

# Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024

Meal Service: Lunch

## LWSD Elementary

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
<b>Monday 06/03/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	82.51	0.00	0.00	0.00	0.00	6.88	19.25	1.38	17.88	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
<b>Vegetable; May Choose: 2</b>																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	9.74	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Monday 06/03/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bean & Cheese Nachos - SR1471 (1 nacho) Contains Milk.	396.30	18.21	6.55	0.00	27.21	678.59	44.27	8.02	1.05	0.00	15.35	1.92	286.49	0.00(M)	0.00(M)	0.00	545.23	52.11(M)	0.06(M)
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)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Protein Power Up Box - NWR4587 (1 Box) Contains Egg, Gluten, Milk, Soy, Wheat.	485.81	17.74	6.70	0.00	195.54	493.40	64.33	10.34	31.08	16.93	19.09	3.20	237.20	5203.64(M)	6.59(M)	1.00	1375.46	117.19(M)	0.43(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Aztec Corn - NWR3261 (1/2 c.)	97.71	2.56	0.08	0.00	0.00	55.19	18.10	3.15	5.25	0.00(M)	3.32	0.58(M)	19.43(M)	121.75(M)	4.78(M)	0.00(M)	145.32(M)	6.58(M)	0.06(M)
<b>Monday 06/03/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Tuesday 06/04/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)

# Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024

Meal Service: Lunch

<b>Vegetable; May Choose: 2</b>																				
Basil Corn Salad - SR2587 (1/2 c.)	102.59	4.56	0.25	0.00	0.00	296.64	16.95	2.33	3.51	0.00(M)	2.23	0.19(M)	6.45(M)	491.98(M)	14.94(M)	0.00(M)	25.75(M)	12.85(M)	0.85(M)	
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)	
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
<b>Milk; May Choose: 1</b>																				
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)	
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)	
<b>Condiment; May Choose: 1</b>																				
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)	
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)	
<b>Tuesday 06/04/2024, Lunch, CH-Main Event (4 entrees)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Chicken Alfredo Pasta K12, WG Penne, USDA Unseasoned Chx, JTM Alfredo - NWR4324 (1	350.12	13.04	4.42	0.00	56.03	560.25	43.63	6.57	3.94	0.00(M)	20.52	1.88(M)	213.88(M)	0.00(M)	0.00(M)	0.00(M)	259.51(M)	41.29(M)	0.22(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)	
Peppi Pizza Salad - NWR1047 (1 salad) Contains Milk.	253.56	11.78	5.26	0.00	67.48	668.75	15.46	5.41	8.85	0.00(M)	23.36	2.07	276.88	5333.09(M)	23.07(M)	0.00(M)	343.35(M)	23.27(M)	0.12(M)	
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)	
<b>Grains; May Choose: 1</b>																				
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)	
<b>Vegetable; May Choose: 2</b>																				
Mixed Garden Vegetables - SR1583 (1/2 c.)	53.72	0.56	0.06	0.00	0.00	91.09	11.41	3.19	3.32	0.00(M)	2.25	0.66(M)	25.39(M)	4890.41(M)	3.76(M)	0.00(M)	114.98(M)	61.83(M)	0.63(M)	
<b>Tuesday 06/04/2024, Lunch, CH-Pizza</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)	
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)	
<b>Wednesday 06/05/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																				
<b>Fruit; May Choose: 1</b>																				
Diced Pears - SR3041 (1/2 c.)	54.58	0.00	0.00	0.00	0.00	4.55	14.55	1.82	10.92	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
<b>Vegetable; May Choose: 2</b>																				
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)	
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
<b>Milk; May Choose: 1</b>																				

# Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024

Meal Service: Lunch

Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Wednesday 06/05/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Chef Salad - NWR1193 (1 salad) Contains Egg, Milk.	196.58	10.76	4.29	0.00	141.41	615.96	7.94	2.12	4.97	0.00(M)	18.84	1.79	140.47	2332.19(M)	12.72(M)	0.60(M)	412.10(M)	50.46(M)	0.24(M)
Cuban Beef Steak Sub - NWR4508 (1 sandwich) Contains Gluten, Sesame, Wheat. May contain	352.73	13.25	4.45	0.49	34.17	531.17	41.26	4.70	6.73	2.04(M)	19.54	3.41(M)	80.55(M)	95.70(M)	4.14(M)	0.00(M)	213.08(M)	8.41(M)	0.17(M)
Pretzel and Cheese Sauce - NWR1699 (1 portion) Contains Gluten, Milk, Wheat.	396.15	20.78	10.77	0.00	57.14	1049.88	34.40	3.00	3.20	0.00	20.38	2.00	459.34	0.00(M)	0.00(M)	0.00	711.59	(M)	(M)
Turkey and Cheese Sandwich - NWR1766 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	343.75	13.49	5.81	0.00	64.13	973.37	31.01	2.00	2.00	2.00	23.81	2.50	211.21	0.00(M)	0.00(M)	0.20	361.06	(M)	(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Country Style Potato Wedges - SR1029 (1/2 c.)	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	(M)
<b>Wednesday 06/05/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Thursday 06/06/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)
Chilled Corn - SR1033 (1/2 c.)	69.49	1.04	0.00	0.00	0.00	1.04	16.59	2.07	3.11	0.00(M)	2.07	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			

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Meal Service: Lunch

Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Thursday 06/06/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
American Sandwich - NWR3012 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	340.62	11.56	4.16	0.00	82.69	1002.93	30.51	2.00	2.00	2.00	27.53	2.83	121.61	0.00(M)	0.00(M)	0.10	558.34	(M)	(M)
Blueberry Patch Parfait - NWR4669 (1 parfait) Contains Milk. Processed in a facility that also	251.11	3.92	0.71	0.00	1.93	83.01	48.25	5.03	25.22	16.47	5.86	0.79(M)	131.94(M)	120.00(M)	0.04(M)	1.93(M)	239.34(M)	7.65(M)	0.09(M)
Corn Dog - SR1023 (1 corn dog) Contains Egg, Gluten, Soy, Wheat.	240.00	9.00	2.50	0.00	40.00	470.00	30.00	2.00	8.00	7.00	9.00	1.50	70.00	(M)	(M)	9.00	240.00	(M)	(M)
Turkey Gravy - NWR2716 (3/4 c.) Contains Milk.	126.27	4.86	1.60	0.00	34.11	990.59	8.27	0.09	3.33	0.67(M)	12.10	0.11(M)	32.68(M)	0.00(M)	0.00(M)	0.00(M)	103.84(M)	110.95(M)	0.11(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Mashed Potatoes - NWR2551 (1/2 c.) Contains Milk.	81.62	1.53	1.02	0.00	0.00	104.72	15.30	1.02	1.02	0.00(M)	2.04	0.23	13.19	2.66	6.51	0.00(M)	0.90(M)	89.81(M)	0.09(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)
<b>Thursday 06/06/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
<b>Friday 06/07/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	82.51	0.00	0.00	0.00	0.00	6.88	19.25	1.38	17.88	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Friday 06/07/2024, Lunch, CH-Main Event (4 entrees)</b>																			

# Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024  
Meal Service: Lunch

<b>Entrée/Combo; May Choose: 1</b>																			
Alaskan Pollock - NWR2448 (4 Ounce serving) Contains Fish, Gluten, Wheat.	211.86	8.07	1.01	0.00	45.40	312.74	19.17	2.02	1.01	1.01	16.14	2.02	15.13	(M)	(M)	0.00	319.81	(M)	(M)
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	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)
Ham and Cheese Sandwich - NWR1203 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	336.25	13.86	6.19	0.00	75.38	1055.88	31.01	2.00	2.00	2.00	21.56	2.73	211.21	0.00(M)	0.00(M)	0.20	436.06	(M)	(M)
Southwest Chicken Wrap - NWR4153 (1 wrap) Contains Egg, Gluten, Milk, Wheat.	372.25	18.07	6.13	0.00	61.96	883.20	37.90	4.40	4.34	0.84(M)	17.77	2.76(M)	187.83(M)	189.53(M)	3.08(M)	0.20(M)	305.68(M)	21.23(M)	0.29(M)
<b>Vegetable; May Choose: 2</b>																			
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Tartar Sauce - SR2615 (1 tbsp.) Contains Egg.	39.34	3.60	0.80	0.00	4.00	100.36	1.51	0.01	0.64	0.00(M)	0.01	0.00	0.09	0.00(M)	0.00(M)	0.00(M)	1.62(M)	0.00(M)	0.00(M)
<b>Friday 06/07/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
<b>Monday 06/10/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	82.51	0.00	0.00	0.00	0.00	6.88	19.25	1.38	17.88	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
<b>Vegetable; May Choose: 2</b>																			
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	9.74	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Monday 06/10/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)

# Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024

Meal Service: Lunch

SW Lentil Tot'chos (v) - NWR4672 (1 portion) Contains Gluten, Milk, Wheat.	321.24	18.79	6.40	0.00	28.57	971.69	27.26	4.00	2.24	0.00(M)	13.47	1.26	275.23	8.08(M)	0.30(M)	0.00(M)	687.99(M)	23.88(M)	0.20(M)
Tot'chos - NWR1452 (1 portion) Contains Milk, Soy.	329.74	21.79	7.56	0.00	53.38	920.31	19.72	1.00	4.46	0.00(M)	18.14	0.20(M)	234.15(M)	0.00(M)	0.00(M)	0.00(M)	515.42(M)	(M)	(M)
Turkey and Cheese Sandwich - NWR1766 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	343.75	13.49	5.81	0.00	64.13	973.37	31.01	2.00	2.00	2.00	23.81	2.50	211.21	0.00(M)	0.00(M)	0.20	361.06	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Roasted Broccoli - SR1852 (1/2 c.)	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38(M)	37.89(M)	0.00(M)	5.74(M)	85.76(M)	0.85(M)
<b>Monday 06/10/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Tuesday 06/11/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Basil Corn Salad - SR2587 (1/2 c.)	102.59	4.56	0.25	0.00	0.00	296.64	16.95	2.33	3.51	0.00(M)	2.23	0.19(M)	6.45(M)	491.98(M)	14.94(M)	0.00(M)	25.75(M)	12.85(M)	0.85(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Tuesday 06/11/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Chef Salad - NWR1193 (1 salad) Contains Egg, Milk.	196.58	10.76	4.29	0.00	141.41	615.96	7.94	2.12	4.97	0.00(M)	18.84	1.79	140.47	2332.19(M)	12.72(M)	0.60(M)	412.10(M)	50.46(M)	0.24(M)
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)
SW Lentil Soft Taco (v) - NWR4670 (1 taco) Contains Gluten, Milk, Wheat.	347.82	13.81	4.52	0.01	12.50	671.02	42.68	7.58	2.25	0.00(M)	14.90	2.98	228.96	15.08(M)	0.56(M)	0.20(M)	364.08(M)	44.55(M)	0.38(M)
Turkey Soft Taco - NWR4346 (1 taco) Contains Gluten, Milk, Soy, Wheat.	308.94	16.06	6.01	0.00	44.24	489.52	26.78	2.00	5.02	0.00(M)	18.09	1.00(M)	152.50(M)	0.00(M)	0.00(M)	0.20(M)	46.00(M)	(M)	(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)

# Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024

Meal Service: Lunch

Whole Grain Sugar Cookie - NWR4545 (1 cookie) Contains Egg, Gluten, Milk, Soy, Wheat.	115.50	3.15	1.05	0.00	10.50	78.75	18.90	1.05	9.45	9.45	1.05	0.63	0.00	0.00(M)	0.00(M)	0.00	63.00	3.09(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Country Style Potato Wedges - NWR4546 (1/2 c.)	79.97	2.00	0.00	0.00	0.00	19.99	15.99	1.00	1.00	0.00	1.00	0.20	19.99	0.00(M)	0.00(M)	0.00	240.08	(M)	(M)
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	11.38	0.12	0.02	0.00	0.00	4.26	2.45	0.81	1.65	0.00	0.60	0.21	8.16	500.52	7.25	0.00	142.08	46.54(M)	0.25(M)
<b>Tuesday 06/11/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
<b>Wednesday 06/12/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Pears - SR3041 (1/2 c.)	54.58	0.00	0.00	0.00	0.00	4.55	14.55	1.82	10.92	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Wednesday 06/12/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Chef Salad - NWR1193 (1 salad) Contains Egg, Milk.	196.58	10.76	4.29	0.00	141.41	615.96	7.94	2.12	4.97	0.00(M)	18.84	1.79	140.47	2332.19(M)	12.72(M)	0.60(M)	412.10(M)	50.46(M)	0.24(M)
Ham and Cheese Sandwich - NWR1203 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	336.25	13.86	6.19	0.00	75.38	1055.88	31.01	2.00	2.00	2.00	21.56	2.73	211.21	0.00(M)	0.00(M)	0.20	436.06	(M)	(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	281.62	11.63	3.04	0.00	50.62	473.25	29.01	3.00	4.01	3.01	13.09	2.71	113.62	0.00(M)	0.00(M)	0.00	486.73	(M)	(M)
Popcorn Chicken Bowl - NWR4198 (1 portion) Contains Gluten, Milk, Soy, Wheat.	407.44	17.95	3.80	0.00	22.15	640.42	43.49	5.35	6.34	0.00(M)	19.27	2.34(M)	49.81(M)	2.69(M)	6.57(M)	0.11(M)	411.10(M)	199.49(M)	0.20(M)
<b>Grains; May Choose: 1</b>																			
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Vegetarian Baked Beans - SR2026 (1/2 c.)	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)	(M)
<b>Wednesday 06/12/2024, Lunch, CH-Pizza</b>																			

# Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024

Meal Service: Lunch

<b>Entrée/Combo; May Choose: 1</b>																				
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)	
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)	
<b>Thursday 06/13/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																				
<b>Fruit; May Choose: 1</b>																				
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12	
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)	
<b>Vegetable; May Choose: 2</b>																				
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)	
Chilled Corn - SR1033 (1/2 c.)	69.49	1.04	0.00	0.00	0.00	1.04	16.59	2.07	3.11	0.00(M)	2.07	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
<b>Milk; May Choose: 1</b>																				
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)	
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)	
<b>Condiment; May Choose: 1</b>																				
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)	
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)	
<b>Thursday 06/13/2024, Lunch, CH-Main Event (4 entrees)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Caesar Salad - NWR1735 (1 salad) Contains Gluten, Milk, Wheat. Processed in a facility that	237.57	13.52	7.44	0.00	36.96	648.95	12.38	3.91	1.36	0.00	19.04	1.10	501.59	9923.65(M)	4.56(M)	0.00	325.77	107.79(M)	0.66(M)	
Chicken Caesar Salad Strip - NWR1745 (1 salad) Contains Milk.	230.10	9.18	2.76	0.00	79.38	449.47	18.39	4.10	8.21	0.00(M)	19.79	1.51(M)	136.39(M)	5128.02(M)	19.69(M)	0.02(M)	4.22(M)	(M)	(M)	
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)	
Italian Stack Box - NWR4460 (1 Box) Contains Gluten, Milk, Wheat. May contain Sesame, Soy.	405.20	15.59	4.98	0.00	68.05	950.28	40.48	5.81	10.98	1.00	27.54	2.15	164.59	216.00(M)	51.07(M)	0.50(M)	623.45(M)	83.28(M)	0.42(M)	
Spaghetti & Lentil Tomato Sauce - NWR4673 (3/4 c.) Contains Gluten, Wheat.	306.56	7.68	0.16	0.00	0.00	692.85	48.15	9.93	4.51	1.68(M)	12.32	1.97(M)	81.16(M)	0.00(M)	0.00(M)	0.00(M)	510.66(M)	79.18(M)	1.01(M)	
Spaghetti with Meaty Marinara - NWR3022 (3/4 c.) Contains Gluten, Soy, Wheat.	260.46	8.78	2.43	0.00	26.44	723.06	32.70	6.34	3.92	1.47(M)	13.56	153.11(M)	44.79(M)	0.00(M)	0.00(M)	0.00(M)	405.90(M)	52.35(M)	0.97(M)	
<b>Grains; May Choose: 1</b>																				
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)	
<b>Vegetable; May Choose: 2</b>																				
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)	
<b>Thursday 06/13/2024, Lunch, CH-Pizza</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				



# Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024

Meal Service: Lunch

Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
<b>Friday 06/14/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Diced Peaches - SR3040 (1/2 c.)	82.51	0.00	0.00	0.00	0.00	6.88	19.25	1.38	17.88	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Friday 06/14/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
American Sandwich - NWR3012 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	340.62	11.56	4.16	0.00	82.69	1002.93	30.51	2.00	2.00	2.00	27.53	2.83	121.61	0.00(M)	0.00(M)	0.10	558.34	(M)	(M)
Chicken & Waffles - NWR3126 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	330.00	16.50	3.00	0.00	25.00	605.00	31.00	3.50	3.00	2.00	16.00	3.70	160.00	500.00(M)	(M)	0.10	620.00	(M)	(M)
Crispy Chicken Wrap - NWR4148 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	410.50	21.44	6.75	0.00	34.84	827.28	39.53	5.26	5.16	0.47(M)	17.85	2.81	189.46	361.44(M)	2.02(M)	0.28(M)	526.00(M)	68.86(M)	0.26(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)
<b>Vegetable; May Choose: 2</b>																			
Country Style Potato Wedges - SR1029 (1/2 c.)	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	(M)
Crinkle Cut Sweet Potato Fries - SR3936 (1/2 c.)	169.47	6.98	1.00	0.00	0.00	259.20	24.92	1.00	7.97	0.50	1.00	0.40	29.91	0.00(M)	0.00(M)	0.00	279.13	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
<b>Friday 06/14/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)
<b>Menu Item</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Added Sugars (g)</b>	<b>Protein (g)</b>	<b>Iron (mg)</b>	<b>Calcium (mg)</b>	<b>VitA (IU)</b>	<b>VitC (mg)</b>	<b>VitD (mcg)</b>	<b>Potassium (mg)</b>	<b>Mois (g)</b>	<b>Ash (g)</b>
<b>Monday 06/17/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			

# Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024

Meal Service: Lunch

<b>Fruit; May Choose: 1</b>																				
Diced Peaches - SR3040 (1/2 c.)	82.51	0.00	0.00	0.00	0.00	6.88	19.25	1.38	17.88	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)	
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12	
<b>Vegetable; May Choose: 1</b>																				
Kidney Beans - SR1036 (1/2 c.)	140.65	0.00	0.00	0.00	0.00	151.47	25.97	6.49	3.25	2.16	9.74	2.60	86.56	(M)	(M)	0.00	540.97	0.00(M)	(M)	
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
<b>Milk; May Choose: 1</b>																				
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)	
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)	
<b>Condiment; May Choose: 1</b>																				
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)	
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)	
<b>Monday 06/17/2024, Lunch, CH-Main Event (4 entrees)</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	661.82	34.74	3.98	0.02	0.02	472.82	71.32	6.13	35.26	26.80	19.95	4.84	77.99	0.00(M)	0.00(M)	0.00	547.01	(M)	(M)	
Teriyaki Chicken Rice Bowl - NWR4230 (1 portion) Contains Gluten, Soy, Wheat.	443.01	15.36	2.75	0.04	25.25	708.15	60.94	4.47	19.71	18.43	17.30	2.70	35.09	7.93(M)	0.25(M)	0.14	727.08	66.69(M)	0.82(M)	
Turkey and Cheese Sandwich - NWR1766 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	343.75	13.49	5.81	0.00	64.13	973.37	31.01	2.00	2.00	2.00	23.81	2.50	211.21	0.00(M)	0.00(M)	0.20	361.06	(M)	(M)	
<b>Vegetable; May Choose: 2</b>																				
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)	0.63(M)	
<b>Monday 06/17/2024, Lunch, CH-Pizza</b>																				
<b>Entrée/Combo; May Choose: 1</b>																				
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)	
Bold Veggie Pizza - NWR3207 (1 slice) Contains Gluten, Milk, Soy, Wheat.	372.78	15.92	7.13	0.00	35.59	479.31	37.26	4.08	6.39	0.80(M)	19.10	2.13	372.46	413.36(M)	5.89(M)	0.01	431.29	24.70(M)	0.14(M)	
<b>Tuesday 06/18/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																				
<b>Fruit; May Choose: 1</b>																				
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)	
<b>Vegetable; May Choose: 1</b>																				
Basil Corn Salad - SR2587 (1/2 c.)	102.59	4.56	0.25	0.00	0.00	296.64	16.95	2.33	3.51	0.00(M)	2.23	0.19(M)	6.45(M)	491.98(M)	14.94(M)	0.00(M)	25.75(M)	12.85(M)	0.85(M)	
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)	
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
<b>Milk; May Choose: 1</b>																				

# Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024  
Meal Service: Lunch

1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Tuesday 06/18/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Breakfast for Lunch: Pancakes & Sausage - NWR4464 (1 plate) Contains Egg, Gluten, Milk,	280.00	11.00	2.33	0.00	70.00	566.66	30.67	4.00	5.33	4.00	16.00	2.05	33.33	0.00(M)	0.00(M)	0.00	153.33	(M)	(M)
Chef Salad - NWR1193 (1 salad) Contains Egg, Milk.	196.58	10.76	4.29	0.00	141.41	615.96	7.94	2.12	4.97	0.00(M)	18.84	1.79	140.47	2332.19(M)	12.72(M)	0.60(M)	412.10(M)	50.46(M)	0.24(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Fruit & Yo To Go Box - NWR3789 (1 Box) Contains Gluten, Milk, Soy, Wheat. May contain	492.30	14.56	4.99	0.02	22.22	500.59	75.38	5.21	37.47	24.69	14.46	3.02	395.88	5161.79(M)	6.08(M)	1.93	1414.26	0.00(M)	0.00(M)
<b>Grains; May Choose: 1</b>																			
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
Country Style Potato Wedges - SR1029 (1/2 c.)	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
<b>Tuesday 06/18/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
<b>Thursday 06/20/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Fresh Sliced Apples - SR3767 (1/2 c.)	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
Apple Glazed Baby Carrots - SR3683 (1/2 c.) Contains Milk, Soy.	58.31	0.81	0.31	0.00	0.00	71.53	12.33	2.32	9.10	1.11(M)	0.56	0.85	30.31	10480.56(M)	2.42(M)	0.00(M)	219.29(M)	2.15(M)	0.03(M)
Chilled Corn - SR1033 (1/2 c.)	69.49	1.04	0.00	0.00	0.00	1.04	16.59	2.07	3.11	0.00(M)	2.07	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Green Salad Mix - SR3780 (1 c.)	12.31	0.00	0.00	0.00	0.00	8.21	2.46	0.82	1.64	0.00(M)	0.82	0.30	16.42	1026.23	3.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Milk; May Choose: 1</b>																			
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)

# Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024

Meal Service: Lunch

Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Ketchup - SR1004 (1 pump)	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	(M)
Mayonnaise Pump - SR1991 (1 pump) Contains Egg.	53.33	5.87	1.07	0.00	5.33	45.33	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump) Contains Egg, Milk.	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	(M)
<b>Thursday 06/20/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
American Sandwich - NWR3012 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	340.62	11.56	4.16	0.00	82.69	1002.93	30.51	2.00	2.00	2.00	27.53	2.83	121.61	0.00(M)	0.00(M)	0.10	558.34	(M)	(M)
Baked Penne Pasta - SR3241 (1 c.) Contains Gluten, Milk, Wheat.	376.83	14.50	6.99	0.00	35.67	734.14	45.11	8.62	9.00	1.43	21.84	2.27	475.29	0.00(M)	0.00(M)	0.00	603.58	0.00(M)	0.18(M)
Blueberry Patch Parfait - NWR4669 (1 parfait) Contains Milk. Processed in a facility that also	251.11	3.92	0.71	0.00	1.93	83.01	48.25	5.03	25.22	16.47	5.86	0.79(M)	131.94(M)	120.00(M)	0.04(M)	1.93(M)	239.34(M)	7.65(M)	0.09(M)
Crispy Chicken Nuggets - SR1367 (5 nugget) Contains Gluten, Soy, Wheat.	241.00	14.06	2.51	0.00	25.11	441.84	16.07	3.01	1.00	0.00	14.06	1.91	30.13	0.00(M)	0.00(M)	0.10	602.51	0.00(M)	0.00(M)
<b>Grains; May Choose: 1</b>																			
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Sesame, Soy, Wheat.	70.00	0.50	0.00	0.00	0.00	90.00	13.00	1.00	1.00	1.00	3.00	1.00	14.00	0.00(M)	0.00(M)	1.00	48.88	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
Roasted Green Beans - NWR3257 (1/2 c.)	26.24	0.00	0.00	0.00	0.00	162.15	4.23	2.08	2.06	0.00(M)	1.05	0.02(M)	0.26(M)	0.00(M)	0.00(M)	0.00(M)	1.89(M)	0.01(M)	0.05(M)
<b>Thursday 06/20/2024, Lunch, CH-Pizza</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold Cheese Pizza - NWR1592 (1 slice) Contains Gluten, Milk, Soy, Wheat.	360.50	15.33	7.12	0.00	35.59	433.00	35.41	3.71	5.60	0.80	18.74	1.92	368.99	320.00(M)	0.00(M)	0.00	374.40	0.00(M)	0.00(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
<b>Friday 06/21/2024, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 1</b>																			
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
Carrot Sticks - SR1606 (6 stick.)	24.80	0.14	0.02	0.00	0.00	41.73	5.79	1.69	2.87	0.00	0.56	0.18	19.96	10103.62	3.57	0.00	193.53	53.40	0.59
<b>Milk; May Choose: 1</b>																			
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
<b>Friday 06/21/2024, Lunch, CH-Main Event (4 entrees)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bagel & Cream Cheese - NWR1120 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Tuna Sub - NWR1333 (1 sandwich) Contains Egg, Fish, Gluten, Sesame, Soy, Wheat.	338.42	12.93	2.80	0.00	44.01	800.38	30.39	3.02	3.00	2.00	24.49	3.23	63.48	0.00(M)	0.00(M)	2.13	232.60	0.01(M)	0.26(M)

(M) Indicates missing nutrient values.

# Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024

Meal Service: Lunch

**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 Accomodation form for processing with the