

Recipe Nutrition Report - January, 2026

Recipe Name: * Bacon Cheeseburger
 Recipe Code: LR1524
 Allergens: Contains Milk, Pork, Soy, Wheat
 Menu Item: Bacon 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 American 160 Sliced	14.000	55	1	0	0
Bacon Strip	8.500	45	0	0	(M)
Sub Total	148.500	396	26	3	3(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	148.500	396	26	3	3(M)

(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: 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: * BBQ Chicken Drumstick w/ Mashed Potato & Garlic Bread Elem
 Recipe Code: LR1036
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Chicken Drumstick Tyson& Mashed Potato/Garlic Bread
 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: Chicken Tender Tyson w//Garlic Bread Basket
 Recipe Code: LR1734
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Chicken Tender Tyson w//Garlic Bread
 Serving Size: 2 Each

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Chicken Tender WG Tyson	179.881	345	18	3	3
Bread Garlic Toast WG	29.000	70	11	1	0
Sub Total	208.881	415	29	4	3
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	208.881	415	29	4	3

(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: PB&J Uncrustable 5.3oz, Grab N Go Meal
 Recipe Code: LR1211
 Allergens: Contains Apples, Peanuts, Wheat
 Menu Item: Grab n' Go Uncrustable 5.3 oz
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
PB&J Uncrustable 5.3oz	150.000	600	64	7	30
ZeeZee Cinnamon Applesauce	113.400	50	13	1	11
Sub Total	263.400	650	77	8	41
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	263.400	650	77	8	41

(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: * LO Homemade Pizza Sec. - Pepperoni
 Recipe Code: LR1519
 Allergens: Contains Milk, Wheat
 May contain Egg, Soy
 Menu Item: LO Homemade Pizza - Pepperoni
 Serving Size: 1 pizza

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Dough Pizza Presheeted 16" Proofed & Bake-ready	61.000	210	42	1.5	39
Pizza Sauce	21.263	10.145	2.366	0.338 (M)	1.344 (M)
Mozzarella Cheese Shredded	56.700	180	2	0	2
Pepperoni Sliced 14-16ct GF	10.631	53.156	0	0	0
Sub Total	149.594	453.302	46.366	1.838 (M)	42.344 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	149.594	453.302	46.366	1.838 (M)	42.344 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: * LO Homemade Pizza Sec. - Cheese
 Recipe Code: LR1642
 Allergens: Contains Milk, Wheat
 May contain Egg, Soy
 Menu Item: LO Homemade Pizza Sec. - Cheese
 Serving Size: 1 pizza

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Dough Pizza Presheeted 16" Proofed & Bake-ready	61.000	210	42	1.5	39
Mozzarella Cheese Shredded	56.700	180	2	0	2
Pizza Sauce	21.263	10.145	2.366	0.338 (M)	1.344 (M)
Sub Total	138.963	400.145	46.366	1.838 (M)	42.344 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	138.963	400.145	46.366	1.838 (M)	42.344 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Super Nachos w/Southwest Chicken, Refried Beans
 Recipe Code: LR1889
 Allergens: Contains Milk
 Menu Item: Super Nachos w/Chicken, Refried Beans
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Cheese Sauce Ultimate Yellow Pouch	85.050	137.177	4.115	0	0
Chicken Fajita Strips COMM	56.700	71.765	1.176	0	1.176
Chip Tortilla Round	56.700	240	22	2	0
Pepper Jalapeno Sliced	28.350	5	1	0	1
Beans Refried Veg Dehydrated	38.000	140	24	7	1
Cream Sour Pure Cup	28.000	50	1	0	1
Peppers, chili, green, canned	28.350	4.725	0.945	0	(M)
Sub Total	321.150	648.667	54.237	9	4.176 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	321.150	648.667	54.237	9	4.176 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Crouton Cheese & Garlic WG
 Recipe Code: LR1461
 Allergens: Contains Milk, Wheat
 Menu Item: Crouton Cheese & Garlic WG
 Serving Size: 1 Ounce

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Crouton Cheese & Garlic WG	28.350	120	18	2	0
Sub Total	28.350	120	18	2	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	28.350	120	18	2	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Cheese String Lite
 Recipe Code: LR1017
 Allergens: Contains Milk
 Menu Item: Cheese String Lite
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Cheese String Lite	28.350	60	1	0	1
Sub Total	28.350	60	1	0	1
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	28.350	60	1	0	1

(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: Peppers, Fresh (red, green , yellow)
 Recipe Code: LR1130
 Menu Item: Bell Pepper Slices
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Peppers, sweet, red, raw	113.400	31	6.03	2.1	4.2
Sub Total	113.400	31	6.03	2.1	4.2
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	113.400	31	6.03	2.1	4.2

(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: 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: Onions, Fresh
 Recipe Code: LR1116
 Tag(s): salad bar
 Menu Item: Onions, raw
 Serving Size: 1 cup, chopped

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Onions, raw	160.000	64	14.944	2.72	6.784
Sub Total	160.000	64	14.944	2.72	6.784
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	160.000	64	14.944	2.72	6.784

(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: 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: * 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: 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: 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)	Calorie s (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 Fancy Heinz
 Recipe Code: LR1417
 Tag(s): condiment
 Menu Item: Ketchup Fancy Heinz
 Serving Size: 1 tablespoon

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Ketchup Fancy Heinz	17.000	20	5	0	4
Sub Total	17.000	20	5	0	4
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	17.000	20	5	0	4

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Mayonnaise Lite GAL
 Recipe Code: LR1422
 Allergens: Contains Egg
 Tag(s): condiment
 Menu Item: Mayonnaise Lite GAL
 Serving Size: 1 tablespoon

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Mayonnaise Lite GAL	15.000	35	1	0	0
Sub Total	15.000	35	1	0	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	15.000	35	1	0	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Mustard, prepared, yellow
 Recipe Code: LR1423
 Menu Item: Mustard, prepared, yellow
 Serving Size: 1 tablespoon

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Mustard, prepared, yellow	15.563	15.563	3.735	0	0
Sub Total	15.563	15.563	3.735	0	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	15.563	15.563	3.735	0	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Ranch Dressing
 Recipe Code: LR1421
 Allergens: Contains Egg, Milk
 Tag(s): condiment
 Menu Item: Ranch Dressing
 Serving Size: 1 tablespoon

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Ranch Dressing	14.500	45	0.5	0	0.5
Sub Total	14.500	45	0.5	0	0.5
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	14.500	45	0.5	0	0.5

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Chicken Parmesan Pasta Bowl & Garlic Bread & hot Vegetable
 Recipe Code: LR1452
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: *Chicken Parmesan Pasta
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Pasta Spaghetti WG	226.800	760	160	20	8
Chicken Breast Filet WG CN	105.000	200	9	3	0
Mozzarella Cheese Shredded	28.350	90	1	0	1
Sauce Marinara Angela Mia	113.400	63	12.6	2.7	6.3
Basil, fresh	14.175	3.26	0.376	0.227	0.043
Bread Garlic Toast WG	29.000	70	11	1	0
Sub Total	516.725	1186.26	193.976	26.927	15.343
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	516.725	1186.26	193.976	26.927	15.343

(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)	Calorie s (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: Mac & Cheese Sec.
 Recipe Code: LR1550
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Mac & Cheese Sec.
 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
Bread Garlic Toast WG	29.000	70	11	1	0
Sub Total	199.100	385	45.5	2.5	6.75
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	199.100	385	45.5	2.5	6.75

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Chicken Burger Spicy
 Recipe Code: LR1004
 Allergens: Contains Soy, Wheat
 Menu Item: Spicy Breaded Chicken Burger (w/Tots available)
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Chicken Patty Hot N Spicy	99.000	270	17	3	1
51 % Whole Wheat Hamburger Buns	57.000	130	24	2	3
Sub Total	156.000	400	41	5	4
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	156.000	400	41	5	4

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: WG Saltine Crackers
 Recipe Code: LR1371
 Allergens: Contains Gluten, Wheat
 Menu Item: WG Saltine Crackers
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Saltine Crackers	6.000	25	5	0	0
Sub Total	6.000	25	5	0	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	6.000	25	5	0	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Cheese Cheddar Mild Fancy Shredded
 Recipe Code: LR1544
 Allergens: Contains Milk
 Menu Item: Cheese Cheddar Mild Fancy Shredded
 Serving Size: 1 Ounce

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Cheese Cheddar Mild Fancy Shredded	28.350	110	0	0	0
Sub Total	28.350	110	0	0	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	28.350	110	0	0	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Peas, Green frozen
 Recipe Code: LR1119
 Menu Item: Pea Green
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Pea Green	70.455	60.606	9.848	3.788	3.788
Sub Total	70.455	60.606	9.848	3.788	3.788
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	70.455	60.606	9.848	3.788	3.788

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Peas and carrots, frozen, cooked, boiled, drained, without salt
 Recipe Code: LR1123
 Menu Item: Peas and carrots, frozen, cooked, boiled, drained, without salt
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Peas and carrots, frozen, cooked, boiled, drained, without salt	80.000	38.4	8.096	2.48	3.488
Sub Total	80.000	38.4	8.096	2.48	3.488
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	80.000	38.4	8.096	2.48	3.488

(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: 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: 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 & Waffles Sec.
 Recipe Code: LR1041
 Allergens: Contains Egg, Milk, Wheat
 Menu Item: Chicken & Waffles
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (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
Potato Hashbrown Patty 2.25 oz	126.000	240	30	2	0
Sub Total	288.000	650	70	5	13
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	288.000	650	70	5	13

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Crouton Cheese & Garlic Whole Grain
 Recipe Code: LR1786
 Allergens: Contains Milk, Wheat
 Menu Item: Crouton Cheese & Garlic Whole Grain
 Serving Size: 1 Package

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Crouton Cheese & Garlic Whole Grain	14.175	60	9	1	(M)
Sub Total	14.175	60	9	1	(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	14.175	60	9	1	(M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Chicken Diced COMM
 Recipe Code: LR1503
 Menu Item: Diced Chicken
 Serving Size: 1/4 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Chicken Diced COMM	56.000	71.111	0	0	0
Sub Total	56.000	71.111	0	0	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	56.000	71.111	0	0	0

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Carrots, baby, raw
 Recipe Code: LR1081
 Menu Item: Carrots, baby, raw
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Carrots, baby, raw	75.411	26	6.133	1.8	2.907
Sub Total	75.411	26	6.133	1.8	2.907
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	75.411	26	6.133	1.8	2.907

(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)	Calories (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: 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: 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.

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: BBQ Pork Slider
 Recipe Code: LR1657
 Allergens: Contains Egg, Sesame, Wheat
 Tag(s): Entrees
 Menu Item: * BBQ Pork Slider
 Serving Size: 2 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Pork BBQ Pulled in Sauce	85.050	210	13.5	0	13.5
Slider Bun Rotellas	76.000	240	40	8	6
Dill Pickle Spear	28.350	5	1	1	0
* Coleslaw	85.050	89.703	8.043	1.564	4.389 (M)
Sub Total	274.450	544.703	62.543	10.564	23.889 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	274.450	544.703	62.543	10.564	23.889 (M)

(M) Indicates missing nutrient values.

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: Chicken Tender Tyson w/Fries and Garlic Bread
 Recipe Code: LR1336
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Chicken Tenders
 Serving Size: 1 Serving

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Chicken Tender WG Tyson	119.921	230	12	2	2
Bread Garlic Toast WG	29.000	70	11	1	0
Sub Total	148.921	300	23	3	2
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	148.921	300	23	3	2

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Kickin Tenders w/Pretzel & Potatoes (Sec.)
 Recipe Code: LR1787
 Allergens: Contains Soy, Wheat
 Tag(s): Entrees
 Menu Item: Kickin Tenders w/Pretzel
 Serving Size: 1 Serving

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Kickin Vegan Tenders	85.000	230	13	3	0
Pretzel Soft WG	62.000	140	30	3	1
Sub Total	147.000	370	43	6	1
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	147.000	370	43	6	1

(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)	Calorie s (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: Beefy Quesadillas with Refried Beans & Pico de Gallo
 Recipe Code: LR1618
 Allergens: Contains Milk, Soy, Wheat
 Menu Item: Beefy Quesadilla with Refried Beans & Pico de Gallo Beef Quesadillas
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Mozzarella Cheese Shredded	56.700	180	2	0	2
Tortilla Wheat Flour Gordita	62.000	60	31	(M)	(M)
Margarine	3.544	17.719	0	0	0
Beef crumble, Unseasoned	56.700	100	0	0	0
Beans Refried Veg Dehydrated	38.000	140	24	7	1
Sub Total	216.944	497.719	57	7(M)	3(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	216.944	497.719	57	7(M)	3(M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Chicken Drumstick with Garlic Bread & Jojo's
 Recipe Code: LR1582
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Chicken Drumstick with Garlic Bread & Jojo's
 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
Bread Garlic Toast WG	29.000	70	11	1	0
Potato Wedge Seasoned 8-cut	113.400	179.931	27.682	1.384	0
Sub Total	236.400	459.931	48.682	3.384	1
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	236.400	459.931	48.682	3.384	1

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: *Mexican Street Corn
 Recipe Code: LR1589
 Allergens: Contains Egg, Milk
 Menu Item: *Mexi Corn Cup
 Serving Size: 4 Ounce

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Corn Whole Kernel Golden Fancy, Canned	57.122	48.763	9.056	1.393	(M)
Mayonnaise Lite GAL	19.749	46.081	1.317	0	0
Cheese Parmesan Shredded	19.749	76.628	1.393	0	0
Cilantro leaves, raw	4.937	1.136	0.181	0.138	0.043
Limes, raw	11.842	3.553	1.248	0.332	0.2
Sub Total	113.400	176.16	13.195	1.863	0.243 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	113.400	176.16	13.195	1.863	0.243 (M)

(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: 1/2 Cup

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Tomatoes, red, ripe, raw, year round average	90.000	16.2	3.501	1.08	2.367
Sub Total	90.000	16.2	3.501	1.08	2.367
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	90.000	16.2	3.501	1.08	2.367

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: * Brunch for Lunch - French Toast w/Sausage , Hashbrown Sec.
 Recipe Code: LR1325
 Allergens: Contains Soy, Wheat
 Menu Item: *Brunch for Lunch - French Toast Sec.
 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
Potato Hashbrown Patty 2.25 oz	126.000	240	30	2	0
Sub Total	273.000	740	68	5	9
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	273.000	740	68	5	9

(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)	Calories (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: 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: Pasta Rotini (precooked) w/ Meatballs & Garlic Bread Sec.
 Recipe Code: LR1740
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Pasta Rotini (precooked) w/ Meatballs & Garlic Bread Sec.
 Serving Size: 1 1/4 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Pasta Rotini precooked	113.400	170.1	35.64	3.24	1.62
Meatball Chicken Tyson	79.097	180	6	1	0
Sauce Marinara Angela Mia	163.800	91	18.2	3.9	9.1
Bread Garlic Toast WG	29.000	70	11	1	0
Cheese Parmesan Shredded	14.175	55	1	0	0
Sub Total	399.472	566.1	71.84	9.14	10.72
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	399.472	566.1	71.84	9.14	10.72

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Broccoli Steamed
 Recipe Code: LR1029
 Menu Item: Broccoli Steamed
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Broccoli, raw	113.400	56.7	9.072	4.536	3.402
Sub Total	113.400	56.7	9.072	4.536	3.402
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	113.400	56.7	9.072	4.536	3.402

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Peach cup diced
 Recipe Code: LR1271
 Menu Item: Peach Cup Diced
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Peaches, Diced, Cups, Frozen	120.488	77.112	18.314	0.964	15.422
Sub Total	120.488	77.112	18.314	0.964	15.422
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	120.488	77.112	18.314	0.964	15.422

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Orange Chicken w/Brown Rice - Secondary
 Recipe Code: LR1355
 Allergens: Contains Egg, Soy, Wheat
 Menu Item: *Orange Chicken w/Brown Rice - Secondary
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Rice Brown Parboiled	226.800	290.667	61.333	4.667	0
Chicken Legs Boneless Orange Mandarin	94.500	138.889	17.593	0	9.259
Water	226.800	(M)	(M)	(M)	(M)
Sub Total	548.100	429.556 (M)	78.926 (M)	4.667 (M)	9.259 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	548.100	429.556 (M)	78.926 (M)	4.667 (M)	9.259 (M)

(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: 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)	Calories (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: 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: * Tonkotsu Ramen
 Recipe Code: LR1713
 Allergens: Contains Egg, Pork
 Menu Item: Tonkotsu Ramen
 Serving Size: 1 bowl

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Water	3.248	(M)	(M)	(M)	(M)
Tonkotsu Base	35.000	70	7.5	0	0
Noodles - Woodles	56.000	240	34	4	0
Chicken Diced COMM	56.700	72	0	0	0
Bacon Strip	8.500	45	0	0	(M)
Egg Hardboiled whole peeled pillow	45.000	70	1	0	1
Onion, green	7.088	(M)	(M)	(M)	(M)
Mushroom Sliced Fresh	42.525	10.006	1.501	0.5	0
Corn Whole Kernel Golden Fancy, Canned	41.000	35	6.5	1	(M)
Sub Total	295.061	542.006 (M)	50.501 (M)	5.5(M)	1(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	295.061	542.006 (M)	50.501 (M)	5.5(M)	1(M)

(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: General Tso Chicken (LOH Homemade) w/Brown Rice - Secondary
 Recipe Code: LR1895
 Allergens: Contains Sesame, Soy, Wheat
 Menu Item: General Tso Chicken (LOH Homemade) w/Brown Rice - Secondary
 Serving Size: 5 Each

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
Water	170.100	(M)	(M)	(M)	(M)
Chicken Nugget (Bites) Tyson WG 70364	70.875	187.143	11.429	1.429	0.714
General Tso Sauce Pouch	14.175	28.35	7.088	0	(M)
Sub Total	425.250	433.493 (M)	64.516 (M)	4.929 (M)	0.714 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	425.250	433.493 (M)	64.516 (M)	4.929 (M)	0.714 (M)

(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)	Calories (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: Grilled Cheese Sourdough Sandwich
 Recipe Code: LR1303
 Allergens: Contains Milk, Soy, Wheat
 Menu Item: Grilled Cheese Sourdough Sandwich
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Sourdough Bread Franz	80.000	200	36	2	2
Cheese Cheddar Mild 25% Reduced Fat Slices - LOL	56.000	180	0	0	0
Margarine	17.010	85.05	0	0	0
Sub Total	153.010	465.05	36	2	2
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	153.010	465.05	36	2	2

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Bibimbap
 Recipe Code: LR1848
 Allergens: Contains Egg, Milk, Sesame, Soy, Wheat
 Menu Item: Bibimbap
 Serving Size: 1 Serving

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Rice Parboiled Perfect	47.000	170	37	0	0
Egg Patty Fried Cage Free	42.525	90	1	0	(M)
Beef Barbacoa Shreds	56.700	100	2	0	0
CARROT MATCHSTICK	28.350	(M)	(M)	(M)	(M)
Spinach Chopped IQF	42.525	15.75	1.575	0.525	0
Bean Sprouts Fresh	28.350	8.178	1.636	0.545	0
Bibimbap Dressing	34.188	101.943	5.831	0.019	1.085
Soybean Whole Edamame shelled	28.350	36.45	2.43	0	0
Sauce Korean Gochujang Pepper	28.350	55.125	12.6	0	0
Seeds, sesame seed kernels, toasted, without salt added (decorticated)	2.835	16.074	0.738	0.479	0.014
Onion, green	2.835	(M)	(M)	(M)	(M)
Sub Total	342.008	593.52 (M)	64.81 (M)	1.568 (M)	1.099 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	342.008	593.52 (M)	64.81 (M)	1.568 (M)	1.099 (M)

(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: 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: Pretzel Chicken Sandwich
 Recipe Code: LR1887
 Allergens: Contains Soy, Wheat
 Tag(s): Entrees
 Menu Item: Pretzel Chicken Sando
 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
Soft Pretzel Burger Buns	90.000	250	43	1	4
Sub Total	195.000	450	52	4	4
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	195.000	450	52	4	4

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: *Burrito Chicken - Secondary
 Recipe Code: LR1685
 Allergens: Contains Milk, Soy, Wheat
 Menu Item: *Burrito Chicken - Secondary
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Taco Seasoned Chopped Chicken	85.050	202.5	5.063	2.025	2.025
Cilantro leaves, raw	4.253	0.978	0.156	0.119	0.037
Taco Sauce Green	14.175	4.725	1.181	0	0
Tortilla Gordita 12"	102.000	270	45	2	2
Rice Brown Parboiled	22.000	28.195	5.949	0.453	0
Cheese, shredded Blend	28.350	96.667	0.667	0	0.667
Chip Tortilla Round	14.175	60	5.5	0.5	0
Beans, Black (Turtle), Low- sodium, Canned	120.000	108.996	19.992	7.992	0
Sub Total	390.003	772.061	83.508	13.089	4.729
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	390.003	772.061	83.508	13.089	4.729

(M) Indicates missing nutrient values.

Report Selections

Meal Type: Lunch
 Site Group: High School
 Site: ALL
 Menu Line: Main
 Date: 01/01/2026 - 01/31/2026
 Serving Group: 9-12
 Nutrients Option: Diabetic Interest