

Menu Item Nutrient Report

Generated on: 8/28/2020 8:15:32 AM by Amber Buckner

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
100% Fruit Juice - LR1317 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
100% Juice Slushy - LR1319 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - LR1120 (1/4 c.)Contains Milk.	43.13	0.91	0.16	0.01	1.54	324.34	7.57	0.03	3.29	1.16	0.04	45.90	0.00(M)	0.00(M)	0.00	33.77
Alternate Breakfast - LR1174 (1 ea.)Contains Milk, Wheat, Soy.	177.68	1.88	0.06	0.00	5.01	276.94	29.00	2.00	15.00	11.00	0.72	360.17	500.00 (M)	2.40(M)	0.00(M)	(M)
American Sliced Cheese - LR1126 (1 slice)Contains Milk.	50.62	4.56	2.53	0.00	12.66	253.12	0.00	0.00	0.51	2.53	0.00	50.62	0.00	0.00	(M)	(M)
Antigua Mixed Vegetables - LR1370 (1/2 c.)Contains Gluten.	46.57	1.87	0.27	0.00	0.00	59.27	6.12	1.99	1.99	1.00	0.36	19.94	398.76	17.94	0.00(M)	187.42 (M)
Applesauce - LR1208 (1/2 c.)	109.24	0.00	0.00	0.00	0.00	5.46	27.31	2.19	22.94	0.00	0.39	0.00	0.00	2.62	(M)	(M)
Applesauce Cup - LR1581 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	15.00	2.00	11.00	0.00	0.00	0.00	0.00	12.00	(M)	(M)
Applesauce Cups - LR1209 (1 ea.)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Asian Teriyaki Stir Fry - LR1086 (3/4 c.)	90.22	0.00	0.00	0.00	0.00	479.02	20.20	2.03	14.99	3.18	0.37	20.33	1524.98	27.45	(M)	(M)
Baby Carrots with Ranch - LR1247 (1/2 c.)	25.12	0.00	0.00	0.00	0.00	55.26	6.03	2.01	3.01	0.00	0.72	20.09	9544.03	2.41	(M)	(M)
Bacon & Cheese Biscuit - LR1534 (1 ea.)Contains Milk. May contain Egg, Wheat, Soy.	270.00	16.17	9.50	0.00	17.50	1036.67	23.00	0.68	2.50	7.17	1.28(M)	82.70(M)	1.00(M)	0.10(M)	(M)	(M)
Bacon Bits - LR1537 (1 Tbsp.)	25.00	2.00	1.00	0.00	0.00	160.00	0.00	0.00	0.00	3.00	0.00	0.00	0.00	0.00	(M)	(M)
Bacon Cheese Toaster - LR1419 (1 ea.)Contains Milk, Wheat, Soy.	420.00	25.33	12.00	0.00	60.00	1533.33	32.00	4.00	8.00	19.33	1.44(M)	320.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Bacon, Egg & Cheese Biscuit - LR1500 (1 ea.)Contains Milk, Egg, Wheat, Soy.	360.00	22.83	11.50	0.00	117.50	1273.33	24.00	0.68	2.50	11.83	1.28(M)	102.70 (M)	1.00(M)	0.10(M)	(M)	(M)
Bagged Fresh Baby Carrots - LR1367 (1 ea.)	25.00	0.00	0.00	0.00	0.00	55.00	6.00	2.00	3.00	0.00	0.72	20.00	9500.00	2.40	(M)	(M)
Baja Fish Taco - LR1057 (1 ea.)Contains Fish, Wheat.	260.00	9.00	2.00	0.00	35.00	450.00	31.00	3.00	1.00	14.00	1.80	80.00	0.00(M)	0.00(M)	(M)	(M)
Baked Beans - LR1239 (3/4 c.)	229.41	1.53	0.00	0.00	7.65	825.88	45.88	10.71	16.82	9.18	2.75	91.77	0.00	0.00	(M)	(M)
Baked Fish Patty Sandwich - LR1056 (1 ea.)Contains Fish, Wheat, Soy.	310.00	9.00	1.00	0.00	35.00	470.00	45.00	5.00	4.00	17.00	2.88	20.00	0.00(M)	0.00(M)	(M)	(M)
Baked Ham Slices - LR1058 (2 1/2 oz.)	74.65	4.04	2.02	0.00	36.32	468.09	4.04	0.00	2.02	10.09	(M)	(M)	(M)	(M)	(M)	(M)
Baked Sliced Apples - LR1204 (1/2 c.)	88.83	0.00	0.00	0.00	0.00	23.80	21.51	1.85	17.61	0.00	0.16	11.68	0.00	0.00	(M)	(M)
Baked Turkey Alfredo - LR1395 (1 c.)Contains Milk. May contain Egg, Wheat, Gluten.	335.60	4.98	1.79	0.02	42.94	955.03	45.46	1.50	7.39	25.17	1.74	170.35	68.08(M)	0.00(M)	0.00(M)	60.70(M)

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Barbecue Sauce - LR1121 (1/8 c.)	40.00	0.00	0.00	0.00	0.00	370.00	9.00	2.00	6.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Beef Patty - LR1009 (1 ea.)Contains Soy.	110.00	6.00	2.50	0.00	35.00	270.00	2.00	1.00	0.00	14.00	1.80	20.00	100.00	1.20	(M)	(M)
Beef Taco Filling - LR1018 (3 oz.)	195.63	15.38	6.51	0.91	52.39	57.80	0.08	0.00	0.00	13.18	1.50	14.81	18.34	0.00	0.00(M)	0.24(M)
Beef Taco Filling - LR1103 (3 1/4 oz.)Contains Soy.	112.05	5.05	1.82	0.00	35.33	294.76	5.05	2.02	2.02	5.05	2.02	41.39	651.09	5.05	(M)	(M)
Belgium Waffle Dippers - LR1513 (4 ea.)Contains Milk, Egg, Wheat, Soy.	230.00	7.00	1.00	0.00	25.00	330.00	36.00	5.00	8.00	5.00	1.44	60.00	0.00	0.00	(M)	(M)
Biscuit - LR1322 (1 ea.)Contains Milk. May contain Egg, Wheat, Soy.	190.00	9.00	6.00	0.00	0.00	660.00	23.00	0.68	2.00	3.00	1.28	32.70	1.00	0.10	(M)	(M)
Biscuit Stick - LR1511 (1 ea.)Contains Milk. May contain Egg, Wheat, Soy.	110.00	5.00	3.00	0.00	0.00	370.00	13.00	0.00	1.00	2.00	0.80	20.00	0.50	0.06	(M)	(M)
Blueberry Yogurt Cup - LR1571 (1/2 c.)Contains Milk.	123.08	0.92	0.62	0.00	3.08	64.61	24.00	(M)	17.23	4.31	(M)	123.08	615.38	(M)	(M)	(M)
Boneless Chicken Wings - LR1486 (6 ea.)Contains Wheat, Soy.	288.00	12.00	2.40	0.00	60.00	456.00	16.80	1.20	1.20	26.40	1.73	0.00	0.00	0.00	(M)	(M)
Boneless Spicy Chicken Wings - LR1485 (6 ea.)Contains Wheat, Soy.	285.00	12.00	2.25	0.00	60.00	585.00	18.00	1.50	1.50	25.50	1.62	30.00	150.00	0.00	(M)	(M)
Bosco Cheddar Pretzel Stick - LR1487 (1 ea.)Contains Milk, Wheat.	200.00	7.00	2.00	0.00	10.00	230.00	27.00	3.00	3.00	7.00	1.44	100.00	200.00	0.00	(M)	(M)
Bosco Mozzarella Breadstick - LR1488 (1 ea.)Contains Milk, Wheat.	190.00	6.00	2.00	0.00	10.00	220.00	25.00	2.00	3.00	9.00	1.44	150.00	200.00	0.00	(M)	(M)
Breaded Beef Steak Patty - LR1575 (1 ea.)Contains Wheat, Soy.	260.00	17.00	5.00	0.50	45.00	340.00	11.00	2.00	(M)	16.00	3.00	40.00	0.00	0.00	(M)	(M)
Breaded Beef Steak Sandwich - LR1390 (1 ea.)Contains Wheat, Soy.	400.00	19.00	5.00	0.50	45.00	580.00	40.00	6.00	3.00(M)	22.00	4.80	60.00	0.00	0.00	(M)	(M)
Breaded Breakfast Steak - LR1553 (1 ea.)Contains Wheat.	190.00	15.00	5.00	0.00	30.00	380.00	9.00	1.00	0.00	7.00	0.00	0.00	2.00	6.00	(M)	(M)
Breaded Chicken Patty - LR1334 (1 ea.)Contains Milk, Wheat, Soy.	180.00	8.00	1.50	0.00	35.00	420.00	11.00	1.00	0.00	15.00	1.08	20.00	0.00	0.00	(M)	(M)
Breaded Chicken Tenders - LR1407 (3 ea.)Contains Milk, Wheat.	222.75	7.09	1.52	0.00	65.81	465.74	14.18	25.31	0.00	22.27	1.82	20.25	(M)	(M)	(M)	(M)
Breaded Country Fried Steak - LR1391 (1 ea.)Contains Milk. May contain Egg, Wheat, Soy.	295.16	18.76	5.88	0.50	45.00	464.39	16.27	2.00	0.00(M)	16.00	3.00	41.32	0.00	0.00	0.00(M)	0.44(M)
Breaded Fish Fillet - LR1569 (1 ea.)Contains Fish, Wheat.	170.00	7.00	1.00	0.00	35.00	230.00	16.00	1.00	1.00	11.00	1.08	0.00	(M)	(M)	(M)	(M)

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Breakfast Bun - LR1175 (1 ea.)Contains Milk, Egg, Wheat, Soy.	230.00	7.00	2.00	0.00	0.00	340.00	39.00	3.00	10.00	6.00	2.70	80.00	200.00	0.00	(M)	(M)
Breakfast Burrito Bar - LR1546 (1 ea.)Contains Milk, Egg, Wheat.	211.10	10.06	4.78	0.00	145.16	1093.64	19.09	3.08	2.01	11.03	2.22(M)	151.65 (M)	524.67 (M)	2.60(M)	(M)	(M)
Breakfast Chicken Patty - LR1568 (1 ea.)Contains Milk, Wheat, Soy.	110.00	6.00	1.00	0.00	25.00	260.00	7.00	1.00	0.00	8.00	1.08	0.00	0.00	0.00	(M)	(M)
Breakfast Pizza - LR1554 (1 ea.)Contains Milk, Egg, Wheat, Soy.	206.67	7.33	2.50	0.00	28.33	420.00	24.33	2.00	8.67	9.67	1.80	133.33	66.67	0.00	(M)	(M)
Breakfast Steak Biscuit - LR1533 (1 ea.)Contains Milk. May contain Egg, Wheat, Soy.	380.00	24.00	11.00	0.00	30.00	1040.00	32.00	1.68	2.00	10.00	1.28	32.70	3.00	6.10	(M)	(M)
Brown Gravy - LR1000 (1/4 c.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	23.82	0.48	0.00	0.00	0.00	125.55	4.76	0.00	0.00	0.00	0.00	1.67	0.00	0.00	0.00(M)	0.56(M)
Buffalo Sauce - LR1517 (1/8 c.)Contains Soy.	80.00	7.00	1.00	0.00	0.00	510.00	4.00	3.00	0.00	1.00	0.00	0.00	1300.00	3.60	(M)	(M)
Buttered Golden Sweet Corn - LR1258 (1/2 c.)Contains Milk.	84.39	3.06	1.30	0.00	5.50	54.14	15.76	1.97	2.95	2.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
Buttered Lima Beans - LR1265 (1/2 c.)Contains Milk.	126.40	2.11	1.33	0.00	5.60	152.62	20.55	4.89	0.98	6.88	1.76	39.47	195.72	7.05	0.00(M)	0.11(M)
Buttered Peas and Carrots - LR1273 (1/2 c.)Contains Milk.	104.83	4.76	3.00	0.00	12.63	173.33	11.40	4.05	5.15	3.37	1.19	29.43	3126.38	11.92	(M)	(M)
Buttered Steamed Sweet Corn - LR1256 (1/2 c.)Contains Milk.	88.69	3.08	1.46	0.00	6.17	105.84	13.61	1.51	3.02	2.30	0.27	0.00	0.00	0.00	(M)	(M)
Buttered Sweet Corn - LR1257 (1/2 c.)Contains Milk.	85.73	2.55	1.30	0.00	5.50	0.00	15.38	1.92	2.88	1.95	0.35	0.00	0.00	0.00(M)	(M)	(M)
Canned Fruit Variety - LR1593 (1/2 c.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Carnita Pulled Pork - LR1525 (2 2/3 oz.)	134.99	5.81	2.10	0.00	38.09	400.20	2.84	0.00(M)	0.40(M)	17.64	2.53	1.40	234.39	2.57	(M)	(M)
Celery Sticks with Ranch - LR1254 (1/2 c.)	13.12	0.00	0.00	0.00	0.00	61.24	2.62	0.88	0.88	0.88	0.00	34.99	0.00	2.10	(M)	(M)
Cereal - LR1320 (1 c.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cereal, Apple Cinnamon Cheerios - LR1177 (1 ea.)	110.00	1.50	0.00	0.00	0.00	110.00	23.00	2.00	9.00	2.00	2.70	60.00	300.00	3.60	1.20	0.00
Cereal, Cinnamon Toast Crunch - LR1178 (1 ea.)Contains Wheat.	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	1.00	1.80	60.00	300.00	39.60	1.20	0.00
Cereal, Cocoa Puffs - LR1179 (1 ea.)	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	2.00	(M)
Cereal, Froot Loops - LR1181 (1 ea.)	110.00	1.00	0.50	0.00	0.00	170.00	24.00	3.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Cereal, Frosted Flakes - LR1180 (1 ea.)Contains Wheat. May contain Soy.	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)

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Cereal, Golden Grahams - LR1182 (1 ea.)Contains Wheat.	160.00	1.00	0.00	0.00	0.00	300.00	34.00	2.00	12.00	2.00	3.60	100.00	500.00	6.00	2.00	0.00
Cereal, Lucky Charms - LR1183 (1 ea.)	110.00	1.00	0.00	0.00	0.00	180.00	23.00	2.00	9.00	2.00	2.70	60.00	300.00	3.60	(M)	0.00
Cereal, Trix - LR1185 (1 ea.)	110.00	1.50	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	4.50	80.00	400.00	4.80	(M)	(M)
Cheddar Goldfish Crackers - LR1583 (1 ea.)Contains Milk, Wheat.	100.00	4.00	0.50	0.00	0.00	170.00	14.00	1.00	0.00	2.00	0.72	20.00	0.00	0.00	(M)	(M)
Cheerios - LR1566 (1 ea.)	100.00	2.00	0.50	0.00	0.00	140.00	20.00	3.00	1.00	3.00	8.10	100.00	500.00	6.00	(M)	(M)
Cheese Lasagna Rollups - LR1075 (1 ea.)Contains Milk, Wheat.	230.50	6.03	3.52	0.00	17.59	241.13	28.01	2.00	4.51	14.04	1.08	301.25	401.25 (M)	6.00(M)	0.00(M)	0.00(M)
Cheese Pizza - LR1084 (1 ea.)Contains Milk, Wheat.	310.00	12.00	6.00	0.00	30.00	360.00	30.00	3.00	6.00	22.00	2.70	450.00	500.00	9.00	(M)	(M)
Cheese Salad - LR1096 (1 ea.)Contains Milk.	290.38	18.23	12.15	0.00	60.75	542.63	16.27	5.55	2.37	16.73	4.09	487.40	5788.01	41.73	(M)	(M)
Cheese Toast - LR1324 (1/2 sandwich)Contains Milk, Wheat, Soy.	130.00	5.50	2.50	0.00	12.50	390.00	16.00	2.00	3.50	5.50	0.72	110.00	0.00	0.00	(M)	(M)
Cheeseburger - LR1001 (1 ea.)Contains Milk, Wheat, Soy.	300.00	12.50	5.00	0.00	47.50	760.00	31.00	5.00	3.50	22.50	3.60	90.00	100.00	1.20	(M)	(M)
Cheeseburger Sandwich - LR1591 (1 ea.)Contains Milk, Wheat, Soy.	420.00	23.50	9.50	1.00	82.50	860.00	29.00	4.00	3.50	24.50	3.24	90.00	0.00	0.00	(M)	(M)
Cheesy Pizza Bread - LR1576 (1 ea.)Contains Milk, Wheat.	350.00	18.00	7.00	0.00	30.00	450.00	29.00	2.00	2.00	22.00	1.80	450.00	300.00	0.00	(M)	(M)
Cheesy Refried Beans - LR1298 (1/2 c.)Contains Milk.	182.80	5.31	3.29	0.00	15.85	390.76	22.79	7.65	0.29	11.37	1.78	147.46	158.48	0.68	0.00(M)	0.82(M)
Chicken & Waffle - LR1048 (1 ea.)Contains Milk, Egg, Wheat, Soy.	548.00	23.60	7.40	0.00	45.00	446.00	67.00	2.00	29.00	17.00	2.44	21.00	500.00 (M)	0.00(M)	(M)	(M)
Chicken & Waffle Dippers - LR1536 (1 ea.)Contains Milk, Egg, Wheat, Soy.	455.00	18.50	3.00	0.00	37.50	595.00	54.00	5.50	16.00	18.50	2.52	70.00	100.00	0.00	(M)	(M)
Chicken Biscuit - LR1171 (1 ea.)Contains Milk, Egg, Wheat, Soy.	310.00	17.00	8.00	0.00	50.00	870.00	28.00	0.68	2.00	9.00	1.64	52.70	101.00	0.10	(M)	(M)
Chicken Cheesy Rice - LR1557 (1 3/4 c.)Contains Milk, Soy.	380.77	13.36	5.56	0.00	70.01	1367.29	45.03	1.75	1.98	19.98	3.49(M)	151.90 (M)	0.00(M)	0.00(M)	0.00(M)	585.86 (M)
Chicken Gravy - LR1023 (1/4 c.)Contains Milk. May contain Egg, Wheat, Soy.	40.11	1.00	0.00	0.00	4.01	116.91	6.02	0.00	0.00	0.00	0.00	1.60	0.00	0.00	0.00(M)	0.53(M)
Chicken Nachos - LR1587 (1 ea.)Contains Milk.	368.53	17.56	5.03	0.00	69.66	568.88	34.58	3.00	0.51	16.03	0.37(M)	20.67(M)	6.88(M)	0.00(M)	0.00(M)	0.22(M)
Chicken Parmesan - LR1040 (1 ea.)Contains Milk, Wheat, Soy.	218.50	12.13	2.92	0.00	37.59	402.13	11.01	1.00	0.51	16.04	1.00	122.25	101.25 (M)	0.00(M)	0.00(M)	0.00(M)

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Chicken Parmesan w/Pasta - LR1397 (1 ea.)Contains Milk. May contain Egg, Wheat, Soy.	464.28	13.30	2.92	0.00	37.59	629.24	60.17	3.34	2.85	24.23	3.11	372.77	101.25 (M)	0.00(M)	0.00(M)	0.00(M)
Chicken Patty - LR1325 (1 ea.)Contains Milk, Wheat, Soy.	180.00	8.00	1.50	0.00	35.00	420.00	11.00	1.00	0.00	15.00	1.08	20.00	0.00	0.00	(M)	(M)
Chicken Patty Salad - LR1522 (1 ea.)Contains Milk, Wheat, Soy.	301.31	14.16	4.44	0.00	45.19	580.25	24.75	6.55	2.37	19.10	5.09	204.65	5332.39 (M)	41.73(M)	(M)	(M)
Chicken Patty Sandwich - LR1049 (1 ea.)Contains Milk, Wheat, Soy.	320.00	10.00	1.50	0.00	35.00	660.00	40.00	5.00	3.00	21.00	2.88	40.00	0.00	0.00	(M)	(M)
Chicken Soft Taco - LR1455 (1 ea.)Contains Milk, Wheat.	348.53	14.56	6.03	0.00	69.66	848.88	35.58	4.00	0.51	19.03	1.45(M)	160.67 (M)	6.88(M)	0.00(M)	0.00(M)	0.22(M)
Chicken Strip Taco Mix - LR1456 (2 1/4 oz.)	112.84	6.00	1.50	0.00	57.00	272.19	4.57	0.00	0.00	10.50	0.01(M)	0.67(M)	6.88(M)	0.00(M)	0.00(M)	0.22(M)
Chicken Sweet Bacon Wrap - LR1523 (1 ea.)Contains Milk, Egg, Wheat, Soy.	633.50	38.97	8.92	0.00	62.59	1043.46	46.01	4.00	6.51	24.37	2.44(M)	272.25 (M)	151.25 (M)	0.60(M)	(M)	(M)
Chicken Tenders & Waffle Dippers - LR1592 (1 ea.)Contains Milk, Egg, Wheat, Soy.	415.00	10.50	2.00	0.00	77.50	655.00	52.00	27.50	15.00	24.50	2.52	50.00	0.00(M)	0.00(M)	(M)	(M)
Chicken Tenders and Dinner Roll - LR1491 (1 ea.)Contains Milk, Egg, Wheat.	360.00	9.50	2.50	0.00	70.00	540.00	46.00	32.00	10.00	27.00	3.24	40.00	0.00(M)	0.00(M)	(M)	(M)
Cilantro Corn Salsa - LR1346 (1/2 c.)	59.24	0.32	0.00	0.00	0.00	114.61	13.42	1.85	3.28	1.85	0.34	8.32	230.52	12.89(M)	(M)	(M)
Cinnamon Toast Crunch Bowl - LR1560 (1 ea.)	230.00	5.00	0.50	0.00	0.00	320.00	44.00	6.00	11.00	3.00	8.10	400.00	1000.00	9.00	(M)	(M)
Cocoa Puffs Bowl - LR1561 (1 ea.)	210.00	2.50	0.00	0.00	0.00	220.00	47.00	3.00	15.00	3.00	9.00	200.00	1250.00	12.00	(M)	(M)
Corn Dog - LR1054 (1 ea.)Contains Egg, Wheat, Soy.	240.00	8.00	2.50	0.00	40.00	390.00	30.00	5.00	5.00	9.00	1.80	80.00	0.00	0.00	(M)	(M)
Cornbread Dressing - LR1154 (1/4 c.)Contains Milk, Egg. Processed in a facility that also processes Tree nuts, Wheat, Soy.	52.09	3.04	0.43	0.00	4.34	186.65	6.08	0.43	1.30	1.30	0.31	8.68	43.41	0.52	(M)	(M)
Cornbread Hushpuppies - LR1158 (3 ea.)Contains Milk, Egg, Wheat, Soy.	140.00	6.00	0.00	0.00	0.00	370.00	20.00	1.00	1.00	2.00	1.08	20.00	0.00	1.20	(M)	(M)
Country Gravy - LR1134 (1/4 c.)Contains Milk. May contain Egg, Wheat, Soy.	35.16	1.76	0.88	0.00	0.00	124.39	5.27	0.00	0.00	0.00	0.00	1.32	0.00	0.00	0.00(M)	0.44(M)
Craisins, Orange - LR1212 (1 ea.)	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Craisins, Strawberry - LR1328 (1 ea.)	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Cranberry Sauce - LR1213 (1/4 c.)	138.20	0.00	0.00	0.00	0.00	12.56	35.18	0.00	30.15	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Creamy Butter - LR1559 (1 2/3 Tbsp.)Contains Milk.	170.10	19.14	12.05	0.00	50.79	0.00	0.00	0.00	0.00	0.24	0.00	0.00	0.00	0.00	(M)	(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Creamy Mac & Cheese - LR1429 (2/3 c.)Contains Milk, Egg, Wheat.	279.06	11.00	6.40	0.00	36.01	770.18	30.01	1.00	8.00	15.00	1.00	375.09	490.11	1.00	(M)	(M)
Creamy Mashed Potatoes - LR1283 (1/2 c.)Contains Milk.	80.20	2.15	0.72	0.00	3.05	342.93	15.00	1.00	0.60	1.01	0.19	10.13	1.90	6.40	0.00(M)	1.01(M)
Creamy Tomato Soup - LR1352 (3/4 c.)Contains Milk.	144.09	6.36	1.73	0.00	8.75	524.19	16.57	0.97	13.41	3.94	0.70	113.76	801.75	6.41	(M)	(M)
Crispy Chicken Nuggets - LR1335 (5 ea.)Contains Wheat, Soy.	160.45	9.26	1.54	0.00	15.43	246.85	9.87	1.85	0.62	9.87	1.11	24.68	61.71	0.00	(M)	(M)
Crispy Tater Tots - LR1293 (8 ea.)	120.73	7.04	1.01	0.00	0.00	181.09	14.09	1.01	0.00	1.01	0.00	0.00	0.00	1.21	(M)	(M)
Croissant - LR1153 (1 ea.)Contains Milk, Egg, Wheat, Soy.	190.00	8.00	3.50	0.00	5.00	270.00	26.00	2.00	3.00	5.00	1.44	60.00	300.00	0.00	(M)	(M)
Deep Dish 5" Cheese Pizza - LR1494 (1 ea.)Contains Milk, Wheat, Soy.	300.00	9.00	2.50	0.00	10.00	420.00	38.00	4.00	13.00	17.00	2.70	350.00	500.00	0.00	(M)	(M)
Deep Dish 5" Pepperoni Pizza - LR1495 (1 ea.)Contains Milk, Wheat, Soy.	310.00	10.00	3.00	0.00	15.00	470.00	37.00	4.00	13.00	17.00	2.70	300.00	500.00	0.00	(M)	(M)
Deli Ham - LR1059 (2 1/2 oz.)	90.25	3.28	1.23	0.00	28.72	984.60	5.74	0.00	4.10	9.03	(M)	(M)	(M)	(M)	(M)	(M)
Deli Ham Slices - LR1069 (2 1/2 oz.)	74.65	4.04	2.02	0.00	36.32	468.09	4.04	0.00	2.02	10.09	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey - LR1111 (3 1/4 oz.)	112.70	4.03	2.01	0.00	56.35	541.38	2.01	0.00	0.00	18.11	(M)	(M)	(M)	(M)	(M)	(M)
Diced Peaches - LR1224 (1/2 c.)	49.45	0.00	0.00	0.00	0.00	4.95	11.87	0.99	9.89	0.99	0.00	0.00	296.71	1.19	(M)	(M)
Dill Pickle Slices - LR1276 (3 slice)	0.00	0.00	0.00	0.00	0.00	223.26	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.28	(M)	(M)
Dinner Roll - LR1165 (1 ea.)Contains Milk, Egg, Wheat.	142.56	2.79	1.02	0.00	5.00	82.31	32.00	7.00	10.00	5.00	1.44	20.06	0.00(M)	0.00(M)	0.00(M)	(M)
Donut - LR1188 (1 ea.)Contains Milk, Wheat, Soy.	282.50	16.00	7.00	0.00	0.00	300.01	30.62	2.81	7.61	5.00	0.70	14.03	9.65	0.00	(M)	(M)
Dutch Waffle - LR1200 (1 ea.)Contains Milk, Egg, Wheat, Soy.	302.50	13.00	3.00	0.00	20.00	350.01	43.62	3.00	12.61	4.00	1.80	40.06	0.00	0.00	(M)	(M)
Egg & Cheese Biscuit - LR1172 (1 ea.)Contains Milk, Egg, Wheat, Soy.	350.00	22.00	12.00	0.00	120.00	1270.00	24.00	0.68	3.00	11.00	1.28	152.70	1.00(M)	0.10(M)	(M)	(M)
Egg & Cheese Calzone - LR1512 (1 ea.)Contains Milk, Egg, Wheat, Soy.	350.00	15.00	8.00	0.00	135.00	460.00	42.00	3.00	3.00	13.00	1.80	150.00	300.00	0.00	(M)	(M)
Egg Patty - LR1504 (1 ea.)Contains Egg.	60.00	4.00	1.00	0.00	95.00	110.00	1.00	0.00	0.00	3.00	0.00	20.00	(M)	(M)	(M)	(M)
Elbow Macaroni - LR1041 (3/4 c.)May contain Egg. Contains Wheat.	129.23	0.62	0.00	0.00	0.00	8.74	25.23	1.23	1.23	4.31	1.11	21.05	0.00	0.00	0.00(M)	2.91(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
EZ Jammer WowButter Sandwich - LR1589 (1 ea.)Contains Milk, Wheat, Soy.	290.00	16.00	3.00	0.00	0.00	220.00	28.00	4.00	11.00	9.00	2.70	80.00	(M)	(M)	(M)	(M)
Fish Sticks - LR1510 (4 ea.)Contains Milk, Fish, Wheat, Soy.	240.00	1.50	1.50	0.00	20.00	290.00	24.00	3.00	2.00	13.00	2.00	50.00	(M)	(M)	(M)	(M)
Flamebroiled Beef Patty - LR1004 (1 ea.)Contains Wheat, Soy.	230.00	17.00	7.00	1.00	70.00	370.00	0.00	0.00	0.00	16.00	1.44	20.00	0.00	0.00	(M)	(M)
Flat Bread - LR1156 (1 ea.)Contains Wheat, Soy.	150.00	3.00	0.00	0.00	0.00	135.00	26.00	3.00	1.00	4.00	1.08	80.00	0.00	0.00	(M)	(M)
French Bread - LR1480 (1 ea.)Contains Wheat.	160.00	4.00	0.50	0.00	0.00	240.00	27.00	2.00	1.00	6.00	1.08	0.00	0.00	0.00	(M)	(M)
Fresh Bagged Broccoli - LR1590 (1 ea.)	25.00	0.00	0.00	0.00	0.00	25.00	4.00	3.00	2.00	3.00	0.72	40.00	300.00	78.00	(M)	(M)
Fresh Baked Potato - LR1279 (1/2 ea.)Contains Milk.	146.97	0.88	0.06	0.00	0.01	27.43	30.32	3.28	1.64	4.10	1.48	32.95	0.00(M)	17.21(M)	0.00(M)	(M)
Fresh Bananas - LR1211 (1 ea.)	155.27	0.00	0.00	0.00	0.00	0.00	40.93	5.65	29.64	1.41	0.51	0.00	0.00	12.70	(M)	(M)
Fresh Blueberries - LR1329 (1/2 c.)	19.57	0.00	0.00	0.00	0.00	0.00	5.15	0.00	3.61	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Fresh Broccoli with Ranch - LR1241 (1/2 c.)	9.26	0.00	0.00	0.00	0.00	9.26	1.48	1.11	0.74	1.11	0.27	14.82	111.14	28.90	(M)	(M)
Fresh Cantaloupe - LR1330 (1/2 c.)	48.07	0.00	0.00	0.00	0.00	19.23	11.54	0.96	10.57	0.96	0.35	19.23	5768.45	92.30	(M)	(M)
Fresh Cauliflower Florets - LR1250 (1/2 c.)	11.90	0.00	0.00	0.00	0.00	14.87	1.98	0.99	0.99	0.99	0.18	9.91	0.00	22.61	(M)	(M)
Fresh Celery Sticks - LR1565 (1/2 c.)	11.44	0.00	0.00	0.00	0.00	53.36	2.29	0.76	0.76	0.76	0.00	30.49	0.00	1.83	(M)	(M)
Fresh Cilantro Salsa - LR1579 (1/4 c.)Contains Gluten.	3.49	0.01	0.00	0.00	0.00	86.00	0.80	0.08	0.34	0.05	0.01	1.07	29.18	0.34	(M)	(M)
Fresh Creamy Coleslaw - LR1255 (1/2 c.)Contains Egg, Soy.	43.06	2.93	0.40	0.00	2.67	50.40	3.66	0.71	2.91	0.36	0.14	16.34	533.64	10.67	(M)	(M)
Fresh Diced Onion - LR1271 (1/8 c.)	9.76	0.02	0.00	0.00	0.00	0.98	2.27	0.42	1.03	0.27	0.05	5.61	0.49	1.81	(M)	(M)
Fresh Diced Tomatoes - LR1305 (1/4 c.)	9.95	0.00	0.00	0.00	0.00	0.00	2.65	0.66	1.33	0.66	0.24	0.00	165.79	7.96	(M)	(M)
Fresh Golden Apple Wedges - LR1375 (3 Wedges)	41.00	0.00	0.00	0.00	0.00	160.17	0.00	2.50	8.50	0.00	5.49	2.84	0.00	17.10	(M)	(M)
Fresh Golden Apples - LR1207 (1 ea.)	73.57	0.00	0.00	0.00	0.00	0.00	0.00	4.49	15.25	0.00	9.85	0.00	0.00	30.68	(M)	(M)
Fresh Grapes - LR1214 (1/2 c.)	54.78	0.00	0.00	0.00	0.00	0.00	14.61	0.00	14.61	0.00	0.00	0.00	0.00	8.77	(M)	(M)
Fresh Honeydew - LR1331 (1/2 c.)	66.12	0.00	0.00	0.00	0.00	66.12	15.87	1.32	14.55	0.00	0.48	26.45	132.24	35.71	(M)	(M)
Fresh Orange Wedges - LR1221 (1 ea.)	71.14	0.00	0.00	0.00	0.00	0.00	17.78	3.56	14.23	1.19	0.00	71.14	355.67	85.36	(M)	(M)
Fresh Red Apple Wedges - LR1374 (3 Wedges)	0.00	0.00	0.00	0.00	0.00	160.17	0.00	0.00	0.00	0.00	0.00	2.84	0.00	0.00	(M)	(M)

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Fresh Red Grapes - LR1502 (1/2 c.)	54.78	0.00	0.00	0.00	0.00	0.00	14.61	0.00	14.61	0.00	0.00	0.00	0.00	8.77	(M)	(M)
Fresh Roasted Baby Carrots - LR1248 (1/2 c.)	38.95	1.23	0.18	0.00	0.00	62.52	6.82	2.27	3.41	0.00	0.82	22.74	10799.82	2.73	(M)	(M)
Fresh Roasted Mixed Squash - LR1302 (1/2 c.)	37.72	1.89	0.27	0.00	0.00	0.00	4.30	2.15	2.15	2.15	0.77	0.00	215.07	19.36	(M)	(M)
Fresh Roasted Yellow Squash - LR1303 (1/2 c.)	38.24	1.92	0.27	0.00	0.00	0.00	4.36	2.18	2.18	2.18	0.79	0.00	218.02	19.62	(M)	(M)
Fresh Roasted Zucchini Squash - LR1304 (1/2 c.)	36.73	1.84	0.26	0.00	0.00	0.00	4.19	2.09	2.09	2.09	0.75	0.00	209.41	18.85	(M)	(M)
Fresh Seasonal Fruit - LR1315 (1/2 c.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Sliced Onions - LR1272 (1/8 c.)	6.39	0.02	0.00	0.00	0.00	0.64	1.49	0.27	0.68	0.18	0.03	3.67	0.32	1.18	(M)	(M)
Fresh Sliced Tomatoes - LR1306 (1/4 c.)	8.86	0.00	0.00	0.00	0.00	0.00	2.36	0.59	1.18	0.59	0.21	0.00	147.71	7.09	(M)	(M)
Fresh Steamed Broccoli (1/2 c.)Contains Milk.	40.98	2.00	1.26	0.00	5.31	74.50	3.71	2.78	1.86	2.81	0.67	37.11	278.33	72.36	(M)	(M)
Fresh Steamed Broccoli w/Parmesan - LR1243 (1/2 c.)Contains Milk.	44.45	2.35	1.43	0.00	6.18	86.67	3.71	2.78	1.86	3.16	0.67	47.55	295.72	72.36	(M)	(M)
Fresh Steamed Buttered Cabbage - LR1246 (1/2 c.)Contains Milk.	47.16	3.33	2.10	0.00	8.85	188.54	4.38	1.75	1.75	0.04	0.32	17.53	0.00	23.67	(M)	(M)
Fresh Steamed Cauliflower - LR1252 (1/2 c.)Contains Milk.	29.94	1.63	1.03	0.00	4.33	61.15	2.57	1.29	1.29	1.31	0.23	12.87	0.00	29.34	(M)	(M)
Fresh Strawberries - LR1237 (1/2 c.)	25.69	0.00	0.00	0.00	0.00	0.00	7.00	2.34	4.67	0.00	0.42	7.78	0.00	56.04	(M)	(M)
Fresh Tomato Wedges - LR1307 (1/4 c.)	7.27	0.00	0.00	0.00	0.00	0.00	1.94	0.49	0.97	0.49	0.17	0.00	121.15	5.82	(M)	(M)
Fresh Veggie Variety - LR1316 (1/2 c.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Watermelon - LR1238 (1/2 c.)	42.49	0.00	0.00	0.00	0.00	5.31	12.75	1.06	12.75	0.00	0.38	0.00	531.14	7.65	(M)	(M)
Fresh Whole Pears - LR1227 (1 ea.)	79.02	0.00	0.00	0.00	0.00	0.00	19.76	3.16	13.43	0.79	0.00	15.80	0.00	4.74	(M)	(M)
Fresh Whole Red Apple - LR1206 (1 ea.)	85.23	0.00	0.00	0.00	0.00	1.79	22.43	3.59	17.05	0.00	0.16	8.97	89.72	7.54	(M)	(M)
Frozen Peach Cup - LR1585 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Fruit Mix - LR1220 (1/2 c.)	69.90	0.00	0.00	0.00	0.00	14.98	17.98	1.00	15.98	1.00	0.00	0.00	199.72	1.20	(M)	(M)
Fruit Pearls - LR1473 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Garlic Breadstick - LR1147 (1 ea.)Contains Milk, Wheat.	110.00	4.00	1.00	0.00	0.00	230.00	17.00	2.00	2.00	3.00	1.08	0.00	0.00	1.20	(M)	(M)
Garlic Knot - LR1337 (1 ea.)Contains Milk, Wheat, Soy.	170.00	7.00	1.50	0.00	0.00	270.00	23.00	2.00	2.00	4.00	1.08	20.00	200.00	6.00	(M)	(M)

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Garlic Mushrooms - LR1349 (1/4 c.)	26.77	1.69	0.24	0.00	0.00	74.21	1.68	0.78	0.78	1.56	0.28	0.00	0.00	0.94	(M)	(M)
Golden Potato Smiles - LR1288 (4 ea.)	130.40	4.51	0.50	0.00	0.00	180.55	20.06	2.01	0.00	2.01	0.36	0.00	0.00	2.41	(M)	(M)
Grab & Go Apple Slices - LR1205 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	17.00	3.00	13.00	0.00	0.36	20.00	100.00	204.00	(M)	(M)
Graham Crackers - LR1157 (1 pkg.)Contains Wheat.	60.00	1.50	0.00	0.00	0.00	70.00	11.00	0.00	3.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Grape Jelly - LR1135 (1 ea.)	35.00	0.00	0.00	0.00	0.00	0.00	9.00	0.00	5.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Great Northern White Beans - LR1310 (1/2 c.)	231.00	0.00	0.00	0.00	0.00	288.44	43.12	9.24	3.08	10.78	2.77	92.40	0.00	1.85	(M)	(M)
Green Bell Peppers - LR1355 (1/2 c.)	12.34	0.00	0.00	0.00	0.00	0.00	2.47	0.82	1.65	0.82	0.30	0.00	246.85	49.37	(M)	(M)
Green Tossed Salad - LR1299 (1 c.)	18.80	0.00	0.00	0.00	0.00	49.26	3.94	1.24	0.73	0.41	1.10	23.84	1646.06	6.60	(M)	(M)
Grilled Cheese Breakfast Toaster - LR1323 (1 ea.)Contains Milk, Wheat, Soy.	180.00	10.00	5.00	0.00	25.00	640.00	16.00	2.00	4.00	8.00	0.72	160.00	0.00	0.00	(M)	(M)
Grilled Cheese Sandwich - LR1021 (1 ea.)Contains Milk, Wheat, Soy.	360.00	20.00	10.00	0.00	50.00	1280.00	32.00	4.00	8.00	16.00	1.44	320.00	0.00	0.00	(M)	(M)
Grilled Ham & Cheese Sandwich - LR1063 (1 ea.)Contains Milk, Wheat, Soy.	297.00	13.00	6.00	0.00	43.00	1012.00	34.00	4.00	8.00	16.00	1.44(M)	220.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Groovy Crinkle Cut Fries - LR1550 (1/2 c.)	101.12	3.03	0.00	0.00	0.00	171.91	15.17	2.02	0.00	1.01	2.02	0.00	0.00	0.00	(M)	(M)
Ham & Cheese Ciabatta Sandwich - LR1060 (1 ea.)Contains Milk, Wheat. May contain Soy.	280.62	11.12	4.56	0.00	40.53	834.81	36.12	4.50	4.06	15.79	2.61(M)	90.00(M)	1150.00 (M)	4.80(M)	(M)	(M)
Ham & Cheese Deli Roll-Up - LR1062 (1 ea.)Contains Milk, Wheat.	197.62	9.62	5.06	0.00	40.53	831.31	18.11	2.00	2.06	13.29	0.72(M)	130.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Ham & Cheese Deli Sandwich - LR1061 (1 ea.)Contains Milk, Wheat, Soy.	247.62	9.62	4.06	0.00	40.53	851.31	32.12	4.00	5.06	16.29	1.80(M)	70.00(M)	0.00(M)	0.00(M)	(M)	(M)
Ham & Cheese Deli Spinach Wrap - LR1361 (1 ea.)Contains Milk, Wheat, Soy.	443.62	16.61	8.06	0.00	40.53	1398.31	59.12	5.00	2.06	19.29	5.76(M)	250.00 (M)	2300.00 (M)	10.80(M)	(M)	(M)
Ham & Cheese Deli Wrap - LR1070 (1 ea.)Contains Milk, Wheat.	313.62	12.12	5.56	0.00	40.53	968.31	38.12	6.00	4.06	16.29	3.78(M)	240.00 (M)	2300.00 (M)	9.60(M)	(M)	(M)
Ham & Cheese Deli Wrap-to-Go - LR1071 (1 ea.)Contains Milk, Wheat, Soy.	426.12	22.11	7.06	0.00	50.53	1175.81	42.12	7.00	6.56	17.29	4.14(M)	250.00 (M)	7050.00 (M)	10.80(M)	(M)	(M)
Ham & Cheese Salad - LR1097 (1 ea.)Contains Milk.	183.97	7.84	4.68	0.00	44.70	649.58	18.02	5.55	4.01	14.30	4.09(M)	183.65 (M)	5332.39 (M)	41.73(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/28/2020 8:15:32 AM by Amber Buckner

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Ham & Cheese Sandwich - LR1065 (1 ea.)Contains Milk, Wheat, Soy.	267.62	9.62	4.06	0.00	40.53	891.31	35.12	4.00	8.06	16.29	1.44(M)	170.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Ham & Cheese Specialty Salad - LR1099 (1 ea.)Contains Milk.	171.84	7.84	4.68	0.00	44.70	642.45	15.79	4.50	3.14	13.24	3.78(M)	176.25 (M)	5026.88 (M)	19.80(M)	(M)	(M)
Ham & Cheese Spinach Wrap - LR1435 (1/2 ea.)Contains Milk, Wheat, Soy.	551.25	24.23	12.12	0.00	81.07	2009.62	62.23	5.00	4.12	29.57	5.76(M)	300.00 (M)	2300.00 (M)	10.80(M)	(M)	(M)
Ham & Cheese Sub Sandwich - LR1068 (1 ea.)Contains Milk, Wheat, Soy.	260.62	9.12	4.06	0.00	40.53	924.81	31.11	3.50	3.06	17.79	2.61(M)	150.00 (M)	1150.00 (M)	4.80(M)	(M)	(M)
Ham & Mozzarella Cheese Stick Munchable - LR1440 (1 ea.)Contains Milk, Wheat, Soy.	290.00	12.00	4.50	0.00	50.00	505.00	27.00	3.00	2.00	18.00	3.08	180.00	0.00(M)	0.00(M)	(M)	(M)
Ham Coins - LR1552 (5 slice)	60.03	3.00	1.00	0.00	30.01	180.08	1.00	0.00	1.00	7.00	2.00	0.00	0.00	0.00	(M)	(M)
Ham Sandwich - LR1066 (1 ea.)Contains Wheat, Soy.	217.62	5.12	1.56	0.00	28.03	641.31	35.12	4.00	7.56	13.79	1.44(M)	120.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Hamburger - LR1006 (1 ea.)Contains Wheat, Soy.	250.00	8.00	2.50	0.00	35.00	510.00	31.00	5.00	3.00	20.00	3.60	40.00	100.00	1.20	(M)	(M)
Hamburger Bun - LR1150 (1 ea.)Contains Wheat, Soy.	140.00	2.00	0.00	0.00	0.00	240.00	29.00	4.00	3.00	6.00	1.80	20.00	0.00	0.00	(M)	(M)
Hamburger Steak w/Gravy - LR1017 (1 ea.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	102.65	3.95	1.25	0.00	17.50	386.10	10.53	0.50	0.00	7.00	0.90	13.34	50.00	0.60	0.00(M)	1.12(M)
Homemade Chili - LR1003 (1 c.)	278.35	15.89	6.76	0.91	52.39	440.22	16.67	3.63	5.78	16.28	2.41	36.87	92.33(M)	0.32(M)	(M)	(M)
Homemade Turkey Rotini Soup - LR1483 (1 c.)May contain Egg. Contains Wheat, Soy.	183.33	4.68	1.00	0.00	23.07	458.96	22.41	1.13	1.19	12.61	0.90(M)	19.44(M)	697.13 (M)	0.29(M)	0.00(M)	2.13(M)
Honey Mustard Dipping Cup - LR1573 (1 ea.)Contains Egg, Soy.	200.00	18.00	2.50	0.00	10.00	320.00	10.00	0.00	10.00	0.00	0.36	20.00	0.00	0.00	(M)	(M)
Honey Mustard Dressing - LR1128 (1/8 c.)Contains Egg, Soy.	170.00	17.00	2.50	0.00	15.00	135.00	5.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Hot Dog Bun - LR1149 (1 ea.)Contains Wheat, Soy.	140.00	1.50	0.00	0.00	0.00	220.00	28.00	4.00	3.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Hot Ham & Cheese Sandwich - LR1064 (1 ea.)Contains Milk, Wheat, Soy.	247.62	9.62	4.06	0.00	40.53	851.31	32.12	4.00	5.06	16.29	1.80(M)	70.00(M)	0.00(M)	0.00(M)	(M)	(M)
Hot Ham Ciabatta - LR1431 (1 ea.)Contains Milk, Wheat. May contain Soy.	300.18	12.91	5.08	0.00	43.04	713.63	34.12	3.00	3.56	17.79	1.44(M)	170.06 (M)	200.00 (M)	0.00(M)	0.00(M)	(M)
Iceberg Lettuce - LR1263 (1/4 c.)	3.63	0.00	0.00	0.00	0.00	2.18	0.73	0.00	0.00	0.00	0.00	0.00	36.35	0.44	(M)	(M)
Iced Cinnamon Roll - LR1187 (1 ea.)Contains Milk, Wheat, Soy.	190.00	6.00	1.00	0.00	0.00	180.00	33.00	4.00	12.00	4.00	1.44	20.00	2000.00	4.80	(M)	(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Italian Chicken Patty Salad - LR1530 (1 ea.)Contains Milk, Wheat, Soy.	303.00	14.63	2.92	0.00	37.59	870.63	24.61	2.00	5.51	17.04	2.08	162.25	3201.25 (M)	22.26(M)	(M)	(M)
Italian Dressing Packet - LR1384 (1 ea.)Contains Soy.	10.00	0.00	0.00	0.00	0.00	55.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Italian Fat Free Dressing Pouch - LR1131 (1 ea.)	20.00	0.00	0.00	0.00	0.00	700.00	5.00	1.00	3.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Italian Meatball Pasta - LR1393 (3/4 c.)Contains Milk. May contain Egg, Wheat, Soy.	298.77	7.27	2.25	0.00	22.51	522.01	43.36	3.89	6.36	13.63	2.77	60.76	0.00(M)	0.00(M)	0.00(M)	291.37 (M)
Italian Meatballs with Sauce - LR1377 (3/4 c.)Contains Milk, Wheat, Soy.	137.13	6.50	2.25	0.00	22.51	519.02	11.03	2.35	4.83	8.24	1.39	42.37	0.00(M)	0.00(M)	0.00(M)	290.37 (M)
Italian Roasted Vegetables - LR1524 (1/2 c.)	32.91	2.71	0.39	0.00	0.00	36.63	1.76	0.73	0.73	0.73	0.19	4.39	146.44	14.41	(M)	(M)
Juice Box 100% Apple - LR1215 (1 ea.)	60.00	0.00	0.00	0.00	0.00	10.00	15.00	0.00	14.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Juice Box 100% Berry - LR1216 (1 ea.)	60.00	0.00	0.00	0.00	0.00	10.00	15.00	0.00	14.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Juice Box 100% Fruit Punch - LR1217 (1 ea.)	60.00	0.00	0.00	0.00	0.00	10.00	15.00	0.00	14.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Juice Box 100% Grape - LR1218 (1 ea.)	70.00	0.00	0.00	0.00	0.00	10.00	16.00	0.00	15.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Ketchup - LR1136 (1 ea.)	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Lemon Fruit Pearls - LR1474 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	11.00	2.00	9.00	0.00	(M)	(M)	(M)	27.00	(M)	(M)
Loaded Fiesta Potato Twists - LR1564 (1 ea.)Contains Milk.	326.82	20.25	6.51	0.91	312.48	583.93	7.48	0.00	2.74	15.09	1.86	69.68	18.34	1.10	0.00(M)	160.10 (M)
Low Account Lunch - LR1077 (1 ea.)Contains Milk, Wheat, Soy.	650.00	34.00	4.00	0.00	5.00	650.00	59.00	12.00	24.00	28.00	4.32	460.00	500.00	2.40	(M)	(M)
Lucky Charms Bowl - LR1562 (1 ea.)	210.00	3.00	0.00	0.00	0.00	350.00	46.00	3.00	20.00	4.00	9.00	150.00	1000.00	12.00	4.00	(M)
Macaroni & Cheese - LR1567 (2/3 c.)Contains Milk. May contain Egg, Wheat.	371.56	25.34	14.25	0.00	71.83	1108.85	20.10	0.84	5.63	15.64	0.76	301.87	72.00	0.58	0.00(M)	2.27(M)
Mandarin Oranges - LR1223 (1/2 c.)	81.77	0.00	0.00	0.00	0.00	10.22	20.44	1.02	18.40	0.00	0.37	20.44	511.07	21.46	(M)	(M)
Marinara Cup - LR1582 (1 ea.)	40.00	1.00	0.00	0.00	0.00	200.00	7.00	2.00	4.00	1.00	0.00	20.00	0.00	0.00	0.00	(M)
Marinara Dipping Cup - LR1267 (1 ea.)Contains Milk, Soy.	50.00	3.00	0.50	0.00	0.00	170.00	6.00	0.00	4.00	1.00	0.36	0.00	0.00	4.80	(M)	(M)
Marinara Sauce - LR1266 (1/4 c.)	55.61	2.27	0.25	0.00	0.00	257.84	7.08	0.51	5.56	1.01	0.36	20.22	379.17	3.03	(M)	(M)
Mayonnaise - LR1138 (1 ea.)Contains Egg, Soy.	40.00	4.00	0.50	0.00	5.00	90.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Meatball Stroganoff - LR1082 (2/3 c.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy, Gluten.	175.26	10.32	4.16	0.00	32.32	474.99	12.99	0.51	1.44	7.64	0.74	47.72	92.31	0.00	0.00(M)	1.03(M)
Meatball Stroganoff w/Pasta - LR1394 (1 serv.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy, Gluten.	336.79	11.09	4.16	0.00	32.32	485.92	45.30	2.05	2.98	13.03	2.12	74.03	92.31	0.00	0.00(M)	4.67(M)
Meatballs - LR1080 (3 ea.)Contains Milk, Wheat, Soy.	100.69	6.54	2.27	0.00	22.65	211.44	3.02	0.50	0.50	7.05	0.73	30.21	0.00	0.00	(M)	(M)
Mexican Bar - LR1545 (1 ea.)Contains Milk, Wheat.	766.60	31.49	12.16	0.91	65.04	1645.21	84.47	15.73	0.80	32.38	5.86(M)	258.27 (M)	394.80 (M)	3.90(M)	0.00(M)	1.06(M)
Mexican Black Beans - LR1526 (1/2 c.)	0.00	0.00	0.00	0.00	0.00	170.17	0.00	0.00	0.00	0.00	0.00	0.38	0.00	0.00	(M)	0.00(M)
Mexican Fiesta Rice - LR1162 (1/2 c.)	95.88	0.43	0.03	0.00	0.00	278.62	20.51	0.88	0.99	2.49	1.74	25.95	0.00(M)	0.00(M)	0.00	292.93
Mexican Street Corn - LR1521 (1/2 c.)Contains Milk, Egg, Soy, Gluten.	129.51	6.43	1.80	0.00	9.91	180.27	16.29	1.93	3.43	3.19	0.35	41.58	84.39	0.01(M)	(M)	(M)
Milk - LR1318 (1 ea.)Contains Milk.	106.67	0.83	0.50	0.00	6.67	146.67	15.33	0.00	14.00	8.00	0.00	300.00	500.00	2.00	(M)	(M)
Milk, 1% White - LR1311 (1 ea.)Contains Milk.	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Chocolate - LR1260 (1 ea.)Contains Milk.	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Skim White - LR1312 (1 ea.)Contains Milk.	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Mini Blueberry Pancakes - LR1194 (1 ea.)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	1.00	0.00	10.00	310.00	35.00	4.00	11.00	4.00	2.70	60.00	500.00	0.00	(M)	(M)
Mini Chocolate Chip French Toast - LR1190 (1 ea.)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	1.50	0.00	0.00	260.00	35.00	4.00	10.00	5.00	2.70	100.00	500.00	0.00	(M)	(M)
Mini Cinnis Breakfast Rolls - LR1193 (1 ea.)Contains Milk, Wheat.	240.00	8.00	2.00	0.00	0.00	300.00	40.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Mini Maple Waffles - LR1201 (1 ea.)Contains Milk, Egg, Wheat, Soy.	200.00	5.00	1.50	0.00	0.00	220.00	35.00	4.00	10.00	4.00	2.70	100.00	500.00	0.00	(M)	(M)
Mini Rice Krispies Treat - LR1572 (1 ea.)Contains Milk, Soy.	50.00	1.00	0.00	0.00	0.00	45.00	9.00	0.00	3.00	0.00	0.36	0.00	0.00	0.00	(M)	(M)
Mozzarella Cheese Stick - LR1327 (1 ea.)Contains Milk.	80.00	6.00	3.50	0.00	20.00	190.00	0.00	0.00	0.00	7.00	0.00	100.00	(M)	(M)	(M)	(M)
Mozzarella MaxStix - LR1079 (2 ea.)Contains Milk, Wheat, Soy.	262.56	9.29	3.02	0.00	10.00	562.31	30.00	2.00	4.00	18.00	1.44	300.06	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Mozzarella Shredded Cheese - LR1127 (1/2 oz.)Contains Milk.	40.50	2.53	1.52	0.00	7.59	91.12	1.01	0.00	0.51	3.04	0.00	101.25	101.25	0.00	(M)	(M)

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Mustard - LR1139 (1 ea.)	5.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Nacho Cheese Sauce - LR1123 (1/4 c.)Contains Milk.	41.15	1.37	0.00	0.00	0.00	512.13	6.40	0.00	2.74	0.92	0.00	54.87	0.00	1.10	(M)	(M)
Onion Rings - LR1270 (5 ea.)Contains Milk, Wheat, Soy.	200.00	8.00	1.50	0.00	0.00	230.00	28.00	3.00	5.00	3.00	1.08	100.00	0.00	2.40	(M)	(M)
Oven Fried Chicken - LR1519 (1 ea.)Contains Milk, Wheat.	230.00	14.00	3.50	0.00	75.00	490.00	11.00	11.00	0.00	16.00	1.08	20.00	0.00	0.00	(M)	(M)
Pancake & Sausage Stick - LR1176 (1 ea.)Contains Milk, Egg, Wheat, Soy.	200.00	11.00	3.00	0.00	20.00	380.00	19.00	1.00	7.00	6.00	1.08	20.00	0.00	0.00	(M)	(M)
Parfait Bar - LR1535 (1 ea.)Contains Milk.	112.50	0.38	0.00	0.00	3.75	60.00	23.25	(M)	0.00	3.75	(M)	150.00	750.00	(M)	(M)	(M)
Parmesan Steamed Broccoli - LR1245 (1/2 c.)Contains Milk.	40.33	1.93	1.18	0.00	5.08	67.39	3.05	1.52	1.52	1.83	0.00	23.82	14.29	22.87	(M)	(M)
Pasta Bar - LR1549 (1 ea.)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	957.58	42.52	13.07	0.01	103.53	2262.32	87.86	8.75	17.79	50.84	6.88	625.15	5983.86 (M)	21.27(M)	0.00(M)	37.15(M)
Pear Halves - LR1228 (1/2 c.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Penne Pasta - LR1042 (3/4 c.)May contain Egg. Contains Wheat.	161.54	0.77	0.00	0.00	0.00	10.93	32.31	1.54	1.54	5.38	1.39	26.31	0.00	0.00	0.00(M)	3.64(M)
Pepper Jack Sliced Cheese - LR1563 (1 slice)Contains Milk.	110.00	9.00	5.00	0.00	25.00	60.00	1.00	0.00	0.00	8.00	0.00	150.00	(M)	(M)	(M)	(M)
Pepperoni Pizza - LR1085 (1 ea.)Contains Milk, Wheat.	350.00	17.00	7.00	0.00	40.00	580.00	29.00	3.00	6.00	22.00	2.70	350.00	400.00	9.00	(M)	(M)
Pepperoni Pizza Munchable - LR1439 (1 ea.)Contains Milk, Wheat, Soy.	355.00	19.00	7.00	0.00	35.00	750.00	32.50	3.00	5.00	15.00	2.44	180.00	0.00(M)	4.80(M)	(M)	(M)
Pepperoni Slices - LR1540 (16 ea.)	151.87	14.18	6.08	0.00	30.37	516.37	1.01	0.00	0.00	6.08	2.02	0.00	0.00	0.00	(M)	(M)
Pineapple - LR1230 (1/2 c.)	68.16	0.00	0.00	0.00	0.00	0.00	15.58	0.97	14.61	0.00	0.35	19.47	0.00	5.84	(M)	(M)
Pizza, Bacon Scramble Breakfast - LR1196 (1 ea.)Contains Milk, Egg, Wheat, Soy.	210.00	8.00	3.50	0.00	55.00	340.00	23.00	2.00	8.00	10.00	1.80	150.00	0.00	0.00	(M)	(M)
Pizza, Sausage & Cheese Breakfast - LR1198 (1 ea.)Contains Milk, Wheat, Soy.	210.00	7.00	2.00	0.00	15.00	480.00	26.00	2.00	9.00	9.00	1.80	100.00	200.00	0.00	(M)	(M)
Pizza, Sausage Gravy Breakfast - LR1197 (1 ea.)Contains Milk, Wheat, Soy.	200.00	7.00	2.00	0.00	15.00	440.00	24.00	2.00	9.00	10.00	1.80	150.00	0.00	0.00	(M)	(M)
Pork BBQ Bar - LR1547 (1 ea.)Contains Milk, Wheat, Soy.	624.39	23.50	8.53	0.00	65.27	2469.11	73.24	10.08(M)	9.00(M)	31.02	5.02	171.38	345.78	4.04	(M)	(M)
Pork BBQ Nachos w/Queso - LR1089 (1 ea.)Contains Milk.	245.00	8.50	1.00	0.00	0.00	720.00	36.00	3.00	3.00	4.00	0.36	80.00	0.00	1.20	(M)	(M)
Pork BBQ Sandwich - LR1090 (1 ea.)Contains Wheat, Soy.	270.00	7.80	2.10	0.00	38.00	588.00	30.90	4.00(M)	3.00(M)	23.60	3.87	21.40	21.00	0.17	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/28/2020 8:15:32 AM by Amber Buckner

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Pork Rib Patty Sandwich - LR1091 (1 ea.)Contains Wheat, Soy.	350.00	14.50	4.50	0.00	35.00	950.00	39.00	5.00	10.00	16.00	3.24	60.00	200.00	2.40	(M)	(M)
Pork Roast - LR1381 (2)	94.00	2.00	0.00	0.00	48.00	46.00	0.00	0.00	0.00	16.00	(M)	(M)	(M)	(M)	(M)	(M)
Pork Roast w/BBQ Sauce - LR1094 (2 1/2 oz.)	115.17	2.02	0.00	0.00	48.60	231.57	4.50	1.00	3.00	16.20	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
Pork Roast w/Gravy - LR1095 (1/2 c.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	122.73	2.58	0.00	0.00	48.59	191.88	5.51	0.00	0.00	16.20	0.00(M)	1.94(M)	0.00(M)	0.00(M)	0.00(M)	0.65(M)
Pork, Rib Patty - LR1092 (1 ea.)Contains Soy.	210.00	13.00	4.50	0.00	35.00	730.00	11.00	1.00	7.00	11.00	1.44	40.00	200.00	2.40	(M)	(M)
Provolone - LR1518 (1 slice)Contains Milk.	53.33	4.00	2.00	0.00	10.00	120.00	0.67	0.00	0.00	3.33	0.00	100.00	133.33	0.00	(M)	(M)
Pulled Pork BBQ - LR1087 (2 2/3 oz.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Queso Cheese Sauce - LR1124 (1/4 c.)Contains Milk.	108.33	8.67	5.42	0.00	27.08	574.17	3.25	0.00	0.00	4.33	0.00	108.33	0.00	0.00	(M)	(M)
Ranch Dressing - LR1129 (1/8 c.)Contains Milk, Egg, Soy.	160.00	17.00	2.50	0.00	5.00	150.00	2.00	0.00	1.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)
Ranch Dressing Packet - LR1130 (1 ea.)Contains Milk, Egg, Soy.	60.00	2.50	0.00	0.00	5.00	55.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ranch Dressing Pouch - LR1132 (1 ea.)Contains Milk, Egg, Soy.	260.00	28.00	4.00	0.00	10.00	240.00	2.00	0.00	2.00	1.00	0.00	40.00	0.00	0.00	(M)	(M)
Ranch Fat Free Dressing Pouch - LR1133 (1 ea.)Contains Milk.	50.00	0.00	0.00	0.00	0.00	550.00	13.00	1.00	5.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)
Ranchero Beans - LR1418 (1/2 c.)Contains Gluten.	151.54	1.00	0.50	0.00	0.00	666.90	30.31	7.00	10.99	6.00	1.80	40.27	43.01(M)	0.00(M)	(M)	(M)
Refried Beans - LR1297 (1/2 c.)	124.69	0.56	0.12	0.00	0.00	295.67	22.26	7.65	0.29	7.67	1.78	41.81	0.00	0.68	0.00(M)	0.82(M)
Rice, Fiesta Rice - LR1588 (1 c.)	174.32	1.02	0.00	0.00	0.00	6.40	37.94	0.00	0.00	4.10	0.74	6.40	0.00	0.00	0.00	98.52
Roasted Brussel Sprouts - LR1527 (1/2 c.)Contains Milk, Gluten.	62.75	3.33	1.86	0.00	7.83	64.74	5.00	3.08	2.31	3.11	0.55	15.38	307.69	46.15	(M)	(M)
Roasted Fresh Broccoli Florets - LR1580 (1/2 c.)Contains Gluten.	56.82	3.25	0.46	0.00	0.00	160.01	4.87	2.78	1.86	2.78	0.67	37.11	556.59	72.36	(M)	(M)
Roasted Hot Dog - LR1073 (1 ea.)Contains Wheat, Soy.	270.00	12.50	3.00	0.00	45.00	920.00	29.00	4.00	3.00	12.00	2.88	80.00	0.00	1.20	(M)	(M)
Roasted Potatoes - LR1281 (1/2 c.)	83.77	1.68	0.00	0.00	0.00	96.33	15.92	1.68	0.00	2.51	0.60	0.00	0.00	4.02	(M)	(M)
Roasted Ranch Potatoes - LR1285 (1/2 c.)Contains Milk.	17.28	1.92	0.28	0.00	0.00	25.63	0.16	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Roasted Turkey Hot Dog - LR1555 (1 ea.)	130.00	11.00	3.00	0.00	45.00	700.00	1.00	0.00	0.00	7.00	1.08	60.00	0.00	1.20	(M)	(M)
Rotini Pasta - LR1043 (3/4 c.)May contain Egg. Contains Wheat.	150.00	0.71	0.00	0.00	0.00	10.15	29.29	1.43	1.43	5.00	1.29	24.43	0.00	0.00	0.00(M)	3.38(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Salsa - LR1300 (1/4 c.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sausage Biscuit - LR1173 (1 ea.)Contains Milk. May contain Egg, Wheat, Soy.	350.00	20.00	10.00	0.00	50.00	1170.00	24.00	0.68	2.00	16.00	2.00	52.70	101.00	0.10	(M)	(M)
Sausage Egg & Cheese Biscuit - LR1501 (1 ea.)Contains Milk, Egg, Wheat, Soy.	460.00	28.50	13.50	0.00	157.50	1530.00	25.00	0.68	2.50	21.50	2.00	122.70	101.00 (M)	0.10(M)	(M)	(M)
Sausage Patty - LR1199 (1 ea.)	160.00	11.00	4.00	0.00	50.00	510.00	1.00	0.00	0.00	13.00	0.72	20.00	100.00	0.00	(M)	(M)
Scrambled Eggs - LR1538 (1/4 c.)Contains Egg.	60.00	3.50	1.25	0.00	132.50	185.00	2.00	0.00	1.50	5.50	0.72	50.00	200.00	0.00	(M)	(M)
Seasoned Pinto Beans - LR1277 (1/2 c.)	153.37	1.00	0.50	0.00	0.00	539.91	30.73	7.07	11.19	6.05	1.81	41.03	0.09(M)	0.34(M)	(M)	(M)
Seasoned Potato Wedges - LR1295 (1/2 c.)	139.54	6.98	1.00	0.00	0.00	368.77	16.94	1.99	0.00	1.00	0.36	0.00	0.00	3.59	(M)	(M)
Seasoned Turkey Breast Strips - LR1556 (3 oz.)	82.68	1.00	0.50	0.00	35.01	367.58	1.53	0.00	0.00	16.00	0.36	0.23	0.00	0.00	(M)	(M)
Shredded Cheddar Cheese - LR1122 (1/8 c.)Contains Milk.	40.00	1.00	1.00	0.00	0.00	330.00	7.00	0.00	2.00	1.00	(M)	20.00	(M)	(M)	(M)	(M)
Shredded Iceberg Lettuce - LR1264 (1/2 c.)	5.18	0.00	0.00	0.00	0.00	3.11	1.04	0.00	0.00	0.00	0.00	0.00	51.78	0.62	(M)	(M)
Sidewinder Fries - LR1515 (1/2 c.)	90.03	3.50	0.00	0.00	260.10	14.01	1.00	0.00	0.00	1.00	0.36	0.00	0.00	0.00	(M)	159.86
Sliced Bacon - LR1574 (1 ea.)	30.00	2.67	1.00	0.00	5.00	126.67	0.00	0.00	0.00	1.67	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Jalapenos - LR1261 (1/8 c.)	5.41	0.00	0.00	0.00	0.00	551.95	1.08	1.08	0.00	0.00	0.78	21.64	324.68	2.60	(M)	(M)
Sliced Peaches - LR1225 (1/2 c.)	50.68	0.00	0.00	0.00	0.00	4.22	11.82	0.85	9.29	0.85	0.00	0.00	0.00(M)	0.00	0.00	79.40
Sliced Turkey Breast - LR1012 (2 slice)	80.02	1.50	0.50	0.00	35.01	400.07	0.00	0.00	0.00	17.00	0.36	0.00	0.00	0.00	(M)	(M)
Slushie, Blue Raspberry 100% Juice - LR1231 (1 ea.)	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	12.00	0.00	0.36	0.00	500.00	60.00	(M)	(M)
Slushie, Cherry Limeade 100% Juice - LR1232 (1 ea.)	60.00	0.00	0.00	0.00	0.00	20.00	15.00	0.00	12.00	0.00	0.36	0.00	500.00	60.00	(M)	(M)
Slushie, Kiwi Strawberry 100% Juice - LR1234 (1 ea.)	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	12.00	0.00	0.36	0.00	500.00	60.00	(M)	140.00
Slushie, Paradise Punch 100% Juice - LR1233 (1 ea.)	60.00	0.00	0.00	0.00	0.00	15.00	16.00	0.00	12.00	0.00	0.36	0.00	500.00	60.00	(M)	140.00
Soft Taco - LR1015 (1 ea.)Contains Milk, Wheat.	431.32	23.93	11.55	0.91	67.58	590.37	30.58	4.00	0.00	22.72	2.94	277.50	170.22	0.00	0.00(M)	0.24(M)
Sour Cream - LR1141 (1 ea.)Contains Milk.	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	1.00	0.00	20.00	200.00	0.00	(M)	(M)
Southern Collard Greens - LR1427 (1/2 c.)Contains Milk, Gluten.	86.46	5.36	3.33	0.00	16.48	202.84	4.12	2.22	0.18	3.17	0.80(M)	88.64(M)	1938.90 (M)	5.32(M)	(M)	(M)

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Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Southwest Chicken Tornado Roll - LR1498 (1 ea.)Contains Milk, Wheat, Soy.	160.00	6.00	1.50	0.00	15.00	280.00	22.00	2.00	1.00	6.00	1.44	40.00	500.00	2.40	(M)	(M)
Specialty Chicken Salad - LR1541 (1 ea.)Contains Milk, Wheat, Soy.	302.16	14.39	3.68	0.00	41.39	725.44	24.68	4.28	3.94	18.07	3.59	183.45	4266.82 (M)	32.00(M)	(M)	(M)
Specialty Deli Salad - LR1542 (1 ea.)Contains Milk.	227.10	11.20	7.12	0.00	54.15	621.09	16.84	5.55	2.92	16.86	4.09(M)	284.90 (M)	5484.26 (M)	41.73(M)	(M)	(M)
Specialty Deli Sandwich or Sub - LR1544 (1 ea.)Contains Milk, Wheat, Soy.	270.52	9.28	3.86	0.00	45.27	867.53	33.06	4.00	4.64	18.75	2.04(M)	120.00 (M)	511.11 (M)	2.13(M)	(M)	(M)
Specialty Tortilla Wrap - LR1543 (1 ea.)Contains Milk, Egg, Wheat, Soy.	444.89	20.25	7.34	0.00	53.64	1172.97	45.12	4.83	3.19	22.11	3.83(M)	250.58 (M)	1583.75 (M)	7.00(M)	(M)	(M)
Spicy Breaded Chicken Patty - LR1388 (1 ea.)Contains Wheat, Soy.	270.00	15.00	3.00	0.00	25.00	400.00	17.00	3.00	1.00	15.00	2.70	40.00	100.00	0.00	(M)	(M)
Spicy Buffalo Chicken Pasta - LR1469 (1 c.)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	366.77	16.96	5.85	0.00	94.26	752.81	32.66	2.36	3.63	21.49	0.93(M)	137.25 (M)	770.83 (M)	1.90(M)	0.00(M)	3.16(M)
Spicy Chicken Patty Sandwich - LR1389 (1 ea.)Contains Wheat, Soy.	410.00	17.00	3.00	0.00	25.00	640.00	46.00	7.00	4.00	21.00	4.50	60.00	100.00	0.00	(M)	(M)
Spicy Chicken Patty Sandwich w/Pepper Jack - LR1490 (1 ea.)Contains Milk, Wheat, Soy.	520.00	26.00	8.00	0.00	50.00	700.00	47.00	7.00	4.00	29.00	4.50	210.00	100.00 (M)	0.00(M)	(M)	(M)
Spinach Maria - LR1423 (1/2 c.)Contains Milk, Gluten.	146.06	6.69	3.82	0.00	19.09	578.36	8.12	2.05	3.26	9.80	1.48	347.54	5357.00	2.63	(M)	(M)
Spinach Salad - LR1344 (1 c.)Contains Wheat.	104.63	2.29	0.76	0.00	0.00	204.22	20.16	3.98	6.86	2.09	3.04	45.51	2369.39	17.09	(M)	(M)
Spiral Cut Fries - LR1289 (1/2 c.)	138.01	4.60	0.92	0.00	0.00	220.82	23.00	1.84	(M)	1.84	0.66	0.00	0.00	(M)	(M)	(M)
Spudster Mashed Potato Puffs - LR1516 (7 ea.)	190.41	7.01	1.00	0.00	0.00	481.04	29.06	3.01	0.00	3.01	0.45	12.33	0.00	0.00	(M)	(M)
Sriracha Carrots - LR1422 (1/2 c.)Contains Gluten.	83.00	5.67	0.81	0.00	0.00	331.98	7.96	3.24	4.32	1.08	0.39(M)	43.18(M)	5398.02 (M)	2.59(M)	(M)	(M)
Steamed Broccoli - LR1244 (1/2 c.)Contains Milk.	37.48	1.64	1.03	0.00	4.36	57.39	3.05	1.52	1.52	1.54	0.00	15.25	0.00	22.87	(M)	(M)
Steamed Broccoli & Cauliflower - LR1348 (1/2 c.)Contains Milk.	58.44	4.07	2.51	0.00	10.53	120.31	3.67	1.82	1.79	1.75	0.21	17.02	0.00	32.80	(M)	(M)
Steamed Buttered Peas - LR1275 (1/2 c.)Contains Milk.	100.12	2.42	1.52	0.00	6.43	106.67	13.47	4.49	5.61	4.52	1.62	22.46	1964.88	16.84	(M)	(M)
Steamed Cauliflower - LR1253 (1/2 c.)Contains Milk.	45.89	2.77	1.62	0.00	6.64	87.80	4.62	2.27	2.19	2.01	0.53	19.72	0.00	47.92	(M)	(M)
Steamed Green Beans - LR1259 (1/2 c.)	31.70	1.24	0.18	0.00	0.00	309.92	4.22	2.00	2.00	1.00	1.08	39.99	399.90	4.80	(M)	(M)
Steamed Mixed Vegetables - LR1268 (1/2 c.)Contains Milk.	64.00	2.15	1.35	0.00	5.71	95.04	8.98	2.99	2.99	2.02	1.08	19.95	0.00(M)	0.00(M)	0.00(M)	187.52 (M)

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Steamed Rice - LR1163 (1 c.)	174.32	1.02	0.00	0.00	0.00	6.40	37.94	0.00	0.00	4.10	0.74	6.40	0.00	0.00	0.00	98.52
Steamed Vegetable Medley - LR1308 (1/2 c.)	47.80	2.64	0.38	0.00	0.00	80.82	5.03	2.01	2.01	1.01	0.36	20.13	1509.41	27.17	(M)	(M)
Strawberry Fruit Pearls - LR1475 (1 ea.)	40.00	0.00	0.00	0.00	0.00	0.00	9.00	2.00	7.00	0.00	(M)	(M)	(M)	21.00	(M)	(M)
Strawberry Yogurt Cup - LR1570 (1/2 c.)Contains Milk.	123.15	0.82	0.41	0.00	4.11	65.68	25.45	(M)	18.06	4.11	0.00	147.78	139.57	(M)	2.46	197.18
SunButter Sandwich - LR1102 (1 ea.)Contains Wheat, Soy.	560.00	34.00	4.00	0.00	0.00	520.00	46.00	12.00	12.00	20.00	4.32	160.00	0.00	0.00	(M)	(M)
Sweet Corn Hushpuppies - LR1159 (3 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	7.00	1.00	0.00	0.00	390.00	22.00	1.00	6.00	2.00	0.72	20.00	0.00	1.20	(M)	(M)
Sweet Crinkle Cut Carrots - LR1249 (1/2 c.)Contains Milk.	88.35	4.66	2.93	0.00	12.36	66.63	11.20	3.24	7.89	1.14	0.42	47.27	5398.02	2.59	(M)	(M)
Sweet Potato Waffle Fries - LR1336 (1/2 c.)	184.61	9.23	1.54	0.00	0.00	235.89	24.61	2.05	7.18	1.03	0.37	20.51	2564.06	6.15	(M)	(M)
Syrup - LR1143 (1 ea.)	80.00	0.00	0.00	0.00	0.00	30.00	20.00	0.00	11.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Taco Pasta - LR1426 (1 ea.)Contains Milk. May contain Egg, Wheat.	345.12	16.09	6.51	0.91	52.39	59.72	29.26	1.42	1.42	18.16	2.79	30.97	18.34	0.00	(M)	(M)
Tartar Sauce - LR1144 (1 ea.)Contains Egg, Soy.	40.00	3.00	0.00	0.00	5.00	100.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Teriyaki Steamed Rice - LR1506 (1 c.)	239.12	1.02	0.00	0.00	0.00	458.75	53.06	0.00	12.96	6.26	0.74	5.15	0.00	0.00	0.00(M)	98.11(M)
Toast - LR1192 (1 ea.)Contains Milk, Wheat, Soy.	86.40	1.74	0.05	0.00	0.01	145.79	16.00	2.00	3.00	3.00	0.72	60.14	0.00(M)	0.00(M)	0.00(M)	(M)
Toasted Grilled Cheese Sandwich - LR1022 (1 ea.)Contains Milk, Wheat, Soy.	260.00	11.00	5.00	0.00	25.00	780.00	32.00	4.00	7.00	11.00	1.44	220.00	0.00	0.00	(M)	(M)
Toasted Turkey Ciabatta - LR1539 (1 ea.)Contains Milk, Wheat. May contain Soy.	298.56	11.79	4.52	0.00	43.00	621.32	32.00	3.00	2.00	19.00	1.44(M)	170.06 (M)	200.00 (M)	0.00(M)	0.00(M)	(M)
Tortilla Shell 6" - LR1368 (1 ea.)Contains Wheat.	90.00	2.00	1.00	0.00	0.00	220.00	15.00	2.00	0.00	3.00	0.72	80.00	0.00	0.00	(M)	(M)
Tossed Salad - LR1343 (1 c.)	22.56	0.00	0.00	0.00	0.00	50.51	4.70	1.49	0.99	0.66	1.19	23.84	1771.40	10.36	(M)	(M)
Tostitos Beefy Nachos w/Cheese - LR1106 (1 ea.)Contains Milk.	451.32	26.93	10.55	0.91	67.58	310.37	29.58	3.00	0.00	19.72	1.86	137.50	170.22	0.00	0.00(M)	0.24(M)
Tostitos Chips - LR1167 (1 Bag)	200.00	7.00	1.00	0.00	0.00	160.00	29.00	3.00	0.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
Totally Taco Wedges - LR1078 (3 ea.)Contains Milk, Wheat, Soy.	250.00	8.00	2.50	0.00	10.00	600.00	30.00	4.00	2.00	15.00	2.70	200.00	100.00	0.00	(M)	(M)
Triangles Potatoes - LR1294 (2 ea.)	230.00	10.00	1.50	0.00	0.00	630.00	31.00	3.00	0.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Trix Cherry Yogurt - LR1514 (1 ea.)Contains Milk.	80.00	0.50	0.00	0.00	5.00	65.00	15.00	0.00	9.00	4.00	0.00	100.00	500.00	(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/28/2020 8:15:32 AM by Amber Buckner

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Trix Strawberry Yogurt - LR1202 (1 ea.)Contains Milk.	100.00	5.00	0.50	0.00	5.00	50.00	20.00	0.00	14.00	3.00	0.00	100.00	500.00	0.00	(M)	(M)
Tropical Fruit Pearls - LR1476 (1 ea.)	40.00	0.00	0.00	0.00	0.00	0.00	9.00	2.00	7.00	0.00	(M)	(M)	(M)	21.00	(M)	(M)
Turkey & Cheese Ciabatta Sandwich - LR1108 (1 ea.)Contains Milk, Wheat. May contain Soy.	306.65	10.99	4.49	0.00	54.32	875.31	34.49	4.50	2.50	21.44	2.61(M)	90.00(M)	1150.00 (M)	4.80(M)	(M)	(M)
Turkey & Cheese Deli Spinach Wrap - LR1360 (1 ea.)Contains Milk, Wheat, Soy.	469.65	16.49	7.99	0.00	54.32	1438.81	57.49	5.00	0.50	24.94	5.76(M)	250.00 (M)	2300.00 (M)	10.80(M)	(M)	(M)
Turkey & Cheese Salad - LR1098 (1 ea.)Contains Milk.	206.96	7.54	4.53	0.00	57.01	671.06	16.24	5.55	2.37	19.54	4.09(M)	183.65 (M)	5332.39 (M)	41.73(M)	(M)	(M)
Turkey & Cheese Specialty Salad - LR1100 (1 ea.)Contains Milk.	194.84	7.54	4.53	0.00	57.01	663.93	14.00	4.50	1.50	18.49	3.78(M)	176.25 (M)	5026.88 (M)	19.80(M)	(M)	(M)
Turkey & Cheese Spinach Wrap - LR1436 (1/2 ea.)Contains Milk, Wheat, Soy.	302.53	12.02	6.01	0.00	54.76	1049.54	29.51	2.50	0.50	20.59	2.88(M)	150.00 (M)	1150.00 (M)	5.40(M)	(M)	(M)
Turkey & Dumplings - LR1478 (1 c.)May contain Milk. Contains Egg, Wheat, Soy.	217.21	5.33	2.23	0.43	52.47	1106.33	20.58	0.86	0.86	19.54	1.29	5.33	0.00	0.00	0.00(M)	1.78(M)
Turkey Bacon Ranch Melt - LR1529 (1 ea.)Contains Milk, Egg, Wheat, Soy.	427.85	19.88	6.27	0.01	74.86	1213.85	35.52	4.00	6.76	30.37	1.44(M)	226.59 (M)	101.25 (M)	0.00(M)	0.00(M)	(M)
Turkey Bacon Ranch Mixture - LR1505 (2 5/8 oz.)Contains Milk, Gluten.	154.66	8.49	2.19	0.00	40.01	480.83	1.67	0.00	0.00	17.67	0.36(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
Turkey Bacon Ranch Taco - LR1425 (1 ea.)Contains Milk, Wheat, Gluten.	375.16	15.02	5.71	0.00	47.60	1011.96	32.68	4.00	0.51	26.71	1.80(M)	261.25 (M)	101.25 (M)	0.00(M)	(M)	(M)
Turkey Bacon Ranch Wrap - LR1528 (1 ea.)Contains Milk, Wheat, Soy.	469.32	25.36	8.02	0.00	69.51	1180.11	33.51	3.00	3.51	25.84	1.44(M)	251.25 (M)	151.25 (M)	0.60(M)	(M)	(M)
Turkey Bologna, Salami & Cheese Sub - LR1445 (1 ea.)Contains Milk, Wheat, Soy.	330.00	10.00	4.00	0.00	40.00	710.00	43.00	4.00	7.00	15.00	2.70	350.00	100.00	3.60	(M)	(M)
Turkey Casserole - LR1477 (2/3 c.)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	229.79	12.14	5.05	0.00	63.08	603.57	12.62	1.67	3.17	18.37	0.66(M)	37.73(M)	133.33 (M)	0.00(M)	0.00(M)	94.36(M)
Turkey Deli Sandwich w/Cheese - LR1110 (1 ea.)Contains Milk, Wheat, Soy.	273.65	9.49	3.99	0.00	54.32	891.81	30.49	4.00	3.50	21.94	1.80(M)	70.00(M)	0.00(M)	0.00(M)	(M)	(M)
Turkey Deli Wrap w/Cheese - LR1116 (1 ea.)Contains Milk, Wheat.	339.65	11.99	5.49	0.00	54.32	1008.81	36.49	6.00	2.50	21.94	3.78(M)	240.00 (M)	2300.00 (M)	9.60(M)	(M)	(M)
Turkey Deli Wrap w/Cheese To-Go - LR1115 (1 ea.)Contains Milk, Wheat, Soy.	439.75	23.75	6.69	0.00	46.25	1337.00	41.38	7.00	5.79	17.42	4.42	250.00	7050.00	10.80	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/28/2020 8:15:32 AM by Amber Buckner

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Turkey Ham & Cheese Sub - LR1446 (1 ea.)Contains Milk, Wheat, Soy.	280.00	7.00	2.50	0.00	35.00	760.00	34.00	3.00	6.00	19.00	3.60	250.00	100.00	2.40	(M)	(M)
Turkey Pot Pie - LR1112 (3/4 c.)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	203.70	7.78	2.00	0.00	53.12	670.52	14.38	1.20	1.20	16.80	0.43(M)	10.85(M)	0.00(M)	0.00(M)	0.00(M)	76.19(M)
Turkey Roast - LR1481 (2 oz.)	114.28	6.01	2.00	0.00	46.12	388.97	0.00	0.00	0.00	16.04	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Roast w/Gravy - LR1114 (1/2 c.)Contains Milk. May contain Egg, Wheat, Soy.	167.76	7.35	2.00	0.00	51.46	544.85	8.02	0.00	0.00	16.04	0.00(M)	2.13(M)	0.00(M)	0.00(M)	0.00(M)	0.71(M)
Turkey Roll-Up w/Cheese - LR1109 (1 ea.)Contains Milk, Wheat.	223.65	9.49	4.99	0.00	54.32	871.81	16.49	2.00	0.50	18.94	0.72(M)	130.00(M)	0.00(M)	0.00(M)	(M)	(M)
Turkey Sandwich w/Cheese - LR1117 (1 ea.)Contains Milk, Wheat, Soy.	293.65	9.49	3.99	0.00	54.32	931.81	33.49	4.00	6.50	21.94	1.44(M)	170.00(M)	0.00(M)	0.00(M)	(M)	(M)
Turkey Sausage, Egg & Cheese Tornado Roll - LR1577 (1 ea.)Contains Milk, Egg, Wheat, Soy.	180.00	7.00	1.50	0.00	30.00	280.00	22.00	2.00	1.00	7.00	1.44	40.00	200.00	1.20	(M)	(M)
Turkey Spaghetti Meat Sauce - LR1076 (1/2 c.)Contains Milk, Egg, Wheat.	120.68	4.02	1.01	0.00	50.28	422.38	6.03	1.01	4.02	17.10	1.09	40.23	402.26	3.62	(M)	(M)
Turkey Sub Sandwich w/Cheese - LR1118 (1 ea.)Contains Milk, Wheat, Soy.	286.65	8.99	3.99	0.00	54.32	965.31	29.49	3.50	1.50	23.44	2.61(M)	150.00(M)	1150.00(M)	4.80(M)	(M)	(M)
Turkey Taco Filling - LR1586 (3 1/8)Contains Soy.	130.73	7.04	2.01	0.00	70.39	321.81	2.01	0.00	0.00	13.07	1.81	60.34	201.13	0.00	(M)	(M)
Twisted Mozzarella Breadstick - LR1148 (1 ea.)Contains Milk, Wheat, Soy.	160.00	6.00	3.00	0.00	10.00	230.00	17.00	1.00	2.00	9.00	1.08	150.00	100.00	0.00	(M)	(M)
Unbreaded Seasoned Chicken Strips - LR1584 (2 1/4 oz.)Contains Soy.	89.02	4.50	0.50	0.00	45.01	280.06	1.00	0.00	0.00	11.00	(M)	(M)	(M)	(M)	(M)	(M)
Unseasoned White Meat Chicken Strips - LR1578 (3 oz.)	150.03	8.00	2.00	0.00	76.02	346.08	6.00	0.00	0.00	14.00	(M)	(M)	(M)	(M)	(M)	(M)
Upstate Cherry Yogurt - LR1382 (1 ea.)Contains Milk.	90.00	0.00	0.00	0.00	0.00	50.00	19.00	0.00	15.00	3.00	0.00	300.00	0.00	0.00	(M)	(M)
Upstate Peach Yogurt - LR1203 (1 ea.)Contains Milk.	90.00	0.00	0.00	0.00	0.00	75.00	19.00	0.00	16.00	3.00	0.00	300.00	0.00	0.00	(M)	(M)
Vanilla Yogurt Cup - LR1443 (1/2 c.)Contains Milk.	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	(M)	0.00	0.00	(M)	(M)	(M)
Waffle - LR1369 (1 ea.)Contains Milk, Egg, Wheat, Soy.	290.00	14.00	6.00	0.00	15.00	105.00	37.00	1.00	18.00	4.00	1.44	0.00	500.00	0.00	(M)	(M)
Waffle Wrapped - LR1484 (1 ea.)Contains Milk, Egg, Wheat, Soy.	290.00	14.00	6.00	0.00	15.00	160.00	37.00	2.00	18.00	4.00	1.44	0.00	500.00	0.00	(M)	(M)
Welch's Concord Grape 100% Juice Slush - LR1403 (1 ea.)	90.00	0.00	0.00	0.00	0.00	15.00	23.00	0.00	17.00	1.00	0.00	20.00	0.00	60.00	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/28/2020 8:15:32 AM by Amber Buckner

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Welch's Hula Cooler 100% Juice Slush - LR1402 (1 ea.)	70.00	0.00	0.00	0.00	0.00	12.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Whole Grain Granola - LR1191 (1 ea.) May contain Milk, Tree nuts. Contains Wheat, Soy.	120.00	3.50	0.00	0.00	0.00	75.00	20.00	2.00	6.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Whole Pepperoncini's - LR1342 (3 ea.)	6.04	0.00	0.00	0.00	0.00	483.02	2.42	0.00	0.00	0.00	0.00	0.00	0.00	1.45	(M)	(M)
Wild Mike's Cheese Bites - LR1447 (4 ea.) Contains Milk, Wheat, Soy.	280.00	12.00	4.00	0.00	20.00	540.00	28.00	4.00	0.00	16.00	1.44	240.00	400.00	0.00	(M)	(M)
Wild Mike's Cheese Pizza - LR1409 (1 ea.) Contains Milk, Wheat, Soy.	360.00	17.00	8.00	0.00	30.00	510.00	34.00	3.00	4.00	20.00	1.80	500.00	500.00	6.00	(M)	(M)
Wild Mike's Pepperoni Pizza - LR1410 (1 ea.) Contains Milk, Wheat, Soy.	369.82	17.99	9.00	0.00	34.98	579.72	33.98	3.00	4.00	19.99	1.80	399.81	499.76	9.00	(M)	(M)
Yogurt - LR1385 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Yogurt and Cheese Combo - LR1387 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Yogurt Party Parfait - LR1532 (1 ea.) Contains Milk.	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	0.00(M)	0.00(M)	(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Yoplait® Vanilla Yogurt & Fruit Parfait - LR1444 (1 ea.) Contains Milk.	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	0.00(M)	0.00(M)	(M)	0.00(M)	0.00(M)	(M)	(M)	(M)

Legend

(M) Indicates missing nutrient values.

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014+

Serving Group: 9-12

Data Source: Local