

Nutrients by Item - Cycle: Middle

Grade Range: 06-08

Week 2 - Day 1 - Lunch	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52
Cheeseburger-MS/HS	1 1 Serving	333.69	731.69	6.03	0.00	14.16	22.23	3.10	5.71	30.61
Whole Wheat Roll Y-168	1 Roll	93.07	117.92	1.74	*	4.16	2.27	1.65	2.04	12.40
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
Hamburger-MS/HS	1 EA	278.00	595.00	3.50	0.00	9.60	19.70	3.10	5.20	29.60
MEXICAN, BURRITO, BEAN/CHEESE WG BLK 48 CT	1 Each	270.80	305.73	2.07	0.01	5.72	13.88	8.02	2.31	44.28
VEGETABLE, SALSA, MILD READY TO USE 6/#10	2 Ounce	19.55	136.86	0.00	0.00	0.00	0.00	1.96	1.96	3.91
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
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
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
Beans A La Charra	1 #6 Scoop	137.36	141.08	0.00	*	0.00	15.52	30.80	2.97	49.30
Broccoli and Carrot Stir Fry	1 #8 Scoop	35.59	89.49	0.04	*	0.28	1.86	*	*	7.84
Seasoned Corn (Frozen)	1 #8 Scoop	84.57	162.02	0.00	*	1.22	2.44	*	*	20.09
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
VEGETABLE, CANNED, BEANS REFRIED LOW-SODIUM	1 #6 Scoop	125.97	160.33	0.00	0.00	0.00	8.02	5.73	1.15	22.90
Vegetarian Baked Beans	1 #6 Scoop	222.19	678.68	0.00	*	0.01	10.07	8.65	17.82	46.47
VEGETABLE, POTATO, FRIES, SEASONED 3/8" 6/5 LB	3 Ounce	110.00	190.00	0.00	0.00	1.00	2.00	1.00	0.00	22.00
Oriental Vegetables (Frozen)	1 #8 Scoop	32.20	178.32	0.00	*	0.00	1.17	*	*	5.28
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
Veg, Carrots, Sticks 4/5#	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20

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Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Garden Salad	1 Cup	16.47	13.38	0.01	*	0.23	0.98	1.70	1.51	3.37
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Italian Tomato Wedges	1 #8 Scoop	99.07	131.15	1.30	*	9.14	0.78	1.06	2.32	3.43
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
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
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, APPLESAUCE UNSWEETENED CUPS	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
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, FROZEN, PEACHES DICED CUPS	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
FRUIT, CANNED, PEACHES DICED, EXTRA LIGHT SYRUP	1 Cup	120.00	10.00	0.00	0.00	0.00	0.00	2.00	26.00	28.00
FRUIT, CANNED, PEACHES SLICED, EXTRA LIGHT SYRUP	1 Cup	120.00	20.00	0.00	0.00	0.00	0.00	0.00	22.00	28.00
FRUIT, CANNED, PEARS DICED, EXTRA LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	2.00	12.00	16.00
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, CANNED, MIXED FRUIT LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	1.00	12.00	15.00

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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

Week 2 - Day 2 - Lunch	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52
Spicy Chicken Sandwich	1 1 Serving	369.92	750.11	3.00	0.00	13.52	22.01	3.99	4.98	40.92
MEAT, BEEF PATTY BREADED WG-Q 130 CT	1 1 Serving	261.00	423.00	5.00	*	13.70	18.10	1.80	0.60	16.00
Peppered Gravy (Prepared)	1 Ounce	17.68	70.70	0.51	0.00	1.01	0.00	0.00	0.51	2.53
Whole Wheat Roll Y-168	1 Roll	93.07	117.92	1.74	*	4.16	2.27	1.65	2.04	12.40
ITALIAN, PIZZA, CHEESE WG ROLLED EDGE BAKE TO RISE 9/16" (SGT PEP)	1 8-cut	430.00	500.00	8.00	0.00	17.00	25.00	3.00	8.00	47.00
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
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
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
Beans A La Charra	1 #6 Scoop	137.36	141.08	0.00	*	0.00	15.52	30.80	2.97	49.30
Broccoli and Carrot Stir Fry	1 #8 Scoop	35.59	89.49	0.04	*	0.28	1.86	*	*	7.84
Seasoned Corn (Frozen)	1 #8 Scoop	84.57	162.02	0.00	*	1.22	2.44	*	*	20.09
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
VEGETABLE, CANNED, BEANS REFRIED LOW-SODIUM	1 #6 Scoop	125.97	160.33	0.00	0.00	0.00	8.02	5.73	1.15	22.90

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Vegetarian Baked Beans	1 #6 Scoop	222.19	678.68	0.00	*	0.01	10.07	8.65	17.82	46.47
VEGETABLE, POTATO, FRIES, SEASONED 3/8" 6/5 LB	3 Ounce	110.00	190.00	0.00	0.00	1.00	2.00	1.00	0.00	22.00
Oriental Vegetables (Frozen)	1 #8 Scoop	32.20	178.32	0.00	*	0.00	1.17	*	*	5.28
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
Veg, Carrots, Sticks 4/5#	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Garden Salad	1 Cup	16.47	13.38	0.01	*	0.23	0.98	1.70	1.51	3.37
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Italian Tomato Wedges	1 #8 Scoop	99.07	131.15	1.30	*	9.14	0.78	1.06	2.32	3.43
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
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
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, APPLESAUCE UNSWEETENED CUPS	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
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, FROZEN, PEACHES DICED CUPS	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
FRUIT, CANNED, PEACHES DICED, EXTRA LIGHT SYRUP	1 Cup	120.00	10.00	0.00	0.00	0.00	0.00	2.00	26.00	28.00

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FRUIT, CANNED, PEACHES SLICED, EXTRA LIGHT SYRUP	1 Cup	120.00	20.00	0.00	0.00	0.00	0.00	0.00	22.00	28.00
FRUIT, CANNED, PEARS DICED, EXTRA LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	2.00	12.00	16.00
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, CANNED, MIXED FRUIT LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	1.00	12.00	15.00
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

Week 2 - Day 3 - Lunch	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52
Beef Riblet on Bun	1 1 Serving	291.00	542.00	3.30	0.00	9.60	20.00	3.10	8.00	32.00
Oven Roasted Chicken	1 1 Serving	583.74	245.54	12.78	*	48.84	33.59	0.00	0.00	0.57
Whole Wheat Roll Y-168	1 Roll	93.07	117.92	1.74	*	4.16	2.27	1.65	2.04	12.40
Gardenburger	1 Each	240.00	680.00	0.50	0.00	5.50	18.00	8.00	5.00	36.00
Steamed Brown Rice	1 1/2 cup	189.08	113.56	0.41	*	2.49	0.00	8.52	0.00	12.77
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
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
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

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Beans A La Charra	1 #6 Scoop	137.36	141.08	0.00	*	0.00	15.52	30.80	2.97	49.30
Broccoli and Carrot Stir Fry	1 #8 Scoop	35.59	89.49	0.04	*	0.28	1.86	*	*	7.84
Seasoned Corn (Frozen)	1 #8 Scoop	84.57	162.02	0.00	*	1.22	2.44	*	*	20.09
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
VEGETABLE, CANNED, BEANS REFRIED LOW-SODIUM	1 #6 Scoop	125.97	160.33	0.00	0.00	0.00	8.02	5.73	1.15	22.90
Vegetarian Baked Beans	1 #6 Scoop	222.19	678.68	0.00	*	0.01	10.07	8.65	17.82	46.47
VEGETABLE, POTATO, FRIES, SEASONED 3/8" 6/5 LB	3 Ounce	110.00	190.00	0.00	0.00	1.00	2.00	1.00	0.00	22.00
Oriental Vegetables (Frozen)	1 #8 Scoop	32.20	178.32	0.00	*	0.00	1.17	*	*	5.28
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
Veg, Carrots, Sticks 4/5#	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Garden Salad	1 Cup	16.47	13.38	0.01	*	0.23	0.98	1.70	1.51	3.37
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Italian Tomato Wedges	1 #8 Scoop	99.07	131.15	1.30	*	9.14	0.78	1.06	2.32	3.43
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
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
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, APPLESAUCE UNSWEETENED CUPS	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00

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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, FROZEN, PEACHES DICED CUPS	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
FRUIT, CANNED, PEACHES DICED, EXTRA LIGHT SYRUP	1 Cup	120.00	10.00	0.00	0.00	0.00	0.00	2.00	26.00	28.00
FRUIT, CANNED, PEACHES SLICED, EXTRA LIGHT SYRUP	1 Cup	120.00	20.00	0.00	0.00	0.00	0.00	0.00	22.00	28.00
FRUIT, CANNED, PEARS DICED, EXTRA LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	2.00	12.00	16.00
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, CANNED, MIXED FRUIT LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	1.00	12.00	15.00
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

Week 2 - Day 4 - Lunch	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52
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
Beef Nacho	1 1 Serving	427.29	409.09	*	*	19.37	28.70	3.24	2.96	34.75
VEGETABLE, SALSA, MILD READY TO USE 6/#10	2 Ounce	19.55	136.86	0.00	0.00	0.00	0.00	1.96	1.96	3.91
SPANISH RICE (BROWN RICE)	1 #6 Scoop	206.29	203.35	*	*	2.84	0.60	9.32	1.77	16.05
Vegetarian Nacho	1 1 Serving	311.83	627.76	*	*	8.47	12.88	11.82	4.80	51.79

* Missing nutrient value

Run By:

Filename: .rdlc

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Run On:

Nutrients by Item - Cycle: Middle

Grade Range: 06-08

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
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
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
Beans A La Charra	1 #6 Scoop	137.36	141.08	0.00	*	0.00	15.52	30.80	2.97	49.30
Broccoli and Carrot Stir Fry	1 #8 Scoop	35.59	89.49	0.04	*	0.28	1.86	*	*	7.84
Seasoned Corn (Frozen)	1 #8 Scoop	84.57	162.02	0.00	*	1.22	2.44	*	*	20.09
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
VEGETABLE, CANNED, BEANS REFRIED LOW-SODIUM	1 #6 Scoop	125.97	160.33	0.00	0.00	0.00	8.02	5.73	1.15	22.90
Vegetarian Baked Beans	1 #6 Scoop	222.19	678.68	0.00	*	0.01	10.07	8.65	17.82	46.47
VEGETABLE, POTATO, FRIES, SEASONED 3/8" 6/5 LB	3 Ounce	110.00	190.00	0.00	0.00	1.00	2.00	1.00	0.00	22.00
Oriental Vegetables (Frozen)	1 #8 Scoop	32.20	178.32	0.00	*	0.00	1.17	*	*	5.28
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
Veg, Carrots, Sticks 4/5#	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Garden Salad	1 Cup	16.47	13.38	0.01	*	0.23	0.98	1.70	1.51	3.37
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Italian Tomato Wedges	1 #8 Scoop	99.07	131.15	1.30	*	9.14	0.78	1.06	2.32	3.43
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
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
Fruit, Apples, Fuji 138CT	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13

* Missing nutrient value

Run By:

Filename: .rdlc

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Run On:

Nutrients by Item - Cycle: Middle

Grade Range: 06-08

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, APPLESAUCE UNSWEETENED CUPS	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
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, FROZEN, PEACHES DICED CUPS	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
FRUIT, CANNED, PEACHES DICED, EXTRA LIGHT SYRUP	1 Cup	120.00	10.00	0.00	0.00	0.00	0.00	2.00	26.00	28.00
FRUIT, CANNED, PEACHES SLICED, EXTRA LIGHT SYRUP	1 Cup	120.00	20.00	0.00	0.00	0.00	0.00	0.00	22.00	28.00
FRUIT, CANNED, PEARS DICED, EXTRA LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	2.00	12.00	16.00
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, CANNED, MIXED FRUIT LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	1.00	12.00	15.00
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

Week 2 - Day 5 - Lunch	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52

* Missing nutrient value

Run By:

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Run On:

Nutrients by Item - Cycle: Middle

Grade Range: 06-08

Chicken Fried Steak Sandwich	1 Each	421.00	703.00	5.50	*	16.20	25.10	4.80	5.60	45.00
Chili Mac	1 Cup	377.44	989.52	*	*	17.11	36.53	3.38	6.30	19.19
Toasted Cheese Sandwich	1 EA	407.05	853.48	11.34	0.00	22.90	16.13	2.00	6.03	34.05
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
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
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
Beans A La Charra	1 #6 Scoop	137.36	141.08	0.00	*	0.00	15.52	30.80	2.97	49.30
Broccoli and Carrot Stir Fry	1 #8 Scoop	35.59	89.49	0.04	*	0.28	1.86	*	*	7.84
Seasoned Corn (Frozen)	1 #8 Scoop	84.57	162.02	0.00	*	1.22	2.44	*	*	20.09
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
VEGETABLE, CANNED, BEANS REFRIED LOW-SODIUM	1 #6 Scoop	125.97	160.33	0.00	0.00	0.00	8.02	5.73	1.15	22.90
Vegetarian Baked Beans	1 #6 Scoop	222.19	678.68	0.00	*	0.01	10.07	8.65	17.82	46.47
VEGETABLE, POTATO, FRIES, SEASONED 3/8" 6/5 LB	3 Ounce	110.00	190.00	0.00	0.00	1.00	2.00	1.00	0.00	22.00
Oriental Vegetables (Frozen)	1 #8 Scoop	32.20	178.32	0.00	*	0.00	1.17	*	*	5.28
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
Veg, Carrots, Sticks 4/5#	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Garden Salad	1 Cup	16.47	13.38	0.01	*	0.23	0.98	1.70	1.51	3.37
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Italian Tomato Wedges	1 #8 Scoop	99.07	131.15	1.30	*	9.14	0.78	1.06	2.32	3.43
Lettuce and Tomato Salad	1 Cup	11.25	5.06	0.00	*	0.19	0.79	1.32	0.88	2.20

* Missing nutrient value

Run By:

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Run On:

Nutrients by Item - Cycle: Middle

Grade Range: 06-08

Fiesta Salad	1 Cup	13.56	8.66	0.00	*	0.22	0.95	1.50	1.04	2.57
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
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, APPLESAUCE UNSWEETENED CUPS	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
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, FROZEN, PEACHES DICED CUPS	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
FRUIT, CANNED, PEACHES DICED, EXTRA LIGHT SYRUP	1 Cup	120.00	10.00	0.00	0.00	0.00	0.00	2.00	26.00	28.00
FRUIT, CANNED, PEACHES SLICED, EXTRA LIGHT SYRUP	1 Cup	120.00	20.00	0.00	0.00	0.00	0.00	0.00	22.00	28.00
FRUIT, CANNED, PEARS DICED, EXTRA LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	2.00	12.00	16.00
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, CANNED, MIXED FRUIT LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	1.00	12.00	15.00
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

* Missing nutrient value

Run By:

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Run On:

Nutrients by Item - Cycle: Middle

Grade Range: 06-08

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
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* Missing nutrient value

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Run On: