

NUTRITION FACTS - FEBRUARY 2018 - ELEMENTARY & MIDDLE SCHOOL

Portion Size Cals Cholst (mg) Sodm (mg) Fiber (g) Iron (mg) Calcm (mg) Vit-A (IU) Vit-C (mg) Protn (g) Carb (g) T-Fat (g) S-Fat (g) Tr-Fat¹ (g)

MIDDLE SCHOOL

| | | | | | | | | | | | | | | | |
|-------|--------------------------------|--------|-----|----|------|------|------|-------|------|--------|-------|-------|-------|------|---|
| DAILY | DELI HAM SUB WG [K12] | 1 EACH | 310 | 35 | 1204 | 3.51 | 2.02 | 179.5 | 190 | 279.59 | 19.44 | 44.72 | 5.67 | 1.82 | 0 |
| DAILY | DELI TURKEY SUB WG [K12] | 1 EACH | 340 | 44 | 1165 | 3.51 | 2.88 | 179.5 | 190 | 279.59 | 25.7 | 43.2 | 5.51 | 1.76 | 0 |
| DAILY | DELI HAM SANDWICH WG [K12] | 1 EACH | 233 | 35 | 928 | 2.08 | 1.56 | 116.2 | 80 | 270.19 | 17.2 | 31.92 | 4.62 | 1.3 | 0 |
| DAILY | DELI TURKEY SANDWICH WG [K12] | 1 EACH | 262 | 44 | 890 | 2.08 | 2.42 | 116.2 | 80 | 270.19 | 23.46 | 30.4 | 4.46 | 1.25 | 0 |
| DAILY | YOGURT & FRUIT [K12] | 1 EACH | 261 | 5 | 110 | 1.44 | 0.41 | 203.4 | 1019 | 2.7 | 7.5 | 55.4 | 1.54 | 1 | 0 |
| DAILY | CHEF SALAD & PUMPK BRD WG [K7] | 1 EACH | 360 | 76 | 1349 | 4.01 | 1.99 | 304.7 | 8857 | 24.21 | 24.27 | 45.56 | 9.72 | 4.9 | 0 |
| DAILY | PEANUT BUTTER & JELLY WG [K12] | 1 EACH | 494 | 0 | 499 | 5.54 | 2.72 | 75.4 | 0 | 0 | 18.4 | 51.39 | 27.58 | 3.54 | 0 |
| DAILY | TUNA SANDWICH WG [K12] | 1 EACH | 516 | 57 | 1028 | 4.46 | 2.97 | 88.7 | 112 | 1.34 | 38.01 | 60.48 | 15.02 | 1.38 | 0 |
| DAILY | WHITE MILK 99% FAT FREE | 1 EACH | 110 | 10 | 125 | 0 | 0 | 300 | 500 | 1.2 | 8 | 13 | 2.5 | 1.5 | 0 |
| DAILY | CHOCOLATE MILK 100% FAT FREE | 1 EACH | 130 | 5 | 190 | 0 | 0.36 | 300 | 500 | 0 | 8 | 24 | 0 | 0 | 0 |
| DAILY | SKIM MILK 100% FAT FREE | 1 EACH | 90 | 4 | 125 | 0 | 0 | 300 | 500 | 2.4 | 8 | 13 | 0 | 0 | 0 |

ELEMENTARY SCHOOL

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|---------|--------------------------------|--------|-----|----|------|------|------|-------|------|-------|-------|-------|-------|------|---|
| DAILY | CHEF SALAD & PUMPK BRD WG [K7] | 1 EACH | 360 | 76 | 1349 | 4.01 | 1.99 | 304.7 | 8857 | 24.21 | 24.27 | 45.56 | 9.72 | 4.9 | 0 |
| DAILY | PEANUT BUTTER & JELLY WG [K12] | 1 EACH | 494 | 0 | 499 | 5.54 | 2.72 | 75.4 | 0 | 0 | 18.4 | 51.39 | 27.58 | 3.54 | 0 |
| TUESDAY | TUNA SANDWICH WG [K12] | 1 EACH | 516 | 57 | 1028 | 4.46 | 2.97 | 88.7 | 112 | 1.34 | 38.01 | 60.48 | 15.02 | 1.38 | 0 |
| DAILY | WHITE MILK 99% FAT FREE | 1 EACH | 110 | 10 | 125 | 0 | 0 | 300 | 500 | 1.2 | 8 | 13 | 2.5 | 1.5 | 0 |
| DAILY | CHOCOLATE MILK 100% FAT FREE | 1 EACH | 130 | 5 | 190 | 0 | 0.36 | 300 | 500 | 0 | 8 | 24 | 0 | 0 | 0 |
| DAILY | SKIM MILK 100% FAT FREE | 1 EACH | 90 | 4 | 125 | 0 | 0 | 300 | 500 | 2.4 | 8 | 13 | 0 | 0 | 0 |

| Menu Date | Recipe Description | Portion Size | Cals | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-----------|--------------------|--------------|------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 2/1/2018 | ROAST PORK & GRAVY | 3 OZ | 195 | 63 | 173 | 0 | 0.68 | 10 | 7 | 0.23 | 17.94 | 2.55 | 11.83 | 4.29 | 0 |
| 2/1/2018 | MASHED POTATO | 1/2 CUP | 77 | 0 | 352 | 1.53 | 0.28 | 0 | 0 | 3.68 | 1.53 | 16.08 | 0.77 | 0 | 0 |
| 2/1/2018 | STUFFING - WHITE | 2 OZ | 72 | 0 | 202 | 0.23 | 0.17 | 5.4 | 225 | 0.27 | 0.91 | 5.26 | 5.18 | 0.9 | 0 |
| 2/1/2018 | STEAMED CORN | 3/4 CUP | 101 | 0 | 2 | 3.07 | 0.6 | 3.1 | 250 | 4.46 | 3.21 | 24.32 | 0.84 | 0.13 | 0 |
| 2/1/2018 | CRANBERRY SAUCE | 1/2 CUP | 209 | 0 | 40 | 1.39 | 0.3 | 5.5 | 58 | 2.77 | 0.28 | 53.88 | 0.21 | 0.02 | 0 |
| 2/1/2018 | DINNER ROLL WG | 1 EACH | 90 | 0 | 210 | 1 | 0.72 | 40 | 0 | 0 | 3 | 16 | 1 | 0 | 0 |
| 2/1/2018 | MARGARINE | 1 EACH | 20 | 0 | 43 | 0 | 0 | 0 | 250 | 0 | 0 | 0 | 2.33 | 0.5 | 0 |

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|----------|--------------------------------|---------|-----|-----|-----|------|------|-------|-----|-------|-------|-------|------|------|---|
| 2/2/2018 | CANADIAN BACON EGG CHZ ENGLISH | 1 EACH | 253 | 105 | 887 | 3 | 2.07 | 175.9 | 201 | 0 | 18.03 | 25.77 | 8.02 | 2.64 | 0 |
| 2/2/2018 | BAKED MINI HASHBROWN | 3/4 CUP | 182 | 0 | 461 | 2.4 | 0.61 | 13.4 | 5 | 6.05 | 1.97 | 26.64 | 8.28 | 1.75 | 0 |
| 2/2/2018 | STRAWBERRY CUP | 4 OZ | 122 | 0 | 4 | 2.39 | 0.75 | 14 | 31 | 52.62 | 0.68 | 32.94 | 0.68 | 0 | 0 |

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|----------|------------------------|---------|-----|----|-----|------|------|------|-----|-------|-------|-------|------|------|---|
| 2/5/2018 | CHICKEN TENDERS WG | 3 EACH | 216 | 62 | 400 | 2 | 2 | 29 | 73 | 0 | 14 | 13 | 12 | 2 | 0 |
| 2/5/2018 | BBQ SAUCE | 1 OZ | 43 | 0 | 387 | 0 | 0 | 0 | 0 | 0 | 0 | 8.5 | 0.47 | 0 | 0 |
| 2/5/2018 | SWEET & SOUR SAUCE | 1 OZ | 61 | 0 | 112 | 0 | 0 | 0 | 0 | 0 | 0 | 14.22 | 0 | 0 | 0 |
| 2/5/2018 | PASTA SALAD - WHITE | 1/2 CUP | 637 | 11 | 293 | 5.12 | 4.61 | 18.7 | 0 | 0 | 18.84 | 107.4 | 11.6 | 1.25 | 0 |
| 2/5/2018 | FRESH BROCCOLI FLORETS | 3/4 CUP | 22 | 0 | 22 | 1.72 | 0.48 | 31 | 411 | 58.87 | 1.86 | 4.38 | 0.24 | 0.02 | 0 |
| 2/5/2018 | RANCH DRESSING LT | 1 OZ | 76 | 5 | 236 | 0 | 0 | 18.9 | 0 | 0 | 0.94 | 1.89 | 6.61 | 0.94 | 0 |
| 2/5/2018 | PEARS NPA | 1/2 CUP | 73 | 0 | 6 | 2.03 | 0.37 | 6.1 | 0 | 0.81 | 0.49 | 19.32 | 0.04 | 0 | 0 |

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|----------|--------------------------------|---------|-----|----|-----|------|------|------|------|-------|-------|-------|------|-------|---|
| 2/6/2018 | CHEZY BREAD STIX - WHITE [K12] | 4 EACH | 318 | 51 | 602 | 1.1 | 1.6 | 5.8 | 1 | 0.01 | 16.87 | 28.07 | 28.4 | 10.28 | 0 |
| 2/6/2018 | DUNKER SAUCE | 1/2 CUP | 145 | 38 | 179 | 0.97 | 1.67 | 67.8 | 611 | 2.08 | 11.29 | 3.95 | 9.07 | 3.44 | 0 |
| 2/6/2018 | FRESH ROMAINE SALAD W/ VEGGIES | 1 CUP | 44 | 0 | 20 | 3.22 | 0.96 | 36 | 6094 | 36.26 | 2.24 | 9.48 | 0.5 | 0.09 | 0 |
| 2/6/2018 | RANCH DRESSING LT | 1 OZ | 76 | 5 | 236 | 0 | 0 | 18.9 | 0 | 0 | 0.94 | 1.89 | 6.61 | 0.94 | 0 |
| 2/6/2018 | ITALIAN DRESSING LT | 1 OZ | 38 | 0 | 255 | 0 | 0 | 0 | 0 | 0 | 0 | 1.89 | 3.31 | 0.47 | 0 |
| 2/6/2018 | FRENCH DRESSING LT | 1 OZ | 68 | 0 | 121 | 0 | 0 | 0 | 97 | 0 | 0 | 4.86 | 4.86 | 0.49 | 0 |
| 2/6/2018 | RAISINS | 1 OZ | 85 | 0 | 3 | 1.05 | 0.53 | 14.2 | 1 | 0.65 | 0.87 | 22.45 | 0.13 | 0.01 | 0 |
| 2/6/2018 | BROWNIE | 1 EACH | 200 | 39 | 148 | 0.58 | 0.83 | 7.4 | 437 | 0 | 2.51 | 26.1 | 9.62 | 4.14 | 0 |

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|----------|------------------------|---------|-----|----|-----|------|------|------|-----|------|-------|-------|------|------|---|
| 2/7/2018 | PANCAKES - WHITE | 3 EA | 231 | 39 | 480 | 3 | 1.2 | 60 | 99 | 0 | 6.99 | 38.01 | 6 | 0.99 | 0 |
| 2/7/2018 | MAPLE FLAVORED SYRUP | 1 OZ | 85 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 18.5 | 0 | 0 | 0 |
| 2/7/2018 | BREAKFAST HAM | 2.5 OZ | 76 | 38 | 532 | 0 | 0.91 | 0 | 0 | 0 | 12.66 | 1.27 | 1.9 | 0.63 | 0 |
| 2/7/2018 | BAKED MINI HASHBROWN | 3/4 CUP | 182 | 0 | 461 | 2.4 | 0.61 | 13.4 | 5 | 6.05 | 1.97 | 26.64 | 8.28 | 1.75 | 0 |
| 2/7/2018 | KETCHUP | 1 OZ | 25 | 0 | 317 | 0 | 0 | 0 | 500 | 0 | 0 | 6.67 | 0 | 0 | 0 |
| 2/7/2018 | WILD MAINE BLUEBERRIES | 1/2 CUP | 40 | 0 | 1 | 2.09 | 0.14 | 6.2 | 36 | 1.94 | 0.33 | 9.43 | 0.5 | 0.04 | 0 |

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|----------|--------------------------------|---------|-----|----|-----|-------|------|-------|-------|------|-------|-------|-------|-------|---|
| 2/8/2018 | CHEEZBURGER PIZZA - WHITE [K7] | 1 EACH | 355 | 57 | 691 | 1.89 | 2.21 | 13.8 | 328 | 2.62 | 18.88 | 30.04 | 30.7 | 10.85 | 0 |
| 2/8/2018 | CHEESE PIZZA - WHITE [K8] | 1 EACH | 335 | 51 | 684 | 1.89 | 2.03 | 13.8 | 328 | 2.62 | 17.16 | 30.04 | 29.27 | 10.28 | 0 |
| 2/8/2018 | FRESH BABY CARROTS | 3/4 CUP | 25 | 0 | 55 | 1.27 | 0.63 | 22.6 | 11793 | 5.93 | 0.45 | 5.82 | 0.09 | 0.01 | 0 |
| 2/8/2018 | HUMMUS | 5/8 CUP | 384 | 0 | 659 | 10.98 | 1.98 | 109.8 | 0 | 0 | 5.49 | 21.96 | 32.95 | 0 | 0 |
| 2/8/2018 | RANCH DRESSING LT | 1 OZ | 76 | 5 | 236 | 0 | 0 | 18.9 | 0 | 0 | 0.94 | 1.89 | 6.61 | 0.94 | 0 |
| 2/8/2018 | FRUIT COCKTAIL NPA | 1/2 CUP | 79 | 0 | 5 | 0.99 | 0 | 0 | 199 | 1.19 | 0.99 | 17.89 | 0 | 0 | 0 |

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|----------|----------------------------|---------|-----|----|-----|------|------|-------|----|-------|------|-------|------|------|---|
| 2/9/2018 | STRAW BANA YOG SMOOTHIE FF | 8 OZ | 134 | 3 | 87 | 1.65 | 0.46 | 180.6 | 99 | 24.69 | 5.44 | 27.62 | 0.12 | 0.02 | 0 |
| 2/9/2018 | BAGEL - WHITE | 1 EACH | 196 | 0 | 299 | 1.15 | 2.48 | 0 | 0 | 0 | 6.9 | 43.7 | 1.15 | 0 | 0 |
| 2/9/2018 | CREAM CHEESE | 1 OZ | 100 | 30 | 90 | 0 | 0 | 0 | 0 | 0 | 2 | 0.9 | 10 | 6 | 0 |
| 2/9/2018 | FRESH CUCUMBER SLICES | 3/4 CUP | 12 | 0 | 2 | 0.39 | 0.22 | 12.5 | 82 | 2.18 | 0.51 | 2.83 | 0.09 | 0.02 | 0 |
| 2/9/2018 | RANCH DRESSING LT | 1 OZ | 76 | 5 | 236 | 0 | 0 | 18.9 | 0 | 0 | 0.94 | 1.89 | 6.61 | 0.94 | 0 |
| 2/9/2018 | DRIED CRANBERRIES | 1/4 CUP | 97 | 0 | 0 | 1 | 0.2 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 |

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|-----------|---------------------------|---------|-----|----|-----|-------|------|-------|-------|-------|------|-------|-------|------|---|
| 2/12/2018 | CHICKEN BURGER - WG [K12] | 1 EACH | 420 | 26 | 680 | 6 | 3.24 | 120 | 100 | 0 | 22 | 43 | 16.5 | 3.5 | 0 |
| 2/12/2018 | FRESH LETTUCE | 1/4 CUP | 2 | 0 | 1 | 0.17 | 0.06 | 2.5 | 69 | 0.39 | 0.12 | 0.41 | 0.02 | 0 | 0 |
| 2/12/2018 | MAYONNAISE LT | 1 OZ | 76 | 19 | 180 | 0 | 0 | 0 | 0 | 0 | 0 | 1.89 | 7.56 | 0.94 | 0 |
| 2/12/2018 | BBQ SAUCE | 1 OZ | 43 | 0 | 387 | 0 | 0 | 0 | 0 | 0 | 0 | 8.5 | 0.47 | 0 | 0 |
| 2/12/2018 | FRESH BABY CARROTS | 3/4 CUP | 25 | 0 | 55 | 1.27 | 0.63 | 22.6 | 11793 | 5.93 | 0.45 | 5.82 | 0.09 | 0.01 | 0 |
| 2/12/2018 | RANCH DRESSING LT | 1 OZ | 76 | 5 | 236 | 0 | 0 | 18.9 | 0 | 0 | 0.94 | 1.89 | 6.61 | 0.94 | 0 |
| 2/12/2018 | HUMMUS | 5/8 CUP | 384 | 0 | 659 | 10.98 | 1.98 | 109.8 | 0 | 0 | 5.49 | 21.96 | 32.95 | 0 | 0 |
| 2/12/2018 | FRESH NAVEL ORANGE | 1 EACH | 62 | 0 | 0 | 3.14 | 0.13 | 52.4 | 295 | 69.69 | 1.23 | 15.39 | 0.16 | 0.01 | 0 |

Portion Size Cals Cholst (mg) Sodm (mg) Fiber (g) Iron (mg) Calcm (mg) Vit-A (IU) Vit-C (mg) Protn (g) Carb (g) T-Fat (g) S-Fat (g) Tr-Fat' (g)

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|-----------|--------------------------------|---------|-----|----|-----|------|------|------|------|-------|-------|-------|------|------|---|
| 2/13/2018 | SPAGHETTI - WHITE | 3/4 CUP | 394 | 0 | 0 | 3.75 | 0 | 0 | 0 | 0 | 13.13 | 82.5 | 1.88 | 0 | 0 |
| 2/13/2018 | MEATBALLS .5 OZ | 5 EACH | 133 | 25 | 258 | 2.49 | 1.5 | 50 | 0 | 1 | 12.5 | 5.83 | 7.5 | 2.91 | 0 |
| 2/13/2018 | PASTA SAUCE | 1/2 CUP | 48 | 0 | 338 | 1.9 | 1.03 | 19 | 469 | 2.26 | 1.92 | 8.64 | 0.94 | 0.94 | 0 |
| 2/13/2018 | BREADSTICK WG | 1 EACH | 140 | 0 | 230 | 3 | 1.44 | 60 | 0 | 0 | 5 | 26 | 2.63 | 0.16 | 0 |
| 2/13/2018 | FRESH ROMAINE SALAD W/ VEGGIES | 1 CUP | 44 | 0 | 20 | 3.22 | 0.96 | 36 | 6094 | 36.26 | 2.24 | 9.48 | 0.5 | 0.09 | 0 |
| 2/13/2018 | FRENCH DRESSING LT | 1 OZ | 68 | 0 | 121 | 0 | 0 | 0 | 97 | 0 | 0 | 4.86 | 4.86 | 0.49 | 0 |
| 2/13/2018 | ITALIAN DRESSING LT | 1 OZ | 38 | 0 | 255 | 0 | 0 | 0 | 0 | 0 | 0 | 1.89 | 3.31 | 0.47 | 0 |
| 2/13/2018 | RANCH DRESSING LT | 1 OZ | 76 | 5 | 236 | 0 | 0 | 18.9 | 0 | 0 | 0.94 | 1.89 | 6.61 | 0.94 | 0 |
| 2/13/2018 | PEARS NPA | 1/2 CUP | 73 | 0 | 6 | 2.03 | 0.37 | 6.1 | 0 | 0.81 | 0.49 | 19.32 | 0.04 | 0 | 0 |

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|-----------|------------------------|---------|-----|----|-----|------|------|-------|-----|-------|-------|-------|-------|------|---|
| 2/14/2018 | CRUNCHY TACO SHELLS | 2 EACH | 170 | 0 | 0 | 2 | 0.72 | 20 | 0 | 0 | 3 | 23 | 7 | 2.5 | 0 |
| 2/14/2018 | TACO SEASONED BEEF | 3 OZ | 186 | 57 | 268 | 0 | 1.7 | 0 | 71 | 0 | 15.46 | 1.41 | 12.89 | 5.15 | 0 |
| 2/14/2018 | CHEDDAR SHRD WHITE RF | .5 OZ | 40 | 10 | 101 | 0 | 0 | 101.2 | 152 | 0 | 3.54 | 0.46 | 3.04 | 2.03 | 0 |
| 2/14/2018 | FRESH LETTUCE | 1/4 CUP | 2 | 0 | 1 | 0.17 | 0.06 | 2.5 | 69 | 0.39 | 0.12 | 0.41 | 0.02 | 0 | 0 |
| 2/14/2018 | SALSA ROJA | 1/8 CUP | 11 | 0 | 133 | 0.45 | 0.69 | 3.5 | 170 | 1.24 | 0.46 | 2.16 | 0.06 | 0.01 | 0 |
| 2/14/2018 | SOUR CREAM | 1 OZ | 21 | 3 | 40 | 0 | 0 | 35.4 | 72 | 0 | 0.88 | 4.42 | 0 | 0 | 0 |
| 2/14/2018 | RICE PILAF - WHITE | 1/2 CUP | 128 | 0 | 34 | 0 | 0.81 | 1.5 | 0 | 0 | 2.24 | 21.17 | 3.52 | 0.49 | 0 |
| 2/14/2018 | FRESH BROCCOLI FLORETS | 3/4 CUP | 22 | 0 | 22 | 1.72 | 0.48 | 31 | 411 | 58.87 | 1.86 | 4.38 | 0.24 | 0.02 | 0 |
| 2/14/2018 | RANCH DRESSING LT | 1 OZ | 76 | 5 | 236 | 0 | 0 | 18.9 | 0 | 0 | 0.94 | 1.89 | 6.61 | 0.94 | 0 |
| 2/14/2018 | FRESH BANANA | 1 EACH | 50 | 0 | 1 | 1.46 | 0.15 | 2.8 | 36 | 4.89 | 0.61 | 12.85 | 0.19 | 0.06 | 0 |
| 2/14/2018 | CHOCOLATE CAKE | 1 EACH | 249 | 14 | 223 | 1.41 | 1.95 | 19.2 | 1 | 0.06 | 2.23 | 33.82 | 12.83 | 3.78 | 0 |

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|-----------|-------------------------------|---------|-----|----|-----|------|------|------|-----|------|------|-------|------|------|---|
| 2/15/2018 | BELGIAN WAFFLE STICKS - WHITE | 2 EACH | 141 | 0 | 251 | 2.01 | 1.09 | 20.1 | 0 | 0 | 4.02 | 27.16 | 2.01 | 0 | 0 |
| 2/15/2018 | MAPLE FLAVORED SYRUP | 1 OZ | 85 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 18.5 | 0 | 0 | 0 |
| 2/15/2018 | STRAWBERRY NO FAT YOGURT CUP | 4 OZ | 80 | 5 | 65 | 0 | 0 | 0 | 0 | 0 | 6 | 16 | 0 | 0 | 0 |
| 2/15/2018 | STRING CHEESE | 1 EACH | 70 | 15 | 220 | 0 | 0 | 15 | 4 | 0 | 8 | 1 | 4 | 2.5 | 0 |
| 2/15/2018 | BAKED SEAS HOMEFRIES | 3/4 CUP | 173 | 0 | 550 | 3.14 | 0 | 0 | 0 | 1.89 | 3.14 | 26.71 | 6.28 | 0.79 | 0 |
| 2/15/2018 | KETCHUP | 1 OZ | 25 | 0 | 317 | 0 | 0 | 0 | 500 | 0 | 0 | 6.67 | 0 | 0 | 0 |
| 2/15/2018 | WILD MAINE BLUEBERRIES | 1/2 CUP | 40 | 0 | 1 | 2.09 | 0.14 | 6.2 | 36 | 1.94 | 0.33 | 9.43 | 0.5 | 0.04 | 0 |

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|-----------|----------------------|---------|-----|----|-----|------|------|------|-------|------|-------|-------|-------|-------|---|
| 2/16/2018 | ROAST TURKEY & GRAVY | 3 OZ | 110 | 35 | 474 | 0 | 0.42 | 0.6 | 0 | 0 | 11.71 | 3.33 | 3.84 | 1.26 | 0 |
| 2/16/2018 | MASHED POTATO | 1/2 CUP | 77 | 0 | 352 | 1.53 | 0.28 | 0 | 0 | 3.68 | 1.53 | 16.08 | 0.77 | 0 | 0 |
| 2/16/2018 | STUFFING - WHITE | 2 OZ | 72 | 0 | 202 | 0.23 | 0.17 | 5.4 | 225 | 0.27 | 0.91 | 5.26 | 5.18 | 0.9 | 0 |
| 2/16/2018 | STEAMED CARROTS | 3/4 CUP | 41 | 0 | 65 | 3.65 | 0.59 | 39.5 | 18455 | 2.59 | 0.64 | 8.58 | 0.75 | 0.13 | 0 |
| 2/16/2018 | CRANBERRY SAUCE | 1/2 CUP | 209 | 0 | 40 | 1.39 | 0.3 | 5.5 | 58 | 2.77 | 0.28 | 53.88 | 0.21 | 0.02 | 0 |
| 2/16/2018 | DINNER ROLL WG | 1 EACH | 90 | 0 | 210 | 1 | 0.72 | 40 | 0 | 0 | 3 | 16 | 1 | 0 | 0 |
| 2/16/2018 | MARGARINE | 1 OZ | 202 | 0 | 213 | 0 | 0 | 0 | 1012 | 0 | 0 | 0 | 22.27 | 10.12 | 0 |

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|-----------|-----------------------------|---------|-----|----|-----|------|------|------|-----|------|-------|-------|-------|-------|---|
| 2/26/2018 | HAWAIIAN PIZZA - WHITE [K8] | 1 EACH | 369 | 63 | 876 | 1.95 | 2.05 | 13.8 | 328 | 3.66 | 21.27 | 32.49 | 30.03 | 10.53 | 0 |
| 2/26/2018 | CHEESE PIZZA - WHITE [K8] | 1 EACH | 335 | 51 | 684 | 1.89 | 2.03 | 13.8 | 328 | 2.62 | 17.16 | 30.04 | 29.27 | 10.28 | 0 |
| 2/26/2018 | STEAMED CORN | 3/4 CUP | 101 | 0 | 2 | 3.07 | 0.6 | 3.1 | 250 | 4.46 | 3.21 | 24.32 | 0.84 | 0.13 | 0 |
| 2/26/2018 | FRUIT COCKTAIL NPA | 1/2 CUP | 79 | 0 | 5 | 0.99 | 0 | 0 | 199 | 1.19 | 0.99 | 17.89 | 0 | 0 | 0 |

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|-----------|-----------------------|---------|-----|---|-----|-------|------|-------|-------|------|------|-------|-------|------|---|
| 2/27/2018 | CHEESEBURGER WG [K12] | 1 EACH | 150 | 1 | 280 | 3 | 1.44 | 80 | 0 | 0 | 6 | 27 | 1.5 | 1 | 0 |
| 2/27/2018 | KETCHUP | 1 OZ | 25 | 0 | 317 | 0 | 0 | 0 | 500 | 0 | 0 | 6.67 | 0 | 0 | 0 |
| 2/27/2018 | MUSTARD | 1 OZ | 28 | 0 | 340 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2/27/2018 | RELISH | 1 OZ | 28 | 0 | 208 | 0 | 0 | 0 | 0 | 0 | 0 | 7.56 | 0 | 0 | 0 |
| 2/27/2018 | FRESH BABY CARROTS | 3/4 CUP | 25 | 0 | 55 | 1.27 | 0.63 | 22.6 | 11793 | 5.93 | 0.45 | 5.82 | 0.09 | 0.01 | 0 |
| 2/27/2018 | HUMMUS | 5/8 CUP | 384 | 0 | 659 | 10.98 | 1.98 | 109.8 | 0 | 0 | 5.49 | 21.96 | 32.95 | 0 | 0 |
| 2/27/2018 | RANCH DRESSING LT | 1 OZ | 76 | 5 | 236 | 0 | 0 | 18.9 | 0 | 0 | 0.94 | 1.89 | 6.61 | 0.94 | 0 |
| 2/27/2018 | APPLE SAUCE | 1/2 CUP | 20 | 0 | 6 | 0.78 | 0 | 0 | 0 | 0 | 0 | 5.1 | 0 | 0 | 0 |

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|-----------|----------------------------|---------|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|---|
| 2/28/2018 | MAC & CHEESE - WHITE [K7] | 1 CUP | 740 | 35 | 785 | 5.22 | 4.7 | 346.3 | 493 | 0 | 30.11 | 120.6 | 12.48 | 6.41 | 0 |
| 2/28/2018 | FRESH BROCCOLI FLORETS | 3/4 CUP | 22 | 0 | 22 | 1.72 | 0.48 | 31 | 411 | 58.87 | 1.86 | 4.38 | 0.24 | 0.02 | 0 |
| 2/28/2018 | RANCH DRESSING LT | 1 OZ | 76 | 5 | 236 | 0 | 0 | 18.9 | 0 | 0 | 0.94 | 1.89 | 6.61 | 0.94 | 0 |
| 2/28/2018 | DRIED CRANBERRIES | 1/4 CUP | 97 | 0 | 0 | 1 | 0.2 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 |
| 2/28/2018 | BISCUIT WHOLE GRAIN - 1 OZ | 1 EA | 82 | 0 | 192 | 0.91 | 0.33 | 36.6 | 0 | 0 | 1.83 | 10.06 | 3.66 | 1.83 | 0 |
| 2/28/2018 | MARGARINE | 1 OZ | 202 | 0 | 213 | 0 | 0 | 0 | 1012 | 0 | 0 | 0 | 22.27 | 10.12 | 0 |
| 2/28/2018 | CHOCOLATE CHIP COOKIE | 1 EACH | 232 | 22 | 164 | 0.45 | 0.92 | 6.3 | 231 | 0 | 2.57 | 20.26 | 11.95 | 2.72 | 0 |

| | | | | | | | | | | | | | | | |
|----------|-----------------------------|---------|-----|-----|-----|------|------|-------|-----|------|-------|-------|-------|------|---|
| 3/1/2018 | RED, WHITE & BLUE PARFAIT | 1 EACH | 111 | 3 | 70 | 1.45 | 0.62 | 142.1 | 93 | 1.31 | 4.39 | 22.57 | 0 | 0 | 0 |
| 3/1/2018 | FRENCH TOAST STICKS - WHITE | 4 EACH | 503 | 324 | 292 | 2.45 | 9.7 | 307.2 | 485 | 0.06 | 21.14 | 80.2 | 11.03 | 2.36 | 0 |
| 3/1/2018 | MAPLE FLAVORED SYRUP | 1 OZ | 85 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 18.5 | 0 | 0 | 0 |
| 3/1/2018 | PEARS NPA | 1/2 CUP | 73 | 0 | 6 | 2.03 | 0.37 | 6.1 | 0 | 0.81 | 0.49 | 19.32 | 0.04 | 0 | 0 |
| 3/1/2018 | BAKED SEAS HOMEFRIES | 3/4 CUP | 173 | 0 | 550 | 3.14 | 0 | 0 | 0 | 1.89 | 3.14 | 26.71 | 6.28 | 0.79 | 0 |
| 3/1/2018 | KETCHUP | 1 OZ | 25 | 0 | 317 | 0 | 0 | 0 | 500 | 0 | 0 | 6.67 | 0 | 0 | 0 |

| | | | | | | | | | | | | | | | |
|----------|--------------------------------|-----------|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|---|
| 3/2/2018 | THREE CHEESE LASAGNA [K7] | 1 SERVING | 303 | 59 | 529 | 2.24 | 1.52 | 145.1 | 535 | 5.83 | 18.59 | 20.32 | 18.14 | 10.57 | 0 |
| 3/2/2018 | GARLIC FRENCH BREADSTICK | 1 EACH | 184 | 0 | 20 | 2 | 0.18 | 10 | 0 | 0 | 9.5 | 54.5 | 4.02 | 0.82 | 0 |
| 3/2/2018 | FRESH ROMAINE SALAD W/ VEGGIES | 1 CUP | 44 | 0 | 20 | 3.22 | 0.96 | 36 | 6094 | 36.26 | 2.24 | 9.48 | 0.5 | 0.09 | 0 |
| 3/2/2018 | RANCH DRESSING LT | 1 OZ | 76 | 5 | 236 | 0 | 0 | 18.9 | 0 | 0 | 0.94 | 1.89 | 6.61 | 0.94 | 0 |
| 3/2/2018 | RANCH DRESSING LT | 1 OZ | 76 | 5 | 236 | 0 | 0 | 18.9 | 0 | 0 | 0.94 | 1.89 | 6.61 | 0.94 | 0 |
| 3/2/2018 | FRENCH DRESSING LT | 1 OZ | 68 | 0 | 121 | 0 | 0 | 0 | 97 | 0 | 0 | 4.86 | 4.86 | 0.49 | 0 |
| 3/2/2018 | ITALIAN DRESSING LT | 1 OZ | 38 | 0 | 255 | 0 | 0 | 0 | 0 | 0 | 0 | 1.89 | 3.31 | 0.47 | 0 |
| 3/2/2018 | FRUIT COCKTAIL NPA | 1/2 CUP | 79 | 0 | 5 | 0.99 | 0 | 0 | 199 | 1.19 | 0.99 | 17.89 | 0 | 0 | 0 |