

Menu Item Nutrient Report

Generated on: 10/31/2022 10:41:09 AM by Heather Fedoryk

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Apple wedges - LR1008 (1 ea.)	30.00	0.00	0.00	0.00	8.00	2.00	6.00	0.00
Apples, Fresh Raw Skin Medium Cross Valley Farms 012633 - LR1210 (1 ea.)	130.00	0.00	0.00	0.00	34.00	5.00	25.00	1.00
Applesauce, Applesauce w/cinnamon - LR1297 (1/2 c.)	51.80	0.00	0.00	2.03	14.26	1.17	11.01	0.01
Asian Cabbage Salad - LR1167 (1/2 c.)	66.54	2.06	0.25	139.47	10.87	2.04	4.70(M)	2.31
Assorted Canned Fruit - LR1125 (1/2 c.)	65.17	0.00	0.00	6.75	16.72	1.00	13.96	0.25
Assorted Cereal Bars - LR1275 (1 Bar) Contains Gluten, Wheat. May contain Soy.	160.00	3.50	0.00	112.50	29.50	3.00	8.50	2.50
Assorted Cereals - LR1122 (1 bowl) Contains Gluten, Soy, Tree nuts, Wheat.	111.54	1.30	0.00	142.73	23.57	1.84	6.87	1.68
Assorted Fruit Juice - LR1124 (4 fl. oz.)	61.38	0.00	0.00	9.84	14.85	0.00	13.06	0.40
Assorted Muffins - LR1120 (1 muffin) Contains Egg, Gluten, Milk, Soy, Wheat.	178.00	5.40	1.40	117.00	29.40	1.60	15.80	3.00
Assorted NutriGrain bars - LR1197 (1 ea.)	160.00	4.00	0.50	138.33	29.67	3.00	14.33	2.00
Assorted Poptarts - LR1123 (1 pkg.) Contains Gluten, Soy, Wheat.	345.00	5.50	1.88	367.50	73.75	5.50	29.50	4.50
Assorted Yogurt - LR1121 (1 serv.) Contains Milk.	76.67	0.00	0.00	63.33	14.67	0.00	11.33	4.00
Baby Carrots, Carroteenies 2.6oz bag - LR1228 (1 Bag)	30.00	0.00	0.00	16.00	5.00	1.00	5.00	0.00
Bagel, White Whole Grain Bagel, Lender's Bagels, Pinnacle Foods Group, 00074 WGR - LR1238 (1 bagel) Contains Wheat.	120.00	1.00	0.00	170.00	24.00	3.00	3.00	5.00
Bananas, raw - LR1222 (126 g.)	110.00	0.00	0.00	0.00	30.00	3.00	19.00	1.00
BBQ Grilled Chicken Patty - LR1130 (1 sandwich) Contains Soy, Wheat.	322.36	13.12	2.88	771.23	32.85	2.15	8.65(M)	18.57
Beans, garbanzo (chickpeas), canned dry beans, low-sodium, mature seeds, solids and liquids, [100360] - LR1271 (1/2 c.)	106.00	2.00	0.00	140.00	16.00	5.00	3.00	6.00
Beans, Vegetarian Baked, VEG-BP - LR1232 (1/2 c.)	133.71	0.96	0.00	266.67	26.35	4.83	11.04	6.71
Blueberry Crisp/Topping, WG - LR1260 (1 ea.) Contains Milk. May contain Gluten.	210.47	9.18	5.68	27.47	32.09	2.34	20.12(M)	1.63

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Blueberry Crumble - LR1152 (1/2 c.)	9.25	0.12	0.01	0.18	2.21	0.49	1.53	0.08
Bowtie Noodles with Cheese Sauce - LR1138 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	378.12	17.39	8.99	552.26	38.66	1.62	5.29(M)	15.30
Bowtie Pasta Noodles - LR1011 (1/2 c.)	107.81	0.68	0.03	18.62	21.26	1.01	0.00(M)	3.54
Bread, WG white sandwich #2824, Butter Krust - LR1097 (1 slice)	60.00	0.50	0.00	105.00	12.50	2.00	(M)	2.50
Breakfast Pizza, 51% WG Turkey Sausage Cheese Sub, Tony's, Schwan's Food Service, 63912, MMA, WGR - LR1198 (3 1/3 ounces) Contains Milk, Soy, Wheat.	210.00	7.00	2.00	480.00	26.00	2.00	9.00	9.00
Breakfast Sandwich, Egg and Cheese on Bagel, WG, MMA - LR1200 (1 ea.) Contains Egg, Milk, Soy, Wheat.	276.38	13.61	6.06	568.38	26.02	3.00	4.01	13.06
Breakfast Sandwich: ham and cheese on a croissant - LR1136 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	291.96	15.06	7.28	656.86	29.51	2.00	4.76	13.78
Breakfast Sandwich: ham, egg, and cheese on a bagel - LR1135 (1 sandwich) Contains Egg, Milk, Soy, Wheat.	274.80	7.54	3.26	947.46	33.76	4.00	5.50(M)	20.16
Breakfast Stick, Whole Grain Original Breakfast Sticks, Sausage Wrapped Pancake, State Fair / Sara Lee, 70481, WG, MMA - LR1202 (1 piece) Contains Egg, Milk, Soy, Wheat.	220.00	11.00	3.00	450.00	23.00	1.00	8.00	8.00
Breakfast Stick, Sausage Wrapped in Pancake - LR1212 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	342.28	15.08	4.02	592.66	42.36	2.02	15.13	9.02
Breakfast Stick, WG Sausage Wrapped Pancake, State Fair / Sara Lee, 70481, WG, MMA - LR1211 (1 piece) Contains Egg, Milk, Soy, Wheat.	220.00	11.00	3.00	450.00	23.00	1.00	8.00	8.00
Breakfast Stick, Whole Grain Original Breakfast Sticks, Sausage Wrapped Pancake, State Fair / Sara Lee, 70481, WG, MMA - LR1199 (1 piece) Contains Egg, Milk, Soy, Wheat.	220.00	11.00	3.00	450.00	23.00	1.00	8.00	8.00

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Broccoli, frozen, spears, cooked, boiled, drained, without salt - LR1298 (1/2 c.)	27.06	0.00	0.00	22.55	4.51	2.71	0.90	2.71
Brown Rice and Black Beans - LR1112 (3/4 c.)	227.35	1.83	0.39	105.77	43.32	6.01	0.37(M)	8.75
Brown Rice Pilaf - LR1085 (1/2 c.)	168.97	1.47	0.33	31.79	33.31	1.37	0.29(M)	4.96
Caesar Salad H/M - LR1099 (1 c.) Contains Gluten, Milk, Wheat.	152.28	5.35	1.36	336.55	21.13	5.35	4.14	8.07
Carrots, Frozen, Steamed, Veg-RO - LR1189 (1/2 cup serving)	77.45	3.71	1.42	264.92	10.96	4.68	5.78(M)	0.82
Celery sticks and Sunbutter - LR1154 (1 serv.)	216.80	17.20	2.05	226.00	10.56	3.92	4.61	7.83
Celery Sticks and Sunbutter-Pre-K - LR1237 (1 serv.)	108.40	8.60	1.02	113.00	5.28	1.96	2.30	3.91
Cheese Sauce H/M/E - LR1282 (4 Tbsp.) Contains Milk, Soy.	203.22	16.04	8.91	494.37	4.64	0.00	2.86	9.63
Cheese, Cheddar, Yellow, Reduced Fat, Shredded - LR1291 (1 oz.)	91.13	6.08	4.05	212.63	1.01	0.00	0.00	7.09
Cheeseburger/1.75 WG B,Fz,Ckd M/E - LR1002 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	357.00	18.00	7.50	488.00	26.00	2.00	1.50	22.50
Cheeseburger/2 WG B, Frz, Ckd, High - LR1171 (1 ea.) Contains Milk, Soy, Wheat.	367.00	18.50	7.50	498.00	24.00	3.00	3.50	24.50
Cheesesteak Hoagie - LR1105 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Soy.	398.04	20.62	8.96	483.08	34.00	3.00	2.50	18.74
Chicken Alfredo With a Twist, USDA, MMA ,WGR with WG Bread Slice - LR1266 (1 c.) Contains Gluten, Milk, Soy, Wheat.	410.56	8.79	3.11	811.20	56.30	5.41	5.59(M)	34.60
Chicken Caesar Salad-Elementary - LR1142 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	311.86	10.73	3.14	709.08	39.17	10.44	6.35	20.63
Chicken Caesar Salad-H/M/E - LR1046 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	323.44	11.43	3.52	708.35	37.02	4.46	4.53	18.79
Chicken Ceasar Salad Middle - LR1140 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	229.45	9.81	2.69	557.86	23.42	6.04	3.40	16.77
Chicken Fajita, HS - LR1069 (1 fajita) Contains Gluten, Wheat.	296.61	7.73	2.45	921.59	41.16	3.05	1.00	15.62
Chicken Fajita,H/M/E - LR1247 (1 fajita) Contains Gluten, Wheat.	278.56	14.32	2.33	649.76	24.11	1.88	7.83(M)	13.22

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Chicken Fajita/WG Rice, H/M/E - LR1240 (1 fajita) Contains Gluten, Wheat.	266.61	7.48	2.20	936.59	34.66	2.55	1.00	15.12
Chicken Noodle Soup - LR1091 (1 serving 1 cup)	59.52	1.89	0.47	830.80	7.37	1.24	0.00	2.88
Chicken Nuggets, Frz, Ckd, Tyson - LR1218 (5 ea.) Contains Gluten, Milk, Soy, Wheat.	200.00	10.00	2.00	410.00	12.00	2.00	0.99	15.00
Chicken Parm, Brd, Ckd, Plgm P - LR1071 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	390.48	14.53	4.02	869.06	38.50	5.50	5.24(M)	25.79
Chicken Patty, Grilled Ckd, 1.75oz WG Bun - LR1042 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	260.00	8.50	2.00	640.00	23.00	2.00	1.99	22.00
Chicken Pieces-8, Brd, ckd, Tyson - LR1094 (3 2/3 oz.)	273.15	18.20	4.55	546.32	11.12	1.01	(M)	15.17
Chicken, Breaded 8 Piece, Frozen Fully Cooked, Pilgrims Pride - LR1224 (3 oz.) Contains Soy, Wheat.	210.12	15.01	3.50	430.25	4.00	0.00	0.00	14.01
Chicken, Breaded 8 Piece, Fully Cooked, WG Roll - LR1225 (3 oz.) Contains Gluten, Milk, Soy, Wheat.	280.12	16.01	3.50	590.25	18.00	2.00	1.00	17.01
Chicken, Oven Roasted 8 Piece, Cooked, Frozen, Gold Kist, 2 WG Roll - LR1166 (3 oz.) Contains Gluten, Soy, Wheat.	430.00	20.00	5.00	930.00	32.00	2.00	4.00	28.00
Chicken, Oven Roasted 8 Piece, Cooked, Frozen, Gold Kist, 1 WG Roll - LR1249 (3 oz.) Contains Gluten, Soy, Wheat.	340.00	19.00	5.00	720.00	16.00	1.00	2.00	25.00
Chicken, WG Popcorn Chicken Style Patty Fritters, Pilgrim's Pride, Gold Kist, 69160, MMA, WG - LR1191 (14 pcs.) Contains Egg, Milk, Soy, Wheat.	211.00	9.00	2.00	400.00	13.00	2.00	1.00	15.00
Chili Bowl - LR1159 (6 oz.)	521.06	22.80	7.78	630.52	58.25	16.18	0.85(M)	25.28
Chili/Tortilla chips - LR1177 (6 oz.) Contains Egg, Gluten, Milk, Soy, Wheat.	556.85	23.18	7.40	675.96	66.43	15.95	5.77(M)	25.45
Chips, Tostitos Tortilla Chips, Reduced Fat, .875 oz Bag, Pepsico Foodservice, 18792, WG - LR1290 (1 Bag)	120.00	4.50	0.50	100.00	18.00	2.00	0.00	2.00
Condiment, Sour Cream, Crowley - LR1273 (2 Tbsp.) Contains Milk.	60.00	5.00	3.50	35.00	2.00	0.00	1.00	1.00

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Corn on the Cob - LR1114 (1 ea.)	109.22	5.97	1.07	203.70	14.07	1.76	2.26	1.96
Couscous Confetti Salad - LR1101 (1/2 c.)	170.20	6.75	0.61	116.55	23.71	1.76	6.39	3.52
Crackers, WG Goldfish, Ppprdge - LR1033 (1 ea.) Contains Gluten, Milk, Wheat.	100.00	3.50	0.50	180.00	14.00	0.99	0.00	2.00
Deli Bar - LR1053 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	353.41	14.58	6.54	1053.06	35.27	5.59	4.98(M)	20.92
Deli item, Salami Hormel - LR1208 (1 oz.)	120.00	11.00	5.00	500.00	0.00	0.00	0.00	5.00
Deli Line: Elementary - LR1137 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	324.36	13.93	4.60	814.38	29.82	4.53	5.21	21.85
Deli Line: Middle - LR1195 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	348.48	13.59	4.54	870.08	34.41	4.56	6.52	23.59
Dressing, Lite Caesar Gallon, Cains, - LR1270 (2 Tbsp.) Contains Egg, Fish, Milk.	70.00	6.00	1.00	500.00	5.00	0.00	3.00	1.00
Egg Roll, Mini vegetable egg roll; as purchased - LR1157 (3 1/4 oz.)	141.62	4.04	1.01	252.89	24.27	3.03	(M)	3.03
Egg Salad - LR1272 (1/3 cup serving) Contains Egg.	127.95	11.13	2.67	106.20	0.95	0.00	0.38	6.30
Egg, Whole, Cooked, Hard Boiled 2MA/2WG Elementary - LR1278 (1 serv.) Contains Gluten, Soy, Wheat.	345.56	15.61	4.33	387.22	36.22	3.00	12.22	18.33
Egg, Whole, Cooked, Hard Boiled 2WG Breakfast - LR1262 (2 ea.) Contains Egg, Gluten, Milk, Soy, Tree nuts, Wheat.	227.63	9.12	2.30	193.80	28.66	2.15	13.45	8.89
Eggo Bites - Mini French Toast Chocolate Chip - 3800080801 - LR1287 (1 pouch) Contains Egg, Gluten, Milk, Soy, Wheat.	210.00	6.00	1.50	260.00	35.00	4.00	11.00	5.00
Eggs, Fresh, Glenview Farms - LR1294 (1 egg) Contains Egg.	71.50	4.97	1.55	70.00	0.39	0.00	0.38	6.30
Entree, Breaded Mozzarella Cheese Sticks, Elemenatry, MMA, WG - LR1285 (5 ea.) Contains Gluten, Milk, Wheat.	258.33	9.17	2.92	466.67	27.50	2.50	1.67	15.83
French Toast and Ham Slices - LR1184 (4 ea.) Contains Gluten, Soy, Wheat.	424.29	11.49	2.00	940.42	66.97	3.00	23.50(M)	14.90

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French Toast Sticks, Farm Rich Whole Grain, Frozen, Rich's, 37722, WGR - LR1221 (4 ea.) Contains Soy, Wheat.	280.00	12.00	2.00	290.00	35.00	3.00	11.00	6.00
French Toast, Ham, and Yogurt - LR1156 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	656.92	20.90	2.77	966.41	99.49	5.00	35.66(M)	18.68
Fresh Fruit - LR1078 (1 ea.)	81.43	0.00	0.00	2.74	21.05	2.48	15.30	0.60
Fresh Veggies: cuc, celery, pep - LR1031 (1 c.)	23.00	0.88	0.06	29.09	4.56	1.55	(M)	0.88
Fruit Cocktail: H/M/E - LR1104 (1 c.)	137.94	0.17	0.02	14.52	36.13	2.42	33.71	0.97
Fruit, Mandarin Oranges - LR1032 (1 c.)	177.43	0.00	0.00	19.71	45.34	1.97	43.37	1.97
Grab-N-Go Wraps-High - LR1194 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	368.27	19.42	9.59	982.41	30.45	4.55	4.15	19.72
Gravy, Turkey, Monarch - LR1095 (2 Tbsp.)	1.06	0.00	0.00	30.09	0.27	0.00	(M)	0.00
Grilled Chicken Patty on a 2oz WG bun - LR1223 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	283.12	12.01	2.87	576.64	26.92	3.00	1.00(M)	18.43
Ham & Cheese Croissants H/M - LR1103 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	334.62	14.79	6.79	1248.45	30.95	2.00	3.00(M)	21.13
Ham, ckd, frz, 95% fat free-co - LR1019 (3 oz.)	109.95	3.66	0.91	806.34	1.84	0.00	(M)	16.49
Hamburger/1.75 WG B, Frz, Ckd M/E - LR1001 (1 ea.) Contains Gluten, Wheat.	302.00	13.50	5.00	353.00	25.00	2.00	1.00	20.00
Hamburger/2 WG B, Frz, Ckd, High - LR1170 (1 ea.) Contains Soy, Wheat.	312.00	14.00	5.00	363.00	23.00	3.00	3.00	22.00
Hoagie Bar: Condiments - LR1013 (1 serv.)	166.20	15.60	2.15	336.50	6.33	2.50	2.71(M)	1.76
Hoagie Bar: High - LR1014 (1 sandwich)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hoagie -Cold Cut, MMA, WG - LR1172 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	270.32	8.76	3.56	865.07	32.09	3.93	2.31(M)	16.71
Hot Breadstick - LR1100 (1 breadstick)	169.00	6.00	1.00	299.80	22.82	1.00	0.00(M)	4.96
Hot dog on a WG bun: turkey 1.75 WG - LR1226 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	290.00	13.00	4.00	630.00	28.00	3.00	4.00	12.00

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Hot dog with Chili on a 1.75oz WG bun: Turkey Kunzler - LR1234 (1 ea.) Contains Gluten, Wheat. Processed in a facility that also processes Milk, Tree nuts.	261.64	12.61	3.54	580.76	24.03	2.01	2.02	11.14
Hot dog with Chili on a 2oz WG bun: Beef/Pork Berks - LR1168 (1 ea.) Contains Gluten, Wheat. Processed in a facility that also processes Milk, Tree nuts.	362.26	21.85	6.53	858.14	24.37	2.32	1.75	16.82
Hot dog/Chili dog on a 1.75oz WG Bun: Turkey Kunzler - LR1068 (1 ea.) Contains Gluten, Wheat. Processed in a facility that also processes Milk, Tree nuts.	342.26	17.85	5.53	618.14	25.37	2.32	2.75	17.82
Hot dog/Chili dog on a WG bun: Beef/Pork Berks, 1.75 WG bun - LR1227 (1 ea.) Contains Gluten, Wheat. Processed in a facility that also processes Milk, Tree nuts.	362.26	21.85	6.53	858.14	24.37	2.32	1.75	16.82
Hot Ham & Cheese on a Pretzel Bun - LR1128 (1 sandwich) Contains Gluten, Milk, Wheat.	345.65	9.45	4.45	1340.46	32.25	3.00	3.80(M)	31.22
Hot Open Face Turkey Sandwich - LR1150 (1 sandwich) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg, Milk, Tree nuts.	129.27	1.95	0.00	495.89	13.53	1.00	1.00(M)	13.43
Hot Wing Hoagie - LR1129 (1 sandwich) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk, Soy.	248.79	7.45	3.75	596.87	26.22	2.00	1.00(M)	15.94
Hummus - LR1153 (4 Tbsp.)	54.98	2.33	0.35	461.27	6.81	2.23	0.78(M)	2.31
Ketchup, Natural Low Sodium, Made With Sugar, Red Gold, REDYL99 - LR1268 (1 Tbsp.)	15.00	0.00	0.00	45.00	4.00	0.00	3.00	0.00
Ketchup: individual - LR1038 (1 packet)	6.06	0.01	0.00	54.42	1.64	0.02	1.28	0.06
Lentil Soup - LR1045 (1 c.)	173.18	2.79	0.26	45.48	28.42	5.54	3.16	10.77
Lettuce/Cheese cup - LR1084 (1 ea.)	48.85	3.07	2.03	108.66	1.20	0.28	0.46	3.75
Mayonnaise: Individual PC - LR1037 (7 g.)	50.19	5.56	0.60	39.76	0.19	0.00	0.03	0.08
Meat Sauce - LR1062 (1/2 c.)	223.44	14.05	5.51	141.90	7.01	1.62	2.08(M)	17.82

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Meat, Turkey, Deli Breast, Sliced, USDA Foods, 110554, MMA - LR1292 (1 1/2 ounces)	43.00	1.00	0.00	214.00	1.00	0.00	0.00	8.00
Meatball Hoagie- H/M/E - LR1146 (1 sandwich) Contains Soy, Wheat.	510.46	21.02	8.13	761.65	51.13	5.29	10.16(M)	27.47
Meatballs in Red Sauce/WG Breadstick- Elementary - LR1148 (1 serv.) Contains Gluten, Soy, Wheat.	339.15	17.61	6.18	399.50	26.76	4.29	4.75(M)	19.19
Meatballs with Pasta and Breadstick - LR1179 (1 serving 4 Meatballs, 1/2 cup of pasta, 1 breadstick) Contains Gluten, Soy, Wheat.	519.05	19.20	6.18	602.30	64.13	8.57	8.97(M)	25.90
Middle School: French Toast, Ham, and Yogurt - LR1158 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	551.92	16.90	2.27	836.41	84.49	4.00	32.66(M)	16.18
Milk 1% White Pocono - LR1081 (1 Carton) Contains Milk.	110.00	2.50	1.50	130.00	13.00	0.00	12.00	8.00
Milk Fat-free Strawberry Pocono - LR1082 (1 Carton) Contains Milk.	110.00	0.00	0.00	125.00	19.00	0.00	18.00	8.00
Milk Fat-free White Pocono - LR1080 (1 Carton)	90.00	0.00	0.00	130.00	13.00	0.00	12.00	8.00
Milk- variety - LR1023 (1/2 pt.) Contains Milk.	114.58	0.54	0.35	161.99	17.80	0.00	15.14(M)	8.22
Milk, Dry Milk, Non-Fat, Village Farm by Sturm Foods, 33227201836, - LR1283 (1/3 c.) Contains Milk.	80.00	0.00	0.00	125.00	12.00	0.00	12.00	8.00
Milk, Fat Free Chocolate Pocono - LR1079 (1 Carton) Contains Milk.	120.00	0.00	0.00	180.00	20.00	0.00	18.00	8.00
Mozzarella Cheese Sticks, 1oz - LR1067 (2 ounces) Contains Milk.	80.00	5.00	3.00	190.00	1.00	0.00	1.00	7.00
Nacho Fish Stcks, WG Dinner Roll - LR1251 (4 piece) Contains Fish, Gluten, Soy, Wheat.	320.00	10.00	1.50	560.00	38.00	3.00	2.00	18.00
NutriGrain Cereal Bar Apple Cinnamon, 96/1.55oz 59779 - LR1205 (1 Bar)	160.00	4.00	0.50	130.00	30.00	3.00	14.00	2.00
NutriGrain Cereal Bar Blueberry, 96/1.55oz 90819 - LR1204 (1 Bar)	160.00	4.00	0.50	135.00	30.00	3.00	15.00	2.00
NutriGrain Cereal Bar Strawberry, 96/1.55oz 59772 - LR1206 (1 Bar)	160.00	4.00	0.50	150.00	29.00	3.00	14.00	2.00

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Oranges, Raw - LR1209 (1 ea.)	80.00	0.00	0.00	0.00	19.00	3.00	14.00	1.00
Pancakes, Ham, and Yogurt - LR1149 (1 serv.) Contains Gluten, Milk.	401.92	5.40	0.27	601.41	81.49	6.00	20.66(M)	12.18
Pancakes, Mini Maple Flavored, Pillsbury - LR1118 (1 pouch) Contains Egg, Milk, Wheat.	210.00	6.00	5.00	270.00	38.00	2.00	11.00	4.00
Pasta, Pierogies and Margarine, MMA, WGR, Veg-S - LR1261 (3 pcs.) Contains Egg, Milk, Soy, Wheat.	270.37	12.65	5.14	410.19	31.08	3.00	0.00	10.02
PBJ Jamwich/Cheese Stick/Graham Crackers-Elementary - LR1144 (1 sandwich) Contains Gluten, Milk, Peanuts, Soy, Wheat.	493.80	25.15	7.41	607.32	56.38	4.93	19.80	17.75
Peaches, yellow, freestone, frozen, diced (cut 3/8 to 1/2 inch), sweetened (packed in corn syrup, sugar, juice or syrup composed of peach puree and sugar); ascorbic or citric acid added [100241, A416] - LR1289 (4 1/2 oz.)	79.83	0.00	0.00	0.00	18.96	1.00	15.97	1.00
Peaches: can,lt syrup, H/M/E - LR1005 (1 CUP,slice/half)	121.94	0.00	0.00	20.32	28.45	0.00	22.36	0.00
Pears: can,lt syrup, H/M/E - LR1025 (1 c.)	143.07	0.07	0.01	12.55	38.08	4.02	30.37	0.48
Pears: can,lt syrup, M/E - LR1163 (1 c.)	480.00	0.00	0.00	40.00	128.00	16.00	96.00	0.00
Penne Pasta Noodles - LR1061 (3/4 c.) Contains Gluten, Wheat.	172.81	1.34	0.09	57.40	33.60	1.60	0.00(M)	5.60
Pie, pumpkin, prepared from recipe - LR1256 (1 oz.)	57.83	2.64	0.90	63.79	7.48	(M)	(M)	1.28
Pizza, cheese: Elem Nardone - LR1059 (1 ea.) Contains Wheat.	172.76	6.28	3.65	160.82	16.00	2.17	(M)	11.70
Pizza, cheese: High Nardone - LR1054 (1 ea.) Contains Wheat.	251.94	9.16	5.33	234.54	23.34	3.17	(M)	17.06
Pizza, Cheese: Middle Nardone - LR1055 (1 ea.) Contains Wheat.	251.94	9.16	5.33	234.54	23.34	3.17	(M)	17.06
Pizza, Pepperoni: Elem, Nardone - LR1058 (1 ea.) Contains Wheat.	197.25	8.53	4.51	237.71	16.06	2.17	0.00(M)	12.63
Pizza, Pepperoni: High, Nardone - LR1056 (1 ea.) Contains Wheat.	287.66	12.44	6.58	346.66	23.42	3.17	0.00(M)	18.42
Pizza, Pepperoni: Middle, Nardone - LR1057 (1 ea.) Contains Wheat.	287.66	12.44	6.58	346.66	23.42	3.17	0.00(M)	18.42

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Pizza, Wedge, Kasa - LR1075 (1 slice) Contains Gluten, Milk, Soy, Wheat.	370.00	14.00	9.00	820.00	40.00	4.00	6.00	21.00
Pizza, Whole Grain Rich 17oz crust, 16 oz Cheese Pizza - 8 cut, Mickey's, WGR, MMA, Veg-RO - LR1274 (1 slice) Contains Gluten, Milk, Wheat.	320.00	15.00	10.00	450.00	28.00	3.00	3.00	19.00
Potato Puffs, Frozen, Cooked, Baked H/M/E - LR1181 (1 c.) May contain Soy.	179.78	9.68	1.38	497.85	22.13	1.38	0.00	1.38
Potato Puffs, Frz, Ckd, Baked - LR1015 (3/4 c.) May contain Soy.	134.84	7.26	1.04	373.39	16.59	1.04	0.00	1.04
Potato, Colossal fries, 3/8 - LR1040 (3 oz.) Contains Gluten, Wheat.	174.76	8.15	2.33	314.57	23.30	1.17	0.00	2.33
Potato: sweet potato fries M/E - LR1003 (1/2 c.)	121.50	5.40	1.35	135.00	16.87	2.02	(M)	1.35
Potato: sweet potato fries, HS - LR1030 (1 c.)	242.99	10.80	2.70	269.99	33.75	4.05	(M)	2.70
Potatoes Au Gratin - LR1016 (1/2 c.)	149.86	2.26	1.63	356.82	24.17	1.62	5.20(M)	8.81
Pulled Pork Sandwich - LR1127 (1 sandwich) Contains Gluten, Wheat.	360.81	10.53	3.01	550.88	41.06	2.00(M)	17.06	26.07
Pumpkin Tart/Topping - LR1257 (1 serv.) Contains Milk.	134.92	5.31	3.03	140.39	20.46	0.77	4.46(M)	1.60
Raisin Package - LR1267 (1 package (1.33 oz))	113.00	0.17	0.04	4.00	29.98	1.40	(M)	1.16
Raisins, Unsweetened, 1.33 oz Individual Package - LR1277 (1 1/3 oz.)	112.12	0.00	0.00	3.97	29.77	0.99	21.83	0.99
Rice Krispies Treat Whole Grain, 1.3oz Kelloggs 10531, WGR - LR1203 (1 Bar) Contains Milk, Soy.	160.00	4.00	1.00	150.00	31.00	0.99	11.00	2.00
Roast Turkey and Gravy/2 WG Roll - LR1116 (1/2 c.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	313.16	7.83	1.32	761.80	36.63	4.00	2.06	25.63
Roast Turkey/Gravy, 1 WG Roll - LR1239 (1/2 c.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	243.16	6.83	1.32	601.80	22.63	2.00	1.06	22.63
Roasted Mixed Vegetables: Cauliflower, Broccoli, and Carrot - LR1134 (1 c.)	59.33	2.72	0.37	207.13	7.92	3.98	3.71	2.68
Roasted Peppers & Onions - LR1106 (1 serv.)	146.62	13.60	1.90	158.26	6.36	1.35	2.96	0.82

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Roasted Redskin Potatoes, Veg-S - LR1183 (1/2 cup serving)	113.64	5.60	0.40	66.78	15.01	1.90	0.93(M)	1.88
Roll: Multi grain dinner roll - LR1026 (1 ea.) Contains Wheat.	80.00	1.00	0.00	170.00	15.00	1.00	(M)	3.00
Romaine Leaf/Tomato: 1 lf,2 slc - LR1004 (1 lf, 2 slc)	10.84	0.14	0.02	3.71	2.26	0.93	1.31	0.62
Salad Bar Recipe - LR1047 (1 1/2 c.) Contains Egg, Gluten, Soy, Wheat.	540.49	15.60	6.19	1321.08	76.42	8.67	32.64	29.15
Salad Dressing, assorted - LR1043 (1 Tbsp.)	21.95	1.48	0.30	104.37	1.76	0.04	0.40(M)	0.41
Salad, Caesar without croutons - LR1165 (1 c.)	55.08	2.43	1.36	64.39	5.57	3.40	2.20	4.18
Salad, Romaine, Spinach, chickpea - LR1024 (1 c.)	193.84	3.55	0.20	196.80	32.81	15.71	8.88	12.63
Sandwiches,Turkey ham and cheese, toasted,with reduced fat cheese, turkey ham, and margarine - LR1090 (1 sandwich)	318.99	11.00	4.47	1230.99	34.42	1.39	(M)	20.26
Soup, Vegetable Soup, 3/4 cup Veg-O - LR1186 (1 cup serving)	48.18	1.38	0.72	708.16	7.63	2.51	3.01	2.20
Soup, Vegetable Soup, 3/4 cup Veg-O N.P - LR1281 (3/4 c.)	32.22	0.15	0.01	541.75	6.75	1.39	2.48	1.04
Steamed Green Beans, Veg-O - LR1188 (1 c.) Contains Soy.	76.49	3.83	1.69	175.70	10.16	4.72	2.95	2.35
Sweet Potato Cookies - LR1060 (1 cookie)	123.66	5.04	2.96	67.40	18.49	0.73	10.21(M)	1.51
Sweet Potatoes, french fried, crosscut, frozen, unprepared - LR1155 (3 oz.)	177.75	9.44	0.79	182.01	21.70	2.89	5.49	1.45
Taco Meat - LR1063 (1 c.)	173.34	11.05	4.17	65.42	3.98	0.96	0.16(M)	14.21
Taco, hard shells M/H - LR1065 (2 ea.)	622.30	22.10	9.62	327.73	71.92	11.39	1.18(M)	31.45
Taco, soft shells M/H - LR1064 (1 ea.) Contains Gluten, Wheat.	343.10	9.47	3.98	180.91	46.09	6.07	0.74(M)	17.56
Teddy Graham, Cinnamon Bear Shaped 0.75 oz, Nabisco, Non- WG - LR1264 (1 ea.)	90.00	3.00	0.50	95.00	16.00	1.00	5.00	1.00
Tomato Soup, 12/50 Camp High - LR1034 (1 c.)	85.73	0.94	0.47	695.41	18.10	1.90	(M)	1.90
Topping, Chili Dog Topping, MMA - LR1233 (2 Tbsp.)	164.52	10.70	4.06	76.28	2.75	0.64	1.51	13.64
Tossed Salad with Spinach - LR1139 (1 c.)	87.83	1.55	0.20	56.80	16.81	10.71	5.88	6.63

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Tossed Salad/cucumbers, tomatoes, cabbage, carrots & spinach - LR1295 (1 c.)	37.67	0.61	0.09	31.10	7.34	4.20	2.83	2.74
Tuna Salad - LR1048 (4 oz.) Contains Egg, Fish, Soy.	260.12	19.20	3.49	456.45	3.13	0.45	0.63	16.18
Tuna, Chunk Light, Canned, USDA Foods, 100195, MMA - LR1293 (1 ounces) Contains Fish, Soy.	30.00	0.00	0.00	130.00	0.00	0.00	0.00	6.00
Turkey, Corn Dog, Mini, Frozen, State Fair, Sara Lee Corp, 09100, MMA, Non-WG - LR1299 (4 corndog mini) Contains Egg, Milk, Soy, Wheat.	217.65	11.87	2.47	415.52	23.74	0.99	3.96	5.94
USDA Commodity Potato Wedges (IQF), potatoes may be water/oil blanched or water blanched (prebaked) [100355] - LR1231 (1/2 Cups)	94.00	1.68	0.42	38.00	19.38	1.60	(M)	2.06
Vegetables, Fresh Veggies, High Veg-DG, Veg-RO, Veg-O - LR1196 (1 c.)	41.67	0.33	0.09	82.07	9.13	3.23	4.03	2.04
Vegetarian Beans H/M/E - LR1113 (1/2 c.)	132.42	0.96	0.00	187.00	25.67	4.97	10.05	6.82
Walking Tacos, WG, MMA, Veg-RO, Veg-O - LR1280 (1 ea.)	535.10	16.89	4.85	577.25	69.78	8.77	3.54	22.82
Warm Apples Slices - LR1185 (1/2 c.)	150.64	0.15	0.11	5.43	38.87	1.37	28.94(M)	0.04
Watermelon, Chunks H/M - LR1115 (1/2 c.)	23.10	0.12	0.01	0.77	5.81	0.31	4.77	0.47
Wellness cereal assortment - LR1151 (1 bowl) Contains Gluten, Milk, Tree nuts, Wheat.	192.57	1.30	0.37	166.65	44.42	5.50	2.88(M)	5.64
WG Bagel with Cream Cheese-Entree - LR1241 (1 bagel) Contains Milk, Wheat.	260.00	15.00	8.00	400.00	26.00	3.00	5.00	7.00
WG Bagel with Cream Cheese-WG Breakfast - LR1242 (1 bagel) Contains Milk, Wheat.	190.00	8.00	4.00	285.00	25.00	3.00	4.00	6.00
WG Bagel with Jelly-WG Breakfast - LR1246 (1 bagel) Contains Wheat.	170.00	1.00	0.00	170.00	36.86	3.00	13.00	5.00
WG Breaded Chicken Patty on a 1.75oz WG bun - LR1230 (3 1/8 oz.) Contains Gluten, Milk, Soy, Wheat.	340.00	12.00	2.50	740.00	36.00	5.00	3.99	22.00
WG Breaded Chicken Patty on a 2oz WG bun - LR1160 (3 1/8 oz.) Contains Gluten, Milk, Soy, Wheat.	340.00	12.00	2.50	740.00	36.00	5.00	3.99	22.00

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WG Chicken Nuggets, Frz, Ckd, Gold Kist, WG Roll - LR1070 (5 ea.) Contains Gluten, Soy, Wheat.	290.00	11.00	2.00	610.00	29.00	3.00	2.99	18.00
WG Chicken Strips, Brd, Frz, Ckd, Roll - LR1012 (3 ea.) Contains Gluten, Soy, Wheat.	370.00	18.00	4.00	550.00	31.00	3.00	2.00	21.00
WG Fish Nuggets, WG Dinner Roll - LR1253 (4 piece) Contains Fish, Gluten, Soy, Wheat.	300.00	9.00	1.50	540.00	39.00	3.00	3.00	15.00
WG French Toast and Scrambled Eggs - LR1252 (4 ea.) Contains Egg, Gluten, Soy, Wheat.	461.19	18.11	4.18	444.13	64.42	3.03	23.60	14.07
WG French Toast, Scrambled Eggs, Ham Slice (Dr Suess) - LR1255 (4 ea.) Contains Egg, Gluten, Soy, Wheat.	490.84	18.86	4.44	740.59	65.90	3.03	23.60(M)	18.51
WG Graham Crackers - LR1288 (1 serv.) Contains Gluten, Soy, Wheat.	120.00	3.50	1.00	115.00	21.00	1.00	8.00	2.00
WG Hot Breadstick - LR1176 (1 ea.) Contains Gluten, Wheat.	80.00	1.50	0.50	105.00	15.00	2.00	1.00	3.00
WG Hot Breadstick 1oz - LR1175 (1 ea.) Contains Gluten, Wheat.	80.00	1.50	0.50	105.00	15.00	2.00	1.00	3.00
WG Macaroni & Cheese Grain-Side - LR1243 (1/2 c.) Contains Gluten, Wheat.	184.71	6.83	3.27	875.34	26.89	1.13	0.57(M)	4.17
WG Mini Pancakes and Sausage Patty - LR1286 (1 serv.) Contains Egg, Milk, Wheat.	450.00	29.00	13.00	570.00	39.00	2.00	11.00	10.00
WG Mini Pancakes and Ham Slices - LR1284 (1 serv.) Contains Egg, Milk, Wheat.	271.70	9.33	6.67	656.89	41.33	2.00	12.67	12.34
WG Penne with Cheese Sauce, Hot Breadstick-Elementary - LR1107 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	485.02	20.28	9.49	726.77	58.84	10.10	6.16	22.03
WG Penne with Cheese Sauce, WG Bread Slice H/M/E - LR1190 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	475.02	19.78	8.99	771.77	56.84	10.10	7.16	22.03
WG Penne with Cheese Sauce, WG Hot Breadstick H/M/E - LR1244 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	485.02	20.28	9.49	726.77	58.84	10.10	6.16	22.03
WG Penne with Meat Sauce, Hot Breadstick-Elementary - LR1110 (1 serv.) Contains Gluten, Wheat. May contain Egg.	450.33	17.02	5.80	301.92	52.30	9.44	5.63	27.54

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WG Penne with Meat Sauce, WG Hot Breadstick H/M/E - LR1245 (1 serv.) Contains Gluten, Wheat. May contain Egg.	450.33	17.02	5.80	301.92	52.30	9.44	5.63	27.54
WG Popcorn Chicken, Couscous Salad H/M/E - LR1193 (14 pcs.) Contains Egg, Milk, Soy, Wheat.	381.20	15.75	2.61	516.55	36.71	3.76	7.39	18.52
WG Popcorn Chicken, WG Rice with Beans H/M/E - LR1254 (14 pcs.) Contains Egg, Milk, Soy, Wheat.	288.04	9.98	2.27	580.31	27.36	3.77	1.25	17.79
WG Popcorn Chicken, WG Roll H/M/E - LR1192 (14 pcs.) Contains Egg, Gluten, Milk, Soy, Wheat.	301.00	10.00	2.00	610.00	29.00	3.00	3.00	18.00
WG Rice Pudding - LR1131 (1/4 c.)	193.40	1.67	0.33	240.82	35.23	1.09	14.55(M)	9.23
WG Rotini Pasta with Cheese Sauce, Hot Breadstick-Elementary - LR1216 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	397.40	19.08	9.49	728.06	39.96	5.80	6.01	18.22
WG Rotini Pasta with Meat Sauce, Bread Slice-Head Start - LR1220 (1 serv.) Contains Gluten, Soy, Wheat.	221.36	13.16	3.90	224.11	15.71	2.57	3.24	11.86
WG Rotini Pasta with Meat Sauce, Hot Breadstick-Elementary - LR1217 (1 serv.) Contains Gluten, Wheat.	452.71	26.82	8.30	403.22	33.41	5.14	5.48	23.73
WG Rotini with Cheese Sauce, Bread Slice-Elementary - LR1214 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	387.40	18.58	8.99	773.06	37.96	5.80	7.01	18.22
WG Rotini with Cheese Sauce, Bread Slice-Head Start - LR1219 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	387.40	18.58	8.99	773.06	37.96	5.80	7.01	18.22
WG Rotini with Cheese Sauce, WG Bread Slice H/M - LR1258 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	387.40	18.58	8.99	773.06	37.96	5.80	7.01	18.22
WG Rotini with Cheese Sauce, WG Hot Breadstick - LR1174 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	397.40	19.08	9.49	728.06	39.96	5.80	6.01	18.22
WG Rotini with Meat Sauce, Bread Slice-Elementary - LR1215 (1 serv.) Contains Gluten, Soy, Wheat.	442.71	26.32	7.80	448.22	31.41	5.14	6.48	23.73

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WG Rotini with Meat Sauce, WG Bread Slice H/M - LR1259 (1 serv.) Contains Gluten, Soy, Wheat.	442.71	26.32	7.80	448.22	31.41	5.14	6.48	23.73
WG Rotini with Meat Sauce, WG Hot Breadstick - LR1173 (1 serv.) Contains Gluten, Wheat.	362.71	15.82	5.80	303.22	33.41	5.14	5.48	23.73
WG Toasted Cheese - H/M/E - LR1141 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	468.17	28.32	7.11	799.37	38.59	7.92	9.62	18.89
WG Toasted Cheese- M/E/Pre-K - LR1236 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	358.40	14.60	3.52	763.00	41.28	5.96	6.30	18.91
WG Toasted Cheese Sandwich - LR1035 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	258.85	11.15	5.04	482.26	29.31	1.89	4.71(M)	10.58
Wraps - LR1052 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	373.26	16.65	7.77	1303.40	35.00	8.09	4.29(M)	21.93
Yogurt with Peaches - LR1265 (1 ea.) Contains Milk.	174.60	0.79	0.38	65.88	39.87	1.44	16.63(M)	4.28
Yogurt with Strawberries - LR1248 (1 ea.) Contains Milk.	221.48	0.90	0.39	64.03	52.72	2.13	16.63(M)	4.38
Yogurt/Cheese Stick/WG Graham Crackers: Elementary - LR1164 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	398.73	12.93	5.95	492.30	58.92	2.00	28.95	13.91
Yogurt/fruit/granola Parfait H/M Breakfast - LR1263 (1 Parfait) Contains Gluten, Milk.	295.62	2.68	0.50	84.67	60.87	3.06	37.66	6.96
Yogurt/fruit/granola Parfait H/M/E - LR1119 (1 1/2 c.) Contains Gluten, Milk.	511.51	5.37	1.00	169.34	102.26	4.35	59.38	13.03
Yogurt/fruit/granola Parfait Middle - LR1162 (1 1/2 c.) Contains Gluten, Milk.	395.53	3.43	1.00	137.12	80.36	3.06	51.65	10.46
Yogurt/fruit/granola parfait: Elementary - LR1143 (1 ea.) Contains Gluten, Milk, Wheat.	515.53	7.43	2.00	277.12	99.36	4.06	58.65	11.46
Yogurt/Giant Graham Cracker: *Elementary* - LR1235 (2 ea.) Contains Gluten, Milk, Wheat.	192.28	4.08	1.02	202.66	33.36	1.02	17.13	5.02
Yogurt/WG Graham Crackes: Breakfast Elementary - LR1213 (2 ea.) Contains Gluten, Milk, Soy, Wheat.	194.98	3.50	1.00	177.49	35.50	1.00	19.00	6.00
Yogurt-2MA/2WG Elementary - LR1279 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	350.00	5.00	1.00	395.00	64.00	3.00	30.99	13.00

Legend

Menu Item Nutrient Report

Generated on: 10/31/2022 10:41:09 AM by Heather Fedoryk

(M) Indicates missing nutrient values.

Allergen Disclaimer: white milk only

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014+

Serving Group: K-12

Data Source: Local