

# 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
<b>Week 6 - Day 1 - Lunch</b>										
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
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
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
MEAT, FISH, POLLOCK BRD STICK WG 1/10 LB	4 Each	210.00	400.00	2.00	0.00	9.00	15.00	2.00	1.00	18.00
Whole Wheat Roll Y-168	1 Roll	93.07	117.92	1.74	*	4.16	2.27	1.65	2.04	12.40
SAUCE, TARTAR 200 / 9 GM	1 Each	20.00	85.00	0.00	0.00	1.50	0.00	0.00	1.00	1.00
Mac N Trees/Cheesy Broccoli Mac	1 1 Serving	326.21	440.04	13.65	*	21.61	19.41	2.75	4.05	12.86
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 6 - 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, 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
Pepperoni Pizza Slice	1 10-cut	351.58	430.30	6.55	0.00	13.98	20.91	2.40	6.40	37.75
ITALIAN, PIZZA, CHEESE WG ROLLED	1 10-cut	344.00	400.00	6.40	0.00	13.60	20.00	2.40	6.40	37.60

EDGE BAKE TO RISE 9/16" (SGT PEP)										
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 6 - 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	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00

## UNSWEETNED

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
Chicken Fajita Sub- Elem	1 1 Serving	298.40	684.70	4.42	0.00	12.22	23.11	2.00	3.75	24.39
Bean Tamale Corn Pie	1 1 Serving	349.77	836.67	*	*	8.03	16.39	13.16	5.86	49.01
Whole Wheat Roll Y-168	1 Roll	93.07	117.92	1.74	*	4.16	2.27	1.65	2.04	12.40
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 &	3 Ounce	70.00	230.00	0.00	0.00	0.00	2.00	1.00	0.00	15.00

MIDDLE)										
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 6 - 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, 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	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00

CUPS										
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
MEAT, BREAKFAST, CHICKEN PATTY WG 200 CT	1 Each	95.00	215.00	1.00	0.00	4.50	7.00	1.50	0.00	6.00
BREAD, BREAKFAST, FRENCH TOAST, STICKS WGR 12/2 LB	3 Each	250.00	300.00	1.50	0.00	9.00	7.00	4.00	8.00	37.00
Scrambled Eggs	1 #16 Scoop	118.02	170.45	2.20	*	6.09	8.28	0.00	6.63	6.81
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 6 - 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, 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



## EXTRA LIGHT SYRUP

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
Beef Nacho	1 1 Serving	427.29	409.09	*	*	19.37	28.70	3.24	2.96	34.75
VEGETABLE, SAUCE, MARINARA NUTRITIONAL ENHANCE 6/#10	2 Ounce	40.82	63.50	0.45	0.00	1.59	0.91	0.91	4.54	6.80
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
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
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 purposes only and is not used for monitoring purposes