

Menu Item Nutrient Report

Generated on: 8/25/2020 10:42:04 AM by Sarah Ginn

| Item Name (Serving Size) | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)Contains Milk, Egg, Wheat, Gluten. | 373.16 | 11.89 | 3.97 | 0.04 | 180.67 | 679.72 | 48.72 | 7.05 | 15.40 | 0.00(M) | 19.11 |
| Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten. | 626.69 | 28.14 | 5.14 | 0.00 | 176.22 | 1061.64 | 69.07 | 15.15 | 24.04 | (M) | 34.64 |
| Almost Vegetarian Salad, MMA, WG, VDG, VRO, VO - LR100013 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten. | 466.06 | 16.11 | 3.65 | 0.00 | 180.00 | 986.64 | 60.90 | 13.77 | 10.85 | (M) | 28.70 |
| American Cheese on Bread, MMA, WG - LR100468 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 400.00 | 20.00 | 10.00 | 0.00 | 50.00 | 980.00 | 38.00 | 4.00 | 4.00 | (M) | 18.00 |
| American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 340.77 | 10.93 | 3.96 | 0.00 | 65.52 | 961.54 | 36.05 | 3.70 | 2.91 | (M) | 22.51 |
| American Hoagie on Hot Dog Roll, MMA, WG, VO, VRO - LR100284 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 299.72 | 15.11 | 5.51 | 0.00 | 52.50 | 938.80 | 27.59 | 2.70(M) | 4.91 | (M) | 14.51 |
| Apple Frudel, General Mills, 127852000, WGR - LR100100 (1 frudel)Contains Milk, Wheat. | 210.00 | 6.00 | 1.00 | 0.00 | 0.00 | 260.00 | 36.00 | 2.00 | 11.00 | (M) | 5.00 |
| Asian Rice Bowl w/ Assorted Sauces, MS/HS, MMA, WG - LR100122 (1 serv.)Contains Wheat, Soy, Gluten. | 465.09 | 15.90 | 2.77 | 0.00(M) | 22.15 | 1010.67 | 59.11 | 5.32(M) | 10.37 | 4.67(M) | 20.31 |
| Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.) | 67.48 | 0.00 | 0.00 | 0.00 | 0.00 | 5.07 | 15.86 | 0.00 | 14.16 | (M) | 0.00 |
| Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)Contains Wheat. Processed in a facility that also processes Soy, Gluten. | 285.47 | 1.15 | 0.00 | 0.00 | 0.00 | 399.37 | 59.09 | 4.49 | 7.59 | (M) | 9.48 |
| Assorted Benefit Bars, WG - LR100453 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten. | 290.00 | 9.00 | 2.75 | 0.00 | 22.50 | 220.00 | 47.00 | 3.00 | 21.50 | (M) | 5.00 |
| Assorted Cereal & Muffin, WG - LR100352 (1 serv.)Contains Egg, Wheat, Soy, Gluten. | 301.00 | 7.16 | 2.14 | 0.00 | 32.67 | 285.69 | 55.42 | 3.51 | 17.55 | 24.59 | 4.52 |
| Assorted Cereal & Pop Tart, WG - LR100353 (1 serv.)Contains Wheat, Soy, Gluten. | 286.99 | 3.99 | 1.17 | 0.00 | 0.00 | 345.01 | 61.23 | 4.49 | 22.97 | 22.84 | 3.58 |
| Assorted Cereal w/ Nutri Grain Bar, WG - LR100444 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 260.00 | 4.83 | 0.67 | 0.00 | 0.00 | 276.67 | 53.67 | 4.67 | 22.00 | 21.33 | 3.67 |

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|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Assorted Cereals for Snack Program, WG - LR100455 (1 serv.)Contains Wheat, Soy, Gluten. | 272.50 | 3.00 | 0.25 | 0.00 | 0.00 | 372.50 | 58.00 | 4.50 | 19.00 | 18.95 | 4.00 |
| Assorted Cereals w/ Grahams, MMA, WG - LR100270 (1 serv.)Contains Tree nuts, Wheat, Soy, Gluten. | 230.85 | 5.36 | 1.09 | 0.00 | 0.00 | 289.80 | 42.22 | 3.02 | 14.70 | 7.54(M) | 2.73 |
| Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)Contains Milk, Tree nuts, Wheat, Soy, Gluten. | 187.58 | 7.21 | 4.02 | 0.00 | 19.75 | 344.67 | 24.83 | 2.99 | 8.56 | 7.54 | 7.64 |
| Assorted Cereals w/ Yogurt, MMA, WG - LR100091 (1 serv.)Contains Milk, Tree nuts, Wheat, Soy, Gluten. | 200.20 | 1.79 | 0.36 | 0.00 | 5.01 | 201.53 | 40.76 | 2.00(M) | 18.88 | 7.54(M) | 5.15 |
| Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.)Contains Tree nuts, Wheat, Soy, Gluten. | 308.57 | 8.29 | 2.07 | 0.00 | 0.00 | 187.14 | 55.86 | 4.00 | 23.57 | 7.54(M) | 4.71 |
| Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)Contains Milk, Egg, Fish, Wheat, Soy, Gluten. | 493.79 | 18.11 | 3.58 | 0.00 | 52.23(M) | 1187.02 | 61.50 | 13.07 | 11.71 | 0.00(M) | 29.91 |
| Assorted Fresh Fruit, F - LR100026 (1 serv.) | 59.11 | 0.17 | 0.05 | 0.00 | 0.00 | 0.39 | 14.84 | 2.08 | 9.62 | (M) | 0.71 |
| Assorted Juice Rush, Hershey IC, F - LR100232 (1 serv.) | 110.00 | 0.00 | 0.00 | 0.00 | 0.00 | 20.00 | 27.00 | 0.00 | 24.00 | (M) | 0.99 |
| Assorted Muffins for Snack Program, WG - LR100456 (1 serv.)Contains Egg, Wheat, Soy, Gluten. | 190.00 | 6.00 | 2.00 | 0.00 | 35.00 | 130.00 | 31.00 | 2.00 | 12.00 | 16.00 | 3.00 |
| Assorted Muffins, MS/HS, WG - LR100454 (1 serv.)Contains Milk, Egg, Wheat, Soy. | 385.83 | 12.00 | 3.92 | 0.00 | 88.33 | 260.00 | 62.92 | 4.67 | 33.50 | (M) | 6.75 |
| Assorted Nutri Grain Bars for Snack Program, WG - LR100458 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 150.00 | 3.50 | 0.50 | 0.00 | 0.00 | 140.00 | 30.00 | 3.00 | 14.00 | 13.33 | 2.00 |
| Assorted Nutri Grain Bars, WG - LR100295 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 300.00 | 7.00 | 1.00 | 0.00 | 0.00 | 280.00 | 60.00 | 6.00 | 28.00 | 26.67 | 4.00 |
| Assorted Pop Tarts w/ Graham, WG - LR100271 (1 serv.)Contains Wheat, Soy, Gluten. | 300.09 | 6.92 | 2.17 | 0.00 | 0.00 | 333.50 | 56.99 | 4.11 | 22.34 | 11.20(M) | 3.08 |
| Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 237.81 | 5.84 | 3.16 | 0.00 | 10.00 | 390.83 | 38.63 | 3.09 | 16.21 | 11.20(M) | 9.06 |

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|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Assorted Pop Tarts w/ Assorted Yogurts, WG, MMA - LR100094 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 270.65 | 3.45 | 1.38 | 0.00 | 5.01 | 247.90 | 55.88 | 3.13(M) | 26.98 | 14.93(M) | 5.42 |
| Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 363.44 | 13.82 | 4.33 | 0.00 | 59.16 | 1067.73 | 39.38 | 4.25 | 3.96 | (M) | 23.75 |
| Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 337.77 | 11.24 | 4.98 | 0.00 | 59.03 | 1140.67 | 38.41 | 3.94 | 3.33 | (M) | 24.64 |
| Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)Contains Milk, Egg, Tree nuts, Wheat, Peanuts, Soy, Gluten. | 529.28 | 10.54 | 3.06 | 0.00 | 14.58 | 305.01 | 98.74 | 5.63(M) | 55.81(M) | 7.77(M) | 13.39 |
| Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)Contains Milk. | 63.16 | 2.89 | 0.47 | 0.04 | 0.67 | 199.72 | 8.72 | 2.05 | 5.41 | (M) | 0.11 |
| Bacon Cheeseburger, ELEM, MMA, WG - LR100262 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 397.86 | 19.86 | 8.21 | 0.00 | 95.00 | 786.43 | 23.00 | 2.00 | 1.50 | (M) | 32.07 |
| Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 477.86 | 21.36 | 8.21 | 0.00 | 95.00 | 976.43 | 38.00 | 4.00 | 1.50 | (M) | 35.07 |
| Bacon, Egg & Cheese on Croissant, MMA, WG - LR100145 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 346.73 | 19.31 | 8.19 | 0.00 | 179.97 | 810.06 | 27.85 | 1.99 | 4.98 | 1.99(M) | 16.04 |
| Bagel w/ Cream Cheese & Jelly, WG - LR100459 (1 serv.)Contains Milk, Wheat, Gluten. | 220.00 | 5.00 | 2.50 | 0.00 | 15.00 | 275.00 | 39.00 | 4.00 | 6.00 | (M) | 8.00 |
| Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)Contains Milk, Wheat, Gluten. | 185.00 | 5.00 | 2.50 | 0.00 | 15.00 | 275.00 | 30.00 | 4.00 | 6.00 | (M) | 8.00 |
| Banana Split Parfait w/ Muffin Loaf, MMA, WG, F - LR100414 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 536.19 | 10.14 | 3.56 | 0.00 | 35.00 | 278.56 | 101.92 | 4.51(M) | 58.51 | 14.00(M) | 13.04 |
| Banana Split Parfait, MMA, WG, F - LR100406 (1 serv.)Contains Milk, Soy. | 461.50 | 5.54 | 2.40 | 0.00 | 5.00 | 231.52 | 94.74 | 5.22(M) | 51.45 | (M) | 12.17 |
| BBQ Beef Rib on Club Roll, HS, MMA, WG - LR100369 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 390.00 | 11.50 | 4.00 | 0.00 | 60.00 | 920.00 | 40.00 | 5.00 | 5.00 | (M) | 30.00 |

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|---|--------------------|------------------|----------------|------------------|--------------|----------------|-------------|-----------------------|------------------------|------------------------|----------------|
| BBQ Beef Rib on Club Roll, MMA, WG - LR100135 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 280.00 | 6.50 | 2.00 | 0.00 | 30.00 | 640.00 | 36.00 | 4.00 | 3.00 | (M) | 18.00 |
| BBQ Chicken Shaker Salad, ELEM, MMA, WG, VRO, VO, VS - LR100568 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten. | 338.55 | 8.80 | 1.55 | 0.00(M) | 62.00 | 383.98 | 44.44 | 2.16 | 19.49(M) | 9.00(M) | 20.49 |
| BBQ Chicken Shaker Salad, MS/HS, MMA, WG, VRO, VO, VS - LR100569 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten. | 537.32 | 14.30 | 3.05 | 0.00(M) | 98.00 | 707.16 | 71.49 | 4.68 | 34.52(M) | 15.00(M) | 31.50 |
| BBQ Pulled Pork on Club Roll, MMA, WG - LR100533 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 494.00 | 12.50 | 4.00 | 0.00 | 72.00 | 1524.00 | 62.00 | 5.00 | 27.00 | (M) | 29.98 |
| BBQ Pulled Pork on Kaiser Roll, MMA, WG - LR100136 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 574.09 | 22.97 | 7.13 | 0.00(M) | 56.98 | 2007.54 | 67.31 | 6.00 | 27.00(M) | (M) | 23.68 |
| Beef & Cheese Baked Rotini w/ Garlic Toast, MMA, WG, VRO - LR100538 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 459.27 | 14.55 | 5.00 | 0.00 | 50.00 | 1523.34 | 54.85 | 9.10 | 14.99 | 0.00(M) | 28.15 |
| Beef Sloppy Joe on Roll, ELEM, MMA, WG - LR100064 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 409.08 | 6.53 | 3.01 | 0.00(M) | 40.00 | 1142.72 | 72.03 | 2.46 | 45.43(M) | (M) | 15.29 |
| Beef Sloppy Joe w/ Cheese on Roll, MMA, WG - LR100065 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 537.93 | 12.53 | 5.51 | 0.00(M) | 52.50 | 1466.26 | 87.75 | 4.46 | 45.93(M) | (M) | 20.79 |
| Beefy Chili w/ Cinnamon Roll, MMA, WG, VBP, VRO - LR100393 (1 serv.) | 605.75 | 18.50 | 8.21 | 0.00(M) | 62.34 | 1383.35 | 60.13 | 11.65 | 14.76(M) | (M) | 26.95 |
| Beefy Chili w/ Cornbread, MMA, WG, VBP, VRO - LR100373 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 485.75 | 14.50 | 4.21 | 0.00(M) | 67.33 | 1173.35 | 63.13 | 10.65 | 18.76(M) | 15.00(M) | 24.95 |
| Beefy Nacho Salad, ELEM, MMA, WG, VRO, VO - LR100249 (1 serv.)Contains Milk. | 433.44 | 22.87 | 7.48 | 0.00 | 53.71 | 928.27 | 40.67 | 4.14 | 4.43 | 0.00(M) | 19.13 |
| Beefy Nacho Salad, MS/HS, MMA, WG, VO, VRO - LR100252 (1 serv.)Contains Milk, Soy. | 494.89 | 28.07 | 10.40 | 0.00 | 70.00 | 1204.08 | 43.61 | 4.14 | 4.43 | 0.00(M) | 22.70 |
| Berk's All Beef Hot Dog, R/S, MMA - LR100273 (1 hot dog) | 130.00 | 11.00 | 5.00 | 0.00 | 30.00 | 330.00 | 1.00 | 0.00 | 0.00 | (M) | 6.00 |
| Black Bean Salsa, VBP, VO - LR100364 (100 serv.) | 397.40 | 27.91 | 3.70 | 0.00(M) | 0.00 | 153.76 | 30.37 | 10.35 | 2.62(M) | (M) | 8.80 |

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|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Blueberry Pop Tart, WG - LR100267 (1 Pop Tart)Contains Wheat, Soy. | 180.00 | 2.50 | 1.50 | 0.00 | 0.00 | 180.00 | 38.00 | 3.00 | 15.00 | (M) | 2.00 |
| Blueberry Waffles w/ Sausage, MMA, WG - LR100452 (1 serv.)Contains Milk, Egg, Wheat, Soy. | 270.00 | 10.00 | 2.00 | 0.00 | 30.00 | 260.00 | 37.00 | 3.00 | 12.00 | (M) | 10.00 |
| Boneless BBQ Chicken Wings w/ Roll, MMA, WG - LR100513 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 270.00 | 9.75 | 1.88 | 0.00 | 25.00 | 497.50 | 26.50 | 4.50 | 1.00 | (M) | 20.50 |
| Bread Stuffing, Monarch, US Foods, NWGR - LR100504 (1 1/4 ounces, dry)Contains Milk, Wheat, Soy, Gluten. | 120.00 | 2.50 | 0.00 | 0.00 | 0.00 | 490.00 | 20.00 | 1.00 | 2.00 | (M) | 4.00 |
| Breaded Cheese Sticks with Sauce, MMA/WG, VRO, MS/HS - LR100261 (2 sticks)Contains Milk, Wheat, Soy. | 640.00 | 25.00 | 7.50 | 0.00 | 30.00 | 1820.00 | 76.00 | 11.00 | 19.00 | (M) | 25.00 |
| Breaded Chicken & Cheese Wrap, ELEM, MMA, WG, VO - LR100589 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten. | 526.25 | 27.50 | 7.50 | 0.00 | 55.00 | 1135.00 | 44.25 | 6.50 | 4.75 | 1.00(M) | 24.25 |
| Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100110 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 350.00 | 13.50 | 2.50 | 0.00 | 25.00 | 690.00 | 37.00 | 5.00 | 2.00 | 1.00(M) | 18.00 |
| Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 430.00 | 15.00 | 2.50 | 0.00 | 25.00 | 880.00 | 52.00 | 7.00 | 2.00 | 1.00(M) | 21.00 |
| Breaded Chicken Shapes w/ Buttered Noodles, MMA, WG - LR100534 (1 serv.)Contains Wheat, Soy, Gluten. | 380.52 | 19.46 | 3.29 | 0.83 | 24.57 | 431.20 | 33.82 | 4.56 | 1.23 | 0.00(M) | 19.12 |
| Breaded Fish Sandwich w/ Mac & Cheese, MMA, WG - LR100417 (1 serv.)Contains Milk, Egg, Fish, Wheat, Soy, Gluten. | 517.50 | 15.75 | 5.50 | 0.00 | 72.50 | 1195.00 | 61.25 | 4.50 | 6.50 | 0.00(M) | 31.75 |
| Breaded Fish w/ Roll, MMA, WG - LR100412 (1 serv.)Contains Milk, Fish, Wheat, Soy, Gluten. | 300.00 | 7.50 | 1.00 | 0.00 | 50.00 | 460.00 | 38.00 | 3.00 | 2.00 | (M) | 19.00 |
| Breaded Ranch Chicken Wrap, ELEM, MMA, WG - LR100598 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten. | 404.04 | 19.25 | 3.66 | 0.00(M) | 28.26 | 725.31 | 38.94 | 5.50 | 1.99 | 0.67(M) | 17.66 |
| Breaded Spicy Chicken Patty on Roll, MS/HS, MMA, WG - LR100112 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 457.10 | 16.84 | 2.97 | 0.00 | 24.73 | 815.70 | 53.82 | 6.97 | 1.99 | 0.00(M) | 21.84 |

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| Breaded Veal Pattie, Advance Pierre 13751, MMA - LR100356 (1 patty)Contains Wheat, Soy. | 300.00 | 21.00 | 7.00 | 0.00 | 30.00 | 460.00 | 18.00 | 1.00 | 2.00 | (M) | 11.00 |
| Breakfast Bowl w/ Bacon, MMA, WG, VS - LR100447 (1 bowl)Contains Milk, Egg, Wheat, Soy. | 347.86 | 18.86 | 8.71 | 0.00 | 202.50 | 841.43 | 28.00 | 2.00 | 1.99 | (M) | 14.57 |
| Breakfast Bowl w/ Ham & Toast , MMA, WG, VS - LR100497 (1 bowl)Contains Milk, Egg, Wheat, Soy, Gluten. | 402.00 | 15.50 | 5.50 | 0.00 | 208.00 | 1012.00 | 47.00 | 5.00 | 3.99 | (M) | 20.00 |
| Breakfast Egg Pop, Elem, MS, MMA - LR100402 (1 serv.)Contains Milk, Egg, Soy. | 180.00 | 15.50 | 3.25 | 0.00 | 177.50 | 265.00 | 3.50 | 0.00 | 3.50 | (M) | 6.50 |
| Breakfast Egg Wrap, MMA, WG - LR100443 (1 sandwich)Contains Milk, Egg. Processed in a facility that also processes Wheat, Soy. | 305.00 | 12.00 | 5.00 | 0.00 | 190.00 | 390.00 | 33.00 | 4.00 | 0.00 | (M) | 13.00 |
| Breakfast Yogurt Parfait w/ Fruit & Cereal, ELEM & MS, MMA, WG, F - LR100439 (1 serv.)Contains Milk, Tree nuts, Wheat, Soy, Gluten. | 279.91 | 2.25 | 0.63 | 0.00 | 2.50 | 210.70 | 59.23 | 4.00(M) | 35.49 | 7.75(M) | 5.25 |
| Breakfast Yogurt Parfait w/ Fruit & Cereal, HS, MMA, WG, F - LR100440 (1 serv.)Contains Milk, Tree nuts, Wheat, Soy, Gluten. | 379.82 | 3.00 | 1.12 | 0.00 | 5.00 | 263.16 | 78.72 | 4.00(M) | 49.48 | 7.75(M) | 8.74 |
| Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.)Contains Milk. | 248.59 | 2.52 | 0.90 | 0.00 | 2.50 | 116.29 | 52.62 | 3.79(M) | 25.51(M) | (M) | 6.20 |
| Breakfast Yogurt Parfait w/ Fruit & Granola, HS, MMA, WG, F - LR100296 (1 serv.)Contains Milk. | 348.50 | 3.27 | 1.40 | 0.00 | 5.00 | 168.75 | 72.10 | 3.79(M) | 39.50(M) | (M) | 9.69 |
| Broccoli Florets w/ Ranch, VDG - LR100275 (1 serv.)Contains Milk. | 48.75 | 3.06 | 0.52 | 0.04 | 0.67 | 159.95 | 4.77 | 1.24 | 1.20 | (M) | 1.39 |
| Brown Sugar Cinnamon Pop Tart w/ String Cheese, MMA, WG - LR100269 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 237.08 | 6.13 | 3.04 | 0.00 | 10.00 | 397.92 | 38.50 | 3.13 | 16.63 | 15.63 | 9.08 |
| Buddha Rice Bowl w/ Roasted Chickpeas, Carrots, Greens & Assorted Sauces, MS/HS, MMA, WG - LR100597 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 541.62 | 10.15 | 1.58 | 0.00(M) | 1.67(M) | 757.94 | 100.62 | 6.02(M) | 13.06(M) | 4.67(M) | 11.50 |

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| Buffalo Chicken Dip w/Chips & Garlic Knot, MMA, WG - LR100519 (1 serv.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy, Gluten. | 480.10 | 20.30 | 6.92 | 0.02 | 79.43(M) | 741.69 | 49.00 | 15.08 | 3.58 | (M) | 24.39 |
| Buffalo Chicken Dip w/Chips, MMA, WG - LR100380 (1 serv.)Contains Milk. | 427.24 | 17.71 | 5.90 | 0.02 | 79.43(M) | 652.94 | 41.54 | 24.03 | 1.55 | (M) | 22.32 |
| Buffalo Chicken Flatbread, ELEM, MMA, WG - LR100518 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 418.70 | 16.41 | 7.00 | 0.00 | 72.00 | 883.80 | 40.15 | 3.81 | 12.53 | (M) | 24.80 |
| Buffalo Chicken Flatbread, MS/HS, MMA, WG - LR100554 (1 serv.)Contains Milk, Wheat. May contain Soy, Gluten. | 434.00 | 18.00 | 7.00 | 0.00 | 114.00 (M) | 1052.00 | 28.00 | 3.00 | 2.00 | (M) | 36.00 |
| Buffalo Chicken Wings w/ Cornbread, MMA, WG - LR100320 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 600.00 | 28.50 | 4.75 | 0.00 | 150.00 | 795.00 | 59.50 | 2.00 | 30.00 | 30.00(M) | 28.50 |
| Buffalo Mac & Cheese w/ Breadstick, MMA, WG - LR100481 (1 serv.)Contains Milk, Egg, Wheat, Gluten. | 404.50 | 12.67 | 6.09 | 0.00 | 30.46(M) | 1355.19 | 53.48 | 3.03 | 9.09 | 0.00(M) | 20.26 |
| Buffalo Ranch Chicken Wrap, ELEM, MMA, WG - LR100566 (1 wrap)Contains Milk, Egg. Processed in a facility that also processes Wheat, Soy. | 332.03 | 12.74 | 3.73 | 0.00 | 76.08(M) | 1203.42 | 29.52 | 3.00 | 3.06 | (M) | 22.84 |
| Buffalo Ranch Chicken Wrap, MS/HS, MMA, WG - LR100567 (1 wrap)Contains Milk, Egg. Processed in a facility that also processes Wheat, Soy. | 517.38 | 18.36 | 5.23 | 0.00(M) | 84.38(M) | 1533.58 | 54.91 | 6.25 | 3.72 | (M) | 29.93 |
| Build A Burger Bar, MMA, WG - LR100318 (1 sandwich)Contains Milk, Egg. Processed in a facility that also processes Fish, Wheat, Soy, Gluten. | 414.29 | 15.45 | 5.40 | 0.00 | 59.17 | 857.14 | 40.67 | 5.00 | 2.33 | (M) | 29.86 |
| Build Your Own Yogurt Parfait, MMA, WG, F - LR100404 (1 serv.)Contains Milk, Tree nuts, Wheat, Soy, Gluten. | 481.98 | 4.44 | 1.47 | 0.00 | 5.00 | 327.36 | 101.47 | 5.90(M) | 55.08 | 7.63(M) | 11.06 |
| Bulldog Big Mac, MMA, WG - LR100413 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 454.96 | 19.95 | 8.23 | 0.00 | 94.85 | 1319.57 | 33.63 | 6.00 | 5.65 | (M) | 37.74 |
| Bulldog Breakfast Sandwich (Bacon).WG, M/MA - LR100244 (1 sandwich)Contains Milk, Egg, Wheat, Soy. | 357.86 | 19.86 | 11.71 | 0.00 | 200.00 | 931.43 | 29.00 | 2.00 | 2.50 | (M) | 15.07 |

Menu Item Nutrient Report

Generated on: 8/25/2020 10:42:04 AM by Sarah Ginn

| Item Name (Serving Size) | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Bulldog Egg & Bacon Sandwich.WG, M/MA - LR100529 (1 sandwich)Contains Milk, Egg, Wheat, Soy. | 302.86 | 15.36 | 9.21 | 0.00 | 187.50 | 796.43 | 28.00 | 2.00 | 2.00 | (M) | 12.57 |
| Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)Contains Milk, Egg, Wheat. | 330.00 | 12.50 | 6.00 | 0.00 | 190.00 | 395.00 | 39.00 | 5.00 | 8.00 | 0.00(M) | 18.00 |
| Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 562.83 | 16.89 | 5.95 | 0.00 | 94.75(M) | 755.16 | 85.39 | 5.00 | 53.82 | 28.00(M) | 21.60 |
| Burrito Bowl - LR100544 (1 c.)Contains Milk. | 568.13 | 27.04 | 10.09 | 0.00(M) | 103.09 | 803.21 | 51.04 | 6.05 | 2.11(M) | 0.00(M) | 29.59 |
| Calzone w/ Marinara, MMA, WG, VRO - LR100074 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 310.00 | 7.50 | 2.00 | 0.00 | 15.00 | 870.00 | 43.00 | 6.00 | 11.00 | (M) | 20.00 |
| Caramel Apple Yogurt Parfait, MMA, WG, F - LR100405 (1 serv.)Contains Milk. May contain Tree nuts. | 413.94 | 4.29 | 1.68 | 0.00 | 5.00 | 232.60 | 88.64 | 4.76(M) | 46.87 | (M) | 11.26 |
| Cauliflower & Cucumber Dippers w/ Ranch, VO - LR100282 (1 serv.)Contains Milk. | 43.88 | 2.99 | 0.52 | 0.04 | 0.67 | 153.48 | 4.02 | 0.72 | 1.38 | (M) | 0.79 |
| Celery Dippers w/ Peanut Butter, VO - LR100382 (1 serv.)Contains Peanuts. | 187.07 | 5.09 | 2.52 | 0.00 | 0.00 | 170.40 | 9.50 | 2.81 | 3.68 | (M) | 6.35 |
| Celery Sticks w/ Bleu Cheese Dip, VO - LR100478 (1 serv.)Contains Milk, Egg. | 247.07 | 25.59 | 4.52 | 0.00 | 15.00 | 565.40 | 4.50 | 0.81 | 2.18 | (M) | 1.85 |
| Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)Contains Milk. | 40.35 | 2.97 | 0.49 | 0.04 | 0.67 | 185.34 | 3.25 | 0.87 | 1.11 | (M) | 0.46 |
| Cheese Pizza Wrap, MS/HS, MMA, WG, VRO - LR100596 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten. | 680.00 | 15.50 | 8.00 | 0.00 | 35.00 | 1405.00 | 101.00 | 10.00 | 19.00 | (M) | 33.00 |
| Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)Contains Milk, Wheat, Soy. | 380.00 | 13.50 | 3.00 | 0.00 | 10.00 | 1100.00 | 49.00 | 6.00 | 10.00 | (M) | 17.00 |
| Cheese Stuffed Stick w/ Meatballs, ELEM/MS, MMA, WG - LR100510 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 292.60 | 12.48 | 4.54 | 0.00(M) | 33.72 | 775.00 | 26.94 | 3.00 | 9.50 | (M) | 18.14 |
| Cheese Stuffed Stick w/ Meatballs, HS, MMA, WG - LR100520 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 437.60 | 17.98 | 7.04 | 0.00(M) | 48.72 | 1025.00 | 40.94 | 4.00 | 12.00 | (M) | 27.64 |

Menu Item Nutrient Report

Generated on: 8/25/2020 10:42:04 AM by Sarah Ginn

| Item Name (Serving Size) | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Cheeseburger Nachos, MMA, WG, VO, VRO - LR100461 (1 serv.)Contains Milk, Soy. | 454.95 | 22.81 | 6.42 | 0.00(M) | 32.50 | 907.48 | 48.97 | 5.18 | 8.71(M) | 0.00(M) | 17.25 |
| Cheeseburger, ELEM, MMA, WG - LR100004 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 355.00 | 17.00 | 7.50 | 0.00 | 82.50 | 565.00 | 23.00 | 2.00 | 1.50 | (M) | 28.50 |
| Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 435.00 | 18.50 | 7.50 | 0.00 | 82.50 | 755.00 | 38.00 | 4.00 | 1.50 | (M) | 31.50 |
| Cheesesteak Nachos, MMA, WG - LR100480 (1 serv.)Contains Milk, Soy. | 462.89 | 26.35 | 9.56 | 0.00 | 62.73 | 739.97 | 37.68 | 4.17 | 2.67 | 0.00(M) | 21.88 |
| Cheesy Broccoli, VDG - LR100409 (1 serv.)Contains Milk, Soy. | 69.09 | 3.44 | 2.02 | 0.00 | 10.00 | 193.45 | 6.59 | 2.76 | 1.35 | 0.00(M) | 5.18 |
| Cheesy Egg Pocket, MMA, WG - LR100446 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 190.00 | 8.50 | 4.50 | 0.00 | 190.00 | 342.50 | 16.00 | 1.50 | 0.99 | (M) | 11.00 |
| Cheesy Flatbread Pizza, MMA, WG, VRO - LR100485 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 346.18 | 12.10 | 4.92 | 0.00(M) | 20.00 | 1031.94 | 38.01 | 5.00 | 8.83(M) | (M) | 21.54 |
| Cheesy Lasagna Roll w/ Sauce & Garlic Knot, MMA, WG, VRO - LR100289 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 380.00 | 7.50 | 3.50 | 0.00 | 20.00 | 680.00 | 56.00 | 4.00 | 13.00 | (M) | 20.00 |
| Cheesy Pasta & Meatsauce w/ Breadstick, ELEM/MS, MMA, WG, VRO - LR100383 (1 serv.)Contains Milk, Wheat, Gluten. | 344.64 | 11.53 | 5.00 | 0.00 | 50.00 | 1091.67 | 36.93 | 6.05 | 9.00 | (M) | 24.57 |
| Cheesy Pasta & Meatsauce w/ Breadstick, HS, MMA, WG, VRO - LR100384 (1 serv.)Contains Milk, Wheat, Gluten. | 466.89 | 15.41 | 6.43 | 0.00 | 69.05 | 1466.86 | 51.35 | 8.60 | 12.50 | (M) | 32.39 |
| Cheesy Pasta Bake, MMA, WG, VRO - LR100087 (1 serv.)Contains Milk, Wheat, Gluten. | 275.29 | 8.62 | 4.08 | 0.00(M) | 20.00 | 833.37 | 31.11 | 5.18 | 7.00(M) | (M) | 19.20 |
| Cheesy Pepperoni Pizza Bagels, MMA, WG, VRO - LR100392 (2 halves)Contains Milk, Wheat, Gluten. | 361.14 | 9.56 | 4.65 | 0.00 | 34.27 | 1124.26 | 43.78 | 8.00 | 13.00 | (M) | 25.63 |
| Cheesy Pizza Bagels, MMA, WG, VRO - LR100363 (2 halves)Contains Milk, Wheat, Gluten. | 330.00 | 8.00 | 4.00 | 0.00 | 20.00 | 940.00 | 43.00 | 8.00 | 13.00 | (M) | 22.00 |
| Cheesy Ravioli w/ Breadstick, MMA, WG, VRO - LR100482 (1 serv.)Contains Milk, Egg, Wheat, Gluten. | 370.00 | 7.00 | 2.50 | 0.00 | 25.00 | 650.00 | 58.00 | 5.00 | 13.00 | (M) | 20.00 |

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|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Cheesy Ravioli w/ Dinner Roll, MMA, WG, VRO - LR100351 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 330.00 | 6.50 | 2.50 | 0.00 | 25.00 | 660.00 | 50.00 | 6.00 | 11.00 | (M) | 20.00 |
| Chef's Salad w/ Croutons & Roll, MMA, WG, VDG, VRO - LR100017 (1 salad)Contains Milk, Wheat, Soy, Gluten. | 414.72 | 12.43 | 3.02 | 0.00 | 34.75 | 1239.52 | 55.64 | 9.75 | 8.31 | (M) | 28.83 |
| Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)Contains Milk, Wheat, Soy, Gluten. | 433.24 | 13.10 | 3.15 | 0.00 | 28.00 | 1153.80 | 62.00 | 13.63 | 10.89 | (M) | 27.70 |
| Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)Contains Milk, Wheat, Soy, Gluten. | 521.70 | 18.19 | 3.52 | 0.00 | 20.91 | 1112.71 | 67.63 | 15.27 | 10.44 | 0.00(M) | 30.34 |
| Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)Contains Milk, Wheat, Soy, Gluten. | 521.70 | 18.19 | 3.52 | 0.00 | 20.91(M) | 1182.71 | 67.63 | 15.27 | 10.44 | 0.00(M) | 30.34 |
| Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)Contains Milk, Wheat, Soy, Gluten. | 441.24 | 11.60 | 2.40 | 0.00 | 30.00 | 1211.80 | 61.50 | 13.63 | 9.89 | (M) | 31.70 |
| Cherry Blossom Chicken w/ Rice, MMA, WG - LR100492 (1 serv.)Contains Egg, Wheat, Gluten. | 380.00 | 5.50 | 1.00 | 0.00 | 45.00 | 350.00 | 63.00 | 4.00 | 14.00 | (M) | 17.00 |
| Cherry Crisp, F, NWG - LR100537 (1 portion) | 248.04 | 3.95 | 0.74 | 0.68(M) | 0.00 | 93.07 | 51.99 | 1.69 | 37.85(M) | (M) | 1.43 |
| Cherry Frudel, General Mills, 127851000, WGR - LR100101 (1 frudel)Contains Milk, Wheat. | 210.00 | 6.00 | 1.00 | 0.00 | 0.00 | 260.00 | 37.00 | 2.00 | 11.00 | (M) | 5.00 |
| Chick Peas w/ Salsa, WBP, VRO - LR100407 (1 serv.) | 140.00 | 1.85 | 0.00 | 0.00 | 0.00 | 199.23 | 25.39 | 3.69 | 5.69 | (M) | 6.62 |
| Chicken & Cheese Fajita, MMA, WG - LR100367 (1 wrap)Contains Milk. Processed in a facility that also processes Wheat, Soy. | 353.36 | 10.57 | 4.53 | 0.00 | 85.24 | 1082.07 | 34.49 | 5.74 | 4.26 | (M) | 31.04 |
| Chicken & Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100486 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 340.00 | 9.50 | 2.00 | 0.00 | 660.00 | 1090.00 | 48.00 | 6.00 | 10.00 | (M) | 19.00 |
| Chicken Alfredo w/ Garlic Knot, ELEM, MMA, WG - LR100349 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy, Gluten. | 498.56 | 19.41 | 9.15 | 0.00 | 82.17 | 982.00 | 54.36 | 6.46 | 4.16 | (M) | 29.08 |
| Chicken Alfredo w/ Garlic Knot, MMA, WG - LR100134 (1 serv.)Contains Milk. May contain Egg, Wheat, Gluten. | 367.44 | 10.31 | 4.15 | 0.00 | 61.17 | 466.00 | 44.28 | 6.91 | 3.99 | (M) | 27.70 |

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|--|-----------------|---------------|-------------|---------------|------------|-------------|----------|-----------------|------------------|------------------|-------------|
| Chicken Bacon Ranch Sandwich, ELEM, MMA, WG - LR100465 (1 sandwich)Contains Milk. May contain Egg, Wheat, Soy, Gluten. | 437.86 | 19.86 | 3.71 | 0.00 | 40.00 | 1051.43 | 40.00 | 5.00 | 2.50 | 1.00(M) | 21.57 |
| Chicken Bacon Ranch Sandwich, MS/HS, MMA, WG - LR100466 (1 sandwich)Contains Milk. May contain Egg, Wheat, Soy, Gluten. | 539.29 | 22.79 | 4.07 | 0.00 | 46.25 | 1352.14 | 55.00 | 7.00 | 2.50 | 1.00(M) | 26.36 |
| Chicken Burrito Wrap, ELEM, MMA, WG - LR100561 (1 wrap)Contains Milk. Processed in a facility that also processes Wheat, Soy. | 445.90 | 8.63 | 4.13 | 0.00(M) | 87.39(M) | 1055.31 | 61.13 | 5.14 | 6.09(M) | (M) | 35.30 |
| Chicken Burrito Wrap, MS/HS, MMA, WG - LR100562 (1 wrap)Contains Milk. Processed in a facility that also processes Wheat, Soy. | 505.90 | 13.63 | 8.13 | 0.00(M) | 107.39 (M) | 1070.31 | 62.13 | 5.14 | 7.09(M) | (M) | 36.30 |
| Chicken Caesar Salad, MMA, WG, VDG - LR100015 (1 salad)Contains Milk, Fish, Wheat, Soy, Gluten. | 497.23 | 25.14 | 4.33 | 0.00 | 54.81 | 1346.97 | 47.04 | 8.75 | 7.97 | (M) | 25.87 |
| Chicken Caesar Shaker Salad, MMA, WG, VDG - LR100551 (1 salad)Contains Milk, Fish, Wheat, Soy, Gluten. | 539.34 | 32.90 | 5.68 | 0.00 | 35.00 | 1152.15 | 43.67 | 8.53 | 5.00 | (M) | 23.21 |
| Chicken Corn Soup w/ Soft Pretzel, MMA, WG, VS - LR100375 (1 serv.)Contains Wheat, Gluten. | 309.36 | 4.50 | 0.48 | 0.00(M) | 56.00(M) | 686.45 | 45.62 | 5.12 | 1.41(M) | (M) | 23.09 |
| Chicken Fingers w/ Dinner Roll, ELEM, MMA, WG - LR100291 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 291.69 | 13.79 | 2.13 | 0.00 | 21.32 | 492.54 | 27.64 | 4.56 | 1.85 | 0.85(M) | 15.79 |
| Chicken Fingers w/ Dinner Roll, MS/HS, MMA, WG - LR100337 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 365.59 | 18.05 | 2.84 | 0.00 | 28.42 | 603.38 | 32.19 | 5.41 | 2.14 | 1.14(M) | 20.05 |
| Chicken Noodle Soup w/ Grilled Cheese, MMA, WG - LR100361 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 535.56 | 23.87 | 10.97 | 0.00 | 79.05 | 2529.21 | 57.37 | 4.00 | 5.94 | (M) | 25.75 |
| Chicken Noodle Soup w/ Ham & Cheese Sandwich, MMA, WG - LR100389 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 471.87 | 16.93 | 6.75 | 0.00 | 100.56 | 2824.86 | 56.92 | 4.00 | 7.72 | (M) | 32.64 |
| Chicken Nuggets w/ Dinner Roll, MMA, WG - LR100120 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 327.94 | 15.74 | 2.46 | 0.00 | 24.57 | 553.05 | 29.97 | 4.46 | 2.23 | 0.00(M) | 18.97 |

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|---|--------------------|------------------|----------------|------------------|--------------|----------------|-------------|-----------------------|------------------------|------------------------|----------------|
| Chicken Nuggets w/ Garlic Bread Stick, MMA, WG - LR100507 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 367.94 | 16.24 | 2.46 | 0.00 | 24.57 | 543.05 | 37.97 | 3.46 | 4.23 | 0.00(M) | 18.97 |
| Chicken Nuggets w/ Goldfish, MMA, WG - LR100442 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 357.94 | 18.74 | 3.46 | 0.00 | 24.57 | 563.05 | 29.97 | 3.46 | 1.23 | 0.00(M) | 17.97 |
| Chicken Nuggets w/ Soft Pretzel, HS, MMA, WG - LR100410 (1 serv.)Contains Wheat, Soy, Gluten. | 482.70 | 24.08 | 3.93 | 0.00 | 39.30 | 728.87 | 39.55 | 4.93 | 1.97 | 0.00(M) | 27.55 |
| Chicken Nuggets w/ Soft Pretzel, MMA, WG - LR100164 (1 serv.)Contains Wheat, Soy, Gluten. | 327.94 | 15.24 | 2.46 | 0.00 | 24.57 | 493.05 | 29.97 | 3.46 | 1.23 | 0.00(M) | 17.97 |
| Chicken Parmesan Sandwich, ELEM/MS, MMA, WG - LR100362 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 444.17 | 17.25 | 4.67 | 0.00 | 35.00 | 1120.05 | 43.67 | 6.50 | 5.50 | 1.00(M) | 26.17 |
| Chicken Salad on Croissant, MS/HS, MMA, WG - LR100379 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 402.60 | 21.87 | 6.65 | 0.00 | 57.14 | 613.44 | 33.77 | 2.95 | 6.50 | 1.99(M) | 19.33 |
| Chicken Salad on Hamburg Roll, ELEM, MMA, WG - LR100437 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 321.20 | 14.40 | 3.17 | 0.00 | 52.17 | 613.00 | 29.39 | 2.74 | 4.17 | (M) | 18.19 |
| Chicken Salad on Kaiser Roll, MS/HS, MMA, WG - LR100307 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 401.20 | 15.90 | 3.17 | 0.00 | 52.17 | 803.00 | 44.38 | 4.74 | 4.17 | (M) | 21.19 |
| Chicken Salad Sandwich on Bread, MS/HS, MMA, WG - LR100305 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 473.20 | 25.92 | 5.17 | 0.00 | 62.17 | 1034.42 | 41.81 | 4.92 | 7.43 | (M) | 20.32 |
| Chicken Salad Sandwich on Club Roll, MS, MMA, WG - LR100347 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 483.20 | 25.42 | 5.17 | 0.00 | 62.17 | 1014.42 | 43.81 | 3.92 | 6.43 | (M) | 20.32 |
| Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)Contains Egg. Processed in a facility that also processes Wheat, Soy. | 363.72 | 17.42 | 3.67 | 0.00 | 52.17 | 674.80 | 34.92 | 5.96 | 3.52 | (M) | 19.36 |
| Chicken Tender Wrap, MMA, WG - LR100301 (1 sandwich)May contain Milk, Egg. Contains Wheat, Soy, Gluten. | 465.00 | 20.17 | 3.17 | 0.00 | 25.83 | 596.67 | 49.00 | 7.00 | 1.17 | 1.00(M) | 20.00 |

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|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Chicken Tenders w/ Buttered Noodles, MMA, WG - LR100536 (1 serv.)Contains Wheat, Soy, Gluten. | 344.28 | 17.51 | 2.96 | 0.83 | 21.32 | 370.69 | 31.49 | 4.66 | 0.85 | 0.85(M) | 15.94 |
| Chicken Tenders w/ Goldfish, MMA, WG - LR100416 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 321.69 | 16.79 | 3.13 | 0.00 | 21.32 | 502.54 | 27.64 | 3.56 | 0.85 | 0.85(M) | 14.79 |
| Chicken Tenders w/ Roll, MMA, WG - LR100316 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 291.00 | 11.30 | 2.00 | 0.00 | 52.00 | 510.00 | 26.00 | 3.40 | 1.00 | (M) | 23.00 |
| Chicken Tenders w/ Soft Pretzel, MMA, WG - LR100348 (1 serv.)Contains Wheat, Soy, Gluten. | 291.69 | 13.29 | 2.13 | 0.00 | 21.32 | 432.54 | 27.64 | 3.56 | 0.85 | 0.85(M) | 14.79 |
| Chicken Vegetable Soup w/ Biscuit, MMA, WG, VO - LR100377 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 362.33 | 12.49 | 4.91 | 0.00(M) | 56.00(M) | 910.26 | 38.09 | 4.54 | 3.41(M) | (M) | 23.43 |
| Chili Over Rice, MMA, WG, VBP - LR100131 (1 serv.)Contains Soy. | 348.90 | 10.40 | 3.29 | 0.55 | 30.11 | 497.57 | 47.37 | 6.11 | 4.79 | (M) | 17.00 |
| Chili Over Tater Tots w/ Dinner Roll, MMA, WG, VS - LR100370 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 473.52 | 17.00 | 4.16 | 0.55 | 30.11 | 1131.22 | 58.93 | 9.85 | 6.79 | (M) | 20.75 |
| Chocolate Chip Cookie, David's, WG - LR100323 (1 cookie)Contains Milk, Egg, Wheat, Soy. | 100.00 | 3.50 | 1.00 | 0.00 | 5.00 | 85.00 | 17.00 | 1.00 | 8.00 | (M) | 2.00 |
| Chocolate Filled Crescent, Pillsbury, 149979000 WGR - LR100264 (1 pkg.)Contains Milk, Wheat, Gluten. | 230.00 | 8.00 | 1.50 | 0.00 | 0.00 | 270.00 | 37.00 | 2.00 | 10.00 | (M) | 6.00 |
| Chocolate Mini Donuts, Bake Crafters, 1929, WG - LR100268 (1 pkg.)Contains Milk, Egg. Processed in a facility that also processes Tree nuts, Wheat, Soy, Gluten. | 320.00 | 16.00 | 9.00 | 0.00 | 20.00 | 260.00 | 42.00 | 3.00 | 17.00 | (M) | 5.00 |
| Chunky Monkey Parfait, MMA, WG, F - LR100387 (1 serv.)Contains Milk, Peanuts, Soy. | 695.24 | 29.57 | 9.25 | 0.00 | 2.50 | 361.87 | 94.35 | 8.84(M) | 52.93 | (M) | 20.28 |
| Cinnamon Roll w/ Drizzle Icing, Frozen, Hadley Farms, 3751W, WG - LR100234 (1 roll.)Contains Milk, Wheat, Soy. | 190.00 | 6.00 | 1.00 | 0.00 | 0.00 | 180.00 | 32.00 | 4.00 | 11.00 | (M) | 4.00 |
| Cinnamon Roll, Freezer to Oven, General-Mills, 94562-1111-0, WG - LR100394 (1 roll.) | 360.00 | 12.00 | 5.00 | 0.00 | 20.00 | 360.00 | 36.00 | 3.00 | 11.00 | (M) | 6.00 |

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Generated on: 8/25/2020 10:42:04 AM by Sarah Ginn

| Item Name (Serving Size) | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten. | 678.74 | 31.99 | 9.71 | 0.00 | 223.41 | 1405.13 | 66.41 | 14.91 | 11.03 | 0.00(M) | 38.50 |
| Coleslaw, VO - LR100172 (25 Servings)Contains Milk, Egg, Soy. | 35.16 | 2.13 | 0.37 | 0.00(M) | 2.10 | 61.37 | 3.15 | 0.41 | 1.77(M) | (M) | 1.26 |
| Corn Salad, VS - LR100581 (1 serv.) | 91.44 | 2.85 | 0.41 | 0.00(M) | 0.00 | 339.93 | 17.12 | 2.39 | 0.68(M) | (M) | 2.32 |
| Creamy Mac & Cheese w/ Breadstick, MMA, NWG - LR100474 (1 serv.)Contains Milk, Egg, Wheat, Gluten. | 404.50 | 12.67 | 6.09 | 0.00 | 30.46 | 1145.19 | 53.48 | 3.03 | 9.09 | 0.00(M) | 20.26 |
| Creamy Mac & Cheese w/ Dinner Roll, MMA, WG - LR100434 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 364.50 | 12.17 | 6.09 | 0.00 | 30.46 | 1155.19 | 45.48 | 4.03 | 7.09 | 0.00(M) | 20.26 |
| Cucumber & Celery Dippers w/ Ranch, VO - LR100272 (1 serv.)Contains Milk. | 40.71 | 2.96 | 0.49 | 0.04 | 0.67 | 165.66 | 3.44 | 0.59 | 1.20 | (M) | 0.45 |
| Cucumber Slices w/ Ranch, VO - LR100298 (1 serv.)Contains Milk. | 41.08 | 2.94 | 0.49 | 0.04 | 0.67 | 145.98 | 3.63 | 0.32 | 1.30 | (M) | 0.45 |
| Dijon Chicken w/ Spinach, ELEM, MMA, WG, VDG, VRO, VO - LR100573 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten. | 312.62 | 5.18 | 0.03 | 0.00(M) | 63.00 | 705.59 | 41.83 | 6.60 | 9.72 | (M) | 26.03 |
| Dijon Chicken w/ Spinach, MS/HS, MMA, WG, VDG, VRO, VO - LR100574 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten. | 323.05 | 5.34 | 0.06 | 0.00(M) | 63.00 | 749.49 | 43.66 | 7.66 | 10.19 | (M) | 27.06 |
| Dilly Green Peas, VS - LR100532 (4 oz.) | 89.97 | 0.37 | 0.06 | 0.00(M) | 0.00 | 85.18 | 16.51 | 6.34 | (M) | (M) | 6.01 |
| Egg McBulldog Breakfast Sandwich, MMA, WG - LR100411 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 257.86 | 9.86 | 3.46 | 0.00 | 195.00 | 836.43 | 23.00 | 1.00 | 2.00 | 0.00(M) | 18.07 |
| Egg, Ham & Cheese on Croissant, MMA, WG - LR100496 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 340.87 | 18.45 | 8.48 | 0.00 | 185.47 | 820.64 | 29.85 | 1.99 | 5.98 | 1.99(M) | 17.47 |
| Egg, Sausage & Cheese Slider, MMA, WG - LR100257 (1 sandwich)Contains Milk, Egg, Wheat, Soy. | 190.00 | 8.50 | 2.50 | 0.00 | 170.00 | 460.00 | 15.00 | 2.00 | 2.50 | (M) | 14.00 |
| English Muffin Pizza, MMA, WG, VRO - LR100302 (2 halves)Contains Milk, Wheat, Soy, Gluten. | 310.00 | 8.50 | 4.00 | 0.00 | 20.00 | 1030.00 | 35.00 | 5.00 | 9.00 | 0.00(M) | 22.00 |
| Fish & Chips, HS, MMA, WG - LR100329 (1 serv.)Contains Milk, Fish, Wheat, Gluten. | 418.08 | 15.61 | 2.25 | 0.00 | 52.50 | 629.01 | 50.52 | 4.03 | 1.50 | 0.00(M) | 20.06 |

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Generated on: 8/25/2020 10:42:04 AM by Sarah Ginn

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|---|--------------------|------------------|----------------|------------------|--------------|----------------|-------------|-----------------------|------------------------|------------------------|----------------|
| Fish Sticks or Fish Nuggets & Dinner Roll, HS, MMA, WG - LR100038 (1 serv.)Contains Milk, Fish, Wheat, Soy, Gluten. | 400.00 | 13.00 | 2.25 | 0.00 | 63.75 | 625.00 | 47.75 | 5.00 | 2.50 | (M) | 23.25 |
| Flat Bottom Waffle, Krusteaz, NWG - LR100499 (2 waffles)Contains Milk, Wheat, Soy. | 280.00 | 12.00 | 2.00 | 0.00 | 5.00 | 660.00 | 37.00 | 1.00 | 4.00 | 0.00 | 5.00 |
| Fluffy Whipped Potatoes w/ Chicken Gravy, VS - LR100358 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy. | 58.33 | 1.83 | 0.00 | 0.00 | 0.00 | 330.00 | 11.67 | 0.00 | 0.00 | (M) | 0.70 |
| French Toast Sticks & Egg Patty, ELEM/MS, MMA, WG - LR100512 (1 serv.)Contains Egg, Wheat, Soy, Gluten. | 372.17 | 13.52 | 3.50 | 0.00(M) | 175.00 | 447.01 | 52.70 | 3.00 | 9.00(M) | (M) | 11.00 |
| French Toast Sticks w/ Egg on a Stick, MS/HS, MMA, WG - LR100408 (1 serv.)Contains Egg, Wheat, Gluten. | 462.17 | 13.02 | 3.50 | 0.00(M) | 420.00 | 667.01 | 64.70 | 4.00 | 11.00(M) | (M) | 22.00 |
| French Toast Sticks w/ Sausage, ELEM, MMA, WG - LR100390 (1 serv.)Contains Wheat, Soy, Gluten. | 375.03 | 14.13 | 2.52 | 0.00(M) | 30.00 | 405.31 | 52.12 | 3.03 | 9.10(M) | (M) | 12.07 |
| French Toast Sticks w/ Sausage, MS/HS, MMA, WG - LR100391 (1 serv.)Contains Wheat, Soy, Gluten. | 405.03 | 17.13 | 4.02 | 0.00(M) | 20.00 | 485.31 | 53.12 | 3.03 | 9.10(M) | (M) | 12.07 |
| French Toast Sticks, Rich's, 37722, WGR - LR100498 (4 ea.)Contains Wheat, Soy, Gluten. | 260.00 | 10.00 | 2.00 | 0.00 | 0.00 | 300.00 | 38.00 | 3.00 | 9.00 | (M) | 6.00 |
| Fresh Spinach Salad, VDG, VRO - LR100322 (1 salad) | 21.53 | 0.22 | 0.03 | 0.00 | 0.00 | 43.61 | 4.45 | 1.65 | 1.92 | (M) | 1.28 |
| Fresh Veggies w/ Dip, VRO, VO - LR100027 (1 serv.)Contains Milk. | 61.35 | 0.13 | 0.04 | 0.00 | 0.00 | 543.64 | 14.98 | 2.58 | 5.33(M) | (M) | 0.67 |
| Garden Salad w/ Cheese & Dinner Roll, MMA, WG, VDG, VRO, VPB, VO - LR100043 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 378.27 | 9.73 | 4.13 | 0.00 | 20.00 | 750.26 | 51.64 | 11.38 | 9.18 | (M) | 26.04 |
| Garden Side Salad, VDG, VRO - LR100014 (1 salad) | 48.41 | 0.58 | 0.08 | 0.00(M) | 0.00 | 37.26 | 10.09 | 4.92 | 4.51 | (M) | 2.61 |
| Garlicky Green Beans, VO - LR100531 (1 serv.) | 35.25 | 1.86 | 0.15 | 0.00 | 0.00(M) | 6.00 | 4.35 | 2.00(M) | 0.00(M) | (M) | 1.01 |
| Gourmet Cheese & Bacon Flatbread, MMA, WG - LR100400 (1 serv.)Contains Milk, Wheat. May contain Soy, Gluten. | 326.94 | 13.39 | 5.62 | 0.00 | 32.35 | 860.49 | 27.61 | 2.74 | 1.83 | (M) | 23.01 |

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|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Gourmet Cheesy Flatbread, MMA, WG - LR100399 (1 serv.)Contains Milk, Wheat. May contain Soy, Gluten. | 286.18 | 10.60 | 4.92 | 0.00(M) | 20.00 | 641.94 | 28.01 | 3.00 | 1.83(M) | (M) | 19.54 |
| Grape Filled Crescent, Pillsbury, 149978000, WGR - LR100265 (1 pkg.)Contains Milk, Wheat, Gluten. | 210.00 | 6.00 | 1.00 | 0.00 | 0.00 | 260.00 | 35.00 | 2.00 | 9.00 | (M) | 5.00 |
| Grape Tomatoes w/ Ranch Dip, VRO - LR100371 (1 serv.)Contains Milk. | 47.05 | 2.89 | 0.47 | 0.04(M) | 0.67 | 148.51 | 4.81 | 1.08 | 2.47 | (M) | 0.62 |
| Grapefruit Slices, F - LR100526 (1 cup sections, with juice) | 73.60 | 0.23 | 0.03 | 0.00 | 0.00 | 0.00 | 18.58 | 2.53 | 16.05 | (M) | 1.45 |
| Grilled Cheese Sandwich, MMA, WG - LR100360 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 400.00 | 20.00 | 10.00 | 0.00 | 50.00 | 980.00 | 38.00 | 4.00 | 4.00 | (M) | 18.00 |
| Ham & Cheese Dutch Waffle Sandwich, MMA, WG - LR100403 (1 sandwich)Contains Milk, Egg, Wheat, Soy. | 729.00 | 34.50 | 10.50 | 0.00 | 88.50 | 1299.00 | 91.00 | 6.00 | 26.50 | (M) | 20.50 |
| Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)Contains Milk, Wheat. | 390.16 | 15.89 | 5.47 | 0.04 | 28.67 | 971.72 | 47.72 | 6.05 | 13.41 | 0.00(M) | 16.11 |
| Ham & Cheese on Bread, MMA, WG - LR100335 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 336.31 | 13.06 | 5.78 | 0.00 | 71.52 | 1275.66 | 37.56 | 4.00 | 5.78 | (M) | 24.89 |
| Ham & Cheese on Club Roll, MS, MMA, WG - LR100342 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 348.83 | 12.58 | 5.78 | 0.00 | 71.52 | 1257.46 | 40.09 | 3.22 | 5.13 | (M) | 25.05 |
| Ham & Cheese on Kaiser Roll, MMA, WG - LR100308 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 335.98 | 11.42 | 4.96 | 0.00 | 56.76 | 1125.49 | 42.92 | 4.00 | 3.96 | (M) | 21.80 |
| Ham & Cheese Sandwich Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100489 (1 bag lunch)Contains Milk, Wheat, Soy, Gluten. | 581.31 | 15.56 | 7.28 | 0.00 | 86.52 | 1555.66 | 84.56 | 10.00 | 46.78 | (M) | 32.89 |
| Ham & Cheese Sandwich Bagged Lunch, HS, MMA, WG, VRO, F, M - LR100490 (1 bag lunch)Contains Milk, Wheat, Soy, Gluten. | 611.31 | 15.56 | 7.28 | 0.00 | 86.52 | 1555.66 | 92.56 | 12.00 | 52.78 | (M) | 32.89 |
| Ham & Cheese Sandwich on Pretzel Bun - LR100019 (1 sandwich)Contains Milk, Wheat, Gluten. | 305.98 | 11.92 | 5.96 | 0.00 | 56.76 | 745.49 | 34.92 | 3.00 | 4.96 | (M) | 19.80 |

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|--|--------------------|------------------|----------------|------------------|--------------|----------------|-------------|-----------------------|------------------------|------------------------|----------------|
| Ham & Cheese Sandwich w/ Chips, MMA, WG - LR100488 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 445.98 | 15.42 | 5.46 | 0.00 | 56.76 | 1265.49 | 59.92 | 6.00 | 7.96 | 2.00(M) | 22.80 |
| Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich)Contains Milk. Processed in a facility that also processes Wheat, Soy. | 326.31 | 14.56 | 6.28 | 0.00 | 71.52 | 1185.66 | 34.56 | 5.00 | 3.78 | (M) | 23.89 |
| Ham & Pepperjack Cheese on Pretzel Roll, ELEM, MMA, WG - LR100563 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 240.00 | 6.02 | 3.02 | 0.25 | 20.06 | 722.43 | 31.27 | 3.00 | (M) | (M) | 13.29 |
| Ham & Pepperjack Cheese on Pretzel Roll, MS/HS, MMA, WG - LR100564 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 240.00 | 6.02 | 3.02 | 0.25 | 20.06 | 722.43 | 31.27 | 3.00 | (M) | (M) | 13.29 |
| Ham & String Cheese Roll up w/ Soft Pretzel, ELEM, MMA, WG - LR100552 (1 serv.)Contains Milk, Wheat, Gluten. | 270.66 | 8.78 | 4.64 | 0.00 | 39.51 | 630.33 | 33.28 | 2.00 | 5.64 | 0.00(M) | 20.20 |
| Ham & String Cheese Roll up w/ Soft Pretzel, MS/HS, MMA, WG - LR100553 (1 serv.)Contains Milk, Wheat, Gluten. | 431.04 | 19.84 | 6.89 | 0.14 | 55.80 | 1191.60 | 45.97 | 2.34 | 16.01 | 0.00(M) | 24.98 |
| Ham, Egg & Cheese on English Muffin, MMA, WG - LR100047 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 235.00 | 8.50 | 3.00 | 0.00 | 166.67 | 680.00 | 23.50 | 1.00 | 4.00 | 0.00(M) | 16.67 |
| Ham, Egg & Cheese on Slider Roll, MMA, WG - LR100217 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 221.66 | 7.33 | 3.00 | 0.00 | 167.50 | 659.99 | 24.00 | 2.00 | 3.50 | (M) | 14.83 |
| Ham, Egg & Cheese Wrap, MMA, WG - LR100450 (1 sandwich)Contains Milk, Egg. Processed in a facility that also processes Wheat, Soy. | 262.00 | 10.50 | 5.00 | 0.00 | 205.50 | 612.00 | 26.00 | 3.00 | 1.50 | (M) | 15.50 |
| Hamburger on Roll, ELEM, MMA, WG - LR100049 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 310.00 | 13.50 | 5.00 | 0.00 | 60.00 | 520.00 | 25.00 | 3.00 | 1.00 | (M) | 22.00 |
| Hamburger on Roll, MS/HS, MMA, WG - LR100319 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 380.00 | 15.00 | 5.00 | 0.00 | 60.00 | 680.00 | 37.00 | 4.00 | 1.00 | (M) | 24.00 |
| Hawaiian Pizza, MMA, WG - LR100462 (1 slice)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten. | 352.66 | 15.82 | 10.41 | 0.00(M) | 52.38 | 547.58 | 33.07 | 3.25 | 3.41(M) | (M) | 21.18 |
| Honey Glazed Carrots, VRO - LR100147 (1 serv.) | 48.56 | 0.50 | 0.10 | 0.00 | 0.00 | 215.63 | 11.48 | 2.42 | 8.80 | (M) | 0.45 |

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|--|--------------------|------------------|----------------|------------------|--------------|----------------|-------------|-----------------------|------------------------|------------------------|----------------|
| Honey Sriracha Wings w/ Breadstick, MMA, WG - LR100470 (1 serv.)Contains Wheat, Gluten. | 395.00 | 15.00 | 2.25 | 0.00 | 52.50 | 525.00 | 43.00 | 2.50 | 6.00 | 3.00(M) | 25.50 |
| Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 240.00 | 11.50 | 5.00 | 0.00 | 30.00 | 560.00 | 23.00 | 2.00 | 1.00 | (M) | 10.00 |
| Hot Dogs on Rolls, HS, MMA, WG - LR100315 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 600.00 | 25.00 | 10.00 | 0.00 | 60.00 | 1380.00 | 66.00 | 6.00 | 2.00 | (M) | 24.00 |
| Hot Ham & Cheese on Pretzel Roll, MMA, WG, ELEM - LR100248 (1 sandwich)Contains Milk, Wheat, Gluten. | 240.00 | 6.02 | 3.02 | 0.25 | 20.06 | 722.43 | 31.27 | 3.00 | (M) | (M) | 13.29 |
| Hot Ham & Cheese on Pretzel Roll, MS/HS, MMA, WG - LR100247 (1 sandwich)Contains Milk, Wheat, Gluten. | 336.31 | 13.56 | 6.78 | 0.00 | 71.52 | 935.66 | 36.56 | 3.00 | 5.78 | (M) | 23.89 |
| Hot Roast Beef Sandwich, MMA, WG - LR100256 (1 sandwich)Contains Milk. May contain Egg, Wheat, Soy, Gluten. | 368.22 | 8.44 | 1.98 | 0.00 | 64.23 | 1366.80 | 42.95 | 4.00 | 3.98 | (M) | 27.74 |
| Hot Turkey Sandwich, MMA, WG - LR100150 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 357.47 | 11.11 | 3.04 | 0.00 | 83.54 | 1063.54 | 33.04 | 4.00 | 2.00 | (M) | 30.30 |
| Hummus Platter w/ Pita Quarters, MMA, WG, VRO, VO - LR100565 (1 serv.)Contains Milk, Wheat, Gluten. | 357.07 | 6.09 | 2.02 | 0.00 | 10.00 | 620.40 | 46.50 | 9.81 | 12.67 | 0.00(M) | 19.35 |
| Ice Cream, Orange Blossom, Bar, Hershey's - LR100516 (1 ea.)Contains Milk. | 80.00 | 2.50 | 1.50 | 0.00 | 10.00 | 40.00 | 13.00 | 0.00 | 13.00 | (M) | 1.00 |
| Italian Hoagie on Club Roll, MMA, WG, VO, VRO - LR100304 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 424.00 | 19.46 | 7.77 | 0.28 | 53.00 | 1304.54 | 37.92 | 3.70 | 4.40 | (M) | 24.65 |
| Italian Hoagie on Hot Dog Roll, MMA, WG, VO, VRO - LR100281 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 364.00 | 18.46 | 7.77 | 0.28 | 53.00 | 1174.54 | 27.92 | 2.70 | 4.40 | (M) | 22.65 |
| Italian Hoagie on Savory Roll, ELEM, MMA, WG - LR100549 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 310.00 | 13.50 | 6.00 | 0.00 | 70.00 | 980.00 | 25.00 | 2.00 | 1.00(M) | (M) | 22.00 |
| Italian Hoagie on Savory Roll, MS/HS, MMA, WG - LR100550 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 390.00 | 15.00 | 6.00 | 0.00 | 70.00 | 1170.00 | 40.00 | 4.00 | 1.00(M) | (M) | 25.00 |
| Jif Peanut Butter, 1 oz. cup - LR100381 (2 Tbsp.)Contains Peanuts. | 180.00 | 5.00 | 2.50 | 0.00 | 0.00 | 130.00 | 8.00 | 2.00 | 3.00 | (M) | 6.00 |

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|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Lettuce & Tomato Salad, VO, VRO - LR100177 (1 salad) | 26.28 | 0.28 | 0.04 | 0.00 | 0.00 | 11.70 | 5.64 | 1.94 | 3.79 | (M) | 1.44 |
| Lettuce & Tomato, VO, VRO - LR100297 (1 serv.) | 13.14 | 0.14 | 0.02 | 0.00 | 0.00 | 5.85 | 2.82 | 0.97 | 1.89 | (M) | 0.72 |
| Lo Mein Noodles, WG, VO - LR100401 (1 serv.)Contains Wheat, Soy, Gluten. | 292.12 | 8.07 | 1.01 | 0.00(M) | 0.00 | 2463.25 | 46.03 | 7.01(M) | 17.02 | (M) | 8.84 |
| LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)Contains Milk, Egg, Wheat, Gluten. | 394.50 | 15.17 | 7.09 | 0.00 | 30.46 | 1165.19 | 45.48 | 3.03 | 6.09 | 0.00(M) | 19.26 |
| Lunch Yogurt Parfait w/ Mini Fruit Bread, MMA, WG, F - LR100372 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 573.20 | 11.87 | 2.06 | 0.00 | 45.00 | 295.78 | 104.28 | 4.08(M) | 60.56(M) | 26.00(M) | 13.56 |
| Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)Contains Milk, Wheat. | 488.50 | 3.77 | 1.40 | 0.00 | 5.00 | 318.75 | 102.10 | 6.79(M) | 40.50(M) | (M) | 14.69 |
| Macaroni & Cheese w/ Garlic Breadstick, MMA, WG - LR100506 (1 serv.)Contains Milk, Egg, Wheat, Gluten. | 404.50 | 12.67 | 6.09 | 0.00 | 30.46 | 1145.19 | 53.48 | 3.03 | 9.09 | 0.00(M) | 20.26 |
| Maple Pancake Sausage Nuggets, ELEM - LR100191 (3 ea.)Contains Egg, Wheat, Soy, Gluten. | 330.00 | 9.00 | 2.50 | 0.00 | 25.00 | 335.00 | 55.00 | 3.00 | 31.00 | (M) | 6.00 |
| Maple Pancake Sausage Nuggets, MS/HS - LR100192 (4 ea.)Contains Egg, Wheat, Soy, Gluten. | 390.00 | 12.00 | 3.33 | 0.00 | 33.33 | 428.33 | 60.00 | 4.00 | 32.33 | (M) | 8.00 |
| Maple Sausage, Turkey, Pancake Nuggets, MMA, WG, CN - LR100190 (3 ea.)Contains Egg, Wheat, Soy, Gluten. | 180.00 | 9.00 | 2.50 | 0.00 | 25.00 | 280.00 | 15.00 | 3.00 | 4.00 | (M) | 6.00 |
| Maple Sausage, Turkey, Pancake Nuggets, MS/HS, MMA, WG, CN - LR100205 (4 ea.)Contains Egg, Wheat, Soy, Gluten. | 240.00 | 12.00 | 3.33 | 0.00 | 33.33 | 373.33 | 20.00 | 4.00 | 5.33 | (M) | 8.00 |
| Maple Waffle Chicken Patty Sandwich, MMA, WG - LR100515 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 520.00 | 25.00 | 4.50 | 0.00 | 30.00 | 1120.00 | 52.00 | 4.00 | 5.00 | 1.00 | 19.00 |
| Maple Waffle Spicy Chicken Patty Sandwich, MMA, WG - LR100517 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 544.40 | 26.69 | 4.94 | 0.00 | 29.48 | 1051.70 | 53.65 | 3.94 | 4.98 | 0.00 | 19.69 |
| Maple Waffle, Egg, Bacon & Cheese Sandwich, MMA, WG - LR100500 (1 sandwich)Contains Milk, Egg, Wheat, Soy. | 437.86 | 23.36 | 6.71 | 0.00 | 180.00 | 1241.43 | 39.00 | 1.00 | 6.00 | 0.00(M) | 16.07 |

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|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Maple Waffles w/ Sausage, MMA, WG - LR100451 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 260.00 | 9.00 | 2.00 | 0.00 | 30.00 | 260.00 | 37.00 | 3.00 | 13.00 | 12.00(M) | 10.00 |
| Mashed Potatoes w/ Beef Gravy, VS - LR100124 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy. | 65.00 | 2.25 | 0.00 | 0.00 | 0.00 | 530.00 | 11.50 | 0.00 | 0.00 | (M) | 0.70 |
| Max Cheese Sticks w/ Marinara ELEM, MMA, WG, VRO - LR100079 (1 serv.)Contains Milk, Wheat, Soy. | 400.00 | 16.00 | 5.00 | 0.00 | 20.00 | 1080.00 | 46.00 | 6.00 | 10.00 | (M) | 16.00 |
| Max Cheese Sticks w/ Marinara, MS/HS, MMA, WG, VRO - LR100048 (1 serv.)Contains Milk, Wheat, Soy. | 550.00 | 22.50 | 7.50 | 0.00 | 30.00 | 1155.00 | 60.00 | 5.00 | 11.00 | (M) | 23.00 |
| Meatball & Cheese Pasta Bake w/ Garlic Bread Stick, MMA, WG, VRO - LR100511 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 420.64 | 15.16 | 5.40 | 0.00(M) | 41.20 | 1036.67 | 47.83 | 5.05 | 10.00 | (M) | 24.64 |
| Meatball Sub w/ Marinara & Cheese, MMA, WG, VRO - LR100469 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 436.00 | 15.14 | 5.40 | 0.00(M) | 41.20 | 1145.00 | 47.90 | 5.00 | 8.00 | (M) | 26.06 |
| Meatballs & Sauce on Club Roll, MMA, WG, VRO - LR100114 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 376.00 | 11.64 | 3.40 | 0.00(M) | 31.20 | 725.00 | 48.90 | 5.00 | 9.00 | (M) | 19.06 |
| Mega Mini Chicken Nuggets w/ Roll, MMA, WG - LR100509 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 327.14 | 13.86 | 2.14 | 0.00 | 57.14 | 645.71 | 28.29 | 3.43 | 1.00 | 0.00(M) | 25.86 |
| Mexican Tacos , HS, MMA, WG - LR100340 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 672.65 | 38.31 | 17.13 | 0.00 | 76.27 | 651.31 | 49.57 | 6.18 | 3.46 | (M) | 28.83 |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container (8 oz))Contains Milk. | 155.00 | 2.50 | 1.50 | 0.00 | 15.00 | 170.00 | 25.00 | 0.00 | 25.00 | (M) | 8.00 |
| Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container (8 oz))Contains Milk. | 155.00 | 2.50 | 1.50 | 0.00 | 15.00 | 160.00 | 26.00 | 0.00 | 25.00 | (M) | 8.00 |
| Minh Less Sodium Orange Sauce - LR100388 (2 Tbsp.) | 45.00 | 0.00 | 0.00 | 0.00 | 0.00 | 65.00 | 11.00 | 0.00 | 9.00 | (M) | 0.00 |
| Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - LR100099 (1 pkg.)Contains Milk, Wheat. | 240.00 | 8.00 | 2.00 | 0.00 | 0.00 | 300.00 | 40.00 | 2.00 | 15.00 | (M) | 5.00 |
| Morabito 55% Whole Wheat Slider Roll - LR100163 (1 roll.)Contains Milk, Wheat, Soy. | 70.00 | 1.00 | 0.00 | 0.00 | 0.00 | 160.00 | 14.00 | 2.00 | 1.00 | (M) | 3.00 |

Menu Item Nutrient Report

Generated on: 8/25/2020 10:42:04 AM by Sarah Ginn

| Item Name (Serving Size) | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Nachos Grande w/ Salsa, MMA, WG, VRO - LR100441 (1 serv.)Contains Milk, Soy. | 473.37 | 24.55 | 8.37 | 0.00 | 60.00 | 1151.30 | 50.05 | 2.74 | 5.83 | 0.00(M) | 23.32 |
| Ocean Breaded Fish Sticks w/ roll - LR100109 (1 serv.)Contains Milk, Fish, Wheat, Soy, Gluten. | 280.00 | 9.00 | 1.50 | 0.00 | 35.00 | 490.00 | 36.00 | 4.00 | 2.00 | (M) | 15.00 |
| Onion Rings, Grabitizers Breaded, McCain Foods, 96110849, VO - LR100300 (5 pcs.)Contains Milk, Wheat. | 170.00 | 9.00 | 1.50 | 0.00 | 0.00 | 200.00 | 20.00 | 3.00 | 3.00 | (M) | 2.00 |
| Open Face Meatloaf Sandwich, ELEM/MS, MMA, WG - LR100254 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy, Gluten. | 400.00 | 14.75 | 6.00 | 0.50 | 40.00 | 1190.00 | 46.50 | 5.00 | 7.00 | (M) | 19.00 |
| Open Face Meatloaf Sandwich, HS, MMA, WG - LR100368 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy, Gluten. | 590.00 | 26.75 | 12.00 | 1.00 | 80.00 | 1580.00 | 54.50 | 6.00 | 12.00 | (M) | 30.00 |
| Oriental Chicken Salad w/ Romaine, ELEM, MMA, NWG, VDG, VRO, VO - LR100555 (1 salad)Contains Wheat, Soy, Gluten. | 353.20 | 12.26 | 2.55 | 0.00 | 42.00 | 646.46 | 43.41 | 7.70 | 8.78 | (M) | 19.00 |
| Oriental Chicken Salad w/ Romaine, MS/HS, MMA, NWG, VDG, VRO, VO - LR100556 (1 salad)Contains Wheat, Soy, Gluten. | 561.60 | 19.40 | 3.58 | 0.00 | 84.00 | 1003.75 | 64.43 | 12.22 | 15.92 | (M) | 34.56 |
| Oriental Sweet & Sour Chicken over Rice, MMA, WG - LR100121 (1 serv.)Contains Wheat, Soy, Gluten. | 420.91 | 14.93 | 2.73 | 0.00 | 21.82 | 511.82 | 53.77 | 4.27 | 19.09 | 0.00(M) | 17.27 |
| Oven Fried Chicken w/ Dinner Roll, MMA, WG - LR100357 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 240.00 | 8.60 | 2.00 | 0.00 | 36.60 | 520.00 | 28.00 | 4.00 | 2.00 | (M) | 15.30 |
| Oven Ready Breaded Veal Pattie - LR100325 (4 ounces)Contains Milk, Wheat, Soy. | 256.79 | 12.84 | 4.94 | 0.00 | 44.44 | 622.22 | 19.75 | 0.00 | 1.98 | (M) | 15.80 |
| Parmesan Peas, VS - LR100283 (1 serv.) | 11.72 | 0.12 | 0.06 | 0.00 | 0.00 | 14.67 | 1.96 | 0.73 | 0.00(M) | (M) | 0.74 |
| Parmesan Roasted Broccoli, VDG - LR100527 (1 serv.)Contains Milk. | 69.15 | 4.11 | 1.24 | 0.00(M) | 5.00(M) | 101.93 | 6.42 | 2.52(M) | 1.65(M) | (M) | 4.73 |
| Pasta & Meatsauce w/ Breadstick, ELEM/MS, MMA, WG, VRO - LR100174 (1 serv.)Contains Milk, Wheat, Gluten. | 284.64 | 8.53 | 3.00 | 0.00 | 40.00 | 921.67 | 35.93 | 6.05 | 9.00 | (M) | 17.57 |
| Pasta & Meatsauce w/ Breadstick, HS, MMA, WG, VRO - LR100359 (1 serv.)Contains Milk, Wheat, Gluten. | 406.89 | 12.41 | 4.43 | 0.00 | 59.05 | 1296.86 | 50.35 | 8.60 | 12.50 | (M) | 25.39 |

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|---|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Pasta Bar, MMA, WG, VRO - LR100327 (1 serv.)Contains Milk, Wheat, Soy. | 398.50 | 12.59 | 4.29 | 0.00 | 40.02 | 822.16 | 51.92 | 5.65 | 6.50(M) | (M) | 22.93 |
| PB&J Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100397 (1 bag lunch)Contains Milk, Wheat, Peanuts, Soy, Gluten. | 866.32 | 42.27 | 8.44 | 0.09 | 16.34 | 1069.45 | 102.44 | 13.10 | 57.82 | (M) | 26.21 |
| PB&J Bagged Lunch, HS, MMA, WG, VRO, F, M - LR100398 (1 bag lunch)Contains Milk, Wheat, Peanuts, Soy, Gluten. | 941.32 | 42.27 | 8.44 | 0.09 | 16.34 | 1109.45 | 122.44 | 15.10 | 76.82 | (M) | 26.21 |
| PB&J Bagged Lunch, Winter - ELEM/MS, MMA, WG, VRO, F, M - LR100522 (1 bag lunch)Contains Milk, Wheat, Peanuts, Soy, Gluten. | 862.70 | 36.75 | 7.57 | 0.00 | 15.00 | 1757.27 | 114.97 | 14.17 | 57.66(M) | (M) | 27.34 |
| PB&J Bagged Lunch, Winter - HS, MMA, WG, VRO, F, M - LR100523 (1 bag lunch)Contains Milk, Wheat, Peanuts, Soy, Gluten. | 967.70 | 36.75 | 7.57 | 0.00 | 15.00 | 1797.27 | 140.97 | 14.17 | 82.66(M) | (M) | 27.34 |
| Pea & Pepper Salad, VS, VRO - LR100016 (1 serv.)Contains Soy. | 10.27 | 0.33 | 0.04 | 0.00 | 0.00 | 23.11 | 1.50 | 0.50 | 0.38(M) | (M) | 0.41 |
| Peas & Carrots, VS, VRO - LR100023 (1 serv.) | 44.50 | 0.36 | 0.06 | 0.00 | 0.00 | 50.50 | 8.53 | 3.40 | (M) | (M) | 2.27 |
| Pepperoni Pizza Wrap, ELEM, MMA, WG, VRO - LR100575 (1 wrap)Contains Milk. Processed in a facility that also processes Wheat, Soy. | 330.42 | 9.02 | 5.51 | 0.00 | 32.67 | 752.23 | 38.76 | 5.00 | 10.51 | (M) | 22.04 |
| Pepperoni Pizza Wrap, MS/HS, MMA, WG, VRO - LR100576 (1 wrap)Contains Milk. Processed in a facility that also processes Wheat, Soy. | 500.42 | 12.52 | 7.51 | 0.00 | 42.67 | 1032.23 | 61.76 | 8.00 | 10.51 | (M) | 32.04 |
| Pepperoni Pizza, MMA, WG - LR100471 (1 slice)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten. | 332.17 | 15.61 | 10.20 | 0.00 | 50.07 | 514.89 | 28.30 | 3.00 | 3.20 | (M) | 20.22 |
| Philly Cheese Steak on Club Roll, ELEM, MMA, WG - LR100285 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 333.36 | 11.84 | 5.00 | 0.00 | 45.01 | 573.44 | 35.67 | 4.00 | 2.00 | 0.00(M) | 21.34 |
| Philly Cheese Steak on Steak Roll, ELEM, MMA, WG - LR100185 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 353.36 | 12.34 | 5.00 | 0.00 | 45.01 | 633.44 | 40.67 | 5.00 | 2.00 | 0.00(M) | 22.34 |
| Pizza Buns, ELEM, MMA, WG - LR100259 (2 halves)Contains Milk, Wheat, Soy, Gluten. | 300.00 | 7.50 | 4.00 | 0.00 | 20.00 | 990.00 | 36.00 | 6.00 | 9.00 | (M) | 20.00 |

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|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 380.35 | 7.52 | 2.51 | 0.00 | 22.67 | 1001.88 | 58.75 | 6.00 | 19.50 | 0.00(M) | 19.04 |
| Popcorn Chicken Bowl, MMA, WG, VS - LR100155 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 496.91 | 18.23 | 2.81 | 0.00 | 21.82 | 1012.82 | 66.10 | 6.27 | 5.09(M) | 0.00(M) | 22.06 |
| Popcorn Chicken w/ Breadstick, MMA, WG - LR100157 (1 serv.)Contains Wheat, Soy, Gluten. | 364.75 | 15.90 | 2.77 | 0.00 | 22.15 | 537.67 | 37.51 | 4.32 | 4.11 | 0.00(M) | 18.51 |
| Popcorn Chicken w/ Goldfish, MMA, WG - LR100463 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 350.91 | 18.18 | 3.73 | 0.00 | 21.82 | 551.82 | 29.27 | 4.27 | 1.09 | 0.00(M) | 17.27 |
| Popcorn Chicken w/ Orange Sauce & Rice, HS, MMA, WG - LR100435 (1 serv.)Contains Wheat, Soy, Gluten. | 455.91 | 15.68 | 2.73 | 0.00 | 21.82 | 446.82 | 59.27 | 5.27 | 10.09 | 0.00(M) | 19.27 |
| Popcorn Chicken w/ Roll & Dips, MMA, WG - LR100431 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 397.62 | 15.18 | 2.73 | 0.00 | 21.82 | 715.22 | 47.95 | 5.27(M) | 17.43 | 0.00(M) | 18.27 |
| Popcorn Chicken w/ Roll, MMA, WG - LR100508 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 320.91 | 15.18 | 2.73 | 0.00 | 21.82 | 541.82 | 29.27 | 5.27 | 2.09 | 0.00(M) | 18.27 |
| Popcorn Chicken w/ Soft Pretzel, MMA, WG - LR100415 (1 serv.)Contains Wheat, Soy, Gluten. | 390.91 | 14.68 | 2.73 | 0.00 | 21.82 | 531.82 | 45.27 | 6.27 | 2.09 | 0.00(M) | 20.27 |
| Popeye Salad, VDG, VRO - LR100277 (1 salad) | 21.53 | 0.22 | 0.03 | 0.00 | 0.00 | 43.61 | 4.45 | 1.65 | 1.92 | (M) | 1.28 |
| Potato Pearls Extra Rich Mashed, Basic American Foods, 81837, VS - LR100503 (1/4 c.)Contains Milk. | 193.19 | 0.00 | 0.00 | 0.00 | 0.00 | 55.20 | 38.64 | 3.31 | 0.00 | (M) | 3.86 |
| Powdered Sugar Donuts, Bake Crafters, 1931, WG - LR100530 (1 pkg.)Contains Milk, Egg. Processed in a facility that also processes Tree nuts, Wheat, Soy, Gluten. | 310.00 | 11.00 | 5.00 | 0.00 | 20.00 | 250.00 | 52.00 | 2.00 | 29.00 | (M) | 3.00 |
| Protein Rice Bowl, ELEM, MMA, WG, VDG, VRO, VBP - LR100577 (1 serv.)Contains Wheat, Soy, Gluten. | 310.92 | 9.13 | 1.48 | 0.00 | 40.00 | 578.49 | 36.44 | 5.41 | 8.84 | (M) | 22.49 |
| Protein Rice Bowl, MS/HS, MMA, WG, VDG, VRO, VBP - LR100578 (1 serv.)Contains Wheat, Soy, Gluten. | 498.97 | 13.11 | 1.75 | 0.00 | 40.00 | 614.13 | 66.88 | 10.82 | 12.53 | 0.00(M) | 31.98 |

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|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Pumpkin Pie, Chef Pierre - LR100339 (1 slice)Contains Milk, Egg, Wheat. | 300.00 | 11.00 | 5.00 | 0.00 | 45.00 | 370.00 | 47.00 | 1.00 | 20.00 | (M) | 5.00 |
| Quinoa Salad w/ Baby Spinach, MMA, WG, VDG, VRO - LR100583 (2 c.)Contains Egg. | 464.24 | 19.11 | 7.30 | 0.00(M) | 365.23 | 1102.77 | 46.69 | 5.98 | 5.23(M) | (M) | 24.88 |
| Red & Yellow Pepper Dippers, VO - LR100287 (1 serv.)Contains Milk. | 50.58 | 0.11 | 0.03 | 0.00 | 0.00 | 521.61 | 12.45 | 1.87 | 5.52 | (M) | 0.43 |
| Red Pepper Strips w/ Dip, VRO - LR100299 (1 serv.)Contains Milk. | 45.24 | 3.02 | 0.50 | 0.04 | 0.67 | 146.78 | 4.52 | 1.02 | 2.36 | (M) | 0.56 |
| Roast Beef on Club Roll, MS, MMA, WG - LR100343 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 407.52 | 10.53 | 2.50 | 0.00 | 87.50 | 1666.80 | 36.53 | 3.22 | 4.86 | (M) | 38.66 |
| Roast Beef on Kaiser Roll, MMA, WG - LR100309 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 370.00 | 6.50 | 0.00 | 0.00 | 75.00 | 1590.00 | 40.00 | 4.00 | 4.00 | (M) | 37.00 |
| Roast Beef Wrap, MMA, WG - LR100312 (1 sandwich)Processed in a facility that also processes Wheat. Contains Soy. | 330.00 | 8.00 | 0.50 | 0.00 | 75.00 | 1460.00 | 30.00 | 5.00 | 3.00 | (M) | 35.00 |
| Roast Beef Wrap, MS, MMA, WG - LR100344 (1 sandwich)Contains Milk. Processed in a facility that also processes Wheat, Soy. | 387.52 | 12.53 | 3.00 | 0.00 | 87.50 | 1596.80 | 31.54 | 5.22 | 3.85 | (M) | 37.66 |
| Roast Turkey BLT Club, MS/HS, MMA WG, VRO, VO - LR100558 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 464.01 | 14.89 | 2.09 | 0.00 | 68.75 | 1380.94 | 50.09 | 6.70 | 6.41 | (M) | 31.87 |
| Roast Turkey BLT, ELEM, MMA, WG, VRO, VO - LR100557 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 322.58 | 9.46 | 1.73 | 0.00 | 57.50 | 975.23 | 32.09 | 4.70 | 3.41 | (M) | 27.09 |
| Roasted Fall Vegetable Flatbread Pizza, MMA, WG - LR100484 (1 serv.)Contains Milk, Wheat. May contain Soy, Gluten. | 412.34 | 17.40 | 5.87 | 0.00(M) | 20.00 | 1615.92 | 44.18 | 6.56 | 6.29(M) | (M) | 21.58 |
| Roasted Fall Vegetables, VRO, VO - LR100483 (1 serv.) | 127.73 | 6.83 | 0.95 | 0.00(M) | 0.00 | 974.13 | 16.57 | 3.81 | 4.46(M) | (M) | 2.09 |
| Roasted Onions & Peppers, VO - LR100464 (1 serv.) | 54.28 | 1.70 | 0.24 | 0.00(M) | 0.00 | 971.98 | 9.10 | 1.56 | 4.46(M) | (M) | 1.52 |
| Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.) | 153.59 | 5.22 | 0.47 | 0.00(M) | 0.00 | 230.55 | 20.14 | 3.69 | 3.69 | 0.00(M) | 4.62 |
| Roasted Vegetables, VDG, VO - LR100475 (1 serv.) | 57.25 | 3.46 | 0.49 | 0.00(M) | 0.00 | 253.55 | 6.06 | 1.37 | 2.62(M) | (M) | 1.40 |

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|---|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Roasted Veggie Pizza, MMA, WG, VDG, VO - LR100476 (1 slice)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten. | 327.16 | 15.43 | 10.06 | 0.00(M) | 45.00 | 481.69 | 28.76 | 3.17 | 3.33(M) | (M) | 19.18 |
| Rotini Pasta with Parmesan & Green Peas - LR100592 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 535.29 | 31.42 | 9.54 | 0.00(M) | 38.35 | 730.34 | 44.08 | 7.22 | 5.02 | 0.00(M) | 28.60 |
| Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad)Contains Milk, Wheat, Soy, Gluten. | 376.25 | 11.34 | 3.87 | 0.00(M) | 196.50 | 668.57 | 50.16 | 12.64 | 12.35 | (M) | 25.04 |
| Salad, Tortellini w/ Roasted Veggies & Diced Turkey Ham (Tasty Brands) - LR100540 (1 1/2 c.)Contains Milk, Egg, Wheat, Soy, Gluten. | 400.47 | 16.17 | 4.71 | 0.00(M) | 54.88 | 1024.05 | 40.62 | 5.07 | 6.30(M) | (M) | 27.22 |
| Salisbury Steak w/ Buttered Noodles, MMA, WG - LR100366 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy, Gluten. | 272.58 | 11.47 | 3.33 | 0.83 | 35.00 | 778.15 | 27.35 | 2.10 | 0.00 | (M) | 16.15 |
| Sausage, Egg & Cheese Croissant, MMA, WG - LR100212 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 393.87 | 23.45 | 9.98 | 0.00 | 187.47 | 758.64 | 28.85 | 1.99 | 4.98 | 1.99(M) | 18.47 |
| Sausage, Egg & Cheese on English Muffin, MMA, WG - LR100046 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 305.00 | 14.00 | 5.25 | 0.00 | 202.50 | 785.00 | 24.00 | 1.00 | 2.00 | 0.00(M) | 20.50 |
| Savory Hot Dog Roll, WG - LR100547 (1 roll.)Contains Milk, Wheat, Soy, Gluten. | 110.00 | 0.50 | 0.00 | 0.00 | 0.00 | 230.00 | 22.00 | 2.00 | 1.00 | (M) | 4.00 |
| Savory Steak Roll, WG - LR100548 (1 roll.)Contains Milk, Wheat, Soy, Gluten. | 190.00 | 2.00 | 0.00 | 0.00 | 0.00 | 420.00 | 37.00 | 4.00 | 1.00 | (M) | 7.00 |
| Savory Yogurt Dippers, ELEM, MMA, WG, VRO, VO - LR100571 (1 serv.)Contains Milk, Wheat. | 337.07 | 8.84 | 2.52 | 0.00 | 2.50 | 487.90 | 56.00 | 4.81(M) | 19.68 | (M) | 7.85 |
| Savory Yogurt Dippers, MS/HS, MMA, WG, VRO, VO - LR100572 (1 serv.)Contains Milk, Wheat, Gluten. | 387.07 | 4.09 | 2.02 | 0.00 | 5.00 | 250.40 | 76.50 | 4.81(M) | 36.68 | (M) | 12.35 |
| Smucker's PBJ w/ Cheese Stick & soft pretzel, ELEM - LR100158 (1 serv.)Contains Milk, Wheat, Peanuts, Gluten. | 430.00 | 20.50 | 5.00 | 0.00 | 10.00 | 580.00 | 47.00 | 5.00 | 15.00 | 0.00(M) | 18.00 |
| Snowy Waffle Sticks, WG - LR100495 (1 serv.)Contains Milk, Egg, Fish, Crustacean Shellfish, Tree nuts, Wheat, Peanuts, Soy, Gluten. | 210.00 | 5.00 | 1.00 | 0.00(M) | 15.00 | 290.05 | 36.50 | 3.00 | 12.42 | (M) | 4.00 |

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|---|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Soba Noodle Bowl w/Chicken & Vegetables, MMA, WG, VO - LR100521 (1 serv.)Contains Egg, Wheat, Soy, Gluten. | 366.95 | 4.98 | 0.00 | 0.00(M) | 42.00 | 1152.17 | 54.22 | 7.00(M) | 2.40(M) | (M) | 24.17 |
| Soft Shell Beef Taco, ELEM, MMA, WG - LR100062 (1 serv.)Contains Wheat, Soy, Gluten. | 361.03 | 13.05 | 4.01 | 0.00(M) | 25.02(M) | 525.64 | 42.17 | 5.12(M) | 3.00(M) | (M) | 19.05 |
| Soft Shell Beef Taco, MS/HS, MMA, WG, VRO - LR100063 (1 serv.)Contains Wheat, Soy, Gluten. | 553.55 | 17.08 | 4.51 | 0.00(M) | 25.02(M) | 687.44 | 74.70 | 9.33(M) | 3.35(M) | (M) | 24.21 |
| Southwest Bacon BBQ Burger on WG Roll, MS/HS, MMA, WG - LR100477 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 497.33 | 22.32 | 8.21 | 0.00 | 84.85(M) | 1156.19 | 43.00 | 4.00(M) | 5.50(M) | (M) | 30.03 |
| Southwest Chicken Wrap w/ Salsa, MS/HS, MMA, WG, VRO - LR100326 (1 sandwich)Processed in a facility that also processes Wheat, Soy. | 367.20 | 9.31 | 3.40 | 0.00 | 107.48 | 1310.17 | 41.91 | 5.00 | 6.91 | (M) | 35.14 |
| Spaghetti w/ Meatballs, MMA, WG - LR100436 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 386.00 | 11.64 | 3.40 | 0.00(M) | 31.20 | 365.00 | 55.90 | 9.00 | 9.00 | (M) | 21.06 |
| Spanish Rice, WG - LR100180 (1 serv.) | 201.85 | 1.01 | 0.20 | 0.00 | 0.50 | 75.00 | 45.15 | 1.30 | 2.18 | (M) | 6.05 |
| Spiced Chick Peas, VBP - LR100582 (1/2 c.) | 237.73 | 7.16 | 1.41 | 0.00(M) | 0.00(M) | 680.46 | 34.02 | 15.12 | 5.67(M) | (M) | 11.34 |
| Spicy Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100111 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 374.40 | 15.19 | 2.94 | 0.00 | 24.48 | 621.70 | 38.65 | 4.94 | 1.98 | 0.00(M) | 18.69 |
| Spicy Chicken Tenders w/ Roll, MMA, WG - LR100505 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 305.00 | 10.00 | 2.10 | 0.00 | 44.00 | 510.00 | 32.00 | 2.00 | 1.00 | (M) | 23.00 |
| Spicy Chicken Wings w/ Dinner Roll, MMA, WG - LR100514 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 355.00 | 14.50 | 2.25 | 0.00 | 52.50 | 535.00 | 35.00 | 3.50 | 4.00 | 3.00(M) | 25.50 |
| Steak Sandwich on Club Roll w/ Peppers & Onions, ELEM, MMA, WG, VO - LR100438 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 352.68 | 11.84 | 5.00 | 0.00 | 45.01 | 579.38 | 40.13 | 4.74 | 4.23 | 0.00(M) | 22.08 |
| Steak Sandwich w/ Sauce, MS/HS, MMA, WG, VRO - LR100167 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 362.53 | 12.42 | 4.67 | 0.00 | 45.03 | 868.16 | 41.07 | 6.08 | 5.49 | (M) | 21.43 |

Menu Item Nutrient Report

Generated on: 8/25/2020 10:42:04 AM by Sarah Ginn

| Item Name (Serving Size) | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Strawberry Pop Tart w/ String Cheese, MMA, WG - LR100090 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 237.08 | 5.60 | 3.04 | 0.00 | 10.00 | 387.50 | 38.50 | 3.13 | 15.58 | 14.58 | 9.08 |
| String Cheese & Cracker Bagged Lunch, ELEM, MMA, WG, VRO, F, M - LR100395 (1 bag lunch)Contains Milk, Wheat, Soy, Gluten. | 569.35 | 23.63 | 11.34 | 0.09 | 60.83 | 1114.51 | 68.39 | 9.07 | 43.80 | 0.00(M) | 22.07 |
| String Cheese & Cracker Bagged Lunch, MS/HS, MMA, WG, VRO, F, M - LR100396 (1 bag lunch)Contains Milk, Wheat, Soy, Gluten. | 699.35 | 27.13 | 12.34 | 0.09 | 65.82 | 1264.51 | 90.39 | 12.07 | 49.80 | 0.00(M) | 24.07 |
| Stromboli w/ Marinara Sauce, MMA, WG, VRO - LR100355 (1 serv.)Contains Milk, Egg, Wheat, Soy. | 390.00 | 13.50 | 4.00 | 0.00 | 40.00 | 1040.00 | 39.00 | 5.00 | 11.00 | (M) | 21.00 |
| Stuffed Shells w/ Garlic Bread, MMA, WG - LR100479 (1 serv.)Contains Milk, Egg, Wheat, Soy. | 390.00 | 10.50 | 4.00 | 0.00 | 20.00 | 640.00 | 55.00 | 5.00 | 24.00 | 0.00(M) | 20.00 |
| Sweet Yogurt Dippers, ELEM, MMA, WG, VDG, VRO, F - LR100559 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 398.47 | 4.55 | 1.55 | 0.00 | 2.50 | 244.51 | 84.92 | 7.48(M) | 43.77(M) | 8.00(M) | 7.29 |
| Sweet Yogurt Dippers, MS/HS, MMA, WG, VDG, VRO, F - LR100560 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 558.47 | 6.30 | 2.55 | 0.00 | 5.00 | 342.01 | 115.42 | 7.48(M) | 58.77(M) | 6.00(M) | 11.79 |
| Taco Bar, MMA, WG - LR100330 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 700.09 | 31.00 | 15.00 | 0.00 | 75.02 | 575.17 | 71.50 | 6.50 | 2.50 | (M) | 27.01 |
| Tex Mex Bento Box, ELEM, MMA, WG, VBP - LR100579 (1 serv.)Contains Milk. | 399.06 | 14.21 | 5.18 | 0.00 | 57.99 | 682.95 | 44.49 | 6.97 | 3.56 | (M) | 20.68 |
| Tex Mex Bento Box, MS/HS, MMA, WG, VBP - LR100580 (1 serv.)Contains Milk. | 514.05 | 18.96 | 8.18 | 0.00 | 72.99 | 847.95 | 55.99 | 9.97 | 4.05 | (M) | 27.18 |
| Thai Style Noodle Salad with Chicken - 9-12, 2mma, 2g - LR100585 (2 c.)May contain Egg. Contains Wheat, Soy, Gluten. | 793.86 | 43.41 | 5.95 | 0.00(M) | 80.16(M) | 2085.62 | 73.16 | 11.92(M) | 21.12(M) | 0.00(M) | 35.93 |
| Thai Turkey Wrap, ELEM, MMA, WG, VO - LR100545 (1 wrap)Contains Wheat. Processed in a facility that also processes Soy, Gluten. | 273.35 | 6.24 | 1.37 | 0.00 | 45.00 | 706.73 | 31.94 | 3.99 | 4.75 | (M) | 20.99 |

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|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Thai Turkey Wrap, MS/HS, MMA, WG, VO - LR100546 (1 wrap)Contains Wheat. Processed in a facility that also processes Soy, Gluten. | 510.03 | 10.97 | 2.41 | 0.00 | 75.00 | 1290.12 | 63.88 | 7.99 | 9.50 | (M) | 36.31 |
| Top Your Own Mashed Potato Bar, MMA, WG VS - LR100324 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy, Gluten. | 683.77 | 25.67 | 8.22 | 0.00 | 56.16 | 1793.21 | 81.63 | 5.64 | 8.54(M) | 0.00(M) | 33.59 |
| Tossed Salad w/ Dressing, VDG, VRO - LR100542 (1 salad)Contains Milk, Egg, Soy. | 134.12 | 7.83 | 1.06 | 0.00(M) | 6.59 | 307.57 | 15.36 | 4.92 | 5.83 | (M) | 3.27 |
| Tostito Taco Tuesday, ELEM, MMA, WG - LR100178 (1 serv.)Contains Milk, Soy. | 341.91 | 19.57 | 9.01 | 0.00 | 50.00 | 527.55 | 21.12 | 3.49 | 1.30 | (M) | 18.36 |
| Tostito Taco Tuesday, MS/HS, MMA, WG - LR100365 (1 serv.)Contains Milk, Soy. | 641.95 | 39.07 | 20.76 | 0.00 | 110.00 | 835.08 | 33.63 | 4.99 | 2.30 | (M) | 31.36 |
| Trio Veggie Dipper, VDG, VRO, VO - LR100220 (1 serv.)Contains Milk. | 54.20 | 2.98 | 0.50 | 0.04 | 0.67 | 173.53 | 6.36 | 1.46 | 2.94 | (M) | 0.81 |
| Tuna Salad on Kaiser Roll, MS/HS, MMA, WG - LR100306 (1 sandwich)Contains Milk, Egg, Fish, Wheat, Soy, Gluten. | 366.00 | 12.04 | 2.02 | 0.00 | 40.00 | 951.60 | 44.74 | 4.68 | 4.68 | (M) | 19.44 |
| Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich)Contains Milk, Egg, Fish, Wheat, Soy, Gluten. | 338.52 | 12.06 | 2.02 | 0.00 | 40.00 | 913.40 | 38.27 | 4.90 | 6.03 | (M) | 18.60 |
| Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)Contains Egg, Fish. Processed in a facility that also processes Wheat, Soy. | 328.52 | 13.56 | 2.52 | 0.00 | 40.00 | 823.40 | 35.27 | 5.90 | 4.03 | (M) | 17.60 |
| Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)Contains Milk, Wheat, Gluten. | 338.16 | 7.39 | 2.72 | 0.04 | 30.67 | 769.72 | 47.22 | 6.05 | 12.41 | 0.00(M) | 20.11 |
| Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 305.00 | 7.50 | 3.00 | 0.00 | 52.50 | 1095.00 | 34.00 | 4.00 | 2.50 | (M) | 26.50 |
| Turkey & Cheese on Club Roll, MS, MMA, WG - LR100346 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 315.00 | 7.00 | 3.00 | 0.00 | 52.50 | 1075.00 | 36.00 | 3.00 | 1.50 | (M) | 26.50 |
| Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 335.00 | 7.50 | 3.00 | 0.00 | 52.50 | 1135.00 | 41.00 | 4.00 | 1.50 | (M) | 27.50 |

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|---|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Turkey & Cheese Sandwich Bagged Lunch, Winter - ELEM/MS, MMA, WG, VRO, F, M - LR100524 (1 bag lunch)Contains Milk, Wheat, Soy, Gluten. | 612.70 | 10.25 | 4.57 | 0.00 | 67.50 | 2352.27 | 96.97 | 11.17 | 44.16(M) | (M) | 35.84 |
| Turkey & Cheese Sandwich Bagged Lunch, Winter - HS, MMA, WG, VRO, F, M - LR100525 (1 bag lunch)Contains Milk, Wheat, Soy, Gluten. | 672.70 | 10.25 | 4.57 | 0.00 | 67.50 | 2352.27 | 110.97 | 11.17 | 56.16(M) | (M) | 35.84 |
| Turkey & Cheese Wrap, MMA, WG - LR100345 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 337.52 | 7.53 | 3.00 | 0.00 | 52.50 | 1136.80 | 41.53 | 4.22 | 1.85 | (M) | 27.66 |
| Turkey & Gravy over Eggo Waffles, M/MA, WG - LR100243 (1 serv.)Contains Soy. | 256.64 | 7.28 | 2.01 | 0.07 | 43.48 | 893.72 | 29.23 | 2.80 | 0.00(M) | (M) | 21.94 |
| Turkey & Gravy w/ Bread Stuffing, MMA, WG - LR100338 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 356.68 | 7.04 | 1.81 | 0.00 | 54.35 | 1010.77 | 46.79 | 4.03 | 5.05 | (M) | 28.79 |
| Turkey and Pierogy Dumplings w/ Breadstick - LR100154 (1 serv.)Contains Milk, Egg, Wheat, Soy. | 598.50 | 9.69 | 3.51 | 0.00 | 90.82 | 2399.15 | 90.39 | 6.04 | 2.00(M) | (M) | 32.35 |
| Turkey, Mozzarella, Tomato, & Basil on Croissant, ELEM, MMA, WG - LR100570 (1 sandwich)Contains Milk, Egg, Tree nuts, Wheat, Soy, Gluten. | 386.88 | 20.52 | 7.08 | 0.00(M) | 62.15 | 1100.54 | 29.64 | 2.85 | 4.89(M) | 2.00(M) | 22.92 |
| Turkey, Mozzarella, Tomato, & Basil on Croissant, MS/HS, MMA, WG - LR100541 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. | 349.38 | 15.27 | 6.77 | 0.00(M) | 65.28 | 1114.29 | 29.39 | 2.48 | 4.89(M) | 2.00(M) | 24.92 |
| Two Cheese Grilled Cheese Sandwich, MMA, WG - LR100493 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 330.00 | 14.00 | 8.00 | 0.00 | 40.00 | 740.00 | 31.00 | 4.00 | 2.00 | (M) | 19.00 |
| Ultra Banana Bread Slice, Super Bakery, 6071, WGR - LR100350 (3 1/2 ounces)Contains Milk, Egg, Wheat, Soy, Gluten. | 280.00 | 10.00 | 2.00 | 0.00 | 0.00 | 220.00 | 44.00 | 2.00 | 25.00 | (M) | 5.00 |
| Unicorn Parfait w/ Fruit, Lucky Charms & Muffin Loaf, MMA, WG, F - LR100433 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 549.82 | 7.50 | 1.50 | 0.00 | 25.00 | 380.91 | 108.97 | 5.00(M) | 67.97 | 13.00(M) | 11.99 |
| Veal Parm on Roll, MMA, WG - LR100144 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. | 651.13 | 30.57 | 10.54 | 0.00 | 45.19 | 1197.25 | 68.01 | 7.00 | 12.01 | 0.00(M) | 27.09 |
| Vegetable Chili Boat, VBP - LR100487 (3/4 c.) | 169.42 | 4.92 | 1.45 | 0.01(M) | 6.21 | 331.79 | 23.58 | 5.37 | 2.00(M) | (M) | 8.14 |

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|---|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| Veggie Burger on Kaiser Roll, MMA, WG - LR100156 (1 sandwich)Contains Milk, Egg. Processed in a facility that also processes Fish, Wheat, Soy, Gluten. | 330.00 | 6.50 | 0.49 | 0.00 | 0.00 | 840.00 | 46.00 | 7.00 | 4.00 | (M) | 23.00 |
| Waffle Sticks, J&J Snack Foods, 4522, WGR - LR100494 (10 sticks)Contains Milk, Egg, Fish, Crustacean Shellfish, Tree nuts, Wheat, Peanuts, Soy, Gluten. | 200.00 | 5.00 | 1.00 | 0.00 | 15.00 | 290.00 | 34.00 | 3.00 | 10.00 | (M) | 4.00 |
| Waffle, Eggo Mini Cinnamon Flavor Bites w/ Syrup, WG - LR100206 (1 pouch)Contains Milk, Egg, Wheat, Soy. | 350.00 | 5.00 | 1.50 | 0.00 | 0.00 | 315.00 | 75.00 | 4.00 | 37.00 | (M) | 4.00 |
| Waffle, Eggo Mini Maple Flavor Bites, WG - LR100197 (1 pouch)Contains Milk, Egg, Wheat, Soy. | 200.00 | 5.00 | 1.50 | 0.00 | 10.00 | 220.00 | 35.00 | 4.00 | 10.00 | (M) | 4.00 |
| Walking Beefy Taco w/ Fixings, ELEM, MMA, WG, VRO, VO - LR100127 (1 serv.)Contains Milk, Soy. | 414.85 | 22.52 | 6.89 | 0.00 | 35.00 | 560.48 | 38.54 | 4.71 | 3.72 | 0.00(M) | 17.38 |
| Walking Beefy Taco w/ Fixings, MS/HS, MMA, WG, VRO, VO - LR100181 (1 serv.)Contains Milk, Soy. | 497.08 | 26.48 | 7.35 | 0.00 | 35.00 | 685.35 | 50.12 | 5.63 | 4.33 | 0.00(M) | 18.59 |
| Wilson Loaded Cheesy Tater Tots, MMA, WG, VS - LR100354 (1 serv.)Contains Milk, Wheat, Soy, Gluten. | 468.07 | 22.02 | 8.75 | 0.00 | 52.54 | 1030.34 | 45.64 | 6.00 | 3.42 | (M) | 23.51 |
| Wilson Power English Muffin, MMA, WG - LR100448 (1 sandwich)Contains Egg, Wheat, Soy, Gluten. | 265.71 | 10.71 | 2.93 | 0.00 | 200.00 | 847.86 | 22.00 | 1.00 | 1.00 | 0.00(M) | 18.14 |
| Wrap, Breaded Chicken & Cheese, HS - LR100595 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten. | 751.02 | 30.87 | 7.91 | 0.00 | 55.00 | 1400.76 | 85.92 | 11.14 | 7.21 | 2.64(M) | 28.89 |
| Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)Contains Milk, Peanuts, Soy. | 472.96 | 11.91 | 4.00 | 0.00 | 4.16 | 233.16 | 82.08 | 5.45(M) | 47.78(M) | (M) | 13.03 |
| Yogurt w/ Mini Breakfast Loaf, MMA, WG - LR100093 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten. | 305.57 | 7.77 | 1.50 | 0.00 | 5.00 | 217.95 | 52.59 | 1.50(M) | 30.55 | (M) | 7.51 |
| Yoplait Yogurt Parfait w/ Cinnamon Roll, MMA, WG - LR100445 (1 serv.)Contains Milk. | 552.57 | 12.75 | 5.38 | 0.00 | 23.75 | 421.04 | 80.27 | 5.00 | 43.51 | 12.76(M) | 9.75 |

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|---|--------------------|------------------|----------------|------------------|--------------|----------------|-------------|-----------------------|------------------------|------------------------|----------------|
| Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)Contains Milk, Tree nuts, Wheat, Soy, Gluten. | 481.98 | 4.44 | 1.47 | 0.00 | 5.00 | 327.36 | 101.47 | 5.90(M) | 55.08 | 7.63(M) | 11.06 |
| Zesty Fiesta Beans, VBP, VRO - LR100331 (1 serv.) | 130.00 | 0.50 | 0.00 | 0.00 | 0.00 | 175.00 | 26.00 | 6.00 | 2.00 | (M) | 8.00 |
| Zucchini, includes skin, raw - LR100543 (1 cup, chopped) | 21.08 | 0.40 | 0.10 | 0.00 | 0.00 | 9.92 | 3.86 | 1.24 | 3.10 | (M) | 1.50 |

Legend

(M) Indicates missing nutrient values.

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014+

Serving Group: K-5

Data Source: Local