

Nutrients by Item - Cycle: Elementary

Grade Range: KG-05

	Portion Size	Cals	mg Sodm	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
Week 1 - Day 1 - Lunch										
MEAT, CHICKEN CHUNK WG CRISPY 750 CT	5 Each	262.50	400.00	2.50	0.00	15.00	16.25	2.50	1.25	16.25
Whole Wheat Roll Y-168	1 Roll	93.07	117.92	1.74	*	4.16	2.27	1.65	2.04	12.40
MEAT, CORN DOG, CHICKEN LOWFAT WG 72 CT	1 Each	240.00	390.00	2.50	0.00	8.00	9.00	5.00	5.00	30.00
Toasted Cheese Sandwich	1 EA	407.05	853.48	11.34	0.00	22.90	16.13	2.00	6.03	34.05
Fruit, Apples, Fuji 138CT	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Fruit, Banana, 40#	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Fruit, Orange, 138 CT	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
FRUIT, CANNED, APPLESAUCE UNSWEETNED	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, APPLE SAUCE, GRADE A FANCY 6/#10	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
FRUIT, CANNED, APPLE SLICES UNSWEETENED	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
FRUIT, PEACHES, IRREGULAR YC LS 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
FRUIT, PEARS, DICED LIGHT SYRUP 6/#10	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
FRUIT, FRUIT COCKTAIL, LIGHT SYRUP 6/#10	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
FRUIT, PINEAPPLE, TIDBITS NAT JUICE 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
FRUIT, FROZEN, STRAWBERRIED DICED CUPS	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
MILK, HP SKIM MILK, 50/CS	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
MILK, HPT 1% LOWFAT 50/CS	1 Each	102.48	107.36	1.54	*	2.37	8.22	0.00	12.69	12.18
MILK, HPT FF CHOC, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
MILK, HPT FF STRAW, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Veg, Potato Sweet Potato 1/2"	3 Ounce	120.00	135.00	1.00	0.00	6.00	1.00	4.00	8.00	19.00
Vegetarian Baked Beans	1 #6 Scoop	222.19	678.68	0.00	*	0.01	10.07	8.65	17.82	46.47
Steamed Broccoli (Frozen)	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05

Seasoned Carrots (Sliced Frozen)	1 #8 Scoop	38.82	222.39	0.00	*	0.00	0.00	*	*	7.77
POTATO, FRIES, OVEN ROAST 10 CUT CRINKLE CUT WEDGE (ELEM & MIDDLE)	3 Ounce	70.00	230.00	0.00	0.00	0.00	2.00	1.00	0.00	15.00
Mashed Potatoes, Prepared	1 1/2 cup	70.12	100.17	0.00	0.00	0.50	1.00	1.00	0.60	15.03
Seasoned Corn (Frozen)	1 #8 Scoop	84.57	162.02	0.00	*	1.22	2.44	*	*	20.09
Seasoned Green Beans (Cut, Frozen)	1 #8 Scoop	25.07	161.96	0.00	*	0.00	1.17	*	*	5.25
Veg, Potato Fries Oven Roast	3 Ounce	78.34	235.01	0.00	0.00	0.00	2.24	2.24	0.00	15.67
Beans A La Charra	1 #6 Scoop	137.36	141.08	0.00	*	0.00	15.52	30.80	2.97	49.30
Oriental Vegetables (Frozen)	1 #8 Scoop	32.20	178.32	0.00	*	0.00	1.17	*	*	5.28
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Lettuce and Tomato Salad	1 Cup	11.25	5.06	0.00	*	0.19	0.79	1.32	0.88	2.20
Fiesta Salad	1 Cup	13.56	8.66	0.00	*	0.22	0.95	1.50	1.04	2.57
Veg, Celery, Sticks 5# bag	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Carrot 'N Celery Combo	1 1 Serving	17.35	46.65	0.02	*	0.13	0.50	1.35	1.84	3.80
Creamy Ranch Dressing (Yogurt Ranch Dressing)	1 Ounce	18.00	60.10	0.10	0.00	0.70	0.83	0.00	1.53	1.93
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52

Week 1 - Day 2 - Lunch

Cheeseburger- Elem	1 1 Serving	303.00	660.00	5.50	0.00	13.60	20.20	2.10	4.70	23.60
Hamburger-Elem	1 EA	248.00	525.00	3.00	0.00	9.10	17.70	2.10	4.20	22.60
Fruit, Apples, Fuji 138CT	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Fruit, Banana, 40#	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Fruit, Orange, 138 CT	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
FRUIT, CANNED, APPLESAUCE UNSWEETNED	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, APPLE SAUCE, GRADE A FANCY 6/#10	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
FRUIT, CANNED, APPLE SLICES UNSWEETENED	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
FRUIT, PEACHES, IRREGULAR YC LS	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00

6/#10											
FRUIT, PEARS, DICED LIGHT SYRUP 6/#10	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00	
FRUIT, FRUIT COCKTAIL, LIGHT SYRUP 6/#10	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00	
FRUIT, PINEAPPLE, TIDBITS NAT JUICE 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00	
FRUIT, FROZEN, STRAWBERRIED DICED CUPS	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00	
MILK, HP SKIM MILK, 50/CS	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15	
MILK, HPT 1% LOWFAT 50/CS	1 Each	102.48	107.36	1.54	*	2.37	8.22	0.00	12.69	12.18	
MILK, HPT FF CHOC, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00	
MILK, HPT FF STRAW, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00	
ITALIAN, PIZZA, CHEESE WG ROLLED EDGE BAKE TO RISE 9/16" (SGT PEP)	1 10-cut	344.00	400.00	6.40	0.00	13.60	20.00	2.40	6.40	37.60	
Pepperoni Pizza Slice	1 10-cut	351.58	430.30	6.55	0.00	13.98	20.91	2.40	6.40	37.75	
Veg, Potato Sweet Potato 1/2"	3 Ounce	120.00	135.00	1.00	0.00	6.00	1.00	4.00	8.00	19.00	
Vegetarian Baked Beans	1 #6 Scoop	222.19	678.68	0.00	*	0.01	10.07	8.65	17.82	46.47	
Steamed Broccoli (Frozen)	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05	
Seasoned Carrots (Sliced Frozen)	1 #8 Scoop	38.82	222.39	0.00	*	0.00	0.00	*	*	7.77	
POTATO, FRIES, OVEN ROAST 10 CUT CRINKLE CUT WEDGE (ELEM & MIDDLE)	3 Ounce	70.00	230.00	0.00	0.00	0.00	2.00	1.00	0.00	15.00	
Mashed Potatoes, Prepared	1 1/2 cup	70.12	100.17	0.00	0.00	0.50	1.00	1.00	0.60	15.03	
Seasoned Corn (Frozen)	1 #8 Scoop	84.57	162.02	0.00	*	1.22	2.44	*	*	20.09	
Seasoned Green Beans (Cut, Frozen)	1 #8 Scoop	25.07	161.96	0.00	*	0.00	1.17	*	*	5.25	
Veg, Potato Fries Oven Roast	3 Ounce	78.34	235.01	0.00	0.00	0.00	2.24	2.24	0.00	15.67	
Beans A La Charra	1 #6 Scoop	137.36	141.08	0.00	*	0.00	15.52	30.80	2.97	49.30	
Oriental Vegetables (Frozen)	1 #8 Scoop	32.20	178.32	0.00	*	0.00	1.17	*	*	5.28	
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36	
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04	
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20	
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38	
Lettuce and Tomato Salad	1 Cup	11.25	5.06	0.00	*	0.19	0.79	1.32	0.88	2.20	
Fiesta Salad	1 Cup	13.56	8.66	0.00	*	0.22	0.95	1.50	1.04	2.57	

Veg, Celery, Sticks 5# bag	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Carrot 'N Celery Combo	1 1 Serving	17.35	46.65	0.02	*	0.13	0.50	1.35	1.84	3.80
Creamy Ranch Dressing (Yogurt Ranch Dressing)	1 Ounce	18.00	60.10	0.10	0.00	0.70	0.83	0.00	1.53	1.93
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52

Week 1 - Day 3 - Lunch

MEAT, CHICKEN POPCORN WG CRISPY1800 CT	12 Each	250.91	370.91	2.73	0.00	14.18	15.27	2.18	1.09	15.27
Whole Wheat Roll Y-168	1 Roll	93.07	117.92	1.74	*	4.16	2.27	1.65	2.04	12.40
Fruit, Apples, Fuji 138CT	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Fruit, Banana, 40#	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Fruit, Orange, 138 CT	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
FRUIT, CANNED, APPLESAUCE UNSWEETNED	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, APPLE SAUCE, GRADE A FANCY 6/#10	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
FRUIT, CANNED, APPLE SLICES UNSWEETENED	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
FRUIT, PEACHES, IRREGULAR YC LS 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
FRUIT, PEARS, DICED LIGHT SYRUP 6/#10	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
FRUIT, FRUIT COCKTAIL, LIGHT SYRUP 6/#10	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
FRUIT, PINEAPPLE, TIDBITS NAT JUICE 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
FRUIT, FROZEN, STRAWBERRIED DICED CUPS	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
MILK, HP SKIM MILK, 50/CS	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
MILK, HPT 1% LOWFAT 50/CS	1 Each	102.48	107.36	1.54	*	2.37	8.22	0.00	12.69	12.18
MILK, HPT FF CHOC, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
MILK, HPT FF STRAW, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Steamed Brown Rice	1 1/2 cup	189.08	113.56	0.41	*	2.49	0.00	8.52	0.00	12.77
Asian BBQ Chicken (Eight Part)	1 EA	368.83	325.93	3.12	*	17.72	39.60	0.04	5.76	9.00
Whole Wheat Roll Y-168	1 Roll	93.07	117.92	1.74	*	4.16	2.27	1.65	2.04	12.40
Eagle Pizza/Tostada	1 1 Serving	449.42	734.68	4.86	*	13.56	15.82	12.15	6.90	62.48

Veg, Potato Sweet Potato 1/2"	3 Ounce	120.00	135.00	1.00	0.00	6.00	1.00	4.00	8.00	19.00
Vegetarian Baked Beans	1 #6 Scoop	222.19	678.68	0.00	*	0.01	10.07	8.65	17.82	46.47
Steamed Broccoli (Frozen)	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Carrots (Sliced Frozen)	1 #8 Scoop	38.82	222.39	0.00	*	0.00	0.00	*	*	7.77
POTATO, FRIES, OVEN ROAST 10 CUT CRINKLE CUT WEDGE (ELEM & MIDDLE)	3 Ounce	70.00	230.00	0.00	0.00	0.00	2.00	1.00	0.00	15.00
Mashed Potatoes, Prepared	1 1/2 cup	70.12	100.17	0.00	0.00	0.50	1.00	1.00	0.60	15.03
Seasoned Corn (Frozen)	1 #8 Scoop	84.57	162.02	0.00	*	1.22	2.44	*	*	20.09
Seasoned Green Beans (Cut, Frozen)	1 #8 Scoop	25.07	161.96	0.00	*	0.00	1.17	*	*	5.25
Veg, Potato Fries Oven Roast	3 Ounce	78.34	235.01	0.00	0.00	0.00	2.24	2.24	0.00	15.67
Beans A La Charra	1 #6 Scoop	137.36	141.08	0.00	*	0.00	15.52	30.80	2.97	49.30
Oriental Vegetables (Frozen)	1 #8 Scoop	32.20	178.32	0.00	*	0.00	1.17	*	*	5.28
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Lettuce and Tomato Salad	1 Cup	11.25	5.06	0.00	*	0.19	0.79	1.32	0.88	2.20
Fiesta Salad	1 Cup	13.56	8.66	0.00	*	0.22	0.95	1.50	1.04	2.57
Veg, Celery, Sticks 5# bag	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Carrot 'N Celery Combo	1 1 Serving	17.35	46.65	0.02	*	0.13	0.50	1.35	1.84	3.80
Creamy Ranch Dressing (Yogurt Ranch Dressing)	1 Ounce	18.00	60.10	0.10	0.00	0.70	0.83	0.00	1.53	1.93
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52

Week 1 - Day 4 - Lunch

Hot Dog	1 1 Serving	240.00	470.00	2.50	0.00	10.50	13.00	2.00	3.00	22.00
Fruit, Apples, Fuji 138CT	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Fruit, Banana, 40#	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Fruit, Orange, 138 CT	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
FRUIT, CANNED, APPLESAUCE UNSWEETNED	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, APPLE SAUCE, GRADE A FANCY 6/#10	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00

FRUIT, CANNED, APPLE SLICES UNSWEETENED	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
FRUIT, PEACHES, IRREGULAR YC LS 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
FRUIT, PEARS, DICED LIGHT SYRUP 6/#10	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
FRUIT, FRUIT COCKTAIL, LIGHT SYRUP 6/#10	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
FRUIT, PINEAPPLE, TIDBITS NAT JUICE 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
FRUIT, FROZEN, STRAWBERRIED DICED CUPS	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
MILK, HP SKIM MILK, 50/CS	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
MILK, HPT 1% LOWFAT 50/CS	1 Each	102.48	107.36	1.54	*	2.37	8.22	0.00	12.69	12.18
MILK, HPT FF CHOC, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
MILK, HPT FF STRAW, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Sausage Egg Biscuit	1 Each	225.00	605.00	5.50	0.00	13.00	11.00	1.74	1.00	17.00
Egg and Cheese Biscuit	1 Each	190.00	470.00	5.25	0.00	10.50	8.50	1.74	2.00	17.00
Veg, Potato Sweet Potato 1/2"	3 Ounce	120.00	135.00	1.00	0.00	6.00	1.00	4.00	8.00	19.00
Vegetarian Baked Beans	1 #6 Scoop	222.19	678.68	0.00	*	0.01	10.07	8.65	17.82	46.47
Steamed Broccoli (Frozen)	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Carrots (Sliced Frozen)	1 #8 Scoop	38.82	222.39	0.00	*	0.00	0.00	*	*	7.77
POTATO, FRIES, OVEN ROAST 10 CUT CRINKLE CUT WEDGE (ELEM & MIDDLE)	3 Ounce	70.00	230.00	0.00	0.00	0.00	2.00	1.00	0.00	15.00
Mashed Potatoes, Prepared	1 1/2 cup	70.12	100.17	0.00	0.00	0.50	1.00	1.00	0.60	15.03
Seasoned Corn (Frozen)	1 #8 Scoop	84.57	162.02	0.00	*	1.22	2.44	*	*	20.09
Seasoned Green Beans (Cut, Frozen)	1 #8 Scoop	25.07	161.96	0.00	*	0.00	1.17	*	*	5.25
Veg, Potato Fries Oven Roast	3 Ounce	78.34	235.01	0.00	0.00	0.00	2.24	2.24	0.00	15.67
Beans A La Charra	1 #6 Scoop	137.36	141.08	0.00	*	0.00	15.52	30.80	2.97	49.30
Oriental Vegetables (Frozen)	1 #8 Scoop	32.20	178.32	0.00	*	0.00	1.17	*	*	5.28
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Lettuce and Tomato Salad	1 Cup	11.25	5.06	0.00	*	0.19	0.79	1.32	0.88	2.20

Fiesta Salad	1 Cup	13.56	8.66	0.00	*	0.22	0.95	1.50	1.04	2.57
Veg, Celery, Sticks 5# bag	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Carrot 'N Celery Combo	1 1 Serving	17.35	46.65	0.02	*	0.13	0.50	1.35	1.84	3.80
Creamy Ranch Dressing (Yogurt Ranch Dressing)	1 Ounce	18.00	60.10	0.10	0.00	0.70	0.83	0.00	1.53	1.93
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52

Week 1 - Day 5 - Lunch

MEAT, Beef Fingers, BRDED WG-Q 536/CS	4 EA	275.00	445.00	5.20	0.00	14.40	19.00	1.90	6.00	16.90
Peppered Gravy (Prepared)	1 Ounce	17.68	70.70	0.51	0.00	1.01	0.00	0.00	0.51	2.53
Butter Toast	1 Slice	80.00	140.00	0.00	0.00	1.00	3.00	1.00	2.00	15.00
Fruit, Apples, Fuji 138CT	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Fruit, Banana, 40#	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Fruit, Orange, 138 CT	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
FRUIT, CANNED, APPLESAUCE UNSWEETNED	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, APPLE SAUCE, GRADE A FANCY 6/#10	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
FRUIT, CANNED, APPLE SLICES UNSWEETENED	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
FRUIT, PEACHES, IRREGULAR YC LS 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
FRUIT, PEARS, DICED LIGHT SYRUP 6/#10	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
FRUIT, FRUIT COCKTAIL, LIGHT SYRUP 6/#10	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
FRUIT, PINEAPPLE, TIDBITS NAT JUICE 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
FRUIT, FROZEN, STRAWBERRIED DICED CUPS	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
MILK, HP SKIM MILK, 50/CS	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
MILK, HPT 1% LOWFAT 50/CS	1 Each	102.48	107.36	1.54	*	2.37	8.22	0.00	12.69	12.18
MILK, HPT FF CHOC, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
MILK, HPT FF STRAW, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Butter Toast	1 Slice	80.00	140.00	0.00	0.00	1.00	3.00	1.00	2.00	15.00
ITALIAN, BREADSTICK, MOZZ TWSTD WG 144 CT	1 Each	160.00	230.00	3.00	0.00	6.00	9.00	1.00	2.00	17.00

VEGETABLE, SAUCE, MARINARA NUTRITIONAL ENHANCE 6/#10	1 1/2 cup	90.00	140.00	1.00	0.00	3.50	2.00	2.00	10.00	15.00
Spaghetti with Beef Meatballs	1 1 Serving	265.83	538.42	5.00	*	12.00	16.89	3.69	6.03	22.25
Veg, Potato Sweet Potato 1/2"	3 Ounce	120.00	135.00	1.00	0.00	6.00	1.00	4.00	8.00	19.00
Vegetarian Baked Beans	1 #6 Scoop	222.19	678.68	0.00	*	0.01	10.07	8.65	17.82	46.47
Steamed Broccoli (Frozen)	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Carrots (Sliced Frozen)	1 #8 Scoop	38.82	222.39	0.00	*	0.00	0.00	*	*	7.77
POTATO, FRIES, OVEN ROAST 10 CUT CRINKLE CUT WEDGE (ELEM & MIDDLE)	3 Ounce	70.00	230.00	0.00	0.00	0.00	2.00	1.00	0.00	15.00
Mashed Potatoes, Prepared	1 1/2 cup	70.12	100.17	0.00	0.00	0.50	1.00	1.00	0.60	15.03
Seasoned Corn (Frozen)	1 #8 Scoop	84.57	162.02	0.00	*	1.22	2.44	*	*	20.09
Seasoned Green Beans (Cut, Frozen)	1 #8 Scoop	25.07	161.96	0.00	*	0.00	1.17	*	*	5.25
Veg, Potato Fries Oven Roast	3 Ounce	78.34	235.01	0.00	0.00	0.00	2.24	2.24	0.00	15.67
Beans A La Charra	1 #6 Scoop	137.36	141.08	0.00	*	0.00	15.52	30.80	2.97	49.30
Oriental Vegetables (Frozen)	1 #8 Scoop	32.20	178.32	0.00	*	0.00	1.17	*	*	5.28
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Lettuce and Tomato Salad	1 Cup	11.25	5.06	0.00	*	0.19	0.79	1.32	0.88	2.20
Fiesta Salad	1 Cup	13.56	8.66	0.00	*	0.22	0.95	1.50	1.04	2.57
Veg, Celery, Sticks 5# bag	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Carrot 'N Celery Combo	1 1 Serving	17.35	46.65	0.02	*	0.13	0.50	1.35	1.84	3.80
Creamy Ranch Dressing (Yogurt Ranch Dressing)	1 Ounce	18.00	60.10	0.10	0.00	0.70	0.83	0.00	1.53	1.93
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52

* Missing nutrient value

** The Trans Fat value is provided for informational