

Nutrients by Item - Cycle: Lunch Middle Hot Lunch

Grade Range: 06-08

	Portion Size	Cals	mg Sodm	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
Week 4 - Day 1 - Lunch										
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	1 Ounce	18.00	60.10	0.10	0.00	0.70	0.83	0.00	1.53	1.93

Dressing)

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
KETCHUP LOW SODIUM PC 100 / 9 GM	1 Each	10.00	25.00	0.00	0.00	0.00	0.00	0.00	2.00	3.00
PCP, MUSTARD POLY, 500 / 4.5 GM	1 Each	2.70	49.68	0.01	*	0.15	0.17	0.18	0.04	0.26
CONDIMENT, RELISH, SWEET 200 / 9 GM	1 Each	11.70	72.99	0.00	*	0.04	0.03	0.10	2.62	3.16

CONDIMENT, SALAD DRESSING 200 / 9 GM	1 Each	30.00	70.00	0.00	0.00	3.00	0.00	0.00	0.00	1.00
VEGETABLE, SALSA, MILD READY TO USE 6/#10	1 Ounce	9.78	68.43	0.00	0.00	0.00	0.00	0.98	0.98	1.96
SAUCE, TACO 200 / 9 GM	1 Each	5.00	95.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
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
Hamburger-MS/HS	1 EA	278.00	595.00	3.50	0.00	9.60	19.70	3.10	5.20	29.60
Cheeseburger-MS/HS	1 1 Serving	333.69	731.69	6.03	0.00	14.16	22.23	3.10	5.71	30.61
Chicken Alfredo	1 1 Serving	293.94	377.49	2.00	0.00	8.37	21.66	4.68	1.96	35.37
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
Garlic Toast	1 Slice	130.63	195.69	2.53	*	6.57	3.00	1.00	2.00	16.50
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52

Week 4 - Day 2 - Lunch

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
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
KETCHUP LOW SODIUM PC 100 / 9 GM	1 Each	10.00	25.00	0.00	0.00	0.00	0.00	0.00	2.00	3.00
PCP, MUSTARD POLY, 500 / 4.5 GM	1 Each	2.70	49.68	0.01	*	0.15	0.17	0.18	0.04	0.26
CONDIMENT, RELISH, SWEET 200 / 9 GM	1 Each	11.70	72.99	0.00	*	0.04	0.03	0.10	2.62	3.16
CONDIMENT, SALAD DRESSING 200 / 9 GM	1 Each	30.00	70.00	0.00	0.00	3.00	0.00	0.00	0.00	1.00
VEGETABLE, SALSA, MILD READY TO USE 6/#10	1 Ounce	9.78	68.43	0.00	0.00	0.00	0.00	0.98	0.98	1.96
SAUCE, TACO 200 / 9 GM	1 Each	5.00	95.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
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
Spicy Chicken Sandwich	1 1 Serving	369.92	750.11	3.00	0.00	13.52	22.01	3.99	4.98	40.92
Beef Nacho	1 1 Serving	427.29	409.09	*	*	19.37	28.70	3.24	2.96	34.75
Vegetarian Nacho	1 1 Serving	311.83	627.76	*	*	8.47	12.88	11.82	4.80	51.79
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
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52

Week 4 - Day 3 - Lunch

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	1 #6 Scoop	125.97	160.33	0.00	0.00	0.00	8.02	5.73	1.15	22.90

REFRIED LOW-SODIUM										
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
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
KETCHUP LOW SODIUM PC 100 / 9 GM	1 Each	10.00	25.00	0.00	0.00	0.00	0.00	0.00	2.00	3.00
PCP, MUSTARD POLY, 500 / 4.5 GM	1 Each	2.70	49.68	0.01	*	0.15	0.17	0.18	0.04	0.26
CONDIMENT, RELISH, SWEET 200 / 9 GM	1 Each	11.70	72.99	0.00	*	0.04	0.03	0.10	2.62	3.16
CONDIMENT, SALAD DRESSING 200 / 9 GM	1 Each	30.00	70.00	0.00	0.00	3.00	0.00	0.00	0.00	1.00
VEGETABLE, SALSA, MILD READY TO USE 6/#10	1 Ounce	9.78	68.43	0.00	0.00	0.00	0.00	0.98	0.98	1.96
SAUCE, TACO 200 / 9 GM	1 Each	5.00	95.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
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
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	341.70	288.87	3.54	*	19.12	39.52	0.00	0.00	0.67
Steamed Brown Rice	1 1/2 cup	189.08	113.56	0.41	*	2.49	0.00	8.52	0.00	12.77
Gravy, Brown (Prepared)	1 1/4 cup	25.31	141.75	0.00	0.00	1.01	0.00	0.00	0.00	4.05
Whole Wheat Roll Y-168	1 Roll	93.07	117.92	1.74	*	4.16	2.27	1.65	2.04	12.40
Toasted Cheese Sandwich	1 EA	407.05	853.48	11.34	0.00	22.90	16.13	2.00	6.03	34.05
CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52

Week 4 - Day 4 - Lunch

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
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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
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
KETCHUP LOW SODIUM PC 100 / 9 GM	1 Each	10.00	25.00	0.00	0.00	0.00	0.00	0.00	2.00	3.00
PCP, MUSTARD POLY, 500 / 4.5 GM	1 Each	2.70	49.68	0.01	*	0.15	0.17	0.18	0.04	0.26
CONDIMENT, RELISH, SWEET 200 / 9 GM	1 Each	11.70	72.99	0.00	*	0.04	0.03	0.10	2.62	3.16
CONDIMENT, SALAD DRESSING 200 / 9 GM	1 Each	30.00	70.00	0.00	0.00	3.00	0.00	0.00	0.00	1.00
VEGETABLE, SALSA, MILD READY TO USE 6/#10	1 Ounce	9.78	68.43	0.00	0.00	0.00	0.00	0.98	0.98	1.96
SAUCE, TACO 200 / 9 GM	1 Each	5.00	95.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
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
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
Sloppy Joe on Roll (Sec)	1 1 Serving	391.96	524.58	4.19	*	11.94	30.40	4.99	13.91	42.09
Cheese Quesadilla	1 1 Serving	304.56	709.84	10.70	0.00	20.24	12.24	0.56	4.28	16.88

CHEF SALAD	1 EA	268.92	590.71	4.74	*	11.84	16.78	4.74	*	24.52
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Week 4 - Day 5 - Lunch

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
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
KETCHUP LOW SODIUM PC 100 / 9 GM	1 Each	10.00	25.00	0.00	0.00	0.00	0.00	0.00	2.00	3.00
PCP, MUSTARD POLY, 500 / 4.5 GM	1 Each	2.70	49.68	0.01	*	0.15	0.17	0.18	0.04	0.26
CONDIMENT, RELISH, SWEET 200 / 9 GM	1 Each	11.70	72.99	0.00	*	0.04	0.03	0.10	2.62	3.16
CONDIMENT, SALAD DRESSING 200 / 9 GM	1 Each	30.00	70.00	0.00	0.00	3.00	0.00	0.00	0.00	1.00
VEGETABLE, SALSA, MILD READY TO USE 6/#10	1 Ounce	9.78	68.43	0.00	0.00	0.00	0.00	0.98	0.98	1.96

SAUCE, TACO 200 / 9 GM	1 Each	5.00	95.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
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
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
KETCHUP LOW SODIUM PC 100 / 9 GM	1 Each	10.00	25.00	0.00	0.00	0.00	0.00	0.00	2.00	3.00
SAUCE, BARBECUE 200 / 12 GM	1 Each	20.64	149.04	0.00	0.00	0.07	0.09	0.05	3.87	4.89
Whole Wheat Roll Y-168	1 Roll	93.07	117.92	1.74	*	4.16	2.27	1.65	2.04	12.40
Bean Tamale Corn Pie	1 1 Serving	349.77	836.67	*	*	8.03	16.39	13.16	5.86	49.01
Chicken Fried Steak Sandwich	1 Each	421.00	703.00	5.50	*	16.20	25.10	4.80	5.60	45.00
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.

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