

Menu Item Nutrient Report

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Na (mg)	Carb (g)	Pro (g)	Ca (mg)
Apple, Raw Gala - LR-1183 (1 ea.)	94.64	0.31	1.82	25.13	0.47	10.92
Apples Bananas & Oranges Fresh - LR100097	70.44	0.26	5.96	17.44	0.87	19.10
Apples, Gala, fresh - LR100218 (1 ea.)	77.48	0.25	1.49	20.58	0.39	8.94
Applesauce, unsweet, - LR100217 (1/2 c.)	42.78	0.00	0.00	11.00	0.00	0.00
Asian Brd Orange Chicken w/ Brwn Rice Elem, Interm - LR100181 (1 ea.)Contains Fda	345.84(M)	5.44(M)	389.28(M)	56.60(M)	18.57(M)	0.00(M)
Baked Sweet Potatoes & Apples - LR-1116	70.34	0.87	35.73	15.15	0.72	15.25
Bananas - LR-1146 (1 medium (7" to 7-7/8"	105.02	0.39	1.18	26.95	1.29	5.90
BBQ Pork on Bun - LR100196 (1 ea.)Contains	368.19	14.55	643.58	36.04	23.30	99.14
BBQ Sandwich - LR-1070 (1 ea.)Contains	367.00	11.50	1000.00	47.90	20.50	116.00
Bean Cheese Burrito - LR100138 (1	291.00	8.29	478.94	40.95	15.60	171.00
Bear Jack w/Ham - LR-1126 (1	254.77	7.49	570.44	31.00	15.49	201.03
Bear Jack w/sausage - LR100000 (1	434.88	24.50	850.61	32.00	21.49	218.04
Beef Meatballs w/Marinara - LR-1004 (1	201.62	9.29	893.51	17.56	13.66	91.24
Beef Soft Taco with Cheese - LR100021 (2	386.68	16.81	1187.26	32.20	22.70	193.50
Biscuit with Turkey Sausage - LR-1051 (1	270.00	12.00	590.00	31.00	11.00	150.00
Black Bean & Corn Salad - LR-1117 (1/2 c.)	65.14	1.30	354.38	11.53	2.66	14.50
Black Beans - LR100046 (1/2 c.)	83.96	0.00	458.01	15.26	5.34	33.58
Blackeye Peas - LR100056 (1/2 c.)	79.99	0.00	390.00	15.00	4.99	34.00
Brd Chicken Chef Salad - LR-1102 (1	314.04	14.74	964.67	24.31	23.91	268.80
Bread. Chicken on Biscuit - LR-1140 (1	346.00	15.00	560.00	39.60	13.60	150.00
Breaded Chicken Sandwich - LR-1067 (1	360.00	12.50	730.00	41.00	23.00	80.00
Breaded Orange Chicken - LR-1094 (4	187.33	3.94	374.67	24.65	13.80	0.00
Breaded Spicy Chicken Wrap - LR-1073 (1	383.25	9.50	1222.00	49.82	23.00	118.25
Breakfast Burrito (Sausage & Gravy) -	170.00	6.00	240.00	22.00	10.00	80.00
Breakfast Pizza w/sausage and gravy -	210.00	8.00	430.00	25.00	10.00	150.00
Broccoli - LR-1061 (1/2 c.)	11.02	0.12	10.69	2.15	0.91	15.23
Broccoli w/cheese sauce - LR100193 (1/2	43.02	2.41	266.76	4.89	0.91	24.37
Build Your Own Salad, Popcorn Chicken - LR-	556.65	18.76	969.45	73.66	24.64	188.24
Burrito Xtreme Bean Cheese - LR100140 (1	291.00	8.29	478.00	40.95	15.60	171.00
Buttered Toast (1) - LR100086 (1	153.64	9.10	221.00	15.00	3.00	40.00
Buttered Toast (2) - LR-1001 (2	307.27	18.20	442.00	30.00	6.00	80.00
Carrots, baby, raw - LR-1147 (1/2 c.)	158.76	0.59	353.81	37.38	2.90	145.15
Carrots, Shredded, fresh - LR100007 (1/4 cup	13.12	0.08	22.08	3.07	0.30	10.56
Celery - LR100024 (1/4 cup chopped)	16.16	0.17	80.80	3.00	0.70	40.40
Celery w/ Peanut Butter - LR100109 (1	364.80	30.05	304.00	16.89	14.21	12.00
Cereal Variety w/Buttered Toast - LR100080	264.89	10.79	382.25	38.00	4.63	145.00
Cereal, Apple Cinn Cheerios - LR100120 (1	110.00	1.50	110.00	23.00	2.00	100.00
Cereal, Cinnamon Toast Crunch - LR-1151 (1	110.00	3.00	160.00	22.00	1.00	200.00
Cereal, Coco Puffs - LR100118 (1 pkq.)	110.00	1.50	160.00	25.00	2.00	100.00
Cereal, Golden Grahams - LR100121 (1 bowl)	110.00	1.00	220.00	24.00	1.00	80.00
Cereal, Lucky Charms - LR-1154 (1 pkq.)	110.00	1.00	180.00	23.00	2.00	100.00
Cereal, Raisin Bran - LR-1156 (1 pkq.)	110.00	0.50	110.00	25.00	2.00	600.00
Cereal, Reeses Puffs - LR-1152 (1 pkq.)	120.00	3.00	160.00	21.00	2.00	80.00
Cereal, Trix - LR100119 (1 pkq.)	110.00	1.00	140.00	24.00	1.00	80.00
Cheese Enchilada - LR-1112 (2	311.02	15.51	413.87	28.65	14.88	424.01
Cheese Pizza wedge - LR100105 (1	260.00	7.00	750.00	32.00	18.00	300.00
Cheese Sauce for Broccoli - LR100183 (1	35.34	2.52	282.73	3.03	0.00	10.10
Cheese, cheddar, white, shredded [100002] -	58.22	4.81	93.66	0.51	3.54	103.28
Cheesy Breadsticks w/marinara sauce -	322.50	12.45	796.00	40.50	16.45	48.00
Chef Salad (Turkey Ham) - LR-1042 (1	178.05	7.66	863.73	12.65	17.65	269.30
Chef Salad (Turkey Ham) w/egg - LR100145	213.80	10.04	899.23	12.83	20.79	283.30
Chef Salad (Turkey Ham) w/egg and Roll -	386.47	14.41	1194.55	42.03	25.57	315.90
Chef Salad (Turkey Ham) w/Roll - LR100192	178.05	7.66	863.73	12.65	17.65	269.30
Chef Salad (Turkey) - LR-1047 (1	185.39	7.38	747.46	12.55	18.48	267.70
Chef Salad (Turkey) w/Roll - LR100201 (1	358.06	11.76	1042.78	41.75	23.26	300.30
Chicken Alfredo w/ Penne Pasta HS MS -	387.56	13.40	706.44	33.89	29.40	244.45

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Chicken Alfredo with Penne Pasta - LR-1068	345.48	13.40	701.43	26.27	27.39	240.44
Chicken Corn Dog - LR100139 (1	240.00	8.00	390.00	30.00	9.00	80.00
Chicken Fajita Salad - LR-1049 (1	206.72	9.38	1014.13	15.21	18.48	267.70
Chicken Fajitas - LR-1057 (1 ea.)Contains	414.44	19.62	1297.31	31.01	27.09	286.55
Chicken Nuggets w/Roll - LR100130 (1	432.67	19.38	695.32	45.20	20.78	32.60
Chicken Salad Sandwich - LR-1131 (1	374.12	13.43	929.49	39.43	25.13	87.44(M)
ea.)Contains Wheat						
Chicken Salad Sub Sandwich - LR-1135 (1	384.12	14.93	909.49	42.43	23.13	47.44(M)
ea.)Contains Wheat, Sov.						
Chicken Salad w/roll - LR100144 (1 ea.)	214.12	11.43	649.49	9.43	19.13	7.44(M)
Chicken Tenders - LR100143 (3 ea.)Contains	260.00	15.00	390.00	16.00	15.00	40.00
Chicken Tenders w/ Roll - LR100204 (3	432.67	19.38	685.32	45.20	19.78	72.60
Cinnamon Apples - LR-1064 (1/2 c.)	105.99	0.33	18.95	25.42	0.55	17.50
Cinnamon Roll Whole Grain - LR100169 (1	260.00	10.00	270.00	37.00	7.00	40.00
Cinnamon Sugar Waffle Sticks - LR100014 (2	226.85	9.43	324.30	32.00	4.00	20.05
Cinnamon Toast (1 slice) - LR-1011 (1	162.01	8.43	214.29	18.75	3.00	40.04
Cinnamon Toast (2 slices) - LR100070 (2	338.94	18.20	442.08	38.18	6.00	80.08
Cookie Brownie large - LR100162 (1 ea.)	150.00	4.50	115.00	26.00	2.00	20.00
Cookie Carnival small - LR100161 (1	100.00	3.00	80.00	17.00	1.00	0.00
Cookie Chocolate Chip large - LR100158 (1	160.00	5.00	100.00	26.00	2.00	0.00
Cookie Chocolate Chip small - LR100159 (1	100.00	3.50	80.00	17.00	1.00	0.00
Cookie Oatmeal Raisin small - LR100160 (1	110.00	3.50	80.00	18.00	2.00	0.00
Cookie, Pumpkin Spice - LR100044 (1 ea.)	82.78	2.38	135.81	14.76	1.44	2.79
Cookie, Sugar - LR-1036 (1 ea.)	118.46	7.06	67.05	12.41	1.07	18.65
Corn - LR100108 (1/2 c.)	74.66	0.93	9.33	17.73	2.80	0.00
Corn Buttered - LR-1084 (1/2 c.)	89.66	2.58	25.83	17.73	2.80	0.00
Cornbread - LR-1113 (1 ea.)	222.21	6.02	338.68	38.09	6.17	135.30
Cornbread Dressing - LR100163 (1/2	128.92	7.52	461.96	15.04	3.22	21.49
Crispitos Chicken & Cheese w/ cheese stick -	460.00	22.50	950.00	41.00	24.00	320.00
Crispitos Chili Chicken - LR100129 (1	600.00	30.50	284.00	47.00	32.00	280.00
Crispy Fish Sticks - LR100133 (3	260.00	11.00	330.00	26.00	14.00	20.00
Diced Tomatoes - LR100187 (1/4 c.)	(M)	(M)	(M)	(M)	(M)	(M)
Egg & Cheese on WG Bun - LR100167 (1	160.00	7.00	360.00	20.00	6.00	80.00
Egg & Cheese Sandwich - LR-1010 (1	387.11	17.67	530.49	30.51	24.02	231.53
Egg Cheese Ham Croissant extra cheese - LR-	359.19	17.53	851.99	32.52	21.48	281.85
Egg Cheese Omelete Sandwich - LR-1009	270.00	10.00	490.00	31.00	14.00	160.00
Egg Cheese Turkey Ham Croissant - LR-1106	323.75	15.51	695.05	31.51	17.93	180.60
Egg Patty w/cheese on HBun - LR-1142 (1	254.77	7.49	570.44	31.00	15.49	201.03
Eggs Scrambled with Cheese - LR100041 (1/2	187.93	12.08	393.20	1.08	16.65	150.89
English Muffin Sandwich (egg,	385.10	23.37	791.09	25.07	19.09	229.96
French Toast Sticks - LR100168 (4	300.00	12.00	380.00	42.00	6.00	60.00
Fresh Veggies - LR100107 (1/2 c.)	17.59	0.10	42.99	3.90	0.56	21.46
Fruit Wrap - LR100013 (1 ea.)Contains	191.66	8.75	402.79	26.75	4.19	208.51
Garden Salad - LR-1086 (1/2 c.)	9.71	0.04	4.67	2.32	0.19	16.95
Garden Salad, Large - LR100057 (1 c.)	25.03	0.07	13.21	6.11	0.32	50.67
Garlic Texas Toast - LR-1145 (1	216.93	11.49	325.12	22.36	5.08	60.39
Garlic Toast, Elementary - LR-1141 (1	154.90	9.10	221.23	15.28	3.06	40.30
General TSO Asian Chicken - LR100142 (1	388.62(M)	5.64(M)	502.33(M)	64.89(M)	19.15(M)	0.00(M)
ea.)Contains Milk, Egg, Wheat, Sov.						
Glazed Carrots - LR-1065 (1/2 c.)	103.19	3.56	86.13	15.03	1.07	25.22
Grapes, red seedless - LR-1185 (1/2 c.)	30.82	0.16	0.92	7.89	0.29	6.44
Gravy, Country FF - LR-1076 (1/4 c.)	34.13	0.00	323.53	7.80	0.98	21.28
Green Beans - LR-1082 (1/2 c.)	32.10	0.99	518.34	4.62	1.15	50.84
Green Beans, w/margarine, frz - LR100011	52.07	3.07	40.38	3.86	0.96	25.48
Green Peas - LR-1085 (1/2 c.)	91.20	2.38	130.04	12.74	5.30	9.77
Grill Chicken Sandwich on Bun - LR-1052 (1	270.00	4.79	637.50	29.92	28.08	98.33
Grilled Cheese Sandwich - LR-1025 (1	367.56	19.21	862.19	33.04	16.63	383.75
Grilled Cheese Sandwich (HS) - LR100208 (2	563.00	23.24	1299.13	64.05	26.18	565.00
Grilled Chicken filet w/ Roll - LR100094 (1	282.67	6.67	652.82	30.12	25.87	50.93

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Hot Dog- Elem - LR-1055 (1 ea.)Contains	240.00	10.50	470.00	22.00	13.00	140.00
Hot Dog with Chili - LR-1056 (1	271.50	11.63	650.00	26.05	13.90	149.00
Hot Dog with Chili & Cheese sauce -	317.23	14.83	832.90	27.42	16.19	240.45
Hot Dog with Chili & Cheese sauce HS & MS -	383.51	18.41	866.07	39.79	13.90	158.15
Jelly, assorted - LR-1161 (1 ea.)	28.00	0.00	0.00	7.00	0.00	0.00
Juice, Apple - LR100075 (1 ea.)	60.00	0.00	5.00	14.00	0.00	20.00
Juice, Apple HS/MS - LR-1164 (4 fl. oz.)	58.01	0.12	8.37	14.11	0.11	7.18
Juice, Cranberry Raspberry - LR100077 (1	60.00	0.00	10.00	14.00	0.00	20.00
Juice, Fruit Punch - LR100073 (1 ea.)	60.04	0.00	10.01	15.01	0.00	20.01
Juice, Grape HS/MS - LR-1165 (4 fl. oz.)	82.45	0.04	3.74	20.34	0.19	11.23
Juice, Orange HS/MS - LR-1163 (4 fl. oz.)	55.98	0.29	29.11	13.68	0.67	11.20
Juice, Orange Tangerine - LR100074 (1 ea.)	60.04	0.00	15.01	15.01	0.00	20.01
Juice, White Grape - LR100076 (1 ea.)	80.00	0.00	10.00	20.00	0.00	20.00
Ketchup, packets - LR100112 (1 Piece)	10.00	0.00	100.00	2.00	0.00	0.00
Lettuce & Sliced Tomatoes - LR100099 (1/2	11.82	0.03	6.41	2.90	0.13	24.95
Lettuce and Tomato - LR100188 (1/2 c.)	12.05	0.03	6.48	2.95	0.14	25.08
Macaroni and Cheese - LR100127 (1/2	205.00	8.00	500.00	21.50	12.50	300.00
Mandarian Oranges - LR100211 (1/2 c.)	51.87	0.06	6.83	12.85	1.02	16.38
Mandarin Oranges - LR-1169 (1 #8 scoop)	70.00	0.00	10.00	17.00	0.99	19.99
Mashed Potatoes - LR-1058 (1/2 c.)	80.11	1.00	313.98	17.02	2.00	23.58
Mayonnaise, fat free packets 12 g -	4.60	0.09	129.50	1.19	0.05	1.62
Meatball Sub Sandwich - LR-1093 (1	18.07	0.96	26.55	1.17	1.12	29.60
Meatballs Beef w/Marinara w/Spaghetti	210.01	9.33	894.56	19.15	14.08	92.08
Milk, Chocolate NF 8 oz - LR-1187 (1/2 pt.)	157.50	2.50	152.50	20	8.10	287.50
Milk, Unflavored 1% - 8 oz - LR-1181 (1/2	102.48	2.37	107.36	13	8.22	290.36
Mustard packets 5.5 g; - LR100113 (1 pkg.)	3.85	0.23	63.14	0.35	0.19	4.18
Nachos, Beef & Cheese Elementary - LR-1018	495.09	29.47	998.04	30.73	24.40	310.42
Nachos, Beef & Cheese Secondary - LR-1019	528.42	31.13	998.04	35.02	24.87	315.18
Nachos, Cheese Elementary - LR100039 (1	303.84	17.94	548.71	25.54	9.24	298.16
Nachos, Cheese HS BearZone - LR100035 (1	407.69	25.87	1097.42	25.37	15.62	567.76
Oatmeal - LR-1002 (1 c.)	200.44	2.98	7.24	40.12	4.96	7.24
Omelete w/ Toast (1) - LR100088 (1	263.64	17.10	431.00	16.00	11.00	120.00
Orange - LR-1184 (1 ea.)	61.57	0.16	0.00	15.39	1.23	52.40
Pancake Turkey Sausage Wrap - LR100164 (1	160.00	6.00	310.00	17.00	8.00	0.00
Pancake w/ Sausage Sandwich - LR100012 (1	295.00	18.50	370.00	24.00	10.00	37.00
PB & J Sandwich - LR-1078 (1 ea.)Contains	569.37	31.95	559.51	57.97	19.98	80.00
PB Jamwich - LR100156 (1 ea.)Contains	310.00	16.00	310.00	35.00	10.00	40.00
PB&J Sandwich w/ Cheese Stick - LR-1023	629.26	34.47	767.41	58.99	27.90	277.53
Peaches, diced, can - LR100213 (1/2 c.)	70.55	0.04	6.53	19.01	0.59	3.92
Peaches, sliced, canned - LR100214 (1/2 c.)	70.55	0.04	6.53	19.01	0.59	3.92
Peanut Butter Jelly Sand w/Cheese Stk -	629.37	34.45	769.51	58.97	27.98	280.00
Pears, diced, canned - LR100215 (1/2 c.)	74.47	0.04	6.53	19.82	0.25	6.53
Pears, sliced, canned - LR100216 (1/2 c.)	(M)	(M)	(M)	(M)	(M)	(M)
Peas & Carrots - LR-1166 (1 #8 scoop)	37.10	0.33	55.30	7.80	2.38	18.90
Penne Pasta, Chicken Meatballs, Marinara -	1070.35	11.00	771.23	168.87	56.49	140.99
Picante Sauce - LR100189 (1/2 oz.)	4.72	0.00	141.75	1.18	0.00	0.00
Pickle Slices - LR100100 (5 ea.)	3.00	0.00	250.00	0.70	0.00	0.00
Pineapple Tidbits - LR100212 (1/2 c.)	78.39	0.11	1.31	20.51	0.55	18.29
Pinto Beans - LR-1179 (1/2 c.)	80.00	0.00	140.00	15.00	5.00	40.00
Pizza Cheese Big Daddy - LR100150 (1	340.00	14.00	510.00	35.00	18.00	300.00
Pizza Cheese Personal Pan - LR100155 (1	330.00	11.00	390.00	36.00	25.00	350.00
Pizza Pepperoni Big Daddy - LR100151 (1	350.00	15.00	570.00	35.00	19.00	250.00
Pizza Pepperoni Personal Pan - LR100154 (1	330.00	10.00	470.00	36.00	25.00	300.00
Pizza Pepperoni wedge - LR100152 (1	270.00	8.00	810.00	32.00	18.00	300.00
Pork N Beans - LR100045 (1/2 c.)	140.00	0.99	459.99	25.00	6.99	90.00
Potato Smiles - LR100137 (5 ea.)	173.44	6.00	240.14	26.68	2.67	0.00
Potato, Baked w/cheese and marg. - LR-1060	597.93	36.93	517.30	52.11	16.62	346.84
Ranch Dressing from Dry mix - LR-1144 (1	49.12	4.34	303.58	1.99	0.54	19.22
Ranch Style Beans - LR100019 (1/2 c.)	130.00	2.50	550.00	21.00	6.00	40.00

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Refried Beans - LR-1040 (1/2 c.)Contains	181.97	5.08	615.92	24.90	8.93	64.01
Refried Beans, w/cheese - LR-1111 (1/2	133.67	2.11	190.83	21.36	8.08	64.33
Rice, Brown - LR100117 (1 c.)	193.81(M)	1.72(M)	0.00(M)	39.72(M)	5.42(M)	0.00(M)
Rice, Spanish Brown - LR-1130 (1/2 c.)	102.44	0.78	313.63	21.41	2.46	1.78
Roll, Hoagie WG 5' Hinge Sliced - LR100020	170.00	3.50	260.00	33.00	4.00	40.00
Rolls Wheat - LR-1037 (2 oz.)	172.67	4.38	295.32	29.20	4.78	32.60
Salad Dressing, Mayonnaise type, Red Calorie	45.00	4.50	120.00	2.00	0.00	0.00
Salisbury Steak - LR-1005 (1 ea.)Contains	162.65	6.91	839.17	8.83	16.78	39.51
Salisbury Steak w/Roll - LR100131 (1	335.32	11.29	1134.49	38.03	21.56	72.11
Salisbury Steak, FF Brwn grvy w/Roll -	162.65	6.91	839.17	8.83	16.78	39.51
Sausage Turkey Links - LR100165 (2 links)	140.00	11.00	430.00	0.00	10.00	0.00
Sausage Turkey Patty - LR100166 (1 ea.)	55.00	4.00	220.00	0.50	5.00	20.00
Scrambled Eggs South West w/ Toast -	275.19	15.87	478.75	16.29	15.33	147.38
Scrambled Eggs SW - LR100042 (1/2	141.19	8.93	279.35	1.29	12.33	107.38
Scrambled Eggs w/Toast (1) - LR100085 (1	341.56	21.18	614.20	16.08	19.65	190.89
Scrambled Eggs w/Toast (2) - LR100087 (1	495.20	30.28	835.20	31.08	22.65	230.89
Smoothie, V8 Fusion - LR100124 (8 oz.)	120.00	0.00	95.00	29.00	1.00	100.00
Spaghetti - LR100022 (3/4 c.)	232.88	1.16	29.11	44.25	11.64	23.29
Spaghetti w/Beef Meatballs w/marinara -	207.92	9.32	894.30	18.75	13.98	91.87
Spicy Chicken Breast and Cheese Wrap -	414.96	11.20	1540.36	51.65	24.98	166.70
Spinach, buttered - LR-1110 (1/2 c.)	75.55	4.07	151.31	6.82	5.88	208.98
Steak Fingers w/ Roll - LR100095 (1	492.67	24.38	625.32	48.20	20.78	72.60
Strawberries - LR-1178 (1/2 CUP, sliced)	26.56	0.25	0.83	6.37	0.56	13.28
Super Star Parfait - LR100015 (1 ea.)	210.00	1.75	197.50	43.50	4.50	205.00
Sweet Potato Pancakes - LR-1173 (2	230.00	3.00	180.00	46.00	8.00	40.00
Syrup, table - LR-1162 (1 1/2 oz.)	111.38	0.00	0.00	27.34	0.00	0.00
Taco Snack Beef Cheese - LR100141 (1	292.69	13.99	534.55	29.76	15.37	126.70
Tomato Soup - LR-1101 (8 fl. oz.)	103.48	0.00	815.07	22.86	2.28	2.84
Topping, Whipped Non-dairy - LR-1174 (1	12.50	1.00	0.00	1.00	0.00	0.00
Tuna Salad Hoagie Bun - LR-1133 (1	518.91	13.22	1685.35	40.07	60.33	45.58
Tuna Salad Sandwich - LR-1079 (1	508.91	11.72	1705.35	37.07	62.33	85.58
Turkey & Cheese Hoagie Sand - LR-1027 (1	314.21	10.55	800.54	35.69	21.75	242.50
Turkey & Cheese Sandwich - LR-1031 (1	304.21	9.05	820.54	32.69	23.75	282.50
Turkey Ham & Cheese Hoagie Sand -	306.23	10.49	920.28	35.68	20.89	242.50
Turkey Ham & Cheese Sandwich (Std Bread) -	296.23	8.99	940.28	32.68	22.89	282.50
Turkey Ham and Cheese Croissant -	317.31	13.03	972.13	32.86	21.92	303.10
Turkey Ham and Cheese Wrap - LR100030 (1	293.96	11.72	1054.61	27.39	21.62	234.04
Uncrustables w/cheese and crackers -	475.59	21.66	695.07	49.59	21.29	233.83
Uncrustables, PB & Grape Jelly - LR-1150 (1	330.00	17.00	340.00	34.00	11.00	20.00
Variety Canned Fruit - LR100096 (1/2 c.)	70.42	0.04	4.75	18.27	0.46	9.42
Variety Fresh Fruit - LR100098 (1/2 c.)	33.26	0.17	0.87	7.50	0.44	34.70
Variety of Cereal - LR100060 (1 ea.)Contains	111.25	1.69	161.25	23.00	1.63	105.00
Vegetable Soup - LR-1035 (1 c.)	68.18	0.61	614.08	12.64	3.27	59.09
Veggie Personal Pan Pizza - LR-1114 (1	347.80	12.05	437.22	38.19	25.30	354.23
Veggie Pizza slice - LR-1099 (1	277.80	8.05	797.22	34.19	18.30	304.23
Waffle Sticks - LR100061 (2 ea.)Contains	140.00	2.00	250.00	27.00	4.00	20.00
Waffle Sticks with apple delight - LR-1119	274.91	4.21	530.04	47.51	12.43	60.45
Yogurt Fruit Parfait w/Graham Crack - LR-	190.00	3.25	152.50	36.50	5.50	225.00
Yogurt Parfait with Fruit - LR100052 (1 ea.)	127.70	1.01	58.37	26.15	4.08	138.85
Yogurt Parfait with Fruit and GRANOLA -	217.71	3.53	123.17	41.63	5.88	146.05
Yogurt w/graham crackers - LR100082 (1	139.56	2.75	119.78	26.91	3.49	149.56
Yogurt w/muffin - LR100084 (1 ea.)Contains	189.56	4.25	194.78	33.91	4.49	249.56
Yogurt w/Toast (1) - LR100083 (1	203.19	9.35	245.78	24.91	4.49	89.56
Zucchini Raisin Muffin - LR-1121 (1 ea.)	238.77	8.63	412.16	36.67	5.01	119.00

Legend

(M Indicates missing values.

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1 Trans Fat is provided for informational purposes, not for monitoring purposes.

Menu Item Nutrient Report

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Serving Group: K-12

Data Source: Local