

2025-2026 Middle & High School Lunch Week #3 - 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)	Potassium (mg)
Monday																	
Entrée																	
24-25 SEC- Macaroni & Cheese - LR101100 (1 c.)	518.18	21.79	10.70	0.00	41.59	523.71	58.16	5.52	3.00(M)	0.00(M)	22.19	2.68	773.79	1306.12	0.00	0.00(M)	153.47(M)
S - Chicken Patty on Bun - LR100651 (1 ea.)	340.00	10.50	2.00	0.00	35.00	700.00	41.00	5.00	5.00	4.00	21.00	3.40	70.00	0.00	0.00	0.00	320.07
S - Grilled Chicken Patty on Bun - LR100652 (1 ea.)	250.00	4.00	0.00	0.00	65.00	530.00	28.00	3.00	4.00	4.00	26.00	1.80(M)	50.00(M)	0.00(M)	0.00(M)	0.00(M)	109.98(M)
S-Chicken BLT Salad - LR-1001 (1 ea.)	318.46	16.82	6.07	0.00	58.03	817.45	21.72	3.68	4.00	2.00	22.30	2.10	127.63	4384.44	23.38	0.10(M)	237.94(M)
SEC - Sandwich, Ham - LR101218 (1 ea.)	221.11	4.03	0.51	0.00	30.38	634.55	32.09	2.03	5.01	1.01(M)	17.17	2.33	6.84	177.72	0.43	9.64(M)	648.14(M)
SEC - Sandwich, Turkey - LR101219 (1 ea.)	245.36	3.69	0.00	0.00	34.00	1100.67	31.76	2.03	4.00	0.00(M)	23.03	2.43	0.86	177.72	0.43	0.00(M)	0.00(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	320.00	15.50	6.00	0.00	40.00	395.00	28.00	3.00	4.00	4.00	16.00	2.88	50.00	0.00	0.00	0.00	109.98
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	310.00	28.00	3.00	4.00	4.00	6.00	1.80	50.00	0.00	0.00	0.00	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.)	221.11	2.03	0.51	0.00	30.38	524.55	31.09	2.03	4.01	4.01(M)	18.17	2.33	46.84	177.72	0.43	9.64(M)	648.14(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)
S-Wrap, Ham - LR-1254 (1 ea.)	304.85	9.10	3.28	0.00	37.97	1002.85	39.71	3.31	1.01	1.01(M)	21.01	2.51	268.90	1777.20	4.32	9.64(M)	750.46(M)
S-Wrap, Turkey - LR-1253 (1 ea.)	303.78	8.57	2.78	0.00	8.20	976.73	38.68	3.31	0.00	0.00(M)	20.81	3.44	262.93	1777.20	4.32	0.00(M)	102.31(M)
Tuesday																	
Entrée																	
S - Chicken Patty on Bun - LR100651 (1 ea.)	340.00	10.50	2.00	0.00	35.00	700.00	41.00	5.00	5.00	4.00	21.00	3.40	70.00	0.00	0.00	0.00	320.07
S - Grilled Chicken Patty on Bun - LR100652 (1 ea.)	250.00	4.00	0.00	0.00	65.00	530.00	28.00	3.00	4.00	4.00	26.00	1.80(M)	50.00(M)	0.00(M)	0.00(M)	0.00(M)	109.98(M)
SEC - Sandwich, Ham - LR101218 (1 ea.)	221.11	4.03	0.51	0.00	30.38	634.55	32.09	2.03	5.01	1.01(M)	17.17	2.33	6.84	177.72	0.43	9.64(M)	648.14(M)
SEC - Sandwich, Turkey - LR101219 (1 ea.)	245.36	3.69	0.00	0.00	34.00	1100.67	31.76	2.03	4.00	0.00(M)	23.03	2.43	0.86	177.72	0.43	0.00(M)	0.00(M)
SEC - Tangerine Chicken Bowl - LR100965 (1 ea.)	273.64	4.74	1.00	0.00	45.00	380.00	43.20	2.00	13.00	13.00(M)	15.97	1.79	0.00	0.00	0.00	0.00(M)	0.00(M)
SEC- Chef's Salad - LR101215 (1 ea.)	214.56	11.44	4.47	5.00	220.44	433.68	9.87	2.41	1.76	0.76(M)	19.94	2.68	173.00	4655.22	41.68	8.33(M)	496.34(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	320.00	15.50	6.00	0.00	40.00	395.00	28.00	3.00	4.00	4.00	16.00	2.88	50.00	0.00	0.00	0.00	109.98

2025-2026 Middle & High School Lunch Week #3 - 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	310.00	28.00	3.00	4.00	4.00	6.00	1.80	50.00	0.00	0.00	0.00	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.)	221.11	2.03	0.51	0.00	30.38	524.55	31.09	2.03	4.01	4.01(M)	18.17	2.33	46.84	177.72	0.43	9.64(M)	648.14(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)
S-Wrap, Ham - LR-1254 (1 ea.)	304.85	9.10	3.28	0.00	37.97	1002.85	39.71	3.31	1.01	1.01(M)	21.01	2.51	268.90	1777.20	4.32	9.64(M)	750.46(M)
S-Wrap, Turkey - LR-1253 (1 ea.)	303.78	8.57	2.78	0.00	8.20	976.73	38.68	3.31	0.00	0.00(M)	20.81	3.44	262.93	1777.20	4.32	0.00(M)	102.31(M)
Wednesday																	
Entrée																	
S - Chicken Patty on Bun - LR100651 (1 ea.)	340.00	10.50	2.00	0.00	35.00	700.00	41.00	5.00	5.00	4.00	21.00	3.40	70.00	0.00	0.00	0.00	320.07
S - Grilled Chicken Patty on Bun - LR100652 (1 ea.)	250.00	4.00	0.00	0.00	65.00	530.00	28.00	3.00	4.00	4.00	26.00	1.80(M)	50.00(M)	0.00(M)	0.00(M)	0.00(M)	109.98(M)
S-Bean & Cheese Burrito - LR-1418 (5.2 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 - Sandwich, Ham - LR101218 (1 ea.)	221.11	4.03	0.51	0.00	30.38	634.55	32.09	2.03	5.01	1.01(M)	17.17	2.33	6.84	177.72	0.43	9.64(M)	648.14(M)
SEC - Sandwich, Turkey - LR101219 (1 ea.)	245.36	3.69	0.00	0.00	34.00	1100.67	31.76	2.03	4.00	0.00(M)	23.03	2.43	0.86	177.72	0.43	0.00(M)	0.00(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	320.00	15.50	6.00	0.00	40.00	395.00	28.00	3.00	4.00	4.00	16.00	2.88	50.00	0.00	0.00	0.00	109.98
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	310.00	28.00	3.00	4.00	4.00	6.00	1.80	50.00	0.00	0.00	0.00	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.)	221.11	2.03	0.51	0.00	30.38	524.55	31.09	2.03	4.01	4.01(M)	18.17	2.33	46.84	177.72	0.43	9.64(M)	648.14(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)
S-Taco Salad - LR-1248 (1 ea.)	554.78	25.91	10.33	0.00	64.76	2307.09	54.24	8.15	0.00	0.00(M)	29.05	6.85	406.78	5558.94	30.60	0.20(M)	20.46(M)
S-Wrap, Ham - LR-1254 (1 ea.)	304.85	9.10	3.28	0.00	37.97	1002.85	39.71	3.31	1.01	1.01(M)	21.01	2.51	268.90	1777.20	4.32	9.64(M)	750.46(M)
S-Wrap, Turkey - LR-1253 (1 ea.)	303.78	8.57	2.78	0.00	8.20	976.73	38.68	3.31	0.00	0.00(M)	20.81	3.44	262.93	1777.20	4.32	0.00(M)	102.31(M)
Thursday																	
Entrée																	

2025-2026 Middle & High School Lunch Week #3 - Nutrient Analysis

S - Chicken Patty on Bun - LR100651 (1 ea.)	340.00	10.50	2.00	0.00	35.00	700.00	41.00	5.00	5.00	4.00	21.00	3.40	70.00	0.00	0.00	0.00	320.07
S - Grilled Chicken Patty on Bun - LR100652 (1 ea.)	250.00	4.00	0.00	0.00	65.00	530.00	28.00	3.00	4.00	4.00	26.00	1.80(M)	50.00(M)	0.00(M)	0.00(M)	0.00(M)	109.98(M)
SEC - Sandwich, Ham - LR101218 (1 ea.)	221.11	4.03	0.51	0.00	30.38	634.55	32.09	2.03	5.01	1.01(M)	17.17	2.33	6.84	177.72	0.43	9.64(M)	648.14(M)
SEC - Sandwich, Turkey - LR101219 (1 ea.)	245.36	3.69	0.00	0.00	34.00	1100.67	31.76	2.03	4.00	0.00(M)	23.03	2.43	0.86	177.72	0.43	0.00(M)	0.00(M)
SEC- Frenchbread w/Marinara Sauce - LR-	400.18	18.33	8.31	0.00	39.88	643.55	39.12	3.35	9.79	1.00(M)	20.30	3.03	362.52	340.20(M)	4.08(M)	0.00(M)	159.30(M)
SEC- Spicy Chicken Salad - LR-1053 (1 ea.)	770.23	52.65	10.54	0.00	97.01	1295.41	34.67	5.18	6.97	2.00(M)	39.44	3.75	127.81	4392.51	23.76	0.10(M)	10.23(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	320.00	15.50	6.00	0.00	40.00	395.00	28.00	3.00	4.00	4.00	16.00	2.88	50.00	0.00	0.00	0.00	109.98
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	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	310.00	28.00	3.00	4.00	4.00	6.00	1.80	50.00	0.00	0.00	0.00	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	221.11	2.03	0.51	0.00	30.38	524.55	31.09	2.03	4.01	4.01(M)	18.17	2.33	46.84	177.72	0.43	9.64(M)	648.14(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)
S-Wrap, Ham - LR-1254 (1 ea.)	304.85	9.10	3.28	0.00	37.97	1002.85	39.71	3.31	1.01	1.01(M)	21.01	2.51	268.90	1777.20	4.32	9.64(M)	750.46(M)
S-Wrap, Turkey - LR-1253 (1 ea.)	303.78	8.57	2.78	0.00	8.20	976.73	38.68	3.31	0.00	0.00(M)	20.81	3.44	262.93	1777.20	4.32	0.00(M)	102.31(M)
Friday																	
Entrée																	
S - Chicken Patty on Bun - LR100651 (1 ea.)	340.00	10.50	2.00	0.00	35.00	700.00	41.00	5.00	5.00	4.00	21.00	3.40	70.00	0.00	0.00	0.00	320.07
S - Grilled Chicken Patty on Bun - LR100652 (1 ea.)	250.00	4.00	0.00	0.00	65.00	530.00	28.00	3.00	4.00	4.00	26.00	1.80(M)	50.00(M)	0.00(M)	0.00(M)	0.00(M)	109.98(M)
SAN, FIESTADA, BEEF STUFFED - LR100982 (1	320.00	14.00	7.00	0.00	40.00	600.00	31.00	3.00	6.00	1.00	18.00	2.50	290.00	80.00	0.00	0.00	430.05
S-Bacon Burger - LR-1039 (1 ea.)	360.00	18.50	7.00	0.00	47.50	550.00	28.00	3.00	5.00	4.00	18.50	2.88	50.00	0.00	0.00	0.00	109.98
SEC - Sandwich, Ham - LR101218 (1 ea.)	221.11	4.03	0.51	0.00	30.38	634.55	32.09	2.03	5.01	1.01(M)	17.17	2.33	6.84	177.72	0.43	9.64(M)	648.14(M)
SEC - Sandwich, Turkey - LR101219 (1 ea.)	245.36	3.69	0.00	0.00	34.00	1100.67	31.76	2.03	4.00	0.00(M)	23.03	2.43	0.86	177.72	0.43	0.00(M)	0.00(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	320.00	15.50	6.00	0.00	40.00	395.00	28.00	3.00	4.00	4.00	16.00	2.88	50.00	0.00	0.00	0.00	109.98
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	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

2025-2026 Middle & High School Lunch Week #3 - Nutrient Analysis

S-Spicy Chicken Sandwich - LR-1036 (1 ea.)	150.00	1.50	0.00	0.00	0.00	310.00	28.00	3.00	4.00	4.00	6.00	1.80	50.00	0.00	0.00	0.00	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.)	221.11	2.03	0.51	0.00	30.38	524.55	31.09	2.03	4.01	4.01(M)	18.17	2.33	46.84	177.72	0.43	9.64(M)	648.14(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)
S-Wrap, Ham - LR-1254 (1 ea.)	304.85	9.10	3.28	0.00	37.97	1002.85	39.71	3.31	1.01	1.01(M)	21.01	2.51	268.90	1777.20	4.32	9.64(M)	750.46(M)
S-Wrap, Turkey - LR-1253 (1 ea.)	303.78	8.57	2.78	0.00	8.20	976.73	38.68	3.31	0.00	0.00(M)	20.81	3.44	262.93	1777.20	4.32	0.00(M)	102.31(M)
Milk																	
Milk, Chocolate, Fresh - LR-1400 (8 fl. oz.)	124.87	0.00	0.00	0.00	5.20	228.92	22.89	0.00	21.85	9.37	8.32	0.00	301.76	218.52	0.00	3.85	426.46
Milk, Chocolate, Shelf - LR-1402 (8 fl. oz.)	130.00	0.00	0.00	0.00	5.00	180.00	23.00	1.00	22.00	10.00	8.00	1.00	300.00	150.00	0.00	2.00	375.99
Milk, Soy, Shelf - LR100265 (1 ea.)	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00	0.00	2.50	350.15
Milk, Strawberry, Shelf - LR-1403 (8 fl. oz.)	120.00	0.00	0.00	0.00	5.00	100.00	22.00	0.00	22.00	10.00	8.00	0.00	250.00	749.99	0.00	2.00	320.06
Milk, White, Fresh, Fat-Free - LR-1399 (8 fl. oz.)	89.63	0.21	0.14	0.00	5.27	110.71	13.07	0.00	13.07	0.00	8.89	0.07	321.58	560.00	0.00	104.05	411.11
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)
Condiments																	
Cheese slice, American - LR-1365 (1/2 oz.)	40.50	3.04	1.77	0.00	7.59	141.75	1.01	0.00	0.00	0.00	3.54	0.00	104.29	0.00	0.00	0.00	102.31
Cheese slice, Swiss - LR-1366 (1/2 oz.)	53.66	5.06	3.04	0.00	11.14	258.19	1.01	0.00	0.00	(M)	3.04	0.20	101.25	303.75	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)
jalapeno - LR-1360 (1/2 oz.)	2.36	0.00	0.00	0.00	0.00	146.47	0.47	0.00	0.47	(M)	0.00	0.00	0.00	47.25	4.25	(M)	(M)
Ketchup, Bulk - LR-1420 (1 oz.)	33.35	0.00	0.00	0.00	0.00	283.50	8.34	0.00	6.67	5.00	0.00	0.00	0.00	166.76	2.00	(M)	(M)
leaf lettuce - LR-1377 (1/2 oz.)	2.13	0.02	0.00	0.00	0.00	3.97	0.40	0.18	0.00	(M)	0.19	0.12	5.10	1049.66	2.55	(M)	(M)
pc, bbq sauce - LR-1386 (12 g.)	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)
pc, mayonnaise - LR-1391 (12 g.)	80.00	8.00	1.50	0.00	5.00	80.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
PC, Mustard 5.5g - LR100275 (1 ea.)	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	1.20	(M)	(M)
PC, Ranch Dressing 1oz. - LR100276 (1 ea.)	130.00	13.00	2.00	0.00	5.00	230.00	1.00	0.00	1.00	0.00	1.00	0.00	0.00	0.00	0.00	(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)
pickles - LR-1361 (1/2 oz.)	0.00	0.00	0.00	0.00	0.00	126.56	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
red onion - LR-1378 (3 slice, thi)	10.80	0.03	0.01	0.00	0.00	1.08	2.52	0.46	(M)	(M)	0.30	0.06	6.21	0.54	2.00	(M)	(M)

2025-2026 Middle & High School Lunch Week #3 - Nutrient Analysis

tomato - LR-1379 (1/2 oz.)	2.55	0.02	0.00	0.00	0.00	1.56	0.57	0.10	0.00	0.00	0.14	0.10	1.56	69.32	3.23	0.00	0.00
100% Juice																	
Juice, Envy, Sparkling Acai Berry 8oz. - LR100150 (1	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	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	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)
Fruits																	
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	(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	(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	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	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	(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	(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	(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	(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	(M)	(M)
Mixed Fruit, Cup - LR100196 (1 ea.)	80.00	0.00	0.00	0.00	0.00	0.00	19.00	1.00	16.00	0.00	1.00	0.00	14.00	0.00	18.00	0.00	9.87
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	(M)	(M)
Pears, Diced, Cup - LR100194 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	19.00	1.00	15.00	0.00	0.00	0.00	7.00	300.00	18.00	(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	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	(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	(M)	(M)
SEC- Yogurt parfait - LR100051 (1 ea.)	170.00(M)	0.00(M)	0.00(M)	0.00(M)	2.50(M)	55.00(M)	40.50(M)	3.00(M)	34.00(M)	5.50(M)	2.50(M)	0.00(M)	240.00(M)	0.00(M)	0.00(M)	3.00(M)	145.00(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	(M)	(M)

2025-2026 Middle & High School Lunch Week #3 - Nutrient Analysis

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	(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	(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	(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	(M)	(M)
Vegetables																	
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
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	0.00	2.00	0.50	0.00	0.00	0.00	(M)	265.08
Potato, Curly Fries - LR-1372 (3 oz.)	135.75	5.43	0.68	0.00	0.00	162.90	20.36	1.36	0.00	0.00	1.36	0.54	0.00	0.00	0.00	0.00	380.25
POTATO, FRY, WAFFLE - LR101096 (3.3 oz.)	180.00	9.00	1.50	0.00	0.00	570.00	24.00	1.00	0.00	0.00	1.00	0.80	10.00	0.00	0.00	0.00	229.83
Potato, Wedges, Seasoned - LR100307 (3 oz.)	121.50	4.05	0.51	0.00	0.00	121.50	19.24	2.02	0.00	(M)	2.02	0.51	0.00	0.00	1.22	(M)	465.88
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	0.00	0.74	0.51	17.51	2872.88	13.49	(M)	(M)
SEC- Baked Beans - LR100127 (1/2 c.)	154.42	0.87	0.00	0.00	0.00	464.89	31.98	5.38	14.29	14.11(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)
Grains																	
Breadstick, (S) Garlic, WG - LR100143 (2 ea.)	220.00	8.00	2.00	0.00	0.00	400.00	34.00	4.00	4.00	4.00	6.00	1.44	0.00	0.00	0.00	(M)	(M)