

Nutrients by Item - Cycle: Elementary Lunch 17-18

Grade Range: KG-05

Week 3 - 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
Spanish Rice	1 #6 Scoop	209.91	227.47	*	*	2.86	0.60	9.38	1.78	16.63
Beef Nachos	1 1 Serving	603.25	1,990.05	*	*	36.52	25.46	4.29	*	42.30
Cheese Nachos	1 1 Serving	439.78	1,334.52	10.83	*	27.09	15.85	3.00	3.48	31.92
Seasoned potato wedges	1 1 Serving	130.00	380.00	1.00	0.00	7.00	1.00	1.00	0.00	17.00
Carrot sticks	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
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
Vegetarian Baked Beans	1 #6 Scoop	222.77	677.93	0.00	*	0.01	10.24	8.82	17.81	46.61
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Sweet Potato Fries (Crinkle Cut)	3 Ounce	113.40	170.10	0.00	0.00	4.25	1.89	2.84	4.73	16.07
Celery sticks	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Tater tots	1 1 Serving	120.00	180.00	1.00	0.00	7.00	1.00	1.00	0.00	14.00
Steamed Broccoli	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Green Beans	1 #8 Scoop	42.55	160.86	0.81	*	1.78	1.76	1.76	0.00	4.40
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20
Chicken Nuggets	5 Each	262.50	400.00	2.50	0.00	15.00	16.25	2.50	1.25	16.25
Whole Wheat Roll	1 Roll	166.86	214.63	2.53	*	6.20	4.54	3.31	4.09	24.79
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
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 - 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
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

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Nutrients by Item - Cycle: Elementary Lunch 17-18

Grade Range: KG-05

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
SOUTHWEST SALAD ENTREE	1 Each	538.84	1,020.82	7.03	*	21.49	30.22	9.05	12.98	57.68

Week 3 - 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
BBQ Chicken	1 Each	476.48	400.03	*	*	32.16	32.46	0.19	12.20	14.44
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
Whole Wheat Roll	1 Roll	166.86	214.63	2.53	*	6.20	4.54	3.31	4.09	24.79
Seasoned potato wedges	1 1 Serving	130.00	380.00	1.00	0.00	7.00	1.00	1.00	0.00	17.00
Carrot sticks	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
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
Vegetarian Baked Beans	1 #6 Scoop	222.77	677.93	0.00	*	0.01	10.24	8.82	17.81	46.61
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Sweet Potato Fries (Crinkle Cut)	3 Ounce	113.40	170.10	0.00	0.00	4.25	1.89	2.84	4.73	16.07
Celery sticks	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Tater tots	1 1 Serving	120.00	180.00	1.00	0.00	7.00	1.00	1.00	0.00	14.00
Steamed Broccoli	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Green Beans	1 #8 Scoop	42.55	160.86	0.81	*	1.78	1.76	1.76	0.00	4.40
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20
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
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
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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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 - 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
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
CHEF SALAD TRAY	1 EA	349.52	625.28	6.42	*	15.24	18.81	7.44	*	36.48

Week 3 - 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
Beef Street Tacos	1 1 Serving	373.32	790.94	6.63	0.00	15.85	24.64	2.58	3.74	32.71
Toasted Cheese Sandwich	1 EA	384.30	1,206.73	11.22	0.00	22.67	16.00	2.00	6.00	32.00
Steamed Brown Rice	1 1/2 cup	189.08	113.56	0.41	*	2.49	0.00	8.52	0.00	12.77
Seasoned potato wedges	1 1 Serving	130.00	380.00	1.00	0.00	7.00	1.00	1.00	0.00	17.00
Carrot sticks	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
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
Vegetarian Baked Beans	1 #6 Scoop	222.77	677.93	0.00	*	0.01	10.24	8.82	17.81	46.61
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Sweet Potato Fries (Crinkle Cut)	3 Ounce	113.40	170.10	0.00	0.00	4.25	1.89	2.84	4.73	16.07
Celery sticks	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Tater tots	1 1 Serving	120.00	180.00	1.00	0.00	7.00	1.00	1.00	0.00	14.00
Steamed Broccoli	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Green Beans	1 #8 Scoop	42.55	160.86	0.81	*	1.78	1.76	1.76	0.00	4.40
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20
Popcorn chicken	12 Each	250.91	370.91	2.73	0.00	14.18	15.27	2.18	1.09	15.27
Whole Wheat Roll	1 Roll	166.86	214.63	2.53	*	6.20	4.54	3.31	4.09	24.79
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

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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
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 - 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
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 FAJITA SALAD	1 1 Serving	358.53	735.34	4.55	*	13.71	23.39	7.44	10.84	39.54

Week 3 - 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
Corn Dog	1 Each	240.00	390.00	2.50	0.00	8.00	9.00	5.00	5.00	30.00
Egg & Cheese Croissant	1 Each	325.00	875.00	8.50	0.00	18.50	13.00	3.00	4.00	32.00
Seasoned potato wedges	1 1 Serving	130.00	380.00	1.00	0.00	7.00	1.00	1.00	0.00	17.00
Carrot sticks	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
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
Vegetarian Baked Beans	1 #6 Scoop	222.77	677.93	0.00	*	0.01	10.24	8.82	17.81	46.61
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04
Sweet Potato Fries (Crinkle Cut)	3 Ounce	113.40	170.10	0.00	0.00	4.25	1.89	2.84	4.73	16.07
Celery sticks	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Tater tots	1 1 Serving	120.00	180.00	1.00	0.00	7.00	1.00	1.00	0.00	14.00
Steamed Broccoli	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Green Beans	1 #8 Scoop	42.55	160.86	0.81	*	1.78	1.76	1.76	0.00	4.40
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20

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Hot Dog	1 1 Serving	320.00	630.00	6.00	0.00	17.00	14.00	3.00	5.00	30.00
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
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 - 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
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
CHEF SALAD TRAY	1 EA	349.52	625.28	6.42	*	15.24	18.81	7.44	*	36.48

Week 3 - Friday - Lunch	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protin	g Fiber	g T-Sugars	g Carb
Fish Sticks	1 1 Serving	230.00	470.00	1.50	0.00	10.00	14.00	2.00	0.00	20.00
Cheese Pizza Slice	1 10-cut	344.00	400.00	6.40	0.00	13.60	20.00	2.40	6.40	37.60
Butter Toast	1 Slice	130.63	195.69	2.53	0.00	6.57	3.00	1.00	2.00	15.00
Tartar sauce	1 Each	20.00	85.00	0.00	0.00	1.50	0.00	0.00	1.00	1.00
Seasoned potato wedges	1 1 Serving	130.00	380.00	1.00	0.00	7.00	1.00	1.00	0.00	17.00
Carrot sticks	6 Stick	29.05	48.89	0.03	0.00	0.17	0.66	1.98	3.36	6.79
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
Vegetarian Baked Beans	1 #6 Scoop	222.77	677.93	0.00	*	0.01	10.24	8.82	17.81	46.61
Burger Trimmings	1 Cup	15.35	307.08	*	*	0.20	0.83	*	1.66	3.04

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Sweet Potato Fries (Crinkle Cut)	3 Ounce	113.40	170.10	0.00	0.00	4.25	1.89	2.84	4.73	16.07
Celery sticks	6 Stick	3.84	19.20	0.01	*	0.04	0.17	0.38	0.32	0.71
Tater tots	1 1 Serving	120.00	180.00	1.00	0.00	7.00	1.00	1.00	0.00	14.00
Steamed Broccoli	1 #8 Scoop	36.45	113.44	0.00	*	0.00	0.00	*	*	5.05
Seasoned Green Beans	1 #8 Scoop	42.55	160.86	0.81	*	1.78	1.76	1.76	0.00	4.40
Salad Pizzazz	1 Cup	11.85	11.43	0.00	*	0.20	0.94	1.33	0.77	2.20
Pepperoni Pizza Slice	1 10-cut	353.76	432.52	6.56	0.00	14.01	20.98	2.40	6.40	37.76
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
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 - 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
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
SOUTHWEST SALAD ENTREE	1 Each	538.84	1,020.82	7.03	*	21.49	30.22	9.05	12.98	57.68

* Missing nutrient value

Run By:

Filename: .rdlc

** The Trans Fat value is provided for informational purposes only and is not used for monitoring purposes.

Run On: