

Recipe Nutrition Report - January, 2026

Recipe Name: Chicken Drumstick w/Mashed Potatoes & Garlic Bread
 Recipe Code: LR1356
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: *Chicken Drumstick w/Mashed Potatoes
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Chicken Drumstick	94.000	210	10	1	1
Mashed Potato Yukon Gold	105.000	82.5	15.75	1.5	0
Bread Garlic Toast WG	29.000	70	11	1	0
Sub Total	228.000	362.5	36.75	3.5	1
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	228.000	362.5	36.75	3.5	1

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Kickin Vegan Pattie Sandwich
 Recipe Code: LR1759
 Allergens: Contains Soy, Wheat
 Tag(s): Entrees, entree, Vegan, plant based
 Menu Item: Kickin Vegan Pattie Sandwich
 Serving Size: 1 sandwich

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
51 % Whole Wheat Hamburger Buns	57.000	130	24	2	3
Kickin Vegan Patties	85.000	220	14	3	0
Sub Total	142.000	350	38	5	3
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	142.000	350	38	5	3

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Yogurt Meal Yami w/ZeeZee Bar Cinnamon
 Recipe Code: LR1896
 Allergens: Contains Corn/Corn Products, Milk, Soy, Strawberries, Wheat
 Tag(s): Entrees
 Menu Item: Yogurt Meal Yami w/ZeeZee Bar Cinnamon
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Yami Yogurt Strawberry (New)	113.400	90	16	0	12
Cheese String Lite	28.350	60	1	0	1
Zee Zees Nutrition Bar, Cinnamon Crisp, 2.2 oz.	62.000	249.86	38.998	2.976	13.02
Sub Total	203.750	399.86	55.998	2.976	26.02
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	203.750	399.86	55.998	2.976	26.02

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Baby Carrots,Fresh
 Recipe Code: LR1409
 Menu Item: Baby Carrots
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Baby Carrots	113.400	30	7.333	2	1.333
Sub Total	113.400	30	7.333	2	1.333
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	113.400	30	7.333	2	1.333

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Cucumber, fresh,sliced
 Recipe Code: LR1092
 Tag(s): salad bar, other - vegetable
 Menu Item: Cucumber, with peel, raw
 Serving Size: 1/2 CUP, sliced

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Cucumber, with peel, raw	52.000	7.8	1.888	0.26	0.868
Sub Total	52.000	7.8	1.888	0.26	0.868
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	52.000	7.8	1.888	0.26	0.868

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Edamame, frozen, prepared
 Recipe Code: LR1093
 Menu Item: Edamame, frozen, prepared
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Edamame, frozen, prepared	77.500	139.5	9.3	5.425	2.325
Sub Total	77.500	139.5	9.3	5.425	2.325
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	77.500	139.5	9.3	5.425	2.325

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Romaine & Spinach MIX
 Recipe Code: LR1607
 Menu Item: Romaine & Spinach MIX
 Serving Size: 1 Cup

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Spinach, raw	28.350	6.521	1.029	0.624	0.119
Lettuce, cos or romaine, raw	45.360	7.711	1.492	0.953	0.54
Sub Total	73.710	14.232	2.521	1.576	0.659
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	73.710	14.232	2.521	1.576	0.659

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Apple Fresh Sliced
 Recipe Code: LR1265
 Menu Item: Apple Fresh Sliced
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Apple Sliced Fresh	182.000	30	7.59	1.3	5.72
Sub Total	182.000	30	7.59	1.3	5.72
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	182.000	30	7.59	1.3	5.72

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Seasonal Fresh Fruit
 Recipe Code: LR1767
 Menu Item: Seasonal Fresh Fruit
 Serving Size: 50 berries

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Seasonal Fresh Fruit	68.000	38.76	9.853	1.632	6.773
Sub Total	68.000	38.76	9.853	1.632	6.773
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	68.000	38.76	9.853	1.632	6.773

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Apples, Gala, raw, with skin [100521]
 Recipe Code: LR1143
 Tag(s): Fruits, salad bar, fresh fruit
 Menu Item: Apples, Gala, raw, with skin [100521]
 Serving Size: 1 medium (2-3/4" dia) (approx 3 per LB)

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Apples, Gala	182.000	95.004	25.134	4.404	(M)
Sub Total	182.000	95.004	25.134	4.404	(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	182.000	95.004	25.134	4.404	(M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Bananas, raw (150ct) Petite
 Recipe Code: LR1058
 Menu Item: Bananas, raw
 Serving Size: 1 medium (7" to 7-7/8" long)

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Bananas, raw	118.000	105.02	26.951	3.068	14.431
Sub Total	118.000	105.02	26.951	3.068	14.431
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	118.000	105.02	26.951	3.068	14.431

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Chocolate Milk, FF
 Recipe Code: LR1006
 Allergens: Contains Milk
 Menu Item: Milk Chocolate Fat Free
 Serving Size: 1 Carton

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Milk Chocolate Skim	226.800	140	26	0	22
Sub Total	226.800	140	26	0	22
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	226.800	140	26	0	22

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Milk White 1% 8 oz carton
 Recipe Code: LR1007
 Allergens: Contains Milk
 Menu Item: Milk White 1% 8 oz carton
 Serving Size: 8 Ounce

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Milk White 1% 8 oz carton	226.800	110	13	0	12
Sub Total	226.800	110	13	0	12
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	226.800	110	13	0	12

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Ketchup pkt
 Recipe Code: LR1418
 Menu Item: Ketchup Packet
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Ketchup Packet	9.000	10	3	0	2
Sub Total	9.000	10	3	0	2
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	9.000	10	3	0	2

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Mayonnaise PKT
 Recipe Code: LR1701
 Allergens: Contains Egg
 Menu Item: Mayonnaise Packet
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Mayonnaise Packet	9.000	60	0	0	0
Sub Total	9.000	60	0	0	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	9.000	60	0	0	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Mustard Pkt
 Recipe Code: LR1419
 Tag(s): condiment
 Menu Item: Mustard Packet
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Mustard Packet	6.000	0	1	0	0
Sub Total	6.000	0	1	0	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	6.000	0	1	0	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Ranch Packet
 Recipe Code: LR1769
 Allergens: Contains Egg, Milk
 Menu Item: Ranch Packet
 Serving Size: 1 packet

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Ranch Packet	12.000	80	1	0	0
Sub Total	12.000	80	1	0	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	12.000	80	1	0	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Breaded Chicken Burger
 Recipe Code: LR1003
 Allergens: Contains Soy, Wheat
 Tag(s): Entrees
 Menu Item: Breaded Chicken Burger
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Chicken Breast Filet WG CN	105.000	200	9	3	0
51 % Whole Wheat Hamburger Buns	57.000	130	24	2	3
Sub Total	162.000	330	33	5	3
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	162.000	330	33	5	3

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Crunchy Vegan Tacos - Sec
 Recipe Code: LR1876
 Allergens: Contains Soy
 Tag(s): Entrees
 Menu Item: Crunchy Vegan Tacos - Sec
 Serving Size: 3 Each

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Shell Taco 5"	32.000	150	20	2	0
Cheese Vegan Cheddar Shred Daiya	14.175	45.563	3.544	0.506	0
Tomatoes, red, ripe, raw, year round average	37.250	6.705	1.449	0.447	0.98
Lettuce, cos or romaine, raw	11.750	1.998	0.387	0.247	0.14
Taco Sauce PC	9.000	5	0	0	0
OTA Tofu Taco Crumbles	124.740	198	4.4	4.4	2.2
Chip Tortilla Round	28.350	120	11	1	0
Sub Total	257.265	527.265	40.779	8.6	3.319
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	257.265	527.265	40.779	8.6	3.319

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Yogurt Meal Yami & Whole Grain Pretzel
 Recipe Code: LR1649
 Allergens: Contains Corn/Corn Products, Milk, Strawberries, Wheat
 Menu Item: Yogurt Meal Yami & Whole Grain Pretzel
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Pretzel Soft WG	62.000	140	30	3	1
Cheese String Lite	28.350	60	1	0	1
Yami Yogurt Strawberry (New)	113.400	90	16	0	12
Sub Total	203.750	290	47	3	14
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	203.750	290	47	3	14

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Fresh Tomato
 Recipe Code: LR1462
 Menu Item: Fresh Tomato
 Serving Size: 1 Ounce

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Fresh Tomato	28.350	2.5	0.5	0.25	0.5
Sub Total	28.350	2.5	0.5	0.25	0.5
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	28.350	2.5	0.5	0.25	0.5

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Pickle Dill Chip, gal
 Recipe Code: LR1132
 Menu Item: Pickle Dill Chip GAL
 Serving Size: 1 Ounce

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Pickle Dill Chip GAL	28.350	5	1	0	0
Sub Total	28.350	5	1	0	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	28.350	5	1	0	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: * Tater Tots Low Sodium McCain
 Recipe Code: LR1196
 Tag(s): salad bar, starchy vegetable
 Menu Item: Tater Tot
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Tater Tot Low Sodium McCain	87.000	110	17	2	1
Sub Total	87.000	110	17	2	1
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	87.000	110	17	2	1

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Oranges, Fresh Wedges
 Recipe Code: LR1610
 Menu Item: Oranges, Fresh Wedges
 Serving Size: 1 Serving

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Oranges; varieties include Navel, Valencia, Pineapple or Hamlin, raw [100283]	131.000	54.676	13.574	2.738	(M)
Sub Total	131.000	54.676	13.574	2.738	(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	131.000	54.676	13.574	2.738	(M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Zee Zees Fruit Cup, Apple, Diced, Cinnamon, 4.5oz
 Recipe Code: LR1778
 Menu Item: Zee Zees Fruit Cup, Apple, Diced, Cinnamon, 4.5oz
 Serving Size: 4 1/2 oz cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Zee Zees Fruit Cup, Apple, Diced, Cinnamon, 4.5oz	128.000	90	22	1	19
Sub Total	128.000	90	22	1	19
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	128.000	90	22	1	19

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: * ZeeZee Cinnamon Applesauce
 Recipe Code: LR1541
 Allergens: Contains Apples
 Menu Item: ZeeZee Cinnamon Applesauce
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
ZeeZee Cinnamon Applesauce	113.400	50	13	1	11
Sub Total	113.400	50	13	1	11
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	113.400	50	13	1	11

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Creamy Chicken Alfredo Pasta Elem.
 Recipe Code: LR1744
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Creamy Chicken Alfredo Pasta
 Serving Size: 6 1/2 Ounce

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Pasta Rotini precooked	85.424	128.136	26.847	2.441	1.22
Cheese Parmesan Shredded	10.678	41.431	0.753	0	0
Chicken Diced White	21.356	22.599	0.251	0	0
Sauce Alfredo CN	42.712	74.095	4.94	0	2.47
Breadstick, Dough Cheesy Garlic	24.105	75.33	9.793	0.753	1.507
Sub Total	184.275	341.59	42.584	3.194	5.197
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	184.275	341.59	42.584	3.194	5.197

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Crumble Vegan Burrito
 Recipe Code: LR1729
 Allergens: Contains Soy, Wheat
 Tag(s): Entrees
 Menu Item: Crumble Vegan Burrito
 Serving Size: 1 burrito

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
OTA Tofu Taco Crumbles	85.050	135	3	3	1.5
Beans, Black (Turtle), Low- sodium, Canned	60.000	54.498	9.996	3.996	0
Tater Tot Low Sodium McCain	87.000	110	17	2	1
Salsa Picante Mild	28.350	9.45	1.89	0	0.945
Tortilla Wheat Flour Gordita	62.000	60	31	(M)	(M)
Sub Total	322.400	368.948	62.886	8.996 (M)	3.445 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	322.400	368.948	62.886	8.996 (M)	3.445 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Yogurt Meal Yami w/Bagel & Cream Cheese
 Recipe Code: LR1154
 Allergens: Contains Corn/Corn Products, Milk, Strawberries, Wheat
 Tag(s): Entrees
 Menu Item: Yogurt Meal Yami w/Bagel & Cream Cheese
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Yami Yogurt Strawberry (New)	113.400	90	16	0	12
Cheese String Lite	28.350	60	1	0	1
Cream Cheese Cup	21.000	40	2	0	1
Franz 51 WG Bagel 2.3 oz	65.000	170	33	3	2
Sub Total	227.750	360	52	3	16
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	227.750	360	52	3	16

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Peaches canned sliced
 Recipe Code: LR1270
 Menu Item: Peaches canned sliced
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Sliced Peaches	123.500	51.87	13.709	1.235	(M)
Sub Total	123.500	51.87	13.709	1.235	(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	123.500	51.87	13.709	1.235	(M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: *LO Homemade Pizza - Cheese
 Recipe Code: LR1620
 Allergens: Contains Egg, Milk, Soy, Wheat
 Tag(s): Entrees
 Menu Item: *LO Homemade Pizza - Cheese
 Serving Size: 1 pizza

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Copy of Dough Pizza Presheeted 16" Proofed & Bake-ready (ELEM)	61.000	168	33.6	1.2	1.2
Pizza Sauce	17.010	8.116	1.893	0.27(M)	1.075 (M)
Mozzarella Cheese Shredded	45.360	144	1.6	0	1.6
Sub Total	123.370	320.116	37.093	1.47(M)	3.875 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	123.370	320.116	37.093	1.47(M)	3.875 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: *LO Homemade Pizza - Pepperoni Elem
 Recipe Code: LR1621
 Allergens: Contains Egg, Milk, Soy, Wheat
 Tag(s): Entrees
 Menu Item: *LO Homemade Pizza - Pepperoni
 Serving Size: 1 pizza

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Copy of Dough Pizza Presheeted 16" Proofed & Bake-ready (ELEM)	61.000	168	33.6	1.2	1.2
Mozzarella Cheese Shredded	45.360	144	1.6	0	1.6
Pepperoni Sliced 14-16ct GF	5.387	26.932	0	0	0
Pizza Sauce	17.010	8.116	1.893	0.27(M)	1.075 (M)
Sub Total	128.757	347.049	37.093	1.47(M)	3.875 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	128.757	347.049	37.093	1.47(M)	3.875 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Tasty Rice & Beans Bowl w/ Chips Prep 30 serv
 Recipe Code: LR1020
 Tag(s): Entrees
 Menu Item: Tasty Rice & Beans Bowl with Tortilla Chips
 Serving Size: 1 1/4 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Rice Brown Parboiled	170.100	218	46	3.5	0
Salsa Picante Mild	30.000	10	2	0	1
Beans, Black (Turtle), Low-sodium, Canned	120.000	108.996	19.992	7.992	0
Chip Tortilla Round	28.350	120	11	1	0
Sub Total	348.450	456.996	78.992	12.492	1
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	348.450	456.996	78.992	12.492	1

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Yogurt Meal Yami & Graham Crackers
 Recipe Code: LR1653
 Allergens: Contains Corn/Corn Products, Milk, Strawberries
 Menu Item: Yogurt Meal Yami & Graham Crackers
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Cheese String Lite	28.350	60	1	0	1
Zee Zees Grahamz Strawberry, IW, WG 1oz	28.000	120	21	0	7
Yami Yogurt Strawberry (New)	113.400	90	16	0	12
Sub Total	169.750	270	38	0	20
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	169.750	270	38	0	20

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Olives, ripe, canned (sliced)
 Recipe Code: LR1115
 Tag(s): salad bar
 Menu Item: Olives, ripe, canned (small-extra large)
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Olives, ripe, canned (small- extra large)	67.200	105	4.2	0	0
Sub Total	67.200	105	4.2	0	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	67.200	105	4.2	0	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Apricots, diced FRZ Fruit Cups
 Recipe Code: LR1885
 Menu Item: Apricots, diced FRZ Fruit Cups
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Apricots, diced FRZ Fruit Cups	128.000	125	32	2	27
Sub Total	128.000	125	32	2	27
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	128.000	125	32	2	27

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Cranberry Dried Strawberry Craisin
 Recipe Code: LR1643
 Menu Item: Cranberry Dried Strawberry Craisin
 Serving Size: 1 Package

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Cranberry Dried Strawberry Craisin	32.886	110	27	2	26
Sub Total	32.886	110	27	2	26
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	32.886	110	27	2	26

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Strawberries, Diced, Cup, Frozen
 Recipe Code: LR1140
 Menu Item: Strawberries, Diced, Cup, Frozen
 Serving Size: 4 1/2 OZ

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Strawberries, Diced, Cup, Frozen	128.000	90.3	22.073	2.007	18.06
Sub Total	128.000	90.3	22.073	2.007	18.06
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	128.000	90.3	22.073	2.007	18.06

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Chicken Nuggets w/Garlic Bread WG Basket
 Recipe Code: LR1733
 Allergens: Contains Egg, Milk, Soy, Wheat
 Tag(s): Entrees
 Menu Item: Chicken Nuggets w/Garlic Bread WG
 Serving Size: 5 nuggets

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Chicken Nuggets	93.555	240	16	3	1
Bread Garlic Toast WG	29.000	70	11	1	0
Sub Total	122.555	310	27	4	1
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	122.555	310	27	4	1

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Kickin Tenders w/Graham Crackers & Tots
 Recipe Code: LR1762
 Allergens: Contains Soy, Wheat
 Tag(s): Entrees
 Menu Item: Kickin Tenders w/Graham Crackers & Tots
 Serving Size: 1 Serving

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Kickin Vegan Tenders	85.000	230	13	3	0
Tater Tot Low Sodium McCain	87.000	110	17	2	1
French Toast - Graham Crackers - ZeeZee	28.350	120	21	1	8
Sub Total	200.350	460	51	6	9
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	200.350	460	51	6	9

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Smoothie w/Pretzel (Twist & Go)
 Recipe Code: LR1781
 Allergens: Contains Milk, Wheat
 Menu Item: Smoothie w/Pretzel (Twist & Go)
 Serving Size: 1 Serving

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Strawberry Banana Smoothie Drink	215.460	130	36	0	(M)
Cheese String Lite	28.350	60	1	0	1
Pretzel Soft WG	62.000	140	30	3	1
Sub Total	305.810	330	67	3	2(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	305.810	330	67	3	2(M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Mandarin Oranges Canned
 Recipe Code: LR1147
 Tag(s): Fruits, salad bar, fruit - canned
 Menu Item: Mandarin Oranges Canned
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Orange Mandarin, Whole Sections, LS	113.400	70	17	1	17
Sub Total	113.400	70	17	1	17
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	113.400	70	17	1	17

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: * Orange Chicken w/Seasoned Rice - Elementary
 Recipe Code: LR1021
 Allergens: Contains Egg, Soy, Wheat
 Tag(s): Entrees
 Menu Item: Orange Chicken w/Seasoned Rice - Elementary
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Chicken Legs Boneless Orange Mandarin	102.060	150	19	0	10
Rice, Seasoned Elementary	170.100	220.937 (M)	46.572 (M)	3.553 (M)	0.014 (M)
Sub Total	272.160	370.937 (M)	65.572 (M)	3.553 (M)	10.014 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	272.160	370.937 (M)	65.572 (M)	3.553 (M)	10.014 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Yogurt Meal Yami w/ZeeZee Smores
 Recipe Code: LR1897
 Allergens: Contains Corn/Corn Products, Egg, Milk, Sesame, Strawberries, Tree nuts
 Tag(s): Entrees
 Menu Item: Yogurt Meal Yami w/ZeeZee Smores
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Yami Yogurt Strawberry (New)	113.400	90	16	0	12
Cheese String Lite	28.350	60	1	0	1
Whole Grain, Zee Zees Nutrition Bar, Campfire Smores, WG, I/W, 2.2 oz	62.000	249.86	41.974	1.984	14.012
Sub Total	203.750	399.86	58.974	1.984	27.012
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	203.750	399.86	58.974	1.984	27.012

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Fortune Cookiem Individually Wrapped
 Recipe Code: LR1886
 Menu Item: Fortune Cookie Individually Wrapped
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Fortune Cookiem Individually Wrapped	18.000	35	4	0	2
Sub Total	18.000	35	4	0	2
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	18.000	35	4	0	2

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Corn Cup
 Recipe Code: LR1343
 Menu Item: Corn Cup
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Corn Whole Kernel Golden Fancy, Canned	82.000	70	13	2	(M)
Sub Total	82.000	70	13	2	(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	82.000	70	13	2	(M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Brunch for Lunch - French Toast w/sausage Elem
 Recipe Code: LR1030
 Allergens: Contains Soy, Wheat
 Tag(s): Entrees
 Menu Item: *Brunch for Lunch - French Toast w/Sausage
 Serving Size: 1 Serving

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Toast French Whole Wheat 4-piece - RICHS	91.000	260	38	3	9
Sausage Pork Link	56.000	240	0	0	0
Sub Total	147.000	500	38	3	9
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	147.000	500	38	3	9

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Crunchy Vegan Tacos - Elem
 Recipe Code: LR1553
 Allergens: Contains Soy
 Tag(s): Entrees
 Menu Item: Crunchy Vegan Taco - Elem
 Serving Size: 2 Each

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Shell Taco 5"	21.333	100	13.333	1.333	0
Cheese Vegan Cheddar Shred Daiya	9.450	30.375	2.362	0.337	0
Tomatoes, red, ripe, raw, year round average	24.833	4.47	0.966	0.298	0.653
Lettuce, cos or romaine, raw	7.833	1.332	0.258	0.165	0.093
Taco Sauce PC	6.000	3.333	0	0	0
OTA Tofu Taco Crumbles	56.700	90	2	2	1
Sub Total	126.150	229.51	18.92	4.133	1.746
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	126.150	229.51	18.92	4.133	1.746

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Tomato Cherry fresh
 Recipe Code: LR1149
 Tag(s): salad bar
 Menu Item: Tomato Cherry fresh
 Serving Size: 3/4 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Tomatoes, red, ripe, raw, year round average	135.000	24.3	5.252	1.62	3.55
Sub Total	135.000	24.3	5.252	1.62	3.55
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	135.000	24.3	5.252	1.62	3.55

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Pancake Syrup
 Recipe Code: LR1438
 Menu Item: Pancake Syrup
 Serving Size: 1 packet (2/3 tbsp)

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Pancake Syrup	59.252	164.214	43.293	0	0
Sub Total	59.252	164.214	43.293	0	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	59.252	164.214	43.293	0	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Stuffed Breadsticks w/Marinara Sauce
 Recipe Code: LR1042
 Allergens: Contains Egg, Milk, Soy, Wheat
 Tag(s): Entrees
 Menu Item: *Stuffed Breadsticks w/Marinara Sauce
 Serving Size: 2 Each

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
WG Cheese Stuffed Sticks -	86.000	300	30	3	4
Sauce Marinara Dipping Cup	71.000	60	12	2	8
Sub Total	157.000	360	42	5	12
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	157.000	360	42	5	12

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Beans, Black (Turtle), Low-sodium, Canned
 Recipe Code: LR1064
 Menu Item: Beans, Black (Turtle), Low-sodium, Canned
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Beans, Black (Turtle), Low-sodium, Canned	120.000	108.996	19.992	7.992	0
Sub Total	120.000	108.996	19.992	7.992	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	120.000	108.996	19.992	7.992	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Potato Wedge, Seasoned MCCain
 Recipe Code: LR1547
 Menu Item: Potato Wedge, Seasoned MCCain
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Potato Wedge Seasoned 8-cut	81.932	130	20	1	0
Sub Total	81.932	130	20	1	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	81.932	130	20	1	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Pears, canned, extra light syrup
 Recipe Code: LR1121
 Menu Item: Pears, canned, ExtraLightSyrup
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Pears, canned, extra light syrup pack, solids and liquids	84.000	47	12.2	1.6	(M)
Sub Total	84.000	47	12.2	1.6	(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	84.000	47	12.2	1.6	(M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Cheeseburger
 Recipe Code: LR1002
 Allergens: Contains Milk, Wheat
 Tag(s): Entrees
 Menu Item: Cheeseburger
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Beef Patty JTM Allergen Free	69.000	166	1	1	0
51 % Whole Wheat Hamburger Buns	57.000	130	24	2	3
Cheese Cheddar Mild 25% Reduced Fat Slices - LOL	14.000	45	0	0	0
Sub Total	140.000	341	25	3	3
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	140.000	341	25	3	3

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Chicken & Waffles - Elem
 Recipe Code: LR1794
 Allergens: Contains Egg, Milk, Wheat
 Menu Item: Chicken & Waffles - Elem
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Belgian Waffle Butter Maple	68.000	200	30	2	12
Chicken Drumstick	94.000	210	10	1	1
Sub Total	162.000	410	40	3	13
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	162.000	410	40	3	13

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Corn Dog Tyson
 Recipe Code: LR1333
 Allergens: Contains Egg, Milk, Soy, Wheat
 Tag(s): Entrees
 Menu Item: Corn Dog Tyson
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Corn Dog Chicken WG Tyson	112.000	300	25	3	8
Sub Total	112.000	300	25	3	8
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	112.000	300	25	3	8

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Pasta Rotini (precooked) w/ Meatballs & Garlic Bread Elem
 Recipe Code: LR1739
 Allergens: Contains Egg, Milk, Soy, Wheat
 Tag(s): Entrees
 Menu Item: Pasta Rotini (precooked) w/ Meatballs & Garlic Bread Elem
 Serving Size: 1 Serving

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Pasta Rotini precooked	70.500	105.75	22.157	2.014	1.007
Sauce Marinara Angela Mia	113.400	63	12.6	2.7	6.3
Meatball Chicken Tyson	79.097	180	6	1	0
Bread Garlic Toast WG	29.000	70	11	1	0
Sub Total	291.997	418.75	51.757	6.714	7.307
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	291.997	418.75	51.757	6.714	7.307

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Tomato red, Fresh large
 Recipe Code: LR1148
 Tag(s): salad bar, red orange vegetables
 Menu Item: Tomato red ripe fresh raw
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Tomatoes, red, ripe, raw, year round average	85.050	15.309	3.308	1.021	2.237
Sub Total	85.050	15.309	3.308	1.021	2.237
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	85.050	15.309	3.308	1.021	2.237

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Sugar Cookie Dough
 Recipe Code: LR1880
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Sugar Cookie Dough
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Sugar Cookie Dough	28.000	160	27	2	(M)
Sub Total	28.000	160	27	2	(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	28.000	160	27	2	(M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: * Teriyaki Chicken w/Brown Rice
 Recipe Code: LR1475
 Allergens: Contains Soy, Wheat
 Menu Item: * Teriyaki Chicken
 Serving Size: 1 serving (1 serving)

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Chicken Fajita Strips COMM	113.400	143.529	2.353	0	2.353
Sauce Teriyaki Less Sodium	56.700	76.622	18.389	0	16.857
Rice Brown Parboiled	226.800	290.667	61.333	4.667	0
Sub Total	396.900	510.818	82.075	4.667	19.21
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	396.900	510.818	82.075	4.667	19.21

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Corn ,canned
 Recipe Code: LR1636
 Menu Item: Corn ,canned
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Corn Whole Kernel Golden Fancy, Canned	82.000	70	13	2	(M)
Sub Total	82.000	70	13	2	(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	82.000	70	13	2	(M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Mac & Cheese (w/ Apple Crisps) Elem
 Recipe Code: LR1048
 Allergens: Contains Egg, Milk, Wheat
 Tag(s): Entrees
 Menu Item: Mac & Cheese
 Serving Size: 1 Serving

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Mac & Cheese LOL WG	170.100	315	34.5	1.5	6.75
Sub Total	170.100	315	34.5	1.5	6.75
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	170.100	315	34.5	1.5	6.75

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Mixed Berries, Frozen Cup
 Recipe Code: LR1625
 Allergens: Contains Strawberries
 Menu Item: Mixed Berries, Frozen Cup
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Mixed Berries, Frozen Cup	113.000	90	20	2	16
Sub Total	113.000	90	20	2	16
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	113.000	90	20	2	16

(M) Indicates missing nutrient values.

Report Selections

Meal Type: Lunch
 Site Group: Elementary School
 Site: ALL
 Menu Line: Main
 Date: 01/01/2026 - 01/31/2026
 Serving Group: K-5
 Nutrients Option: Diabetic Interest