

# Menu Item Nutrient Report

Generated on: 10/12/2021 2:01:05 PM by Heather Fedoryk

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Apple wedges - LR1008 (1 ea.)	30.00	0.00	0.00	0.00	0.00	0.00	8.00	2.00	6.00	(M)	0.00	0.18	0.00	50.00	108.00	(M)	(M)
Apples, Fresh Raw Skin Medium Cross Valley Farms 012633 - LR1210 (1 ea.)	130.00	0.00	0.00	0.00	0.00	0.00	34.00	5.00	25.00	(M)	1.00	2.00	8.00	2.00	8.00	(M)	(M)
Applesauce, Applesauce w/cinnamon - LR1297 (1/2 c.)	51.80	0.00	0.00	0.00	0.00	2.03	14.26	1.17	11.01	(M)	0.01	0.03	3.26	0.96	0.01	0.00(M)	1.40(M)
Asian Cabbage Salad - LR1167 (1/2 c.)	66.54	2.06	0.25	0.00(M)	0.00	139.47	10.87	2.04	4.70(M)	(M)	2.31	0.95	55.27	2835.06	36.17	0.00(M)	208.01(M)
Assorted Canned Fruit - LR1125 (1/2 c.)	65.17	0.00	0.00	0.00	0.00	6.75	16.72	1.00	13.96	(M)	0.25	0.09	0.00	174.78	4.30	(M)	(M)
Assorted Cereal Bars - LR1275 (1 Bar) Contains Gluten, Wheat. May contain Soy.	160.00	3.50	0.00	0.00	0.00	112.50	30.00	3.00	8.50	8.50	2.50	1.80	245.00	10.00	0.00	0.00	50.05
Assorted Cereals - LR1122 (1 bowl) Contains Gluten, Soy, Tree nuts, Wheat.	110.76	1.26	0.00	0.00	0.00	141.92	23.57	1.93	6.96	6.10(M)	1.68	4.93	64.41	241.88(M)	3.22(M)	1.07(M)	33.59(M)
Assorted Fruit Juice - LR1124 (4 fl. oz.)	61.38	0.00	0.00	0.00	0.00	9.84	14.85	0.00	13.06	(M)	0.40	0.04(M)	11.64(M)	37.50(M)	14.51	(M)	(M)
Assorted Muffins - LR1120 (1 muffin) Contains Egg, Gluten, Milk, Soy, Wheat.	178.40	5.41	1.40	0.00	29.07	117.28	29.47	1.60	13.02	15.04	3.01	1.06	25.67	0.00(M)	0.00(M)	0.02	94.21
Assorted NutriGrain bars - LR1197 (1 ea.)	160.00	4.00	0.50	0.00	0.00	138.33	29.67	3.00	14.33	(M)	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Assorted Poptarts - LR1123 (1 pkg.) Contains Gluten, Soy, Wheat.	355.63	5.68	1.93	0.00	0.00	379.06	76.03	5.67	30.42	22.66(M)	4.65	3.90	276.56	250.00(M)	0.00(M)	0.00(M)	101.59(M)
Assorted Yogurt - LR1121 (1 serv.) Contains Milk.	76.67	0.00	0.00	0.00	4.93	63.33	14.67	0.00	11.33	(M)	4.00	0.00	150.00	0.00	0.00	(M)	(M)
Baby Carrots, Carroteenies 2.6oz bag - LR1228 (1 Bag)	30.00	0.00	0.00	0.00	0.00	16.00	5.00	1.00	5.00	(M)	0.00	0.00	20.00	4000.00	4.80	(M)	(M)
Bagel, White Whole Grain Bagel, Lender's Bagels, Pinnacle Foods Group, 00074 WGR - LR1238 (1 bagel) Contains Wheat.	120.00	1.00	0.00	0.00	0.00	170.00	24.00	3.00	3.00	(M)	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Bananas, raw - LR1222 (126 g.)	110.00	0.00	0.00	0.00	0.00	0.00	30.00	3.00	19.00	(M)	1.00	0.36	0.00	100.00	9.00	(M)	(M)
BBQ Grilled Chicken Patty - LR1130 (1 sandwich) Contains Soy, Wheat.	322.36	13.12	2.88	0.00(M)	43.18	771.23	32.85	2.15	8.65(M)	(M)	18.57	1.19	65.61	38.08	0.10	0.00(M)	39.44(M)
Beans, garbanzo (chickpeas), canned dry beans, low-sodium, mature seeds, solids and liquids, [100360] - LR1271 (1/2 c.)	106.00	2.00	0.00	0.00	0.00	140.00	16.00	5.00	3.00	(M)	6.00	1.35	31.67	24.17	3.83	(M)	(M)
Beans, Vegetarian Baked, VEG-BP - LR1232 (1/2 c.)	133.71	0.96	0.00	0.00(M)	0.00	266.67	26.35	4.83	11.04	(M)	6.71	1.25	38.63	182.83	1.26	0.00(M)	38.50(M)
Blueberry Crisp/Topping, WG - LR1260 (1 ea.) Contains Milk. May contain Gluten.	210.47	9.18	5.68	0.00(M)	19.50	27.47	32.09	2.34	20.12(M)	(M)	1.63	0.96(M)	20.63(M)	253.71(M)	1.45(M)	0.00(M)	45.57(M)

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Blueberry Crumble - LR1152 (1/2 c.)	9.25	0.12	0.01	0.00	0.00	0.18	2.21	0.49	1.53	(M)	0.08	0.03	1.45	8.35	0.45	0.00	9.80
Bowtie Noodles with Cheese Sauce - LR1138 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	378.12	17.39	8.99	0.00	45.00	552.26	38.66	1.62	5.29(M)	(M)	15.30	1.46	307.69	579.59	0.11	0.00(M)	0.67(M)
Bowtie Pasta Noodles - LR1011 (1/2 c.)	107.81	0.68	0.03	0.00	0.00	18.62	21.26	1.01	0.00(M)	(M)	3.54	0.91	4.09	0.00	0.00	0.00(M)	1.36(M)
Bread, WG white sandwich #2824, Butter Krust - LR1097 (1 slice)	60.00	0.50	0.00	0.00	0.00	105.00	12.50	2.00	(M)	(M)	2.50	0.72	150.00	0.00	0.00	(M)	(M)
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	0.00	15.00	480.00	26.00	2.00	9.00	(M)	9.00	1.80	100.00	200.00	0.00	(M)	(M)
Breakfast Sandwich, Egg and Cheese on Bagel, WG, MMA - LR1200 (1 ea.) Contains Egg, Milk, Soy, Wheat.	280.76	13.57	6.05	0.00	124.08	566.83	26.02	3.00	4.01	0.00(M)	13.03	1.80	211.63	303.75 (M)	0.00(M)	0.40(M)	0.00(M)
Breakfast Sandwich: ham and cheese on a croissant - LR1136 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	291.96	15.06	7.28	0.00	40.17	656.86	29.51	2.00	4.76	2.00(M)	13.78	1.52	125.94	151.88 (M)	0.00(M)	0.30(M)	30.00(M)
Breakfast Sandwich: ham, egg, and cheese on a bagel - LR1135 (1 sandwich) Contains Egg, Milk, Soy, Wheat.	274.80	7.54	3.26	0.00	54.68	947.46	33.76	4.00	5.50(M)	(M)	20.16	3.65	77.01	168.41	0.00	(M)	(M)
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	0.00	25.00	450.00	23.00	1.00	8.00	(M)	8.00	1.44	40.00	0.00	0.00	(M)	(M)
Breakfast Stick, Sausage Wrapped in Pancake - LR1212 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	342.28	15.08	4.02	0.00	25.00	592.66	42.36	2.02	15.13	(M)	9.02	3.27	121.52	0.00(M)	0.00(M)	(M)	40.71(M)
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	0.00	25.00	450.00	23.00	1.00	8.00	(M)	8.00	1.44	40.00	0.00	0.00	(M)	(M)
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	0.00	25.00	450.00	23.00	1.00	8.00	(M)	8.00	1.44	40.00	0.00	0.00	(M)	(M)

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Broccoli, frozen, spears, cooked, boiled, drained, without salt - LR1298 (1/2 c.)	27.06	0.00	0.00	0.00	0.00	22.55	4.51	2.71	0.90	(M)	2.71	0.65	36.08	947.06	54.12	(M)	(M)
Brown Rice and Black Beans - LR1112 (3/4 c.)	227.35	1.83	0.39	0.00(M)	0.00	105.77	43.32	6.01	0.37(M)	(M)	8.75	1.78	27.31	2.51	1.66	0.00(M)	107.09 (M)
Brown Rice Pilaf - LR1085 (1/2 c.)	168.97	1.47	0.33	0.00(M)	0.00	31.79	33.31	1.37	0.29(M)	(M)	4.96	1.24	12.13	532.00	0.80	0.00(M)	97.29(M)
Caesar Salad H/M - LR1099 (1 c.) Contains Gluten, Milk, Wheat.	152.28	5.35	1.36	0.00	5.67	336.55	21.13	5.35	4.14	(M)	8.07	2.29	120.53	14157.59	6.48	0.00(M)	400.13 (M)
Carrots, Frozen, Steamed, Veg-RO - LR1189 (1/2 cup serving)	77.45	3.71	1.42	0.00(M)	0.00	264.92	10.96	4.68	5.78(M)	(M)	0.82	0.75	49.71	24120.44	3.26	0.00(M)	272.16 (M)
Celery sticks and Sunbutter - LR1154 (1 serv.)	216.80	17.20	2.05	0.00	0.00	226.00	10.56	3.92	4.61	(M)	7.83	1.68	68.00	538.80 (M)	3.72(M)	0.00(M)	312.00 (M)
Celery Sticks and Sunbutter-Pre-K - LR1237 (1 serv.)	108.40	8.60	1.02	0.00	0.00	113.00	5.28	1.96	2.30	(M)	3.91	0.84	34.00	269.40 (M)	1.86(M)	0.00(M)	156.00 (M)
Cheese Sauce H/M/E - LR1282 (4 Tbsp.) Contains Milk, Soy.	203.22	16.04	8.91	0.00	45.00	494.37	4.64	0.00	2.86	(M)	9.63	0.00	296.29	579.59	0.11	0.00(M)	0.66(M)
Cheese, Cheddar, Yellow, Reduced Fat, Shredded - LR1291 (1 oz.)	91.13	6.08	4.05	0.00	20.25	212.63	1.01	0.00	0.00	(M)	7.09	0.00	202.50	303.75	0.00	(M)	(M)
Cheeseburger/1.75 WG B,Fz,Ckd M/E - LR1002 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	357.00	18.00	7.50	1.00	66.50	488.00	26.00	2.00	1.50	(M)	22.50	3.06	95.00	150.00	0.00	(M)	(M)
Cheeseburger/2 WG B, Frz, Ckd, High - LR1171 (1 ea.) Contains Milk, Soy, Wheat.	367.00	18.50	7.50	1.00	66.50	498.00	24.00	3.00	3.50	(M)	24.50	2.70	135.00	150.00	0.00	(M)	(M)
Cheesesteak Hoagie - LR1105 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Soy.	398.04	20.62	8.96	0.00(M)	52.26	483.08	34.00	3.00	2.50	(M)	18.74	2.84	121.72	150.00	1.20	0.22(M)	130.48 (M)
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	0.08(M)	69.35	811.20	56.30	5.41	5.59(M)	(M)	34.60	2.84	199.94	607.53 (M)	0.60(M)	0.05(M)	644.14 (M)
Chicken Caesar Salad-Elementary - LR1142 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	311.86	10.73	3.14	0.00	48.37	709.08	39.17	10.44	6.35	(M)	20.63	4.94	239.38	28735.76(M)	13.16(M)	0.00(M)	812.78 (M)
Chicken Caesar Salad-H/M/E - LR1046 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	323.44	11.43	3.52	0.00	55.03	708.35	37.02	4.46	4.53	(M)	18.79	2.50	175.20	8099.60	22.84	(M)	(M)
Chicken Ceasar Salad Middle - LR1140 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	229.45	9.81	2.69	0.10	48.58	557.86	23.42	6.04	3.40	(M)	16.77	2.85	185.67	23046.59	10.53	0.06(M)	676.88 (M)
Chicken Fajita, HS - LR1069 (1 fajita) Contains Gluten, Wheat.	296.61	7.73	2.45	0.00(M)	49.90	921.59	41.16	3.05	1.00	1.00(M)	15.62	1.75	65.98	54.14(M)	0.00(M)	0.00(M)	314.78 (M)
Chicken Fajita,H/M/E - LR1247 (1 fajita) Contains Gluten, Wheat.	278.56	14.32	2.33	0.23(M)	49.90	649.76	24.11	1.88	7.83(M)	0.50(M)	13.22	1.54	54.92	102.14 (M)	0.02(M)	0.00(M)	230.72 (M)

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Chicken Fajita/WG Rice, H/M/E - LR1240 (1 fajita) Contains Gluten, Wheat.	266.61	7.48	2.20	0.00(M)	49.90	936.59	34.66	2.55	1.00	0.50(M)	15.12	1.47	48.98	54.14(M)	0.00(M)	0.00(M)	208.56 (M)
Chicken Noodle Soup - LR1091 (1 serving 1 cup)	59.52	1.89	0.47	0.01	9.92	830.80	7.37	1.24	0.00	(M)	2.88	0.82	12.40	498.48	0.00	0.00	59.52
Chicken Nuggets, Frz, Ckd, Tyson - LR1218 (5 ea.) Contains Gluten, Milk, Soy, Wheat.	200.00	10.00	2.00	0.00	35.00	410.00	12.00	2.00	0.99	(M)	15.00	1.80	20.00	100.00	60.00	(M)	(M)
Chicken Parm, Brd, Ckd, Plgm P - LR1071 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	390.48	14.53	4.02	0.00	42.59	869.06	38.50	5.50	5.24(M)	(M)	25.79	3.15	186.25	326.25	56.25	(M)	(M)
Chicken Patty, Grilled Ckd, 1.75oz WG Bun - LR1042 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	260.00	8.50	2.00	0.00	65.00	640.00	23.00	2.00	1.99	(M)	22.00	2.16	26.00	100.00 (M)	0.00(M)	(M)	(M)
Chicken Pieces-8, Brd, ckd, Tyson - LR1094 (3 2/3 oz.)	273.15	18.20	4.55	(M)	50.59	546.32	11.12	1.01	(M)	(M)	15.17	1.08	20.23	101.16	0.00	(M)	(M)
Chicken, Breaded 8 Piece, Frozen Fully Cooked, Pilgrims Pride - LR1224 (3 oz.) Contains Soy, Wheat.	210.12	15.01	3.50	0.00	55.03	430.25	4.00	0.00	0.00	(M)	14.01	1.08	0.00	100.06	1.20	(M)	(M)
Chicken, Breaded 8 Piece, Fully Cooked, WG Roll - LR1225 (3 oz.) Contains Gluten, Milk, Soy, Wheat.	280.12	16.01	3.50	0.00	55.03	590.25	18.00	2.00	1.00	(M)	17.01	2.16	26.00	100.06 (M)	1.20(M)	(M)	(M)
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	0.00	90.00	930.00	32.00	2.00	4.00	(M)	28.00	2.52	100.00	200.00	2.40	(M)	(M)
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	0.00	90.00	720.00	16.00	1.00	2.00	(M)	25.00	1.80	60.00	200.00	2.40	(M)	(M)
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	0.00	47.00	400.00	13.00	2.00	1.00	(M)	15.00	2.00	16.00	112.00	1.00	(M)	(M)
Chili Bowl - LR1159 (6 oz.)	521.06	22.80	7.78	0.00(M)	50.49(M)	630.52	58.25	16.18	0.85(M)	0.00(M)	25.28	4.66	180.49 (M)	1028.40 (M)	7.02(M)	0.03(M)	140.42 (M)
Chili/Tortilla chips - LR1177 (6 oz.) Contains Egg, Gluten, Milk, Soy, Wheat.	556.85	23.18	7.40	0.00(M)	60.49(M)	675.96	66.43	15.95	5.77(M)	0.00(M)	25.45	4.43	177.16 (M)	949.94 (M)	5.53(M)	0.03(M)	73.99(M)
Chips, Tostitos Tortilla Chips, Reduced Fat, .875 oz Bag, Pepsico Foodservice, 18792, WG - LR1290 (1 Bag)	120.00	4.50	0.50	0.00	0.00	100.00	18.00	2.00	0.00	(M)	2.00	0.36	0.00	0.00	0.00	(M)	(M)
Condiment, Sour Cream, Crowley - LR1273 (2 Tbsp.) Contains Milk.	60.00	5.00	3.50	0.00	20.00	35.00	2.00	0.00	1.00	(M)	1.00	0.00	40.00	200.00	0.00	(M)	(M)

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Corn on the Cob - LR1114 (1 ea.)	109.22	5.97	1.07	1.50	2.50	203.70	14.07	1.76	2.26	(M)	1.96	0.38	1.89	396.16	3.02	0.00(M)	158.13(M)
Couscous Confetti Salad - LR1101 (1/2 c.)	170.20	6.75	0.61	0.00	0.00	116.55	23.71	1.76	6.39	(M)	3.52	1.14	19.30	682.32	3.51	0.00(M)	68.08(M)
Crackers, WG Goldfish, Ppprdge - LR1033 (1 ea.) Contains Gluten, Milk, Wheat.	101.25	3.54	0.51	0.00	5.06	182.25	14.18	1.00	0.00	0.00	2.02	0.91	30.38	0.00(M)	0.00(M)	0.00	30.38
Deli Bar - LR1053 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	353.41	14.58	6.54	0.00(M)	50.69	1053.06	35.27	5.59	4.98(M)	(M)	20.92	2.42	230.13	9144.76(M)	8.90(M)	0.00(M)	326.08(M)
Deli item, Salami Hormel - LR1208 (1 oz.)	120.00	11.00	5.00	0.00	35.00	500.00	0.00	0.00	0.00	(M)	5.00	0.36	0.00	0.00	6.00	(M)	(M)
Deli Line: Elementary - LR1137 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	324.36	13.93	4.60	0.00	91.78	814.38	29.82	4.53	5.21	(M)	21.85	2.75	151.13	5955.41	6.95	0.00(M)	166.50(M)
Deli Line: Middle - LR1195 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	348.48	13.59	4.54	0.00	90.83	870.08	34.41	4.56	6.52	(M)	23.59	3.88	121.16	5983.96	6.49	0.00(M)	209.50(M)
Dressing, Lite Caesar Gallon, Cains, - LR1270 (2 Tbsp.) Contains Egg, Fish, Milk.	70.00	6.00	1.00	0.00	1.00	500.00	5.00	0.00	3.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Egg Roll, Mini vegetable egg roll; as purchased - LR1157 (3 1/4 oz.)	141.62	4.04	1.01	(M)	5.06	252.89	24.27	3.03	(M)	(M)	3.03	1.09	30.35	1517.36	9.10	(M)	(M)
Egg Salad - LR1272 (1/3 cup serving) Contains Egg.	127.95	11.13	2.67	0.00	214.30	106.20	0.95	0.00	0.38	(M)	6.30	0.92	26.50	243.50	0.00	(M)	(M)
Egg, Whole, Cooked, Hard Boiled 2MA/2WG Elementary - LR1278 (1 serv.) Contains Gluten, Soy, Wheat.	345.56	15.61	4.33	0.00	377.78	387.22	36.22	3.00	12.22	8.00(M)	18.33	2.22	64.44	666.67(M)	0.00(M)	0.00(M)	49.82(M)
Egg, Whole, Cooked, Hard Boiled 2WG Breakfast - LR1262 (2 ea.) Contains Egg, Gluten, Milk, Soy, Tree nuts, Wheat.	227.50	9.11	2.30	0.00	198.58	193.62	28.68	2.18	12.55	7.04(M)	8.89	3.00	118.92	663.96(M)	1.07(M)	0.36(M)	42.60(M)
Eggo Bites - Mini French Toast Chocolate Chip - 3800080801 - LR1287 (1 pouch) Contains Egg, Gluten, Milk, Soy, Wheat.	210.00	6.00	1.50	0.00	0.00	260.00	35.00	4.00	11.00	(M)	5.00	3.60	200.00	1000.00	0.00	(M)	(M)
Eggs, Fresh, Glenview Farms - LR1294 (1 egg) Contains Egg.	71.50	4.97	1.55	0.00	211.50	70.00	0.39	0.00	0.38	(M)	6.30	0.92	26.50	243.50	0.00	(M)	(M)
Entree, Breaded Mozzarella Cheese Sticks, Elemenatry, MMA, WG - LR1285 (5 ea.) Contains Gluten, Milk, Wheat.	258.33	9.17	2.92	0.00	12.50	466.67	27.50	2.50	1.67	(M)	15.83	1.48	430.00	481.67	0.78	(M)	(M)
French Toast and Ham Slices - LR1184 (4 ea.) Contains Gluten, Soy, Wheat.	424.29	11.49	2.00	0.00	29.65	940.42	66.97	3.00	23.50(M)	(M)	14.90	2.00	40.00	0.00(M)	0.00(M)	0.00(M)	150.00(M)

# Menu Item Nutrient Report

Generated on: 10/12/2021 2:01:05 PM by Heather Fedoryk

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
French Toast Sticks, Farm Rich Whole Grain, Frozen, Rich's, 37722, WGR - LR1221 (4 ea.) Contains Soy, Wheat.	280.00	12.00	2.00	0.00	0.00	290.00	35.00	3.00	11.00	(M)	6.00	1.80	250.00	0.00	0.00	(M)	(M)
French Toast, Ham, and Yogurt - LR1156 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	656.92	20.90	2.77	0.01(M)	13.59	966.41	99.49	5.00	35.66(M)	2.84(M)	18.68	3.96	109.15	38.38	0.00(M)	0.50(M)	40.06(M)
Fresh Fruit - LR1078 (1 ea.)	81.43	0.00	0.00	0.00	0.00	2.74	21.05	2.48	15.30	(M)	0.60	0.32	5.95	33.20	51.97	(M)	(M)
Fresh Veggies: cuc, celery, pep - LR1031 (1 c.)	23.00	0.88	0.06	0.00	0.00	29.09	4.56	1.55	(M)	(M)	0.88	0.33	23.96	370.96	41.90	(M)	(M)
Fruit Cocktail: H/M/E - LR1104 (1 c.)	137.94	0.17	0.02	0.00	0.00	14.52	36.13	2.42	33.71	(M)	0.97	0.70	14.52	503.36	4.60	0.00	215.38
Fruit, Mandarin Oranges - LR1032 (1 c.)	177.43	0.00	0.00	0.00	0.00	19.71	45.34	1.97	43.37	(M)	1.97	0.71	0.00	788.57	29.57	(M)	(M)
Grab-N-Go Wraps-High - LR1194 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	368.27	19.42	9.59	0.00	61.82	982.41	30.45	4.55	4.15	(M)	19.72	1.06	216.82	628.52	9.87	(M)	(M)
Gravy, Turkey, Monarch - LR1095 (2 Tbsp.)	1.06	0.00	0.00	0.00	0.00	30.09	0.27	0.00	(M)	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Grilled Chicken Patty on a 2oz WG bun - LR1223 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	283.12	12.01	2.87	0.00(M)	43.18	576.64	26.92	3.00	1.00(M)	(M)	18.43	1.44	26.00	0.00(M)	0.00(M)	(M)	(M)
Ham & Cheese Croissants H/M - LR1103 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	334.62	14.79	6.79	0.00	63.65	1248.45	30.95	2.00	3.00(M)	2.00(M)	21.13	1.39	199.85	135.68(M)	0.00(M)	0.30(M)	30.00(M)
Ham, ckd,frz,95% fat free-co - LR1019 (3 oz.)	109.95	3.66	0.91	0.00	54.98	806.34	1.84	0.00	(M)	(M)	16.49	1.32	0.00	0.00	0.00	(M)	(M)
Hamburger/1.75 WG B, Frz, Ckd M/E - LR1001 (1 ea.) Contains Gluten, Wheat.	302.00	13.50	5.00	1.00	54.00	353.00	25.00	2.00	1.00	(M)	20.00	3.06	20.00	0.00	0.00	(M)	(M)
Hamburger/2 WG B, Frz, Ckd, High - LR1170 (1 ea.) Contains Soy, Wheat.	312.00	14.00	5.00	1.00	54.00	363.00	23.00	3.00	3.00	(M)	22.00	2.70	60.00	0.00	0.00	(M)	(M)
Hoagie Bar: Condiments - LR1013 (1 serv.)	166.20	15.60	2.15	0.00(M)	0.00	336.50	6.33	2.50	2.71(M)	(M)	1.76	1.04	36.96	7654.03	9.75	0.00(M)	319.77(M)
Hoagie Bar: High - LR1014 (1 sandwich)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(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	0.00	39.70	865.07	32.09	3.93	2.31(M)	(M)	16.71	2.74	155.92	2335.63(M)	6.73(M)	0.00(M)	147.73(M)
Hot Breadstick - LR1100 (1 breadstick)	169.00	6.00	1.00	1.50	2.50	299.80	22.82	1.00	0.00(M)	(M)	4.96	1.43	8.48	251.18	0.00	0.00(M)	1.19(M)
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	0.00	50.00	630.00	28.00	3.00	4.00	3.00(M)	12.00	1.92	140.00	0.00(M)	0.00(M)	0.00(M)	120.00(M)

# Menu Item Nutrient Report

Generated on: 10/12/2021 2:01:05 PM by Heather Fedoryk

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
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	0.01(M)	50.48	580.76	24.03	2.01	2.02	(M)	11.14	2.18	80.13	2.70	0.02	0.00(M)	2.22(M)
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	0.30(M)	54.10	858.14	24.37	2.32	1.75	(M)	16.82	3.11	26.62	235.13	0.97	0.04(M)	110.92(M)
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	0.30(M)	74.10	618.14	25.37	2.32	2.75	(M)	17.82	3.11	86.62	135.13	0.97	0.04(M)	110.92(M)
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	0.30(M)	54.10	858.14	24.37	2.32	1.75	(M)	16.82	3.11	26.62	235.13	0.97	0.04(M)	110.92(M)
Hot Ham & Cheese on a Pretzel Bun - LR1128 (1 sandwich) Contains Gluten, Milk, Wheat.	345.65	9.45	4.45	0.02	59.72	1340.46	32.25	3.00	3.80(M)	(M)	31.22	2.56	225.45	0.00(M)	0.00	0.00(M)	277.77(M)
Hot Open Face Turkey Sandwich - LR1150 (1 sandwich) Contains Gluten, Soy, Wheat.	129.27	1.95	0.00	0.00	23.81	460.89	14.53	1.00	1.00(M)	1.00(M)	14.43	2.60	30.00	0.00(M)	0.00(M)	0.00(M)	45.12(M)
Hot Wing Hoagie - LR1129 (1 sandwich) Contains Gluten, Soy, Wheat.	248.79	7.45	3.75	0.00	41.97(M)	596.87	26.22	2.00	1.00(M)	0.00(M)	15.94	1.81(M)	242.50(M)	202.50(M)	0.00(M)	0.00(M)	79.90(M)
Hummus - LR1153 (4 Tbsp.)	54.98	2.33	0.35	0.00(M)	0.00(M)	461.27	6.81	2.23	0.78(M)	(M)	2.31	0.84	27.03(M)	38.15(M)	2.38(M)	0.00(M)	5.00(M)
Ketchup, Natural Low Sodium, Made With Sugar, Red Gold, REDYL99 - LR1268 (1 Tbsp.)	15.00	0.00	0.00	0.00	0.00	45.00	4.00	0.00	3.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Ketchup: individual - LR1038 (1 packet)	6.06	0.01	0.00	0.00	0.00	54.42	1.64	0.02	1.28	(M)	0.06	0.02	0.90	31.62	0.25	0.00	16.86
Lentil Soup - LR1045 (1 c.)	173.18	2.79	0.26	0.06	0.00	45.48	28.42	5.54	3.16	(M)	10.77	3.86	65.65	3626.21	16.03	0.00(M)	613.31
Lettuce/Cheese cup - LR1084 (1 ea.)	48.85	3.07	2.03	0.00	10.13	108.66	1.20	0.28	0.46	(M)	3.75	0.10	105.48	269.85	0.66	0.00(M)	33.13(M)
Mayonnaise: Individual PC - LR1037 (7 g.)	50.19	5.56	0.60	(M)	4.13	39.76	0.19	0.00	0.03	(M)	0.08	0.04	1.26	19.60	0.00	(M)	2.38
Meat Sauce - LR1062 (1/2 c.)	223.44	14.05	5.51	0.00	60.78	141.90	7.01	1.62	2.08(M)	(M)	17.82	3.05	28.43	587.18	13.16	0.00(M)	177.99(M)
Meat, Turkey, Deli Breast, Sliced, USDA Foods, 110554, MMA - LR1292 (1 1/2 ounces)	43.00	1.00	0.00	0.00	18.00	214.00	1.00	0.00	0.00	(M)	8.00	0.36	0.00	0.00	0.00	(M)	(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Meatball Hoagie- H/M/E - LR1146 (1 sandwich) Contains Soy, Wheat.	515.66	21.02	8.13	0.84(M)	76.36	761.65	52.17	5.29	11.20(M)	(M)	27.47	4.45	258.12	237.66	1.65	0.34(M)	276.56 (M)
Meatballs in Red Sauce/WG Breadstick- Elementary - LR1148 (1 serv.) Contains Gluten, Soy, Wheat.	344.35	17.61	6.18	0.84(M)	67.85	399.50	27.80	4.29	5.79(M)	(M)	19.19	3.34	57.52	166.22	1.65	0.34(M)	276.56 (M)
Meatballs with Pasta and Breadstick - LR1179 (1 serving 4 Meatballs, 1/2 cup of pasta, 1 breadstick) Contains Gluten, Soy, Wheat.	529.45	19.20	6.18	0.84(M)	67.85	602.30	66.21	8.57	11.05(M)	0.00(M)	25.90	5.44	76.02	166.22 (M)	1.65(M)	0.34(M)	422.37 (M)
Middle School: French Toast, Ham, and Yogurt - LR1158 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	551.92	16.90	2.27	0.01(M)	13.59	836.41	84.49	4.00	32.66(M)	2.84(M)	16.18	3.21	99.85	36.38	0.00(M)	0.50(M)	40.06(M)
Milk 1% White Pocono - LR1081 (1 Carton) Contains Milk.	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk Fat-free Strawberry Pocono - LR1082 (1 Carton) Contains Milk.	110.00	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	(M)	8.00	0.00	300.00	1750.00	1.20	(M)	(M)
Milk Fat-free White Pocono - LR1080 (1 Carton)	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk- variety - LR1023 (1/2 pt.) Contains Milk.	114.58	0.54	0.35	0.00(M)	6.43	161.99	17.80	0.00	15.14(M)	(M)	8.22	0.03	306.18	495.59	1.11	0.83(M)	117.97 (M)
Milk, Dry Milk, Non-Fat, Village Farm by Sturm Foods, 33227201836, - LR1283 (1/3 c.) Contains Milk.	80.00	0.00	0.00	0.00	5.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Fat Free Chocolate Pocono - LR1079 (1 Carton) Contains Milk.	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Mozzarella Cheese Sticks, 1oz - LR1067 (2 ounces) Contains Milk.	80.00	5.00	3.00	0.00	15.00	190.00	1.00	0.00	1.00	(M)	7.00	0.00	200.00	200.00	0.00	(M)	(M)
Nacho Fish Stcks, WG Dinner Roll - LR1251 (4 piece) Contains Fish, Gluten, Soy, Wheat.	320.00	10.00	1.50	0.00	50.00	560.00	38.00	3.00	2.00	(M)	18.00	1.80	60.00	0.00	0.00	(M)	(M)
NutriGrain Cereal Bar Apple Cinnamon, 96/1.55oz 59779 - LR1205 (1 Bar)	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	(M)	2.00	1.80	200.00	750.00	0.00	(M)	(M)
NutriGrain Cereal Bar Blueberry, 96/1.55oz 90819 - LR1204 (1 Bar)	160.00	4.00	0.50	0.00	0.00	135.00	30.00	3.00	15.00	(M)	2.00	1.80	200.00	750.00	0.00	(M)	(M)
NutriGrain Cereal Bar Strawberry, 96/1.55oz 59772 - LR1206 (1 Bar)	160.00	4.00	0.50	0.00	0.00	150.00	29.00	3.00	14.00	(M)	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Oranges, Raw - LR1209 (1 ea.)	80.00	0.00	0.00	0.00	0.00	0.00	19.00	3.00	14.00	(M)	1.00	0.00	6.00	2.00	130.00	(M)	(M)



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Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Pancakes, Ham, and Yogurt - LR1149 (1 serv.) Contains Gluten, Milk.	401.92	5.40	0.27	0.01(M)	13.59	601.41	81.49	6.00	20.66(M)	2.84(M)	12.18	216.24	134.65	28.38	0.00(M)	0.50(M)	40.06(M)
Pancakes, Mini Maple Flavored, Pillsbury - LR1118 (1 pouch) Contains Egg, Milk, Wheat.	210.00	6.00	5.00	0.00	0.00	270.00	38.00	2.00	11.00	(M)	4.00	1.08	39.97	0.00	0.00	(M)	(M)
Pasta, Pierogies and Margarine, MMA, WGR, Veg-S - LR1261 (3 pcs.) Contains Egg, Milk, Soy, Wheat.	270.37	12.65	5.14	0.00(M)	55.09	410.19	31.08	3.00	0.00	(M)	10.02	1.80	101.98	338.02	6.01	(M)	(M)
PBJ Jamwich/Cheese Stick/Graham Crackers-Elementary - LR1144 (1 sandwich) Contains Gluten, Milk, Peanuts, Soy, Wheat.	493.80	25.15	7.41	0.00	19.75	607.32	56.38	4.93	19.80	8.00(M)	17.75	2.12	207.10	0.00(M)	0.00(M)	0.00(M)	49.82(M)
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	0.00	0.00	18.96	1.00	15.97	(M)	1.00	0.00	0.00	399.17	113.76	(M)	(M)
Peaches: can,lt syrup, H/M/E - LR1005 (1 CUP,slice/half)	121.94	0.00	0.00	0.00	0.00	20.32	28.45	0.00	22.36	(M)	0.00	0.00	0.00	609.68	2.44	(M)	(M)
Pears: can,lt syrup, H/M/E - LR1025 (1 c.)	143.07	0.07	0.01	0.00	0.00	12.55	38.08	4.02	30.37	(M)	0.48	0.70	12.55	0.00	1.76	0.00	165.66
Pears: can,lt syrup, M/E - LR1163 (1 c.)	480.00	0.00	0.00	0.00	0.00	40.00	128.00	16.00	96.00	(M)	0.00	1.68	58.08	0.00	16.16	(M)	(M)
Penne Pasta Noodles - LR1061 (3/4 c.) Contains Gluten, Wheat.	172.81	1.34	0.09	0.00	0.00	57.40	33.60	1.60	0.00(M)	(M)	5.60	1.44	10.91	0.00	0.00	0.00(M)	3.64(M)
Pie, pumpkin, prepared from recipe - LR1256 (1 oz.)	57.83	2.64	0.90	(M)	11.91	63.79	7.48	(M)	(M)	(M)	1.28	0.36	26.65	2273.67	0.48	(M)	52.73
Pizza, cheese: Elem Nardone - LR1059 (1 ea.) Contains Wheat.	172.76	6.28	3.65	0.00	18.51	160.82	16.00	2.17	(M)	(M)	11.70	1.34	216.51	371.36	5.62	(M)	(M)
Pizza, cheese: High Nardone - LR1054 (1 ea.) Contains Wheat.	251.94	9.16	5.33	0.00	27.00	234.54	23.34	3.17	(M)	(M)	17.06	1.95	315.75	541.57	8.20	(M)	(M)
Pizza, Cheese: Middle Nardone - LR1055 (1 ea.) Contains Wheat.	251.94	9.16	5.33	0.00	27.00	234.54	23.34	3.17	(M)	(M)	17.06	1.95	315.75	541.57	8.20	(M)	(M)
Pizza, Pepperoni: Elem, Nardone - LR1058 (1 ea.) Contains Wheat.	197.25	8.53	4.51	0.07	23.23	237.71	16.06	2.17	0.00(M)	(M)	12.63	1.40	217.44	371.36	5.62	0.06(M)	13.32(M)
Pizza, Pepperoni: High, Nardone - LR1056 (1 ea.) Contains Wheat.	287.66	12.44	6.58	0.11	33.87	346.66	23.42	3.17	0.00(M)	(M)	18.42	2.04	317.09	541.57	8.20	0.09(M)	19.42(M)
Pizza, Pepperoni: Middle, Nardone - LR1057 (1 ea.) Contains Wheat.	287.66	12.44	6.58	0.11	33.87	346.66	23.42	3.17	0.00(M)	(M)	18.42	2.04	317.09	541.57	8.20	0.09(M)	19.42(M)
Pizza, Wedge, Kasa - LR1075 (1 slice) Contains Gluten, Milk, Soy, Wheat.	370.01	14.00	9.00	0.00	35.00	820.03	40.00	4.00	6.00	(M)	21.00	6.30	450.02	500.02	1.20	(M)	(M)

# Menu Item Nutrient Report

Generated on: 10/12/2021 2:01:05 PM by Heather Fedoryk

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
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	0.00	45.00	450.00	28.00	3.00	3.00	(M)	19.00	1.80	450.00	0.00	0.00	(M)	(M)
Potato Puffs, Frozen, Cooked, Baked H/M/E - LR1181 (1 c.)	206.35	9.52	1.59	0.00	0.00	492.06	25.40	3.17	0.00	(M)	3.17	0.57	0.00	0.00	5.71	(M)	(M)
Potato Puffs, Frz, Ckd, Baked - LR1015 (3/4 c.)	154.76	7.14	1.19	0.00	0.00	369.05	19.05	2.38	0.00	(M)	2.38	0.43	0.00	0.00	4.29	(M)	(M)
Potato, Colossal fries, 3/8 - LR1040 (3 oz.) Contains Gluten, Wheat.	174.76	8.15	2.33	0.00	0.00	314.57	23.30	1.17	0.00	0.00	2.33	0.70	19.81	0.00(M)	0.00(M)	0.00	221.22
Potato: sweet potato fries M/E - LR1003 (1/2 c.)	121.50	5.40	1.35	(M)	0.00	135.00	16.87	2.02	(M)	(M)	1.35	0.24	13.50	5358.15	4.05	(M)	(M)
Potato: sweet potato fries, HS - LR1030 (1 c.)	242.99	10.80	2.70	(M)	0.00	269.99	33.75	4.05	(M)	(M)	2.70	0.48	27.00	10716.30	8.10	(M)	(M)
Potatoes Au Gratin - LR1016 (1/2 c.)	149.86	2.26	1.63	0.00(M)	9.43	356.82	24.17	1.62	5.20(M)	(M)	8.81	0.41	227.04	391.82	16.95	0.00(M)	175.24(M)
Pulled Pork Sandwich - LR1127 (1 sandwich) Contains Gluten, Wheat.	360.81	10.53	3.01	0.00	65.23	550.88	41.06	2.00(M)	17.06	(M)	26.07	1.44(M)	20.00(M)	0.00(M)	0.00(M)	(M)	(M)
Pumpkin Tart/Topping - LR1257 (1 serv.) Contains Milk.	134.92	5.31	3.03	0.05(M)	2.08	140.39	20.46	0.77	4.46(M)	(M)	1.60	0.50(M)	32.14(M)	4447.20(M)	2.08(M)	(M)	24.19(M)
Raisin Package - LR1267 (1 package (1.33 oz))	113.00	0.17	0.04	0.00	0.00	4.00	29.98	1.40	(M)	(M)	1.16	0.71	19.00	0.00	0.87	(M)	(M)
Raisins, Unsweetened, 1.33 oz Individual Package - LR1277 (1 1/3 oz.)	112.12	0.00	0.00	0.00	0.00	3.97	29.77	0.99	21.83	(M)	0.99	0.54	19.84	0.00	0.00	(M)	(M)
Rice Krispies Treat Whole Grain, 1.3oz Kelloggs 10531, WGR - LR1203 (1 Bar) Contains Milk, Soy.	160.00	4.00	1.00	0.00	0.00	150.00	31.00	0.99	11.00	(M)	2.00	1.80	0.00	300.00	0.00	(M)	(M)
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	0.06	65.32	761.80	36.63	4.00	2.06	(M)	25.63	2.94	61.98	50.80(M)	0.00(M)	0.27(M)	203.21(M)
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	0.06	65.32	601.80	22.63	2.00	1.06	(M)	22.63	1.86	35.98	50.80(M)	0.00(M)	0.27(M)	203.21(M)
Roasted Mixed Vegetables: Cauliflower, Broccoli, and Carrot - LR1134 (1 c.)	59.33	2.72	0.37	0.00(M)	0.00	207.13	7.92	3.98	3.71	(M)	2.68	0.86	54.28	6605.89	51.87	0.00(M)	295.46(M)
Roasted Peppers & Onions - LR1106 (1 serv.)	146.62	13.60	1.90	0.00(M)	0.00	158.26	6.36	1.35	2.96	(M)	0.82	0.27	15.57	86.23	22.69	0.00	123.20
Roasted Redskin Potatoes, Veg-S - LR1183 (1/2 cup serving)	113.64	5.60	0.40	0.00(M)	0.00	66.78	15.01	1.90	0.93(M)	(M)	1.88	1.88	0.54	0.63	7.47	(M)	(M)
Roll: Multi grain dinner roll - LR1026 (1 ea.) Contains Wheat.	80.00	1.00	0.00	0.00	0.00	170.00	15.00	1.00	(M)	(M)	3.00	0.72	20.00	0.00	0.00	(M)	(M)

# Menu Item Nutrient Report

Generated on: 10/12/2021 2:01:05 PM by Heather Fedoryk

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Romaine Leaf/Tomato: 1 lf,2 slc - LR1004 (1 lf, 2 slc)	10.84	0.14	0.02	0.00	0.00	3.71	2.26	0.93	1.31	(M)	0.62	0.32	11.07	2199.63	6.34	0.00	147.73
Salad Bar Recipe - LR1047 (1 1/2 c.) Contains Egg, Gluten, Soy, Wheat.	540.49	15.60	6.19	0.25(M)	110.34	1321.08	76.42	8.67	32.64	(M)	29.15	5.91	222.07	4445.22	53.02	0.09(M)	558.00 (M)
Salad Dressing, assorted - LR1043 (1 Tbsp.)	21.95	1.48	0.30	0.00(M)	1.88	104.37	1.76	0.04	0.40(M)	(M)	0.41	0.05	13.60	11.07	0.20	0.00(M)	3.09(M)
Salad, Caesar without croutons - LR1165 (1 c.)	55.08	2.43	1.36	0.00	5.67	64.39	5.57	3.40	2.20	(M)	4.18	1.59	120.53	14157.59	6.48	0.00(M)	400.13 (M)
Salad, Romaine, Spinach, chickpea - LR1024 (1 c.)	193.84	3.55	0.20	0.00	0.00	196.80	32.81	15.71	8.88	(M)	12.63	6.68	214.50	44480.73	29.64	0.00(M)	1326.95 (M)
Sandwiches,Turkey ham and cheese, toasted,with reduced fat cheese, turkey ham, and margarine - LR1090 (1 sandwich)	318.99	11.00	4.47	(M)	48.00	1230.99	34.42	1.39	(M)	(M)	20.26	2.39	272.00	408.00	0.00	(M)	(M)
Soup, Vegetable Soup, 3/4 cup Veg-O - LR1186 (1 cup serving)	48.18	1.38	0.72	0.00	0.00	708.16	7.63	2.51	3.01	(M)	2.20	2.63	32.13	555.08	9.52	0.00(M)	177.49 (M)
Soup, Vegetable Soup, 3/4 cup Veg-O N.P - LR1281 (3/4 c.)	32.22	0.15	0.01	0.00	0.00	541.75	6.75	1.39	2.48	(M)	1.04	0.31	16.33	594.85 (M)	1.26(M)	0.00(M)	31.01(M)
Steamed Green Beans, Veg-O - LR1188 (1 c.) Contains Soy.	76.49	3.83	1.69	0.00	0.00	175.70	10.16	4.72	2.95	(M)	2.35	1.04	66.82	820.32	6.44	0.00(M)	250.55 (M)
Sweet Potato Cookies - LR1060 (1 cookie)	123.66	5.04	2.96	0.00(M)	17.77	67.40	18.49	0.73	10.21(M)	(M)	1.51	0.57	10.81	734.05	0.69	0.03(M)	36.29(M)
Sweet Potatoes, french fried, crosscut, frozen, unprepared - LR1155 (3 oz.)	177.75	9.44	0.79	0.18	0.00	182.01	21.70	2.89	5.49	(M)	1.45	0.37	33.17	2823.66	3.57	(M)	207.52
Taco Meat - LR1063 (1 c.)	173.34	11.05	4.17	0.62	49.35	65.42	3.98	0.96	0.16(M)	(M)	14.21	2.11	22.17	534.20	9.28	0.07(M)	229.78 (M)
Taco, hard shells M/H - LR1065 (2 ea.)	622.30	22.10	9.62	0.62(M)	64.83	327.73	71.92	11.39	1.18(M)	(M)	31.45	6.14	193.36	1381.08	14.97	0.07(M)	385.57 (M)
Taco, soft shells M/H - LR1064 (1 ea.) Contains Gluten, Wheat.	343.10	9.47	3.98	0.31(M)	32.41	180.91	46.09	6.07	0.74(M)	0.00(M)	17.56	3.34	96.47	956.54 (M)	7.88(M)	0.04(M)	242.49 (M)
Teddy Graham, Cinnamon Bear Shaped 0.75 oz, Nabisco, Non-WG - LR1264 (1 ea.)	90.00	3.00	0.50	0.25	0.00	95.00	16.00	1.00	5.00	(M)	1.00	1.08	80.00	0.00	0.00	(M)	(M)
Tomato Soup, 12/50 Camp High - LR1034 (1 c.)	85.73	0.94	0.47	(M)	0.00	695.41	18.10	1.90	(M)	(M)	1.90	0.34	0.00	381.05	4.57	(M)	(M)
Topping, Chili Dog Topping, MMA - LR1233 (2 Tbsp.)	164.52	10.70	4.06	0.61(M)	48.19	76.28	2.75	0.64	1.51	(M)	13.64	1.90	13.23	270.26	1.94	0.07(M)	221.84 (M)
Tossed Salad with Spinach - LR1139 (1 c.)	87.83	1.55	0.20	0.00	0.00	56.80	16.81	10.71	5.88	(M)	6.63	5.33	182.83	44456.56	25.81	0.00	1326.95
Tossed Salad/cucumbers, tomatoes, cabbage, carrots & spinach - LR1295 (1 c.)	37.67	0.61	0.09	0.00	0.00	31.10	7.34	4.20	2.83	(M)	2.74	2.13	75.78	16598.11	15.39	0.00	563.01
Tuna Salad - LR1048 (4 oz.) Contains Egg, Fish, Soy.	260.12	19.20	3.49	0.00	48.61	456.45	3.13	0.45	0.63	(M)	16.18	1.01	9.34	81.65	1.23	0.00(M)	60.42(M)

# Menu Item Nutrient Report

Generated on: 10/12/2021 2:01:05 PM by Heather Fedoryk

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Tuna, Chunk Light, Canned, USDA Foods, 100195, MMA - LR1293 (1 ounces) Contains Fish, Soy.	30.00	0.00	0.00	0.00	15.00	130.00	0.00	0.00	0.00	(M)	6.00	0.36	0.00	0.00	0.00	(M)	(M)
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	0.00	24.73	415.52	23.74	0.99	3.96	(M)	5.94	4.45	39.57	0.00	0.00	(M)	(M)
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	0.00	0.00	38.00	19.38	1.60	(M)	(M)	2.06	0.54	12.00	0.00	8.60	(M)	(M)
Vegetables, Fresh Veggies, High Veg-DG, Veg-RO, Veg-O - LR1196 (1 c.)	41.67	0.33	0.09	0.00	0.00	82.07	9.13	3.23	4.03	(M)	2.04	0.89	57.41	6364.72	41.55	0.00	408.24
Vegetarian Beans H/M/E - LR1113 (1/2 c.)	132.42	0.96	0.00	0.00	0.00	187.00	25.67	4.97	10.05	(M)	6.82	1.16	43.00	80.00	0.96	(M)	(M)
Walking Tacos, WG, MMA, Veg-RO, Veg-O - LR1280 (1 ea.)	535.10	16.89	4.85	0.00	48.63	577.25	69.78	8.77	3.54	(M)	22.82	4.12	21.57	169.00	3.12	0.00(M)	0.09(M)
Warm Apples Slices - LR1185 (1/2 c.)	150.64	0.15	0.11	0.00(M)	0.00	5.43	38.87	1.37	28.94(M)	(M)	0.04	1.55	5.56	1.80	1.27	0.00(M)	3.69(M)
Watermelon, Chunks H/M - LR1115 (1/2 c.)	23.10	0.12	0.01	0.00	0.00	0.77	5.81	0.31	4.77	(M)	0.47	0.18	5.39	438.13	6.24	0.00	86.24
Wellness cereal assortment - LR1151 (1 bowl) Contains Gluten, Milk, Tree nuts, Wheat.	192.57	1.30	0.37	0.00	0.00	166.65	44.42	5.50	2.88(M)	2.20(M)	5.64	11.91	24.09	617.10 (M)	14.25(M)	0.34(M)	30.51(M)
WG Bagel with Cream Cheese-Entree - LR1241 (1 bagel) Contains Milk, Wheat.	260.00	15.00	8.00	0.00	0.00	400.00	50.00	3.00	5.00	(M)	7.00	1.44	40.00	600.00	7.20	(M)	(M)
WG Bagel with Cream Cheese-WG Breakfast - LR1242 (1 bagel) Contains Milk, Wheat.	190.00	8.00	4.00	0.00	0.00	285.00	37.00	3.00	4.00	(M)	6.00	1.44	40.00	300.00	3.60	(M)	(M)
WG Bagel with Jelly-WG Breakfast - LR1246 (1 bagel) Contains Wheat.	170.00	1.00	0.00	0.00	0.00	170.00	36.86	3.00	15.86	(M)	5.00	1.44	40.00	0.00	0.00	(M)	(M)
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	0.00	35.00	740.00	36.00	5.00	3.99	(M)	22.00	2.88	80.00	100.00	54.00	(M)	(M)
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	0.00	35.00	740.00	36.00	5.00	3.99	(M)	22.00	2.88	80.00	100.00	54.00	(M)	(M)
WG Chicken Nuggets, Frz, Ckd, Gold Kist, WG Roll - LR1070 (5 ea.) Contains Gluten, Soy, Wheat.	290.00	11.00	2.00	0.00	35.00	610.00	29.00	3.00	2.99	(M)	18.00	2.52	60.00	100.00	78.00	(M)	(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
WG Chicken Strips,Brd,Frz,Ckd, Roll - LR1012 (3 ea.) Contains Gluten, Soy, Wheat.	370.00	18.00	4.00	0.00	65.00	550.00	31.00	3.00	2.00	(M)	21.00	1.80	60.00	200.00	108.00	(M)	(M)
WG Fish Nuggets, WG Dinner Roll - LR1253 (4 piece) Contains Fish, Gluten, Soy, Wheat.	300.00	9.00	1.50	0.00	35.00	540.00	39.00	3.00	3.00	1.00(M)	15.00	2.22	70.00	0.00(M)	0.00(M)	0.00(M)	200.00 (M)
WG French Toast and Scrambled Eggs - LR1252 (4 ea.) Contains Egg, Gluten, Soy, Wheat.	461.19	18.11	4.18	0.00	288.00	444.13	64.42	3.03	23.60	(M)	14.07	2.02(M)	40.44(M)	0.00(M)	0.00(M)	0.00(M)	151.65 (M)
WG French Toast, Scrambled Eggs, Ham Slice (Dr Suess) - LR1255 (4 ea.) Contains Egg, Gluten, Soy, Wheat.	490.84	18.86	4.44	0.00	302.82	740.59	65.90	3.03	23.60(M)	(M)	18.51	2.02(M)	40.44(M)	0.00(M)	0.00(M)	0.00(M)	151.65 (M)
WG Graham Crackers - LR1288 (1 serv.) Contains Gluten, Soy, Wheat.	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	8.00	2.00	0.70	0.00	0.00(M)	0.00(M)	0.00	49.82
WG Hot Breadstick - LR1176 (1 ea.) Contains Gluten, Wheat.	80.00	1.50	0.50	0.00	0.00	105.00	15.00	2.00	1.00	(M)	3.00	0.72	0.00	0.00	0.00	(M)	(M)
WG Hot Breadstick 1oz - LR1175 (1 ea.) Contains Gluten, Wheat.	80.00	1.50	0.50	0.00	0.00	105.00	15.00	2.00	1.00	(M)	3.00	0.72	0.00	0.00	0.00	(M)	(M)
WG Macaroni & Cheese Grain-Side - LR1243 (1/2 c.) Contains Gluten, Wheat.	184.71	6.83	3.27	0.00	10.90	875.34	26.89	1.13	0.57(M)	0.00(M)	4.17	0.54	49.48	0.00(M)	0.00(M)	0.00(M)	51.03(M)
WG Mini Pancakes and Sausage Patty - LR1286 (1 serv.) Contains Egg, Milk, Wheat.	450.00	29.00	13.00	0.00	45.00	570.00	39.00	2.00	11.00	(M)	10.00	1.08	63.97	0.00	0.00	(M)	(M)
WG Mini Pancakes and Ham Slices - LR1284 (1 serv.) Contains Egg, Milk, Wheat.	271.70	9.33	6.67	0.00	30.02	656.89	41.33	2.00	12.67	(M)	12.34	1.38	39.97	0.00	0.00	(M)	(M)
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	0.00	45.00	726.77	58.84	10.10	6.16	(M)	22.03	2.83	339.03	591.68	2.02	0.00(M)	4.30(M)
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	0.00	45.00	771.77	56.84	10.10	7.16	(M)	22.03	2.83	359.03	591.68	2.02	0.00(M)	4.30(M)
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	0.00	45.00	726.77	58.84	10.10	6.16	(M)	22.03	2.83	339.03	591.68	2.02	0.00(M)	4.30(M)
WG Penne with Meat Sauce, Hot Breadstick-Elementary - LR1110 (1 serv.) Contains Gluten, Wheat. May contain Egg.	450.33	17.02	5.80	0.78	61.69	301.92	52.30	9.44	5.63	(M)	27.54	5.08	61.02	448.98	8.52	0.09(M)	508.84 (M)
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	0.78	61.69	301.92	52.30	9.44	5.63	(M)	27.54	5.08	61.02	448.98	8.52	0.09(M)	508.84 (M)

# Menu Item Nutrient Report

Generated on: 10/12/2021 2:01:05 PM by Heather Fedoryk

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
WG Popcorn Chicken, Couscous Salad H/M/E - LR1193 (14 pcs.) Contains Egg, Milk, Soy, Wheat.	381.20	15.75	2.61	0.00	47.00	516.55	36.71	3.76	7.39	(M)	18.52	3.14	35.30	794.32	4.51	0.00(M)	68.08(M)
WG Popcorn Chicken, WG Rice with Beans H/M/E - LR1254 (14 pcs.) Contains Egg, Milk, Soy, Wheat.	288.04	9.98	2.27	0.00	47.00	580.31	27.36	3.77	1.25	(M)	17.79	2.54	31.80	138.80	1.00	0.00(M)	0.27(M)
WG Popcorn Chicken, WG Roll H/M/E - LR1192 (14 pcs.) Contains Egg, Gluten, Milk, Soy, Wheat.	301.00	10.00	2.00	0.00	47.00	610.00	29.00	3.00	3.00	(M)	18.00	2.72	56.00	112.00	1.00	(M)	(M)
WG Rice Pudding - LR1131 (1/4 c.)	193.40	1.67	0.33	0.00(M)	32.70	240.82	35.23	1.09	14.55(M)	(M)	9.23	0.61	205.89	45.73	0.91	0.16(M)	290.40(M)
WG Rotini Pasta with Cheese Sauce, Hot Breadstick-Elementary - LR1216 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	397.40	19.08	9.49	0.00	45.00	728.06	39.96	5.80	6.01	(M)	18.22	2.08	332.29	593.53	2.02	0.00(M)	4.30(M)
WG Rotini Pasta with Meat Sauce, Bread Slice-Head Start - LR1220 (1 serv.) Contains Gluten, Soy, Wheat.	221.36	13.16	3.90	1.64	31.84	224.11	15.71	2.57	3.24	(M)	11.86	2.16	37.14	425.42	4.26	0.04(M)	254.42(M)
WG Rotini Pasta with Meat Sauce, Hot Breadstick-Elementary - LR1217 (1 serv.) Contains Gluten, Wheat.	452.71	26.82	8.30	3.28	63.69	403.22	33.41	5.14	5.48	(M)	23.73	4.32	54.28	850.84	8.52	0.09(M)	508.84(M)
WG Rotini with Cheese Sauce, Bread Slice-Elementary - LR1214 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	387.40	18.58	8.99	0.00	45.00	773.06	37.96	5.80	7.01	(M)	18.22	2.08	352.29	593.53	2.02	0.00(M)	4.30(M)
WG Rotini with Cheese Sauce, Bread Slice-Head Start - LR1219 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	387.40	18.58	8.99	0.00	45.00	773.06	37.96	5.80	7.01	(M)	18.22	2.08	352.29	593.53	2.02	0.00(M)	4.30(M)
WG Rotini with Cheese Sauce, WG Bread Slice H/M - LR1258 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	387.40	18.58	8.99	0.00	45.00	773.06	37.96	5.80	7.01	(M)	18.22	2.08	352.29	593.53	2.02	0.00(M)	4.30(M)
WG Rotini with Cheese Sauce, WG Hot Breadstick - LR1174 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	397.40	19.08	9.49	0.00	45.00	728.06	39.96	5.80	6.01	(M)	18.22	2.08	332.29	593.53	2.02	0.00(M)	4.30(M)
WG Rotini with Meat Sauce, Bread Slice-Elementary - LR1215 (1 serv.) Contains Gluten, Soy, Wheat.	442.71	26.32	7.80	3.28	63.69	448.22	31.41	5.14	6.48	(M)	23.73	4.32	74.28	850.84	8.52	0.09(M)	508.84(M)
WG Rotini with Meat Sauce, WG Bread Slice H/M - LR1259 (1 serv.) Contains Gluten, Soy, Wheat.	442.71	26.32	7.80	3.28	63.69	448.22	31.41	5.14	6.48	(M)	23.73	4.32	74.28	850.84	8.52	0.09(M)	508.84(M)

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WG Rotini with Meat Sauce, WG Hot Breadstick - LR1173 (1 serv.) Contains Gluten, Wheat.	362.71	15.82	5.80	0.78	61.69	303.22	33.41	5.14	5.48	(M)	23.73	4.32	54.28	450.84	8.52	0.09(M)	508.84 (M)
WG Toasted Cheese - H/M/E - LR1141 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	468.17	28.32	7.11	0.00	25.31	799.37	38.59	7.92	9.62	(M)	18.89	3.12	259.87	842.54 (M)	3.72(M)	0.00(M)	312.00 (M)
WG Toasted Cheese- M/E/Pre-K - LR1236 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	358.40	14.60	3.52	0.00	15.00	763.00	41.28	5.96	6.30	(M)	18.91	3.00	335.00	769.39 (M)	1.86(M)	0.00(M)	426.00 (M)
WG Toasted Cheese Sandwich - LR1035 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	258.85	11.15	5.04	0.00	25.00	482.26	29.31	1.89	4.71(M)	(M)	10.58	1.33	187.49	310.78 (M)	0.07(M)	0.00(M)	6.24(M)
Wraps - LR1052 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	373.26	16.65	7.77	0.00(M)	58.58	1303.40	35.00	8.09	4.29(M)	(M)	21.93	2.76	271.65	17294.31	7.81	0.00(M)	480.16 (M)
Yogurt with Peaches - LR1265 (1 ea.) Contains Milk.	174.60	0.79	0.38	0.00	3.77	65.88	39.87	1.44	16.63(M)	12.85(M)	4.28	0.41	139.68	149.22	2.70(M)	2.27(M)	181.44 (M)
Yogurt with Strawberries - LR1248 (1 ea.) Contains Milk.	221.48	0.90	0.39	0.00	3.77	64.03	52.72	2.13	16.63(M)	12.85(M)	4.38	0.67	148.49	155.99	46.78(M)	2.27(M)	181.44 (M)
Yogurt/Cheese Stick/WG Graham Crackers: Elementary - LR1164 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	398.73	12.93	5.95	0.00	24.64	492.30	58.92	2.00	28.95	16.00(M)	13.91	1.40	297.62	0.00(M)	0.00(M)	0.00(M)	99.64(M)
Yogurt/fruit/granola Parfait H/M Breakfast - LR1263 (1 Parfait) Contains Gluten, Milk.	295.62	2.68	0.50	0.00	2.50	84.67	60.87	3.06	37.66	(M)	6.96	1.25	125.69	499.56	42.52	(M)	(M)
Yogurt/fruit/granola Parfait H/M/E - LR1119 (1 1/2 c.) Contains Gluten, Milk.	511.51	5.37	1.00	0.00	5.00	169.34	102.26	4.35	59.38	(M)	13.03	2.17	251.37	999.12	42.52	(M)	(M)
Yogurt/fruit/granola Parfait Middle - LR1162 (1 1/2 c.) Contains Gluten, Milk.	395.53	3.43	1.00	0.00	5.00	137.12	80.36	3.06	51.65	(M)	10.46	1.25	225.60	999.12	42.52	(M)	(M)
Yogurt/fruit/granola parfait: Elementary - LR1143 (1 ea.) Contains Gluten, Milk, Wheat.	517.81	7.51	2.02	0.00	5.00	279.79	99.72	4.08	58.78	(M)	11.47	3.08	307.12	999.12 (M)	42.52(M)	(M)	40.71(M)
Yogurt/Giant Graham Cracker: *Elementary* - LR1235 (2 ea.) Contains Gluten, Milk, Wheat.	192.28	4.08	1.02	0.00	4.99	202.66	33.36	1.02	17.13	(M)	5.02	1.83	231.52	0.00(M)	0.00(M)	(M)	40.71(M)
Yogurt/WG Graham Crackers: Breakfast Elementary - LR1213 (2 ea.) Contains Gluten, Milk, Soy, Wheat.	194.98	3.50	1.00	0.00	4.95	177.49	35.50	1.00	19.00	8.00(M)	6.00	0.70	150.00	0.00(M)	0.00(M)	0.00(M)	49.82(M)
Yogurt-2MA/2WG Elementary - LR1279 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	349.72	5.00	1.00	0.00	9.87	394.77	63.95	3.00	30.96	13.00(M)	12.99	1.42	309.47	90.00(M)	0.00(M)	2.30(M)	259.82 (M)

## Legend

(M) Indicates missing nutrient values.

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## **Report Selections**

Meal Pattern: [USDA]Meal Pattern SY 2014+  
Serving Group: K-12  
Data Source: Local