

Menu Item Nutrients

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

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)	Potassium (mg)	Mois (g)	Ash (g)
Monday 06/03/2024, 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)
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 06/03/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Bright Bites Box - Fiesta Dip & Chips - SR3885 (1 Box) Contains Milk.	382.09	10.82	3.48	0.00	13.10	564.13	55.82	14.42	4.18	0.00(M)	14.65	3.27	149.81	1128.11(M)	3.94(M)	0.05(M)	527.94(M)	104.21(M)	0.11(M)
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	232.13	13.98	6.39	0.00	136.25	438.86	8.15	2.23	5.17	0.00(M)	18.87	1.53	246.07	2424.63(M)	14.17(M)	0.90(M)	317.39(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	56.52	8.05	8.55	1.00	20.36	2.98	226.86	671.41(M)	28.18(M)	0.28	763.49	49.89(M)	0.24(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 06/03/2024, 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.)	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)
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)

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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)
Monday 06/03/2024, Lunch, FE-Global Flavors																			
MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 2																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
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 06/03/2024, 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																			
Iceberg 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 06/04/2024, 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)

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Meal Service: Lunch

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	15.09	5.04	2.32	1.45	0.00(M)	1.45	0.51	41.33	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	332.64	6.00	1.26	0.71	0.00	3.92	0.61	72.12	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 06/04/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
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)
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 06/04/2024, 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 06/04/2024, Lunch, FE-Global Flavors																			
Meat/MA; May Choose: 1																			
Hoagie - NWR1253 (1 roll medium submarine, hoagie) Contains Gluten, Sesame, Wheat. May	160.00	1.50	0.00	0.00	0.00	210.00	29.00	3.00	3.00	2.00	7.00	2.00	48.00	0.00(M)	0.00(M)	0.00	115.00	(M)	(M)
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
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 06/04/2024, 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																			

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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																			
Iceberg 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 06/05/2024, 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																			
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 06/05/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Bright Bites Box - Hummus & Flatbread - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat.	420.17	23.44	7.91	0.00	20.00	829.86	41.40	8.35	4.16	1.00	17.23	3.21(M)	73.44(M)	5149.14(M)	1.95(M)	0.50(M)	441.23(M)	30.84(M)	0.24(M)
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.01	31.05	1756.72	48.36	7.52	4.38	0.00	21.23	2.84	217.88	90.36(M)	0.50(M)	0.45	380.33	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	19.67	4.62	5.09	0.00(M)	16.19	2.23	158.34	2299.29(M)	25.76(M)	0.28(M)	563.20(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)

Menu Item Nutrients

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

Meal Service: Lunch

Wednesday 06/05/2024, 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.)	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)	
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 06/05/2024, 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)	
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	0.25	0.00	0.00	0.00	3.00	0.00	97.50	(M)	(M)	0.20	0.00	(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)	
Wednesday 06/05/2024, 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)	

Menu Item Nutrients

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

Meal Service: Lunch

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 06/06/2024, 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	15.09	5.04	2.32	1.45	0.00(M)	1.45	0.51	41.33	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	332.64	6.00	1.26	0.71	0.00	3.92	0.61	72.12	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 06/06/2024, 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	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)
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 06/06/2024, 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
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)

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)
Thursday 06/06/2024, 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)
Sliced Fresh 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 06/06/2024, 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																			
Iceberg 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 06/07/2024, 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)

Menu Item Nutrients

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

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																			
Iceberg 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 06/07/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
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)
Friday 06/07/2024, 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
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)
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 06/07/2024, 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 06/07/2024, Lunch, FE-Superfoods																			
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)
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)

Menu Item Nutrients

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

Meal Service: Lunch

Monday 06/10/2024, Lunch, FE-Everyday Selects (Grill composed)																			
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																			
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)
Monday 06/10/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Bright Bites Box - Fiesta Dip & Chips - SR3885 (1 Box) Contains Milk.	382.09	10.82	3.48	0.00	13.10	564.13	55.82	14.42	4.18	0.00(M)	14.65	3.27	149.81	1128.11(M)	3.94(M)	0.05(M)	527.94(M)	104.21(M)	0.11(M)
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	232.13	13.98	6.39	0.00	136.25	438.86	8.15	2.23	5.17	0.00(M)	18.87	1.53	246.07	2424.63(M)	14.17(M)	0.90(M)	317.39(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	56.52	8.05	8.55	1.00	20.36	2.98	226.86	671.41(M)	28.18(M)	0.28	763.49	49.89(M)	0.24(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 06/10/2024, 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.)	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)
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 06/10/2024, 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)

Menu Item Nutrients

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

Meal Service: Lunch

Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
MTO Pick 1st Protein; May Choose: 1																			
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	0.25	0.00	0.00	0.00	3.00	0.00	97.50	(M)	(M)	0.20	0.00	(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 06/10/2024, Lunch, FE-Superfoods																			
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)
Tuesday 06/11/2024, 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																			
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.79	16.03	3.29	0.00	13.75	332.64	6.00	1.26	0.71	0.00	3.92	0.61	72.12	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 06/11/2024, 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)
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)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	497.37	27.42	7.98	0.00	90.79	1064.25	42.31	5.20	3.68	0.00(M)	22.68	1.55(M)	165.80(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)

Menu Item Nutrients

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

Meal Service: Lunch

Tuesday 06/11/2024, 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 06/11/2024, 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)	
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																				
Sliced Fresh 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 06/11/2024, 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																				

Menu Item Nutrients

Date: 06/03/2024 - 06/21/2024
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
Wednesday 06/12/2024, 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 06/12/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Bright Bites Box - Hummus & Flatbread - SR3878 (1 Box) Contains Gluten, Milk, Sesame, Wheat.	420.17	23.44	7.91	0.00	20.00	829.86	41.40	8.35	4.16	1.00	17.23	3.21(M)	73.44(M)	5149.14(M)	1.95(M)	0.50(M)	441.23(M)	30.84(M)	0.24(M)
Buffalo Chicken Wrap - NWR4386 (1 wrap) Contains Gluten, Milk, Soy, Wheat.	483.06	22.53	7.82	0.01	31.05	1756.72	48.36	7.52	4.38	0.00	21.23	2.84	217.88	90.36(M)	0.50(M)	0.45	380.33	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	19.67	4.62	5.09	0.00(M)	16.19	2.23	158.34	2299.29(M)	25.76(M)	0.28(M)	563.20(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 06/12/2024, 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.)	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)

Menu Item Nutrients

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

Meal Service: Lunch

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 06/12/2024, 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)	0.00(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																				
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 06/12/2024, 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																				
Iceberg 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	0.00	(M)	(M)	0.00	0.00	(M)	(M)

Menu Item Nutrients

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

Meal Service: Lunch

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 06/13/2024, 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																			
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.79	16.03	3.29	0.00	13.75	332.64	6.00	1.26	0.71	0.00	3.92	0.61	72.12	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 06/13/2024, 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	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 - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	227.72	11.47	3.46	0.00	83.09	581.87	13.67	2.39	1.36	0.00(M)	19.24	1.10(M)	126.65(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 06/13/2024, 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
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 06/13/2024, 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																			

Menu Item Nutrients

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

Meal Service: Lunch

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	7.55	2.52	1.16	0.73	0.00(M)	0.72	0.26	20.67	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	16.67	0.00	0.00	0.00	0.00	0.33	0.00	10.00	(M)	(M)	0.00	1.67	(M)	(M)
Thursday 06/13/2024, 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																			
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																			
Iceberg 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 06/14/2024, 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																			

Menu Item Nutrients

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

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)
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 06/14/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	497.37	27.42	7.98	0.00	90.79	1064.25	42.31	5.20	3.68	0.00(M)	22.68	1.55(M)	165.80(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	24.12	6.03	5.72	0.00(M)	12.29	1.67(M)	266.68(M)	4172.55(M)	11.50(M)	0.40(M)	334.33(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 06/14/2024, 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
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)
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 06/14/2024, 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	645.28	63.80	3.07	3.77	3.20	7.32	1.47	58.13	50.26(M)	1.74(M)	0.00	186.39	118.83(M)	0.21(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)

Menu Item Nutrients

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

Meal Service: Lunch

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)
Friday 06/14/2024, 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)
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																			
Iceberg 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 06/17/2024, 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)
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

Menu Item Nutrients

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

Meal Service: Lunch

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 06/17/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
Bright Bites Box - Fiesta Dip & Chips - SR3885 (1 Box) Contains Milk.	382.09	10.82	3.48	0.00	13.10	564.13	55.82	14.42	4.18	0.00(M)	14.65	3.27	149.81	1128.11(M)	3.94(M)	0.05(M)	527.94(M)	104.21(M)	0.11(M)
Chef Salad - NWR4396 (1 salad) Contains Egg, Milk.	232.13	13.98	6.39	0.00	136.25	438.86	8.15	2.23	5.17	0.00(M)	18.87	1.53	246.07	2424.63(M)	14.17(M)	0.90(M)	317.39(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	56.52	8.05	8.55	1.00	20.36	2.98	226.86	671.41(M)	28.18(M)	0.28	763.49	49.89(M)	0.24(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 06/17/2024, 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.)	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)
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 06/17/2024, 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	997.16	35.55	3.31	2.98	2.00(M)	20.01	2.37	431.32	149.17(M)	2.46(M)	0.20(M)	214.66(M)	16.95(M)	0.11(M)
Hoagie - NWR1253 (1 roll medium submarine, hoagie) Contains Gluten, Sesame, Wheat. May	160.00	1.50	0.00	0.00	0.00	210.00	29.00	3.00	3.00	2.00	7.00	2.00	48.00	0.00(M)	0.00(M)	0.00	115.00	(M)	(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 Protein; May Choose: 1																			
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	15.09	5.04	2.32	1.45	0.00(M)	1.45	0.51	41.33	323.25(M)	3.23(M)	0.00	124.89	70.63(M)	0.37(M)
Condiment; May Choose: 1																			

Menu Item Nutrients

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

Meal Service: Lunch

Grated Parmesan Cheese - SR1553 (1/2 tsp.) Contains Milk.	3.33	0.25	0.17	0.00	0.83	16.67	0.00	0.00	0.00	0.00	0.33	0.00	10.00	(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 06/17/2024, 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																			
Iceberg 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 06/18/2024, 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	15.09	5.04	2.32	1.45	0.00(M)	1.45	0.51	41.33	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	332.64	6.00	1.26	0.71	0.00	3.92	0.61	72.12	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 06/18/2024, Lunch, FE-Fast Takes																			
Entrée/Combo; May Choose: 1																			
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)
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)

Menu Item Nutrients

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

Meal Service: Lunch

Tuesday 06/18/2024, 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 06/18/2024, 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 06/18/2024, 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)	

Menu Item Nutrients

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

Meal Service: Lunch

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																			
Iceberg 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 06/20/2024, 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																			
Toasted Garlic Caesar Salad - SR2130 (1 c.) Contains Egg, Fish, Gluten, Milk, Wheat.	176.79	16.03	3.29	0.00	13.75	332.64	6.00	1.26	0.71	0.00	3.92	0.61	72.12	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 06/20/2024, 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	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 - NWR1428 (1 salad) Contains Gluten, Milk, Wheat. Processed in a	227.72	11.47	3.46	0.00	83.09	581.87	13.67	2.39	1.36	0.00(M)	19.24	1.10(M)	126.65(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 06/20/2024, 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
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)

Menu Item Nutrients

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

Meal Service: Lunch

Milk; May Choose: 1																				
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)	
Nonfat Chocolate Milk - NWR2553 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)	
Thursday 06/20/2024, Lunch, FE-Global Flavors																				
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)	
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 06/20/2024, 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)	
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																				
Iceberg 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	

(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 Accommodation form to the District Nutrition Services office.