

# Menu Item Nutrient Report 6-8 Refresh Menu 2018, Second Semester

Generated on: 1/1

| Item Name<br>(Serving Size)  | Calories<br>(Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol<br>(mg) | Na (mg)   | Carb (g) | TDF (g) | Sugars<br>(g) | Pro (g) | Fe (mg) | Ca (mg)  | A,IU       | VitC (mg) |
|--|--------------------|---------|----------|----------|--------------|-----------|----------|---------|---------------|---------|---------|----------|------------|-----------|
| 1% White Milk - TR1035 (1 ea.)   | 130.00             | 2.50    | 1.50     | 0.00     | 15.00        | 160.00    | 16.00    | 0.00    | 15.00         | 10.00   | (M)     | (M)      | (M)        | (M)       |
| All Beef Hot Dog MS - TR1344 (1 ea.)<br>Contains Wheat, Soy.                 | 305.00             | 12.50   | 4.50     | 0.50     | 35.00        | 915.00    | 30.00    | 2.00    | 6.00          | 16.00   | 1.80(M) | 40.00(M) | 0.00(M)    | 0.00(M)   |
| Baby Carrots - TR1054 (1/2 c.)   | 29.75              | 0.11    | 0.02     | 0.00     | 0.00         | 66.30     | 7.00     | 2.46    | 4.05          | 0.54    | 0.76    | 27.20    | 11721.50   | 2.21      |
| BBQ Chicken Pizza - TR1346 (1 slice)<br>Contains Milk, Wheat, Gluten.        | 471.09             | 17.67   | 8.33     | 0.00     | 80.00        | 815.90    | 43.02    | 4.00    | 12.34         | 32.67   | 0.63(M) | 33.55(M) | 41.69(M)   | 1.51(M)   |
| BBQ Meatballs MS - TR1351 (1 ea.)<br>Contains Milk, Wheat, Soy.              | 608.86             | 19.44   | 6.84     | 0.00     | 45.00        | 1300.45   | 76.37    | 7.95    | 14.67         | 26.08   | 4.62    | 268.48   | 4790.62(M) | 32.51(M)  |
| Bean and Cheese Burrito - TR1262 (1 ea.)<br>Contains Milk, Wheat, Soy.       | 381.00             | 13.38   | 4.73     | (M)      | 20.00        | 384.00    | 48.06    | 7.00    | 0.69          | 21.53   | 2.43    | 327.43   | 348.00     | 2.36      |
| Bean and Cheese Burrito - TR1263 (1 ea.)<br>Contains Milk, Wheat, Soy.       | 431.00             | 16.24   | 6.38     | (M)      | 27.00        | 476.00    | 50.79    | 7.55    | 0.76          | 26.05   | 2.62    | 425.95   | 435.00     | 2.62      |
| Black Beans - TR1207 (1 ea.)   | 152.00             | 1.01    | 0.07     | (M)      | 0.00         | 42.00     | 46.07    | 29.40   | 1.96          | 17.64   | 5.47    | 85.97    | 357.00     | 0.60      |
| Broccoli - TR1080 (1 ea.)  | 39.00              | 0.44    | 0.08     | (M)      | 0.00         | 43.00     | 8.08     | 3.56    | 1.50          | 2.58    | 0.73    | 44.19    | 1621.00    | 68.08     |
| Carrots w/ Ranch - TR1332 (1 c.)   | 157.26             | 10.00   | 1.51     | 0.00     | 9.78         | 318.34    | 14.99    | 4.93    | 9.07          | 1.09    | 1.51    | 54.40    | 23540.76   | 6.77      |
| Celery Sticks - TR1330 (1 c.)  | 10.00              | 0.00    | 0.00     | 0.00     | 0.00         | (M)       | 3.00     | 2.00    | 1.00          | 0.00    | (M)     | 40.00    | 22.00      | 3.00      |
| Celery with Ranch - TR1340 (1 c.)  | 107.76             | 9.78    | 1.47     | 0.00     | 9.78         | 185.74(M) | 3.98     | 2.00    | 1.98          | 0.00    | 0.00(M) | 40.00    | 119.76     | 5.35      |
| Cheddar Mashed Potato Bowl MS - TR1352 (1 ea.)<br>Contains Milk, Wheat, Soy. | 651.61             | 25.66   | 11.96    | 0.00     | 60.75        | 1394.95   | 73.37    | 7.95    | 13.67         | 27.25   | 3.54    | 653.48   | 5398.12(M) | 31.31(M)  |
| Cheese Pizza - TR1347 (1 slice)<br>Contains Milk, Wheat, Gluten.             | 360.00             | 16.00   | 8.00     | 0.00     | 40.00        | 490.00    | 35.00    | 4.00    | 6.00          | 18.00   | (M)     | (M)      | (M)        | (M)       |

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|--|-----------|----------|---------|---------|----------|-----------|----------|----------|---------|----------|---------|-----------|-------------|----------|
| Cheeseburger - TR1033 (1 ea.)Contains Milk, Wheat, Soy, Gluten.                  | 485.00    | 17.50    | 7.50    | 0.00    | 60.00    | 770.00    | 55.00    | 4.00     | 7.00    | 26.00    | 3.60(M) | 190.00(M) | 0.00(M)     | 2.40(M)  |
| Chicken Burrito MS - TR1317 (1 ea.)Contains Milk, Wheat.                         | 345.29(M) | 12.78(M) | 3.47(M) | 0.00(M) | 56.67(M) | 804.08(M) | 38.55(M) | 11.06(M) | 0.00(M) | 20.18(M) | 4.17(M) | 100.82(M) | 2.27(M)     | 3.40(M)  |
| Chicken Lo Mein - TR1348 (1 ea.)Contains Wheat, Soy.                             | 375.22    | 8.17     | 1.33    | 0.00    | 80.00    | 723.69    | 71.44    | 4.21     | 18.80   | 36.62    | 3.81(M) | 95.25(M)  | 2308.50(M)  | 42.63(M) |
| Chopped Romaine Lettuce - TR1118 (1 ea.)   | 6.00      | 0.11     | 0.01    | (M)     | 0.00     | 3.00      | 1.22     | 0.78     | 0.44    | 0.46     | 0.36    | 12.26     | 3235.00     | 1.49     |
| Classic Turkey & Cheese Sandwich - TR1275 (1 ea.)Contains Milk, Egg, Wheat, Soy. | 384.00    | 18.11    | 5.55    | (M)     | 57.00    | 785.00    | 31.17    | 2.68     | 4.11    | 20.89    | 2.11    | 156.98    | 1272.00     | 1.30     |
| Classic Turkey Sandwich - TR1019 (1 sandwich)Contains Egg, Wheat, Gluten.        | 575.80    | 27.12    | 6.52    | 0.00    | 45.00    | 1193.72   | 53.24    | 3.79     | 11.24   | 28.68    | 6.67    | 227.64    | 2110.40(M)  | 7.69(M)  |
| Corn - TR1331 (1 c.)   | 164.00    | 1.00     | 0.00    | 0.00    | 0.00     | 0.00      | 39.00    | 2.00     | 0.00    | 5.00     | (M)     | 4.00      | 0.00        | 5.00     |
| Cucumber - TR1037 (1 c.)   | 16.00     | 0.11     | 0.00    | 0.00    | 0.00     | 2.00      | 3.78     | 0.50     | 1.74    | 0.68     | 0.29    | 17.00     | 109.00      | 2.90     |
| Fat-Free White Milk - TR1036 (1 ea.)   | 90.00     | 0.00     | 0.00    | 0.00    | 5.00     | 130.00    | 13.00    | 0.00     | 13.00   | 9.00     | (M)     | (M)       | (M)         | (M)      |
| Fresh Celery Sticks - TR1108 (1 ea.)   | 16.00     | 0.17     | 0.04    | (M)     | 0.00     | 78.00     | 2.89     | 1.56     | 1.30    | 0.67     | 0.19    | 38.90     | 437.00      | 3.01     |
| Fresh Cucumber Slices - TR1098 (1 ea.)   | 16.00     | 0.12     | 0.04    | (M)     | 0.00     | 2.00      | 3.99     | 0.55     | 1.84    | 0.71     | 0.31    | 17.60     | 115.00      | 3.08     |
| Fruit and Yogurt Parfait - TR1026 (1 Parfait)Contains Milk, Wheat, Soy.          | 401.82    | 5.54     | 1.51    | 0.00    | 15.00    | 227.63    | 76.84    | 6.02     | 33.97   | 17.13    | 2.65    | 362.16    | 9.12        | 44.69    |
| Garden Chef Salad, Chicken MS - TR1335 (1 ea.)Contains Milk, Wheat.              | 426.66    | 21.64    | 7.03    | 0.00    | 85.15    | 660.99(M) | 28.69    | 7.84     | 7.10    | 28.03    | 2.65(M) | 287.40(M) | 12691.57(M) | 11.09(M) |
| Garden Chef Salad, Vegetarian MS - TR1336 (1 ea.)Contains Milk, Wheat.           | 404.48    | 20.61    | 6.53    | 0.00    | 40.15    | 465.99(M) | 35.38    | 10.70    | 7.15    | 18.81    | 2.59(M) | 306.48    | 12843.63(M) | 12.09(M) |
| Hamburger - TR1055 (1 ea.)Contains Wheat, Soy, Gluten.                           | 405.00    | 10.50    | 3.50    | 0.00    | 40.00    | 635.00    | 55.00    | 4.00     | 7.00    | 21.00    | 3.60    | 40.00(M)  | 0.00(M)     | 2.40(M)  |

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|---|-----------|---------|---------|---------|---------|-----------|----------|----------|---------|----------|---------|-----------|-------------|----------|
| Hot Meatball Sub - TR1265 (1 ea.)<br>Contains Milk, Wheat, Soy.                 | 359.00    | 13.90   | 5.02    | (M)     | 36.00   | 761.00    | 38.32    | 4.29     | 3.54    | 20.42    | 3.11    | 127.32    | 445.00      | 5.73     |
| Hot Pesto Provolone Sandwich - TR1013 (1 sandwich)<br>Contains Milk.            | 466.75    | 23.10   | 8.72    | 0.00    | 41.84   | 915.50    | 41.45    | 3.20     | 3.10    | 27.15    | 2.37    | 400.55    | 192.50(M)   | 2.01(M)  |
| Hot Turkey Pesto Sandwich - TR1011 (1 sandwich)<br>Contains Milk.               | 406.75    | 14.10   | 4.22    | 0.00    | 41.84   | 1215.50   | 44.45    | 3.20     | 3.10    | 30.15    | 3.15    | 160.55    | 192.50(M)   | 2.01(M)  |
| Hot Turkey Sandwich - TR1290 (1 sandwich)<br>Contains Milk, Egg, Wheat.         | 470.00    | 20.50   | 5.00    | 0.00    | 45.00   | 1190.00   | 44.00    | 3.00     | 3.00    | 29.00    | 2.98    | 120.00    | 0.00(M)     | 1.20(M)  |
| Side Salad - TR1322 (1 ea.)   | 115.91    | 9.88    | 1.47    | 0.00    | 9.78    | 188.74    | 5.18     | 1.76     | 3.42    | 0.44     | 0.35(M) | 19.09     | 5193.26     | 5.80     |
| Sriracha Chicken Club Sandwich MS - TR1334 (1 ea.)<br>Contains Egg, Wheat, Soy. | 404.58    | 15.33   | 3.50    | 0.00    | 73.33   | 742.50    | 30.50    | 2.00     | 3.25    | 33.00    | 2.62(M) | 140.00(M) | 0.00(M)     | 0.00(M)  |
| Steamed Corn - TR1093 (1 ea.)   | 109.00    | 0.97    | 0.15    | (M)     | 0.00    | 4.00      | 25.66    | 2.60     | 3.10    | 3.74     | 0.52    | 4.96      | 242.00      | 7.93     |
| SunButter and Jelly Sandwich MS - TR1333 (1 ea.)<br>Contains Milk, Wheat, Soy.  | 473.33    | 24.00   | 5.00    | 0.00    | 15.00   | 550.00    | 43.67    | 4.00     | 11.67   | 23.00    | 2.88(M) | 270.00(M) | (M)         | 0.00(M)  |
| Three Bean Salad MS - TR1341 (1 ea.)  | 133.14    | 2.71    | 0.34    | 0.00    | 0.00    | 30.07(M)  | 21.91    | 7.99     | 2.07    | 8.39     | 1.89(M) | 71.35(M)  | 416.84(M)   | 8.51(M)  |
| Turkey Avocado Sandwich MS - TR1338 (1 ea.)<br>Contains Milk, Egg, Wheat, Soy.  | 372.31    | 20.23   | 5.24    | 0.00    | 38.36   | 865.86    | 31.42    | 2.94     | 3.00    | 24.02    | 1.80(M) | 190.00(M) | 0.00(M)     | 1.70(M)  |
| Turkey Pesto Sandwich - TR1057 (1 sandwich)<br>Contains Milk.                   | 346.75    | 13.60   | 4.22    | 0.00    | 41.84   | 1130.50   | 31.45    | 2.20     | 2.10    | 28.15    | 2.79    | 160.55    | 192.50(M)   | 0.81(M)  |
| Veggie Burrito MS - TR1318 (1 ea.)<br>Contains Milk, Wheat.                     | 301.65(M) | 9.00(M) | 2.50(M) | 0.00(M) | 0.00(M) | 792.50(M) | 46.42(M) | 14.35(M) | 0.00(M) | 11.35(M) | 4.70(M) | 141.65(M) | 4.54(M)     | 3.60(M)  |
| Veggie Garden Chef Salad - TR1327 (1 ea.)<br>Contains Milk, Wheat.              | 474.48    | 21.11   | 6.53    | 0.00    | 40.15   | 555.99(M) | 47.38    | 11.70    | 8.15    | 21.81    | 3.31(M) | 326.48    | 12843.63(M) | 12.09(M) |
| Veggie Hot Dog - TR1345 (1 ea.)<br>Contains Wheat, Soy.                         | 265.00    | 5.00    | 0.50    | 0.00    | 0.00    | 965.00    | 33.00    | 4.00     | 5.00    | 20.00    | 3.60    | 80.00     | 100.00(M)   | 0.00(M)  |
| Veggie Lo Mein MS - TR1349 (1 ea.)<br>Contains Wheat, Soy.                      | 308.37    | 9.51    | 2.00    | 0.00    | 0.00    | 337.02    | 72.73    | 4.21     | 18.80   | 16.62    | 4.29(M) | 202.00(M) | 2308.50(M)  | 42.63(M) |

**Legend**

(M) Indicates missing nutrient values.

***Report Selections***

Meal Pattern: [USDA]Meal Pattern SY 2014+

Serving Group: 6-8

Date Range: Last







