

Menu Item Nutrient Report 9-12 Refresh Menu 2018, Second Semester

Generated on: 1/1

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (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 HS - TR1314 (1 ea.) Contains Wheat, Soy, Gluten.	435.00	16.50	4.50	0.50	35.00	1010.00	50.00	3.00	14.00	18.00	5.80(M)	55.00(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 - TR1321 (1 slice) Contains Milk, Wheat, Gluten.	601.09	21.67	8.33	0.00	80.00	910.90	63.02	5.00	20.34	34.67	4.63(M)	48.55(M)	41.69(M)	1.51(M)
BBQ Meatballs HS - TR1313 (1 ea.) Contains Milk, Wheat, Soy.	658.86	25.44	10.84	0.00	60.00	1350.45	76.37	7.95	14.67	26.08	4.62(M)	268.48(M)	5090.62(M)	32.51(M)
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 - TR1316 (1 ea.) Contains Milk, Wheat, Soy.	701.61	31.66	15.96	0.00	75.75	1444.95	73.37	7.95	13.67	27.25	3.54(M)	653.48(M)	5698.12(M)	31.31(M)
Cheese Pizza - TR1034 (1 slice) Contains Milk, Wheat, Gluten.	490.00	20.00	8.00	0.00	40.00	585.00	55.00	5.00	14.00	20.00	4.00(M)	15.00(M)	0.00(M)	0.00(M)
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)

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Chicken Burrito HS - TR1343 (1 ea.)Contains Milk, Wheat.	455.29(M)	16.78(M)	4.47(M)	0.00(M)	56.67(M)	1054.08(M)	53.55(M)	10.06(M)	0.00(M)	23.18(M)	4.17(M)	140.82(M)	2.27(M)	3.40(M)
Chicken Lo Mein - TR1319 (1 ea.)Contains Wheat, Soy.	466.06	12.17	1.83	0.00	60.00	658.03	106.13	6.41	27.57	33.57	5.16(M)	130.09(M)	2592.00(M)	83.22(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 - TR1326 (1 ea.)Contains Milk, Wheat.	496.66	22.14	7.03	0.00	85.15	750.99(M)	40.69	8.84	8.10	31.03	3.37(M)	307.40(M)	12691.57(M)	11.09(M)
Veggie Garden Chef Salad - TR1327 (1 ea.)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)
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.) 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) 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) 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) 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 - TR1325 (1 ea.) Contains Egg, Wheat, Soy.	454.58	19.33	5.50	0.00	83.33	862.50	30.50	2.00	3.25	37.00	2.72(M)	220.00(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 - TR1324 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	603.33	28.00	5.00	0.00	15.00	645.00	63.67	5.00	19.67	25.00	6.88(M)	285.00(M)	0.00(M)	0.00(M)
Three Bean Salad - TR1323 (1 ea.)	210.09	5.06	0.67	0.00	0.00	60.07(M)	33.17	11.94	3.43	12.57	2.81(M)	106.22(M)	624.26(M)	12.76(M)
Turkey Avocado Sandwich - TR1329 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	582.30	31.23	9.24	0.00	58.36	1095.86	51.42	3.94	11.00	31.02	5.80(M)	355.00(M)	0.00(M)	1.70(M)
Turkey Pesto Sandwich - TR1057 (1 sandwich) 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 HS - TR1342 (1 ea.) Contains Milk, Wheat.	411.65(M)	13.00(M)	3.50(M)	0.00(M)	0.00(M)	1042.50(M)	61.42(M)	13.35(M)	0.00(M)	14.35(M)	4.70(M)	181.65(M)	4.54(M)	3.60(M)
Veggie Garden Chef Salad - TR1327 (1 ea.) 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 HS - TR1315 (1 ea.) Contains Wheat, Soy, Gluten.	395.00	9.00	0.50	0.00	0.00	1060.00	53.00	5.00	13.00	22.00	7.60	95.00	100.00(M)	0.00(M)

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Veggie Lo Mein - TR1320 (1 ea.)Contains Wheat, Soy.	439.20	14.34	2.67	0.00	0.00	378.02	107.75	6.41	27.57	20.91	5.88(M)	243.50(M)	2592.00(M)	83.22(M)
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Legend

(M) Indicates missing nutrient values.

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014+

Serving Group: 9-12

Date Range: 1/1

