

# Menu Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A, IU	VitC (mg)	Mois (g)	Ash (g)	
<b>High School Lunch - Nutrition Information</b>	1																	
<b>Category: Entrees; Choose: 1</b>																		
Bacon Cheeseburger, HS - LR1140 (1 sandwich)	0	412.57	21.70	9.60	0.00	75.81	852.14	28.02	2.00	5.01	26.18	2.88	251.87	303.75	0.00	(M)	(M)	
Bread, French Toast Stick Whole Grain Maple Glazed, Frozen, Michael Foods Inc, 46025-75010, WGR - SR102301 (3 ea.)	0	210.00	9.00	2.00	0.00	105.00	290.00	26.00	2.00	11.00	8.00	1.08	40.00	(M)	0.00	(M)	(M)	
Cheeseburger, HS - LR1035 (1 sandwich)	0	411.37	21.61	9.56	0.00	75.31	845.74	28.02	2.00	5.01	26.07	2.88	251.87	303.75	0.00	(M)	(M)	
Chicken Fajita - HS - LR1146 (1 ea.)	0	450.98	17.60	8.75	0.00(M)	59.75	865.39	48.79	5.06	0.00(M)	24.91	3.04	360.04	141.74(M)	3.96	(M)	(M)	
Chicken Nuggets w/ Dinner Roll - LR1042 (1 serv.)	0	4.58	0.21	0.03	0.00	0.25	5.80	0.45	0.06	0.05	0.23	0.04	0.45	3.12	0.00	(M)	(M)	
Chicken Pattie Sandwich, Hot & Spicy, HS - LR1032 (1 sandwich)	0	410.00	16.50	3.00	0.00	25.00	680.00	43.00	5.00	5.00	21.00	4.14	100.00	100.00	0.00	(M)	(M)	
Chicken Pattie Sandwich, HS - LR1034 (1 sandwich)	0	324.00	9.50	2.00	0.00	33.00	658.00	39.00	4.00	4.00	21.00	3.44	120.00	80.00	87.00	(M)	(M)	
Chicken Sandwich, Deluxe- HS - LR1147 (1 sandwich)	0	487.63	22.99	6.66	0.00(M)	65.23	1220.68	40.63	2.00(M)	5.13	31.33	2.40	281.00	187.11(M)	0.00(M)	8.71(M)	1.00(M)	
Chicken, Golden Crispy WG Tenders, Tyson, 70334-928, MMA, WGR - SR105310 (3 piece)	0	260.00	15.00	2.50	0.00	25.00	390.00	16.00	3.00	1.00	15.00	1.80	0.00	100.00	0.00	(M)	(M)	
Chicken, BBQ Teriyaki Chicken, Yang's, 8-52724-15554-8, MMA - SR108509 (2 7/8 ounces)	0	130.00	3.50	1.00	0.00	70.00	480.00	10.00	0.00	9.00	16.00	0.72	(M)	(M)	(M)	(M)	(M)	
Chicken, General Tso's Chicken, Yang's, 8-52724-15563-0, MMA - SR108510 (3 5/8 ounces)	0	170.00	3.00	0.50	0.00	40.00	361.00	23.00	0.00	13.00	11.00	0.72	(M)	(M)	1.20	(M)	(M)	
Chicken, Mandarin Orange Chicken, Yang's, 8-52724-15552-4, MMA - SR108511 (3 5/8 ounces)	0	150.00	3.00	0.50	0.00	40.00	280.00	19.00	0.00	10.00	11.00	0.72	(M)	(M)	1.20	(M)	(M)	
Fish Sandwich, HS - LR1165 (1 sandwich)	0	320.00	9.50	1.50	0.00	35.00	520.00	42.00	4.00	5.00	17.00	2.16	120.00	0.00	0.00	(M)	(M)	
Fish w/ Cheese Sandwich, HS - LR1166 (1 sandwich)	0	430.00	17.50	7.00	0.00	55.00	880.00	48.00	4.00	5.00	21.00	2.52	120.00	0.00	0.00	(M)	(M)	

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Grilled Chicken Salad w/ CROUTONS and Dinner Roll - LR1037 (1 serv.)	0	636.18	23.65	4.50	0.00	55.00	1417.93	67.44	3.17	3.34	34.32	6.96	158.37	537.56(M)	4.21	(M)	(M)
Grilled Chicken Sandwich, HS - LR1036 (1 sandwich)	0	260.00	4.00	0.50	0.00	60.00	600.00	27.00	2.00	4.00	28.00	2.16	100.00	0.00	0.00	(M)	(M)
Ham & Cheese Pretzel Melt, HS - LR1041 (1 sandwich)	0	395.03	15.88	7.82	0.00	75.51	909.13	40.86	3.00	6.01(M)	24.62	2.40	188.60	303.75	1.00	(M)	(M)
Ham & Cheese Salad w/ CROUTONS and Dinner Roll - LR1105 (1 serv.)	0	635.85	24.64	5.00	0.00	74.80	1736.17	67.43	3.17	3.34	33.27	7.31	178.30	537.56(M)	5.40	(M)	(M)
Hamburger, HS - LR1033 (1 sandwich)	0	300.00	12.50	4.50	0.00	50.00	380.00	26.00	2.00	4.00	20.00	2.88	100.00	0.00	0.00	(M)	(M)
Hot Dog, HS - LR1149 (1 sandwich)	0	200.00	8.50	2.00	0.00	25.00	620.00	24.00	3.00	6.00	10.00	1.80	60.00	300.00	1.20	(M)	(M)
Lasagna Roll-up HS - LR1145 (1 ea.)	0	300.01	7.00	3.50	0.00	20.00	880.09	40.00	5.00	12.00	17.00	2.16	320.00	400.00(M)	6.00(M)	(M)	(M)
Lasagna Roll-up with Garlic Breadstick, WGR HS - LR1113 (1 ea.)	0	410.01	11.00	4.50	0.00	20.00	895.05	55.50	4.50	9.50	20.00	2.34	310.00	400.00(M)	7.20(M)	(M)	(M)
Nacho Grande Salad- HS - LR1156 (1 ea.)	0	473.63	23.21	4.56	0.00(M)	31.73	849.67	49.22	3.29	1.27(M)	18.96	2.56	170.94	380.82	2.54	45.31(M)	0.05(M)
Pasta and Chicken Alfredo, w/ Breadstick, MMA, Non-WG, Veg-RO - LR1169 (1 c.)	0	504.22	13.11	4.39	0.00	44.21	847.01	71.38	4.03	8.24	23.54	3.38	112.00	0.00	1.20	(M)	(M)
Pasta and Meat Sauce, MMA, Non-WG, Veg-RO, HS - LR1071 (1 c.)	0	397.92	13.03	3.65	1.83	47.50	654.40	48.38	5.38	11.18	21.06	2.83(M)	24.85(M)	0.00(M)	0.00(M)	(M)	(M)
Pasta and Meat Sauce, w/ Breadstick, MMA, Non-WG, Veg-RO - LR1157 (1 c.)	0	543.84	18.34	4.98	1.83	47.50	972.76	70.93	8.03	13.83	25.04	4.26(M)	24.85(M)	0.00(M)	1.59(M)	(M)	(M)
Pizza, 5" Tony LS, 78358, WG, 100% - LR1084 (1 pizza)	0	330.00	12.00	6.00	0.00	30.00	480.00	38.00	4.00	10.00	17.00	0.43	2720.00	2950.00	0.00	(M)	(M)
Pizza, Big Daddy's Original, 16" Rolled Edge Cheese, Schwan's Food Service Inc., 73142, MMA, Non-WG - SR102010 (1 Slice (1/8))	0	400.00	17.00	9.00	0.00	40.00	580.00	43.00	2.00	9.00	19.00	0.50	3450.00	4100.00	0.00	(M)	(M)

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Pizza, Big Daddy's Original, 16" Rolled Edge Cheese, Schwan's Food Service Inc., 73142, MMA, Non-WG 7th & 8th Grade - LR1122 (1 slice)	0	320.00	14.00	7.00	0.00	30.00	460.00	34.00	1.00	7.00	15.00	2.70	300.00	300.00	0.00	(M)	(M)
Pizza, Breakfast Sausage, Schwan's - LR1135 (2 slice)	0	420.00	14.00	4.00	0.00	30.00	700.00	54.00	6.00	10.00	18.00	0.64	2900.00	4500.00	0.00	(M)	(M)
Pizza, Deep Dish 5" 51% Whole Grain 100% Mozzarella Cheese, Tony's, Schwan's Food Service, 78368, MMA, WGR, Veg-RO - SR101617 (1 pizza)	0	330.00	12.00	6.00	0.00	30.00	480.00	38.00	4.00	10.00	17.00	0.43	2720.00	2950.00	0.00	(M)	(M)
Pizza, Homemade, Buffalo Chicken - HS 1/10 slice (7&8 grade) - LR1160 (1 slice)	0	456.17	24.66	12.58	0.00	58.22	917.39	36.43	1.30	2.10	20.25	1.75	443.17	0.00(M)	7.79	(M)	(M)
Pizza, Homemade, Buffalo Chicken - HS 1/8 slice (9-12 grade) - LR1168 (1 slice)	0	570.22	30.83	15.72	0.00	72.78	1146.74	45.54	1.62	2.62	25.31	2.19	553.96	0.00(M)	9.74	(M)	(M)
Pizza, Homemade, Pepperoni - HS 1/8 slice - LR1155 (1 slice)	0	532.34	25.23	12.30	0.00	53.16	1229.40	43.56	2.62	3.62	29.46	3.00	541.83	500.00(M)	21.74	(M)	(M)
Pizza, Homemade, Pepperoni - HS 1/10 slice (7&8 grade) - LR1159 (1 slice)	0	425.87	20.19	9.84	0.00	42.52	983.52	34.84	2.10	2.90	23.57	2.40	433.46	400.00(M)	17.39	(M)	(M)
Pizza, Max Sticks w/ Sauce - LR1132 (1 serv.)	0	490.82	18.68	6.00	0.00	15.00	1443.40	58.48	8.04	13.76	22.36	3.98	463.61	300.00(M)	0.00(M)	(M)	(M)
Pizza, Quesadilla Chicken Whole Grain 5 oz, The MAX, ConAgra, 77387-12700, MMA, WGR, Veg-RO - SR101365 (1 each ques)	0	320.00	11.00	2.50	0.00	20.00	770.00	38.00	4.00	5.00	18.00	(M)	(M)	(M)	(M)	(M)	(M)
Pizza, Quesadilla-Chicken & Cheese - LR1130 (1 piece)	0	340.00	14.00	3.00	0.00	15.00	900.00	37.00	1.00	3.00	16.00	2.70	80.00	300.00	0.00	(M)	(M)
Pizza, Stuffed Crust, ConAgra - Elem - LR1134 (1 piece)	0	330.00	14.00	4.50	0.00	15.00	820.00	35.00	3.00	4.00	16.00	(M)	(M)	(M)	(M)	(M)	(M)
Pizza, Tony's Fiestada 51% Whole Grain Pizza, Schwan's Food Service Inc, 68523 - SR108019 (1 piece)	0	360.00	14.00	6.00	0.00	25.00	710.00	43.00	4.00	8.00	17.00	0.56	2410.00	4550.00	0.00	(M)	(M)

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Popcorn Chicken Bowl w/ Dinner Roll - LR1076 (1 serv.)	0	570.28	26.39	5.45	0.00	34.57	1753.99	55.13	5.05	1.98	27.93	3.20(M)	135.00(M)	97.86(M)	0.00(M)	(M)	(M)
Popcorn Chicken w/ Macaroni & Cheese - LR1030 (1 serv.)	0	441.49	20.93	6.92	0.00	41.96	1073.84	37.58	3.68	0.98(M)	25.64	2.57	298.50	657.56	0.00	(M)	(M)
Popcorn Chicken w/ Soft Pretzel - LR1039 (1 serv.)	0	463.15	18.09	3.54	1.46	19.53	835.68	56.79	3.93	4.17	20.40	3.56	43.90	97.66	0.00	(M)	(M)
Sandwich, Baked Italian Sub-HS - LR1153 (1 sandwich)	0	392.57	18.77	7.65	0.00(M)	67.80	1194.90	33.79	4.00	6.12(M)	24.07	2.82	274.50	187.11	1.00	8.71(M)	1.00(M)
Sandwich, BBQ Pork Rib-HS - LR1072 (1 sandwich)	0	360.50	11.50	3.00	0.00	40.00	956.40	44.53	3.00	19.91	20.00	2.81	136.20	281.00	3.14	(M)	(M)
Sandwich, BBQ Pulled Pork - LR1161 (1 sandwich)	0	311.00	9.00	3.00	1.50	75.00	641.50	26.00	2.00	4.00	22.50	1.44(M)	100.00(M)	0.00(M)	0.00(M)	(M)	(M)
Sandwich, Breakfast, High School - Bagel - LR1014 (1 sandwich)	0	391.92	19.25	8.86	0.00	139.30	738.28	32.97	4.00	5.97	23.83	1.80	165.80	291.60(M)	0.00(M)	(M)	(M)
Sandwich, Breakfast, High School - Muffin - LR1053 (1 sandwich)	0	361.92	19.25	8.86	0.00	139.30	638.28	27.97	1.00	1.97	19.83	1.80	245.80	291.60(M)	0.00(M)	(M)	(M)
Sandwich, Jamwich, Peanut Butter and Grape Jelly on Whole Grain Bread, PB Jamwich, AdvancePierre Foods, 92123, MMA, WG - SR104876 (1 sandwich)	0	294.79	15.72	2.46	0.00	0.00	294.79	33.41	3.93	10.81	9.83	1.42	58.96	0.00	0.00	(M)	(M)
Sandwich, Turkey Tuscany Sub -HS - LR1068 (1 sandwich)	0	316.22	10.19	3.22	0.00	48.92	822.20	32.06	4.00	5.00(M)	24.66	2.23	118.43	5.67	0.00	(M)	(M)
Sausage, Fully Cooked & Browned Sausage Link, Low Sodium, Jones Dairy Farm, 028510, MMA - SR103573 (2 link)	0	100.00	7.00	3.00	0.00	25.00	170.00	1.00	0.00	0.00	7.00	0.36	0.00	0.00	0.00	(M)	(M)
Tacos, Soft and Crunchy Shell w/ Rice, 7-8 - LR1049 (1 serv.)	0	343.70	12.45	4.77	0.00(M)	33.16	357.29	39.90	4.22	0.85(M)	16.94	2.75	114.74	253.88(M)	1.69	32.01(M)	0.70(M)
Tacos, Soft and Crunchy Shell w/ Rice, 9-12 - LR1050 (1 serv.)	0	468.42	16.30	6.26	0.00(M)	46.73	494.15	54.99	5.68	1.27(M)	23.61	3.69	152.21	380.81(M)	2.54	71.14(M)	0.94(M)
Turkey Tuscany Sub - LR1040 (1 sandwich)	0	499.24	27.77	10.15	0.00(M)	100.30	1618.25	35.45	4.00	8.12	29.07	3.84	317.83	187.11	2.40	8.71(M)	1.00(M)
Yogurt & Fruit Parfait w/ Banana Bread or Oatmeal Bar - LR1043 (1 serv.)	0	517.32	11.25	3.52	0.00	15.00	335.41	92.47	4.35(M)	52.98(M)	12.28	1.74(M)	307.78	1092.12	16.00(M)	0.00(M)	0.00(M)

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Category: Grains; Choose: 1		Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A, IU	VitC (mg)	Mois (g)	Ash (g)
Bread, Dinner Roll, Rich's, WGR w/ Margarine - LR1158 (1 roll.)		0 195.00	5.50	0.50	0.00	0.00	180.00	29.00	3.00	4.00	7.00	1.44	20.00	187.00	0.00	(M)	(M)
Breadstick, New York 8" Garlic, Marzetti, 15026, Non-WGR - SR102287 (1 breadstick)		0 140.00	4.50	1.00	0.00	0.00	260.00	21.00	1.00	1.00	4.00	0.72	0.00	0.00	1.20	(M)	(M)
Chips, Doritos Nacho Cheese Tortilla Chips 1 oz, Frito-Lay, PepsiCo, 31748, WGR - SR106484 (1 bag, singl)		0 130.00	5.00	0.50	0.00	0.00	200.00	20.00	2.00	0.00	2.00	0.36	0.00	100.00	0.00	(M)	(M)
Muffin, Wild Blueberry, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10143, WG - SR102266 (1 muffin)		0 190.00	6.00	2.00	0.00	45.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Pasta and Chicken Alfredo, w/ Breadstick, MMA, Non-WG, Veg-RO - LR1169 (1 c.)		0 504.22	13.11	4.39	0.00	44.21	847.01	71.38	4.03	8.24	23.54	3.38	112.00	0.00	1.20	(M)	(M)
Pizza, Homemade, Pepperoni - HS 1/8 slice - LR1155 (1 slice)		0 532.34	25.23	12.30	0.00	53.16	1229.40	43.56	2.62	3.62	29.46	3.00	541.83	500.00(M)	21.74	(M)	(M)
Pretzel, Philadelphia-Style Soft, 51% Whole Grain 3.0oz, SuperPretzel, J&J, 32155, WGR - SR106961 (1 pretzel)		0 200.00	1.00	0.00	0.00	0.00	180.00	43.00	4.00	1.00	7.00	2.70	20.00	0.00	0.00	(M)	(M)
Rice, long grain, brown, cooked, without salt [100499, B545] - SR105141 (1/2 c.)		0 108.00	0.88	0.18	0.00	0.00	5.00	22.39	1.80	(M)	2.52	0.41	10.00	0.00	0.00	(M)	(M)
Soup, Chicken Noodle, Bernard - LR1144 (6 oz.)		0 42.03	1.18	0.00	0.00(M)	8.28	718.93	6.28	0.33	0.00(M)	1.97	0.02(M)	2.87(M)	453.81(M)	0.14(M)	31.18(M)	0.05(M)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Baked Beans Vegetarian, Veg-BP - LR1031 (1/2 c.)		0 136.42	0.51	0.10	0.00(M)	0.00	149.31	31.07	5.62	2.13(M)	6.50	1.74	48.44	222.38	1.15	3.88(M)	0.16(M)
Black Bean, Canned Low Sodium, Bush's Best - LR1114 (1/2 c.)		0 120.00	0.50	0.00	0.00	0.00	240.00	23.00	6.00	0.00	7.00	2.70	6.00	0.00	0.00	(M)	(M)
Carrots, Frozen, Steamed, Veg-RO - SR100812 (1/2 cup servin)		0 77.45	3.71	1.42	0.00(M)	0.00	264.92	10.96	4.68	5.78(M)	0.82	0.75	49.71	24120.44	3.26	128.03(M)	1.38(M)
Green Beans, Frozen - LR1128 (1/2 c.)		0 44.00	2.86	1.28	0.00(M)	0.00	187.28	4.35	2.00	0.00(M)	1.01	0.59	33.10	501.00	2.80	0.00(M)	0.40(M)



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Potato, Farmers Kitchen Roasted Halves w/ Rosemary & Garlic, McCain Foods, MCF04812, Veg-S - SR103057 (3 1/4 oz.)	0	100.02	2.00	0.00	0.00	0.00	180.04	19.00	2.00	2.00	2.00	0.72	0.00	0.00	6.00	(M)	(M)
Potato, Seasoned Spiral, HS - LR1047 (4 oz.)	0	233.55	10.62	1.06	0.00	0.00	636.96	31.85	2.12	0.00	2.12	0.76	0.00	0.00	7.64	(M)	(M)
Potato, Smiles Shaped, McCain, OIF03456, Veg-S - SR101907 (4 ea.)	0	130.00	4.50	0.50	0.00	0.00	180.00	20.00	2.00	0.00	2.00	0.36	0.00	0.00	2.40	(M)	(M)
Potatoes, Mashed, Potato Pearls, Unprepared, 12/28 oz. Pouch, Basic American Foods, 76468, Veg-S - SR107666 (4 oz.)	0	15.43	0.26	0.00	0.00	0.00	73.81	2.91	0.17	0.00	0.34	0.00(M)	3.53(M)	0.00(M)	0.00(M)	117.53(M)	0.12(M)
Soup, Condensed Tomato Soup, Prepared, Healthy Request, Campbell's Foodservice, 0051000041456, Veg-RO - SR106789 (1 c.)	0	80.00	1.00	0.50	0.00	0.00	417.10	16.00	1.00	10.00	1.00	0.36	7.10	400.00	6.00	236.56(M)	0.24(M)
Tater Tots, Oreida, Low Sodium - LR1106 (9 ea.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable, California Blend, Frozen, Veg-O - SR101778 (3/4 Cup Cooked)	0	25.00	0.00	0.00	(M)	(M)	15.00	3.00	2.00	(M)	2.00	0.36	20.00	6250.00	15.00	(M)	(M)
Vegetable, Peas, Green, No Salt Added, Frozen, USDA Foods, 110763, VEG-S - SR108827 (1/2 c.)	0	62.00	0.00	0.00	0.00	0.00	58.00	11.00	4.00	4.00	4.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Apple Sauce, Unsweetened - SR109282 (1/2 c.)	0	50.00	0.00	0.00	0.00	(M)	10.00	13.00	2.00	9.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	0	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	0.00	21.00	(M)	(M)
Applesauce, Natural, Unsweetened, 4.5 oz. container, Peterson Farms, ASA10001, F - SR108793 (1 Container)	0	50.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	12.00	0.99	0.00	0.00	0.00	60.00	(M)	(M)

# Menu Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,TU	VitC (mg)	Mois (g)	Ash (g)
Applesauce, Unsweetened, Peach, 4.5 oz. container, Peterson Farms, ASA10017, F - SR108795 (1 Container)	0	50.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	12.00	0.99	0.00	0.00	0.00	60.00	(M)	(M)
Craisins, Sweetened Dried Cranberries, Strawberry Flavor, Ocean Spray 23445, F - SR107765 (1 pouch)	0	110.00	0.00	0.00	0.00	(M)	0.00	28.00	3.00	24.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Fruit Punch Juice, 4 oz, Turner Dairy Farms, 270 - SR107939 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	10.00	16.00	0.00	14.00	0.00	0.00	0.00	0.00	18.00	(M)	(M)
Grape Juice, 4 oz, Turner Dairy Farms, 581 - SR107942 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	13.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Juice, Apple 4 oz, Turner Dairy, 297, F - SR100876 (1 Carton)	0	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	0.36	(M)	(M)	60.00	(M)	(M)
Juice, Florida 100% Orange 4 oz, Turner Dairy, F - SR100875 (1 Carton)	0	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	13.00	0.00	0.00	0.00	0.00	24.00	(M)	(M)
Orange, mandarin whole in light-syrup canned - SR107929 (1/2 c.)	0	70.00	0.00	0.00	0.00	0.00	10.00	17.00	1.00	14.00	1.00	0.36	0.00	400.00	15.00	(M)	(M)
Peaches, yellow clingstone, canned, sliced, packed in extra light syrup [100219, A433] - SR105223 (1/2 c.)	0	53.00	0.13	0.00	0.00	0.00	6.00	13.39	1.30	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)
Pears, canned, light syrup pack, solids and liquids - SR105450 (1/2 cup, halve)	0	71.53	0.04	0.00	0.00	0.00	6.28	19.04	2.01	15.19	0.24	0.35	6.28	0.00	0.88	106.00	0.18
Pineapple, Canned, tidbits, in juice, fancy 100% Hawaiian, 24/20 oz, as served - SR105251 (1/2 c.)	0	69.99	0.00	0.00	(M)	0.00	9.99	17.00	1.00	(M)	0.51	0.35	0.00	0.00	11.99	(M)	(M)
Raisins, Unsweetened 1.33oz Box - LR1107 (1 Box)	0	114.00	0.00	0.00	0.00	0.00	4.00	30.00	1.00	23.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Nutrient Analysis

Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Milk; Choose: 1</b>																
	0	130.00	0.50	0.00	5.00	200.00	24.00	0.00	22.00	8.00	0.36	300.00	400.00	2.40	(M)	
Milk, Chocolate, Fat Free, Turner Dairy, Milk - SR100184 (1 cup servin)																
	0	150.00	0.50	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	
Milk, Strawberry Flavored, Fat Free, Turners Dairy - SR100538 (1 c.)																
	0	100.00	2.50	1.50	10.00	115.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	
Milk, Unflavored, 1% Low Fat, Turners Dairy, Milk - SR100873 (1 c.)																
	0	90.00	0.00	0.00	4.99	115.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	
Milk, Unflavored, Fat Free, Skim, Turners Dairy, M - SR100872 (1 c.)																
	0	140.00	0.50	0.00	5.00	110.00	24.00	0.00	23.00	8.00	0.00	300.00	500.00	2.40	(M)	
Milk, Vanilla Flavored, Fat Free, Turners Dairy, M - SR100539 (1 c.)																
<b>Category: Condiments; Choose: 1</b>																
	0	39.06	3.41	0.77	3.91	135.57	1.69	0.00	0.94	0.13	0.00	4.69	7.81	0.04	(M)	
Dressing, Chipolite, Bernard - LR1108 (1 Tbsp.)																
	0	50.00	4.00	0.50	0.00	290.00	3.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	(M)	
Dressing, Light Italian w/ Olive Oil Dressing, Bulk Cains, 66690 - SR106687 (2 Tbsp.)																
	0	90.00	7.00	1.00	5.00	280.00	6.00	0.00	1.00	0.00	0.00	20.00	0.00	0.00	(M)	
Dressing, Light Ranch, Cains, 52230 - SR101133 (2 Tbsp.)																
	0	15.00	1.00	0.00	0.00	560.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	1.20	(M)	
Dressing, Lite Italian Dressing, Cains, 59770 - SR101132 (2 Tbsp.)																
	0	20.00	0.50	0.00	0.00	140.00	3.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	
Gravy Mix, Roasted Beef Low Sodium, Pioneer, GH Guenther, 212646 - SR107361 (1 1/2 tsp.)																
	0	11.65	0.47	0.00	0.00	65.82	1.40	0.00	0.00	0.47	0.00	0.60	0.00	0.00	19.99(M)	0.02(M)
Gravy, Roasted Chicken Low Sodium, Pioneer, GH Guenther, 212645 - LR1120 (1 oz.)																
	0	25.00	2.50	0.50	0.00	40.00	0.00	0.00	0.00	0.00	0.00	0.00	187.00	0.00	(M)	
Margarine, Spread Single Serving 5 g, Country Crock, Unilever Food Solutions, 4060043405 - SR106624 (1 portion)																



# Menu Nutrient Analysis

Mayonnaise, 12g Pouch, Sauer, 06399, Non-Credible - SR101538 (1 pouch)	0	90.00	10.00	1.50	0.00	5.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)
Sauce, Alfredo Mix, Bernard Food Industries, 305503 - SR107644 (1/4 Cup (8 oz.))	0	60.00	3.00	1.50	0.00	5.00	330.00	7.00	0.00	2.00	1.00	0.00	70.00	0.00	0.00	0.00	0.00	(M)