

Nutrients by Item - Cycle: Lunch Middle 17-18

Grade Range: 06-08

Week 2 - Monday - Lunch	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
Hamburger	1 EA	278.00	595.00	3.50	0.00	9.60	19.70	3.10	5.20	29.60
Cheeseburger	1 1 Serving	328.00	820.00	6.00	0.00	14.10	22.20	3.10	5.70	30.10
SOUTHWEST SALAD ENTREE	1 Each	538.84	1,020.82	7.03	*	21.49	30.22	9.05	12.98	57.68
Fuji apple	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Banana	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Orange	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
Canned Fruit - Unsweetened Applesauce	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
Canned Fruit - Applesauce	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
Canned Fruit - Unsweetened Apple Slices	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
Canned Fruit - Peaches (Light Syrup)	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
Frozen Fruit Cup - Diced Peaches	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
Canned Fruit - 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
Canned Fruit - 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
Canned Fruit - Diced Pears (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
Canned Fruit - Diced Pears (Light Syrup)	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
Canned Fruit - Fruit Cocktail (Light Syrup)	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
Canned Fruit - 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
Canned Fruit - Pineapple Tidbits	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
Frozen Fruit Cup - Diced Strawberries	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
Grapefruit	1 1/2 cup	48.30	0.00	0.02	*	0.16	0.89	1.84	7.92	12.26
Watermelon	1 1/2 cup	23.00	1.00	0.01	*	0.12	0.47	0.30	4.71	5.74
Honeydew Melon	1 1/2 cup	30.60	15.30	0.03	*	0.12	0.46	0.68	6.90	7.73
Fruit Salad	1 Each	122.97	32.06	1.08	*	1.21	1.61	1.94	23.74	28.21
Skim Milk (8oz Carton)	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
1% Milk (8oz Carton)	1 Each	102.48	107.36	1.55	*	2.37	8.22	0.00	12.69	12.18
Fat-Free Chocolate Milk (8oz Carton)	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Fat-Free Strawberry Milk (8oz Carton)	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Chicken Gyro w/ Tazatziki Sauce	1 1 Serving	308.31	643.98	2.64	*	11.05	22.48	2.56	3.24	30.20
Mozzarella Cheese Sticks	1 1 Serving	319.95	619.90	3.50	0.00	12.00	20.00	4.00	2.00	36.99
Marinara Sauce	1 #16 Scoop	35.00	67.50	0.00	0.00	0.75	1.00	1.00	4.00	6.00

* Missing nutrient value

Run By:

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Run On:

Nutrients by Item - Cycle: Lunch Middle 17-18

Grade Range: 06-08

Whole Wheat Roll	1 Roll	166.86	214.63	2.53	*	6.20	4.54	3.31	4.09	24.79
Creamy Ranch Dressing (Yogurt Ranch Dressing)	1 Fluid Ounce	13.07	140.34	0.00	0.00	0.00	0.76	0.00	1.53	2.16
Seasoned Green Beans	1 #8 Scoop	42.55	160.86	0.81	*	1.78	1.76	1.76	0.00	4.40
Steamed Broccoli	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Carrots	1 #8 Scoop	54.55	222.99	0.81	*	1.78	0.00	2.19	4.38	7.67
Tater tots	1 1 Serving	120.00	180.00	1.00	0.00	7.00	1.00	1.00	0.00	14.00
Mixed Vegetables	1 #8 Scoop	57.57	204.49	0.00	*	0.00	1.10	*	*	12.61
Seasoned French Fries	3 Ounce	110.00	190.00	0.00	0.00	1.00	2.00	1.00	0.00	22.00
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Celery Sticks	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Carrot Sticks	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
Vegetarian Baked Beans	1 #6 Scoop	222.77	677.93	0.00	*	0.01	10.24	8.82	17.81	46.61
Mashed Potatoes, Prepared	1 1/2 cup	66.08	24.78	0.00	0.00	0.83	1.65	1.65	0.83	14.04

Week 2 - Tuesday - Lunch	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
Spicy Chicken Sandwich	1 1 Serving	369.92	750.11	3.00	0.00	13.52	22.01	3.99	4.98	40.92
CHEF SALAD TRAY	1 EA	349.52	625.28	6.42	*	15.24	18.81	7.44	*	36.48
Fuji apple	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Banana	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Orange	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
Canned Fruit - Unsweetened Applesauce	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
Canned Fruit - Applesauce	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
Canned Fruit - Unsweetened Apple Slices	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
Canned Fruit - Peaches (Light Syrup)	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
Frozen Fruit Cup - Diced Peaches	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
Canned Fruit - 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
Canned Fruit - 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
Canned Fruit - Diced Pears (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
Canned Fruit - Diced Pears (Light Syrup)	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00

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Nutrients by Item - Cycle: Lunch Middle 17-18

Grade Range: 06-08

Canned Fruit - Fruit Cocktail (Light Syrup)	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
Canned Fruit - 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
Canned Fruit - Pineapple Tidbits	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
Frozen Fruit Cup - Diced Strawberries	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
Grapefruit	1 1/2 cup	48.30	0.00	0.02	*	0.16	0.89	1.84	7.92	12.26
Watermelon	1 1/2 cup	23.00	1.00	0.01	*	0.12	0.47	0.30	4.71	5.74
Honeydew Melon	1 1/2 cup	30.60	15.30	0.03	*	0.12	0.46	0.68	6.90	7.73
Fruit Salad	1 Each	122.97	32.06	1.08	*	1.21	1.61	1.94	23.74	28.21
Skim Milk (8oz Carton)	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
1% Milk (8oz Carton)	1 Each	102.48	107.36	1.55	*	2.37	8.22	0.00	12.69	12.18
Fat-Free Chocolate Milk (8oz Carton)	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Fat-Free Strawberry Milk (8oz Carton)	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Pepperoni Pizza Slice	1 8-cut	442.20	540.65	8.20	0.00	17.51	26.22	3.00	8.00	47.20
Cheese Pizza Slice	1 8-cut	430.00	500.00	8.00	0.00	17.00	25.00	3.00	8.00	47.00
Creamy Ranch Dressing (Yogurt Ranch Dressing)	1 Fluid Ounce	13.07	140.34	0.00	0.00	0.00	0.76	0.00	1.53	2.16
Seasoned Green Beans	1 #8 Scoop	42.55	160.86	0.81	*	1.78	1.76	1.76	0.00	4.40
Steamed Broccoli	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Carrots	1 #8 Scoop	54.55	222.99	0.81	*	1.78	0.00	2.19	4.38	7.67
Tater tots	1 1 Serving	120.00	180.00	1.00	0.00	7.00	1.00	1.00	0.00	14.00
Mixed Vegetables	1 #8 Scoop	57.57	204.49	0.00	*	0.00	1.10	*	*	12.61
Seasoned French Fries	3 Ounce	110.00	190.00	0.00	0.00	1.00	2.00	1.00	0.00	22.00
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Celery Sticks	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Carrot Sticks	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
Vegetarian Baked Beans	1 #6 Scoop	222.77	677.93	0.00	*	0.01	10.24	8.82	17.81	46.61
Mashed Potatoes, Prepared	1 1/2 cup	66.08	24.78	0.00	0.00	0.83	1.65	1.65	0.83	14.04

Week 2 - Wednesday - Lunch	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
BBQ Chopped Beef Sandwich	1 Each	296.45	662.36	2.07	0.00	6.43	24.30	3.00	8.79	36.58

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Grade Range: 06-08

ASIAN NOODLE SALAD ENTREE	1 Each	644.92	1,230.83	*	*	27.22	32.35	*	*	72.30
Fuji apple	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Banana	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Orange	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
Canned Fruit - Unsweetened Applesauce	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
Canned Fruit - Applesauce	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
Canned Fruit - Unsweetened Apple Slices	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
Canned Fruit - Peaches (Light Syrup)	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
Frozen Fruit Cup - Diced Peaches	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
Canned Fruit - 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
Canned Fruit - 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
Canned Fruit - Diced Pears (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
Canned Fruit - Diced Pears (Light Syrup)	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
Canned Fruit - Fruit Cocktail (Light Syrup)	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
Canned Fruit - 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
Canned Fruit - Pineapple Tidbits	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
Frozen Fruit Cup - Diced Strawberries	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
Grapefruit	1 1/2 cup	48.30	0.00	0.02	*	0.16	0.89	1.84	7.92	12.26
Watermelon	1 1/2 cup	23.00	1.00	0.01	*	0.12	0.47	0.30	4.71	5.74
Honeydew Melon	1 1/2 cup	30.60	15.30	0.03	*	0.12	0.46	0.68	6.90	7.73
Fruit Salad	1 Each	122.97	32.06	1.08	*	1.21	1.61	1.94	23.74	28.21
Skim Milk (8oz Carton)	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
1% Milk (8oz Carton)	1 Each	102.48	107.36	1.55	*	2.37	8.22	0.00	12.69	12.18
Fat-Free Chocolate Milk (8oz Carton)	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Fat-Free Strawberry Milk (8oz Carton)	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Oven Roasted Chicken	1 1 Serving	583.74	245.54	12.78	*	48.84	33.59	0.00	0.00	0.57
CHEF P'S MAC N CHEESE	1 #6 Scoop	324.18	774.69	10.34	*	19.32	16.25	1.43	4.31	20.77
Creamy Ranch Dressing (Yogurt Ranch Dressing)	1 Fluid Ounce	13.07	140.34	0.00	0.00	0.00	0.76	0.00	1.53	2.16
Seasoned Green Beans	1 #8 Scoop	42.55	160.86	0.81	*	1.78	1.76	1.76	0.00	4.40
Steamed Broccoli	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Carrots	1 #8 Scoop	54.55	222.99	0.81	*	1.78	0.00	2.19	4.38	7.67

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Grade Range: 06-08

Tater tots	1 1 Serving	120.00	180.00	1.00	0.00	7.00	1.00	1.00	0.00	14.00
Mixed Vegetables	1 #8 Scoop	57.57	204.49	0.00	*	0.00	1.10	*	*	12.61
Seasoned French Fries	3 Ounce	110.00	190.00	0.00	0.00	1.00	2.00	1.00	0.00	22.00
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Celery Sticks	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Carrot Sticks	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
Vegetarian Baked Beans	1 #6 Scoop	222.77	677.93	0.00	*	0.01	10.24	8.82	17.81	46.61
Mashed Potatoes, Prepared	1 1/2 cup	66.08	24.78	0.00	0.00	0.83	1.65	1.65	0.83	14.04

Week 2 - Thursday- Lunch	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
Turkey Burger w/ Pepper Mayo	1 Each	293.39	660.29	*	*	10.50	22.05	*	*	29.69
Chef Salad-Chicken Fajita	1 1 Serving	358.53	735.34	4.55	*	13.71	23.39	7.44	10.84	39.54
Fuji apple	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Banana	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Orange	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
Canned Fruit - Unsweetened Applesauce	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
Canned Fruit - Applesauce	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
Canned Fruit - Unsweetened Apple Slices	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
Canned Fruit - Peaches (Light Syrup)	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
Frozen Fruit Cup - Diced Peaches	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
Canned Fruit - 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
Canned Fruit - 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
Canned Fruit - Diced Pears (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
Canned Fruit - Diced Pears (Light Syrup)	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
Canned Fruit - Fruit Cocktail (Light Syrup)	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
Canned Fruit - 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
Canned Fruit - Pineapple Tidbits	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
Frozen Fruit Cup - Diced Strawberries	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
Grapefruit	1 1/2 cup	48.30	0.00	0.02	*	0.16	0.89	1.84	7.92	12.26
Watermelon	1 1/2 cup	23.00	1.00	0.01	*	0.12	0.47	0.30	4.71	5.74

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Honeydew Melon	1 1/2 cup	30.60	15.30	0.03	*	0.12	0.46	0.68	6.90	7.73
Fruit Salad	1 Each	122.97	32.06	1.08	*	1.21	1.61	1.94	23.74	28.21
Skim Milk (8oz Carton)	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
1% Milk (8oz Carton)	1 Each	102.48	107.36	1.55	*	2.37	8.22	0.00	12.69	12.18
Fat-Free Chocolate Milk (8oz Carton)	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Fat-Free Strawberry Milk (8oz Carton)	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Frito Pie w/ Beef Chili	1 1 Serving	456.58	1,334.88	*	*	27.48	20.17	3.29	*	32.65
Bean & Cheese Burrito	1 Each	270.80	305.73	2.07	0.01	5.72	13.88	8.02	2.31	44.28
Cheese Sauce (for Smothered Burrito)	2 Fluid Ounce	153.19	509.68	6.72	*	12.06	8.56	0.00	2.32	2.28
Bean Chili (for Smothered Burrito)	1 #8 Scoop	103.93	694.62	*	*	1.71	4.47	4.33	3.21	16.41
Whole Wheat Roll	1 Roll	166.86	214.63	2.53	*	6.20	4.54	3.31	4.09	24.79
Creamy Ranch Dressing (Yogurt Ranch Dressing)	1 Fluid Ounce	13.07	140.34	0.00	0.00	0.00	0.76	0.00	1.53	2.16
Seasoned Green Beans	1 #8 Scoop	42.55	160.86	0.81	*	1.78	1.76	1.76	0.00	4.40
Steamed Broccoli	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Carrots	1 #8 Scoop	54.55	222.99	0.81	*	1.78	0.00	2.19	4.38	7.67
Tater tots	1 1 Serving	120.00	180.00	1.00	0.00	7.00	1.00	1.00	0.00	14.00
Mixed Vegetables	1 #8 Scoop	57.57	204.49	0.00	*	0.00	1.10	*	*	12.61
Seasoned French Fries	3 Ounce	110.00	190.00	0.00	0.00	1.00	2.00	1.00	0.00	22.00
Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Celery Sticks	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Carrot Sticks	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
Vegetarian Baked Beans	1 #6 Scoop	222.77	677.93	0.00	*	0.01	10.24	8.82	17.81	46.61
Mashed Potatoes, Prepared	1 1/2 cup	66.08	24.78	0.00	0.00	0.83	1.65	1.65	0.83	14.04

Week 2 - Friday - Lunch	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
Baja Fish Sandwich	1 Each	457.10	1,434.05	*	*	24.00	24.34	*	*	37.41
GREEK SALAD ENTREE	1 Each	537.15	1,272.21	8.94	*	33.91	26.15	7.26	11.13	40.97
Fuji apple	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Banana	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95

* Missing nutrient value

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Run On:

Nutrients by Item - Cycle: Lunch Middle 17-18

Grade Range: 06-08

Orange	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
Canned Fruit - Unsweetened Applesauce	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
Canned Fruit - Applesauce	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
Canned Fruit - Unsweetened Apple Slices	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
Canned Fruit - Peaches (Light Syrup)	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
Frozen Fruit Cup - Diced Peaches	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
Canned Fruit - 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
Canned Fruit - 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
Canned Fruit - Diced Pears (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
Canned Fruit - Diced Pears (Light Syrup)	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
Canned Fruit - Fruit Cocktail (Light Syrup)	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
Canned Fruit - 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
Canned Fruit - Pineapple Tidbits	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
Frozen Fruit Cup - Diced Strawberries	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
Grapefruit	1 1/2 cup	48.30	0.00	0.02	*	0.16	0.89	1.84	7.92	12.26
Watermelon	1 1/2 cup	23.00	1.00	0.01	*	0.12	0.47	0.30	4.71	5.74
Honeydew Melon	1 1/2 cup	30.60	15.30	0.03	*	0.12	0.46	0.68	6.90	7.73
Fruit Salad	1 Each	122.97	32.06	1.08	*	1.21	1.61	1.94	23.74	28.21
Skim Milk (8oz Carton)	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
1% Milk (8oz Carton)	1 Each	102.48	107.36	1.55	*	2.37	8.22	0.00	12.69	12.18
Fat-Free Chocolate Milk (8oz Carton)	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Fat-Free Strawberry Milk (8oz Carton)	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Chili Dog	1 1 Serving	307.58	476.68	*	*	6.28	17.88	5.54	7.81	48.09
Grilled Cheese Sandwich	1 EA	384.30	1,206.73	11.22	0.00	22.67	16.00	2.00	6.00	32.00
Creamy Ranch Dressing (Yogurt Ranch Dressing)	1 Fluid Ounce	13.07	140.34	0.00	0.00	0.00	0.76	0.00	1.53	2.16
Seasoned Green Beans	1 #8 Scoop	42.55	160.86	0.81	*	1.78	1.76	1.76	0.00	4.40
Steamed Broccoli	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Carrots	1 #8 Scoop	54.55	222.99	0.81	*	1.78	0.00	2.19	4.38	7.67
Tater tots	1 1 Serving	120.00	180.00	1.00	0.00	7.00	1.00	1.00	0.00	14.00
Mixed Vegetables	1 #8 Scoop	57.57	204.49	0.00	*	0.00	1.10	*	*	12.61
Seasoned French Fries	3 Ounce	110.00	190.00	0.00	0.00	1.00	2.00	1.00	0.00	22.00

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Run On:

Nutrients by Item - Cycle: Lunch Middle 17-18

Grade Range: 06-08

Crisp Salad Greens	1 Cup	12.39	11.70	0.00	*	0.21	0.97	1.38	0.88	2.36
Celery Sticks	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Combination Salad / Lettuce & Tomato	1 Cup	12.07	5.28	0.00	*	0.20	0.83	1.37	1.00	2.38
Carrot Sticks	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
Vegetarian Baked Beans	1 #6 Scoop	222.77	677.93	0.00	*	0.01	10.24	8.82	17.81	46.61
Mashed Potatoes, Prepared	1 1/2 cup	66.08	24.78	0.00	0.00	0.83	1.65	1.65	0.83	14.04

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