

NUTRITION FACTS - OCTOBER 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-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

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)
10/2/2017	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
10/2/2017	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
10/2/2017	MAPLE FLAVORED SYRUP	1 OZ	85	0	5	0	0	0	0	0	0	18.5	0	0	0
10/2/2017	FRESH KIWI	1 EACH	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02	0
10/2/2017	BAKED SEAS HOMEFRIES	3/4 CUP	173	0	550	3.14	0	0	0	1.89	3.14	26.71	6.28	0.79	0
10/2/2017	KETCHUP	1 OZ	25	0	317	0	0	0	500	0	0	6.67	0	0	0

10/3/2017	HOT DOG & BUN - WHITE [K7]	1 EACH	231	40	828	0.5	1.81	140.5	0	0	10.09	23.02	11.62	3.04	0
10/3/2017	KETCHUP	1 OZ	25	0	317	0	0	0	500	0	0	6.67	0	0	0
10/3/2017	MUSTARD	1 OZ	28	0	340	0	0	0	0	0	0	0	0	0	0
10/3/2017	RELISH	1 OZ	28	0	208	0	0	0	0	0	0	7.56	0	0	0
10/3/2017	BAKED BEANS	1/2 CUP	171	5	372	9.04	2.71	60.2	0	0	8.03	31.13	2.01	0.5	0
10/3/2017	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
10/3/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/3/2017	FRUIT COCKTAIL NPA	1/2 CUP	79	0	5	0.99	0	0	199	1.19	0.99	17.89	0	0	0
10/3/2017	BROWNIE	1 EACH	200	39	148	0.58	0.83	7.4	437	0	2.51	26.1	9.62	4.14	0

10/4/2017	CHICKEN TENDERS WG	3 EACH	216	62	400	2	2	29	73	0	14	13	12	2	0
10/4/2017	BBQ SAUCE	1 OZ	43	0	387	0	0	0	0	0	0	8.5	0.47	0	0
10/4/2017	SWEET & SOUR SAUCE	1 OZ	61	0	112	0	0	0	0	0	0	14.22	0	0	0
10/4/2017	PASTA SALAD - WHITE	1/2 CUP	628	11	359	5.12	4.61	18.7	0	0	18.84	107.4	11.6	1.25	0
10/4/2017	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
10/4/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/4/2017	APPLE SAUCE	1/2 CUP	20	0	1	0.55	0.06	1.6	14	0.55	0.08	5.4	0.02	0.01	0

10/5/2017	CHEZY BREAD STIX - WHITE [K12]	4 EACH	288	30	354	1.1	7.07	410.8	406	0.01	15.34	27.05	10.14	6.23	0
10/5/2017	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	0
10/5/2017	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	0
10/5/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/5/2017	ITALIAN DRESSING LT	1 OZ	38	0	255	0	0	0	0	0	0	1.89	3.31	0.47	0
10/5/2017	FRENCH DRESSING LT	1 OZ	68	0	121	0	0	0	97	0	0	4.86	4.86	0.49	0
10/5/2017	PEACHES NPA	1/2 CUP	93	0	8	2.18	0.63	5.5	30	4.09	0.76	24.89	0.05	0	0

10/10/2017	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
10/10/2017	MAPLE FLAVORED SYRUP	1 OZ	85	0	5	0	0	0	0	0	0	18.5	0	0	0
10/10/2017	STRAWBERRY NO FAT YOGURT CUP	4 OZ	80	5	65	0	0	0	0	0	4	16	0	0	0
10/10/2017	STRING CHEESE	1 EACH	70	15	220	0	0	15	4	0	8	1	4	2.5	0
10/10/2017	BAKED SEAS HOMEFRIES	3/4 CUP	173	0	550	3.14	0	0	0	1.89	3.14	26.71	6.28	0.79	0
10/10/2017	KETCHUP	1 OZ	25	0	317	0	0	0	500	0	0	6.67	0	0	0
10/10/2017	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

10/11/2017	CHICKEN NUGGETS WG	5 EACH	216	62	370	2	2	29	73	0	14	13	12	2	0
10/11/2017	SWEET & SOUR SAUCE	1 OZ	61	0	112	0	0	0	0	0	0	14.22	0	0	0
10/11/2017	BBQ SAUCE	1 OZ	43	0	387	0	0	0	0	0	0	8.5	0.47	0	0
10/11/2017	PASTA SALAD - WHITE	1/2 CUP	628	11	359	5.12	4.61	18.7	0	0	18.84	107.4	11.6	1.25	0
10/11/2017	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	0
10/11/2017	HUMMUS	5/8 CUP	255	0	583	9.23	3.75	58.4	46	0	12.15	21.97	14.76	2.21	0
10/11/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/11/2017	FRUIT COCKTAIL NPA	1/2 CUP	79	0	5	0.99	0	0	199	1.19	0.99	17.89	0	0	0

10/12/2017	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	0
10/12/2017	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	0
10/12/2017	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	0
10/12/2017	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	0
10/12/2017	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	0
10/12/2017	DICED HAM	1 OZ	34	14	326	0	0	0	0	0	4.5	1.69	0.85	0.28	0
10/12/2017	DICED CHICKEN	1 OZ	44	26	13	0	1.09	0	0	0	8.71	0	1.17	0.33	0
10/12/2017	CHEDDAR CHEESE RF	1 OZ	86	6	213	0	0.12	260.2	59	0	8.1	0.51	6.08	3.8	0
10/12/2017	PASTA SALAD - WHITE	1/2 CUP	628	11	359	5.12	4.61	18.7	0	0	18.84	107.4	11.6	1.25	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)	
10/12/2017	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	0
10/12/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/12/2017	FRENCH DRESSING LT	1 OZ	68	0	121	0	0	0	97	0	0	4.86	4.86	0.49	0
10/12/2017	ITALIAN DRESSING LT	1 OZ	38	0	255	0	0	0	0	0	0	1.89	3.31	0.47	0
10/12/2017	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	0
10/12/2017	CROUTONS	10 EACH	16	0	40	0	0	0	0	0	0.22	1.77	0.66	0	0
10/12/2017	PRETZEL, SOFT WHL GRN	1 EACH	140	0	150	3	1.8	20	0	1.2	5	30	0.5	0	0
10/12/2017	FROZEN 100% FRUIT JUICE BAR	1 EACH	40	0	5	2	0	60	500	60	0	10	0	0	0
10/13/2017	CRUNCHY TACO SHELLS	2 EACH	170	0	0	2	0.72	20	0	0	3	23	7	2.5	0
10/13/2017	TACO SEASONED BEEF	3 OZ	186	57	268	0	1.7	0	71	0	15.46	1.41	12.89	5.15	0
10/13/2017	CHEDDAR SHRD WHITE RF	.5 OZ	43	3	106	0	0.06	130.1	29	0	4.05	0.25	3.04	1.9	0
10/13/2017	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
10/13/2017	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	0
10/13/2017	SOUR CREAM	1 OZ	21	3	40	0	0	35.4	72	0	0.88	4.42	0	0	0
10/13/2017	RICE PILAF - WHITE	1/2 CUP	128	0	34	0	0.81	1.5	0	0	2.24	21.17	3.52	0.49	0
10/13/2017	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
10/13/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/13/2017	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
10/16/2017	CHEESEBURGER WG [K12]	1 EACH	150	1	280	3	1.44	80	0	0	6	27	1.5	1	0
10/16/2017	KETCHUP	1 OZ	25	0	317	0	0	0	500	0	0	6.67	0	0	0
10/16/2017	MUSTARD	1 OZ	28	0	340	0	0	0	0	0	0	0	0	0	0
10/16/2017	RELISH	1 OZ	28	0	208	0	0	0	0	0	0	7.56	0	0	0
10/16/2017	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
10/16/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/16/2017	WATERMELON.CHUNKS	1/2 CUP	24	0	1	0.32	0.19	5.6	455	6.48	0.49	6.04	0.12	0.01	0
10/16/2017	POTATO CHIP, LAY'S FUN SIZE	1 EACH	81	0	86	0.51	0.18	0	0	3.04	1.01	7.59	5.06	0.76	0
10/16/2017	WHITE MILK 99% FAT FREE	1 EACH	110	10	125	0	0	300	500	1.2	8	13	2.5	1.5	0
10/16/2017	CHOCOLATE MILK 100% FAT FREE	1 EACH	130	5	190	0	0.36	300	500	0	8	24	0	0	0
10/16/2017	SKIM MILK 100% FAT FREE	1 EACH	90	4	125	0	0	300	500	2.4	8	13	0	0	0
10/17/2017	MAC & CHEESE - WHITE [K7]	1 CUP	749	21	801	5.22	5	400.7	145	526.15	32.01	118.2	12.91	6.14	0
10/17/2017	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
10/17/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/17/2017	DRIED CRANBERRIES	1/4 CUP	97	0	0	1	0.2	0	0	0	0	24	0	0	0
10/17/2017	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
10/17/2017	MARGARINE	1 OZ	202	0	213	0	0	0	1012	0	0	0	22.27	10.12	0
10/18/2017	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
10/18/2017	RAISINS	1.5 OZ	127	0	5	1.57	0.8	21.3	2	0.98	1.31	33.67	0.2	0.02	0
10/18/2017	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
10/18/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/19/2017	THREE CHEESE LASAGNA [K7]	1 SERVING	289	49	410	2.24	4.15	339.5	730	5.83	19.08	19.83	15.47	8.62	0
10/19/2017	GARLIC FRENCH BREADSTICK	1 EACH	184	0	20	2	0.18	10	0	0	9.5	54.5	4.02	0.82	0
10/19/2017	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	0
10/19/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/19/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/19/2017	FRENCH DRESSING LT	1 OZ	68	0	121	0	0	0	97	0	0	4.86	4.86	0.49	0
10/19/2017	ITALIAN DRESSING LT	1 OZ	38	0	255	0	0	0	0	0	0	1.89	3.31	0.47	0
10/19/2017	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
10/20/2017	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
10/20/2017	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
10/20/2017	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	0
10/20/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/20/2017	HUMMUS	5/8 CUP	255	0	583	9.23	3.75	58.4	46	0	12.15	21.97	14.76	2.21	0
10/20/2017	STRAWBERRY CUP	4 OZ	122	0	4	2.39	0.75	14	31	52.62	0.68	32.94	0.68	0	0
10/23/2017	CHICKEN, POPCORN WG FC	14 EA	202	42	626	1	2	22	117	1	13	13	13	3	0
10/23/2017	BBQ SAUCE	1 OZ	43	0	387	0	0	0	0	0	0	8.5	0.47	0	0
10/23/2017	SWEET & SOUR SAUCE	1 OZ	61	0	112	0	0	0	0	0	0	14.22	0	0	0
10/23/2017	RICE PILAF - WHITE	1/2 CUP	128	0	34	0	0.81	1.5	0	0	2.24	21.17	3.52	0.49	0
10/23/2017	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
10/23/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/23/2017	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
10/24/2017	PEPPERONI PIZZA - WHITE [K7]	1 EACH	331	37	525	1.89	2.03	13.8	328	2.62	17.16	30.04	29.27	10.28	0
10/24/2017	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
10/24/2017	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	0
10/24/2017	HUMMUS	5/8 CUP	255	0	583	9.23	3.75	58.4	46	0	12.15	21.97	14.76	2.21	0
10/24/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/24/2017	PEACHES NPA	1/2 CUP	93	0	8	2.18	0.63	5.5	30	4.09	0.76	24.89	0.05	0	0
10/25/2017	TORTILLA CHIPS WG	15 EACH	210	0	225	1.5	0.54	30	0	0	3	25.5	10.5	4.5	0
10/25/2017	CHEESE SAUCE LF	2 OZ	45	0	320	0	0.01	1	0	0	0	8.95	0	0	0
10/25/2017	TACO SEASONED BEEF	1 OZ	62	19	89	0	0.57	0	24	0	5.15	0.47	4.3	1.72	0
10/25/2017	CHEDDAR SHRD WHITE RF	.5 OZ	43	3	106	0	0.06	130.1	29	0	4.05	0.25	3.04	1.9	0
10/25/2017	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	0
10/25/2017	SOUR CREAM	1 OZ	21	3	40	0	0	35.4	72	0	0.88	4.42	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)	
10/25/2017	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	0
10/25/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/25/2017	FRENCH DRESSING LT	1 OZ	68	0	121	0	0	0	97	0	0	4.86	4.86	0.49	0
10/25/2017	ITALIAN DRESSING LT	1 OZ	38	0	255	0	0	0	0	0	0	1.89	3.31	0.47	0
10/25/2017	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
10/25/2017	APPLE CHURRO WG	1 EACH	150	0	60	1	0.72	20	0	0	3	27	4	1	0
10/26/2017	ROAST PORK & GRAVY	3 OZ	195	63	173	0	0.68	10	7	0.23	17.94	2.55	11.83	4.29	0
10/26/2017	MASHED POTATO	1/2 CUP	77	0	352	1.53	0.28	0	0	3.68	1.53	16.08	0.77	0	0
10/26/2017	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
10/26/2017	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
10/26/2017	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
10/26/2017	DINNER ROLL WG	1 EACH	90	0	210	1	0.72	40	0	0	3	16	1	0	0
10/26/2017	MARGARINE	1 EACH	20	0	43	0	0	0	250	0	0	0	2.33	0.5	0
10/27/2017	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
10/27/2017	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
10/27/2017	BREADSTICK WG	1 EACH	140	0	230	3	1.44	60	0	0	5	26	2.63	0.16	0
10/27/2017	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	0
10/27/2017	APPLES WITH CINNAMON	1/2 CUP	68	0	5	1.07	1.39	2.3	1	1.15	0.01	17.3	0	0	0
10/30/2017	CHICKEN BURGER - WG [K12]	1 EACH	420	26	680	6	3.24	120	100	0	22	43	16.5	3.5	1
10/30/2017	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
10/30/2017	MAYONNAISE LT	1 OZ	76	19	180	0	0	0	0	0	0	1.89	7.56	0.94	0
10/30/2017	BBQ SAUCE	1 OZ	43	0	387	0	0	0	0	0	0	8.5	0.47	0	0
10/30/2017	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	0
10/30/2017	ITALIAN DRESSING LT	1 OZ	38	0	255	0	0	0	0	0	0	1.89	3.31	0.47	0
10/30/2017	FRENCH DRESSING LT	1 OZ	68	0	121	0	0	0	97	0	0	4.86	4.86	0.49	0
10/30/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/30/2017	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	0
10/30/2017	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
10/31/2017	SPAGHETTI - WHITE	3/4 CUP	394	0	0	3.75	0	0	0	0	13.13	82.5	1.88	0	0
10/31/2017	MEATBALLS .5 OZ	5 EACH	133	25	258	2.49	1.5	50	0	1	12.5	5.83	7.5	2.91	0
10/31/2017	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
10/31/2017	BREADSTICK WG	1 EACH	140	0	230	3	1.44	60	0	0	5	26	2.63	0.16	0
10/31/2017	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	0
10/31/2017	HUMMUS	5/8 CUP	255	0	583	9.23	3.75	58.4	46	0	12.15	21.97	14.76	2.21	0
10/31/2017	RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
10/31/2017	RAISINS	1.5 OZ	127	0	5	1.57	0.8	21.3	2	0.98	1.31	33.67	0.2	0.02	0
10/31/2017	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
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	74	37	741	0	0	0	0	0	11.12	3.71	1.85	0.07	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	325	37	443	1.89	7.68	418.8	733	2.62	17.35	29.03	12.43	6.8	0.01
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	66	5	302	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	66	5	302	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