

Nutritional Information: NSLP Lunch

- Nutritional information is current as of 3/1/19 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
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 - March, 2019

Date: 03/01/2019 - 03/31/2019

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)
3/1/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Savory Steamed Corn - 6614 (1 c.)	145.20	1.29	0.20	0.00	4.95	34.17	3.46	4.13	4.98
Green Peas - 6821 (1 c.)	142.98	0.74	0.12	0.00	200.55	25.29	8.36	9.29	9.69
Pizza Cheese (BPS 9-12) - 36788 (1 ea.)	410.00	15.50	7.00	33.00	530.00	44.00	4.00	6.00	25.00
Sandwich Oven Roasted Chicken (BPS 9-12) - 36808 (1 ea.)	350.00	14.50	2.50	55.00	415.00	26.00	2.00	5.00	24.00
BBQ Chicken Wrap - 32069 (1 ea.)	419.74	15.60	5.00	68.56	412.88	36.97	2.87	7.34(M)	28.46
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/4/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Carrots Glazed (NEN) - 9468 (1 3/8 c.)	199.28	3.26	0.27	0.00	191.99	43.30	7.63	35.05	1.84
Chicken Teriyaki - 38810 (1 ea.)	475.85	12.57	2.81	70.04	507.97	67.18	3.18	20.65	22.34
Sandwich Hot Cheeseburger Pepper Jack (BPS 9-12) - 36820 (1 ea.)	418.64	16.55	6.45	45.91	732.06	44.11	3.00(M)	6.08(M)	19.47
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/5/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Fresh Cucumber Slices - 6618 (1 c.)	22.00	0.16	0.05	0.00	2.93	5.32	0.73	2.45	0.95
Spaghetti & Meatballs (BPS 9-12) - 35982 (1 ea.)	410.46	14.61	4.92	37.42	542.24	51.70	7.28	5.10	22.07
Sandwich Chicken BBQ Lone Star (BPS 9-12) - 36746 (1 ea.)	430.18	10.28	1.10	54.92	743.57	59.16	5.29(M)	13.64(M)	27.12
Wrap Veggie SW (NEN 9-12) - 37187 (1 ea.)	423.43	15.56	3.23	11.82	447.75	55.53	8.25	4.56(M)	16.95
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/6/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Beans Garbanzo, Edamame, Carrot (UV) - 10731 (1 1/8 c.)	259.79	4.19	0.03	0.00	401.91	39.96	10.39	3.20	12.56

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)
Traditional Cheese Enchilada Plate - 38781 (1 ea.)	353.62	7.83	2.42	7.40	491.78	50.70	6.83	3.40	17.07
Pasta Mac and Cheese & Chicken Bites (NEN 9-12) - 39973 (1 ea.)	356.68	14.26	4.12	46.58	506.69	37.58	1.99	2.48	21.90
Salad Taco Veggie (NEN 9-12) - 37202 (1 ea.)	583.37	18.18	4.93	111.56	1002.24	78.61	16.34	9.84(M)	28.16
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/7/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Carrot Corn Peas (NEN UV) - 10478 (1 1/8 c.)	110.78	0.84	0.13	0.00	85.95	23.24	4.99	5.86	5.19
Pasta Ravioli (BPS 9-12) - 36703 (1 ea.)	444.50	12.45	4.26	41.28	707.98	58.96	4.86	12.46	24.19
Quesadilla with Chicken and Cheese (BPS 9-12) - 40359 (1 ea.)	425.98	19.47	5.06	40.45	319.41	49.20	4.05	6.01	18.84
Sandwich Turkey Cheese (BPS 9-12) - 36798 (1 ea.)	383.19	18.11	6.05	46.50	731.13	27.16	2.18	4.86	20.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/8/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Lettuce Romaine (BPS UV) - 10463 (1 c.)	156.31	16.11	2.51	10.00	282.97	2.22	0.78	1.44	0.46
Fresh Tomatoes - 6631 (1/2 c.)	16.23	0.18	0.03	0.00	4.51	3.51	1.08	2.37	0.79
Pizza Cheese (BPS 9-12) - 36788 (1 ea.)	410.00	15.50	7.00	33.00	530.00	44.00	4.00	6.00	25.00
Pupusa Bean & Cheese (BPS 9-12) - 37037 (1 ea.)	430.50	18.04	5.77	22.59	741.13	49.51	5.00	1.00	18.54
Buffalo Chicken Wrap - 36474 (1 ea.)	393.98	17.23	5.28	53.31	481.46	33.24	2.14	3.93(M)	24.02
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/11/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Corn Chili Citrus - 9234 (1 c.)	136.22	1.26	0.19	0.00	5.13	31.96	3.35	3.85	4.68
Chicken Bites (BPS) - 36507 (1 ea.)	397.50	16.75	3.00	56.25	540.00	39.25	2.00	5.25	21.97
Pasta Chicken Alfredo (NEN 9-12) - 36681 (1 ea.)	343.10	9.18	2.44	49.81	188.75	39.04	5.65	1.58	21.85
Sandwich Picnic Cold Cheese Cheddar & Mozzarella (BPS 9-12)	405.00	16.00	6.50	35.00	740.00	42.00	4.00(M)	4.00(M)	19.72
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/12/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Coleslaw (BPS) - 9311 (1 c.)	156.75	12.08	1.86	7.34	123.93	11.25	3.54	6.99	1.88
Sandwich Cheeseburger (BPS 9-12) - 36800 (1 ea.)	329.55	15.22	6.24	46.09	531.00	28.00	2.00(M)	6.00(M)	17.10
Sandwich Fish (NEN 9-12) - 37065 (1 ea.)	400.00	14.00	2.00	45.00	590.00	43.00	3.00	8.00	19.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/13/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Broccoli Florets with Ranch - 9056 (1 c.)	181.51	16.35	2.57	10.00	314.82	7.52	2.86	2.20	2.07
Chicken Grilled Bites Orange (NEN 9-12) - 39716 (1 ea.)	434.99	6.75	1.28	60.12	640.77	63.87	3.90	17.58	25.63
Scoops Fiesta Three Layer Dip (NEN 9-12) - 39843 (1 ea.)	433.29	12.72	5.66	22.73	729.52	60.15	11.31	1.19	21.13
Chicken Caesar Wrap - 32076 (1 ea.)	426.25	17.59	6.34	63.69	540.08	32.13	2.40	3.09	27.80
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/14/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
black beans & diced tomatoes - 10613 (1 1/4 c.)	210.86	1.02	0.04	0.00	375.83	37.97	9.98	3.12	11.43
Chili Citrus Drumstick & Rice - 38818 (1 ea.)	452.55	10.05	1.59	100.00	470.62	61.95	7.43	9.84	28.01
Sandwich Chicken Kickin' Melt (BPS 9-12) - 36748 (1 ea.)	463.18	16.82	4.54	62.74	765.68	56.45	5.00	6.96	23.61
Wrap Veggie SW (NEN 9-12) - 37187 (1 ea.)	423.43	15.56	3.23	11.82	447.75	55.53	8.25	4.56(M)	16.95
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/15/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Baby Carrots - 6604 (1 1/4 c.)	61.69	0.23	0.04	0.00	137.47	14.52	5.11	8.39	1.13

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)
Simply Steamed Carrots - 6637 (1 1/4 c.)	80.77	1.48	0.26	0.00	128.79	16.87	7.20	8.91	1.27
Pasta Chicken Marinara Bake (NEN 9-12) - 36685 (1 ea.)	387.17	12.24	4.12	44.29	464.59	44.30	6.50	5.18	24.02
Pizza Cheese (BPS 9-12) - 36788 (1 ea.)	410.00	15.50	7.00	33.00	530.00	44.00	4.00	6.00	25.00
Salad Chicken Garden Ranch (BPS 9-12) - 36556 (1 ea.)	582.76	29.78	5.32	121.74	863.64	60.95	9.50	13.98	18.23
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/18/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Carrots Glazed (NEN) - 9468 (1 3/8 c.)	199.28	3.26	0.27	0.00	191.99	43.30	7.63	35.05	1.84
Pasta Chicken Alfredo (NEN 9-12) - 36681 (1 ea.)	343.10	9.18	2.44	49.81	188.75	39.04	5.65	1.58	21.85
Sandwich Beef BBQ Flatbread (9-12) - 37652 (1 ea.)	337.26	13.71	5.11	35.79	713.50	37.00	2.40	8.33	20.00
Hummus Dippers - 38232 (1 ea.)	371.02	12.65	0.72	5.00	625.12	50.24	4.11	12.61	13.08
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/19/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Salad Three Bean - 9886 (5/8 c.)	111.86	2.19	0.20	0.00(M)	63.69	15.83	6.00	0.91(M)	5.41
Fresh Grape Tomatoes - 6656 (1/2 c.)	13.37	0.15	0.02	0.00	3.71	2.89	0.89	1.95	0.65
Chicken Ranchero Con Queso (NEN 9-12) - 39254 (1 ea.)	399.91	9.50	3.26	49.60	478.92	52.02	4.77	2.38	23.62
Sandwich Chicken Crispy (BPS 9-12) - 36802 (1 ea.)	379.22	11.96	1.50	49.82	504.15	42.95	3.99	7.00	22.94
Salad Taco Veggie (NEN 9-12) - 37202 (1 ea.)	583.37	18.18	4.93	111.56	1002.24	78.61	16.34	9.84(M)	28.16
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/20/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Broccoli Florets with Ranch - 9056 (1 c.)	181.51	16.35	2.57	10.00	314.82	7.52	2.86	2.20	2.07
Pasta Mac and Cheese & BBQ Chicken (NEN 9-12) - 39995 (1 ea.)	480.38	16.06	4.63	59.20	674.57	64.14	5.21	16.26	22.21
Quesadilla Bean and Cheese (NEN 9-12) - 38422 (1 ea.)	450.63	13.11	2.28	7.59	472.25	70.13	12.32	6.07	16.66
Buffalo Chicken Wrap - 36474 (1 ea.)	393.98	17.23	5.28	53.31	481.46	33.24	2.14	3.93(M)	24.02
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/21/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Beef Mongolian (NEN 9-12) - 39162 (1 ea.)	448.70	11.38	3.31	120.38	1061.73	67.43	4.28	9.01	20.45
Sandwich Hot Cheeseburger Pepper Jack (BPS 9-12) - 36820 (1 ea.)	418.64	16.55	6.45	45.91	732.06	44.11	3.00(M)	6.08(M)	19.47
Sandwich Picnic Cold Cheese Cheddar & Mozzarella (BPS 9-12)	405.00	16.00	6.50	35.00	740.00	42.00	4.00(M)	4.00(M)	19.72
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/22/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Carrot Corn Peas (NEN UV) - 10478 (1 1/8 c.)	110.78	0.84	0.13	0.00	85.95	23.24	4.99	5.86	5.19
Pasta Chicken Parmesan Classic (NEN 9-12) - 36687 (1 ea.)	455.09	18.78	5.33	52.31	668.20	48.03	5.02	4.82	27.15
Pizza Cheese (BPS 9-12) - 36788 (1 ea.)	410.00	15.50	7.00	33.00	530.00	44.00	4.00	6.00	25.00
Pizza Pepperoni (9-12) - 40385 (1 ea.)	400.00	14.50	6.00	30.00	710.00	47.00	4.00	8.00	19.00
Sandwich Mighty Meaty Deli Combo (BPS 9-12) - 37139 (1 ea.)	390.00	19.00	5.50	40.00	745.00	30.00	3.00	4.00	19.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/25/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Baby Carrots - 6604 (1 1/4 c.)	61.69	0.23	0.04	0.00	137.47	14.52	5.11	8.39	1.13
Simply Steamed Carrots - 6637 (1 1/4 c.)	80.77	1.48	0.26	0.00	128.79	16.87	7.20	8.91	1.27
Chicken General Tso (NEN 9-12) - 36650 (1 ea.)	458.98	9.53	1.79	124.37	686.52	69.13	2.21	10.29(M)	23.70
Soup Chili Veggie (NEN 9-12) - 38807 (1 ea.)	491.29	13.25	3.16	24.93	885.90	76.79	11.56	18.08	17.50
Sandwich Mighty Meaty Deli Combo (BPS 9-12) - 37139 (1 ea.)	390.00	19.00	5.50	40.00	745.00	30.00	3.00	4.00	19.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/26/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Broccoli Seasoned - 6601 (1 c.)	31.51	0.35	0.07	0.00	34.82	6.52	2.86	1.20	2.07
Lasagna Cheese (BPS 9-12) - 36693 (1 ea.)	367.96	11.87	4.80	29.87	608.76	50.30	4.84	9.95	18.45
Sandwich Meatball Sub (BPS 9-12) - 37219 (1 ea.)	374.31	15.16	6.22	46.02	830.78	36.70	3.37	8.78	23.04
Salad Chef Veggie (NEN 9-12) - 37176 (1 ea.)	570.72	18.31	5.65	203.79	739.51	70.72	14.50	9.71(M)	30.07
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/27/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Seasoned Green Beans - 6654 (1 c.)	63.22	0.34	0.07	0.00	23.50	12.32	4.15	3.47	2.87
Pasta Ravioli (BPS 9-12) - 36703 (1 ea.)	444.50	12.45	4.26	41.28	707.98	58.96	4.86	12.46	24.19
Sandwich Chicken Kickin' Melt (BPS 9-12) - 36748 (1 ea.)	463.18	16.82	4.54	62.74	765.68	56.45	5.00	6.96	23.61
Sandwich Mighty Meaty Deli Combo (BPS 9-12) - 37139 (1 ea.)	390.00	19.00	5.50	40.00	745.00	30.00	3.00	4.00	19.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/28/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Savory Steamed Corn - 6614 (1 c.)	145.20	1.29	0.20	0.00	4.95	34.17	3.46	4.13	4.98
Chicken Bites (BPS) - 36507 (1 ea.)	397.50	16.75	3.00	56.25	540.00	39.25	2.00	5.25	21.97
Sandwich Philly Cheese Steak (BPS 9-12) - 39967 (1 ea.)	325.32	12.90	4.76	40.40(M)	549.32	32.68	2.34	5.29(M)	19.28
Wrap Veggie SW (NEN 9-12) - 37187 (1 ea.)	423.43	15.56	3.23	11.82	447.75	55.53	8.25	4.56(M)	16.95
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83
3/29/2019									
Milk 0% - 9002 (1 ea.)	90.00	0.00	0.00	0.00	135.00	13.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	2.50	1.50	0.00	135.00	13.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	0.00	0.00	0.00	180.00	22.00	0.00	19.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	63.98	0.21	0.03	0.00	1.23	16.99	2.95	12.78	0.32
Beans Black, Edamame, Carrot, Corn (UV) - 10734 (1 1/4 c.)	174.19	1.03	0.04	0.00	365.87	49.02	28.39	3.38	18.69
Pizza Cheese (BPS 9-12) - 36788 (1 ea.)	410.00	15.50	7.00	33.00	530.00	44.00	4.00	6.00	25.00
Sandwich Fish (NEN 9-12) - 37065 (1 ea.)	400.00	14.00	2.00	45.00	590.00	43.00	3.00	8.00	19.00
Sandwich Turkey Cheese (BPS 9-12) - 36798 (1 ea.)	383.19	18.11	6.05	46.50	731.13	27.16	2.18	4.86	20.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	119.00	0.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	16.00	2.50	10.00	280.00	1.00	0.00	1.00	0.00
Condiment Ranch Lite - 9445 (1 ea.)	53.01	5.03	0.77	3.83	194.49	1.46	0.06	0.77	0.48

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)
Field Trip Meal Cheddar Sub Sandwich (9-12) - 38211 (1 ea.)	657.52	21.94	8.13	35.38	720.48	92.51	9.75(M)	51.21(M)	18.85
Field Trip Meal Deli Sandwich Mighty Meaty (BPS 9-12) - 36663 (1 ea.)	603.50	13.81	4.05	40.00	977.76	98.83	12.84	42.15	23.06
Field Trip Meal Ham & Cheddar Sub Sandwich (BPS 9-12) - 36661 (1 ea.)	585.44	20.27	6.85	46.50	837.46	76.27	9.51	39.91	19.70
Field Trip Meal Turkey & Cheddar Sub Sandwich (BPS 9-12) - 36665 (1 ea.)	562.94	18.40	6.10	42.13	838.71	79.39	10.51	39.03	22.32
Field Trip Meal Yogurt & Honey Wheat Crackers - 38225 (1 ea.)	681.30	13.29	4.55	23.00	718.52	131.11	12.56	74.10	19.06
Field Trip Meal Yogurt and Rumbles - 38217 (1 ea.)	633.40	12.79	4.55	23.00	657.59	118.66	12.10	67.52	18.83