

NUTRITION FACTS - NOVEMBER 2017 - 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-Fat (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

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 (g)
11/1/2017	PANCAKES - WHITE	3 EA	231	39	480	3	1.2	60	99	0	6.99	38.01	6	0.99	0
11/1/2017	MAPLE FLAVORED SYRUP	1 OZ	85	0	5	0	0	0	0	0	0	18.5	0	0	0
11/1/2017	BREAKFAST HAM	2.5 OZ	76	38	532	0	0.91	0	0	0	12.66	1.27	1.9	0.63	0
11/1/2017	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
11/1/2017	KETCHUP	1 OZ	25	0	317	0	0	0	500	0	0	6.67	0	0	0
11/1/2017	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

11/2/2017	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
11/2/2017	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
11/2/2017	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
11/2/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
11/2/2017	FRUIT COCKTAIL NPA	1/2 CUP	79	0	5	0.99	0	0	199	1.19	0.99	17.89	0	0	0

11/3/2017	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
11/3/2017	BAGEL - WHITE	1 EACH	196	0	299	1.15	2.48	0	0	0	6.9	43.7	1.15	0	0
11/3/2017	CREAM CHEESE	1 OZ	100	30	90	0	0	0	0	0	2	0.9	10	6	0
11/3/2017	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
11/3/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
11/3/2017	DRIED CRANBERRIES	1/4 CUP	97	0	0	1	0.2	0	0	0	0	24	0	0	0

11/6/2017	CHEESEBURGER WG [K12]	1 EACH	150	1	280	3	1.44	80	0	0	6	27	1.5	1	1
11/6/2017	KETCHUP	1 OZ	25	0	317	0	0	0	500	0	0	6.67	0	0	0
11/6/2017	MUSTARD	1 OZ	28	0	340	0	0	0	0	0	0	0	0	0	0
11/6/2017	RELISH	1 OZ	28	0	208	0	0	0	0	0	0	7.56	0	0	0
11/6/2017	BAKED FRENCH FRIES	3/4 CUP	65	0	15	1.19	0	0	0	0	1.19	10.09	2.38	0	0
11/6/2017	APPLE SAUCE	1/2 CUP	20	0	6	0.78	0	0	0	0	0	5.1	0	0	0

11/7/2017	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
11/7/2017	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
11/7/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
11/7/2017	DRIED CRANBERRIES	1/4 CUP	97	0	0	1	0.2	0	0	0	0	24	0	0	0
11/7/2017	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
11/7/2017	MARGARINE	1 OZ	202	0	213	0	0	0	1012	0	0	0	22.27	10.12	0

11/8/2017	DELI HAM SANDWICH WG [K12]	1 EACH	176	8	342	2.08	1.47	117.2	136	0.19	8.59	30.23	4.03	1.27	0
11/8/2017	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
11/8/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
11/8/2017	FRESH CRISP APPLE	1 EACH	53	0	1	2.42	0.12	6.1	55	4.65	0.26	13.95	0.17	0.02	0
11/8/2017	DRIED CRANBERRIES	1/4 CUP	97	0	0	1	0.2	0	0	0	0	24	0	0	0

11/9/2017	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
11/9/2017	GARLIC FRENCH BREADSTICK	1 EACH	184	0	20	2	0.18	10	0	0	9.5	54.5	4.02	0.82	0
11/9/2017	FRESH ROMAIN 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
11/9/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
11/9/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
11/9/2017	FRENCH DRESSING LT	1 OZ	68	0	121	0	0	0	97	0	0	4.86	4.86	0.49	0
11/9/2017	ITALIAN DRESSING LT	1 OZ	38	0	255	0	0	0	0	0	0	1.89	3.31	0.47	0
11/9/2017	FRUIT COCKTAIL NPA	1/2 CUP	79	0	5	0.99	0	0	199	1.19	0.99	17.89	0	0	0

11/13/2017	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
11/13/2017	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
11/13/2017	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
11/13/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
11/13/2017	STRAWBERRY CUP	4 OZ	122	0	4	2.39	0.75	14	31	52.62	0.68	32.94	0.68	0	0

11/14/2017	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
11/14/2017	MAPLE FLAVORED SYRUP	1 OZ	85	0	5	0	0	0	0	0	0	18.5	0	0	0

	Portion Size	Cals	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
11/14/2017	STRAWBERRY NO FAT YOGURT CUP	4 OZ	80	5	65	0	0	0	0	4	16	0	0	0
11/14/2017	STRING CHEESE	1 EACH	70	15	220	0	0	15	4	8	1	4	2.5	0
11/14/2017	BAKED SEAS HOMEFRIES	3/4 CUP	173	0	550	3.14	0	0	0	1.89	3.14	26.71	6.28	0.79
11/14/2017	KETCHUP	1 OZ	25	0	317	0	0	0	500	0	0	6.67	0	0
11/14/2017	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
11/15/2017	CHICKEN NUGGETS WG	5 EACH	216	62	370	2	2	29	73	0	14	13	12	2
11/15/2017	SWEET & SOUR SAUCE	1 OZ	61	0	112	0	0	0	0	0	0	14.22	0	0
11/15/2017	BBQ SAUCE	1 OZ	43	0	387	0	0	0	0	0	0	8.5	0.47	0
11/15/2017	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
11/15/2017	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
11/15/2017	HUMMUS	5/8 CUP	384	0	659	10.98	1.98	109.8	0	0	5.49	21.96	32.95	0
11/15/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94
11/15/2017	FRUIT COCKTAIL NPA	1/2 CUP	79	0	5	0.99	0	0	199	1.19	0.99	17.89	0	0
11/16/2017	FRESH ROMAINE LETTUCE	1 CUP	8	0	4	1.01	0.46	16.1	4116	11.36	0.58	1.56	0.14	0.02
11/16/2017	FRESH SLICE TOMATO	2 EACH	82	0	23	5.44	1.22	45.4	3778	57.61	3.99	17.78	0.91	0.18
11/16/2017	FRESH CUCUMBER SLICES	1/8 CUP	2	0	0	0.07	0.04	2.1	14	0.36	0.08	0.47	0.01	0
11/16/2017	FRESH BROCCOLI FLORETS	1/8 CUP	4	0	4	0.29	0.08	5.2	69	9.81	0.31	0.73	0.04	0
11/16/2017	FRESH GREEN PEPPERS	1/8 CUP	2	0	0	0.2	0.04	1.2	43	9.25	0.1	0.53	0.02	0.01
11/16/2017	DICED HAM	1 OZ	30	13	192	0	0	0	0	0	4.05	1.52	0.76	0.25
11/16/2017	DICED CHICKEN	1 OZ	44	26	13	0	1.09	0	0	0	8.71	0	1.17	0.33
11/16/2017	CHEDDAR CHEESE RF	1 OZ	81	20	202	0	0	202.5	304	0	7.09	0.91	6.08	4.05
11/16/2017	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
11/16/2017	FRUIT & NUT TRAIL MIX	1/3 CUP	200	0	5	3.12	0.43	28.1	1	0	4.48	28.5	8.86	0.9
11/16/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94
11/16/2017	FRENCH DRESSING LT	1 OZ	68	0	121	0	0	0	97	0	0	4.86	4.86	0.49
11/16/2017	ITALIAN DRESSING LT	1 OZ	38	0	255	0	0	0	0	0	0	1.89	3.31	0.47
11/16/2017	THOUSAND ISLE DRESSING FF	1 OZ	42	0	266	0.1	0.07	1.4	34	0.1	0.19	10.34	0.07	0.01
11/16/2017	CROUTONS	10 EACH	16	0	40	0	0	0	0	0	0.22	1.77	0.66	0
11/16/2017	PRETZEL, SOFT WHL GRN	1 EACH	140	0	150	3	1.8	20	0	1.2	5	30	0.5	0
11/16/2017	FROZEN 100% FRUIT JUICE BAR	1 EACH	40	0	5	2	0	60	500	60	0	10	0	0
11/17/2017	ROAST TURKEY & GRAVY	3 OZ	110	35	474	0	0.42	0.6	0	0	11.71	3.33	3.84	1.26
11/17/2017	MASHED POTATO	1/2 CUP	77	0	352	1.53	0.28	0	0	3.68	1.53	16.08	0.77	0
11/17/2017	STUFFING - WHITE	2 OZ	72	0	202	0.23	0.17	5.4	225	0.27	0.91	5.26	5.18	0.9
11/17/2017	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
11/17/2017	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
11/17/2017	DINNER ROLL WG	1 EACH	90	0	210	1	0.72	40	0	0	3	16	1	0
11/17/2017	MARGARINE	1 OZ	202	0	213	0	0	0	1012	0	0	0	22.27	10.12
11/20/2017	CHICKEN TENDERS WG	3 EACH	216	62	400	2	2	29	73	0	14	13	12	2
11/20/2017	BBQ SAUCE	1 OZ	43	0	387	0	0	0	0	0	0	8.5	0.47	0
11/20/2017	SWEET & SOUR SAUCE	1 OZ	61	0	112	0	0	0	0	0	0	14.22	0	0
11/20/2017	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
11/20/2017	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
11/20/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94
11/20/2017	APPLE SAUCE	1/2 CUP	20	0	6	0.78	0	0	0	0	0	5.1	0	0
11/21/2017	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
11/21/2017	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
11/21/2017	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
11/21/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94
11/21/2017	ITALIAN DRESSING LT	1 OZ	38	0	255	0	0	0	0	0	0	1.89	3.31	0.47
11/21/2017	FRENCH DRESSING LT	1 OZ	68	0	121	0	0	0	97	0	0	4.86	4.86	0.49
11/21/2017	FRUIT COCKTAIL NPA	1/2 CUP	79	0	5	0.99	0	0	199	1.19	0.99	17.89	0	0
11/27/2017	CHICKEN, POPCORN WG FC	14 EA	202	42	626	1	2	22	117	1	13	13	13	3
11/27/2017	BBQ SAUCE	1 OZ	43	0	387	0	0	0	0	0	0	8.5	0.47	0
11/27/2017	SWEET & SOUR SAUCE	1 OZ	61	0	112	0	0	0	0	0	0	14.22	0	0
11/27/2017	RICE PILAF - WHITE	1/2 CUP	128	0	34	0	0.81	1.5	0	0	2.24	21.17	3.52	0.49
11/27/2017	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
11/27/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94
11/27/2017	FRESH CRISP APPLE	1 EACH	53	0	1	2.42	0.12	6.1	55	4.65	0.26	13.95	0.17	0.02
11/28/2017	PEPPERONI PIZZA - WHITE [K7]	1 EACH	362	57	773	1.89	2.09	13.8	328	2.62	18.11	30.04	31.74	11.42
11/28/2017	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
11/28/2017	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
11/28/2017	HUMMUS	5/8 CUP	384	0	659	10.98	1.98	109.8	0	0	5.49	21.96	32.95	0
11/28/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94
11/28/2017	PEACHES NPA	1/2 CUP	93	0	8	2.18	0.63	5.5	30	4.09	0.76	24.89	0.05	0
11/29/2017	TORTILLA CHIPS WG	15 EACH	210	0	225	1.5	0.54	30	0	0	3	25.5	10.5	4.5
11/29/2017	CHEESE SAUCE LF	2 OZ	45	0	320	0	0.01	1	0	0	0	8.95	0	0
11/29/2017	TACO SEASONED BEEF	1 OZ	62	19	89	0	0.57	0	24	0	5.15	0.47	4.3	1.72
11/29/2017	CHEDDAR SHRD WHITE RF	.5 OZ	40	10	101	0	0	101.2	152	0	3.54	0.46	3.04	2.03
11/29/2017	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
11/29/2017	SOUR CREAM	1 OZ	21	3	40	0	0	35.4	72	0	0.88	4.42	0	0
11/29/2017	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
11/29/2017	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94
11/29/2017	FRENCH DRESSING LT	1 OZ	68	0	121	0	0	0	97	0	0	4.86	4.86	0.49
11/29/2017	ITALIAN DRESSING LT	1 OZ	38	0	255	0	0	0	0	0	0	1.89	3.31	0.47

		Portion Size	Cals	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat' (g)
11/29/2017	RAISINS	1 OZ	85	0	3	1.05	0.53	14.2	1	0.65	0.87	22.45	0.13	0.01	0
11/29/2017	APPLE CHURRO WG	1 EACH	150	0	60	1	0.72	20	0	0	3	27	4	1	0
11/30/2017	ROAST PORK & GRAVY	3 OZ	195	63	173	0	0.68	10	7	0.23	17.94	2.55	11.83	4.29	0
11/30/2017	MASHED POTATO	1/2 CUP	77	0	352	1.53	0.28	0	0	3.68	1.53	16.08	0.77	0	0
11/30/2017	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
11/30/2017	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
11/30/2017	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
11/30/2017	DINNER ROLL WG	1 EACH	90	0	210	1	0.72	40	0	0	3	16	1	0	0
11/30/2017	MARGARINE	1 EACH	20	0	43	0	0	0	250	0	0	0	2.33	0.5	0
12/1/2017	FOUR CHEESE RAVIOLI	3 EACH	184	37	350	2.76	2.49	184.2	92	0	13.81	24.86	3.68	1.38	0
12/1/2017	PASTA SAUCE	1/2 CUP	46	0	331	1.84	0.99	18.4	460	2.21	1.84	8.29	0.92	0.92	0
12/1/2017	BREADSTICK WG	1 EACH	140	0	230	3	1.44	60	0	0	5	26	2.63	0.16	0
12/1/2017	FRESH CELERY STICKS	3/4 CUP	13	0	72	1.44	0.18	36	404	2.79	0.62	2.67	0.15	0.04	0
12/1/2017	FRUIT COCKTAIL NPA	1/2 CUP	79	0	5	0.99	0	0	199	1.19	0.99	17.89	0	0	0