

Nutritional Information: NSLP Lunch

- Nutritional information is current as of 12/1/18 and will be updated as applicable.
- NSLP Lunch meals are offered with: vegetable of the day, fruit (½ cup for PSN, K-5, and 6-8 meals; 1 cup for 9-12 meals), and fat-free or 1% milk (1 cup/8 fl oz) on the side.
- The vegetable of the day, fruit and milk are not included within the nutritional information for the meals on this report (except for field trip meals). The information is provided on a separate vegetable report and fruit/milk report.
 - Note: for all field trip lunches the fruit and vegetables are included within the nutritional information on this report.
- To determine the correct menu item on the report, please refer to the meal production record (MPR) for that day.

Carbohydrate Information:

If calculating the total grams of carbohydrate per meal, please account for carbohydrates from the vegetable, fruit and/or milk that may be served with the meal by using the appropriate reports, see below for an example.

Sample Lunch Meal

1. Locate the appropriate menu item name on each report. The appropriate meal size and portions should be selected for the student's age/grade group.

Lunch Nutritional Information – select appropriate meal size for age/grade group

Recipe Description	Port Size	Cal	Carb g
RG, SAMPLE LUNCH ENTREE	1 EACH	319	42.16

Vegetable Nutritional Information – select appropriate portion sizes for age/grade group

Recipe Description	Portion Size	Calories	Carbs g
VEG CARROT BABY 3/4 C	1 SRV(3/4 C)	37	8.69

Fruit and Milk Nutritional Information – select appropriate portion sizes for age/grade group

Recipe Description	Portion Size	Calories	Carbs g
FR, ORANGE 1/2 CUP	1 EACH	45	11.28
MILK - 0%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	90	13
MILK - 1%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	110	13

2. Add up the student's menu item selections to calculate the total carbohydrates from the meal:

Lunch Entrée	42.16 g
Baby Carrots (3/4 cup)	8.69 g
Orange (1/2 cup)	11.28 g
Milk (8 fl oz)	13 g
Total Carbs for Sample Meal =	75.13 g

This information is provided as a helpful resource only. Students and families should ultimately be responsible for diabetes self-management.

Menu Calendar Nutrient Analysis Report - December, 2018

Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
12/3/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Seasoned Green Beans - 6654 (3/4 c.)	47.41	9.24	0.25	0.05	0.00	17.63	3.11	2.60	2.15
Sandwich Hot Cheeseburger Pepper Jack (BPS K-8) - 36809 (1 ea.)	386.82	44.06	13.98	4.82	38.40	681.03	3.00(M)	6.04(M)	17.38
Scoops Chicken and Chili Cheese Dip (NEN K-8) - 36672 (1 ea.)	374.55	47.31	11.21	4.49	51.40	550.10	2.84	1.79(M)	18.16
Sandwich Sunbutter and Strawberry Jelly (BPS K-8) - 9469 (1 ea.)	500.00	51.00	24.50	5.50	15.00	690.00	6.00	15.00	18.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/4/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Simply Steamed Carrots - 6637 (3/4 c.)	48.46	10.12	0.89	0.16	0.00	77.27	4.32	5.35	0.76
Garden Style Garbanzos - 6595 (1/2 c.)	107.89	16.23	0.85	0.01	0.00	71.76	3.38	0.89	4.14
Chicken General Tso (NEN K-8) - 36649 (1 ea.)	391.77	56.46	8.32	1.62	111.17	561.65	1.86	7.36(M)	22.13
Lasagna Cheese (BPS K-8) - 36692 (1 ea.)	355.81	50.15	10.96	4.27	27.59	581.43	4.84	9.95	17.39
Wrap Veggie SW (NEN K-8) - 37188 (1 ea.)	363.95	49.26	12.93	2.66	8.66	338.28	7.34	2.14(M)	14.27
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/5/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Savory Steamed Corn - 6614 (3/4 c.)	108.90	25.63	0.97	0.15	0.00	3.71	2.60	3.09	3.74
Traditional Cheese Enchilada Plate - 38782 (1 ea.)	273.54	35.84	7.06	2.40	7.40	401.38	4.22	2.24	14.01
Pasta Mac And Cheese And Chicken Bites (BPS K-8) - 36699 (1 ea.)	282.37	26.62	12.12	3.30	42.55	504.55	0.53	1.75	18.43
Sandwich Mighty Meaty Deli Combo (BPS K-8) - 37140 (1 ea.)	390.00	30.00	19.00	5.50	40.00	745.00	3.00	4.00	19.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/6/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Carrots Glazed (NEN) - 9468 (1 3/8 c.)	199.28	43.30	3.26	0.27	0.00	191.99	7.63	35.05	1.84
Chicken Drumstick BBQ (NEN K-8) - 38815 (1 ea.)	361.87	37.90	11.57	3.29	107.59	464.33	2.42	6.28	26.77
Quesadilla Bean and Cheese (NEN K-8) - 38423 (1 ea.)	352.94	45.39	12.49	4.11	15.19	331.55	6.56	0.66	17.29
Sandwich Turkey Cheese (BPS K-8) - 36797 (1 ea.)	361.63	27.15	16.34	5.04	41.44	697.39	2.18	4.86	18.74
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/7/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Broccoli with Lite Ranch (BPS) - 9456 (3/4 c.)	63.39	5.98	4.03	0.63	2.87	171.98	2.19	1.48	1.91
Broccoli Florets with Ranch - 9056 (3/4 c.)	136.14	5.64	12.26	1.93	7.50	236.12	2.15	1.65	1.55
Pizza Cheese (K-8) - 36787 (1 ea.)	310.00	30.00	12.00	6.00	30.00	360.00	3.00	6.00	22.00
Sandwich Chicken Oven Roasted (BPS K-8) - 36807 (1 ea.)	350.00	26.00	14.50	2.50	55.00	415.00	2.00	5.00	24.00
Salad Chicken Garden Ranch (K-8) - 36628 (1 ea.)	456.67	38.31	26.15	5.30	121.74	675.94	6.41	8.92	15.69
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/10/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Baby Carrots - 6604 (3/4 c.)	37.01	8.71	0.14	0.02	0.00	82.48	3.07	5.03	0.68
Simply Steamed Carrots - 6637 (3/4 c.)	48.46	10.12	0.89	0.16	0.00	77.27	4.32	5.35	0.76
Pasta Chicken Alfredo (NEN K-8) - 36680 (1 ea.)	280.26	29.98	7.89	2.32	44.36	180.62	4.34	1.39	18.50
Sandwich Beef BBQ Flatbread (K-8) - 37651 (1 ea.)	308.34	33.80	12.48	4.39	32.75	641.50	2.22	5.81	18.49
Cheddar Cheese Sub Sandwich - 38258 (1 ea.)	366.18	40.40	12.65	6.58	35.38	540.88	2.18(M)	14.11(M)	16.78
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/11/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Coleslaw (BPS) - 9311 (3/4 c.)	117.56	8.44	9.06	1.39	5.50	92.95	2.66	5.25	1.41
Pupusa Bean & Cheese (BPS K-8) - 37036 (1 ea.)	290.00	35.00	11.00	3.50	15.00	480.00	4.00	1.00	13.00
Sandwich Cheeseburger (BPS K-8) - 36799 (1 ea.)	324.55	28.00	15.22	6.24	46.09	446.00	2.00	6.00	17.10
Salad Chicken Sesame (BPS K-8) - 36791 (1 ea.)	496.90	52.17	24.37	3.36	50.03	700.34	7.08	13.43	19.18
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/12/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Chilled Edamame - 6620 (1/2 c.)	113.40	9.07	3.97	0.00	0.00	5.67	4.54	1.13	10.21
Fresh Grape Tomatoes - 6656 (1/4 c.)	6.68	1.44	0.07	0.01	0.00	1.86	0.45	0.98	0.33
Pasta Ravioli (BPS K-8) - 36702 (1 ea.)	366.23	48.17	11.15	3.73	31.82	582.73	3.92	11.36	19.12
Sandwich Chicken Kickin' Melt (BPS K-8) - 36747 (1 ea.)	373.18	42.45	13.82	4.54	62.74	655.68	3.00	4.96	21.61
Sandwich Turkey Cheese (BPS K-8) - 36797 (1 ea.)	361.63	27.15	16.34	5.04	41.44	697.39	2.18	4.86	18.74
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/13/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Corn Chili Citrus - 9234 (3/4 c.)	102.16	23.97	0.95	0.15	0.00	3.85	2.51	2.89	3.51
Chicken Teriyaki - 38811 (1 ea.)	399.67	60.12	9.58	1.99	49.60	393.86	3.18	14.68	17.16
Quesadilla Buffalo Chicken Crunchadilla (BPS K-8) - 36789 (1 ea.)	379.06	42.41	13.92	2.69	36.88	367.03	4.00	2.73	18.68

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Sandwich Sunbutter and Strawberry Jelly (BPS K-8) - 9469 (1 ea.)	500.00	51.00	24.50	5.50	15.00	690.00	6.00	15.00	18.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/14/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Lettuce Romaine with Lite Ranch (BPS) - 9455 (1 c.)	59.32	2.68	5.14	0.79	3.83	197.46	0.84	1.21	0.93
Fresh Tomatoes - 6631 (1/4 c.)	8.11	1.75	0.09	0.01	0.00	2.25	0.54	1.19	0.40
Pizza Cheese (K-8) - 36787 (1 ea.)	310.00	30.00	12.00	6.00	30.00	360.00	3.00	6.00	22.00
Sandwich Chicken Crispy (BPS K-8) - 36801 (1 ea.)	399.22	49.95	11.96	1.50	49.82	564.15	4.99	7.00	23.94
Sandwich Mighty Meaty Deli Combo (BPS K-8) - 37140 (1 ea.)	390.00	30.00	19.00	5.50	40.00	745.00	3.00	4.00	19.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/17/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Simply Steamed Carrots - 6637 (3/4 c.)	48.46	10.12	0.89	0.16	0.00	77.27	4.32	5.35	0.76
Pasta Chicken Parmesan Classic (NEN K-8) - 36686 (1 ea.)	375.84	42.46	14.46	3.39	41.34	524.96	4.44	4.22	21.64
Soup Chili Veggie (NEN K-8) - 38806 (1 ea.)	391.29	62.79	9.75	2.16	21.93	715.90	10.56	18.08	14.51
Sandwich Turkey Cheese (BPS K-8) - 36797 (1 ea.)	361.63	27.15	16.34	5.04	41.44	697.39	2.18	4.86	18.74
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/18/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Simply Steamed Carrots - 6637 (3/4 c.)	48.46	10.12	0.89	0.16	0.00	77.27	4.32	5.35	0.76

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Salad Three Bean - 9886 (3/4 c.)	135.32	19.15	2.65	0.24	0.00(M)	77.06	7.26	1.10(M)	6.54
Beef Ranchero Black Bean Rice Bake (NEN K-8) - 39247 (1 ea.)	363.19	59.27	7.90	1.70	20.33	431.19	7.02	3.06(M)	15.55
Sandwich Meatball Sub (BPS K-8) - 37218 (1 ea.)	337.36	34.08	13.13	5.16	41.47	695.96	2.94	7.30	20.50
Salad Chef Veggie (NEN K-8) - 37175 (1 ea.)	469.08	59.00	15.13	4.80	110.54	642.66	11.39	7.49(M)	23.91
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/19/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Fresh Cucumber Slices - 6618 (3/4 c.)	16.50	3.99	0.12	0.04	0.00	2.20	0.55	1.84	0.72
Creamy Tomato Chicken Curry - 38791 (1 ea.)	351.41	42.42	8.74	2.89	62.94	677.06	3.12	2.15	23.39
Pizza Veggie Rainbow (BPS K-8) - z37018 (1 ea.)	410.00	47.00	13.50	6.00	30.00	560.00	4.00	7.00	24.00
Wrap Chicken BBQ (K-8) - 36841 (1 ea.)	338.84	36.07	10.59	2.22	48.45	265.03	2.87	7.34(M)	20.42
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/20/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Savory Steamed Corn - 6614 (3/4 c.)	108.90	25.63	0.97	0.15	0.00	3.71	2.60	3.09	3.74
Chicken Bites (BPS K-8) - 36631 (1 ea.)	297.50	24.25	13.75	2.50	56.25	535.00	0.00	3.25	21.25
Holiday Turkey Dinner (NEN K-8) - 36729 (1 ea.)	299.32	41.84	5.54	0.17	32.50	677.74	4.14	8.78(M)	18.88
Sandwich Sunbutter and Strawberry Jelly (BPS K-8) - 9469 (1 ea.)	500.00	51.00	24.50	5.50	15.00	690.00	6.00	15.00	18.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72
12/21/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Apple 1/2 cup - FR97 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Broccoli Florets with Ranch - 9056 (3/4 c.)	136.14	5.64	12.26	1.93	7.50	236.12	2.15	1.65	1.55
Pizza Cheese (K-8) - 36787 (1 ea.)	310.00	30.00	12.00	6.00	30.00	360.00	3.00	6.00	22.00
Sandwich Fish (NEN K-8) - 37066 (1 ea.)	400.00	43.00	14.00	2.00	45.00	590.00	3.00	8.00	19.00
Salad Chicken Caesar (K-8) - 36629 (1 ea.)	466.74	53.59	14.19	2.98	48.93	772.20	6.77	9.85	24.17
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	1.46	5.03	0.77	3.83	194.49	0.06	0.77	0.48
Field Trip Meal Cheddar Cheese Sub Sandwich - 38212 (1 ea.)	478.21	57.61	16.44	8.64	45.50	691.31	6.72(M)	25.53(M)	20.15
Field Trip Meal Deli Sandwich Mighty Meaty (BPS K-8) - 36662 (1 ea.)	479.00	66.21	13.74	4.04	40.00	933.10	9.54	18.43	21.84
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS K-8) - 36660 (1 ea.)	467.15	45.11	20.23	6.84	46.50	806.65	6.72	17.03	18.59
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS K-8) - 36664 (1 ea.)	444.65	44.23	18.35	6.09	42.13	757.90	6.72	16.16	19.21
Field Trip Meal Yogurt & Honey Wheat Crackers - 38226 (1 ea.)	503.06	83.99	13.14	4.52	23.00	686.02	7.83	39.24	17.56
Field Trip Meal Yogurt and Rumbles - 38218 (1 ea.)	515.05	87.49	12.74	4.54	23.00	626.63	9.31	44.63	17.72