

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Middle Schools & ICS

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 04/29/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Bold Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	434.09	21.60	9.26	0.11	49.62	633.96	36.49	4.06	5.94	0.80(M)	21.98	2.24	383.67	347.48(M)	0.21(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Monday 04/29/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)

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Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.99	25.44	8.04	0.00	37.58	1152.76	56.27	8.05	8.55	1.00	20.36	2.98	225.86	671.41(M)	28.18(M)	0.18	773.99	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	359.46	10.38	3.40	0.00	13.10	547.46	51.82	13.45	2.54	0.00(M)	13.68	2.93	130.93	101.88(M)	0.00(M)	0.03(M)	530.57(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May Grains; May Choose: 1	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 04/29/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
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)
Entrée/Combo; May Choose: 1																			
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)
Vegetable; May Choose: 1																			
Aztec Corn - SR3173 (1/2 c.)	93.06	1.92	0.08	0.00	0.00	49.36	18.23	3.30	2.80	0.00(M)	3.52	0.61(M)	19.63(M)	119.44(M)	4.73(M)	0.00(M)	148.97(M)	6.17(M)	0.04(M)
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 04/29/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
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
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Monday 04/29/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			

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Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Shaved Beef - NWR1830 (2 7/8 oz.)	176.72	12.96	5.30	0.59	41.24	270.98	4.71	0.00	2.36	(M)	12.96	1.27	23.56	0.00	0.00	0.00	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Pho Condiments - NWR2507 (1 serving) Contains Soy.	16.41	0.10	0.02	0.00	0.00	168.20	3.93	0.64	2.15	1.32(M)	0.44	0.24	12.27	211.49(M)	3.92(M)	0.00(M)	45.00(M)	24.06(M)	0.44(M)
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Tuesday 04/30/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	281.62	11.63	3.04	0.00	50.62	473.25	29.01	3.00	4.01	3.01	13.09	2.71	113.62	0.00(M)	0.00(M)	0.00	486.73	(M)	(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy, Wheat.	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			

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Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
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, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
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	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
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 04/30/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
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)
Vegetable; May Choose: 1																			
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)
Tuesday 04/30/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Fruit; May Choose: 2																			
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)
Vegetable; May Choose: 2																			
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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Condiment; May Choose: 1																			
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)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Tuesday 04/30/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.10	33.23	(M)	(M)	0.11	287.98	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
General Tso Sauce - SR1823 (1 tbsp.) Contains Soy.	56.94	0.04	0.02	0.02	0.17	62.79	14.32	0.13	13.52	13.50	0.09	0.09	6.01	0.00(M)	0.00(M)	0.04	17.70	8.43	0.19
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Wednesday 05/01/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich) Contains Gluten, Sesame, Wheat.	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)
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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, FE-Everyday Selects (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																			

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
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)
Pinto Beans - SR1032 (1 #8 scoop)	126.80	0.00	0.00	0.00	0.00	161.38	21.90	5.76	0.58	0.00	8.07	1.84	69.16	0.00(M)	0.00(M)	0.00	495.66	(M)	(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 05/01/2024, Lunch, FE- Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M)	6.21(M)	0.00(M)	477.32(M)	9.67(M)	0.04(M)
Vegetable; May Choose: 1																			
Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.) Contains Gluten, Milk, Wheat.	117.06	9.12	1.22	0.01	2.86	74.45	8.23	2.22	2.23	0.00(M)	2.44	1.26	80.58	113.76(M)	31.75(M)	0.00(M)	195.74(M)	29.66(M)	0.38(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 05/01/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.84	216.88	90.36(M)	0.50(M)	0.35	390.83	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	402.30	23.34	7.89	0.00	20.00	775.70	37.45	6.78	2.00	1.00	16.78	2.82(M)	48.90(M)	0.00(M)	0.00(M)	0.50(M)	271.20(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
Wednesday 05/01/2024, Lunch, FE- Favorites																			
Menu Item & Assembly; May Choose: 1																			
Pork Posole - NWR3342 (1 portion)	425.94	18.61	5.15	0.00	65.23	1066.39	40.31	6.51	0.85	0.18(M)	23.76	1.30(M)	71.01(M)	84.72(M)	6.61(M)	0.00(M)	65.87(M)	97.72(M)	0.33(M)
Vegetable; May Choose: 1																			

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Country Style Potato Wedges - SR1029 (1/2 c.)	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	(M)
Wednesday 05/01/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments) 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)
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)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Thursday 05/02/2024, Lunch, FE-Everyday Selects (Grill composed) Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Thursday 05/02/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold 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, Vegetable; May Choose: 1	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat. Condiment; May Choose: 1	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)
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, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	227.72	11.47	3.46	0.00	83.09	567.70	15.09	2.39	1.36	0.00(M)	17.82	1.10(M)	102.55(M)	9923.65(M)	4.56(M)	0.00(M)	307.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.99	25.44	8.04	0.00	37.58	1152.76	56.27	8.05	8.55	1.00	20.36	2.98	225.86	671.41(M)	28.18(M)	0.18	773.99	49.89(M)	0.24(M)
Protein Power Up Box - NWR4587 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat.	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 Grains; May Choose: 1	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 05/02/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
Turkey Gravy - NWR2419 (3/8 c.) Contains Milk. Grains; May Choose: 1	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)
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat. Vegetable; May Choose: 1	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)
Mashed Potatoes - NWR2551 (1/2 c.) Contains Milk.	81.62	1.53	1.02	0.00	0.00	104.72	15.30	1.02	1.02	0.00(M)	2.04	0.23	13.19	2.66	6.51	0.00(M)	0.90(M)	89.81(M)	0.09(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Thursday 05/02/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Vegetable; May Choose: 2																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)
Chilled Corn - SR1033 (1/2 c.)	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)
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)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Thursday 05/02/2024, Lunch, FE-Remix (Popups)																			
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	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
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	2.10	33.23	(M)	(M)	0.11	287.98	(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 (1 tbsp.) Contains Soy.	56.94	0.04	0.02	0.02	0.17	62.79	14.32	0.13	13.52	13.50	0.09	0.09	6.01	0.00(M)	0.00(M)	0.04	17.70	8.43	0.19
Sweet and Sour Sauce - SR2022 (1 tbsp.)	36.54	0.16	0.02	0.00	0.09	37.98	8.73	0.04	7.33	7.33	0.05	0.01	0.36	0.00(M)	0.00(M)	0.02	6.12	(M)	(M)
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Friday 05/03/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Fish Po Boy - NWR4517 (1 sandwich) Contains Fish, Gluten, Milk, Sesame, Soy, Wheat. May	363.55	11.56	3.28	0.00	46.51	675.82	43.81	4.51	3.75	2.75	21.57	3.66	140.16	0.00(M)	0.00(M)	0.05	363.70	0.00(M)	0.00(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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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, FE-Everyday Selects (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)
Pinto Beans - SR1032 (1 #8 scoop)	126.80	0.00	0.00	0.00	0.00	161.38	21.90	5.76	0.58	0.00	8.07	1.84	69.16	0.00(M)	0.00(M)	0.00	495.66	(M)	(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Friday 05/03/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Friday 05/03/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.34	9.60	5.01	0.00	25.00	631.29	23.62	6.03	5.72	0.00(M)	12.29	1.67(M)	264.68(M)	4172.55(M)	11.50(M)	0.20(M)	355.33(M)	30.46(M)	0.22(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy,	357.98	14.92	5.03	0.00	76.36	1079.98	28.51	3.00	2.00	1.00	28.27	2.30	111.00	0.00(M)	0.00(M)	0.55	529.82	0.00(M)	0.00(M)
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 05/03/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
Alaskan Pollock - NWR2448 (4 Ounce serving) Contains Fish, Gluten, Wheat.	211.86	8.07	1.01	0.00	45.40	312.74	19.17	2.02	1.01	1.01	16.14	2.02	15.13	(M)	(M)	0.00	319.81	(M)	(M)
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)
Grains; May Choose: 1																			
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
Vegetable; May Choose: 2																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)	(M)
Friday 05/03/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments) Fruit; May Choose: 2																			
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																			
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)
Condiment; May Choose: 1																			

Lunch Menu Item Nutrients

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Meal Service: Lunch

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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Monday 05/06/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/06/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Bold Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	434.09	21.60	9.26	0.11	49.62	633.96	36.49	4.06	5.94	0.80(M)	21.98	2.24	383.67	347.48(M)	0.21(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Monday 05/06/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.99	25.44	8.04	0.00	37.58	1152.76	56.27	8.05	8.55	1.00	20.36	2.98	225.86	671.41(M)	28.18(M)	0.18	773.99	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	359.46	10.38	3.40	0.00	13.10	547.46	51.82	13.45	2.54	0.00(M)	13.68	2.93	130.93	101.88(M)	0.00(M)	0.03(M)	530.57(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May Grains; May Choose: 1	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 05/06/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
Tot'chos - NWR1452 (1 portion) Contains Milk, Soy.	329.74	21.79	7.56	0.00	53.38	920.31	19.72	1.00	4.46	0.00(M)	18.14	0.20(M)	234.15(M)	0.00(M)	0.00(M)	0.00(M)	515.42(M)	(M)	(M)
Grains; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	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)
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)
Monday 05/06/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
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)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Monday 05/06/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Shaved Beef - NWR1830 (2 7/8 oz.)	176.72	12.96	5.30	0.59	41.24	270.98	4.71	0.00	2.36	(M)	12.96	1.27	23.56	0.00	0.00	0.00	(M)	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth for Chicken Pho - NWR1424 (1 portion) Contains Fish.	33.46	1.73	0.57	0.00	2.84	265.88	3.60	0.26	1.65	1.17(M)	1.02	0.22	17.72	212.21(M)	1.55(M)	0.00(M)	142.54(M)	245.15(M)	0.58(M)
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Pho Condiments - NWR2507 (1 serving) Contains Soy.	16.41	0.10	0.02	0.00	0.00	168.20	3.93	0.64	2.15	1.32(M)	0.44	0.24	12.27	211.49(M)	3.92(M)	0.00(M)	45.00(M)	24.06(M)	0.44(M)
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Tuesday 05/07/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/07/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy, Wheat.	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)

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Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Vegetable; May Choose: 1	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
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 05/07/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
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	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
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 05/07/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
Glazed Chicken Drumstick - SR2447 (1 piece)	248.99	15.56	3.89	0.00	140.06	497.98	3.11	0.00	0.00	0.00	24.90	1.56	14.01	0.00(M)	0.00(M)	0.00	357.92	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - NWR4546 (1/2 c.)	79.97	2.00	0.00	0.00	0.00	19.99	15.99	1.00	1.00	0.00	1.00	0.20	19.99	0.00(M)	0.00(M)	0.00	240.08	(M)	(M)
Tuesday 05/07/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments) Fruit; May Choose: 2																			
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)
Vegetable; May Choose: 2																			
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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)

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Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Tuesday 05/07/2024, Lunch, FE-Remix (Popups)																			
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	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
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	2.10	33.23	(M)	(M)	0.11	287.98	(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 (1 tbsp.) Contains Soy.	56.94	0.04	0.02	0.02	0.17	62.79	14.32	0.13	13.52	13.50	0.09	0.09	6.01	0.00(M)	0.00(M)	0.04	17.70	8.43	0.19
Sweet and Sour Sauce - SR2022 (1 tbsp.)	36.54	0.16	0.02	0.00	0.09	37.98	8.73	0.04	7.33	7.33	0.05	0.01	0.36	0.00(M)	0.00(M)	0.02	6.12	(M)	(M)
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Wednesday 05/08/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich) Contains Gluten, Sesame, Wheat.	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)
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			

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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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/08/2024, Lunch, FE- Everyday Selects (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																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Beef Taco Meat - NWR4518 (1/3 c.) Contains Gluten, Soy, Wheat.	65.52	3.78	1.58	0.01	18.22	321.36	2.20	0.98	0.27	0.00(M)	6.00	105.47	23.44	13.20(M)	0.49(M)	0.00(M)	144.24(M)	11.82(M)	0.45(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
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)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 05/08/2024, Lunch, FE- Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M)	6.21(M)	0.00(M)	477.32(M)	9.67(M)	0.04(M)
Vegetable; May Choose: 1																			
Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.) Contains Gluten, Milk, Wheat.	117.06	9.12	1.22	0.01	2.86	74.45	8.23	2.22	2.23	0.00(M)	2.44	1.26	80.58	113.76(M)	31.75(M)	0.00(M)	195.74(M)	29.66(M)	0.38(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
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)
Wednesday 05/08/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.84	216.88	90.36(M)	0.50(M)	0.35	390.83	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	402.30	23.34	7.89	0.00	20.00	775.70	37.45	6.78	2.00	1.00	16.78	2.82(M)	48.90(M)	0.00(M)	0.00(M)	0.50(M)	271.20(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
Wednesday 05/08/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
Popcorn Chicken Bowl - NWR4198 (1 portion) Contains Gluten, Milk, Soy, Wheat.	407.44	17.95	3.80	0.00	22.15	640.42	43.49	5.35	6.34	0.00(M)	19.27	2.34(M)	49.81(M)	2.69(M)	6.57(M)	0.11(M)	411.10(M)	199.49(M)	0.20(M)
Grains; May Choose: 1																			
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
Vegetable; May Choose: 2																			
Vegetarian Baked Beans - SR3118 (1/2 c.)	112.64	1.02	0.00	0.00	0.00	122.88	21.50	5.12	1.02	0.00	7.17	1.74	40.96	0.00(M)	0.00(M)	0.00	471.04	(M)	(M)
Wednesday 05/08/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
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)
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)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Thursday 05/09/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/09/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Thursday 05/09/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	227.72	11.47	3.46	0.00	83.09	567.70	15.09	2.39	1.36	0.00(M)	17.82	1.10(M)	102.55(M)	9923.65(M)	4.56(M)	0.00(M)	307.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.99	25.44	8.04	0.00	37.58	1152.76	56.27	8.05	8.55	1.00	20.36	2.98	225.86	671.41(M)	28.18(M)	0.18	773.99	49.89(M)	0.24(M)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Protein Power Up Box - NWR4587 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat.	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 Grains; May Choose: 1	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 05/09/2024, Lunch, FE-Favorites																			
Meat/MA; May Choose: 1																			
Beef Bolognese - SR1197 (2/3 c.) Contains Soy.	174.36	8.01	3.30	0.00	37.94	611.36	12.45	3.42	6.68	2.50	13.70	219.80	61.36	0.00(M)	0.00(M)	0.00	643.87	0.00(M)	(M)
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)
Grains; May Choose: 1																			
Whole Wheat Spaghetti Noodles - NWR4299 (3/4 c.) Contains Gluten, Wheat.	139.78	2.64	0.09	0.00	0.00	321.27	25.28	4.21	0.00	0.00(M)	4.21	0.00(M)	5.19(M)	0.00(M)	0.00(M)	0.00(M)	1.73(M)	52.35(M)	0.97(M)
Vegetable; May Choose: 2																			
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Thursday 05/09/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments) 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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)
Chilled Corn - SR1033 (1/2 c.)	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)
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)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Thursday 05/09/2024, Lunch, FE-Remix (Popups)																			
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	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
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)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

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	2.10	33.23	(M)	(M)	0.11	287.98	(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 (1 tbsp.) Contains Soy.	56.94	0.04	0.02	0.02	0.17	62.79	14.32	0.13	13.52	13.50	0.09	0.09	6.01	0.00(M)	0.00(M)	0.04	17.70	8.43	0.19
Sweet and Sour Sauce - SR2022 (1 tbsp.)	36.54	0.16	0.02	0.00	0.09	37.98	8.73	0.04	7.33	7.33	0.05	0.01	0.36	0.00(M)	0.00(M)	0.02	6.12	(M)	(M)
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Friday 05/10/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Fish Po Boy - NWR4517 (1 sandwich) Contains Fish, Gluten, Milk, Sesame, Soy, Wheat. May	363.55	11.56	3.28	0.00	46.51	675.82	43.81	4.51	3.75	2.75	21.57	3.66	140.16	0.00(M)	0.00(M)	0.05	363.70	0.00(M)	0.00(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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/10/2024, Lunch, FE-Everyday Selects (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																			

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Beef Taco Meat - NWR4518 (1/3 c.) Contains Gluten, Soy, Wheat.	65.52	3.78	1.58	0.01	18.22	321.36	2.20	0.98	0.27	0.00(M)	6.00	105.47	23.44	13.20(M)	0.49(M)	0.00(M)	144.24(M)	11.82(M)	0.45(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
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)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Friday 05/10/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Friday 05/10/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.34	9.60	5.01	0.00	25.00	631.29	23.62	6.03	5.72	0.00(M)	12.29	1.67(M)	264.68(M)	4172.55(M)	11.50(M)	0.20(M)	355.33(M)	30.46(M)	0.22(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy,	357.98	14.92	5.03	0.00	76.36	1079.98	28.51	3.00	2.00	1.00	28.27	2.30	111.00	0.00(M)	0.00(M)	0.55	529.82	0.00(M)	0.00(M)
Grains; May Choose: 1																			

Lunch 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 05/10/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
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)
Vegetable; May Choose: 2																			
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)
Condiment; May Choose: 1																			
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
Friday 05/10/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Monday 05/13/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	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)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

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)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/13/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Bold Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	434.09	21.60	9.26	0.11	49.62	633.96	36.49	4.06	5.94	0.80(M)	21.98	2.24	383.67	347.48(M)	0.21(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Monday 05/13/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M)	14.17(M)	1.20(M)	366.89(M)	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.99	25.44	8.04	0.00	37.58	1152.76	56.27	8.05	8.55	1.00	20.36	2.98	225.86	671.41(M)	28.18(M)	0.18	773.99	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	359.46	10.38	3.40	0.00	13.10	547.46	51.82	13.45	2.54	0.00(M)	13.68	2.93	130.93	101.88(M)	0.00(M)	0.03(M)	530.57(M)	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
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 05/13/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; 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)
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)
Grains; May Choose: 1																			

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

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)
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)
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)
Monday 05/13/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
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)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Monday 05/13/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Shaved Beef - NWR1830 (2 7/8 oz.)	176.72	12.96	5.30	0.59	41.24	270.98	4.71	0.00	2.36	(M)	12.96	1.27	23.56	0.00	0.00	0.00	(M)	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth for Chicken Pho - NWR1424 (1 portion) Contains Fish.	33.46	1.73	0.57	0.00	2.84	265.88	3.60	0.26	1.65	1.17(M)	1.02	0.22	17.72	212.21(M)	1.55(M)	0.00(M)	142.54(M)	245.15(M)	0.58(M)
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Pho Condiments - NWR2507 (1 serving) Contains Soy.	16.41	0.10	0.02	0.00	0.00	168.20	3.93	0.64	2.15	1.32(M)	0.44	0.24	12.27	211.49(M)	3.92(M)	0.00(M)	45.00(M)	24.06(M)	0.44(M)
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Tuesday 05/14/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/14/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy, Wheat.	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 05/14/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
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	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)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
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 05/14/2024, Lunch, FE-Favorites																			
Meat/MA; May Choose: 1																			
Country Breakfast Sausage Patty - SR1157 (2 patty)	120.00	9.00	2.00	0.00	60.00	160.00	0.00	0.00	0.00	0.00	12.00	0.72	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Grains; May Choose: 1																			
Buttermilk Pancakes - SR2010 (2 pancake) Contains Egg, Gluten, Milk, Soy, Wheat.	160.00	2.00	0.33	0.00	10.00	406.67	30.67	4.00	5.33	4.00	4.00	1.33	33.33	0.00(M)	0.00(M)	0.00	153.33	(M)	(M)
Fruit; May Choose: 1																			
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)
Condiment; May Choose: 1																			
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
Tuesday 05/14/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Fruit; May Choose: 2																			
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)
Vegetable; May Choose: 2																			
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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Tuesday 05/14/2024, Lunch, FE-Remix (Popups)																			
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	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
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)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

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	2.10	33.23	(M)	(M)	0.11	287.98	(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 (1 tbsp.) Contains Soy.	56.94	0.04	0.02	0.02	0.17	62.79	14.32	0.13	13.52	13.50	0.09	0.09	6.01	0.00(M)	0.00(M)	0.04	17.70	8.43	0.19
Sweet and Sour Sauce - SR2022 (1 tbsp.)	36.54	0.16	0.02	0.00	0.09	37.98	8.73	0.04	7.33	7.33	0.05	0.01	0.36	0.00(M)	0.00(M)	0.02	6.12	(M)	(M)
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Wednesday 05/15/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich) Contains Gluten, Sesame, Wheat.	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)
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/15/2024, Lunch, FE-Everyday Selects (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																			

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

Meal Service: Lunch

Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Beef Taco Meat - NWR4518 (1/3 c.) Contains Gluten, Soy, Wheat.	65.52	3.78	1.58	0.01	18.22	321.36	2.20	0.98	0.27	0.00(M)	6.00	105.47	23.44	13.20(M)	0.49(M)	0.00(M)	144.24(M)	11.82(M)	0.45(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
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)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 05/15/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy.	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M)	6.21(M)	0.00(M)	477.32(M)	9.67(M)	0.04(M)
Vegetable; May Choose: 1																			
Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.) Contains Gluten, Milk, Wheat.	117.06	9.12	1.22	0.01	2.86	74.45	8.23	2.22	2.23	0.00(M)	2.44	1.26	80.58	113.76(M)	31.75(M)	0.00(M)	195.74(M)	29.66(M)	0.38(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 05/15/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.84	216.88	90.36(M)	0.50(M)	0.35	390.83	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	402.30	23.34	7.89	0.00	20.00	775.70	37.45	6.78	2.00	1.00	16.78	2.82(M)	48.90(M)	0.00(M)	0.00(M)	0.50(M)	271.20(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Wednesday 05/15/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
BBQ Chicken Sandwich - NWR4557 (1 ea.) Contains Gluten, Sesame, Wheat. May contain Vegetable; May Choose: 2	314.23	9.50	2.00	0.00	76.00	925.78	38.65	3.00	6.84	6.04(M)	20.00	2.00(M)	80.24(M)	0.00(M)	0.00(M)	0.00(M)	104.08(M)	7.86(M)	0.01(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)
Wednesday 05/15/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments) 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)
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)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Thursday 05/16/2024, Lunch, FE-Everyday Selects (Grill composed) Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

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 05/16/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Thursday 05/16/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	227.72	11.47	3.46	0.00	83.09	567.70	15.09	2.39	1.36	0.00(M)	17.82	1.10(M)	102.55(M)	9923.65(M)	4.56(M)	0.00(M)	307.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.99	25.44	8.04	0.00	37.58	1152.76	56.27	8.05	8.55	1.00	20.36	2.98	225.86	671.41(M)	28.18(M)	0.18	773.99	49.89(M)	0.24(M)
Protein Power Up Box - NWR4587 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat.	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 lea.) Contains Gluten, Milk, Soy, Wheat. May	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
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 05/16/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
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)
Grains; May Choose: 1																			
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
Vegetable; May Choose: 1																			
Roasted Green Beans - SR1021 (1/2 c.)	22.18	0.13	0.04	0.00	0.00	43.10	5.11	2.34	1.45	0.00(M)	1.18	0.53	32.84	323.23(M)	3.16(M)	0.00	124.93	74.73	0.48
Thursday 05/16/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)
Chilled Corn - SR1033 (1/2 c.)	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)
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)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Thursday 05/16/2024, Lunch, FE-Remix (Popups)																			
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	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
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	2.10	33.23	(M)	(M)	0.11	287.98	(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 (1 tbsp.) Contains Soy.	56.94	0.04	0.02	0.02	0.17	62.79	14.32	0.13	13.52	13.50	0.09	0.09	6.01	0.00(M)	0.00(M)	0.04	17.70	8.43	0.19
Sweet and Sour Sauce - SR2022 (1 tbsp.)	36.54	0.16	0.02	0.00	0.09	37.98	8.73	0.04	7.33	7.33	0.05	0.01	0.36	0.00(M)	0.00(M)	0.02	6.12	(M)	(M)
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Friday 05/17/2024, Lunch, FE-Everyday Selects (Grill composed)																			

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Fish Po Boy - NWR4517 (1 sandwich) Contains Fish, Gluten, Milk, Sesame, Soy, Wheat. May	363.55	11.56	3.28	0.00	46.51	675.82	43.81	4.51	3.75	2.75	21.57	3.66	140.16	0.00(M)	0.00(M)	0.05	363.70	0.00(M)	0.00(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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/17/2024, Lunch, FE-Everyday Selects (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																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Beef Taco Meat - NWR4518 (1/3 c.) Contains Gluten, Soy, Wheat.	65.52	3.78	1.58	0.01	18.22	321.36	2.20	0.98	0.27	0.00(M)	6.00	105.47	23.44	13.20(M)	0.49(M)	0.00(M)	144.24(M)	11.82(M)	0.45(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
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)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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)

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Meal Service: Lunch

Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Friday 05/17/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Vegetable; May Choose: 1	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Friday 05/17/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.34	9.60	5.01	0.00	25.00	631.29	23.62	6.03	5.72	0.00(M)	12.29	1.67(M)	264.68(M)	4172.55(M)	11.50(M)	0.20(M)	355.33(M)	30.46(M)	0.22(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy, Grains; May Choose: 1	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)
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 05/17/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
Alaskan Pollock - NWR2448 (4 Ounce serving) Contains Fish, Gluten, Wheat.	211.86	8.07	1.01	0.00	45.40	312.74	19.17	2.02	1.01	1.01	16.14	2.02	15.13	(M)	(M)	0.00	319.81	(M)	(M)
Grains; May Choose: 1																			
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
Vegetable; May Choose: 2																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
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)
Condiment; May Choose: 1																			
Tartar Sauce - SR2615 (1 tbsp.) Contains Egg.	39.34	3.60	0.80	0.00	4.00	100.36	1.51	0.01	0.64	0.00(M)	0.01	0.00	0.09	0.00(M)	0.00(M)	0.00(M)	1.62(M)	0.00(M)	0.00(M)
Friday 05/17/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Fruit; May Choose: 2																			

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Meal Service: Lunch

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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Monday 05/20/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/20/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)

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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, Vegetable; May Choose: 1	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Monday 05/20/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	267.13	16.48	7.14	0.00	221.25	466.36	8.15	2.23	5.67	0.00(M)	21.87	2.03	255.57	2424.63(M	14.17(M)	1.20(M)	366.89(M	55.03(M)	0.27(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.99	25.44	8.04	0.00	37.58	1152.76	56.27	8.05	8.55	1.00	20.36	2.98	225.86	671.41(M	28.18(M)	0.18	773.99	49.89(M)	0.24(M)
Fiesta Layered Dip with Chips - SR3885 (1 Box) Contains Milk.	359.46	10.38	3.40	0.00	13.10	547.46	51.82	13.45	2.54	0.00(M)	13.68	2.93	130.93	101.88(M	0.00(M)	0.03(M)	530.57(M	104.21(M)	0.11(M)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May Grains; May Choose: 1	338.85	14.55	5.82	0.00	59.06	928.09	31.04	3.27	4.42	4.07	24.08	2.31	175.41	90.36(M)	0.50(M)	0.81	357.32	(M)	(M)
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 05/20/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
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)
Vegetable; May Choose: 2																			
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
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)
Vegetarian Baked Beans - SR3118 (1/2 c.)	112.64	1.02	0.00	0.00	0.00	122.88	21.50	5.12	1.02	0.00	7.17	1.74	40.96	0.00(M)	0.00(M)	0.00	471.04	(M)	(M)
Monday 05/20/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments) 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)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

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)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Monday 05/20/2024, Lunch, FE-Remix (Popups)																			
MTO Pick 1st Grain; May Choose: 1																			
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
MTO Pick 1st Protein; May Choose: 1																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Shaved Beef - NWR1830 (2 7/8 oz.)	176.72	12.96	5.30	0.59	41.24	270.98	4.71	0.00	2.36	(M)	12.96	1.27	23.56	0.00	0.00	0.00	(M)	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth for Chicken Pho - NWR1424 (1 portion) Contains Fish.	33.46	1.73	0.57	0.00	2.84	265.88	3.60	0.26	1.65	1.17(M)	1.02	0.22	17.72	212.21(M)	1.55(M)	0.00(M)	142.54(M)	245.15(M)	0.58(M)
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Pho Condiments - NWR2507 (1 serving) Contains Soy.	16.41	0.10	0.02	0.00	0.00	168.20	3.93	0.64	2.15	1.32(M)	0.44	0.24	12.27	211.49(M)	3.92(M)	0.00(M)	45.00(M)	24.06(M)	0.44(M)
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Tuesday 05/21/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

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 05/21/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy, Wheat.	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Tuesday 05/21/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
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	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
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 05/21/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
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)
Vegetable; May Choose: 1																			
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)
Tuesday 05/21/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Fruit; May Choose: 2																			
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)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Vegetable; May Choose: 2																			
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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Tuesday 05/21/2024, Lunch, FE-Remix (Popups)																			
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	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
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	2.10	33.23	(M)	(M)	0.11	287.98	(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 (1 tbsp.) Contains Soy.	56.94	0.04	0.02	0.02	0.17	62.79	14.32	0.13	13.52	13.50	0.09	0.09	6.01	0.00(M)	0.00(M)	0.04	17.70	8.43	0.19
Sweet and Sour Sauce - SR2022 (1 tbsp.)	36.54	0.16	0.02	0.00	0.09	37.98	8.73	0.04	7.33	7.33	0.05	0.01	0.36	0.00(M)	0.00(M)	0.02	6.12	(M)	(M)
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Wednesday 05/22/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich) Contains Gluten, Sesame, Wheat.	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)
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)

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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)
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/22/2024, Lunch, FE- Everyday Selects (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																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Beef Taco Meat - NWR4518 (1/3 c.) Contains Gluten, Soy, Wheat.	65.52	3.78	1.58	0.01	18.22	321.36	2.20	0.98	0.27	0.00(M)	6.00	105.47	23.44	13.20(M)	0.49(M)	0.00(M)	144.24(M)	11.82(M)	0.45(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
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)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wednesday 05/22/2024, Lunch, FE- Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)

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Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M)	6.21(M)	0.00(M)	477.32(M)	9.67(M)	0.04(M)
Vegetable; May Choose: 1																			
Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.) Contains Gluten, Milk, Wheat.	117.06	9.12	1.22	0.01	2.86	74.45	8.23	2.22	2.23	0.00(M)	2.44	1.26	80.58	113.76(M)	31.75(M)	0.00(M)	195.74(M)	29.66(M)	0.38(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 05/22/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.84	216.88	90.36(M)	0.50(M)	0.35	390.83	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	402.30	23.34	7.89	0.00	20.00	775.70	37.45	6.78	2.00	1.00	16.78	2.82(M)	48.90(M)	0.00(M)	0.00(M)	0.50(M)	271.20(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
Wednesday 05/22/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
Crispy Orange Chicken Rice Bowl - NWR4560 (1 bowl) Contains Gluten, Soy, Wheat.	432.69	14.43	2.61	0.04	20.95	508.58	58.86	4.66	19.23	18.20	17.29	2.72	34.53	0.00(M)	0.00(M)	0.20	356.86	72.10(M)	0.43(M)
Vegetable; May Choose: 1																			
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Wednesday 05/22/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
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)
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)
Condiment; May Choose: 1																			

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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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Thursday 05/23/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/23/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Hawaiian Pizza - NWR3208 (1 slice) Contains Gluten, Milk, Soy, Wheat.	365.08	15.07	6.74	0.00	41.56	472.60	36.51	3.62	6.87	0.80	19.43	2.02	332.82	320.00(M)	0.00(M)	0.00	445.04	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Vegetable; May Choose: 1																			
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Thursday 05/23/2024, Lunch, FE-Fast Takes																			

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Entrée/Combo; May Choose: 1																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	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.	527.99	25.44	8.04	0.00	37.58	1152.76	56.27	8.05	8.55	1.00	20.36	2.98	225.86	671.41(M)	28.18(M)	0.18	773.99	49.89(M)	0.24(M)
Protein Power Up Box - NWR4587 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat.	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	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 05/23/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
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)
Thursday 05/23/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)
Chilled Corn - SR1033 (1/2 c.)	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)
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)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Thursday 05/23/2024, Lunch, FE-Remix (Popups)																			
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	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
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)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

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	2.10	33.23	(M)	(M)	0.11	287.98	(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 (1 tbsp.) Contains Soy.	56.94	0.04	0.02	0.02	0.17	62.79	14.32	0.13	13.52	13.50	0.09	0.09	6.01	0.00(M)	0.00(M)	0.04	17.70	8.43	0.19
Sweet and Sour Sauce - SR2022 (1 tbsp.)	36.54	0.16	0.02	0.00	0.09	37.98	8.73	0.04	7.33	7.33	0.05	0.01	0.36	0.00(M)	0.00(M)	0.02	6.12	(M)	(M)
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
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)
Tuesday 05/28/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/28/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Buffalo Chicken Pizza - NWR1596 (1 slice) Contains Gluten, Milk, Soy, Wheat.	354.76	14.54	6.03	0.00	43.98	925.71	36.22	3.54	5.71	0.80(M)	18.30	1.97(M)	275.94(M)	344.93(M)	0.47(M)	0.08(M)	403.58(M)	2.25(M)	0.02(M)
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy, Vegetable; May Choose: 1	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)	0.38(M)
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 05/28/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	361.35	15.93	6.32	0.00	77.81	1075.60	31.04	3.27	4.42	4.07	26.83	2.56	175.41	90.36(M)	0.50(M)	0.81	477.32	(M)	(M)
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	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
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 05/28/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
French Toast Sticks - SR1910 (4 stick.) Contains Gluten, Soy, Wheat.	257.36	9.90	1.49	0.00	0.00	296.95	37.61	2.97	8.91	7.92	5.94	1.98	39.59	0.00(M)	0.00(M)	0.00	148.48	(M)	(M)
Meat/MA; May Choose: 1																			
Country Breakfast Sausage Patty - SR1157 (2 patty) Vegetable; May Choose: 1	120.00	9.00	2.00	0.00	60.00	160.00	0.00	0.00	0.00	0.00	12.00	0.72	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Tater Tots - SR1450 (1/2 c.) Condiment; May Choose: 1	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)
Pancake & Waffle Syrup - SR1158 (2 tbsp.) Tuesday 05/28/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments) Fruit; May Choose: 2	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)
Unsweetened Applesauce - SR1195 (1/2 c.) Vegetable; May Choose: 2	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)
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)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
LowFat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Tuesday 05/28/2024, Lunch, FE-Remix (Popups)																			
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	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
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	2.10	33.23	(M)	(M)	0.11	287.98	(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 (1 tbsp.) Contains Soy.	56.94	0.04	0.02	0.02	0.17	62.79	14.32	0.13	13.52	13.50	0.09	0.09	6.01	0.00(M)	0.00(M)	0.04	17.70	8.43	0.19
Sweet and Sour Sauce - SR2022 (1 tbsp.)	36.54	0.16	0.02	0.00	0.09	37.98	8.73	0.04	7.33	7.33	0.05	0.01	0.36	0.00(M)	0.00(M)	0.02	6.12	(M)	(M)
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Wednesday 05/29/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich) Contains Gluten, Sesame, Wheat.	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)
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR4514 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	260.00	9.50	3.50	0.00	25.00	460.00	29.00	4.00	2.00	2.00	18.00	3.44	100.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
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	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)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

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)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/29/2024, Lunch, FE- Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M)	6.21(M)	0.00(M)	477.32(M)	9.67(M)	0.04(M)
Vegetable; May Choose: 1																			
Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.) Contains Gluten, Milk, Wheat.	117.06	9.12	1.22	0.01	2.86	74.45	8.23	2.22	2.23	0.00(M)	2.44	1.26	80.58	113.76(M)	31.75(M)	0.00(M)	195.74(M)	29.66(M)	0.38(M)
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Wednesday 05/29/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.00	31.05	1756.72	48.11	7.52	4.38	0.00	21.23	2.84	216.88	90.36(M)	0.50(M)	0.35	390.83	0.00(M)	0.00(M)
Classic Hummus Box - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat. May contain	402.30	23.34	7.89	0.00	20.00	775.70	37.45	6.78	2.00	1.00	16.78	2.82(M)	48.90(M)	0.00(M)	0.00(M)	0.50(M)	271.20(M)	0.00(M)	0.00(M)
Crispy Chicken Salad - NWR4380 (1 salad) Contains Gluten, Milk, Soy, Wheat.	279.20	15.77	4.52	0.00	32.50	460.05	19.42	4.62	5.09	0.00(M)	16.19	2.23	157.34	2299.29(M)	25.76(M)	0.18(M)	573.70(M)	37.66(M)	0.19(M)
Italian Sub Sandwich - NWR4382 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	379.44	17.13	5.63	0.00	96.56	1137.79	31.68	3.05	4.07	4.07(M)	27.44	2.67	111.17	0.00(M)	0.60(M)	0.76(M)	402.52(M)	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
Wednesday 05/29/2024, Lunch, FE-Favorites																			
Vegetable; May Choose: 1																			
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
Wednesday 05/29/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
Fruit; May Choose: 2																			

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

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)
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)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Thursday 05/30/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
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	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	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/30/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)

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Meal Service: Lunch

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, Vegetable; May Choose: 1	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Parmesan Green Beans - SR1144 (1/2 c.) Contains Milk.	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat. Condiment; May Choose: 1	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)
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 05/30/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	237.57	13.52	7.44	0.00	36.96	620.60	15.21	3.91	1.36	0.00	16.20	1.10	453.40	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)
Chicken Caesar Salad - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	227.72	11.47	3.46	0.00	83.09	567.70	15.09	2.39	1.36	0.00(M)	17.82	1.10(M)	102.55(M)	9923.65(M)	4.56(M)	0.00(M)	307.59(M)	107.79(M)	0.66(M)
Crispy Chicken Wrap - NWR4376 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	527.99	25.44	8.04	0.00	37.58	1152.76	56.27	8.05	8.55	1.00	20.36	2.98	225.86	671.41(M)	28.18(M)	0.18	773.99	49.89(M)	0.24(M)
Protein Power Up Box - NWR4587 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat.	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	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 05/30/2024, Lunch, FE-Favorites																			
Entrée/Combo; May Choose: 1																			
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. Vegetable; May Choose: 2	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)
Aztec Corn - SR3173 (1/2 c.)	93.06	1.92	0.08	0.00	0.00	49.36	18.23	3.30	2.80	0.00(M)	3.52	0.61(M)	19.63(M)	119.44(M)	4.73(M)	0.00(M)	148.97(M)	6.17(M)	0.04(M)
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)
Thursday 05/30/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments) 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	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Vegetable; May Choose: 2																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)
Chilled Corn - SR1033 (1/2 c.)	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)

Lunch Menu Item Nutrients

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Meal Service: Lunch

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)
Condiment; May Choose: 1																			
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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
Thursday 05/30/2024, Lunch, FE-Remix (Popups)																			
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	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
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	2.10	33.23	(M)	(M)	0.11	287.98	(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 (1 tbsp.) Contains Soy.	56.94	0.04	0.02	0.02	0.17	62.79	14.32	0.13	13.52	13.50	0.09	0.09	6.01	0.00(M)	0.00(M)	0.04	17.70	8.43	0.19
Sweet and Sour Sauce - SR2022 (1 tbsp.)	36.54	0.16	0.02	0.00	0.09	37.98	8.73	0.04	7.33	7.33	0.05	0.01	0.36	0.00(M)	0.00(M)	0.02	6.12	(M)	(M)
Teriyaki Sauce - SR2025 (1 tbsp.) Contains Gluten, Soy, Wheat.	46.41	0.18	0.14	0.02	0.14	143.91	10.88	0.05	10.12	9.96	0.29	0.06	1.66	4.29	0.14	0.02	28.47	7.74	0.41
Vegetable; May Choose: 1																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
Friday 05/31/2024, Lunch, FE-Everyday Selects (Grill composed)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	312.78	14.53	5.77	0.50	51.33	576.44	27.25	3.00	2.00	2.00(M)	19.27	3.16	120.50	0.00(M)	0.00(M)	0.03(M)	109.06(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Fish Po Boy - NWR4517 (1 sandwich) Contains Fish, Gluten, Milk, Sesame, Soy, Wheat. May	363.55	11.56	3.28	0.00	46.51	675.82	43.81	4.51	3.75	2.75	21.57	3.66	140.16	0.00(M)	0.00(M)	0.05	363.70	0.00(M)	0.00(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	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)

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Meal Service: Lunch

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)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(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 05/31/2024, Lunch, FE-Everyday Selects (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																			
Beef Taco Filling - SR3906 (3 tbsp.) Contains Soy.	57.03	2.52	0.91	0.00	17.16	149.40	2.52	1.01	1.01	0.00	6.56	1.01	23.22	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	(M)
Beef Taco Meat - NWR4518 (1/3 c.) Contains Gluten, Soy, Wheat.	65.52	3.78	1.58	0.01	18.22	321.36	2.20	0.98	0.27	0.00(M)	6.00	105.47	23.44	13.20(M)	0.49(M)	0.00(M)	144.24(M)	11.82(M)	0.45(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
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)
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.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
Condiment; May Choose: 1																			
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Friday 05/31/2024, Lunch, FE-Everyday Selects (Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	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)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
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Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	61.54	0.00	0.00	0.00	0.00	41.02	12.31	4.10	8.21	(M)	4.10	1.48	82.05	5128.02	19.69	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Condiment; May Choose: 1																			
Spaghetti Sauce - SR2220 (1/4 c.)	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	(M)
Friday 05/31/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	499.69	27.67	8.02	0.00	91.00	1060.56	43.34	5.20	3.68	0.00(M)	21.70	1.55(M)	148.80(M)	4961.83(M)	2.28(M)	0.00(M)	222.71(M)	53.90(M)	0.33(M)
Fiesta Garden Salad - NWR4392 (1 salad) Contains Milk.	226.34	9.60	5.01	0.00	25.00	631.29	23.62	6.03	5.72	0.00(M)	12.29	1.67(M)	264.68(M)	4172.55(M)	11.50(M)	0.20(M)	355.33(M)	30.46(M)	0.22(M)
Ham & Cheese Sub Sandwich - NWR3163 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	331.35	14.93	6.19	0.00	70.31	1010.60	31.04	3.27	4.42	4.07	21.83	2.53	175.41	90.36(M)	0.50(M)	0.81	432.32	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Soy,	357.98	14.92	5.03	0.00	76.36	1079.98	28.51	3.00	2.00	1.00	28.27	2.30	111.00	0.00(M)	0.00(M)	0.55	529.82	0.00(M)	0.00(M)
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 05/31/2024, Lunch, FE-Favorites																			
Menu Item & Assembly; May Choose: 1																			
Sloppy Joe - NWR2543 (1 ea.) Contains Gluten, Sesame, Soy, Wheat. May contain Soy.	303.14	8.72	3.06	0.00	35.56	807.44	39.28	5.56	11.88	8.72(M)	18.01	207.35	115.10	237.41(M)	9.23(M)	0.00(M)	394.62(M)	13.86(M)	0.06(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)
Vegetable; May Choose: 1																			
Country Style Potato Wedges - NWR4546 (1/2 c.)	79.97	2.00	0.00	0.00	0.00	19.99	15.99	1.00	1.00	0.00	1.00	0.20	19.99	0.00(M)	0.00(M)	0.00	240.08	(M)	(M)
Friday 05/31/2024, Lunch, FE-From The Garden (Garden, Milk, Condiments)																			
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)
Milk; May Choose: 1																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
Condiment; May Choose: 1																			
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)

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
Meal Service: Lunch

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)
Yellow Mustard - SR1603 (1 pump)	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(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 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 form to the District Nutrition Services office.