

Nutritional Information for High School Menus

DAY	Ser Period	Descrip	Quantity	Calories	Protein	Vitamin A RE	Vitamin A IU	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
W1D1	Breakfast	CHICKEN AND BISCUIT	1 each	340.0	17.0	0.0	0.0	3.6	2.5	40.0	16.0	7.0	32.0	2.0	25.0	1000.0	0.0
W1D1	Breakfast	SAUSAGE & BISCUIT	1 SAUSAGE-BISCUIT	370.0	13.0	0.0	0.0	3.6	2.2	20.0	24.0	11.0	23.0	1.0	40.0	1110.0	0.0
W1D1	Breakfast	CINNIS MINI	1 PACKAGE	240.0	5.0	0.0	0.0	0.0	1.4	20.0	7.0	2.0	40.0	2.0	0.0	300.0	0.0
W1D1	Breakfast	YOGURT PARFAIT STRWBRYw/granc	1 parfait	279.0	5.7	1.2	800.0	1.7	0.5	100.0	3.4	0.9	56.6	3.8	2.5	138.5	0.0
W1D1	Breakfast	COCOA PUFFS CEREAL	BOWL (1)	110.0	2.0	100.0	500.0	6.0	4.5	100.0	1.5	0.0	25.0	2.0	0.0	160.0	0.0
W1D1	Breakfast	TRIX CEREAL	BOWL (1)	110.0	1.0	80.0	400.0	4.8	4.5	80.0	1.0	0.0	24.0	1.0	0.0	140.0	0.0
W1D1	Breakfast	LUCKY CHARMS CEREAL	BOWL (1)	110.0	2.0	80.0	500.0	6.0	4.5	100.0	1.0	0.0	23.0	2.0	0.0	180.0	0.0
W1D1	Breakfast	FRUIT LOOPS CEREAL	BOWL (1)	110.0	2.0	80.0	400.0	12.0	3.6	0.0	1.0	0.5	24.0	3.0	0.0	170.0	0.0
W1D1	Breakfast	APPLE JACKS CEREAL	BOWL (1)	100.0	3.0	80.0	500.0	6.0	8.1	100.0	2.0	0.5	20.0	3.0	0.0	140.0	0.0
W1D1	Breakfast	RICE CHEX CEREAL	BOWL (1)	100.0	2.0	100.0	500.0	6.0	9.0	100.0	0.5	0.0	24.0	1.0	0.0	250.0	0.0
W1D1	Breakfast	GRAB-GO BK BAG-CHEEZ-IT	1 BAG	270.0	11.0	0.0	600.0	9.0	1.1	300.0	6.0	3.5	44.0	5.0	10.0	360.0	0.0
W1D1	Breakfast	Toasted Bread	1 EA	65.0	3.0	0.0	0.0	0.0	0.7	20.0	1.0	0.0	12.5	1.5	0.0	125.0	0.0
W1D1	Breakfast	GRILLED CHEESE TOAST	1 SLICE (1)	171.0	8.6	0.4	268.0	0.0	0.7	316.0	9.6	5.0	13.8	1.5	25.0	418.0	0.0
W1D1	Breakfast	APPLE JUICE	1 carton (4oz.)	96.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	24.0	0.0	0.0	24.0	0.0
W1D1	Breakfast	FRESH RED GRAPES 2015	1/2 CUP	90.0	1.0	0.0	100.0	15.0	0.4	20.0	1.0	0.0	24.0	1.0	0.0	0.0	0.0
W1D1	Breakfast	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W1D1	Breakfast	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W1D1	Breakfast	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W1D1	Breakfast	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W1D1	Lunch	CHEESEBURGER	1 CHEESEBURGER	353.0	19.8	20.2	234.0	0.0	3.2	228.0	18.8	7.5	26.7	3.0	47.5	626.5	1.0
W1D1	Lunch	BEEF H-DOG/W/BUN	1 EACH	320.0	11.0	0.0	0.0	3.6	2.0	30.0	18.5	7.0	28.0	4.0	30.0	520.0	0.0
W1D1	Lunch	MINI CORN DOGS	6 6 Pieces	250.0	11.0	0.0	0.0	0.0	3.6	0.0	10.0	1.5	31.0	1.0	15.0	630.0	0.0
W1D1	Lunch	ALPHA PEPPERONI PIZZA	1 PIZZA	440.0	22.0	0.0	500.0	6.0	1.4	400.0	160.0	10.0	47.0	1.0	35.0	630.0	0.0
W1D1	Lunch	STUFFED CRUST PEPP PIZZA	1 PIZZA	330.0	16.0	0.0	300.0	0.0	2.7	250.0	14.0	4.5	36.0	2.0	20.0	880.0	0.0
W1D1	Lunch	YOGURT PARFAIT STRWBRYw/granc	1 parfait	379.0	9.2	1.2	1300.0	1.7	0.5	200.0	4.2	1.4	76.1	3.8	5.0	191.0	0.0
W1D1	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6.0	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0.0
W1D1	Lunch	BAKED BEANS	1/2 CUP	161.5	6.5	0.0	0.0	0.0	1.9	64.6	1.1	0.0	32.3	7.5	5.4	581.3	0.0
W1D1	Lunch	FRENCH FRIES	1/2 CUP	130.0	2.0	3.8	0.0	0.6	0.4	20.0	4.0	0.5	23.0	2.0	0.0	350.0	0.0
W1D1	Lunch	BANANA	1 EACH	110.0	1.0	0.0	0.0	9.0	0.4	0.0	0.0	0.0	29.0	4.0	0.0	0.0	0.0
W1D1	Lunch	APPLESAUCE	1/2 cup	100.0	0.0	0.0	0.0	2.4	0.4	0.0	0.0	0.0	25.0	2.0	0.0	5.0	0.0
W1D1	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	20.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	170.0	0.0
W1D1	Lunch	MAYONNAISE REDC FAT REDC CALC	POUCH (1)	80.0	0.0	0.0	200.0	0.0	0.0	0.0	8.0	1.0	2.0	0.0	10.0	180.0	0.0
W1D1	Lunch	MUSTARD INDIVIDUAL	PACKET (1)	5.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	65.0	0.0
W1D1	Lunch	PICKLE DILL SLICE	Pickle chip (3)	9.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.2	0.0	0.0	684.0	0.0
W1D1	Lunch	TOMATO SLICES	SLICE	5.8	0.2	0.0	3.3	6.7	0.3	0.3	0.0	0.0	1.2	0.2	0.0	0.8	0.0
W1D1	Lunch	LETTUCE SHREDDED	1/8th cup	0.9	0.0	0.0	11.8	0.2	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.6	0.0
W1D1	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W1D1	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W1D1	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W1D1	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W1D1	Lunch	CRACKERS WG SALTINES	2 Pkgs	120.0	4.0	0.0	0.0	0.0	1.4	0.0	3.0	0.0	18.0	2.0	0.0	260.0	0.0
W1D2	Breakfast	WAFFLE	EACH	290.0	4.0	0.0	500.0	0.0	1.4	0.0	14.0	6.0	37.0	2.0	15.0	160.0	0.0
W1D2	Breakfast	PANCAKE SAUSAGE ON STICK	1 EACH	210.0	7.0	0.0	0.0	1.2	1.4	20.0	12.0	3.0	20.0	0.0	20.0	390.0	0.0
W1D2	Breakfast	YOGURT PARFAIT STRWBRYw/granc	1 parfait	279.0	5.7	1.2	800.0	1.7	0.5	100.0	3.4	0.9	56.6	3.8	2.5	138.5	0.0
W1D2	Breakfast	COCOA PUFFS CEREAL	BOWL (1)	110.0	2.0	100.0	500.0	6.0	4.5	100.0	1.5	0.0	25.0	2.0	0.0	160.0	0.0
W1D2	Breakfast	FRUIT LOOPS CEREAL	BOWL (1)	110.0	2.0	80.0	400.0	12.0	3.6	0.0	1.0	0.5	24.0	3.0	0.0	170.0	0.0
W1D2	Breakfast	LUCKY CHARMS CEREAL	BOWL (1)	110.0	2.0	80.0	500.0	6.0	4.5	100.0	1.0	0.0	23.0	2.0	0.0	180.0	0.0
W1D2	Breakfast	TRIX CEREAL	BOWL (1)	110.0	1.0	80.0	400.0	4.8	4.5	80.0	1.0	0.0	24.0	1.0	0.0	140.0	0.0
W1D2	Breakfast	APPLE JACKS CEREAL	BOWL (1)	100.0	3.0	80.0	500.0	6.0	8.1	100.0	2.0	0.5	20.0	3.0	0.0	140.0	0.0
W1D2	Breakfast	RICE CHEX CEREAL	BOWL (1)	100.0	2.0	100.0	500.0	6.0	9.0	100.0	0.5	0.0	24.0	1.0	0.0	250.0	0.0
W1D2	Breakfast	GRAB-GO-BK CIN-TOAST CRUNC BA	1 BAG	330.0	12.0	0.0	100.0	60.0	1.8	420.0	5.5	3.0	44.0	3.0	10.0	325.0	0.0
W1D2	Breakfast	Toasted Bread	1 EA	65.0	3.0	0.0	0.0	0.0	0.7	20.0	1.0	0.0	12.5	1.5	0.0	125.0	0.0

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DAY	Ser Period	Descrip	Quantity	Calories	Protein	Vitamin A RE	Vitamin A IU	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
W1D2	Breakfast	GRILLED CHEESE TOAST	1 SLICE (1)	171.0	8.6	0.4	268.0	0.0	0.7	316.0	9.6	5.0	13.8	1.5	25.0	418.0	0.0
W1D2	Breakfast	PANCAKE SYRUP	PACKET	50.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.0	0.0	0.0	0.0	0.0
W1D2	Breakfast	BANANA	1 EACH	110.0	1.0	0.0	0.0	9.0	0.4	0.0	0.0	0.0	29.0	4.0	0.0	0.0	0.0
W1D2	Breakfast	ORANGE JUICE	1 carton (4oz.)	120.0	1.0	0.0	0.0	60.0	0.0	20.0	0.0	0.0	13.0	0.0	0.0	0.0	0.0
W1D2	Breakfast	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W1D2	Breakfast	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W1D2	Breakfast	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W1D2	Breakfast	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W1D2	Lunch	CHICKEN TACO MEAT	3 OZ	220.0	26.0	0.0	300.0	0.0	1.1	0.0	11.0	4.5	5.0	0.0	110.0	530.0	0.0
W1D2	Lunch	TOTALLY TACO MAX	TRIANGLES (3)	289.9	17.4	0.4	116.0	0.0	3.1	231.9	10.0	2.9	34.8	2.0	11.6	695.7	0.0
W1D2	Lunch	BREADED SPICY CHICKEN SANDWIC	1 PATTY	370.0	27.0	0.0	0.0	0.0	2.9	40.0	11.5	2.0	38.0	3.0	50.0	640.0	0.0
W1D2	Lunch	STUFFED CRUST PEPP PIZZA	1 PIZZA	330.0	16.0	0.0	300.0	0.0	2.7	250.0	14.0	4.5	36.0	2.0	20.0	880.0	0.0
W1D2	Lunch	ALPHA PEPPERONI PIZZA	1 PIZZA	440.0	22.0	0.0	500.0	6.0	1.4	400.0	160.0	10.0	47.0	1.0	35.0	630.0	0.0
W1D2	Lunch	CHEESEBURGER	1 CHEESEBURGER	353.0	19.8	20.2	234.0	0.0	3.2	228.0	18.8	7.5	26.7	3.0	47.5	626.5	1.0
W1D2	Lunch	YOGURT PARFAIT STRWBRYw/granc	1 parfait	379.0	9.2	1.2	1300.0	1.7	0.5	200.0	4.2	1.4	76.1	3.8	5.0	191.0	0.0
W1D2	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6.0	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0.0
W1D2	Lunch	REFRIED BEANS	1/2 CUP	122.1	6.1	0.0	0.0	0.0	1.8	20.4	2.0	0.0	19.3	5.1	0.0	142.5	0.0
W1D2	Lunch	WHOLE KERNAL CORN	1/2 CUP	94.8	2.0	0.0	245.4	2.3	0.4	2.8	2.2	1.0	15.0	2.0	4.4	0.0	0.0
W1D2	Lunch	PEACHES/ W JUICE	1/2 CUP	70.0	0.0	0.0	300.0	1.2	0.0	0.0	0.0	0.0	17.0	0.5	0.0	10.0	0.0
W1D2	Lunch	GRAPE JUICE	1 carton (4oz.)	80.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	18.0	0.0	0.0	15.0	0.0
W1D2	Lunch	SHREDDED CHEESE	1 OUNCE	70.0	7.0	0.0	0.0	0.0	0.0	0.0	4.0	2.5	2.0	0.0	15.0	210.0	0.0
W1D2	Lunch	CHEESE AMERICAN SLICED	SLICE	53.0	2.8	0.2	134.0	0.0	0.0	148.0	4.3	2.5	0.7	0.0	12.5	146.5	0.0
W1D2	Lunch	SALSA MILD THICK & CHUNKY	1/8th cup	10.0	0.0	80.0	100.0	3.6	0.0	0.0	0.0	0.0	2.0	0.5	0.0	160.0	0.0
W1D2	Lunch	CHIP TORTL SCOOP TOSTITOS	PACKAGE (1)	110.0	2.0	0.0	0.0	0.0	0.4	20.0	2.5	0.0	19.0	2.0	0.0	125.0	0.0
W1D2	Lunch	TOMATO SLICES	SLICE	5.8	0.2	0.0	3.3	6.7	0.3	0.3	0.0	0.0	1.2	0.2	0.0	0.8	0.0
W1D2	Lunch	LETTUCE SHREDDED	1/8th cup	0.9	0.0	0.0	11.8	0.2	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.6	0.0
W1D2	Lunch	PICKLE DILL SLICE	Pickle chip (3)	3.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	228.0	0.0
W1D2	Lunch	FAT FREE SOUR CREAM	1 SOUR CREAM	20.7	0.9	14.3	71.4	0.0	0.0	35.0	0.0	0.0	4.4	0.0	2.5	39.5	0.0
W1D2	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W1D2	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W1D2	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W1D2	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W1D2	Lunch	CRACKERS WG SALTINES	2 Pkgs	120.0	4.0	0.0	0.0	0.0	1.4	0.0	3.0	0.0	18.0	2.0	0.0	260.0	0.0
W1D3	Breakfast	SAUSAGE & BISCUIT	1 SAUSAGE-BISCUIT	370.0	13.0	0.0	0.0	3.6	2.2	20.0	24.0	11.0	23.0	1.0	40.0	1110.0	0.0
W1D3	Breakfast	MINI-PANCAKE-MAPLE	1 package	230.0	4.0	0.0	0.0	0.0	0.7	40.0	7.0	0.5	41.0	3.0	0.0	150.0	0.0
W1D3	Breakfast	YOGURT PARFAIT STRWBRYw/granc	1 parfait	279.0	5.7	1.2	800.0	1.7	0.5	100.0	3.4	0.9	56.6	3.8	2.5	138.5	0.0
W1D3	Breakfast	COCOA PUFFS CEREAL	BOWL (1)	110.0	2.0	100.0	500.0	6.0	4.5	100.0	1.5	0.0	25.0	2.0	0.0	160.0	0.0
W1D3	Breakfast	FRUIT LOOPS CEREAL	BOWL (1)	110.0	2.0	80.0	400.0	12.0	3.6	0.0	1.0	0.5	24.0	3.0	0.0	170.0	0.0
W1D3	Breakfast	LUCKY CHARMS CEREAL	BOWL (1)	110.0	2.0	80.0	500.0	6.0	4.5	100.0	1.0	0.0	23.0	2.0	0.0	180.0	0.0
W1D3	Breakfast	TRIX CEREAL	BOWL (1)	110.0	1.0	80.0	400.0	4.8	4.5	80.0	1.0	0.0	24.0	1.0	0.0	140.0	0.0
W1D3	Breakfast	APPLE JACKS CEREAL	BOWL (1)	100.0	3.0	80.0	500.0	6.0	8.1	100.0	2.0	0.5	20.0	3.0	0.0	140.0	0.0
W1D3	Breakfast	RICE CHEX CEREAL	BOWL (1)	100.0	2.0	100.0	500.0	6.0	9.0	100.0	0.5	0.0	24.0	1.0	0.0	250.0	0.0
W1D3	Breakfast	GRAB-GO BK GRAHAM CRACKER	1 BAG	270.0	10.0	0.0	650.0	4.8	0.9	310.0	6.5	3.5	45.8	4.4	10.0	316.0	0.0
W1D3	Breakfast	Toasted Bread	1 EA	65.0	3.0	0.0	0.0	0.0	0.7	20.0	1.0	0.0	12.5	1.5	0.0	125.0	0.0
W1D3	Breakfast	GRILLED CHEESE TOAST	1 SLICE (1)	171.0	8.6	0.4	268.0	0.0	0.7	316.0	9.6	5.0	13.8	1.5	25.0	418.0	0.0
W1D3	Breakfast	GRAPE JUICE	1 carton (4oz.)	80.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	18.0	0.0	0.0	15.0	0.0
W1D3	Breakfast	ORANGES	1 EACH	70.0	1.0	0.0	100.0	78.0	0.4	60.0	0.0	0.0	21.0	7.0	0.0	0.0	0.0
W1D3	Breakfast	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W1D3	Breakfast	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W1D3	Breakfast	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W1D3	Breakfast	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W1D3	Lunch	PORK CHOP	3.75 OZ	273.0	18.0	0.0	105.0	5.0	2.8	63.0	13.7	3.7	20.0	2.0	162.6	210.0	0.0

Nutritional Information for High School Menus

DAY	Ser Period	Descrip	Quantity	Calories	Protein	Vitamin A RE	Vitamin A IU	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
W1D3	Lunch	BREAD/GRAIN BUNS HAMBURGER	1 BUN	130.0	5.0	0.0	0.0	0.0	1.4	40.0	1.5	0.0	24.0	2.0	0.0	260.0	0.0
W1D3	Lunch	BREADED BONELESS CHICKEN WING	(5) EACH	240.0	22.0	0.0	0.0	0.0	1.4	0.0	10.0	2.0	14.0	1.0	50.0	380.0	0.0
W1D3	Lunch	STUFFED CRUST PEPP PIZZA	1 PIZZA	330.0	16.0	0.0	300.0	0.0	2.7	250.0	14.0	4.5	36.0	2.0	20.0	880.0	0.0
W1D3	Lunch	ALPHA PEPPERONI PIZZA	1 PIZZA	440.0	22.0	0.0	500.0	6.0	1.4	400.0	160.0	10.0	47.0	1.0	35.0	630.0	0.0
W1D3	Lunch	MINI CORN DOGS	6 6 Pieces	250.0	11.0	0.0	0.0	0.0	3.6	0.0	10.0	1.5	31.0	1.0	15.0	630.0	0.0
W1D3	Lunch	CHEESEBURGER	1 CHEESEBURGER	353.0	19.8	20.2	234.0	0.0	3.2	228.0	18.8	7.5	26.7	3.0	47.5	626.5	1.0
W1D3	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6.0	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0.0
W1D3	Lunch	YOGURT PARFAIT STRWBRYw/grant	1 parfait	379.0	9.2	1.2	1300.0	1.7	0.5	200.0	4.2	1.4	76.1	3.8	5.0	191.0	0.0
W1D3	Lunch	MASHED POTATOES	1/2 cup	70.0	1.0	0.4	1.9	6.4	0.2	7.1	1.0	0.0	15.0	1.0	0.0	340.0	0.0
W1D3	Lunch	GREEN BEANS	1/2 CUP	57.9	1.1	0.0	340.6	1.3	0.4	22.6	4.1	2.6	4.3	2.1	10.9	149.6	0.0
W1D3	Lunch	ORANGES	1 EACH	70.0	1.0	0.0	100.0	78.0	0.4	60.0	0.0	0.0	21.0	7.0	0.0	0.0	0.0
W1D3	Lunch	TROPICAL FRUIT	1/2 CUP	90.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	22.0	2.0	0.0	0.0	0.0
W1D3	Lunch	MACARONI & CHEESE	1/2 CUP	172.4	9.7	8.0	153.4	0.2	0.5	38.9	8.2	4.9	14.9	0.6	25.6	228.0	0.0
W1D3	Lunch	PICKLE DILL SLICE	Pickle chip (3)	3.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	228.0	0.0
W1D3	Lunch	TOMATO SLICES	SLICE	5.8	0.2	0.0	3.3	6.7	0.3	0.3	0.0	0.0	1.2	0.2	0.0	0.8	0.0
W1D3	Lunch	LETTUCE SHREDDED	1/8th cup	0.9	0.0	0.0	11.8	0.2	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.6	0.0
W1D3	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	20.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	170.0	0.0
W1D3	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W1D3	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W1D3	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W1D3	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W1D3	Lunch	CRACKERS WG SALTINES	2 Pkgs	120.0	4.0	0.0	0.0	0.0	1.4	0.0	3.0	0.0	18.0	2.0	0.0	260.0	0.0
W1D4	Breakfast	BACON SCRAMBLE PIZZA	1 PIZZA (1)	190.0	10.0	0.0	100.0	0.0	1.8	150.0	8.0	2.0	20.0	2.0	45.0	300.0	0.0
W1D4	Breakfast	YOGURT PARFAIT STRWBRYw/grant	1 parfait	279.0	5.7	1.2	800.0	1.7	0.5	100.0	3.4	0.9	56.6	3.8	2.5	138.5	0.0
W1D4	Breakfast	POPTART FUDGE FROSTED	1 PACKAGE	180.0	3.0	0.0	500.0	0.0	1.8	100.0	3.0	1.0	38.0	3.0	0.0	190.0	0.0
W1D4	Breakfast	GRAB-GO-BK FRUITY PEBBLES BAR	1 BAG	330.0	11.0	0.0	200.0	64.8	1.8	420.0	5.5	3.0	44.0	3.0	10.0	315.0	0.0
W1D4	Breakfast	POPTART BROWN SUGAR CINN	1 PASTRY	180.0	2.0	100.0	500.0	0.0	1.8	100.0	2.5	1.0	37.0	3.0	0.0	190.0	0.0
W1D4	Breakfast	POPTART STRAWBERRY	PASTRY	180.0	2.0	2.0	500.0	0.0	1.8	100.0	2.5	1.0	38.0	3.0	0.0	180.0	0.0
W1D4	Breakfast	COCOA PUFFS CEREAL	BOWL (1)	110.0	2.0	100.0	500.0	6.0	4.5	100.0	1.5	0.0	25.0	2.0	0.0	160.0	0.0
W1D4	Breakfast	LUCKY CHARMS CEREAL	BOWL (1)	110.0	2.0	80.0	500.0	6.0	4.5	100.0	1.0	0.0	23.0	2.0	0.0	180.0	0.0
W1D4	Breakfast	FRUIT LOOPS CEREAL	BOWL (1)	110.0	2.0	80.0	400.0	12.0	3.6	0.0	1.0	0.5	24.0	3.0	0.0	170.0	0.0
W1D4	Breakfast	TRIX CEREAL	BOWL (1)	110.0	1.0	80.0	400.0	4.8	4.5	80.0	1.0	0.0	24.0	1.0	0.0	140.0	0.0
W1D4	Breakfast	APPLE JACKS CEREAL	BOWL (1)	100.0	3.0	80.0	500.0	6.0	8.1	100.0	2.0	0.5	20.0	3.0	0.0	140.0	0.0
W1D4	Breakfast	RICE CHEX CEREAL	BOWL (1)	100.0	2.0	100.0	500.0	6.0	9.0	100.0	0.5	0.0	24.0	1.0	0.0	250.0	0.0
W1D4	Breakfast	Toasted Bread	1 EA	65.0	3.0	0.0	0.0	0.0	0.7	20.0	1.0	0.0	12.5	1.5	0.0	125.0	0.0
W1D4	Breakfast	GRILLED CHEESE TOAST	1 SLICE (1)	171.0	8.6	0.4	268.0	0.0	0.7	316.0	9.6	5.0	13.8	1.5	25.0	418.0	0.0
W1D4	Breakfast	RED GRAPES	1/2 CUP	90.0	1.0	0.0	100.0	15.0	0.4	20.0	1.0	0.0	24.0	1.0	0.0	0.0	0.0
W1D4	Breakfast	ORANGE JUICE	1 carton (4oz.)	120.0	1.0	0.0	0.0	60.0	0.0	20.0	0.0	0.0	13.0	0.0	0.0	0.0	0.0
W1D4	Breakfast	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W1D4	Breakfast	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W1D4	Breakfast	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W1D4	Breakfast	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W1D4	Lunch	STUFFED CRUST PEPP PIZZA	1 PIZZA	330.0	16.0	0.0	300.0	0.0	2.7	250.0	14.0	4.5	36.0	2.0	20.0	880.0	0.0
W1D4	Lunch	ALPHA PEPPERONI PIZZA	1 PIZZA	440.0	22.0	0.0	500.0	6.0	1.4	400.0	160.0	10.0	47.0	1.0	35.0	630.0	0.0
W1D4	Lunch	MINI CORN DOGS	6 6 Pieces	250.0	11.0	0.0	0.0	0.0	3.6	0.0	10.0	1.5	31.0	1.0	15.0	630.0	0.0
W1D4	Lunch	CHEESEBURGER	1 CHEESEBURGER	353.0	19.8	20.2	234.0	0.0	3.2	228.0	18.8	7.5	26.7	3.0	47.5	626.5	1.0
W1D4	Lunch	SPICY BREADED CHICKEN SANDWIC	1 PATTY	370.0	27.0	0.0	0.0	0.0	2.9	40.0	11.5	2.0	38.0	3.0	50.0	640.0	0.0
W1D4	Lunch	YOGURT PARFAIT STRWBRYw/grant	1 parfait	379.0	9.2	1.2	1300.0	1.7	0.5	200.0	4.2	1.4	76.1	3.8	5.0	191.0	0.0
W1D4	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6.0	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0.0
W1D4	Lunch	PINTO BEANS	1/2 CUP	155.0	6.7	0.0	76.6	0.0	1.9	80.5	3.1	1.6	22.6	12.0	6.6	186.0	0.0
W1D4	Lunch	FRESH BROC FLORET/RANCH	1/2 CUP	80.4	2.2	0.0	114.4	29.7	0.3	35.5	7.1	1.0	3.5	1.1	5.1	282.9	0.0
W1D4	Lunch	WHOLE STRAWBERRIES	1/2 CUP	22.5	0.5	0.0	0.0	48.0	0.4	10.0	0.0	0.0	6.2	2.1	0.0	0.0	0.0

Nutritional Information for High School Menus

DAY	Ser Period	Descrip	Quantity	Calories	Protein	Vitamin A RE	Vitamin A IU	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
W1D4	Lunch	DICED PEARS/W JUICE	1/2 CUP	60.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	14.0	2.0	0.0	10.0	0.0
W1D4	Lunch	CHEESE AMERICAN SLICED	SLICE	53.0	2.8	0.2	134.0	0.0	0.0	148.0	4.3	2.5	0.7	0.0	12.5	146.5	0.0
W1D4	Lunch	PICKLE DILL SLICE	Pickle chip (3)	3.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	228.0	0.0
W1D4	Lunch	TOMATO SLICES	SLICE	5.8	0.2	0.0	3.3	6.7	0.3	0.3	0.0	0.0	1.2	0.2	0.0	0.8	0.0
W1D4	Lunch	LETTUCE SHREDDED	1/8th cup	0.9	0.0	0.0	11.8	0.2	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.6	0.0
W1D4	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W1D4	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W1D4	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W1D4	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W1D4	Lunch	CRACKERS WG SALTINES	2 Pkgs	120.0	4.0	0.0	0.0	0.0	1.4	0.0	3.0	0.0	18.0	2.0	0.0	260.0	0.0
W1D5	Breakfast	FRENCH TOAST STICKS	1 sticks (3)	257.8	7.7	46.6	232.9	0.1	1.5	73.1	8.8	2.1	38.6	2.5	104.9	281.8	0.1
W1D5	Breakfast	SAUSAGE CROISSANT SANDWICH	1 SANDWICH (1)	390.0	14.0	0.0	0.0	0.0	2.5	20.0	24.0	8.5	30.0	2.0	46.0	660.0	0.0
W1D5	Breakfast	YOGURT PARFAIT STRWBRYw/granc	1 parfait	279.0	5.7	1.2	800.0	1.7	0.5	100.0	3.4	0.9	56.6	3.8	2.5	138.5	0.0
W1D5	Breakfast	TRIX CEREAL	BOWL (1)	110.0	1.0	80.0	400.0	4.8	4.5	80.0	1.0	0.0	24.0	1.0	0.0	140.0	0.0
W1D5	Breakfast	LUCKY CHARMS CEREAL	BOWL (1)	110.0	2.0	80.0	500.0	6.0	4.5	100.0	1.0	0.0	23.0	2.0	0.0	180.0	0.0
W1D5	Breakfast	COCOA PUFFS CEREAL	BOWL (1)	110.0	2.0	100.0	500.0	6.0	4.5	100.0	1.5	0.0	25.0	2.0	0.0	160.0	0.0
W1D5	Breakfast	RICE CHEX CEREAL	BOWL (1)	100.0	2.0	100.0	500.0	6.0	9.0	100.0	0.5	0.0	24.0	1.0	0.0	250.0	0.0
W1D5	Breakfast	FRUIT LOOPS CEREAL	BOWL (1)	110.0	2.0	80.0	400.0	12.0	3.6	0.0	1.0	0.5	24.0	3.0	0.0	170.0	0.0
W1D5	Breakfast	APPLE JACKS CEREAL	BOWL (1)	100.0	3.0	80.0	500.0	6.0	8.1	100.0	2.0	0.5	20.0	3.0	0.0	140.0	0.0
W1D5	Breakfast	GRAB-GO BK CHO.KRISPIE BAR	1 BAG	300.0	11.0	0.0	700.0	15.0	1.1	320.0	8.0	3.5	52.0	4.0	10.0	350.0	0.0
W1D5	Breakfast	Toasted Bread	1 EA	65.0	3.0	0.0	0.0	0.0	0.7	20.0	1.0	0.0	12.5	1.5	0.0	125.0	0.0
W1D5	Breakfast	GRILLED CHEESE TOAST	1 SLICE (1)	171.0	8.6	0.4	268.0	0.0	0.7	316.0	9.6	5.0	13.8	1.5	25.0	418.0	0.0
W1D5	Breakfast	JUICE FRUIT PUNCH	CARTON	60.0	0.0	0.0	0.0	0.0	0.0	20.0	0.0	0.0	15.0	0.0	0.0	15.0	0.0
W1D5	Breakfast	APPLE RED DELICIOUS	1 APPLE	90.0	0.0	0.0	50.0	4.8	0.2	10.0	0.0	0.0	23.8	3.4	0.0	1.0	0.0
W1D5	Breakfast	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W1D5	Breakfast	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W1D5	Breakfast	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W1D5	Breakfast	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W1D5	Lunch	BREADED CHICKEN SANDWICH	1 PATTY	360.0	27.0	0.0	0.0	0.0	2.9	60.0	11.5	2.0	38.0	3.0	50.0	640.0	0.0
W1D5	Lunch	BREADED BONELESS CHICKEN WING	5 PIECES	240.0	22.0	0.0	0.0	0.0	1.4	0.0	10.0	2.0	14.0	1.0	50.0	380.0	0.0
W1D5	Lunch	CHICKEN ALFREDO	1 CUP	278.9	18.2	0.0	226.0	27.7	2.3	129.4	7.5	2.8	35.0	2.5	10.1	497.6	0.0
W1D5	Lunch	CHEESEBURGER	1 CHEESEBURGER	353.0	19.8	20.2	234.0	0.0	3.2	228.0	18.8	7.5	26.7	3.0	47.5	626.5	1.0
W1D5	Lunch	MINI CORN DOGS	6 6 Pieces	250.0	11.0	0.0	0.0	0.0	3.6	0.0	10.0	1.5	31.0	1.0	15.0	630.0	0.0
W1D5	Lunch	STUFFED CRUST PEPP PIZZA	1 PIZZA	330.0	16.0	0.0	300.0	0.0	2.7	250.0	14.0	4.5	36.0	2.0	20.0	880.0	0.0
W1D5	Lunch	ALPHA PEPPERONI PIZZA	1 PIZZA	440.0	22.0	0.0	500.0	6.0	1.4	400.0	160.0	10.0	47.0	1.0	35.0	630.0	0.0
W1D5	Lunch	YOGURT PARFAIT STRWBRYw/granc	1 parfait	379.0	9.2	1.2	1300.0	1.7	0.5	200.0	4.2	1.4	76.1	3.8	5.0	191.0	0.0
W1D5	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6.0	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0.0
W1D5	Lunch	ROMAINE GARDEN SALAD	1/2 CUP	82.8	1.8	0.0	410.1	17.2	1.3	21.0	7.1	1.0	4.4	1.1	5.1	277.8	0.0
W1D5	Lunch	FRESH BABY CARROTS	1/2 CUP	92.8	1.6	2334.7	8781.0	3.0	0.2	32.8	7.1	1.0	7.0	1.3	5.1	311.0	0.0
W1D5	Lunch	GARLIC BREADSTICK	1 BREADSTICK	110.0	3.0	0.0	0.0	2.4	1.1	0.0	4.0	1.0	17.0	2.0	0.0	230.0	0.0
W1D5	Lunch	GALA APPLE	1 APPLE	80.0	0.0	0.0	100.0	4.8	0.4	0.0	0.0	0.0	22.0	5.0	0.0	0.0	0.0
W1D5	Lunch	MANDARIN ORANGES/w/JUICE	1/2 CUP	80.0	0.0	0.0	500.0	21.0	0.4	20.0	0.0	0.0	20.0	1.0	0.0	10.0	0.0
W1D5	Lunch	DRESSING HONEY MUSTARD CUP	CUP (1 OZ)	120.0	0.0	0.0	0.0	0.0	0.0	0.0	10.0	1.5	8.0	0.0	10.0	125.0	0.0
W1D5	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	10.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.0	0.0	85.0	0.0
W1D5	Lunch	CHEESE AMERICAN SLICED	SLICE	53.0	2.8	0.2	134.0	0.0	0.0	148.0	4.3	2.5	0.7	0.0	12.5	146.5	0.0
W1D5	Lunch	PICKLE DILL SLICE	Pickle chip (3)	3.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	228.0	0.0
W1D5	Lunch	TOMATO SLICES	SLICE	5.8	0.2	0.0	3.3	6.7	0.3	0.3	0.0	0.0	1.2	0.2	0.0	0.8	0.0
W1D5	Lunch	LETTUCE SHREDDED	1/8th cup	0.9	0.0	0.0	11.8	0.2	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.6	0.0
W1D5	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W1D5	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W1D5	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W1D5	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0

Nutritional Information for High School Menus

DAY	Ser Period	Descrip	Quantity	Calories	Protein	Vitamin A RE	Vitamin A IU	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
W1D5	Lunch	CRACKERS WG SALTINES	2 Pkgs	120.0	4.0	0.0	0.0	0.0	1.4	0.0	3.0	0.0	18.0	2.0	0.0	260.0	0.0
W2D1	Lunch	EGG OMELET	1 EACH	3.6	0.2	0.0	8.0	0.0	0.0	3.0	0.2	0.1	0.1	0.0	3.8	10.8	0.0
W2D1	Lunch	BISCUIT	Biscuit (1)	200.0	5.0	0.0	0.0	3.6	1.4	20.0	9.0	6.0	23.0	1.0	0.0	750.0	0.0
W2D1	Lunch	BIG CHICKEN & BISCUIT	1 Sandwich	430.0	27.0	0.0	0.0	3.6	2.9	40.0	19.0	8.0	37.0	2.0	50.0	1130.0	0.0
W2D1	Lunch	ALPHA PEPPERONI PIZZA	1 PIZZA	440.0	22.0	0.0	500.0	6.0	1.4	400.0	160.0	10.0	47.0	1.0	35.0	630.0	0.0
W2D1	Lunch	STUFFED CRUST PEPP PIZZA	1 PIZZA	330.0	16.0	0.0	300.0	0.0	2.7	250.0	14.0	4.5	36.0	2.0	20.0	880.0	0.0
W2D1	Lunch	MINI CORN DOGS	6 6 Pieces	250.0	11.0	0.0	0.0	0.0	3.6	0.0	10.0	1.5	31.0	1.0	15.0	630.0	0.0
W2D1	Lunch	CHEESEBURGER	1 CHEESEBURGER	353.0	19.8	20.2	234.0	0.0	3.2	228.0	18.8	7.5	26.7	3.0	47.5	626.5	1.0
W2D1	Lunch	YOGURT PARFAIT STRWBRYw/granc	1 parfait	379.0	9.2	1.2	1300.0	1.7	0.5	200.0	4.2	1.4	76.1	3.8	5.0	191.0	0.0
W2D1	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6.0	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0.0
W2D1	Lunch	JUICE DRAGON PUNCH	JUICE (4 OZ)	50.0	0.0	0.0	500.0	30.0	0.0	0.0	0.0	0.0	13.0	0.0	0.0	35.0	0.0
W2D1	Lunch	HASHBROWN POTATO	2 EACH	260.0	2.0	0.0	0.0	5.8	0.1	0.0	16.0	2.5	28.0	0.0	0.0	230.0	0.0
W2D1	Lunch	CHEESE AMERICAN SLICED	SLICE	53.0	2.8	0.2	134.0	0.0	0.0	148.0	4.3	2.5	0.7	0.0	12.5	146.5	0.0
W2D1	Lunch	PICKLE DILL SLICE	Pickle chip (3)	3.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	228.0	0.0
W2D1	Lunch	TOMATO SLICES	SLICE	11.7	0.3	0.0	6.7	13.3	0.7	0.7	0.0	0.0	2.3	0.3	0.0	1.7	0.0
W2D1	Lunch	LETTUCE SHREDDED	1/8th cup	0.9	0.0	0.0	11.8	0.2	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.6	0.0
W2D1	Lunch	ORANGES	1 EACH	70.0	1.0	0.0	100.0	78.0	0.4	60.0	0.0	0.0	21.0	7.0	0.0	0.0	0.0
W2D1	Lunch	APPLESAUCE	1/2 cup	100.0	0.0	0.0	0.0	2.4	0.4	0.0	0.0	0.0	25.0	2.0	0.0	5.0	0.0
W2D1	Lunch	Country Gravy	1/4 cup	10.4	0.0	0.0	0.0	0.0	0.0	1.3	0.6	0.3	1.5	0.0	0.0	42.9	0.0
W2D1	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	20.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	170.0	0.0
W2D1	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W2D1	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W2D1	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W2D1	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W2D1	Lunch	CRACKERS WG SALTINES	2 Pkgs	120.0	4.0	0.0	0.0	0.0	1.4	0.0	3.0	0.0	18.0	2.0	0.0	260.0	0.0
W2D2	Lunch	SPAGHETTI & MEAT SAUCE	1 CUP	368.5	21.8	0.0	652.4	19.2	3.7	63.4	8.0	2.8	48.1	3.9	55.5	292.4	0.0
W2D2	Lunch	ALPHA CHEESE PIZZA	1 PIZZA	420.0	22.0	0.0	750.0	6.0	1.1	450.0	140.0	9.0	47.0	1.0	30.0	510.0	0.0
W2D2	Lunch	STUFFED CRUST CHEZ PIZZA	1 PIZZA	330.0	16.0	0.0	300.0	0.0	2.7	300.0	14.0	4.5	36.0	2.0	15.0	840.0	0.0
W2D2	Lunch	SPICY BREADED CHICKEN SANDWIC	1 PATTY	370.0	27.0	0.0	0.0	0.0	2.9	40.0	11.5	2.0	38.0	3.0	50.0	640.0	0.0
W2D2	Lunch	MINI CORN DOGS	6 6 Pieces	250.0	11.0	0.0	0.0	0.0	3.6	0.0	10.0	1.5	31.0	1.0	15.0	630.0	0.0
W2D2	Lunch	CHEESEBURGER	1 CHEESEBURGER	353.0	19.8	20.2	234.0	0.0	3.2	228.0	18.8	7.5	26.7	3.0	47.5	626.5	1.0
W2D2	Lunch	ALPHA CHEESE PIZZA	1 PIZZA	420.0	22.0	0.0	750.0	6.0	1.1	450.0	140.0	9.0	47.0	1.0	30.0	510.0	0.0
W2D2	Lunch	STUFFED CRUST CHEZ PIZZA	1 PIZZA	330.0	16.0	0.0	300.0	0.0	2.7	300.0	14.0	4.5	36.0	2.0	15.0	840.0	0.0
W2D2	Lunch	YOGURT PARFAIT STRWBRYw/granc	1 parfait	379.0	9.2	1.2	1300.0	1.7	0.5	200.0	4.2	1.4	76.1	3.8	5.0	191.0	0.0
W2D2	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6.0	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0.0
W2D2	Lunch	ROMAINE GARDEN SALAD	1/2 CUP	85.6	1.5	481.5	5938.9	7.3	0.5	37.0	7.2	1.0	5.3	1.4	5.1	297.4	0.0
W2D2	Lunch	STEAMED GREEN PEAS	1/2 cup	114.2	4.6	397.4	2107.6	17.0	1.6	23.9	3.9	2.5	13.6	4.5	10.4	107.9	0.0
W2D2	Lunch	APPLE RED DELICIOUS	1 APPLE	90.0	0.0	0.0	50.0	4.8	0.2	10.0	0.0	0.0	23.8	3.4	0.0	1.0	0.0
W2D2	Lunch	MIXED FRUIT /W JUICE	1/2 CUP	80.0	1.0	0.0	200.0	1.2	0.0	0.0	0.0	0.0	18.0	1.0	0.0	5.0	0.0
W2D2	Lunch	BREADSTICK GARLIC	BREADSTICK	110.0	3.0	0.0	0.0	2.4	1.1	0.0	4.0	1.0	17.0	2.0	0.0	230.0	0.0
W2D2	Lunch	CHEESE AMERICAN SLICED	SLICE	53.0	2.8	0.2	134.0	0.0	0.0	148.0	4.3	2.5	0.7	0.0	12.5	146.5	0.0
W2D2	Lunch	TOMATO SLICES	SLICE	5.8	0.2	0.0	3.3	6.7	0.3	0.3	0.0	0.0	1.2	0.2	0.0	0.8	0.0
W2D2	Lunch	PICKLE DILL SLICE	Pickle chip (3)	3.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	228.0	0.0
W2D2	Lunch	LETTUCE SHREDDED	1/8th cup	0.9	0.0	0.0	11.8	0.2	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.6	0.0
W2D2	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	20.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	170.0	0.0
W2D2	Lunch	MUSTARD INDIVIDUAL	PACKET (1)	5.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	65.0	0.0
W2D2	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W2D2	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W2D2	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W2D2	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W2D2	Lunch	CRACKERS WG SALTINES	2 Pkgs	120.0	4.0	0.0	0.0	0.0	1.4	0.0	3.0	0.0	18.0	2.0	0.0	260.0	0.0
W2D3	Lunch	CHICKEN BREADED DRUMSTICK	1 EACH	190.0	16.0	0.0	100.0	0.0	1.1	20.0	11.0	2.5	5.0	1.0	50.0	450.0	0.0

Nutritional Information for High School Menus

DAY	Ser Period	Descrip	Quantity	Calories	Protein	Vitamin A RE	Vitamin A IU	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
W2D3	Lunch	CHEESEBURGER	1 CHEESEBURGER	353.0	19.8	20.2	234.0	0.0	3.2	228.0	18.8	7.5	26.7	3.0	47.5	626.5	1.0
W2D3	Lunch	MINI CORN DOGS	6 6 Pieces	250.0	11.0	0.0	0.0	0.0	3.6	0.0	10.0	1.5	31.0	1.0	15.0	630.0	0.0
W2D3	Lunch	BREADED BONELESS WING	5 PIECES	240.0	22.0	0.0	0.0	0.0	1.4	0.0	10.0	2.0	14.0	1.0	50.0	380.0	0.0
W2D3	Lunch	ALPHA PEPPERONI PIZZA	1 PIZZA	440.0	22.0	0.0	500.0	6.0	1.4	400.0	160.0	10.0	47.0	1.0	35.0	630.0	0.0
W2D3	Lunch	STUFFED CRUST PIZZA PEPP	1 PIZZA	330.0	16.0	0.0	300.0	0.0	2.7	250.0	14.0	4.5	36.0	2.0	20.0	880.0	0.0
W2D3	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	434.2	22.5	3.1	4791.4	58.9	6.0	393.7	29.8	8.1	24.4	5.9	60.1	1167.8	0.0
W2D3	Lunch	YOGURT PARFAIT STRWBRYw/granc	1 parfait	379.0	9.2	1.2	1300.0	1.7	0.5	200.0	4.2	1.4	76.1	3.8	5.0	191.0	0.0
W2D3	Lunch	WHOLE KERNAL CORN	1/2 CUP	94.8	2.0	0.0	245.4	2.3	0.4	2.8	2.2	1.0	15.0	2.0	4.4	0.0	0.0
W2D3	Lunch	FRESH BROC FLORET/RANCH	1/2 CUP	80.4	2.2	0.0	114.4	29.7	0.3	35.5	7.1	1.0	3.5	1.1	5.1	282.9	0.0
W2D3	Lunch	GARLIC BREADSTICK	1 BREADSTICK	110.0	3.0	0.0	0.0	2.4	1.1	0.0	4.0	1.0	17.0	2.0	0.0	230.0	0.0
W2D3	Lunch	GRAPE JUICE	1 carton (4oz.)	80.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	18.0	0.0	0.0	15.0	0.0
W2D3	Lunch	BANANA	1 EACH	110.0	1.0	0.0	0.0	9.0	0.4	0.0	0.0	0.0	29.0	4.0	0.0	0.0	0.0
W2D3	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	20.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	170.0	0.0
W2D3	Lunch	TOMATO VINE RIPE 5X6	SLICE	5.8	0.2	0.0	3.3	6.7	0.3	0.3	0.0	0.0	1.2	0.2	0.0	0.8	0.0
W2D3	Lunch	LETTUCE SHREDDDED	1/8th cup	0.9	0.0	0.0	11.8	0.2	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.6	0.0
W2D3	Lunch	PICKLE DILL SLICE	Pickle chip (3)	3.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	228.0	0.0
W2D3	Lunch	MAYONNAISE REDC FAT REDC CALC	POUCH (1)	40.0	0.0	0.0	100.0	0.0	0.0	0.0	4.0	0.5	1.0	0.0	5.0	90.0	0.0
W2D3	Lunch	MUSTARD INDIVIDUAL	PACKET (1)	5.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	65.0	0.0
W2D3	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W2D3	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W2D3	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W2D3	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W2D3	Lunch	CRACKERS WG SALTINES	2 Pkgs	120.0	4.0	0.0	0.0	0.0	1.4	0.0	3.0	0.0	18.0	2.0	0.0	260.0	0.0
W2D4	Lunch	SALISBURY STEAK & GRAVY	1 STEAK	223.5	14.0	0.0	0.0	1.2	1.8	40.0	14.6	6.0	7.5	1.0	45.0	514.6	0.0
W2D4	Lunch	CHEESEBURGER	1 CHEESEBURGER	353.0	19.8	20.2	234.0	0.0	3.2	228.0	18.8	7.5	26.7	3.0	47.5	626.5	1.0
W2D4	Lunch	TOASTED GRILLED CHEESE SAND.	1 SAND	423.6	17.3	0.8	819.4	0.0	1.4	634.7	28.4	15.8	27.6	3.0	74.4	836.0	0.0
W2D4	Lunch	SPICY BREADED CHICKEN SANDWIC	1 PATTY	370.0	27.0	0.0	0.0	0.0	2.9	40.0	11.5	2.0	38.0	3.0	50.0	640.0	0.0
W2D4	Lunch	MINI CORN DOGS	6 6 Pieces	250.0	11.0	0.0	0.0	0.0	3.6	0.0	10.0	1.5	31.0	1.0	15.0	630.0	0.0
W2D4	Lunch	STUFFED CRUST CHEZ PIZZA	1 PIZZA	330.0	16.0	0.0	300.0	0.0	2.7	300.0	14.0	4.5	36.0	2.0	15.0	840.0	0.0
W2D4	Lunch	ALPHA PEPPERONI PIZZA	1 PIZZA	440.0	22.0	0.0	500.0	6.0	1.4	400.0	160.0	10.0	47.0	1.0	35.0	630.0	0.0
W2D4	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6.0	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0.0
W2D4	Lunch	YOGURT PARFAIT STRWBRYw/granc	1 parfait	379.0	9.2	1.2	1300.0	1.7	0.5	200.0	4.2	1.4	76.1	3.8	5.0	191.0	0.0
W2D4	Lunch	MASHED POTATOES	1/2 cup	70.0	1.0	0.4	1.9	6.4	0.2	7.1	1.0	0.0	15.0	1.0	0.0	340.0	0.0
W2D4	Lunch	FRESH BABY CARROTS	1/2 CUP	92.8	1.6	2334.7	8781.0	3.0	0.2	32.8	7.1	1.0	7.0	1.3	5.1	311.0	0.0
W2D4	Lunch	WG ROLL	1 ROLL	140.0	5.0	0.0	0.0	0.0	1.4	20.0	2.5	1.0	32.0	7.0	5.0	80.0	0.0
W2D4	Lunch	PINEAPPLE TIBITS / W JUICE	1/2 CUP	70.0	0.0	0.0	0.0	6.0	0.4	20.0	0.0	0.0	16.0	1.0	0.0	0.0	0.0
W2D4	Lunch	WHOLE STRAWBERRIES	1/2 CUP	22.5	0.5	0.0	0.0	48.0	0.4	10.0	0.0	0.0	6.2	2.1	0.0	0.0	0.0
W2D4	Lunch	CHEESE AMERICAN SLICED	SLICE	53.0	2.8	0.2	134.0	0.0	0.0	148.0	4.3	2.5	0.7	0.0	12.5	146.5	0.0
W2D4	Lunch	TOMATO SLICES	SLICE	5.8	0.2	0.0	3.3	6.7	0.3	0.3	0.0	0.0	1.2	0.2	0.0	0.8	0.0
W2D4	Lunch	PICKLE DILL SLICE	Pickle chip (3)	3.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	228.0	0.0
W2D4	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W2D4	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W2D4	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W2D4	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W2D4	Lunch	CRACKERS WG SALTINES	2 Pkgs	120.0	4.0	0.0	0.0	0.0	1.4	0.0	3.0	0.0	18.0	2.0	0.0	260.0	0.0
W2D5	Lunch	BREADED BONELESS CHICKEN WINC	5 PIECES	240.0	22.0	0.0	0.0	0.0	1.4	0.0	10.0	2.0	14.0	1.0	50.0	380.0	0.0
W2D5	Lunch	FISH FILLET	1 FISH	220.0	14.0	0.0	0.0	3.6	0.7	0.0	13.0	2.0	13.0	0.6	50.0	290.0	0.0
W2D5	Lunch	MINI CORN DOGS	6 6 Pieces	250.0	11.0	0.0	0.0	0.0	3.6	0.0	10.0	1.5	31.0	1.0	15.0	630.0	0.0
W2D5	Lunch	CHEESEBURGER	1 CHEESEBURGER	353.0	19.8	20.2	234.0	0.0	3.2	228.0	18.8	7.5	26.7	3.0	47.5	626.5	1.0
W2D5	Lunch	ALPHA PEPPERONI PIZZA	1 PIZZA	440.0	22.0	0.0	500.0	6.0	1.4	400.0	160.0	10.0	47.0	1.0	35.0	630.0	0.0
W2D5	Lunch	STUFFED CRUST PIZZA PEPP	1 PIZZA	330.0	16.0	0.0	300.0	0.0	2.7	250.0	14.0	4.5	36.0	2.0	20.0	880.0	0.0
W2D5	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	434.2	22.5	3.1	4791.4	58.9	6.0	393.7	29.8	8.1	24.4	5.9	60.1	1167.8	0.0

Nutritional Information for High School Menus

DAY	Ser Period	Descrip	Quantity	Calories	Protein	Vitamin A RE	Vitamin A IU	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
W2D5	Lunch	YOGURT PARFAIT STRWBRYw/gran	1 parfait	379.0	9.2	1.2	1300.0	1.7	0.5	200.0	4.2	1.4	76.1	3.8	5.0	191.0	0.0
W2D5	Lunch	MACARONI & CHEESE	1/2 CUP	172.4	9.7	8.0	153.4	0.2	0.5	38.9	8.2	4.9	14.9	0.6	25.6	228.0	0.0
W2D5	Lunch	ROMAINE GARDEN SALAD	1/2 CUP	82.8	1.8	0.0	410.1	17.2	1.3	21.0	7.1	1.0	4.4	1.1	5.1	277.8	0.0
W2D5	Lunch	NORTHERN BEANS	1/2 CUP	278.5	9.8	0.0	177.1	1.9	2.9	99.2	6.6	3.6	40.6	9.7	15.2	422.5	0.0
W2D5	Lunch	COLE SLAW	1/2 cup	209.5	1.0	5.7	1429.4	28.6	0.3	38.1	15.7	2.9	13.3	1.9	7.1	533.3	0.0
W2D5	Lunch	TROPICAL FRUIT	1/2 CUP	90.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	22.0	2.0	0.0	0.0	0.0
W2D5	Lunch	FRESH CANTALOUPE	1/2 CUP	29.1	0.6	0.0	2910.4	27.9	0.2	11.6	0.0	0.0	7.0	0.6	0.0	14.6	0.0
W2D5	Lunch	PICKLE DILL SLICE	Pickle chip (3)	3.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	228.0	0.0
W2D5	Lunch	TOMATO SLICED	SLICE	5.8	0.2	0.0	3.3	6.7	0.3	0.3	0.0	0.0	1.2	0.2	0.0	0.8	0.0
W2D5	Lunch	LETTUCE SHREDDED	1/8th cup	0.9	0.0	0.0	11.8	0.2	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.6	0.0
W2D5	Lunch	CHOCOLATE CHIP COOKIE	(1) COOKIE	240.0	2.0	0.0	0.0	0.0	1.4	0.0	5.0	1.5	28.0	2.0	10.0	105.0	0.0
W2D5	Lunch	DRESSING HONEY MUSTARD CUP	CUP (1 OZ)	120.0	0.0	0.0	0.0	0.0	0.0	0.0	10.0	1.5	8.0	0.0	10.0	125.0	0.0
W2D5	Lunch	SAUCE TARTAR	PACKET	40.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.0	3.0	0.0	5.0	100.0	0.0
W2D5	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	20.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	170.0	0.0
W2D5	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110.0	8.0	100.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	0.0
W2D5	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120.0	8.0	2.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	0.0
W2D5	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90.0	9.0	100.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	0.0
W2D5	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130.0	8.0	100.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	0.0
W2D5	Lunch	CRACKERS WG SALTINES	2 Pkgs	120.0	4.0	0.0	0.0	0.0	1.4	0.0	3.0	0.0	18.0	2.0	0.0	260.0	0.0