

## Nutritional Information: NSLP Lunch

- Nutritional information is current as of 2/1/19 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 - February, 2019

Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
<b>2/1/2019</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
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 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
Sesame Chicken Wrap - 32088 (1 ea.)	392.34	31.78	17.51	2.31	52.86	294.69	2.83	3.69	21.56
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>2/4/2019</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
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
<b>2/5/2019</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
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
Spaghetti and Meatballs (NEN 9-12) - 37685 (1 ea.)	410.46	51.70	14.61	4.92	37.42	542.24	7.28	5.10	22.07
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

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 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>2/6/2019</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
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>2/7/2019</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
Carrot Corn Peas (NEN UV) - 10478 (1 1/8 c.)	110.78	23.24	0.84	0.13	0.00	85.95	4.99	5.86	5.19
Pasta Chicken Alfredo Kickin' (NEN 9-12) - 36683 (1 ea.)	350.00	40.08	9.44	2.60	49.79	262.76	5.91	1.66	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
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>2/8/2019</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
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
Fresh Tomatoes - 6631 (1/2 c.)	16.23	3.51	0.18	0.03	0.00	4.51	1.08	2.37	0.79
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
Pupusa Bean & Cheese (BPS 9-12) - 37037 (1 ea.)	430.50	49.51	18.04	5.77	22.59	741.13	5.00	1.00	18.54
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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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>2/11/2019</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
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
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 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>2/12/2019</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
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
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>2/13/2019</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
Chicken Grilled Bites Orange (NEN 9-12) - 39716 (1 ea.)	434.99	63.87	6.75	1.28	60.12	640.77	3.90	17.58	25.63
Scoops Fiesta Three Layer Dip (NEN 9-12) - 39843 (1 ea.)	433.29	60.15	12.72	5.66	22.73	729.52	11.31	1.19	21.13
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

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 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>2/14/2019</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
Corn Steamed (BPS) - 10450 (1/2 c.)	72.85	17.14	0.65	0.10	0.00	2.48	1.74	2.07	2.50
Beans Black (NEN) - 9292 (1/2 c.)	157.47	28.08	0.61	0.00	0.00	170.90	7.32	1.22	8.55
Chicken Drumstick BBQ (NEN 9-12) - 38814 (1 ea.)	448.96	47.72	15.10	5.07	115.19	580.41	3.09	6.28	31.31
Quesadilla Bean and Cheese (NEN 9-12) - 38422 (1 ea.)	472.94	67.39	16.49	4.11	15.19	396.55	8.56	6.66	19.29
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>2/15/2019</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
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 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>2/19/2019</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 Baby with Lite Ranch (BPS) - 9447 (1 1/4 c.)	90.02	10.17	5.17	0.80	3.83	276.97	3.12	5.80	1.15
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
Sandwich Picnic Chicken, Turkey Ham, and Cheddar (BPS 9-12)	440.00	41.00	21.00	5.50	40.00	925.00	4.00	4.00	22.00
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

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 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>2/20/2019</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 & Tomato Salad - 6616 (1 c.)	158.52	37.16	1.41	0.22	0.00	7.46	4.20	4.97	5.58
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>2/21/2019</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
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>2/25/2019</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
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
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
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 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

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 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>2/26/2019</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 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
Scoops Beef Cheese Dip (9-12) - 40224 (1 ea.)	424.85	52.27	16.08	6.93	41.24	796.29	3.02	2.38(M)	20.69
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 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>2/27/2019</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
Fresh Cucumber Slices - 6618 (1 c.)	22.00	5.32	0.16	0.05	0.00	2.93	0.73	2.45	0.95
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 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
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>2/28/2019</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
Corn Steamed (BPS) - 10450 (1/2 c.)	72.85	17.14	0.65	0.10	0.00	2.48	1.74	2.07	2.50
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
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
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

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 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