

## 2024-2025 Secondary School Lunch Week #2 - Nutrient Analysis

Menu Item (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)	Potassi um (mg)
<b>Monday</b>																	
<b>Category: Entree;</b>																	
S-Chicken BLT Salad - LR-1001 (1 ea.)	218.63	12.10	4.82	0.00	58.03	575.00	5.35	1.88	2.00(M)	0.00(M)	21.09	1.43	130.75	4523.07	29.85	(M)	(M)
SEC - BBQ BEEF RIB SANDWICH - LR101095 (1 ea.)	380.00	13.00	5.00	0.00	35.00	860.00	42.00	3.00	13.00	3.00	21.00	3.80	42.00	100.00	2.00	0.00(M)	0.00(M)
SEC- PB&J - LR100324 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	320.00	15.50	6.00	0.00	40.00	325.00	30.00	2.00	4.00	4.00(M)	17.00	2.88	50.00	0.00	0.00	0.00(M)	109.98(M)
S-Pizza, Cheese, Big Daddy's - LR-1032 (1 ea.)	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	(M)	(M)
S-Pizza, Pepperoni, Big Daddy's - LR-1250 (1 ea.)	360.00	17.00	7.00	0.00	45.00	580.00	33.00	3.00	9.00	2.00	21.00	2.20	370.00	110.00	0.00	0.00	449.79
S-Spicy Chicken Sandwich - LR-1036 (1 ea.)	150.00	1.50	0.00	0.00	0.00	240.00	30.00	2.00	4.00	4.00	7.00	1.80	50.00	0.00	0.00	0.00(M)	109.98
S-Sub Sandwich, Club - LR-1225 (1 ea.)	220.58	1.76	0.25	0.00	15.49	551.99	30.58	2.03	3.51	3.51(M)	18.07	2.79	43.85	177.72	0.43	4.82(M)	324.07(M)
S-Sub, Ham - LR-1226 (1 ea.)	220.04	2.49	0.99	0.00	24.87	558.83	29.07	2.03	3.00	3.00(M)	15.98	2.18	40.86	177.72	0.43	(M)	0.00(M)
S-Sub, Turkey - LR-1225 (1 ea.)	245.36	1.69	0.00	0.00	34.00	990.67	30.76	2.03	3.00	3.00(M)	24.03	2.43	40.86	177.72	0.43	0.00(M)	0.00(M)
<b>Tuesday</b>																	
<b>Category: Entree;</b>																	
SEC - Turkey Cranberry Salad - LR101004 (1 ea.)	207.84(M)	1.89(M)	0.03(M)	0.00(M)	34.00(M)	795.75(M)	32.11(M)	4.38(M)	24.00(M)	0.00(M)	18.05(M)	1.48(M)	31.16(M)	4135.91(M)	15.75(M)	0.00(M)	0.00(M)
SEC- PB&J - LR100324 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SEC- VEGETABLE DUMPLINGS W/ MANDARIN SAUCE - LR101097 (1 ea.)	240.00(M)	9.00(M)	0.75(M)	0.00(M)	0.00(M)	525.00(M)	36.00(M)	1.50(M)	2.50(M)	1.25(M)	6.00(M)	2.85(M)	30.00(M)	0.00(M)	0.00(M)	0.00(M)	180.01(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	320.00	15.50	6.00	0.00	40.00	325.00	30.00	2.00	4.00	4.00(M)	17.00	2.88	50.00	0.00	0.00	0.00(M)	109.98(M)
S-Pizza, Cheese, Big Daddy's - LR-1032 (1 ea.)	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	(M)	(M)
S-Pizza, Pepperoni, Big Daddy's - LR-1250 (1 ea.)	360.00	17.00	7.00	0.00	45.00	580.00	33.00	3.00	9.00	2.00	21.00	2.20	370.00	110.00	0.00	0.00	449.79
S-Spicy Chicken Sandwich - LR-1036 (1 ea.)	150.00	1.50	0.00	0.00	0.00	240.00	30.00	2.00	4.00	4.00	7.00	1.80	50.00	0.00	0.00	0.00(M)	109.98
S-Sub Sandwich, Club - LR-1251 (1 ea.)	220.58	1.76	0.25	0.00	15.49	551.99	30.58	2.03	3.51	3.51(M)	18.07	2.79	43.85	177.72	0.43	4.82(M)	324.07(M)
S-Sub, Ham - LR-1226 (1 ea.)	220.04	2.49	0.99	0.00	24.87	558.83	29.07	2.03	3.00	3.00(M)	15.98	2.18	40.86	177.72	0.43	(M)	0.00(M)
S-Sub, Turkey - LR-1225 (1 ea.)	245.36	1.69	0.00	0.00	34.00	990.67	30.76	2.03	3.00	3.00(M)	24.03	2.43	40.86	177.72	0.43	0.00(M)	0.00(M)
<b>Wednesday</b>																	
<b>Category: Entree;</b>																	
22-23 SEC- Chef's Salad - LR100870 (1 ea.)	128.62	6.40	2.96	0.00	35.44	372.89	7.43	2.21	0.76(M)	0.76(M)	13.68	1.57	141.67	4613.68	40.57	7.23(M)	486.11(M)

## 2024-2025 Secondary School Lunch Week #2 - Nutrient Analysis

S-Bean & Cheese Burrito - LR-1418 (5 1/4 oz.)	282.71	8.53	3.86	0.00	16.76	475.97	38.99	8.41	1.04	(M)	14.43	2.58	190.83	286.25	1.15	(M)	(M)
SEC- PB&J - LR100324 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	320.00	15.50	6.00	0.00	40.00	325.00	30.00	2.00	4.00	4.00(M)	17.00	2.88	50.00	0.00	0.00	0.00(M)	109.98(M)
S-Nacho Grande - LR-1047 (1 ea.)	517.89	31.44	9.61	0.00	57.13	612.92	42.71	4.40	1.20	0.00(M)	19.00	1.91	298.95	467.43	0.00	0.00(M)	333.77(M)
S-Pizza, Cheese, Big Daddy's - LR-1032 (1 ea.)	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	(M)	(M)
S-Pizza, Pepperoni, Big Daddy's - LR-1250 (1 ea.)	360.00	17.00	7.00	0.00	45.00	580.00	33.00	3.00	9.00	2.00	21.00	2.20	370.00	110.00	0.00	0.00	449.79
S-Spicy Chicken Sandwich - LR-1036 (1 ea.)	150.00	1.50	0.00	0.00	0.00	240.00	30.00	2.00	4.00	4.00	7.00	1.80	50.00	0.00	0.00	0.00(M)	109.98
S-Sub Sandwich, Club - LR-1251 (1 ea.)	220.58	1.76	0.25	0.00	15.49	551.99	30.58	2.03	3.51	3.51(M)	18.07	2.79	43.85	177.72	0.43	4.82(M)	324.07(M)
S-Sub, Ham - LR-1226 (1 ea.)	220.04	2.49	0.99	0.00	24.87	558.83	29.07	2.03	3.00	3.00(M)	15.98	2.18	40.86	177.72	0.43	(M)	0.00(M)
S-Sub, Turkey - LR-1225 (1 ea.)	245.36	1.69	0.00	0.00	34.00	990.67	30.76	2.03	3.00	3.00(M)	24.03	2.43	40.86	177.72	0.43	0.00(M)	0.00(M)
<b>Thursday</b>																	
<b>Category: Entree;</b>																	
Chicken Tikka Masala Bowl - LR101002 (1 serv.)	263.64	4.74	1.00	0.00	50.00	370.00	38.20	0.00	17.00	17.00(M)	17.97	2.35	65.00	0.00	0.00	0.00(M)	229.83(M)
SEC- PB&J - LR100324 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SEC- Spicy Chicken Salad - LR-1053 (1 ea.)	563.80	31.57	7.03	0.00	124.19	925.39	23.85	3.92	4.46(M)	(M)	49.31	4.10	127.81	4392.51	23.76	(M)	(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	320.00	15.50	6.00	0.00	40.00	325.00	30.00	2.00	4.00	4.00(M)	17.00	2.88	50.00	0.00	0.00	0.00(M)	109.98(M)
S-Pizza, Cheese, Big Daddy's - LR-1032 (1 ea.)	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	(M)	(M)
S-Pizza, Pepperoni, Big Daddy's - LR-1250 (1 ea.)	360.00	17.00	7.00	0.00	45.00	580.00	33.00	3.00	9.00	2.00	21.00	2.20	370.00	110.00	0.00	0.00	449.79
S-Spicy Chicken Sandwich - LR-1036 (1 ea.)	150.00	1.50	0.00	0.00	0.00	240.00	30.00	2.00	4.00	4.00	7.00	1.80	50.00	0.00	0.00	0.00(M)	109.98
S-Sub Sandwich, Club - LR-1251 (1 ea.)	220.58	1.76	0.25	0.00	15.49	551.99	30.58	2.03	3.51	3.51(M)	18.07	2.79	43.85	177.72	0.43	4.82(M)	324.07(M)
S-Sub, Ham - LR-1226 (1 ea.)	220.04	2.49	0.99	0.00	24.87	558.83	29.07	2.03	3.00	3.00(M)	15.98	2.18	40.86	177.72	0.43	(M)	0.00(M)
S-Sub, Turkey - LR-1225 (1 ea.)	245.36	1.69	0.00	0.00	34.00	990.67	30.76	2.03	3.00	3.00(M)	24.03	2.43	40.86	177.72	0.43	0.00(M)	0.00(M)
<b>Friday</b>																	
<b>Category: Entree;</b>																	
S-Bacon Burger - LR-1039 (1 ea.)	333.00	12.50	5.00	1.00	44.50	605.00	31.00	2.00	5.00	4.00(M)	20.50	3.61	74.00	3050.00	1.00	0.00(M)	109.98(M)
SEC- FISH NUGGETS W/ BREADSTICK - LR101094 (1 ea.)	330.00	13.00	3.00	0.00	50.00	440.00	37.00	4.00	3.00	2.00	17.00	1.80	20.00	100.00	0.00	0.00(M)	79.43(M)
SEC- PB&J - LR100324 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	320.00	15.50	6.00	0.00	40.00	325.00	30.00	2.00	4.00	4.00(M)	17.00	2.88	50.00	0.00	0.00	0.00(M)	109.98(M)

## 2024-2025 Secondary School Lunch Week #2 - Nutrient Analysis

S-Pizza, Cheese, Big Daddy's - LR-1032 (1 ea.)	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	(M)	(M)
S-Pizza, Pepperoni, Big Daddy's - LR-1250 (1 ea.)	360.00	17.00	7.00	0.00	45.00	580.00	33.00	3.00	9.00	2.00	21.00	2.20	370.00	110.00	0.00	0.00	449.79
S-Spicy Chicken Sandwich - LR-1036 (1 ea.)	150.00	1.50	0.00	0.00	0.00	240.00	30.00	2.00	4.00	4.00	7.00	1.80	50.00	0.00	0.00	0.00(M)	109.98
S-Sub Sandwich, Club - LR-1251 (1 ea.)	220.58	1.76	0.25	0.00	15.49	551.99	30.58	2.03	3.51	3.51(M)	18.07	2.79	43.85	177.72	0.43	4.82(M)	324.07(M)
S-Sub, Ham - LR-1226 (1 ea.)	220.04	2.49	0.99	0.00	24.87	558.83	29.07	2.03	3.00	3.00(M)	15.98	2.18	40.86	177.72	0.43	(M)	0.00(M)
S-Sub, Turkey - LR-1225 (1 ea.)	245.36	1.69	0.00	0.00	34.00	990.67	30.76	2.03	3.00	3.00(M)	24.03	2.43	40.86	177.72	0.43	0.00(M)	0.00(M)
<b>Category: Milk;</b>																	
Milk, Chocolate, Fresh - LR-1400 (8 fl. oz.)	135.27	0.00	0.00	0.00	5.20	166.49	23.93	0.00	23.93	11.45	8.32	0.00	305.93	156.09	0.00	2.60	400.54
Milk, Chocolate, Shelf - LR-1402 (8 fl. oz.)	140.00	0.00	0.00	0.00	5.00	260.00	27.00	0.00	25.00	(M)	8.00	0.00	300.00	499.99	0.00	(M)	(M)
Milk, Soy, Shelf - LR100265 (1 ea.)	130.00	4.50	0.50	0.00	0.00	110.00	13.00	2.00	11.00	10.00	8.00	1.44	300.00	500.00	0.00	25.00	350.15
Milk, Strawberry, Shelf - LR-1403 (8 fl. oz.)	130.00	0.00	0.00	0.00	5.00	100.00	25.00	0.00	25.00	(M)	8.00	0.00	300.00	499.99	0.00	(M)	(M)
Milk, White, Fresh, Fat-Free - LR-1399 (8 fl. oz.)	83.00	0.20	0.00	0.00	4.90	102.90	12.15	0.00	12.00	0.00	8.26	0.00	299.00	519.99	0.00	2.42	381.99
Milk, White, Shelf - LR-1401 (8 fl. oz.)	80.00	0.00	0.00	0.00	5.00	110.00	11.00	0.50	11.00	(M)	8.00	0.00	250.00	499.99	1.20	(M)	(M)
Milk, White, Shelf, USDA - LR100059 (8 fl. oz.)	80.00	0.00	0.00	0.00	5.00	110.00	11.00	0.50	11.00	(M)	8.00	0.00	250.00	500.00	1.20	(M)	(M)
<b>Category: Condiment; May</b>																	
pc, bbq sauce - LR-1386 (12 oz.)	20.00	0.00	0.00	0.00	0.00	105.00	5.00	0.00	4.00	4.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Home made Ranch (1oz) - LR-1002 (1 oz.)	73.97	6.45	0.92	0.00	0.39	841.29	3.44	0.34	0.86(M)	(M)	0.74	0.07	24.43	41.27	0.39	(M)	(M)
Ketchup, Bulk - LR-1420 (1 oz.)	33.35	0.00	0.00	0.00	0.00	266.82	8.34	0.00	6.67	(M)	0.00	0.00	0.00	166.76	2.00	(M)	(M)
pc, mayonnaise - LR-1391 (12 oz.)	90.00	9.00	1.50	0.00	5.00	70.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
pc, Soy sauce, 9gm - LR-1295 (10 oz.)	0.00	0.00	0.00	0.00	0.00	267.86	0.00	0.00	(M)	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
pc, Sweet & Sour - LR-1297 (12 oz.)	20.00	0.00	0.00	0.00	0.00	35.00	5.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	1.20	(M)	(M)
PC, Mustard 5.5g - LR100275 (1 ea.)	0.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	1.20	(M)	(M)
PC, Salsa 9g - LR100295 (1 ea.)	5.00	0.00	0.00	0.00	0.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>Category: Juice;</b>																	
Juice, Envy, Sparkling Acai Berry 8oz. - LR100150 (1 ea.)	110.00	0.00	0.00	0.00	0.00	5.00	30.00	0.00	29.00	0.00	0.00	0.00	100.00	500.00	60.00	0.00	0.00
Juice, Envy, Sparkling Fruit Punch 8oz - LR100667 (1 ea.)	110.00	0.00	0.00	0.00	0.00	5.00	29.00	0.00	28.00	(M)	0.00	0.00	100.00	500.00	60.00	(M)	(M)
Juice, Envy, Sparkling Fuji Apple 8oz. - LR100149 (1 ea.)	110.00	0.00	0.00	0.00	0.00	5.00	29.00	0.00	27.00	0.00	0.00	0.00	100.00	500.00	60.00	(M)	(M)
Juice, Envy, Sparkling Strawberry Kiwi 8oz. - LR100148 (1 ea.)	110.00	0.00	0.00	0.00	0.00	5.00	29.00	0.00	28.00	0.00	0.00	0.00	100.00	500.00	60.00	(M)	(M)
S-10oz. Juice, Apple - LR-1408 (10 oz.)	140.00	0.00	0.00	0.00	0.00	25.00	35.00	0.00	(M)	(M)	0.00	0.00	100.00	0.00	60.00	(M)	(M)
S-10oz. Juice, Orange - LR-1407 (10 oz.)	140.00	0.00	0.00	0.00	0.00	20.00	33.00	0.00	(M)	(M)	2.00	0.00	20.00	0.00	60.00	(M)	(M)

## 2024-2025 Secondary School Lunch Week #2 - Nutrient Analysis

Category: Fruit;																		
APPLESAUCE CUP, CINNAMON - LR-1354 (1	50.00	0.00	0.00	0.00	0.00	0.00	13.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
APPLESAUCE CUP, USDA - LR-1412 (1 ea.)	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	12.00	0.00	(M)	(M)
FRT, APPLESAUCE CUP, WATERMELON USDA - LR100662 (1 ea.)	60.00	0.00	0.00	0.00	0.00	15.00	17.00	1.00	15.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	89.77
FRT, CUP, APPLESAUCE, STRAWBERRY, USDA - LR100661 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	11.00	0.00	0.00	0.00	5.00	0.00	0.00	0.00	0.00	91.18
FRT, CUP, PEACH, USDA FROZEN - LR100885 (1	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
FRT-Strawberries, frozen 4.5oz. - LR-1423 (4 1/2	90.00	0.00	0.00	0.00	0.00	0.00	22.00	2.00	18.00	(M)	1.00	0.75	14.00	31.00	52.80	0.00	(M)	(M)
Fruit, Strawberries, whole - LR100666 (1/2 c.)	23.04	0.22	0.01	0.00	0.00	0.72	5.53	1.44	(M)	(M)	0.48	0.29	11.52	8.64	42.34	0.00	(M)	(M)
Fruit-Grapes 1/2 c. - LR-1384 (1/2 c.)	67.00	0.35	0.11	0.00	0.00	2.00	17.15	0.90	(M)	(M)	0.63	0.29	14.00	100.00	4.00	0.00	(M)	(M)
Mandarin Orange, Cup - LR100195 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	17.00	1.00	15.00	(M)	0.00	0.36	0.00	500.00	27.00	0.00	(M)	(M)
Mixed Fruit, Cup - LR100196 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	0.00	(M)	(M)
Peaches, Diced, Cup - LR100193 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	0.00	(M)	(M)
Pears, Diced, Cup - LR100194 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	0.00	(M)	(M)
Pineapple, Tidbits, Cup - LR100197 (1 ea.)	53.00	0.00	0.00	0.00	0.00	4.50	12.20	3.30	8.50	0.00	0.30	0.00	20.00	0.00	1.20	0.00	0.00	94.00
SEC- Blueberries - LR100136 (1 ea.)	56.77	0.71	0.06	0.00	0.00	1.42	13.38	2.98	9.30	(M)	0.47	0.20	8.52	51.09	2.70	0.00	(M)	0.00(M)
SEC- Strawberries - LR100186 (1 ea.)	25.00	0.00	0.00	0.00	0.00	0.00	6.50	1.50	4.50	(M)	0.00	0.36	10.00	0.00	27.00	0.00	(M)	(M)
SEC- Yogurt parfait - LR100051 (1 ea.)	142.50(M)	0.00(M)	0.00(M)	0.00(M)	1.25(M)	20.00(M)	35.00(M)	3.00(M)	29.50(M)	4.00(M)	1.25(M)	0.00(M)	107.50(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
SEC-Cantaloupe - LR100310 (1/2 c.)	31.75	0.00	0.00	0.00	0.00	3.53	8.47	0.70	7.05	(M)	0.35	0.25	14.11	1058.22	25.40	0.00	(M)	(M)
S-Whole, Apple - LR-1374 (1 ea.)	117.93	0.39	0.07	0.00	0.00	2.27	31.32	5.44	(M)	(M)	0.59	0.27	13.61	122.47	10.43	0.00	(M)	(M)
S-Whole, Kiwi - LR-1438 (1 ea.)	46.36	0.40	0.02	0.00	0.00	2.28	11.14	2.28	(M)	(M)	0.87	0.24	25.84	66.12	70.45	0.00	(M)	(M)
S-Whole, Orange - LR-1436 (1 ea.)	61.57	0.16	0.03	0.00	0.00	0.00	15.39	3.14	(M)	(M)	1.23	0.13	52.40	294.75	69.69	0.00	(M)	(M)
S-Whole, Pear - LR100224 (1 ea.)	85.84	0.18	0.01	(M)	0.00	1.48	22.88	4.59	(M)	(M)	0.56	0.25	13.32	34.04	6.22	0.00	(M)	(M)
Category: Vegetable;																		
French Fries - LR-1371 (3	131.63	6.08	1.01	0.00	0.00	334.13	17.21	1.01	0.00	0.00	1.01	0.51	0.00	0.00	0.00	0.00	0.00	172.27
Potato, Round Coins - LR-1373 (1 serv.)	170.00	9.00	1.50	0.00	0.00	230.00	19.00	1.00	0.00	(M)	2.00	0.50	0.00	0.00	0.00	0.00	(M)	265.08
Potato, Curly Fries - LR-1372 (3 oz.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
POTATO, FRY, WAFFLE - LR101096 (3 1/3 oz.)	160.00	5.00	1.00	0.00	0.00	430.00	26.00	2.00	0.00	0.00	2.00	0.80	10.00	0.00	0.00	0.00	0.00	289.99

## 2024-2025 Secondary School Lunch Week #2 - Nutrient Analysis

Pickle, Spears - LR100183 (1/2 c.)	3.33	0.00	0.00	0.00	0.00	240.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad, Small Toss - LR-1060 (1 ea.)	11.33	0.18	0.03	0.00	0.00	4.65	2.28	1.20	0.00(M)	0.00(M)	0.74	0.51	17.51	2872.88	13.49	(M)	(M)
SEC- Baked Beans - LR100127 (1/2 c.)	168.17	0.87	0.00	0.00	0.00	464.89	35.64	5.38	17.96	10.44(M)	5.20	1.08	40.00	0.00	0.00	0.00(M)	24.90(M)
SEC- Carrot Sticks(1/2c) - LR100139 (1/2 c.)	39.69	0.15	0.02	0.00	0.00	88.45	9.34	3.29	(M)	(M)	0.73	1.01	36.29	15637.86	2.95	(M)	(M)
Veggies & Dip - LR-1061 (1 ea.)	25.77	0.14	0.02	0.00	0.00	49.10	5.92	2.05	0.00(M)	0.00(M)	0.71	0.61	24.10	8010.73	8.73	(M)	(M)
<b>Category: Grain; May</b>																	
Breadstick, (S) Garlic, WG - LR100143 (1 ea.)	110.00	4.00	1.00	0.00	0.00	200.00	17.00	2.00	2.00	2.00	3.00	0.72	0.00	0.00	0.00	(M)	(M)