

Lunch Menu Item Nutrients

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

Timberline Middle School

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassiu m (mg)	Mois (g)	Ash (g)
Monday 04/29/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
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)
MTO Pick 1st Grain; 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)
Vegetable; May Choose: 1																			
Roasted Cauliflower - SR1039 (1/2 c.)	50.13	3.72	0.35	0.00	0.00	72.02	4.03	1.55	1.45	0.00	1.51	0.35	17.14	0.00(M)	36.44(M)	0.00	27.27	69.63(M)	0.71(M)
Monday 04/29/2024, 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)
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, Wheat. May contain	348.98	15.56	5.82	0.00	64.13	938.22	31.04	3.27	4.42	4.07	24.08	2.20	192.62	90.36(M)	0.50(M)	0.92	372.51	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Monday 04/29/2024, Lunch, 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)
Monday 04/29/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Korean BBQ Chicken - SR2316 (1/3 c.) Contains Gluten, Sesame, Soy, Wheat.	157.74	5.89	1.35	0.01	54.58	467.41	6.80	0.10	5.46	4.80	18.61	0.53	3.44	20.73(M)	0.20(M)	0.00	10.90	0.00(M)	0.03(M)
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)

Lunch Menu Item Nutrients

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

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)
Pulled Pork - SR3327 (2 oz.)	92.00	5.00	2.00	0.00	36.00	202.00	0.00	0.00	0.00	0.00	11.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Carolina Slaw - SR1633 (1/3 c.) Contains Egg.	86.64	6.12	1.36	0.00	6.67	145.84	7.69	1.47	4.60	2.77	0.77	0.41	27.16	710.60(M)	18.94(M)	0.00(M)	107.17(M)	57.77(M)	0.38(M)
Vegetarian Baked Beans - SR1336 (1/4 c.)	121.69	0.01	0.00	0.00	0.00	290.80	26.83	2.67	17.20	11.29(M)	3.69	1.37	46.01	0.07(M)	0.26(M)	0.00(M)	210.76(M)	4.80(M)	0.27(M)
Condiment; May Choose: 1																			
Barbecue Sauce - SR1008 (2 tbsp.)	30.28	0.00	0.00	0.00	0.00	474.42	7.07	0.00	6.06	5.05	0.00	0.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)
Monday 04/29/2024, Lunch, FE-Superfoods																			
Meat/MA; May Choose: 1																			
Homemade Rainbow Chili - NWR2365 (1 c.)	210.67	0.65	0.01	0.00	0.00	979.14	41.47	11.03	10.24	1.34(M)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll))) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Tuesday 04/30/2024, Lunch, FE-Everyday Selects (Grill/Nacho/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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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,	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 04/30/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
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)
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)
Tuesday 04/30/2024, 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																			
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)
Tuesday 04/30/2024, Lunch, FE-Global Flavors																			
Meat/MA; May Choose: 1																			
Korean BBQ Chicken - NWR3641 (3 oz.) Contains Gluten, Sesame, Soy, Wheat.	218.58	12.02	2.68	0.01	77.22	780.33	13.22	0.11	5.72	5.03(M)	14.67	0.10(M)	3.61(M)	21.73(M)	0.20(M)	0.00(M)	11.42(M)	0.00(M)	0.03(M)
Teriyaki Meatballs - SR1856 (3 Meatballs) Contains Gluten, Milk, Sesame, Soy, Wheat.	177.38	8.73	3.65	0.06	21.00	308.94	15.64	0.77	12.89	12.55	9.06	1.07	26.71	20.16(M)	0.45(M)	0.02	233.95	32.86	1.19
MTO Pick 1st Grain; May Choose: 1																			
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
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)
Tuesday 04/30/2024, Lunch, FE-Superfoods																			
Meat/MA; May Choose: 1																			

Lunch Menu Item Nutrients

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

Homemade Rainbow Chili - NWR2365 (1 c.)	210.67	0.65	0.01	0.00	0.00	979.14	41.47	11.03	10.24	1.34(M)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Wednesday 05/01/2024, Lunch, FE- Everyday Selects (Grill/Nacho/Pizza conv)																			
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)
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)

Lunch Menu Item Nutrients

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

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, Wheat. May contain Egg,	384.50	17.63	5.63	0.00	99.09	1142.86	31.68	3.05	4.07	4.07(M)	27.44	2.62	119.78	0.00(M)	0.60(M)	0.81(M)	410.11(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-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)
Wednesday 05/01/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1066 (2 tortilla) Contains Gluten, Wheat.	179.97	5.00	2.00	0.00	0.00	259.96	28.00	4.00	2.00	0.00	4.00	2.00	71.99	0.00(M)	0.00(M)	0.00	57.99	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Carnitas - SR3328 (1/2 c.)	221.41	7.15	0.26	0.00	91.13	414.67	3.47	0.83	1.27	0.00(M)	30.90	0.60(M)	16.76(M)	0.29(M)	1.06(M)	0.00(M)	72.52(M)	0.00(M)	1.07(M)
Pinto Beans - SR1032 (1 #8 scoop)	126.80	0.00	0.00	0.00	0.00	161.38	21.90	5.76	0.58	0.00	8.07	1.84	69.16	0.00(M)	0.00(M)	0.00	495.66	(M)	(M)
Turkey Al Pastor - SR1259 (1/2 c.)	155.31	5.83	1.89	0.00	73.90	776.78	7.98	1.10	3.72	0.11	17.04	1.38	17.78	0.07(M)	0.23(M)	0.00	266.91	0.00(M)	0.93(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Diced Yellow Onion - SR1264 (2 tbsp.)	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	0.07
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Sour Cream - SR1659 (2 tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
Vegetable; May Choose: 1																			
Black Beans - SR3362 (1/2 c.)	125.39	0.52	0.00	0.00	0.00	146.29	24.03	6.27	1.04	0.00	7.32	1.88	62.70	0.00(M)	0.00(M)	0.00	470.23	0.00(M)	0.00(M)

Lunch Menu Item Nutrients

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

Wednesday 05/01/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Thursday 05/02/2024, Lunch, FE-Everyday Selects (Grill/Nacho/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 05/02/2024, 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)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Wheat. May contain	348.98	15.56	5.82	0.00	64.13	938.22	31.04	3.27	4.42	4.07	24.08	2.20	192.62	90.36(M)	0.50(M)	0.92	372.51	(M)	(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Thursday 05/02/2024, Lunch, 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																			
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)
Thursday 05/02/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	250.03	1.50	0.00	0.00	0.00	250.39	49.01	3.00	1.00	1.00	9.00	3.50	0.36	0.00(M)	0.00(M)	0.00	160.14	0.00(M)	0.01(M)
MTO Pick 1st Protein; May Choose: 2																			
Hard Boiled Egg - SR3322 (1 egg) Contains Egg.	70.00	5.00	1.50	0.00	170.00	55.00	1.00	0.00	1.00	0.00	6.00	1.00	23.00	(M)	(M)	1.00	57.00	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (2 1/4 oz.)	112.50	6.00	1.50	0.00	57.00	259.50	4.50	0.00	0.00	0.00(M)	10.50	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Broth- Pho, Vegetable - SR2211 (1 c.) Contains Sesame.	23.82	1.37	0.20	0.00(M)	0.00	47.17	2.78	0.37	0.97	0.18(M)	0.32	0.06	9.36	0.32(M)	1.36(M)	0.00(M)	62.03(M)	149.82(M)	0.21(M)
Condiment; May Choose: 4																			
Fresh Cilantro - SR1265 (1 tsp.)	0.08	0.00	0.00	0.00	0.00	0.15	0.01	0.01	0.00	0.00	0.01	0.01	0.22	22.44	0.09	0.00	1.73	(M)	(M)
Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
Thursday 05/02/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05

Lunch Menu Item Nutrients

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

Friday 05/03/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	315.31	14.78	5.77	0.50	52.59	578.97	27.25	3.00	2.00	2.00(M)	19.27	3.13	124.80	0.00(M)	0.00(M)	0.05(M)	112.86(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 - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	433.60	17.27	4.43	0.00	54.66	810.10	49.52	6.39	7.21	3.75(M)	21.54	4.02	195.93	1153.13(M)	24.87(M)	0.10(M)	495.70(M)	67.43(M)	0.50(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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-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, Wheat. May	341.48	15.94	6.19	0.00	75.38	1020.72	31.04	3.27	4.42	4.07	21.83	2.43	192.62	90.36(M)	0.50(M)	0.92	447.51	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Wheat.	363.04	15.43	5.03	0.00	78.89	1085.05	28.51	3.00	2.00	1.00	28.27	2.25	119.61	0.00(M)	0.00(M)	0.60	537.41	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-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																			
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)

Lunch Menu Item Nutrients

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

Friday 05/03/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Toasted Waffle - SR2165 (2 waffle) Contains Egg, Gluten, Milk, Soy, Wheat.	185.89	5.16	1.03	0.00	0.00	340.80	30.98	1.03	4.13	4.13	4.13	3.72	268.51	1032.73	(M)	0.00	41.31	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
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)
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 05/03/2024, Lunch, FE-Superfoods																			
Meat/MA; May Choose: 1																			
Homemade Rainbow Chili - NWR2365 (1 c.)	210.67	0.65	0.01	0.00	0.00	979.14	41.47	11.03	10.24	1.34(M)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (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/Nacho/Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	315.31	14.78	5.77	0.50	52.59	578.97	27.25	3.00	2.00	2.00(M)	19.27	3.13	124.80	0.00(M)	0.00(M)	0.05(M)	112.86(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

Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	362.50	19.23	10.13	0.00	60.75	1171.75	32.02	2.00	2.00	2.00	16.13	2.40	390.43	0.00(M)	0.00(M)	0.41	186.50	(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)
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-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, Wheat. May contain	348.98	15.56	5.82	0.00	64.13	938.22	31.04	3.27	4.42	4.07	24.08	2.20	192.62	90.36(M)	0.50(M)	0.92	372.51	(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 05/06/2024, 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																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Monday 05/06/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Cilantro Lime Rice - SR1232 (1 c.)	232.33	4.97	0.25	0.00	0.00	277.95	43.66	2.88	1.34	0.00	4.91	1.32	14.54	16.22(M)	2.57(M)	0.00	178.19	79.41(M)	0.95(M)
Tortilla Chips - SR1065 (1 1/2 oz.)	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: 1																			

Lunch Menu Item Nutrients

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

Mexican Tinga Chicken - NWR3229 (3 oz.)	101.43	4.72	1.17	0.00	44.13	282.39	6.52	0.77	1.50	0.11(M)	8.57	0.26(M)	16.73(M)	34.62(M)	0.95(M)	0.00(M)	112.90(M)	0.00(M)	0.16(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Condiment; May Choose: 1																			
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Monday 05/06/2024, Lunch, FE-Superfoods																			
Meat/MA; May Choose: 1																			
Homemade Rainbow Chili - NWR2365 (1 c.)	210.67	0.65	0.01	0.00	0.00	979.14	41.47	11.03	10.24	1.34(M)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Tuesday 05/07/2024, Lunch, FE-Everyday Selects (Grill/Nacho/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)

Lunch Menu Item Nutrients

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

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 05/07/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Wheat. May	371.48	16.94	6.32	0.00	82.88	1085.72	31.04	3.27	4.42	4.07	26.83	2.45	192.62	90.36(M)	0.50(M)	0.92	492.51	(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)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Tuesday 05/07/2024, 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																			
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																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Tuesday 05/07/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)
Yakisoba Noodles - SR3439 (1 c.) Contains Gluten, Soy, Wheat.	250.03	1.50	0.00	0.00	0.00	250.39	49.01	3.00	1.00	1.00	9.00	3.50	0.36	0.00(M)	0.00(M)	0.00	160.14	0.00(M)	0.01(M)
MTO Pick 1st Protein; May Choose: 1																			
Korean BBQ Baked Tofu - SR3901 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	288.57	21.23	2.53	0.00	0.00	566.79	7.30	3.11	2.82	2.49	22.63	3.59	888.26	217.73(M)	0.27(M)	0.00	315.58	0.00(M)	0.90(M)

Lunch Menu Item Nutrients

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

Teriyaki Chicken - NWR2962 (1/2 c.) Contains Gluten, Soy, Wheat.	171.47	6.84	1.80	0.02	63.47	432.36	15.89	0.06	10.12	9.96(M)	11.96	0.06(M)	1.82(M)	21.12(M)	0.20(M)	0.02(M)	29.77(M)	0.00(M)	0.41(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Roasted Broccoli - SR1852 (1/4 c.)	32.75	2.25	0.17	0.00	0.00	36.04	2.70	1.44	0.70	0.00(M)	1.50	0.31	15.91	477.69(M)	18.95(M)	0.00(M)	2.87(M)	42.88(M)	0.42(M)
Condiment; May Choose: 1																			
Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
Tuesday 05/07/2024, Lunch, FE-Superfoods																			
Meat/MA; May Choose: 1																			
Homemade Rainbow Chili - NWR2365 (1 c.)	210.67	0.65	0.01	0.00	0.00	979.14	41.47	11.03	10.24	1.34(M)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Wednesday 05/08/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
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)
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)

Lunch Menu Item Nutrients

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

Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
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-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, Wheat. May contain Egg,	384.50	17.63	5.63	0.00	99.09	1142.86	31.68	3.05	4.07	4.07(M)	27.44	2.62	119.78	0.00(M)	0.60(M)	0.81(M)	410.11(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-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)
Wednesday 05/08/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; 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)
MTO Pick 1st Protein; May Choose: 1																			
Barbecue Chicken - SR2532 (1/4 c.)	104.30	2.00	0.00	0.00	42.00	562.05	7.54	0.00	6.46	5.38	12.00	0.00(M)	0.00(M)	(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.10	33.23	(M)	(M)	0.11	287.98	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 2																			

Lunch Menu Item Nutrients

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

Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	34.07	2.35	0.32	0.00	1.33	173.75	2.83	1.14	0.86	0.00(M)	1.02	0.28	17.01	141.52(M)	1.78(M)	0.00(M)	63.63(M)	37.13(M)	0.59(M)
Vegetarian Baked Beans - SR2026 (1/4 c.)	75.00	0.00	0.00	0.00	0.00	275.00	15.00	2.50	6.00	5.50	3.50	0.95	25.00	0.00(M)	0.00(M)	0.00	190.00	(M)	(M)
Whipped Potatoes - SR1112 (1/2 c.) Contains Milk.	79.98	1.50	1.00	0.00	0.00	102.62	15.00	1.00	1.00	0.00(M)	2.00	0.23	12.92	2.61	6.38	0.00(M)	0.88(M)	84.69(M)	0.09(M)
Condiment; May Choose: 1																			
Chicken Gravy - SR1589 (1/4 c.) Contains Milk.	30.37	1.01	0.00	0.00	0.00	138.46	4.05	0.00	0.71	0.00	0.71	0.00	1.77	0.00(M)	0.00(M)	0.00	122.09	58.94(M)	0.06(M)
Wednesday 05/08/2024, Lunch, FE-Superfoods																			
Meat/MA; May Choose: 1																			
Homemade Rainbow Chili - NWR2365 (1 c.)	210.67	0.65	0.01	0.00	0.00	979.14	41.47	11.03	10.24	1.34(M)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Thursday 05/09/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
Entrée/Combo; 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)
Vegetable; May Choose: 1																			
Roasted Cauliflower - SR1039 (1/2 c.)	50.13	3.72	0.35	0.00	0.00	72.02	4.03	1.55	1.45	0.00	1.51	0.35	17.14	0.00(M)	36.44(M)	0.00	27.27	69.63(M)	0.71(M)
Thursday 05/09/2024, 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)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Wheat. May contain	348.98	15.56	5.82	0.00	64.13	938.22	31.04	3.27	4.42	4.07	24.08	2.20	192.62	90.36(M)	0.50(M)	0.92	372.51	(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 05/09/2024, 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																			
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)
Thursday 05/09/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Whole Wheat Penne Pasta - SR1198 (1 c.) Contains Gluten, Wheat.	182.95	3.03	0.12	0.00	0.00	6.57	36.63	6.57	0.94	0.00	7.51	1.88	22.53	0.00(M)	0.00(M)	0.00	259.51	41.29(M)	0.22(M)
Whole Wheat Spaghetti Noodles - SR1135 (1 c.) Contains Gluten, Wheat.	185.64	3.08	0.12	0.00	0.00	6.66	37.16	6.67	0.95	0.00	7.62	1.91	22.86	0.00(M)	0.00(M)	0.00	263.32	70.39(M)	0.22(M)
MTO Pick 1st Protein; May Choose: 1																			
Beef Meatballs - NWR4538 (3 Meatballs) Contains Gluten, Wheat.	220.00	17.00	6.00	0.50	40.00	220.00	4.00	0.00	0.00	(M)	12.00	1.00	1.00	0.00	0.00	(M)	(M)	(M)	(M)
Roasted Tuscan Vegetables - SR1442 (1/2 c.)	55.34	0.11	0.02	0.00	0.00	115.81	10.05	3.93	0.70(M)	0.00(M)	3.89	1.40	46.10	301.45(M)	9.46(M)	0.00(M)	219.37(M)	15.00(M)	0.24(M)
MTO Additional Toppings/Sides; May Choose: 3																			
Alfredo Cheese Sauce - SR2217 (1/4 c.) Contains Milk.	100.55	6.56	3.61	0.00	19.67	415.29	4.37	0.00	3.28	0.00	6.56	0.00	208.74	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Parmesan Green Beans - SR1144 (1/4 c.) Contains Milk.	20.95	1.17	0.16	0.00	0.36	6.83	2.59	1.16	0.73	0.00(M)	0.65	0.26	19.45	161.62(M)	1.61(M)	0.00	62.44	35.31(M)	0.18(M)
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	42.86	3.33	0.24	0.00	0.00	4.53	2.92	1.41	1.24	0.00(M)	1.25	0.29	12.73	897.86(M)	36.22(M)	0.00(M)	36.73(M)	47.71(M)	0.33(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)
Condiment; May Choose: 1																			
Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.83	15.00	0.17	0.00	0.00	0.00	0.17	0.00	7.17	(M)	(M)	0.00	1.67	(M)	(M)
Thursday 05/09/2024, Lunch, FE-Superfoods																			
Meat/MA; May Choose: 1																			
Homemade Rainbow Chili - NWR2365 (1 c.)	210.67	0.65	0.01	0.00	0.00	979.14	41.47	11.03	10.24	1.34(M)	12.31	3.03(M)	96.40(M)	813.89(M)	6.53(M)	0.00(M)	643.10(M)	6.61(M)	0.07(M)

Lunch Menu Item Nutrients

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

MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Friday 05/10/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	315.31	14.78	5.77	0.50	52.59	578.97	27.25	3.00	2.00	2.00(M)	19.27	3.13	124.80	0.00(M)	0.00(M)	0.05(M)	112.86(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 - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	433.60	17.27	4.43	0.00	54.66	810.10	49.52	6.39	7.21	3.75(M)	21.54	4.02	195.93	1153.13(M)	24.87(M)	0.10(M)	495.70(M)	67.43(M)	0.50(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
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)
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)
Sliced Red Tomatoes - SR1536 (2 tbsp.)	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	0.11
Friday 05/10/2024, Lunch, FE-Fast Takes																			

Lunch Menu Item Nutrients

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

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, Wheat. May	341.48	15.94	6.19	0.00	75.38	1020.72	31.04	3.27	4.42	4.07	21.83	2.43	192.62	90.36(M)	0.50(M)	0.92	447.51	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Wheat.	363.04	15.43	5.03	0.00	78.89	1085.05	28.51	3.00	2.00	1.00	28.27	2.25	119.61	0.00(M)	0.00(M)	0.60	537.41	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 05/10/2024, 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																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Friday 05/10/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Greek Herbed Brown Rice - SR2639 (1 c.) Contains Milk.	304.28	3.29	0.81	0.00	4.00	637.28	64.61	3.07	3.77	3.20	6.53	1.47	44.53	50.26(M)	1.74(M)	0.00	186.39	118.83(M)	0.21(M)
Lemon Pepper Chicken - NWR3598 (1/2 c.)	88.17	4.04	2.00	0.00	46.00	300.84	1.14	0.15	0.25	0.05(M)	12.07	0.04(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	13.38(M)	0.00(M)	0.34(M)
Oven Fired Flatbread - SR1534 (1 piece) Contains Gluten, Milk, Wheat. May contain	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Italian Roasted Chickpeas - SR3793 (1/2 c.)	83.23	2.18	0.06	0.00	0.00	219.69	12.56	3.77	2.19	0.00(M)	3.66	0.27(M)	6.66(M)	0.00(M)	0.00(M)	0.00(M)	4.40(M)	0.00(M)	0.34(M)
MTO Additional Toppings/Sides; May Choose: 3																			
Mozzarella Cheese - SR3098 (1/2 oz.) Contains Milk.	40.50	2.53	1.52	0.00	7.59	81.00	1.01	0.51	0.00	0.00	3.54	0.00	96.19	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	32.75	2.25	0.17	0.00	0.00	36.04	2.70	1.44	0.70	0.00(M)	1.50	0.31	15.91	477.69(M)	18.95(M)	0.00(M)	2.87(M)	42.88(M)	0.42(M)
Roasted Summer Squash - SR1523 (1/4 c.)	17.16	1.07	0.09	0.00	0.00	21.09	1.64	0.52	0.85(M)	0.00(M)	0.42	0.16	6.80	515.75(M)	15.69(M)	0.00(M)	19.73(M)	26.18(M)	0.20(M)
Condiment; May Choose: 1																			
Diced Red Tomatoes - SR1012 (1/8 c.)	4.43	0.05	0.01	0.00	0.00	1.23	0.96	0.29	0.65	0.00	0.22	0.07	2.46	205.08	3.37	0.00	58.35	23.27	0.12
Sliced Black Olives - SR1390 (2 tbsp.)	14.12	1.41	0.00	0.00	0.00	117.63	0.94	0.00	0.00	0.00	0.00	0.34	0.00	0.00	0.00	0.00	0.00	12.78(M)	(M)
Tzatziki Sauce - SR1820 (1 tbsp.) Contains Milk.	7.38	0.02	0.00	0.00	0.33	63.90	0.78	0.05	0.52	0.00(M)	1.20	0.07	14.71	17.28(M)	0.28(M)	0.00(M)	23.77(M)	6.53(M)	0.18(M)

Lunch Menu Item Nutrients

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

Friday 05/10/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
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/Nacho/Pizza conv)																			
Entrée/Combo; 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)
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	315.31	14.78	5.77	0.50	52.59	578.97	27.25	3.00	2.00	2.00(M)	19.27	3.13	124.80	0.00(M)	0.00(M)	0.05(M)	112.86(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.	362.50	19.23	10.13	0.00	60.75	1171.75	32.02	2.00	2.00	2.00	16.13	2.40	390.43	0.00(M)	0.00(M)	0.41	186.50	(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)
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)
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)
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)
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)

Lunch Menu Item Nutrients

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

Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Monday 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, Wheat. May contain Grains; May Choose: 1	348.98	15.56	5.82	0.00	64.13	938.22	31.04	3.27	4.42	4.07	24.08	2.20	192.62	90.36(M)	0.50(M)	0.92	372.51	(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 05/13/2024, 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																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Monday 05/13/2024, Lunch, FE-Global Flavors Entrée/Combo; May Choose: 1																			
Grilled Three Cheese Caprese Sandwich - NWR4448 (1 sandwich) Contains Egg, Gluten,	401.38	19.90	9.23	0.00	51.55	995.91	35.68	3.31	2.98	2.00(M)	19.89	2.37	429.19	149.17(M)	2.46(M)	0.20(M)	214.66(M)	16.95(M)	0.11(M)
Melty Meatball Sub - NWR4539 (1 sandwich) Contains Gluten, Milk, Sesame, Soy, Wheat.	383.69	15.72	5.56	0.33	34.26	624.28	41.27	5.47	8.63	4.11(M)	19.04	3.40	184.19	0.00(M)	0.00(M)	0.00(M)	444.06(M)	(M)	(M)
MTO Pick 1st Grain; May Choose: 1																			
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll)) Contains Gluten, Wheat. May MTO Pick 1st Protein; May Choose: 1	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
Beefy Meatball Sauce - SR1136 (5 Meatballs) Contains Gluten, Milk, Soy, Wheat.	263.60	14.63	5.86	0.06	34.74	475.50	16.88	3.74	8.69	3.79	16.45	2.59	71.11	0.00(M)	0.00(M)	0.00	781.81	37.02(M)	1.15(M)
MTO Additional Toppings/Sides; May Choose: 3																			
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)
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)
Condiment; May Choose: 1																			

Lunch Menu Item Nutrients

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

Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.83	15.00	0.17	0.00	0.00	0.00	0.17	0.00	7.17	(M)	(M)	0.00	1.67	(M)	(M)
Red Pepper Flakes - SR1554 (1/4 tsp.)	1.43	0.08	0.01	0.00	0.00	0.14	0.25	0.12	0.05	0.00	0.05	0.04	0.67	0.00(M)	0.00(M)	0.00	9.06	0.04	0.03
Monday 05/13/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Tuesday 05/14/2024, Lunch, FE-Everyday Selects (Grill/Nacho/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, Wheat. May	371.48	16.94	6.32	0.00	82.88	1085.72	31.04	3.27	4.42	4.07	26.83	2.45	192.62	90.36(M)	0.50(M)	0.92	492.51	(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)

Lunch Menu Item Nutrients

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

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)
Strawberry Banana Parfait - SR1737 (1 parfait) Contains Milk, Soy. May contain Gluten.	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)	0.15(M)
Grains; May Choose: 1																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
Tuesday 05/14/2024, 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																			
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																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Tuesday 05/14/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Hamburger Bun - NWR2664 (1 bun) Contains Gluten, Sesame, Wheat. May contain Soy.	140.00	1.50	0.00	0.00	0.00	200.00	27.00	3.00	2.00	2.00	6.00	2.00	80.00	0.00(M)	0.00(M)	0.00	104.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Pulled Pork - SR3327 (4 oz.)	184.00	10.00	4.00	0.00	72.00	403.99	0.00	0.00	0.00	0.00	22.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Vegetarian Burger Patty - SR3551 (1 patty) Contains Egg, Gluten, Milk, Soy, Wheat.	150.00	8.00	1.00	0.00	0.00	400.00	6.00	31.00	0.00	0.00	16.00	1.20	40.00	0.00(M)	0.00(M)	0.10	130.00	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Barbecue Sauce - SR1008 (1 tbsp.)	15.14	0.00	0.00	0.00	0.00	237.21	3.53	0.00	3.03	2.52	0.00	0.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)
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)
Hot Sauce - SR3162 (1 tbsp.)	3.39	0.09	0.02	0.00	0.18	626.53	0.48	0.34	0.07	0.00	0.17	0.02	1.68	(M)	(M)	0.10	27.85	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
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)
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)
Tuesday 05/14/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)

Lunch Menu Item Nutrients

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

MTO Pick 1st Protein; May Choose: 1																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Wednesday 05/15/2024, Lunch, FE- Everyday Selects (Grill/Nacho/Pizza conv)																			
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)
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)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
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-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, Wheat. May contain Egg,	384.50	17.63	5.63	0.00	99.09	1142.86	31.68	3.05	4.07	4.07(M)	27.44	2.62	119.78	0.00(M)	0.60(M)	0.81(M)	410.11(M)	(M)	(M)

Lunch Menu Item Nutrients

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

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 05/15/2024, 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)
Wednesday 05/15/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1066 (2 tortilla) Contains Gluten, Wheat.	179.97	5.00	2.00	0.00	0.00	259.96	28.00	4.00	2.00	0.00	4.00	2.00	71.99	0.00(M)	0.00(M)	0.00	57.99	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.) Contains Milk.	45.00	3.00	1.75	0.00	10.00	90.00	0.50	0.00	0.00	0.00	4.00	0.00	100.00	(M)	(M)	0.05	10.00	(M)	(M)
Vegetable; May Choose: 1																			
Black Beans - SR3362 (1/2 c.)	125.39	0.52	0.00	0.00	0.00	146.29	24.03	6.27	1.04	0.00	7.32	1.88	62.70	0.00(M)	0.00(M)	0.00	470.23	0.00(M)	0.00(M)
Wednesday 05/15/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Thursday 05/16/2024, Lunch, FE-Everyday Selects (Grill/Nacho/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)
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-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																			
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)

Lunch Menu Item Nutrients

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

Thursday 05/16/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Beef Greek Meatballs - SR3516 (3 Meatballs) Contains Egg, Gluten, Wheat.	329.49	25.93	7.76	1.07	109.67	200.13	5.52	0.77	0.99	0.00(M)	17.97	2.42	40.95	0.50(M)	1.80(M)	0.36(M)	310.34(M)	42.80(M)	1.23(M)
Lemon Pepper Chicken - NWR3598 (1/2 c.)	88.17	4.04	2.00	0.00	46.00	300.84	1.14	0.15	0.25	0.05(M)	12.07	0.04(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	13.38(M)	0.00(M)	0.34(M)
Mini Sub Roll - SR1208 (1 roll (small submarine, hoagie roll))) Contains Gluten, Wheat. May	162.71	3.05	0.00	0.00	0.00	183.05	29.49	3.05	4.07	4.07	6.10	1.63	10.17	0.00(M)	0.00(M)	0.71	101.69	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 3																			
Mozzarella Cheese - SR3098 (1/2 oz.) Contains Milk.	40.50	2.53	1.52	0.00	7.59	81.00	1.01	0.51	0.00	0.00	3.54	0.00	96.19	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Sliced Black Olives - SR1390 (2 tbsp.)	14.12	1.41	0.00	0.00	0.00	117.63	0.94	0.00	0.00	0.00	0.00	0.34	0.00	0.00	0.00	0.00	0.00	12.78(M)	(M)
Tzatziki Sauce - SR1820 (1 tbsp.) Contains Milk.	7.38	0.02	0.00	0.00	0.33	63.90	0.78	0.05	0.52	0.00(M)	1.20	0.07	14.71	17.28(M)	0.28(M)	0.00(M)	23.77(M)	6.53(M)	0.18(M)
Vegetable; May Choose: 1																			
Italian Roasted Chickpeas - SR3793 (1/2 c.)	83.23	2.18	0.06	0.00	0.00	219.69	12.56	3.77	2.19	0.00(M)	3.66	0.27(M)	6.66(M)	0.00(M)	0.00(M)	0.00(M)	4.40(M)	0.00(M)	0.34(M)
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
Thursday 05/16/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Friday 05/17/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	315.31	14.78	5.77	0.50	52.59	578.97	27.25	3.00	2.00	2.00(M)	19.27	3.13	124.80	0.00(M)	0.00(M)	0.05(M)	112.86(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 - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	433.60	17.27	4.43	0.00	54.66	810.10	49.52	6.39	7.21	3.75(M)	21.54	4.02	195.93	1153.13(M)	24.87(M)	0.10(M)	495.70(M)	67.43(M)	0.50(M)

Lunch Menu Item Nutrients

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

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																			
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-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, Wheat. May	341.48	15.94	6.19	0.00	75.38	1020.72	31.04	3.27	4.42	4.07	21.83	2.43	192.62	90.36(M)	0.50(M)	0.92	447.51	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Wheat.	363.04	15.43	5.03	0.00	78.89	1085.05	28.51	3.00	2.00	1.00	28.27	2.25	119.61	0.00(M)	0.00(M)	0.60	537.41	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 05/17/2024, 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)
Friday 05/17/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1066 (2 tortilla) Contains Gluten, Wheat.	179.97	5.00	2.00	0.00	0.00	259.96	28.00	4.00	2.00	0.00	4.00	2.00	71.99	0.00(M)	0.00(M)	0.00	57.99	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Teriyaki Chicken - NWR2962 (1/2 c.) Contains Gluten, Soy, Wheat.	171.47	6.84	1.80	0.02	63.47	432.36	15.89	0.06	10.12	9.96(M)	11.96	0.06(M)	1.82(M)	21.12(M)	0.20(M)	0.02(M)	29.77(M)	0.00(M)	0.41(M)
MTO Additional Toppings/Sides; May Choose: 2																			

Lunch Menu Item Nutrients

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

Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
Spicy Asian Vegetable Blend - SR2607 (1/4 c.) Contains Gluten, Sesame, Soy, Wheat.	40.13	3.73	0.29	0.01	0.00	99.77	1.93	0.74	0.97	0.00	0.41	0.18	13.19	1009.12(M)	11.30(M)	0.00	60.49	16.70(M)	0.23(M)
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.) Contains Soy.	20.38	0.11	0.04	0.00	0.00	201.99	4.52	0.37	3.53	2.98	0.37	0.14	4.15	0.00(M)	0.00(M)	0.00	56.70	11.96	0.76
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)
Soy Roasted Potatoes - SR2609 (1/2 c.) Contains Gluten, Soy, Wheat.	186.44	13.04	1.52	0.00	0.04	670.51	19.19	2.28	1.17	0.00	1.48	0.59	16.58	62.56(M)	1.20(M)	0.04	307.57	0.00(M)	1.20(M)
Friday 05/17/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
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 05/20/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	315.31	14.78	5.77	0.50	52.59	578.97	27.25	3.00	2.00	2.00(M)	19.27	3.13	124.80	0.00(M)	0.00(M)	0.05(M)	112.86(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.	362.50	19.23	10.13	0.00	60.75	1171.75	32.02	2.00	2.00	2.00	16.13	2.40	390.43	0.00(M)	0.00(M)	0.41	186.50	(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)
Condiment; May Choose: 1																			

Lunch Menu Item Nutrients

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

Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Monday 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, Wheat. May contain Grains; May Choose: 1	348.98	15.56	5.82	0.00	64.13	938.22	31.04	3.27	4.42	4.07	24.08	2.20	192.62	90.36(M)	0.50(M)	0.92	372.51	(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-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																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Monday 05/20/2024, Lunch, FE-Global Flavors MTO Pick 1st Grain; 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)
Toasted Waffle - SR2165 (2 waffle) Contains Egg, Gluten, Milk, Soy, Wheat.	185.89	5.16	1.03	0.00	0.00	340.80	30.98	1.03	4.13	4.13	4.13	3.72	268.51	1032.73	(M)	0.00	41.31	(M)	(M)
MTO Pick 1st Protein; May Choose: 2																			
Country Breakfast Sausage Patty - SR1157 (1 patty)	60.00	4.50	1.00	0.00	30.00	80.00	0.00	0.00	0.00	0.00	6.00	0.36	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Scrambled Eggs - SR3323 (2 tbsp.) Contains Egg.	46.59	3.00	1.00	0.00	113.15	43.26	0.00	0.00	0.00	0.00	3.99	0.67	17.31	0.00(M)	0.00(M)	0.67	41.93	0.00(M)	(M)
MTO Additional Toppings/Sides; May Choose: 1																			
Baked Cinnamon Raisin Apples - SR1238 (1/4 c.) Contains Milk, Soy.	82.19	1.23	0.50	0.00	0.00	20.42	18.63	1.53	16.17	6.67(M)	0.27	0.23	16.47	55.56(M)	0.00(M)	0.00(M)	112.06(M)	0.00(M)	0.17(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
Warm Berries - SR2617 (1/4 c.)	53.58	0.05	0.00	0.00	0.00	2.07	13.78	1.38	12.29	0.32(M)	0.25	0.25(M)	4.86(M)	9.42(M)	16.24(M)	0.00(M)	46.41(M)	28.73(M)	0.10(M)
Vegetable; May Choose: 1																			
Tater Tots - SR1450 (1/2 c.)	110.70	6.04	1.01	0.00	0.00	311.98	14.09	1.01	1.01	0.00	1.01	0.20	10.06	0.00(M)	0.00(M)	0.00	211.34	(M)	(M)

Lunch Menu Item Nutrients

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

Monday 05/20/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Tuesday 05/21/2024, Lunch, FE-Everyday Selects (Grill/Nacho/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																			
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)
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)
Tuesday 05/21/2024, 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
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																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Tuesday 05/21/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Korean BBQ Baked Tofu - SR3901 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	288.57	21.23	2.53	0.00	0.00	566.79	7.30	3.11	2.82	2.49	22.63	3.59	888.26	217.73(M)	0.27(M)	0.00	315.58	0.00(M)	0.90(M)
Teriyaki Chicken - NWR2962 (1/2 c.) Contains Gluten, Soy, Wheat.	171.47	6.84	1.80	0.02	63.47	432.36	15.89	0.06	10.12	9.96(M)	11.96	0.06(M)	1.82(M)	21.12(M)	0.20(M)	0.02(M)	29.77(M)	0.00(M)	0.41(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
Roasted Broccoli - SR1852 (1/4 c.)	32.75	2.25	0.17	0.00	0.00	36.04	2.70	1.44	0.70	0.00(M)	1.50	0.31	15.91	477.69(M)	18.95(M)	0.00(M)	2.87(M)	42.88(M)	0.42(M)
Soy Roasted Potatoes - SR2609 (1/4 c.) Contains Gluten, Soy, Wheat.	93.22	6.52	0.76	0.00	0.02	335.25	9.59	1.14	0.58	0.00	0.74	0.30	8.29	31.28(M)	0.60(M)	0.02	153.78	0.00(M)	0.60(M)
Spicy Asian Vegetable Blend - SR2607 (1/4 c.) Contains Gluten, Sesame, Soy, Wheat.	40.13	3.73	0.29	0.01	0.00	99.77	1.93	0.74	0.97	0.00	0.41	0.18	13.19	1009.12(M)	11.30(M)	0.00	60.49	16.70(M)	0.23(M)
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.) Contains Soy.	20.38	0.11	0.04	0.00	0.00	201.99	4.52	0.37	3.53	2.98	0.37	0.14	4.15	0.00(M)	0.00(M)	0.00	56.70	11.96	0.76
Tuesday 05/21/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)

Lunch Menu Item Nutrients

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

Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Wednesday 05/22/2024, Lunch, FE- Everyday Selects (Grill/Nacho/Pizza conv)																			
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)
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)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	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-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, Wheat. May contain Egg,	384.50	17.63	5.63	0.00	99.09	1142.86	31.68	3.05	4.07	4.07(M)	27.44	2.62	119.78	0.00(M)	0.60(M)	0.81(M)	410.11(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-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																			

Lunch Menu Item Nutrients

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

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)
Wednesday 05/22/2024, Lunch, FE-Global Flavors																			
Entrée/Combo; May Choose: 1																			
Cheese Calzone, 5" - SR2629 (1 ea.) Contains Gluten, Milk, Wheat. May contain Egg, Milk, Soy.	363.22	12.23	6.38	0.08	40.05	593.09	42.48	5.28	7.78	3.92(M)	22.00	1.94	429.11	8.78(M)	0.14(M)	0.02	418.46	0.09(M)	0.00(M)
Pepperoni Calzone - SR2632 (1 ea.) Contains Gluten, Milk, Wheat. May contain Egg, Milk, Soy.	423.89	17.83	8.48	0.08	54.05	793.76	42.81	5.28	7.78	3.92(M)	24.80	1.94	429.11	8.78(M)	0.14(M)	0.02(M)	418.46(M)	0.09(M)	0.00(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)
Roasted Broccoli and Red Peppers - SR2024 (1/2 c.)	85.72	6.65	0.48	0.00	0.00	9.07	5.83	2.82	2.49	0.00(M)	2.51	0.57	25.46	1795.72(M)	72.45(M)	0.00(M)	73.47(M)	95.42(M)	0.66(M)
Roasted Butternut Squash - SR1408 (1/2 c.)	73.30	0.33	0.01	0.00	0.00	31.71	18.56	2.39	7.25	4.64	1.19	0.87	61.10	12578.52(M)	24.85(M)	0.00	423.40	0.07(M)	0.09(M)
Condiment; May Choose: 1																			
Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.83	15.00	0.17	0.00	0.00	0.00	0.17	0.00	7.17	(M)	(M)	0.00	1.67	(M)	(M)
Red Pepper Flakes - SR1554 (1/4 tsp.)	1.43	0.08	0.01	0.00	0.00	0.14	0.25	0.12	0.05	0.00	0.05	0.04	0.67	0.00(M)	0.00(M)	0.00	9.06	0.04	0.03
Wednesday 05/22/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Thursday 05/23/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			

Lunch Menu Item Nutrients

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

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.	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																			
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)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Wheat. May contain	348.98	15.56	5.82	0.00	64.13	938.22	31.04	3.27	4.42	4.07	24.08	2.20	192.62	90.36(M)	0.50(M)	0.92	372.51	(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-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																			
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)
Thursday 05/23/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 2nd Grain; May Choose: 1																			
Cilantro Lime Rice - SR1232 (1 c.)	232.33	4.97	0.25	0.00	0.00	277.95	43.66	2.88	1.34	0.00	4.91	1.32	14.54	16.22(M)	2.57(M)	0.00	178.19	79.41(M)	0.95(M)
MTO Pick 1st Protein; May Choose: 1																			

Lunch Menu Item Nutrients

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

Mexican Tinga Chicken - NWR3229 (3 oz.)	101.43	4.72	1.17	0.00	44.13	282.39	6.52	0.77	1.50	0.11(M)	8.57	0.26(M)	16.73(M)	34.62(M)	0.95(M)	0.00(M)	112.90(M)	0.00(M)	0.16(M)
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 3																			
Black Beans - SR3362 (1/4 c.)	62.70	0.26	0.00	0.00	0.00	73.15	12.02	3.13	0.52	0.00	3.66	0.94	31.35	0.00(M)	0.00(M)	0.00	235.12	0.00(M)	0.00(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Thursday 05/23/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
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/Nacho/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																			

Lunch Menu Item Nutrients

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

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																			
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)
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)
Tuesday 05/28/2024, 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																			
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																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Tuesday 05/28/2024, Lunch, FE-Global Flavors																			
Entrée/Combo; May Choose: 1																			
Bean & Cheese Enchilada with Red Sauce - NWR3011 (1 ea.) Contains Gluten, Milk, Soy, MTO Pick 2nd Grain; May Choose: 1	308.97	8.48	3.78	0.00	16.60	644.22	43.95	8.72	2.02	0.00(M)	16.64	3.86	166.00	300.00(M)	1.20(M)	0.01(M)	1.60(M)	(M)	(M)
Cilantro Lime Rice - SR1232 (1/4 c.)	58.08	1.24	0.06	0.00	0.00	69.49	10.91	0.72	0.33	0.00	1.23	0.33	3.64	4.05(M)	0.64(M)	0.00	44.55	19.85(M)	0.24(M)
MTO Additional Toppings/Sides; May Choose: 3																			
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)
Sour Cream - SR1659 (2 tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
Vegetable; May Choose: 1																			
Black Beans - SR3362 (1/2 c.)	125.39	0.52	0.00	0.00	0.00	146.29	24.03	6.27	1.04	0.00	7.32	1.88	62.70	0.00(M)	0.00(M)	0.00	470.23	0.00(M)	0.00(M)
Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	151.16	5.77	0.41	0.00	0.00	192.30	24.37	2.84	9.16	5.34	1.64	1.00	37.51	12870.23(M)	2.18(M)	0.00	330.76	0.00(M)	0.09(M)
Mex Zucchini - SR1697 (1/2 c.)	147.29	14.53	1.11	0.00	0.00	171.47	5.08	1.54	0.12(M)	0.00(M)	1.72	0.86	25.98	226.79(M)	20.30(M)	0.00(M)	35.42(M)	0.00(M)	0.54(M)
Tuesday 05/28/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			

Lunch Menu Item Nutrients

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

Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Wednesday 05/29/2024, Lunch, FE- Everyday Selects (Grill/Nacho/Pizza conv)																			
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)
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)
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	80.64	0.29	0.00	0.00	0.00	82.31	13.82	5.18	0.00	0.00	5.18	1.21	30.47	0.00(M)	0.00(M)	0.00	253.99	52.11(M)	0.06(M)
Vegetable; May Choose: 1																			
Iceburg Lettuce Mix - NWR1305 (1 c.)	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 05/29/2024, 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, Wheat. May contain Egg,	384.50	17.63	5.63	0.00	99.09	1142.86	31.68	3.05	4.07	4.07(M)	27.44	2.62	119.78	0.00(M)	0.60(M)	0.81(M)	410.11(M)	(M)	(M)

Lunch Menu Item Nutrients

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

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-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)
Wednesday 05/29/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; 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)
MTO Pick 1st Protein; May Choose: 2																			
Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Green Onion - SR1946 (1 tbsp.)	2.01	0.01	0.00	0.00	0.00	1.00	0.46	0.16	0.15	0.00	0.12	0.09	4.52	62.56	1.18	0.00	17.32	5.64	0.05
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.00	0.00	0.00	0.00	3.00	0.00	96.50	(M)	(M)	0.10	10.50	(M)	(M)
Sour Cream - SR1659 (2 tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
Steamed Broccoli - SR1028 (1/2 c.)	26.46	0.11	0.02	0.00	0.00	11.13	5.06	2.83	1.39	0.00(M)	2.93	0.58	31.92	955.38	37.89	0.00(M)	0.25(M)	84.77	0.70
Vegetable; May Choose: 1																			
Baked Potato - SR1562 (1 potato)	172.26	4.66	0.36	0.00	0.00	19.32	29.59	3.17	1.49	0.00(M)	3.63	1.48	24.84	13.80(M)	11.45(M)	0.00(M)	0.00(M)	102.74(M)	1.86(M)
Wednesday 05/29/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			

Lunch Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024
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American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Thursday 05/30/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
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.	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)
MTO Pick 1st Grain; 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)
Vegetable; May Choose: 1																			
Roasted Cauliflower - SR1039 (1/2 c.)	50.13	3.72	0.35	0.00	0.00	72.02	4.03	1.55	1.45	0.00	1.51	0.35	17.14	0.00(M)	36.44(M)	0.00	27.27	69.63(M)	0.71(M)
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)
Turkey & Cheese Sub Sandwich - NWR3161 (1 ea.) Contains Gluten, Milk, Wheat. May contain	348.98	15.56	5.82	0.00	64.13	938.22	31.04	3.27	4.42	4.07	24.08	2.20	192.62	90.36(M)	0.50(M)	0.92	372.51	(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-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)

Lunch Menu Item Nutrients

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

Thursday 05/30/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Whole Wheat Penne Pasta - SR1198 (1 c.) Contains Gluten, Wheat.	182.95	3.03	0.12	0.00	0.00	6.57	36.63	6.57	0.94	0.00	7.51	1.88	22.53	0.00(M)	0.00(M)	0.00	259.51	41.29(M)	0.22(M)
Whole Wheat Spaghetti Noodles - SR1135 (1 c.) Contains Gluten, Wheat.	185.64	3.08	0.12	0.00	0.00	6.66	37.16	6.67	0.95	0.00	7.62	1.91	22.86	0.00(M)	0.00(M)	0.00	263.32	70.39(M)	0.22(M)
MTO Pick 1st Protein; May Choose: 1																			
Alfredo Cheese Sauce - SR2217 (1/2 c.) Contains Milk.	201.09	13.11	7.21	0.00	39.34	830.59	8.74	0.00	6.56	0.00	13.11	0.00	417.48	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
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)
Condiment; May Choose: 1																			
Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.83	15.00	0.17	0.00	0.00	0.00	0.17	0.00	7.17	(M)	(M)	0.00	1.67	(M)	(M)
Thursday 05/30/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
Italian-style Meat Combo - NWR4372 (1 portion)	171.17	10.03	3.10	0.00	83.90	721.87	1.69	0.00	0.00	0.00(M)	18.81	0.90	20.00	0.00(M)	0.60(M)	0.00(M)	290.70(M)	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05
Friday 05/31/2024, Lunch, FE-Everyday Selects (Grill/Nacho/Pizza conv)																			
Entrée/Combo; May Choose: 1																			
Cheeseburger - NWR1213 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May contain Soy.	315.31	14.78	5.77	0.50	52.59	578.97	27.25	3.00	2.00	2.00(M)	19.27	3.13	124.80	0.00(M)	0.00(M)	0.05(M)	112.86(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 - NWR4204 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Sesame, Soy, Wheat.	433.60	17.27	4.43	0.00	54.66	810.10	49.52	6.39	7.21	3.75(M)	21.54	4.02	195.93	1153.13(M)	24.87(M)	0.10(M)	495.70(M)	67.43(M)	0.50(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
Vegetable; May Choose: 1																			

Lunch Menu Item Nutrients

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

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-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, Wheat. May	341.48	15.94	6.19	0.00	75.38	1020.72	31.04	3.27	4.42	4.07	21.83	2.43	192.62	90.36(M)	0.50(M)	0.92	447.51	(M)	(M)
Turkey, Ham, & Cheese Deli Flatbread Bento Box - NWR4387 (1 Box) Contains Gluten, Milk, Wheat.	363.04	15.43	5.03	0.00	78.89	1085.05	28.51	3.00	2.00	1.00	28.27	2.25	119.61	0.00(M)	0.00(M)	0.60	537.41	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-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																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Friday 05/31/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Oven Fried Rice - SR1382 (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)
MTO Pick 1st Protein; May Choose: 1																			
Orange Chicken Nuggets - SR2815 (5 nugget) Contains Gluten, Soy, Wheat.	314.26	14.10	2.55	0.04	25.47	576.52	34.23	3.20	17.69	16.69	14.21	1.98	31.68	0.00(M)	0.00(M)	0.19	616.94	18.39(M)	0.33(M)
Teriyaki Baked Tofu - SR3904 (1/2 c.) Contains Gluten, Soy, Wheat.	294.58	19.46	2.32	0.02	0.11	474.67	12.86	3.11	8.41	8.28	22.66	3.59	888.17	218.70(M)	0.37(M)	0.02	335.00	0.00(M)	1.22(M)
MTO Additional Toppings/Sides; May Choose: 2																			
Roasted Broccoli - SR1852 (1/4 c.)	32.75	2.25	0.17	0.00	0.00	36.04	2.70	1.44	0.70	0.00(M)	1.50	0.31	15.91	477.69(M)	18.95(M)	0.00(M)	2.87(M)	42.88(M)	0.42(M)

Lunch Menu Item Nutrients

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

Soy Roasted Potatoes - SR2609 (1/4 c.) Contains Gluten, Soy, Wheat.	93.22	6.52	0.76	0.00	0.02	335.25	9.59	1.14	0.58	0.00	0.74	0.30	8.29	31.28(M)	0.60(M)	0.02	153.78	0.00(M)	0.60(M)
Friday 05/31/2024, Lunch, FE-Superfoods																			
MTO Pick 1st Grain; May Choose: 1																			
Flour Tortilla - SR1177 (1 tortilla) Contains Gluten, Wheat.	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	(M)
MTO Pick 1st Protein; May Choose: 1																			
American-style Meat Combination - SR2087 (6 slice)	160.00	7.00	1.75	0.00	75.00	609.99	0.00	0.00	0.00	0.00	24.00	0.75	0.00	(M)	(M)	0.00	470.00	(M)	(M)
Sliced Deli Turkey - SR1532 (6 slice)	165.00	6.75	1.50	0.00	67.50	554.99	0.00	0.00	0.00	0.00	25.50	0.60	0.00	(M)	(M)	0.00	419.99	(M)	(M)
Sliced Turkey Ham - SR1287 (6 slice)	150.00	7.50	2.25	0.00	90.00	719.99	0.00	0.00	0.00	0.00	21.00	1.05	0.00	(M)	(M)	0.00	569.99	(M)	(M)
MTO Pick 2nd Protein; May Choose: 1																			
American Cheese Slice - SR1988 (1/2 oz.) Contains Milk.	50.62	4.56	2.53	0.00	15.19	237.93	0.51	0.00	0.00	0.00	2.53	0.10	89.61	0.00(M)	0.00(M)	0.10	17.72	(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)
Condiment; May Choose: 1																			
Dill Pickle Chips - SR1399 (2 tbsp.)	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Sliced Red Onion - SR1986 (2 tbsp.)	5.62	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.60	0.00	0.15	0.03	3.23	0.28	1.04	0.00	20.52	12.52	0.05

(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