

## Nutritional Information: NSLP Lunch

- Nutritional information is current as of 1/1/19 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
<b>Total Carbs for Sample Meal =</b>	<b>75.13 g</b>

***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 - January, 2019

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
<b>1/3/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Green Peas - 6821 (1 c.)	142.98	25.29	0.74	0.12	0.00	200.55	8.36	9.29	9.69
Chicken Bites (BPS) - 36507 (1 ea.)	397.50	39.25	16.75	3.00	56.25	540.00	2.00	5.25	21.97
Traditional Cheese Enchilada Plate - 38781 (1 ea.)	353.62	50.70	7.83	2.42	7.40	491.78	6.83	3.40	17.07
Sandwich Picnic Cold Cheese Cheddar & Mozzarella (BPS 9-12)	405.00	42.00	16.00	6.50	35.00	740.00	4.00(M)	4.00(M)	19.72
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/4/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Broccoli Florets with Ranch - 9056 (1 c.)	181.51	7.52	16.35	2.57	10.00	314.82	2.86	2.20	2.07
Lasagna Cheese (BPS 9-12) - 36693 (1 ea.)	367.96	50.30	11.87	4.80	29.87	608.76	4.84	9.95	18.45
Pizza Cheese (BPS 9-12) - 36788 (1 ea.)	410.00	44.00	15.50	7.00	33.00	530.00	4.00	6.00	25.00
Salad Chicken Garden Ranch (BPS 9-12) - 36556 (1 ea.)	582.76	60.95	29.78	5.32	121.74	863.64	9.50	13.98	18.23
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/7/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
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
Pasta Chicken Parmesan Classic (NEN 9-12) - 36687 (1 ea.)	455.09	48.03	18.78	5.33	52.31	668.20	5.02	4.82	27.15
Soup Chili Veggie (NEN 9-12) - 38807 (1 ea.)	491.29	76.79	13.25	3.16	24.93	885.90	11.56	18.08	17.50
Sandwich Turkey Cheese (BPS 9-12) - 36798 (1 ea.)	383.19	27.16	18.11	6.05	46.50	731.13	2.18	4.86	20.00
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
<b>1/8/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Savory Steamed Corn - 6614 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
Spaghetti & Meatballs (BPS 9-12) - 35982 (1 ea.)	410.46	51.70	14.61	4.92	37.42	542.24	7.28	5.10	22.07
Quesadilla Buffalo Chicken Crunchadilla (BPS 9-12) - 36790 (1 ea.)	431.38	43.21	17.25	4.53	48.88	476.35	4.00	2.83	23.60
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/9/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
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
Fresh Grape Tomatoes - 6656 (1/2 c.)	13.37	2.89	0.15	0.02	0.00	3.71	0.89	1.95	0.65
Chicken Teriyaki - 38810 (1 ea.)	475.85	67.18	12.57	2.81	70.04	507.97	3.18	20.65	22.34
Sandwich Hot Cheeseburger Pepper Jack (BPS 9-12) - 36820 (1 ea.)	418.64	44.11	16.55	6.45	45.91	732.06	3.00(M)	6.08(M)	19.47
Sandwich Picnic Cold Cheese Cheddar & Mozzarella (BPS 9-12)	405.00	42.00	16.00	6.50	35.00	740.00	4.00(M)	4.00(M)	19.72
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/10/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Salad Cucumber & Tomato - 9302 (1 1/4 c.)	37.81	8.76	0.23	0.06	0.00(M)	6.03	1.26	4.28	1.21
Pasta Chicken Alfredo (NEN 9-12) - 36681 (1 ea.)	343.10	39.04	9.18	2.44	49.81	188.75	5.65	1.58	21.85
Sandwich Beef BBQ Flatbread (9-12) - 37652 (1 ea.)	337.26	37.00	13.71	5.11	35.79	713.50	2.40	8.33	20.00
Wrap Veggie SW (NEN 9-12) - 37187 (1 ea.)	423.43	55.53	15.56	3.23	11.82	447.75	8.25	4.56(M)	16.95
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/11/2019</b>									
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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Lettuce Romaine (BPS UV) - 10463 (1 c.)	156.31	2.22	16.11	2.51	10.00	282.97	0.78	1.44	0.46
Pizza Cheese (BPS 9-12) - 36788 (1 ea.)	410.00	44.00	15.50	7.00	33.00	530.00	4.00	6.00	25.00
Sandwich Oven Roasted Chicken (BPS 9-12) - 36808 (1 ea.)	350.00	26.00	14.50	2.50	55.00	415.00	2.00	5.00	24.00
Buffalo Chicken Wrap - 36474 (1 ea.)	393.98	33.24	17.23	5.28	53.31	481.46	2.14	3.93(M)	24.02
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/14/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Baby Carrots - 6604 (1 1/4 c.)	61.69	14.52	0.23	0.04	0.00	137.47	5.11	8.39	1.13
Traditional Chicken Enchilada Plate - 38786 (1 ea.)	328.98	37.59	9.96	4.17	49.39	513.62	3.36	1.66	22.11
Pasta Mac and Cheese & Chicken Bites (NEN 9-12) - 39973 (1 ea.)	356.68	37.58	14.26	4.12	46.58	506.69	1.99	2.48	21.90
Sandwich Cheddar Cheese (9-12) - 38264 (1 ea.)	409.21	40.40	16.20	8.60	45.50	608.22	2.18(M)	14.11(M)	19.31
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
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/15/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Broccoli Florets with Ranch - 9056 (1 c.)	181.51	7.52	16.35	2.57	10.00	314.82	2.86	2.20	2.07
Sandwich Cheeseburger (BPS 9-12) - 36800 (1 ea.)	329.55	28.00	15.22	6.24	46.09	531.00	2.00(M)	6.00(M)	17.10
Sandwich Fish (NEN 9-12) - 37065 (1 ea.)	400.00	43.00	14.00	2.00	45.00	590.00	3.00	8.00	19.00
Salad Taco Veggie (NEN 9-12) - 37202 (1 ea.)	583.37	78.61	18.18	4.93	111.56	1002.24	16.34	9.84(M)	28.16
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/16/2019</b>									
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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Savory Steamed Corn - 10450 (1/2 c.)	72.85	17.14	0.65	0.10	0.00	2.48	1.74	2.07	2.50
Chilled Edamame - 6620 (1/2 c.)	113.40	9.07	3.97	0.00	0.00	5.67	4.54	1.13	10.21
Chicken BBQ with Cheesy Rice (NEN 9-12) - 38826 (1 ea.)	467.30	66.22	12.69	3.64	53.34	587.48	4.38	10.50	20.29
Chicken Firecracker and Sesame Noodles (NEN 9-12) - 36648 (1 ea.)	430.57	56.80	10.20	1.35	43.60(M)	532.23	6.51	8.35	21.67
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/17/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Coleslaw (BPS) - 9311 (1 c.)	156.75	11.25	12.08	1.86	7.34	123.93	3.54	6.99	1.88
Chili Citrus Drumstick & Rice - 38818 (1 ea.)	452.55	61.95	10.05	1.59	100.00	470.62	7.43	9.84	28.01
Pasta Ravioli (BPS 9-12) - 36703 (1 ea.)	444.50	58.96	12.45	4.26	41.28	707.98	4.86	12.46	24.19
Sandwich Mighty Meaty Deli Combo (BPS 9-12) - 37139 (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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/18/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Corn Chili Citrus - 9234 (1 c.)	136.22	31.96	1.26	0.19	0.00	5.13	3.35	3.85	4.68
Pizza Cheese (BPS 9-12) - 36788 (1 ea.)	410.00	44.00	15.50	7.00	33.00	530.00	4.00	6.00	25.00
Sandwich Chicken Crispy (BPS 9-12) - 36802 (1 ea.)	379.22	42.95	11.96	1.50	49.82	504.15	3.99	7.00	22.94
Salad Chicken Honey Mustard (BPS 9-12) - 36716 (1 ea.)	530.18	48.22	23.13	5.33	66.50	849.99	6.84(M)	10.77(M)	32.52
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/22/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Baby Carrots with Ranch - 9055 (1 1/4 c.)	187.01	9.71	16.14	2.52	10.00	362.48	3.07	6.03	0.68

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Simply Steamed Carrots - 6637 (1 1/4 c.)	80.77	16.87	1.48	0.26	0.00	128.79	7.20	8.91	1.27
Quesadilla with Chicken and Cheese (BPS 9-12) - 40359 (1 ea.)	425.98	49.20	19.47	5.06	40.45	319.41	4.05	6.01	18.84
Sandwich Chicken Kickin' Melt (BPS 9-12) - 36748 (1 ea.)	463.18	56.45	16.82	4.54	62.74	765.68	5.00	6.96	23.61
Hummus Dippers - 38232 (1 ea.)	371.02	50.24	12.65	0.72	5.00	625.12	4.11	12.61	13.08
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/23/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Potatoes Mashed (NEN) - 9294 (1 c.)	214.53	45.34	2.31	0.64	0.00	191.10	4.08	2.06	4.25
Chicken Bites (BPS) - 36507 (1 ea.)	397.50	39.25	16.75	3.00	56.25	540.00	2.00	5.25	21.97
Sandwich Beef BBQ Flatbread (9-12) - 37652 (1 ea.)	337.26	37.00	13.71	5.11	35.79	713.50	2.40	8.33	20.00
Sandwich Picnic Cold Cheese Cheddar & Mozzarella (BPS 9-12)	405.00	42.00	16.00	6.50	35.00	740.00	4.00(M)	4.00(M)	19.72
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/24/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Diced Carrots - 10449 (1/2 c.)	32.52	6.79	0.60	0.11	0.00	51.85	2.90	3.59	0.51
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
Pepper Jack Cheeseburger - 34843 (1 ea.)	438.64	51.11	16.55	6.45	45.91	792.06	4.00(M)	6.08(M)	20.47
Gumbo Chicken (NEN 9-12) - 38109 (1 ea.)	466.79	52.94	18.09	1.84	67.94	704.13	2.34	16.70(M)	20.10
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/25/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Broccoli Seasoned - 6601 (1 c.)	31.51	6.52	0.35	0.07	0.00	34.82	2.86	1.20	2.07
Pasta Chicken and Garlic Noodles (NEN 9-12) - 36691 (1 ea.)	415.34	60.62	10.51	2.63	53.15(M)	626.58	6.64(M)	15.58(M)	21.74
Pizza Cheese (BPS 9-12) - 36788 (1 ea.)	410.00	44.00	15.50	7.00	33.00	530.00	4.00	6.00	25.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Salad Chicken Caesar (BPS 9-12) - 36553 (1 ea.)	554.60	55.26	19.15	5.96	69.14	889.47	7.34	10.19	32.64
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/28/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Baby Carrots - 6604 (1 1/4 c.)	61.69	14.52	0.23	0.04	0.00	137.47	5.11	8.39	1.13
Simply Steamed Carrots - 6637 (1 1/4 c.)	80.77	16.87	1.48	0.26	0.00	128.79	7.20	8.91	1.27
Creamy Tomato Chicken Curry - 38790 (1 ea.)	444.47	53.13	11.12	3.69	80.88	859.23	3.91	2.71	29.95
Quesadilla Buffalo Chicken Crunchadilla (BPS 9-12) - 36790 (1 ea.)	431.38	43.21	17.25	4.53	48.88	476.35	4.00	2.83	23.60
Sandwich Picnic Cold Cheese Cheddar & Mozzarella (BPS 9-12) - 36369 (1 ea.)	405.00	42.00	16.00	6.50	35.00	740.00	4.00(M)	4.00(M)	19.72
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/29/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Seasoned Green Beans - 6654 (1 c.)	63.22	12.32	0.34	0.07	0.00	23.50	4.15	3.47	2.87
Chicken Ranchero Con Queso (NEN 9-12) - 39254 (1 ea.)	399.91	52.02	9.50	3.26	49.60	478.92	4.77	2.38	23.62
Sandwich Meatball Sub (BPS 9-12) - 37219 (1 ea.)	374.31	36.70	15.16	6.22	46.02	830.78	3.37	8.78	23.04
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/30/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Broccoli Florets with Ranch - 9056 (1 c.)	181.51	7.52	16.35	2.57	10.00	314.82	2.86	2.20	2.07
Beef Mongolian (NEN 9-12) - 39162 (1 ea.)	448.70	67.43	11.38	3.31	120.38	1061.73	4.28	9.01	20.45
Pasta Ravioli (BPS 9-12) - 36703 (1 ea.)	444.50	58.96	12.45	4.26	41.28	707.98	4.86	12.46	24.19
Sandwich Mighty Meaty Deli Combo (BPS 9-12) - 37139 (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

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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83
<b>1/31/2019</b>									
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 (2 ea.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Salad Three Bean - 9886 (5/8 c.)	111.86	15.83	2.19	0.20	0.00(M)	63.69	6.00	0.91(M)	5.41
Fresh Grape Tomatoes - 6656 (1/2 c.)	13.37	2.89	0.15	0.02	0.00	3.71	0.89	1.95	0.65
Pasta Chicken Alfredo (NEN 9-12) - 36681 (1 ea.)	343.10	39.04	9.18	2.44	49.81	188.75	5.65	1.58	21.85
Sandwich Philly Cheese Steak (BPS 9-12) - 39967 (1 ea.)	325.32	32.68	12.90	4.76	40.40(M)	549.32	2.34	5.29(M)	19.28
Salad Chef Veggie (NEN 9-12) - 37176 (1 ea.)	570.72	70.72	18.31	5.65	203.79	739.51	14.50	9.71(M)	30.07
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 Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	92.51	21.94	8.13	35.38	720.48	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	98.83	13.81	4.05	40.00	977.76	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	76.27	20.27	6.85	46.50	837.46	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	79.39	18.40	6.10	42.13	838.71	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	653.40	123.66	13.29	4.55	23.00	717.59	12.10	68.52	18.83
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	118.66	12.79	4.55	23.00	657.59	12.10	67.52	18.83