	12.68	4.29	0.00	88.59	977.00	29.15	3.51	3.00	2.00	28.24	2.88	159.19	0.00(M)	0.00(M)	0.00(M)	576.99(M)	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
<b>Wednesday 05/15/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Thursday 05/16/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56 (M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)
Chilled Corn - SR1033 (1/2 c.)	69.49	1.04	0.00	0.00	0.00	1.04	16.59	2.07	3.11	0.00(M)	2.07	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Thursday 05/16/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
American Sandwich - NWR3012 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	335.56	11.05	4.16	0.00	80.16	997.87	30.51	2.00	2.00	2.00	27.53	2.88	113.00	0.00(M)	0.00(M)	0.05	550.74	(M)	(M)
Baked Penne Pasta - SR3241 (1 c.) Contains Gluten, Milk, Wheat.	376.83	14.50	6.99	0.00	35.67	724.69	46.06	8.62	9.00	1.43	20.89	2.27	459.23	0.00(M)	0.00(M)	0.00	603.58	0.00(M)	0.18(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)
Crispy Chicken Nuggets - SR1367 (5 nugget) Contains Gluten, Soy, Wheat.	241.00	14.06	2.51	0.00	25.11	441.84	16.07	3.01	1.00	0.00	14.06	1.91	30.13	0.00(M)	0.00(M)	0.10	602.51	0.00(M)	0.00(M)
<b>Grains; May Choose: 1</b>																			
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Roasted Green Beans - NWR3257 (1/2 c.)	26.24	0.00	0.00	0.00	0.00	162.15	4.23	2.08	2.06	0.00(M)	1.05	0.02(M)	0.26(M)	0.00(M)	0.00(M)	0.00(M)	1.89(M)	0.01(M)	0.05(M)
<b>Thursday 05/16/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
<b>Friday 05/17/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Friday 05/17/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Alaskan Pollock - NWR2448 (4 Ounce serving) Contains Fish, Gluten, Wheat.	211.86	8.07	1.01	0.00	45.40	312.74	19.17	2.02	1.01	1.01	16.14	2.02	15.13	(M)	(M)	0.00	319.81	(M)	(M)
Cheese Quesadilla - NWR3780 (1 each quesadilla) Contains Gluten, Milk, Wheat.	309.99	16.00	9.00	0.00	40.00	559.98	24.00	2.00	2.00	0.00	19.00	1.00	454.99	0.00(M)	0.00(M)	0.20	86.00	(M)	(M)
Poppin Chicken Salad - NWR4430 (1 salad) Contains Gluten, Milk, Soy, Wheat.	259.10	16.18	6.38	0.00	35.91	388.75	12.68	3.15	2.79	0.00(M)	14.88	1.77	234.41	5494.14(M)	6.42(M)	0.26(M)	277.48(M)	45.91(M)	0.28(M)
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
<b>Grains; May Choose: 1</b>																			
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	53.72	0.56	0.06	0.00	0.00	91.09	11.41	3.19	3.32	0.00(M)	2.25	0.66(M)	25.39(M)	4890.41(M)	3.76(M)	0.00(M)	114.98(M)	61.83(M)	0.63(M)
<b>Condiment; May Choose: 1</b>																			
Tartar Sauce - SR2615 (1 tbsp.) Contains Egg.	39.34	3.60	0.80	0.00	4.00	100.36	1.51	0.01	0.64	0.00(M)	0.01	0.00	0.09	0.00(M)	0.00(M)	0.00(M)	1.62(M)	0.00(M)	0.00(M)
<b>Friday 05/17/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Menu Item</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Added Sugars (g)</b>	<b>Protein (g)</b>	<b>Iron (mg)</b>	<b>Calcium (mg)</b>	<b>VitA (IU)</b>	<b>VitC (mg)</b>	<b>VitD (mcg)</b>	<b>Potassium (mg)</b>	<b>Mois (g)</b>	<b>Ash (g)</b>
<b>Monday 05/20/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
<b>Vegetable; May Choose: 2</b>																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	9.74	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Monday 05/20/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Beef Rib Sandwich - NWR4541 (1 sandwich) Contains Gluten, Milk, Sesame, Soy, Wheat. May	315.14	8.50	2.50	0.00	35.00	767.21	39.53	4.00	12.03	4.52(M)	20.00	4.00	120.00	200.00(M)	2.00(M)	0.00(M)	104.00(M)	(M)	(M)
Fruit & Yo To Go Box - NWR3789 (1 Box) Contains Gluten, Milk, Soy, Wheat. May contain	492.30	14.56	4.99	0.02	22.22	500.59	75.38	5.21	37.47	24.69	14.46	3.02	395.88	5161.79(M)	6.08(M)	1.93	1414.26	0.00(M)	0.00(M)
Ham and Cheese Sandwich - NWR1203 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	326.13	12.85	6.19	0.00	70.31	1045.75	31.01	2.00	2.00	2.00	21.56	2.83	194.00	0.00(M)	0.00(M)	0.10	420.87	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Spaghetti Sauce - SR2220 (1/2 c.)	64.72	0.49	0.06	0.00	0.00	259.64	13.34	2.74	7.84	2.93	2.08	1.02	33.86	0.00(M)	0.00(M)	0.00	475.93	(M)	(M)
Vegetarian Baked Beans - SR3118 (1/2 c.)	112.64	1.02	0.00	0.00	0.00	122.88	21.50	5.12	1.02	0.00	7.17	1.74	40.96	0.00(M)	0.00(M)	0.00	471.04	(M)	(M)
<b>Monday 05/20/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Tuesday 05/21/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Basil Corn Salad - SR2587 (1/2 c.)	102.59	4.56	0.25	0.00	0.00	296.64	16.95	2.33	3.51	0.00(M)	2.23	0.19(M)	6.45(M)	491.98(M)	14.94(M)	0.00(M)	25.75(M)	12.85(M)	0.85(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Tuesday 05/21/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Breakfast on a Stick - SR2494 (1 stick.) Contains Egg, Gluten, Soy, Wheat.	190.00	10.00	2.50	0.00	25.00	310.00	17.00	3.00	4.00	4.00	7.00	1.80	30.00	0.00(M)	0.00(M)	0.00	200.00	(M)	(M)
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Deli Stackables Box - NWR3583 (1 Box) Contains Gluten, Milk, Soy, Wheat. May contain	420.08	17.21	6.01	0.00	73.16	1136.38	42.15	6.27	11.32	1.00	26.84	2.72	150.94	5226.10(M)	41.96(M)	0.55(M)	712.55(M)	64.95(M)	0.26(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)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

<b>Vegetable; May Choose: 2</b>																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
<b>Tuesday 05/21/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Wednesday 05/22/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
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)
<b>Vegetable; May Choose: 2</b>																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Wednesday 05/22/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Menu Item &amp; Assembly; May Choose: 1</b>																			
Corn Dog - SR1023 (1 corn dog) Contains Egg, Gluten, Soy, Wheat.	240.00	9.00	2.50	0.00	40.00	470.00	30.00	2.00	8.00	7.00	9.00	1.50	70.00	(M)	(M)	9.00	240.00	(M)	(M)
Fiesta Salad - NWR4410 (1 salad) Contains Milk, Soy.	408.81	21.41	5.57	0.00	44.75	477.96	37.88	3.91	3.90	0.00(M)	19.20	1.37(M)	159.32(M)	3333.33(M)	2.00(M)	0.10(M)	10.50(M)	(M)	(M)
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
<b>Entrée/Combo; May Choose: 1</b>																			
Bean & Cheese Nachos - SR1471 (1 nacho) Contains Milk.	396.30	18.21	6.55	0.00	27.21	678.59	44.27	8.02	1.05	0.00	15.35	1.92	286.49	0.00(M)	0.00(M)	0.00	545.23	52.11(M)	0.06(M)
<b>Vegetable; May Choose: 2</b>																			
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
<b>Condiment; May Choose: 1</b>																			
Thick & Chunky Salsa - SR2187 (2 tbsp.)	5.00	0.00	0.00	0.00	0.00	115.00	1.50	0.50	1.00	(M)	0.00	0.00	0.00	50.00	0.00	(M)	(M)	(M)	(M)
<b>Wednesday 05/22/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			



# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

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 Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Thursday 05/23/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)
Chilled Corn - SR1033 (1/2 c.)	69.49	1.04	0.00	0.00	0.00	1.04	16.59	2.07	3.11	0.00(M)	2.07	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Thursday 05/23/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Garden Salad with Egg & Cheese - NWR4352 (1 salad) Contains Egg, Gluten, Milk, Wheat.	193.88	12.56	5.76	0.00	110.00	302.32	9.43	1.19	2.20	0.00(M)	11.13	1.20	229.71	3552.06(M)	5.74(M)	0.70(M)	138.96(M)	35.65(M)	0.17(M)
Macaroni & Cheese - NWR1988 (1 c.) Contains Gluten, Milk, Wheat. Processed in a facility that	384.12	24.43	12.71	0.00	65.98	977.70	24.82	2.74	3.64	0.00(M)	21.08	1.28	538.91	19.93(M)	0.00(M)	0.19(M)	634.96(M)	28.91(M)	0.11(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Aztec Corn - NWR3261 (1/2 c.)	97.71	2.56	0.08	0.00	0.00	55.19	18.10	3.15	5.25	0.00(M)	3.32	0.58(M)	19.43(M)	121.75(M)	4.78(M)	0.00(M)	145.32(M)	6.58(M)	0.06(M)
<b>Thursday 05/23/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
<b>Friday 05/24/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Friday 05/24/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Turkey and Cheese Sandwich - NWR1766 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	333.62	12.47	5.81	0.00	59.06	963.25	31.01	2.00	2.00	2.00	23.81	2.60	194.00	0.00(M)	0.00(M)	0.10	345.87	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Country Style Potato Wedges - NWR4546 (1/2 c.)	79.97	2.00	0.00	0.00	0.00	19.99	15.99	1.00	1.00	0.00	1.00	0.20	19.99	0.00(M)	0.00(M)	0.00	240.08	(M)	(M)
<b>Menu Item</b>																			
Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)	
<b>Tuesday 05/28/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Basil Corn Salad - SR2587 (1/2 c.)	102.59	4.56	0.25	0.00	0.00	296.64	16.95	2.33	3.51	0.00(M)	2.23	0.19(M)	6.45(M)	491.98(M)	14.94(M)	0.00(M)	25.75(M)	12.85(M)	0.85(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

<b>Tuesday 05/28/2024, Lunch, CH-Main Event (4 entrees)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
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)	
Breakfast for Lunch: French Toast Sticks & Sausage - NWR4467 (1 plate) Contains Gluten,	377.35	18.90	3.48	0.00	60.00	456.95	37.61	2.97	8.91	7.92	17.94	2.70	39.59	0.00(M)	0.00(M)	0.00	148.48	(M)	(M)	
Italian Sub Sandwich - NWR1041 (1 sandwich) Contains Gluten, Milk, Sesame, Soy, Wheat.	341.50	12.68	4.29	0.00	88.59	977.00	29.15	3.51	3.00	2.00	28.24	2.88	159.19	0.00(M)	0.00(M)	0.00(M)	576.99(M)	(M)	(M)	
Lentil Taco Filling - NWR4582 (1/2 c.) Contains Gluten, Wheat.	174.53	5.69	0.02	0.01	0.00	408.41	21.90	5.98	0.27	0.00(M)	9.54	2.12	81.96	16.16(M)	0.61(M)	0.00(M)	340.94(M)	47.75(M)	0.41(M)	
Turkey Soft Taco - NWR4346 (1 taco) Contains Gluten, Milk, Soy, Wheat.	308.94	16.06	6.01	0.00	44.24	489.52	26.53	2.00	5.02	0.00(M)	18.09	1.00(M)	151.50(M)	0.00(M)	0.00(M)	0.10(M)	56.50(M)	(M)	(M)	
<b>Vegetable; May Choose: 2</b>																				
Tater Tots - SR1450 (1/2 c.)	110.70	6.04	1.01	0.00	0.00	311.98	14.09	1.01	1.01	0.00	1.01	0.20	10.06	0.00(M)	0.00(M)	0.00	211.34	(M)	(M)	
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	11.38	0.12	0.02	0.00	0.00	4.26	2.45	0.81	1.65	0.00	0.60	0.21	8.16	500.52	7.25	0.00	142.08	46.54(M)	0.25(M)	
<b>Condiment; May Choose: 1</b>																				
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)	
<b>Tuesday 05/28/2024, Lunch, CH-Pizza</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)	
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)	
<b>Wednesday 05/29/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																				
<b>Fruit; May Choose: 1</b>																				
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)	
<b>Vegetable; May Choose: 2</b>																				
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)	
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
<b>Milk; May Choose: 1</b>																				
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)	
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)	
<b>Condiment; May Choose: 1</b>																				
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)	
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)	
<b>Wednesday 05/29/2024, Lunch, CH-Main Event (4 entrees)</b>																				
<b>Menu Item &amp; Assembly; May Choose: 1</b>																				
Chef Salad - NWR1193 (1 salad) Contains Egg, Milk, Soy.	166.52	9.01	3.92	0.00	123.89	490.90	7.94	2.12	4.97	0.00(M)	15.34	1.67	131.88	2332.19(M)	12.72(M)	0.55(M)	309.52(M)	50.46(M)	0.24(M)	

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Crispy Sweet & Sour Chicken Rice Bowl - NWR4468 (1 serving) Contains Gluten, Soy,	86.25	3.08	0.51	0.00	5.06	103.97	11.67	0.90	3.13	2.93	3.38	0.52	6.57	0.00(M)	0.00(M)	0.03	137.84	10.48(M)	0.01(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	281.62	11.63	3.04	0.00	50.62	473.25	29.01	3.00	4.01	3.01	13.09	2.71	113.62	0.00(M)	0.00(M)	0.00	486.73	(M)	(M)
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Twisted Breadstick - SR2142 (1 breadstick) Contains Gluten, Soy, Wheat. May contain Egg,	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)	0.02(M)
<b>Vegetable; May Choose: 2</b>																			
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
<b>Wednesday 05/29/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Thursday 05/30/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)
Chilled Corn - SR1033 (1/2 c.)	69.49	1.04	0.00	0.00	0.00	1.04	16.59	2.07	3.11	0.00(M)	2.07	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Thursday 05/30/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Menu Item &amp; Assembly; May Choose: 1</b>																			
Crispy Chicken Wrap - NWR4148 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	410.50	21.44	6.75	0.00	34.84	827.28	39.28	5.26	5.16	0.47(M)	17.85	2.81	188.46	361.44(M)	2.02(M)	0.18(M)	536.50(M)	68.86(M)	0.26(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Pinwheel Party Box - NWR4077 (1 Box) Contains Gluten, Milk, Soy, Wheat.	433.73	15.31	7.20	0.00	71.48	1032.03	55.68	7.17	19.88	0.00	24.05	2.73	205.59	10073.27(M)	12.15(M)	0.08	985.45	0.00(M)	0.00(M)

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

<b>Entrée/Combo; May Choose: 1</b>																			
Chicken Tikka Masala - SR2065 (1/3 c.) Contains Milk.	170.84	9.27	1.21	0.00	50.85	369.77	3.08	0.56	1.31	0.00	19.86	1.04	41.85	0.06(M)	0.22(M)	0.00	78.96	0.00(M)	0.91(M)
Tofu Tikka Masala - NWR4658 (1/2 c.) Contains Milk, Soy.	179.55	13.05	1.38	0.00	0.82	325.69	4.92	2.09	1.31	0.00	14.63	2.41	494.49	110.07(M)	0.35(M)	0.00	236.03	0.00(M)	0.91(M)
<b>Grains; May Choose: 1</b>																			
Steamed Brown Rice - SR1098 (1/2 c.)	117.19	1.03	0.00	0.00	0.00	2.02	24.82	1.38	0.00	0.00	2.76	0.69	2.02	0.00(M)	0.00(M)	0.00	74.44	52.38(M)	0.07(M)
<b>Vegetable; May Choose: 2</b>																			
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)
Spaghetti Sauce - SR2220 (1/2 c.)	64.72	0.49	0.06	0.00	0.00	259.64	13.34	2.74	7.84	2.93	2.08	1.02	33.86	0.00(M)	0.00(M)	0.00	475.93	(M)	(M)
<b>Thursday 05/30/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
<b>Friday 05/31/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Friday 05/31/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Menu Item &amp; Assembly; May Choose: 1</b>																			
American Sandwich - NWR3012 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	335.56	11.05	4.16	0.00	80.16	997.87	30.51	2.00	2.00	2.00	27.53	2.88	113.00	0.00(M)	0.00(M)	0.05	550.74	(M)	(M)
Chicken Caesar Salad Strip - NWR1745 (1 salad) Contains Milk.	230.44	9.42	2.94	0.00	80.73	448.45	18.31	4.10	8.21	0.00(M)	19.99	1.48(M)	135.91(M)	5128.02(M)	19.69(M)	0.00(M)	0.00(M)	(M)	(M)
Hot Sloppy Joe - NWR1176 (1 ea.) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	290.33	8.04	2.75	0.00	32.01	751.70	38.72	5.38	10.94	8.10(M)	16.96	186.87	113.59	213.67(M)	8.30(M)	0.00(M)	368.16(M)	12.47(M)	0.06(M)
<b>Entrée/Combo; May Choose: 1</b>																			
Alaskan Pollock - NWR2448 (4 Ounce serving) Contains Fish, Gluten, Wheat.	211.86	8.07	1.01	0.00	45.40	312.74	19.17	2.02	1.01	1.01	16.14	2.02	15.13	(M)	(M)	0.00	319.81	(M)	(M)

# Elementary Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/03/2024

Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)
Sloppy Joe Sandwich, Plant - SR3971 (1 sandwich) Contains Gluten, Wheat.	257.39	5.45	2.20	0.00	0.00	670.46	34.31	3.92	7.61	5.68(M)	16.78	3.32	69.36	1268.57(M)	9.45(M)	0.00(M)	199.62(M)	42.49(M)	0.17(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
Tartar Sauce - SR2615 (1 tbsp.) Contains Egg.	39.34	3.60	0.80	0.00	4.00	100.36	1.51	0.01	0.64	0.00(M)	0.01	0.00	0.09	0.00(M)	0.00(M)	0.00(M)	1.62(M)	0.00(M)	0.00(M)
<b>Friday 05/31/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)

(M) Indicates missing nutrient values.

**Allergen Disclaimer:** Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then submit a Request for Dietary Accommodation to the Nutrition Services.