

Menu Calendar Nutrient Analysis Report

Site: GRAND LAKES JUNIOR HIGH SCHOOL
 Summer School 2024

Item Name (Serving Size)	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)
Summer Lunch Pizza Monday Menu																	
Grilled Cheese - TR1089 (1 ea.)	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)
Peanut Butter & Jelly Sandwich Kit - TR1484 (1)	490.00	26.00	7.00	0.00	19.00	625.00	48.00	5.00	14.50	0.00(M)	19.50	2.16	250.00	90.00	0.00	0.10(M)	80.08(M)
Cheese Pizza Thin Crust - TR1842 (1 slice)	350.00	15.00	7.00	0.00	30.00	640.00	33.00	3.00	3.00	0.00	21.00	2.00	500.00	0.00	0.00	0.20	79.90
Pepperoni Pizza Thin Crust - TR1843 (8 slice)	380.00	18.00	8.00	0.00	35.00	770.00	33.00	3.00	3.00	0.00	22.00	2.00	450.00	0.00	0.00	0.20	75.20
Tuscan Style Cheese Pizza - TR1152 (1 slice)	406.36	16.07	7.56	0.00	28.35	472.51	44.42	2.83	7.56	(M)	23.63	1.70	425.26	708.77	5.67	(M)	(M)
Tuscan Style Pepperoni Pizza - TR1153 (1 slice)	444.83	18.78	8.90	0.00	34.60	642.54	46.46	3.95	7.91	(M)	24.71	2.67	395.41	494.26	5.93	(M)	(M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	86.83	3.50	0.50	0.00	5.00	429.03	13.44	2.15	6.22	(M)	0.00	7.73	21.46	10195.88	2.58	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)
Vegetable Medley - TR1105 (1/2 c.)	41.62	1.12	0.24	0.00	0.00	167.75	5.34	2.13	3.20	0.00(M)	1.07	0.00	21.35	808.46	6.40	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Orange Wedges - TR1057 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)
Lactaid Milk - TR1367 (1 c.)	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
White Milk - TR1035 (1 c.)	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Summer Lunch Cheeseburger Tuesday Menu																	
Cheeseburger - TR1897 (1 ea.)	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)
Grilled Cheese - TR1089 (1 ea.)	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)
Peanut Butter & Jelly Sandwich Kit - TR1484 (1)	490.00	26.00	7.00	0.00	19.00	625.00	48.00	5.00	14.50	0.00(M)	19.50	2.16	250.00	90.00	0.00	0.10(M)	80.08(M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	86.83	3.50	0.50	0.00	5.00	429.03	13.44	2.15	6.22	(M)	0.00	7.73	21.46	10195.88	2.58	(M)	(M)
Carrot Coins - TR1086 (1/2 c.)	43.99	2.39	0.24	0.00	0.00	153.97	7.64	2.55	3.82	0.00(M)	0.00	0.46	38.21	10516.75	2.29	0.00(M)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	125.15	4.17	0.52	0.00	0.00	146.01	20.86	2.09	0.00	(M)	2.09	0.38	0.00	104.30	3.75	(M)	(M)
Granny Smith Apple - TR1054 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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Orange Wedges - TR1057 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)
Lactaid Milk - TR1367 (1 ea.)	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
White Milk - TR1035 (1 c.)	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Ketchup - TR1088 (2 ea.)	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayo - TR1144 (1 ea.)	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard - TR1145 (1 ea.)	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Summer Lunch Chicken Bites Wednesday Menu																	
Chicken Mega Mini Bites - TR1462 (10 ea.)	261.99	12.09	2.52	0.00	55.42	493.75	14.11	2.02	1.01	(M)	23.18	1.45	0.00	0.00	0.00	(M)	(M)
Grilled Cheese - TR1089 (1 ea.)	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)
Peanut Butter & Jelly Sandwich Kit - TR1484 (1 ea.)	490.00	26.00	7.00	0.00	19.00	625.00	48.00	5.00	14.50	0.00(M)	19.50	2.16	250.00	90.00	0.00	0.10(M)	80.08(M)
Whole Grain Roll - TR1005 (1 ea.)	170.00	2.00	0.50	0.00	0.00	150.00	32.00	4.00	9.00	(M)	5.00	1.44	0.00	0.00	0.00	(M)	(M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	86.83	3.50	0.50	0.00	5.00	429.03	13.44	2.15	6.22	(M)	0.00	7.73	21.46	10195.88	2.58	(M)	(M)
Mashed Potatoes - TR1083 (1/2 c.)	89.22	1.19	0.00	0.00	0.00	420.03	17.84	1.49	0.59	(M)	1.78	0.24	12.28	2.31	7.73	(M)	(M)
Seasoned Green Beans - TR1085 (1/2 c.)	45.45	2.54	0.55	0.00	0.00	189.77	4.73	2.36	1.18	0.00(M)	1.18	0.42	23.64	254.54	1.42	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Orange Wedges - TR1057 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)
Lactaid Milk - TR1367 (1 ea.)	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
White Milk - TR1035 (1 c.)	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Ketchup - TR1088 (2 ea.)	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Summer Lunch Bosco Breadsticks Thursday Menu																	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)
Grilled Cheese - TR1089 (1 ea.)	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)
Peanut Butter & Jelly Sandwich Kit - TR1484 (1 ea.)	490.00	26.00	7.00	0.00	19.00	625.00	48.00	5.00	14.50	0.00(M)	19.50	2.16	250.00	90.00	0.00	0.10(M)	80.08(M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	86.83	3.50	0.50	0.00	5.00	429.03	13.44	2.15	6.22	(M)	0.00	7.73	21.46	10195.88	2.58	(M)	(M)

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California Blend	36.28	1.12	0.24	0.00	0.00	178.42	5.34	2.13	2.13	0.00(M)	2.13	0.38	21.35	8.00	0.00	0.00(M)	1173.79
Vegetables - TR1662 (1/2																	(M)
Marinara Dip Cup - TR1172 (1 ea.)	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Apple Red Delicouius - TR1420 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Orange Wedges - TR1057 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)
Lactaid Milk - TR1367 (1 ea.)	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)
Chocolate Milk - TR1033 (1 ea.)	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
White Milk - TR1035 (1 c.)	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Summer Lunch Chicken Sandwich Friday Menu																	
Crispy Chicken Sandwich - TR1658 (1 ea.)	370.00	10.00	1.50	0.00	50.00	870.00	46.00	4.00	5.00	4.00	23.00	2.08	136.00	200.00	0.00	0.00	0.00
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	370.00	10.00	1.50	0.00	50.00	830.00	46.00	5.00	4.00	4.00	23.00	2.08	136.00	200.00	0.00	0.00	0.00
Grilled Cheese - TR1089 (1 ea.)	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)
Peanut Butter & Jelly Sandwich Kit - TR1484 (1 ea.)	490.00	26.00	7.00	0.00	19.00	625.00	48.00	5.00	14.50	0.00(M)	19.50	2.16	250.00	90.00	0.00	0.10(M)	80.08(M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	86.83	3.50	0.50	0.00	5.00	429.03	13.44	2.15	6.22	(M)	0.00	7.73	21.46	10195.88	2.58	(M)	(M)
Baked Beans - TR1186 (1/2 c.)	153.07	0.52	0.00	0.00	0.00	415.73	33.12	6.24	14.29	1.71(M)	5.20	1.87	41.60	0.00	0.00	0.00(M)	0.00(M)
Steamed Broccoli - TR1112 (1/2 c.)	36.26	1.12	0.24	0.00	0.00	156.75	5.07	2.85	1.40	0.00(M)	2.95	0.56	31.06	965.72	38.20	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Orange Wedges - TR1057 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)
Lactaid Milk - TR1367 (1 ea.)	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)
Chocolate Milk - TR1033 (1 ea.)	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
White Milk - TR1035 (1 c.)	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Ketchup - TR1088 (2 ea.)	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayo - TR1144 (1 ea.)	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard - TR1145 (1 ea.)	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Menu Calendar Nutrient Analysis Report

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