

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

## LWSD High Schools

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
<b>Monday 06/03/2024, Lunch, T4-Adventure (Tater Temptations)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Breadstick - SR1044 (2 breadstick) Contains Gluten, Soy, Wheat. May contain Egg, Milk,	160.00	2.00	0.00	0.00	0.00	190.00	28.00	4.00	4.00	4.00	6.00	1.60	20.00	0.00(M)	0.00(M)	0.60	100.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
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)
Turkey Gravy - NWR2419 (1/3 c.) Contains Milk.	131.41	5.11	1.69	0.00	65.38	669.54	4.87	0.04	1.31	0.26	14.90	0.62	11.62	0.00(M)	0.00(M)	0.00	185.78	2.18(M)	0.00(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)
<b>MTO Additional Toppings/Sides; May Choose: 2</b>																			
Bacon Crumble - SR1799 (1 tbsp.)	70.87	6.08	2.02	0.00	20.25	232.87	0.00	0.00	0.00	0.00	4.05	0.20	0.00	(M)	(M)	0.00	81.00	(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)
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
Sour Cream - SR1659 (2 tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
Steamed Broccoli - SR1028 (1/4 c.)	13.23	0.06	0.01	0.00	0.00	5.57	2.53	1.42	0.69	0.00(M)	1.46	0.29	15.96	477.69	18.95	0.00(M)	0.12(M)	42.38	0.35
<b>Vegetable; May Choose: 1</b>																			
Baked Potato - SR1562 (1 potato)	172.26	4.66	0.36	0.00	0.00	19.32	29.59	3.17	1.49	0.00(M)	3.63	1.48	24.84	13.80(M)	11.45(M)	0.00(M)	0.00(M)	102.74(M)	1.86(M)
Tater Tots - SR1450 (3/4 c.)	166.06	9.06	1.51	0.00	0.00	467.98	21.13	1.51	1.51	0.00	1.51	0.30	15.10	0.00(M)	0.00(M)	0.00	317.02	(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)
<b>Monday 06/03/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 2</b>																			
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)
<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)
Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54	0.23
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)
<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)

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Meal Service: Lunch

<b>Monday 06/03/2024, Lunch, T4-Fast</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
<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>Monday 06/03/2024, Lunch, T4-Grill (composed)</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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Jersey Shore Grilled Cheese - NWR2773 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	329.70	11.30	6.10	0.00	30.37	677.94	35.54	4.41	3.06	2.29	20.45	2.13	421.28	0.00(M)	0.00(M)	0.00	186.29	(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)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Monday 06/03/2024, Lunch, T4-Mexico/Fiesta/Nacho</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Pinto Beans - SR1032 (1 #8 scoop)	126.80	0.00	0.00	0.00	0.00	161.38	21.90	5.76	0.58	0.00	8.07	1.84	69.16	0.00(M)	0.00(M)	0.00	495.66	(M)	(M)

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Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(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)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
Corn Salsa - NWR1942 (2 tbsp.)	15.01	0.35	0.00	0.00	0.00	2.85	3.21	0.43	1.36	0.00(M)	0.40	0.02(M)	0.77(M)	38.58(M)	1.74(M)	0.00(M)	10.79(M)	4.97(M)	0.02(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)
<b>Vegetable; May Choose: 1</b>																			
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)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Monday 06/03/2024, Lunch, T4-Pizza (conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold BBQ Chicken Pizza - NWR3213 (1 slice) Contains Gluten, Milk, Soy, Wheat.	366.84	14.48	6.02	0.00	43.83	614.29	39.28	3.35	8.39	2.82(M)	18.21	1.94(M)	274.91(M)	333.67(M)	0.69(M)	0.00(M)	387.98(M)	7.65(M)	0.03(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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Tuesday 06/04/2024, Lunch, T4-Adventure (Spice House)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Fried Rice - SR3326 (1 1/3 c.) Contains Egg, Gluten, Milk, Soy, Wheat.	317.05	4.36	0.68	0.00	49.45	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.10	33.23	(M)	(M)	0.11	287.98	(M)	(M)
Teriyaki Beef Dippers - SR1714 (4 piece) Contains Gluten, Soy, Wheat.	152.65	9.16	4.07	0.51	30.53	417.25	7.12	1.02	5.09	(M)	12.21	1.83	20.35	101.77	0.00	(M)	(M)	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
General Tso Sauce - SR1823 (2 tbsp.) Contains Soy.	113.88	0.09	0.04	0.03	0.34	125.57	28.64	0.25	27.03	27.00	0.18	0.18	12.02	0.00(M)	0.00(M)	0.08	35.41	16.85	0.38
Sweet and Sour Sauce - SR2022 (2 tbsp.)	73.08	0.32	0.04	0.00	0.18	75.96	17.46	0.09	14.65	14.65	0.11	0.02	0.72	0.00(M)	0.00(M)	0.04	12.24	(M)	(M)
Teriyaki Sauce - SR2025 (2 tbsp.) Contains Gluten, Soy, Wheat.	92.82	0.35	0.27	0.04	0.27	287.82	21.76	0.10	20.24	19.93	0.59	0.12	3.32	8.58	0.27	0.04	56.94	15.48	0.82

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<b>Vegetable; May Choose: 1</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)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
<b>Tuesday 06/04/2024, Lunch, T4-Adventure (Taqueria)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
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)
<b>MTO Pick 2nd Grain; May Choose: 1</b>																			
Cilantro Lime Rice - SR1232 (1/4 c.)	58.08	1.24	0.06	0.00	0.00	69.49	10.91	0.72	0.33	0.00	1.23	0.33	3.64	4.05(M)	0.64(M)	0.00	44.55	19.85(M)	0.24(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 3</b>																			
Black Beans - SR3362 (1/4 c.)	62.70	0.26	0.00	0.00	0.00	73.15	12.02	3.13	0.52	0.00	3.66	0.94	31.35	0.00(M)	0.00(M)	0.00	235.12	0.00(M)	0.00(M)
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	75.58	2.89	0.20	0.00	0.00	96.15	12.18	1.42	4.58	2.67	0.82	0.50	18.75	6435.11(M)	1.09(M)	0.00	165.38	0.00(M)	0.04(M)
Mex Zucchini - SR1697 (1/4 c.)	73.65	7.26	0.56	0.00	0.00	85.74	2.54	0.77	0.06(M)	0.00(M)	0.86	0.43	12.99	113.40(M)	10.15(M)	0.00(M)	17.71(M)	0.00(M)	0.27(M)
Roasted Pineapple Salsa - SR1280 (2 tbsp.)	16.65	0.02	0.00	0.00	0.00	37.59	4.09	0.33	3.31	1.13(M)	0.16	0.03(M)	5.24(M)	15.02(M)	0.28(M)	0.00(M)	27.18(M)	2.67(M)	0.08(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.25	0.00	0.00	0.00	3.00	0.00	97.50	(M)	(M)	0.20	0.00	(M)	(M)
<b>Tuesday 06/04/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 2</b>																			
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)
<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>																			
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>Tuesday 06/04/2024, Lunch, T4-Fast</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

Blueberry Patch Parfait - NWR3296 (1 parfait) Contains Milk, Soy. May contain Gluten.	265.43	5.26	0.87	0.02	1.93	149.45	47.75	4.57	25.94	17.69	5.49	0.54(M)	129.45(M)	120.00(M)	0.00(M)	1.93(M)	216.43(M)	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	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)
<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>Tuesday 06/04/2024, Lunch, T4-Grill (composed)</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)
Chicken Parmesan Sandwich - NWR3043 (1 sandwich) Contains Gluten, Milk, Sesame, Soy,	440.50	19.03	4.27	0.00	32.59	752.25	46.51	6.76	4.50	2.00(M)	23.79	3.90(M)	206.19(M)	0.00(M)	0.00(M)	0.10(M)	704.00(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Tuesday 06/04/2024, Lunch, T4-Pizza (conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Wednesday 06/05/2024, Lunch, T4-Adventure (Tater Temptations)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
<b>MT0 Pick 1st Grain; May Choose: 1</b>																			
Breadstick - SR1044 (2 breadstick) Contains Gluten, Soy, Wheat. May contain Egg, Milk,	160.00	2.00	0.00	0.00	0.00	190.00	28.00	4.00	4.00	4.00	6.00	1.60	20.00	0.00(M)	0.00(M)	0.60	100.00	(M)	(M)
<b>MT0 Pick 1st Protein; May Choose: 2</b>																			
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)
Turkey Gravy - NWR2419 (1/3 c.) Contains Milk.	131.41	5.11	1.69	0.00	65.38	669.54	4.87	0.04	1.31	0.26	14.90	0.62	11.62	0.00(M)	0.00(M)	0.00	185.78	2.18(M)	0.00(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)
<b>MT0 Additional Toppings/Sides; May Choose: 2</b>																			
Bacon Crumble - SR1799 (1 tbsp.)	70.87	6.08	2.02	0.00	20.25	232.87	0.00	0.00	0.00	0.00	4.05	0.20	0.00	(M)	(M)	0.00	81.00	(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)
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
Sour Cream - SR1659 (2 tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
Steamed Broccoli - SR1028 (1/4 c.)	13.23	0.06	0.01	0.00	0.00	5.57	2.53	1.42	0.69	0.00(M)	1.46	0.29	15.96	477.69	18.95	0.00(M)	0.12(M)	42.38	0.35
<b>Vegetable; May Choose: 1</b>																			
Baked Potato - SR1562 (1 potato)	172.26	4.66	0.36	0.00	0.00	19.32	29.59	3.17	1.49	0.00(M)	3.63	1.48	24.84	13.80(M)	11.45(M)	0.00(M)	0.00(M)	102.74(M)	1.86(M)
Tater Tots - SR1450 (3/4 c.)	166.06	9.06	1.51	0.00	0.00	467.98	21.13	1.51	1.51	0.00	1.51	0.30	15.10	0.00(M)	0.00(M)	0.00	317.02	(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)
<b>Wednesday 06/05/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 2</b>																			
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)
<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)
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)
<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>Wednesday 06/05/2024, Lunch, T4-Fast</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)

# Menu Item Nutrients

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Meal Service: Lunch

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)
<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>Wednesday 06/05/2024, Lunch, T4-Grill (composed)</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)
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)
Cuban Beef Steak Sub - SR4605 (1 sandwich) Contains Gluten, Wheat. May contain Egg, Milk,	354.04	15.16	4.62	0.51	35.44	519.55	40.28	4.72	7.68	4.07(M)	18.96	3.26(M)	41.56(M)	161.62(M)	8.02(M)	0.71(M)	162.47(M)	24.29(M)	0.33(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Wednesday 06/05/2024, Lunch, T4- Mexico/Fiesta/Nacho</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
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)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Pinto Beans - SR1032 (1 #8 scoop)	126.80	0.00	0.00	0.00	0.00	161.38	21.90	5.76	0.58	0.00	8.07	1.84	69.16	0.00(M)	0.00(M)	0.00	495.66	(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(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)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
Fire Roasted Salsa - NWR1937 (2 tbsp.)	10.25	0.09	0.01	0.00	0.00	94.95	1.92	0.44	1.01	0.00(M)	0.39	0.03(M)	1.56(M)	102.14(M)	0.49(M)	0.00(M)	4.06(M)	7.34(M)	0.24(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)

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

<b>Vegetable; May Choose: 1</b>																				
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)	
<b>Condiment; May Choose: 1</b>																				
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)	
<b>Wednesday 06/05/2024, Lunch, T4-Pizza (conv)</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 Chicken Bacon Ranch Pizza - NWR3216 (1 slice) Contains Egg, Gluten, Milk, Soy, Wheat.	371.46	15.93	6.44	0.00	47.14	512.82	36.34	3.23	5.82	0.89(M)	19.09	1.94(M)	273.70(M)	332.46(M)	0.23(M)	0.00(M)	377.85(M)	1.12(M)	0.01(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)	
<b>Condiment; May Choose: 1</b>																				
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)	
<b>Thursday 06/06/2024, Lunch, T4-Adventure (Spice House)</b>																				
<b>MTO Pick 1st Grain; May Choose: 1</b>																				
Fried Rice - SR3326 (1 1/3 c.) Contains Egg, Gluten, Milk, Soy, Wheat.	317.05	4.36	0.68	0.00	49.45	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)	
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)	
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)	
<b>MTO Pick 1st Protein; May Choose: 1</b>																				
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)	
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.10	33.23	(M)	(M)	0.11	287.98	(M)	(M)	
Teriyaki Beef Dippers - SR1714 (4 piece) Contains Gluten, Soy, Wheat.	152.65	9.16	4.07	0.51	30.53	417.25	7.12	1.02	5.09	(M)	12.21	1.83	20.35	101.77	0.00	(M)	(M)	(M)	(M)	
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)	
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																				
General Tso Sauce - SR1823 (2 tbsp.) Contains Soy.	113.88	0.09	0.04	0.03	0.34	125.57	28.64	0.25	27.03	27.00	0.18	0.18	12.02	0.00(M)	0.00(M)	0.08	35.41	16.85	0.38	
Sweet and Sour Sauce - SR2022 (2 tbsp.)	73.08	0.32	0.04	0.00	0.18	75.96	17.46	0.09	14.65	14.65	0.11	0.02	0.72	0.00(M)	0.00(M)	0.04	12.24	(M)	(M)	
Teriyaki Sauce - SR2025 (2 tbsp.) Contains Gluten, Soy, Wheat.	92.82	0.35	0.27	0.04	0.27	287.82	21.76	0.10	20.24	19.93	0.59	0.12	3.32	8.58	0.27	0.04	56.94	15.48	0.82	
<b>Vegetable; May Choose: 1</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)	
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)	
<b>Thursday 06/06/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																				
<b>Fruit; May Choose: 2</b>																				

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Unsweetened Applesauce - SR1195 (1/2 c.)	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	0.00	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
<b>Vegetable; May Choose: 2</b>																			
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)
Moroccan Spiced Carrots - SR2588 (1/2 c.)	118.81	10.10	0.79	0.00(M)	0.00	126.93	7.99	3.36	3.99(M)	0.00(M)	0.72	0.92	42.68	16497.88(M)	4.30(M)	0.00(M)	195.08(M)	87.96(M)	0.88(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>Thursday 06/06/2024, Lunch, T4-Fast</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 - 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)
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)
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)
Tuna Salad Sandwich - NWR1839 (1 sandwich) Contains Egg, Fish, Gluten, Sesame, Wheat. May	336.64	12.21	2.62	0.00	41.26	763.48	31.25	3.02	3.00	2.00	24.34	3.15	48.45	0.00(M)	0.00(M)	1.99	237.44	0.01(M)	0.24(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>Thursday 06/06/2024, Lunch, T4-Grill (composed)</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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Pizza Burger - NWR2990 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	344.64	15.34	5.65	0.00	13.59	615.48	31.42	4.23	3.87	2.00(M)	21.46	3.05(M)	192.68(M)	0.00(M)	0.00(M)	0.05(M)	727.31(M)	(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)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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

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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	0.00	(M)	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)
<b>Thursday 06/06/2024, Lunch, T4-Mexico/Fiesta/Nacho</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Pinto Beans - SR1032 (1 #8 scoop)	126.80	0.00	0.00	0.00	0.00	161.38	21.90	5.76	0.58	0.00	8.07	1.84	69.16	0.00(M)	0.00(M)	0.00	495.66	(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(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)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
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)
<b>Vegetable; May Choose: 1</b>																			
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)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
<b>Condiment; May Choose: 1</b>																			
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 Roja - SR1081 (2 tbsp.)	8.60	0.04	0.01	0.00	0.00	72.88	1.78	0.38	0.85	0.10(M)	0.30	0.12(M)	2.04(M)	22.53(M)	0.42(M)	0.00(M)	23.63(M)	4.66(M)	0.12(M)
<b>Thursday 06/06/2024, Lunch, T4-Pizza (conv)</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)
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)
Taco Pizza - NWR3857 (1 slice) Contains Gluten, Milk, Soy, Wheat.	361.62	15.68	7.08	0.00	38.50	433.98	35.15	3.45	5.85	0.80	18.32	2.17	327.30	320.00(M)	0.00(M)	0.10	374.40	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Friday 06/07/2024, Lunch, T4-Adventure (Taqueria)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Crispy Corn Taco Shell - SR2223 (3 shells)	255.00	12.00	1.50	0.00	0.00	0.00	33.00	3.00	0.00	0.00	3.00	0.00	30.00	0.00	0.00	0.00	150.00	(M)	(M)
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)

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 2</b>																			
Black Bean & Corn Salsa - NWR3734 (2 tbsp.)	20.43	0.21	0.00	0.00	0.00	44.82	4.13	0.92	1.27	0.02(M)	0.84	0.22(M)	12.53(M)	43.23(M)	2.02(M)	0.00(M)	83.37(M)	3.97(M)	0.07(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.25	0.00	0.00	0.00	3.00	0.00	97.50	(M)	(M)	0.20	0.00	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
Black Beans - SR3362 (1/4 c.)	62.70	0.26	0.00	0.00	0.00	73.15	12.02	3.13	0.52	0.00	3.66	0.94	31.35	0.00(M)	0.00(M)	0.00	235.12	0.00(M)	0.00(M)
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	75.58	2.89	0.20	0.00	0.00	96.15	12.18	1.42	4.58	2.67	0.82	0.50	18.75	6435.11(M)	1.09(M)	0.00	165.38	0.00(M)	0.04(M)
Mex Zucchini - SR1697 (1/4 c.)	73.65	7.26	0.56	0.00	0.00	85.74	2.54	0.77	0.06(M)	0.00(M)	0.86	0.43	12.99	113.40(M)	10.15(M)	0.00(M)	17.71(M)	0.00(M)	0.27(M)
<b>Friday 06/07/2024, Lunch, T4-Adventure (Tater Temptations)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Breadstick - SR1044 (2 breadstick) Contains Gluten, Soy, Wheat. May contain Egg, Milk,	160.00	2.00	0.00	0.00	0.00	190.00	28.00	4.00	4.00	4.00	6.00	1.60	20.00	0.00(M)	0.00(M)	0.60	100.00	(M)	(M)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
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)
Turkey Gravy - NWR2419 (1/3 c.) Contains Milk.	131.41	5.11	1.69	0.00	65.38	669.54	4.87	0.04	1.31	0.26	14.90	0.62	11.62	0.00(M)	0.00(M)	0.00	185.78	2.18(M)	0.00(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)
<b>MTO Additional Toppings/Sides; May Choose: 2</b>																			
Bacon Crumble - SR1799 (1 tbsp.)	70.87	6.08	2.02	0.00	20.25	232.87	0.00	0.00	0.00	0.00	4.05	0.20	0.00	(M)	(M)	0.00	81.00	(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)
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
Sour Cream - SR1659 (2 tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
Steamed Broccoli - SR1028 (1/4 c.)	13.23	0.06	0.01	0.00	0.00	5.57	2.53	1.42	0.69	0.00(M)	1.46	0.29	15.96	477.69	18.95	0.00(M)	0.12(M)	42.38	0.35
<b>Vegetable; May Choose: 1</b>																			
Baked Potato - SR1562 (1 potato)	172.26	4.66	0.36	0.00	0.00	19.32	29.59	3.17	1.49	0.00(M)	3.63	1.48	24.84	13.80(M)	11.45(M)	0.00(M)	0.00(M)	102.74(M)	1.86(M)
Tater Tots - SR1450 (3/4 c.)	166.06	9.06	1.51	0.00	0.00	467.98	21.13	1.51	1.51	0.00	1.51	0.30	15.10	0.00(M)	0.00(M)	0.00	317.02	(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)
<b>Friday 06/07/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 2</b>																			

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Diced 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)
Roasted Sweet Potatoes - SR3681 (1/2 c.)	129.67	5.68	0.41	0.00	0.00	50.59	19.08	2.98	3.85	0.00	1.55	0.64	31.11	12870.23(M)	2.18(M)	0.00	318.99	0.00(M)	0.05(M)
<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 06/07/2024, Lunch, T4-Fast</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
<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>Friday 06/07/2024, Lunch, T4-Grill (composed)</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)
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)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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)

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
<b>Friday 06/07/2024, Lunch, T4-Pizza (conv)</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 Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
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)
<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 06/10/2024, Lunch, T4-Adventure (Beale Street)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
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)
Unseasoned Chicken Strips - SR3351 (2 1/2 oz.)	125.00	6.67	1.67	0.00	63.33	288.33	5.00	0.00	0.00	(M)	11.67	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
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 - SR3118 (1/2 c.)	112.64	1.02	0.00	0.00	0.00	122.88	21.50	5.12	1.02	0.00	7.17	1.74	40.96	0.00(M)	0.00(M)	0.00	471.04	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.) Contains Gluten, Soy, Wheat.	73.57	0.09	0.07	0.01	0.07	292.30	18.22	0.04	16.54	16.44	0.17	0.09	6.73	2.15(M)	0.07(M)	0.01	25.98	4.46(M)	0.27(M)
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)
Carolinian Barbecue Sauce - SR1309 (2 tbsp.) Contains Fish, Soy.	34.91	0.01	0.00	0.00	0.00	256.59	9.29	0.06	8.76	8.75(M)	0.04	0.12	8.53	0.00(M)	0.00(M)	0.00(M)	15.59(M)	5.11(M)	0.05(M)
<b>Monday 06/10/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 2</b>																			
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)
<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)
Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54	0.23
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)
<b>Milk; May Choose: 1</b>																			

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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>Monday 06/10/2024, Lunch, T4-Fast</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
<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>Monday 06/10/2024, Lunch, T4-Grill (composed)</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)
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)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Monday 06/10/2024, Lunch, T4-Mexico/Fiesta/Nacho</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)

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Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Pinto Beans - SR1032 (1 #8 scoop)	126.80	0.00	0.00	0.00	0.00	161.38	21.90	5.76	0.58	0.00	8.07	1.84	69.16	0.00(M)	0.00(M)	0.00	495.66	(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(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)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
Corn Salsa - NWR1942 (2 tbsp.)	15.01	0.35	0.00	0.00	0.00	2.85	3.21	0.43	1.36	0.00(M)	0.40	0.02(M)	0.77(M)	38.58(M)	1.74(M)	0.00(M)	10.79(M)	4.97(M)	0.02(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)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Monday 06/10/2024, Lunch, T4-Pizza (conv)</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)
Bold Sausage Pizza - NWR1591 (1 slice) Contains Gluten, Milk, Soy, Wheat.	434.09	21.60	9.26	0.11	49.62	633.96	36.49	4.06	5.94	0.80(M)	21.98	2.24	383.67	347.48(M)	0.21(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Tuesday 06/11/2024, Lunch, T4-Adventure (Taqueria)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
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)
<b>MTO Pick 2nd Grain; May Choose: 1</b>																			
Cilantro Lime Rice - SR1232 (1/4 c.)	58.08	1.24	0.06	0.00	0.00	69.49	10.91	0.72	0.33	0.00	1.23	0.33	3.64	4.05(M)	0.64(M)	0.00	44.55	19.85(M)	0.24(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 3</b>																			
Black Beans - SR3362 (1/4 c.)	62.70	0.26	0.00	0.00	0.00	73.15	12.02	3.13	0.52	0.00	3.66	0.94	31.35	0.00(M)	0.00(M)	0.00	235.12	0.00(M)	0.00(M)
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	75.58	2.89	0.20	0.00	0.00	96.15	12.18	1.42	4.58	2.67	0.82	0.50	18.75	6435.11(M)	1.09(M)	0.00	165.38	0.00(M)	0.04(M)
Mex Zucchini - SR1697 (1/4 c.)	73.65	7.26	0.56	0.00	0.00	85.74	2.54	0.77	0.06(M)	0.00(M)	0.86	0.43	12.99	113.40(M)	10.15(M)	0.00(M)	17.71(M)	0.00(M)	0.27(M)

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Roasted Pineapple Salsa - SR1280 (2 tbsp.)	16.65	0.02	0.00	0.00	0.00	37.59	4.09	0.33	3.31	1.13(M)	0.16	0.03(M)	5.24(M)	15.02(M)	0.28(M)	0.00(M)	27.18(M)	2.67(M)	0.08(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.25	0.00	0.00	0.00	3.00	0.00	97.50	(M)	(M)	0.20	0.00	(M)	(M)
<b>Tuesday 06/11/2024, Lunch, T4-Adventure (Twirls)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Garlic Breadstick - SR3865 (2 breadstick) Contains Gluten, Soy, Wheat. May contain Egg, <b>MTO Pick 1st Protein; May Choose: 1</b>	221.25	8.11	0.45	0.00	0.00	191.69	30.03	4.33	4.07	4.00	6.45	1.93	26.43	0.00(M)	0.00(M)	0.60	133.77	0.19(M)	0.12(M)
Bruschetta Alfredo Dip - SR3866 (5/8 c.) Contains Milk.	232.86	14.28	8.14	0.00	42.59	717.56	10.40	1.94	5.43	0.00(M)	17.26	0.25	499.87	493.24(M)	8.30(M)	0.00(M)	146.00(M)	42.20(M)	0.32(M)
Spicy Italian Sausage Dip - SR3867 (5/8 c.) Contains Milk, Soy.	330.66	22.35	10.19	0.20	57.67	941.70	12.94	3.30	5.74	1.33(M)	20.40	1.07	424.89	50.75(M)	0.39(M)	0.00(M)	221.97(M)	0.01(M)	0.01(M)
Spinach Dip - SR3868 (1/2 c.) Contains Milk.	220.92	13.66	7.73	0.00	40.27	705.74	9.21	2.33	3.88	0.00(M)	17.07	0.68	513.81	3743.95(M)	1.11(M)	0.00	104.16	28.33(M)	0.46(M)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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
<b>Tuesday 06/11/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 2</b>																			
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)
<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>																			
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>Tuesday 06/11/2024, Lunch, T4-Fast</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Wheat. May	371.48	16.94	6.32	0.00	82.88	1085.72	31.04	3.27	4.42	4.07	26.83	2.45	192.62	90.36(M)	0.50(M)	0.92	492.51	(M)	(M)
Blueberry Patch Parfait - NWR3296 (1 parfait) Contains Milk, Soy. May contain Gluten.	265.43	5.26	0.87	0.02	1.93	149.45	47.75	4.57	25.94	17.69	5.49	0.54(M)	129.45(M)	120.00(M)	0.00(M)	1.93(M)	216.43(M)	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	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)

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

Hearty Garden Vegetable Salad - SR3876 (1 salad) Contains Egg, Gluten, Milk, Wheat.	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06(M)	4220.82(M)	12.51(M)	0.50(M)	165.75(M)	52.78(M)	0.31(M)
Mozzarella String Cheese Stick - SR4124 (1 stick.) Contains Milk.	81.00	5.06	3.04	0.00	20.25	182.25	1.01	0.00	0.51	0.00	7.09	0.00	151.87	(M)	(M)	0.00	860.61	(M)	(M)
<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>Tuesday 06/11/2024, Lunch, T4-Grill (composed)</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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Hot Dog - NWR1054 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	281.62	11.63	3.04	0.00	50.62	473.25	29.01	3.00	4.01	3.01	13.09	2.71	113.62	0.00(M)	0.00(M)	0.00	486.73	(M)	(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Tuesday 06/11/2024, Lunch, T4-Pizza (conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Wednesday 06/12/2024, Lunch, T4-Adventure (Beale Street)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Unseasoned Chicken Strips - SR3351 (2 1/2 oz.)	125.00	6.67	1.67	0.00	63.33	288.33	5.00	0.00	0.00	(M)	11.67	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

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)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
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)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
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 - SR3118 (1/2 c.)	112.64	1.02	0.00	0.00	0.00	122.88	21.50	5.12	1.02	0.00	7.17	1.74	40.96	0.00(M)	0.00(M)	0.00	471.04	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.) Contains Gluten, Soy, Wheat.	73.57	0.09	0.07	0.01	0.07	292.30	18.22	0.04	16.54	16.44	0.17	0.09	6.73	2.15(M)	0.07(M)	0.01	25.98	4.46(M)	0.27(M)
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)
Carolinian Barbecue Sauce - SR1309 (2 tbsp.) Contains Fish, Soy.	34.91	0.01	0.00	0.00	0.00	256.59	9.29	0.06	8.76	8.75(M)	0.04	0.12	8.53	0.00(M)	0.00(M)	0.00(M)	15.59(M)	5.11(M)	0.05(M)
<b>Wednesday 06/12/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 2</b>																			
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)
<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)
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)
<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>Wednesday 06/12/2024, Lunch, T4-Fast</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
<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>Wednesday 06/12/2024, Lunch, T4-Grill (composed)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
BBQ Pulled Pork Sandwich - NWR4364 (1 sandwich) Contains Gluten, Sesame, Wheat.	348.23	11.50	4.00	0.00	72.00	983.54	32.65	3.00	6.84	6.04	28.00	2.00(M)	80.00(M)	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

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)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Wednesday 06/12/2024, Lunch, T4-Mexico/Fiesta/Nacho</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
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)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Pinto Beans - SR1032 (1 #8 scoop)	126.80	0.00	0.00	0.00	0.00	161.38	21.90	5.76	0.58	0.00	8.07	1.84	69.16	0.00(M)	0.00(M)	0.00	495.66	(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(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)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
Fire Roasted Salsa - NWR1937 (2 tbsp.)	10.25	0.09	0.01	0.00	0.00	94.95	1.92	0.44	1.01	0.00(M)	0.39	0.03(M)	1.56(M)	102.14(M)	0.49(M)	0.00(M)	4.06(M)	7.34(M)	0.24(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)
<b>Vegetable; May Choose: 1</b>																			
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)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Wednesday 06/12/2024, Lunch, T4-Pizza (conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

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)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
Supreme Pizza - NWR3854 (1 slice) Contains Gluten, Milk, Soy, Wheat.	378.72	16.55	7.15	0.00	48.54	550.08	35.52	3.58	5.91	0.80	20.66	2.11	312.71	347.63(M)	6.21(M)	0.00(M)	477.32(M)	9.67(M)	0.04(M)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Thursday 06/13/2024, Lunch, T4-Adventure (Twirls)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Garlic Breadstick - SR3865 (2 breadstick) Contains Gluten, Soy, Wheat. May contain Egg,	221.25	8.11	0.45	0.00	0.00	191.69	30.03	4.33	4.07	4.00	6.45	1.93	26.43	0.00(M)	0.00(M)	0.60	133.77	0.19(M)	0.12(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Bruschetta Alfredo Dip - SR3866 (5/8 c.) Contains Milk.	232.86	14.28	8.14	0.00	42.59	717.56	10.40	1.94	5.43	0.00(M)	17.26	0.25	499.87	493.24(M)	8.30(M)	0.00(M)	146.00(M)	42.20(M)	0.32(M)
Spicy Italian Sausage Dip - SR3867 (5/8 c.) Contains Milk, Soy.	330.66	22.35	10.19	0.20	57.67	941.70	12.94	3.30	5.74	1.33(M)	20.40	1.07	424.89	50.75(M)	0.39(M)	0.00(M)	221.97(M)	0.01(M)	0.01(M)
Spinach Dip - SR3868 (1/2 c.) Contains Milk.	220.92	13.66	7.73	0.00	40.27	705.74	9.21	2.33	3.88	0.00(M)	17.07	0.68	513.81	3743.95(M)	1.11(M)	0.00	104.16	28.33(M)	0.46(M)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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
<b>Thursday 06/13/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 2</b>																			
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)
<b>Vegetable; May Choose: 2</b>																			
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)
Moroccan Spiced Carrots - SR2588 (1/2 c.)	118.81	10.10	0.79	0.00(M)	0.00	126.93	7.99	3.36	3.99(M)	0.00(M)	0.72	0.92	42.68	16497.88(M)	4.30(M)	0.00(M)	195.08(M)	87.96(M)	0.88(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>Thursday 06/13/2024, Lunch, T4-Fast</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

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)
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)
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)
Tuna Salad Sandwich - NWR1839 (1 sandwich) Contains Egg, Fish, Gluten, Sesame, Wheat. May	336.64	12.21	2.62	0.00	41.26	763.48	31.25	3.02	3.00	2.00	24.34	3.15	48.45	0.00(M)	0.00(M)	1.99	237.44	0.01(M)	0.24(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>Thursday 06/13/2024, Lunch, T4-Grill (composed)</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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Mushroom Swiss Burger - NWR4366 (1 burger) Contains Gluten, Milk, Sesame, Wheat. May	397.51	21.91	7.39	0.50	57.68	488.02	29.25	3.53	3.06	2.00(M)	23.66	3.35	209.43	0.00(M)	1.12(M)	0.11(M)	283.74(M)	40.91(M)	0.45(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Thursday 06/13/2024, Lunch, T4-Mexico/Fiesta/Nacho</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Pinto Beans - SR1032 (1 #8 scoop)	126.80	0.00	0.00	0.00	0.00	161.38	21.90	5.76	0.58	0.00	8.07	1.84	69.16	0.00(M)	0.00(M)	0.00	495.66	(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(M)

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

Turkey Taco Filling - SR3496 (1 3/4 oz.) Contains Soy.	83.32	5.08	1.02	0.00	21.34	134.13	3.05	0.00	2.03	(M)	8.13	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
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)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
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 Roja - SR1081 (2 tbsp.)	8.60	0.04	0.01	0.00	0.00	72.88	1.78	0.38	0.85	0.10(M)	0.30	0.12(M)	2.04(M)	22.53(M)	0.42(M)	0.00(M)	23.63(M)	4.66(M)	0.12(M)
<b>Thursday 06/13/2024, Lunch, T4-Pizza (conv)</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 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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Friday 06/14/2024, Lunch, T4-Adventure (Beale Street)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Unseasoned Chicken Strips - SR3351 (2 1/2 oz.)	125.00	6.67	1.67	0.00	63.33	288.33	5.00	0.00	0.00	(M)	11.67	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
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)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
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)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
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 - SR3118 (1/2 c.)	112.64	1.02	0.00	0.00	0.00	122.88	21.50	5.12	1.02	0.00	7.17	1.74	40.96	0.00(M)	0.00(M)	0.00	471.04	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.) Contains Gluten, Soy, Wheat.	73.57	0.09	0.07	0.01	0.07	292.30	18.22	0.04	16.54	16.44	0.17	0.09	6.73	2.15(M)	0.07(M)	0.01	25.98	4.46(M)	0.27(M)
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)
Carolinian Barbecue Sauce - SR1309 (2 tbsp.) Contains Fish, Soy.	34.91	0.01	0.00	0.00	0.00	256.59	9.29	0.06	8.76	8.75(M)	0.04	0.12	8.53	0.00(M)	0.00(M)	0.00(M)	15.59(M)	5.11(M)	0.05(M)
<b>Friday 06/14/2024, Lunch, T4-Adventure (Taqueria)</b>																			

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Crispy Corn Taco Shell - SR2223 (3 shells)	255.00	12.00	1.50	0.00	0.00	0.00	33.00	3.00	0.00	0.00	3.00	0.00	30.00	0.00	0.00	0.00	150.00	(M)	(M)
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)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 2</b>																			
Black Bean & Corn Salsa - NWR3734 (2 tbsp.)	20.43	0.21	0.00	0.00	0.00	44.82	4.13	0.92	1.27	0.02(M)	0.84	0.22(M)	12.53(M)	43.23(M)	2.02(M)	0.00(M)	83.37(M)	3.97(M)	0.07(M)
Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Cheddar Cheese - SR1537 (1/2 oz.) Contains Milk.	55.00	4.50	2.50	0.00	12.50	90.00	0.25	0.00	0.00	0.00	3.00	0.00	97.50	(M)	(M)	0.20	0.00	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			
Black Beans - SR3362 (1/4 c.)	62.70	0.26	0.00	0.00	0.00	73.15	12.02	3.13	0.52	0.00	3.66	0.94	31.35	0.00(M)	0.00(M)	0.00	235.12	0.00(M)	0.00(M)
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	75.58	2.89	0.20	0.00	0.00	96.15	12.18	1.42	4.58	2.67	0.82	0.50	18.75	6435.11(M)	1.09(M)	0.00	165.38	0.00(M)	0.04(M)
Mex Zucchini - SR1697 (1/4 c.)	73.65	7.26	0.56	0.00	0.00	85.74	2.54	0.77	0.06(M)	0.00(M)	0.86	0.43	12.99	113.40(M)	10.15(M)	0.00(M)	17.71(M)	0.00(M)	0.27(M)
<b>Friday 06/14/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 2</b>																			
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)
<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)
Roasted Sweet Potatoes - SR3681 (1/2 c.)	129.67	5.68	0.41	0.00	0.00	50.59	19.08	2.98	3.85	0.00	1.55	0.64	31.11	12870.23(M)	2.18(M)	0.00	318.99	0.00(M)	0.05(M)
<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 06/14/2024, Lunch, T4-Fast</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
<b>Grains; May Choose: 1</b>																			

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

Bread Roll - NWR1032 (2 roll.) Contains Gluten, Sesame, Soy, Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	26.00	2.00	2.00	2.00	6.00	2.00	28.00	0.00(M)	0.00(M)	2.00	97.76	(M)	(M)
<b>Friday 06/14/2024, Lunch, T4-Grill (composed)</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)
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)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Friday 06/14/2024, Lunch, T4-Pizza (conv)</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 Meatlover's Pizza - NWR3210 (1 slice) Contains Gluten, Milk, Soy, Wheat.	406.99	19.62	7.97	0.06	54.89	652.04	35.09	3.38	5.77	0.80(M)	21.24	2.24	280.14	333.74(M)	0.10(M)	0.00(M)	459.76(M)	(M)	(M)
Bold Pepperoni Pizza - NWR1593 (1 slice) Contains Gluten, Milk, Soy, Wheat.	377.83	16.93	7.72	0.00	39.59	490.33	35.51	3.71	5.60	0.80	19.54	1.92	368.99	320.00(M)	0.00(M)	0.00(M)	374.40(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
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)
<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, T4-Adventure (Strutters)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Garlic Knot Breadstick - SR1255 (2 roll.) Contains Gluten, Soy, Wheat. May contain Egg,	221.25	8.11	0.45	0.00	0.00	191.69	30.03	4.33	4.07	4.00	6.45	1.93	26.43	0.00(M)	0.00(M)	0.60	133.77	0.19(M)	0.12(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Breaded Chicken Tender - SR2504 (3 tenders) Contains Gluten, Soy, Wheat.	263.02	15.17	2.53	0.00	25.29	394.54	16.19	3.04	1.01	1.01	15.17	2.02	36.42	0.00(M)	0.00(M)	0.00	728.37	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

<b>Vegetable; May Choose: 1</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>																			
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.) Contains Gluten, Soy, Wheat.	73.57	0.09	0.07	0.01	0.07	292.30	18.22	0.04	16.54	16.44	0.17	0.09	6.73	2.15(M)	0.07(M)	0.01	25.98	4.46(M)	0.27(M)
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)
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)
<b>Monday 06/17/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 2</b>																			
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)
<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)
Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54	0.23
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)
<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>Monday 06/17/2024, Lunch, T4-Fast</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
<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>Monday 06/17/2024, Lunch, T4-Grill (composed)</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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Jersey Shore Grilled Cheese - NWR2773 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	329.70	11.30	6.10	0.00	30.37	677.94	35.54	4.41	3.06	2.29	20.45	2.13	421.28	0.00(M)	0.00(M)	0.00	186.29	(M)	(M)

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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)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Monday 06/17/2024, Lunch, T4- Mexico/Fiesta/Nacho</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(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)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
Corn Salsa - NWR1942 (2 tbsp.)	15.01	0.35	0.00	0.00	0.00	2.85	3.21	0.43	1.36	0.00(M)	0.40	0.02(M)	0.77(M)	38.58(M)	1.74(M)	0.00(M)	10.79(M)	4.97(M)	0.02(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)
<b>Vegetable; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Monday 06/17/2024, Lunch, T4-Pizza (conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
Bold BBQ Chicken Pizza - NWR3213 (1 slice) Contains Gluten, Milk, Soy, Wheat.	366.84	14.48	6.02	0.00	43.83	614.29	39.28	3.35	8.39	2.82(M)	18.21	1.94(M)	274.91(M)	333.67(M)	0.69(M)	0.00(M)	387.98(M)	7.65(M)	0.03(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)

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Meal Service: Lunch

<b>Condiment; May Choose: 1</b>																			
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)
<b>Tuesday 06/18/2024, Lunch, T4-Adventure (Spice House)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Fried Rice - SR3326 (1 1/3 c.) Contains Egg, Gluten, Milk, Soy, Wheat.	317.05	4.36	0.68	0.00	49.45	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.10	33.23	(M)	(M)	0.11	287.98	(M)	(M)
Teriyaki Beef Dippers - SR1714 (4 piece) Contains Gluten, Soy, Wheat.	152.65	9.16	4.07	0.51	30.53	417.25	7.12	1.02	5.09	(M)	12.21	1.83	20.35	101.77	0.00	(M)	(M)	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
General Tso Sauce - SR1823 (2 tbsp.) Contains Soy.	113.88	0.09	0.04	0.03	0.34	125.57	28.64	0.25	27.03	27.00	0.18	0.18	12.02	0.00(M)	0.00(M)	0.08	35.41	16.85	0.38
Sweet and Sour Sauce - SR2022 (2 tbsp.)	73.08	0.32	0.04	0.00	0.18	75.96	17.46	0.09	14.65	14.65	0.11	0.02	0.72	0.00(M)	0.00(M)	0.04	12.24	(M)	(M)
Teriyaki Sauce - SR2025 (2 tbsp.) Contains Gluten, Soy, Wheat.	92.82	0.35	0.27	0.04	0.27	287.82	21.76	0.10	20.24	19.93	0.59	0.12	3.32	8.58	0.27	0.04	56.94	15.48	0.82
<b>Vegetable; May Choose: 1</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)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
<b>Tuesday 06/18/2024, Lunch, T4-Adventure (Taqueria)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
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)
<b>MTO Pick 2nd Grain; May Choose: 1</b>																			
Cilantro Lime Rice - SR1232 (1/4 c.)	58.08	1.24	0.06	0.00	0.00	69.49	10.91	0.72	0.33	0.00	1.23	0.33	3.64	4.05(M)	0.64(M)	0.00	44.55	19.85(M)	0.24(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Mexican Tinga Chicken - NWR3229 (1 portion)	150.61	7.01	1.74	0.00	65.53	419.30	9.68	1.14	2.23	0.16(M)	12.73	0.39(M)	24.84(M)	51.40(M)	1.41(M)	0.00(M)	167.63(M)	0.00(M)	0.24(M)
Turkey Taco Filling - SR3496 (3 1/2 oz.) Contains Soy.	166.64	10.16	2.03	0.00	42.68	268.25	6.10	0.00	4.06	(M)	16.26	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 3</b>																			
Black Beans - SR3362 (1/4 c.)	62.70	0.26	0.00	0.00	0.00	73.15	12.02	3.13	0.52	0.00	3.66	0.94	31.35	0.00(M)	0.00(M)	0.00	235.12	0.00(M)	0.00(M)
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	75.58	2.89	0.20	0.00	0.00	96.15	12.18	1.42	4.58	2.67	0.82	0.50	18.75	6435.11(M)	1.09(M)	0.00	165.38	0.00(M)	0.04(M)
Mex Zucchini - SR1697 (1/4 c.)	73.65	7.26	0.56	0.00	0.00	85.74	2.54	0.77	0.06(M)	0.00(M)	0.86	0.43	12.99	113.40(M)	10.15(M)	0.00(M)	17.71(M)	0.00(M)	0.27(M)
Roasted Pineapple Salsa - SR1280 (2 tbsp.)	16.65	0.02	0.00	0.00	0.00	37.59	4.09	0.33	3.31	1.13(M)	0.16	0.03(M)	5.24(M)	15.02(M)	0.28(M)	0.00(M)	27.18(M)	2.67(M)	0.08(M)

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Meal Service: Lunch

Salsa - SR3045 (2 tbsp.)	9.48	0.00	0.00	0.00	0.00	37.92	2.17	0.27	1.63	(M)	0.27	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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)
<b>Tuesday 06/18/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																			
<b>Fruit; May Choose: 2</b>																			
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)
<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>																			
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>Tuesday 06/18/2024, Lunch, T4-Fast</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
American Sub Sandwich - NWR3156 (1 sandwich) Contains Gluten, Milk, Wheat. May	371.48	16.94	6.32	0.00	82.88	1085.72	31.04	3.27	4.42	4.07	26.83	2.45	192.62	90.36(M)	0.50(M)	0.92	492.51	(M)	(M)
Blueberry Patch Parfait - NWR3296 (1 parfait) Contains Milk, Soy. May contain Gluten.	265.43	5.26	0.87	0.02	1.93	149.45	47.75	4.57	25.94	17.69	5.49	0.54(M)	129.45(M)	120.00(M)	0.00(M)	1.93(M)	216.43(M)	(M)	(M)
Chicken Caesar Wrap - NWR1276 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain	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)
<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>Tuesday 06/18/2024, Lunch, T4-Grill (composed)</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)
Chicken Parmesan Sandwich - NWR3043 (1 sandwich) Contains Gluten, Milk, Sesame, Soy,	440.50	19.03	4.27	0.00	32.59	752.25	46.51	6.76	4.50	2.00(M)	23.79	3.90(M)	206.19(M)	0.00(M)	0.00(M)	0.10(M)	704.00(M)	(M)	(M)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Spicy Chicken Sandwich - NWR1249 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	370.00	14.50	2.50	0.00	20.00	550.00	42.00	5.00	3.00	3.00	19.00	4.00	110.00	0.00(M)	0.00(M)	0.10	804.00	(M)	(M)
Veggie Burger - NWR4422 (1 burger) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat. May	290.00	9.50	1.00	0.00	0.00	600.00	33.00	34.00	2.00	2.00	22.00	3.20	120.00	0.00(M)	0.00(M)	0.10	234.00	(M)	(M)
<b>Vegetable; May Choose: 1</b>																			

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

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)
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Tuesday 06/18/2024, Lunch, T4-Pizza (conv)</b>																			
<b>Entrée/Combo; May Choose: 1</b>																			
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)
<b>Condiment; May Choose: 1</b>																			
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)
<b>Thursday 06/20/2024, Lunch, T4-Adventure (Spice House)</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Fried Rice - SR3326 (1 1/3 c.) Contains Egg, Gluten, Milk, Soy, Wheat.	317.05	4.36	0.68	0.00	49.45	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50(M)	6.49(M)	0.59	367.97	184.88(M)	2.25(M)
Steamed Brown Rice - SR1098 (1 c.)	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	0.14(M)
Vegetable Lo Mein - SR3864 (1 1/3 c.) Contains Gluten, Soy, Wheat.	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35(M)	2.38(M)	0.14	316.11	40.48(M)	2.02(M)
<b>MTO Pick 1st Protein; May Choose: 1</b>																			
Baked Tofu - SR2069 (2 5/8 oz.) Contains Soy.	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95(M)	0.26(M)	0.00	311.09	0.00(M)	0.88(M)
Popcorn Chicken - SR1413 (12 piece) Contains Gluten, Soy, Wheat.	254.75	14.40	2.77	0.00	22.15	387.66	15.51	3.32	1.11	0.00	15.51	2.10	33.23	(M)	(M)	0.11	287.98	(M)	(M)
Teriyaki Beef Dippers - SR1714 (4 piece) Contains Gluten, Soy, Wheat.	152.65	9.16	4.07	0.51	30.53	417.25	7.12	1.02	5.09	(M)	12.21	1.83	20.35	101.77	0.00	(M)	(M)	(M)	(M)
Unbreaded Chicken Strips - NWR4238 (3 oz.)	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	0.00(M)	14.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	0.00(M)	(M)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
General Tso Sauce - SR1823 (2 tbsp.) Contains Soy.	113.88	0.09	0.04	0.03	0.34	125.57	28.64	0.25	27.03	27.00	0.18	0.18	12.02	0.00(M)	0.00(M)	0.08	35.41	16.85	0.38
Sweet and Sour Sauce - SR2022 (2 tbsp.)	73.08	0.32	0.04	0.00	0.18	75.96	17.46	0.09	14.65	14.65	0.11	0.02	0.72	0.00(M)	0.00(M)	0.04	12.24	(M)	(M)
Teriyaki Sauce - SR2025 (2 tbsp.) Contains Gluten, Soy, Wheat.	92.82	0.35	0.27	0.04	0.27	287.82	21.76	0.10	20.24	19.93	0.59	0.12	3.32	8.58	0.27	0.04	56.94	15.48	0.82
<b>Vegetable; May Choose: 1</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)
Roasted Sesame Carrots - SR1787 (1/2 c.) Contains Gluten, Sesame, Soy, Wheat.	130.71	9.59	1.30	0.04	0.00	357.54	10.85	3.41	6.43	2.53	1.32	0.82	52.50	16165.08(M)	2.20(M)	0.00	193.76	86.35(M)	1.07(M)
<b>Thursday 06/20/2024, Lunch, T4-Extras Bar (Garden, Milk, Condiments)</b>																			

# Menu Item Nutrients

Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

<b>Fruit; May Choose: 2</b>																			
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)
<b>Vegetable; May Choose: 2</b>																			
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)
Moroccan Spiced Carrots - SR2588 (1/2 c.)	118.81	10.10	0.79	0.00(M)	0.00	126.93	7.99	3.36	3.99(M)	0.00(M)	0.72	0.92	42.68	16497.88(M)	4.30(M)	0.00(M)	195.08(M)	87.96(M)	0.88(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>Thursday 06/20/2024, Lunch, T4-Fast</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 - 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)
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)
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)
Tuna Salad Sandwich - NWR1839 (1 sandwich) Contains Egg, Fish, Gluten, Sesame, Wheat. May	336.64	12.21	2.62	0.00	41.26	763.48	31.25	3.02	3.00	2.00	24.34	3.15	48.45	0.00(M)	0.00(M)	1.99	237.44	0.01(M)	0.24(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>Thursday 06/20/2024, Lunch, T4-Grill (composed)</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)
Crispy Chicken Sandwich - NWR1300 (1 burger) Contains Gluten, Sesame, Soy, Wheat. May	380.00	15.50	2.50	0.00	25.00	640.00	43.00	6.00	3.00	2.00	20.00	3.90	110.00	0.00(M)	0.00(M)	0.10	704.00	(M)	(M)
Hamburger - NWR1292 (1 burger) Contains Gluten, Sesame, Wheat. May contain Soy.	290.00	12.50	4.50	0.50	45.00	460.00	27.00	3.00	2.00	2.00(M)	18.00	3.08	80.00	0.00(M)	0.00(M)	0.00(M)	104.00(M)	(M)	(M)
Homemade Rainbow Chili - NWR2365 (1 c.)	218.06	0.65	0.01	0.00	0.00	1003.32	42.95	11.06	8.94	1.34(M)	11.65	3.03(M)	96.40(M)	133.33(M)	0.00(M)	0.00(M)	921.19(M)	6.61(M)	0.07(M)
Pizza Burger - NWR2990 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain	344.64	15.34	5.65	0.00	13.59	615.48	31.42	4.23	3.87	2.00(M)	21.46	3.05(M)	192.68(M)	0.00(M)	0.00(M)	0.05(M)	727.31(M)	(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)
<b>Vegetable; May Choose: 1</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)
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)
<b>Condiment; May Choose: 1</b>																			

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Date: 06/03/2024 - 06/07/2024

Meal Service: Lunch

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)
<b>Thursday 06/20/2024, Lunch, T4-Mexico/Fiesta/Nacho</b>																			
<b>MTO Pick 1st Grain; May Choose: 1</b>																			
Tortilla Chips - SR1065 (1 1/2 oz.)	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
<b>MTO Pick 1st Protein; May Choose: 2</b>																			
Cheddar Cheese Sauce - SR1293 (1/4 c.) Contains Milk.	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)	(M)
Chicken Strip Filling - NWR1749 (1 1/2 oz.) Contains Gluten, Wheat.	77.34	4.04	1.01	0.00	38.00	214.94	3.48	0.12	0.04	0.00(M)	7.08	0.10(M)	2.36(M)	0.00(M)	0.00(M)	0.00(M)	9.34(M)	0.05(M)	0.14(M)
Jalapeno Cheese Sauce - SR1067 (1/4 c.) Contains Milk.	115.51	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.48	0.00(M)	(M)
Taco Beef Filling - NWR4374 (1 1/4 oz.) Contains Gluten, Soy, Wheat.	76.20	4.23	2.08	0.01	22.72	214.71	3.49	1.44	0.33	0.00(M)	6.43	0.24(M)	5.99(M)	22.25(M)	0.83(M)	0.00(M)	22.53(M)	6.08(M)	0.34(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)
<b>MTO Additional Toppings/Sides; May Choose: 1</b>																			
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)
<b>Vegetable; May Choose: 1</b>																			
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)
Mexican Black Beans - SR1026 (1/2 c.)	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34(M)	8.17(M)	0.00	276.23	34.76(M)	0.12(M)
<b>Condiment; May Choose: 1</b>																			
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 Roja - SR1081 (2 tbsp.)	8.60	0.04	0.01	0.00	0.00	72.88	1.78	0.38	0.85	0.10(M)	0.30	0.12(M)	2.04(M)	22.53(M)	0.42(M)	0.00(M)	23.63(M)	4.66(M)	0.12(M)
<b>Thursday 06/20/2024, Lunch, T4-Pizza (conv)</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)
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)
Taco Pizza - NWR3857 (1 slice) Contains Gluten, Milk, Soy, Wheat.	361.62	15.68	7.08	0.00	38.50	433.98	35.15	3.45	5.85	0.80	18.32	2.17	327.30	320.00(M)	0.00(M)	0.10	374.40	(M)	(M)
<b>Condiment; May Choose: 1</b>																			
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)

(M) Indicates missing nutrient values.

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