

NUTRITION FACTS - JUNE 2018 - SOUTH / OWLS / GILFORD

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)
6/1/2018	ROAST TURKEY & GRAVY	3 OZ	110	35	474	0	0.42	0.6	0	0	11.71	3.33	3.84	1.26	0
6/1/2018	MASHED POTATO	1/2 CUP	77	0	352	1.53	0.28	0	0	3.68	1.53	16.08	0.77	0	0
6/1/2018	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
6/1/2018	DINNER ROLL WG	1 EACH	90	0	210	1	0.72	40	0	0	3	16	1	0	0
6/1/2018	MARGARINE	1 OZ	202	0	213	0	0	0	1012	0	0	0	22.27	10.12	0
6/1/2018	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
6/1/2018	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

6/4/2018	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
6/4/2018	KETCHUP	1 OZ	25	0	317	0	0	0	500	0	0	6.67	0	0	0
6/4/2018	MUSTARD	1 OZ	28	0	340	0	0	0	0	0	0	0	0	0	0
6/4/2018	RELISH	1 OZ	28	0	208	0	0	0	0	0	0	7.56	0	0	0
6/4/2018	BAKED FRENCH FRIES	1/2 CUP	44	0	10	0.79	0	0	0	0	0.79	6.73	1.58	0	0
6/4/2018	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
6/4/2018	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
6/4/2018	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

6/5/2018	CHICKEN NUGGETS WG	5 EACH	216	62	370	2	2	29	73	0	14	13	12	2	0
6/5/2018	SWEET & SOUR SAUCE	1 OZ	61	0	112	0	0	0	0	0	0	14.22	0	0	0
6/5/2018	BBQ SAUCE	1 OZ	43	0	387	0	0	0	0	0	0	8.5	0.47	0	0
6/5/2018	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
6/5/2018	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
6/5/2018	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
6/5/2018	STRAWBERRY CUP	4 OZ	122	0	4	2.39	0.75	14	31	52.62	0.68	32.94	0.68	0	0

6/6/2018	MEATBALL SUB	1 EACH	579	70	1328	4.69	3.97	147	174	0.84	27.77	45.15	31.43	15.91	0
6/6/2018	COLE SLAW	3/4 CUP	369	39	1184	5.59	1.43	114.2	416	78.24	3.5	31.7	28.8	3.91	0
6/6/2018	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
6/6/2018	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
6/6/2018	CHOCOLATE PUDDING	4 OZ	115	0	177	0.8	0	17.7	0	0	0.89	19.49	3.99	0.44	0

6/7/2018	PANCAKES - WHITE	3 EA	231	39	480	3	1.2	60	99	0	6.99	38.01	6	0.99	0
6/7/2018	MAPLE FLAVORED SYRUP	1 OZ	85	0	5	0	0	0	0	0	0	18.5	0	0	0
6/7/2018	BREAKFAST HAM	2.5 OZ	76	38	532	0	0.91	0	0	0	12.66	1.27	1.9	0.63	0
6/7/2018	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
6/7/2018	KETCHUP	1 OZ	25	0	317	0	0	0	500	0	0	6.67	0	0	0
6/7/2018	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

6/8/2018	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	0
6/8/2018	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
6/8/2018	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
6/8/2018	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
6/8/2018	FRUIT COCKTAIL NPA	1/2 CUP	79	0	5	0.99	0	0	199	1.19	0.99	17.89	0	0	0

6/11/2018	CHICKEN BURGER - WG [K12]	1 EACH	420	26	680	6	3.24	120	100	0	22	43	16.5	3.5	0
6/11/2018	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
6/11/2018	MAYONNAISE LT	1 OZ	76	19	180	0	0	0	0	0	0	1.89	7.56	0.94	0
6/11/2018	BBQ SAUCE	1 OZ	43	0	387	0	0	0	0	0	0	8.5	0.47	0	0
6/11/2018	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
6/11/2018	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
6/11/2018	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

6/12/2018	DELI HAM SUB WG [K12]	1 EACH	254	8	658	3.51	1.93	180.5	246	9.59	10.84	43.03	4.09	1.78	0
6/12/2018	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
6/12/2018	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
6/12/2018	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
6/12/2018	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

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

6/13/2018	CHICKEN BURGER - WG [K12]	1 EACH	420	26	680	6	3.24	120	100	0	22	43	16.5	3.5	0
6/13/2018	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
6/13/2018	MAYONNAISE LT	1 OZ	76	19	180	0	0	0	0	0	0	1.89	7.56	0.94	0
6/13/2018	BBQ SAUCE	1 OZ	43	0	387	0	0	0	0	0	0	8.5	0.47	0	0
6/13/2018	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
6/13/2018	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
6/13/2018	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

6/14/2018	DELI TURKEY SANDWICH WG [K12]	1 EACH	260	44	846	2.08	2.33	117.2	136	0.19	22.99	31.43	5.23	1.27	0
6/14/2018	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
6/14/2018	RANCH DRESSING LT	1 OZ	76	5	236	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
6/14/2018	HUMMUS	5/8 CUP	384	0	659	10.98	1.98	109.8	0	0	5.49	21.96	32.95	0	0
6/14/2018	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