

Middle School

LUNCH 6-8

Nutra - Oct

Wed - 10/01/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
BURRITO, BEEF, BEAN & RE	1 EACH	271	10	381	4.01	35.12	11.04
PIZZA BIG DADDY HARVEST	1/8 SLICE	430	35	770	300.00	51.00	15.00
STRAWBERRY CUP	1 EACH	122	0	4	14.00	33.05	0.17
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALSA, GREEN CHILI TOMA	1 OZ	6	0	153	0.00	1.39	0.12
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
BROCCOLI, FRESH, RAW	1 OZ	10	0	9	13.32	1.88	0.10
CAULIFLOWER, raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER, RAW	1 OZ	3	0	1	3.97	0.61	0.05
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Thu - 10/02/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
SPAGHETTI AND MEAT SAU	1 CUP	194	25	449	68.19	16.90	10.37
CHICKEN NUGGETS, WG 5	5 each	180	46	585	38.08	13.03	9.02
BREAD STICK WG BROWN	STICK	90	0	170	20.00	14.00	2.50
CORN, CANNED, WHOLE-KE	1/2 cup	66	0	175	4.00	15.24	0.82
SPINACH SALAD	1.5 CUP	60	3	254	94.62	8.23	1.82
BANANAS, RAW FRESH	1 EACH	90	0	1	5.05	23.07	0.33
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
BROCCOLI, FRESH, RAW	1 OZ	10	0	9	13.32	1.88	0.10
CAULIFLOWER, raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER SAUCE	1 OZ	20	2	50	18.36	1.28	1.54
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Fri - 10/03/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
POLLOCK NUGGETS: 4 EA	1 EACH	227	13	387	26.68	18.68	10.67
PHILLY STEAK HOAGIE	1 EACH	287	31	597	36.80	31.84	10.18
GREEN BEANS, CUT: 3/4C	3/4 CUP	50	0	540	0.00	10.00	0.00
POTATO, CRINKLE CUT: 3 O	3 OZ	180	0	45	0.00	28.50	6.75
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	144	0	15	15.20	37.60	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
KETCHUP: 3	PKG	10	0	80	0.00	2.00	0.00
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.00
CAULIFLOWER, raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER, RAW	1 OZ	3	0	1	3.97	0.61	0.05
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Mon - 10/06/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
SALMON WRAP: 3 OZ	3 OZ	180	15	450	80.00	23.00	4.00
CORN PUPS, WHOLE GRAIN	1 EA	600	75	1350	239.93	65.98	26.99
POTATO, CRINKLE CUT: 3 O	3 OZ	180	0	45	0.00	28.50	6.75
MANDARIN ORANGE SEGM	1/2 C	180	0	0	40.00	42.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
TARTAR SAUCE: scratch	1 OZ	77	6	148	8.03	6.52	6.22
KETCHUP: 3	PKG	10	0	80	0.00	2.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
BROCCOLI, FRESH, RAW	1 OZ	10	0	9	13.32	1.88	0.10
CAULIFLOWER, raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Tue - 10/07/2014	Portion		Mg	Mg	Mg	G	G
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	Size	Cals	Cholst	Sodm	Calcm	Carb	T-Fat
CHICKEN TERIYAKI STRIPS	2.85 OZ	146	53	414	20.00	14.00	2.50
POLLOCK HOAGIE	3.6 OZ	190	50	190	*N/A*	14.00	8.00
RICE, BROWN LONG, QUICK	1/2 cup	108	0	5	10.00	22.39	0.88
PINEAPPLE CHUNKS	1/2 CUP	146	0	2	34.16	38.31	0.20
APPLESAUCE, UNSWEETEN	1 CUP	60	0	10	0.00	15.00	0.00
GREEN BEANS, CUT:3/4C	3/4 CUP	50	0	540	0.00	10.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.00
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER SAUCE	1 OZ	20	2	50	18.36	1.28	1.54
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Wed - 10/08/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
PIZZA 4X6 TONY'S	SLICE	300	25	580	250.00	35.00	11.00
SLIDERS	2 EACH	524	*80	699	*1057.50	*41.87	22.50
CARROTS, BABY RAW	4 OZ	10	0	22	9.07	2.34	0.04
POTATO, TATER TOTS: 12	12 EACH	179	0	387	0.00	20.83	8.93
JUICE WH FRUIT CUP FZ, O	1 EACH	70	0	5	80.00	18.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER SAUCE	1 OZ	20	2	50	18.36	1.28	1.54
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.00
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02

Thu - 10/09/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CHILI CON CARNE W/ BEAN	1/2 CUP	156	14	400	61.16	17.43	6.25
CHICKEN BREAST PATTY B	PATTY	240	55	340	20.00	14.00	14.00
BREAD STICK WG BROWN	STICK	90	0	170	20.00	14.00	2.50
VEGETABLES, SANTA FE BL	1 CUP	187	0	120	53.36	34.69	0.00
PEARS, SLICED :1/2 C	1/2 C	160	0	10	0.00	40.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
BROCCOLI,FRESH,RAW	1 OZ	10	0	9	13.32	1.88	0.10
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER,RAW	1 OZ	3	0	1	3.97	0.61	0.05
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Fri - 10/10/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
EGG ROLL SFS MINH TURK	1 EACH	250	110	680	60.00	27.00	9.00
BEEF, CHICKEN FRIED FIN	4 EACH	80	12	201	9.44	4.85	5.02
BROCCOLI,FRESH,RAW	1 OZ	10	0	9	13.32	1.88	0.10
POTATO, SWEET KK FRIES	3 OZ	120	*N/A*	135	*N/A*	*N/A*	10.00
PEACHES, LIGHT SYRUP: 1/	1/2 C	140	0	20	0.00	34.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.00
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER,RAW	1 OZ	3	0	1	3.97	0.61	0.05
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Mon - 10/13/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CHICKEN BREAST PATTY B	PATTY	240	55	340	20.00	14.00	14.00
PORK PATTY (BBQ)	1 EACH	245	46	620	29.00	10.00	17.50
BEANS, BAKED ORIGINAL:1/	1/2 C	280	0	1100	80.00	58.00	2.00
CARROTS, RAW BABY EL	4 OZ	10	0	22	9.07	2.34	0.04
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	144	0	15	15.20	37.60	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER,RAW	1 OZ	3	0	1	3.97	0.61	0.05
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.00
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Tue - 10/14/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
PORK NUGGETS	.90	200	35	560	40.00	8.00	13.00
CHICKEN NUGGETS, WG 5	5 each	180	46	585	38.08	13.03	9.02
NOODLES, CHOW MEIN : 4	1 OZ	11	0	18	1.25	2.19	0.09
PEARS, SLICED :1/2 C	1/2 C	160	0	10	0.00	40.00	0.00
BAKED SWEET POTATOES	1/4 CUP	84	0	26	11.86	18.03	1.38
POTATO, SWEET KK FRIES	3 OZ	120	*N/A*	135	*N/A*	*N/A*	10.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.00
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER,RAW	1 OZ	3	0	1	3.97	0.61	0.05
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Wed - 10/15/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
COD MARINATED: 9-12	6 OZ	125	33	279	10.01	1.50	8.50
BEEF, CHICKEN FRIED FIN	4 EACH	80	12	201	9.44	4.65	5.02
ROLLS, ROUND WHEAT DIN	1 EACH	110	0	200	60.00	20.00	2.00
POTATO, TATER TOTS	1 EACH	17	0	34	0.00	1.90	1.00
PEACHES, LIGHT SYRUP: 1/	1/2 C	140	0	20	0.00	34.00	0.00
BANANA CHO CHUNK	2.5 OZ	280	15	220	*N/A*	47.91	7.99
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
KETCHUP:3	PKG	10	0	80	0.00	2.00	0.00
TARTAR SAUCE: scratch	1 OZ	77	6	148	8.03	6.52	6.22
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
BROCCOLI,FRESH,RAW	1 OZ	10	0	9	13.32	1.88	0.10
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER,RAW	1 OZ	3	0	1	3.97	0.61	0.05
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Thu - 10/16/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
MAXSTIX WHOLE GRAIN:2E	2 EACH	300	10	780	300.00	32.00	14.00
CHICKEN STRIPS, SPICY	1 EACH	88	12	239	9.74	4.87	5.35
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
GREEN BEANS, CUT	3/4 CUP	50	0	540	0.00	10.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
DIPPING SAUCE	1 OZ	11	0	139	5.47	2.94	0.04
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.00
CUCUMBER,RAW	1 OZ	3	0	1	3.97	0.61	0.05
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02

Fri - 10/17/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
TERIYAKI BEEF FINGERS (J	1 EA	218	52	440	300.00	10.00	12.00
TURKEY & HAM HOAGIE 6-8	1 EACH	234	26	1060	24.94	28.96	4.44
WINTER MIX :3/4 C	3/4 C	67	0	67	53.36	10.67	0.00
PINEAPPLE CHUNKS	1/2 CUP	146	0	2	34.16	38.31	0.20
NOODLES, CHOW MEIN VE	4 OZ	42	0	72	5.00	8.75	0.38
APPLESAUCE, CUP STRAW	1 EACH	70	0	15	0.00	16.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00

SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
BROCCOLI,FRESH,RAW	1 OZ	10	0	9	13.32	1.88	0.10
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
BROCCOLI,FRESH,RAW	1 OZ	10	0	9	13.32	1.88	0.10
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER,RAW	1 OZ	3	0	1	3.97	0.61	0.05
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Mon - 10/20/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
RAVIOLI, BEEF WWHEAT M	1 EACH	250	30	690	20.00	30.00	8.00
SLIDERS	2 EACH	524	*80	699	*1057.50	*41.87	22.50
BREAD STICK WG BROWN	STICK	90	0	170	20.00	14.00	2.50
CARROTS, BABY RAW	4 OZ	10	0	22	9.07	2.34	0.04
MANDARIN ORANGE SEGM	1/2 C	180	0	0	40.00	42.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
BROCCOLI,FRESH,RAW	1 OZ	10	0	9	13.32	1.88	0.10
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER,RAW	1 OZ	3	0	1	3.97	0.61	0.05
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Tue - 10/21/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
MANWICH SLOPPY JOE'S K-	3 OZ	297	22	800	55.69	34.67	11.87
CHICKEN STRIPS, SPICY	1 EACH	88	12	239	9.74	4.87	5.35
PINEAPPLE CHUNKS	1/2 CUP	146	0	2	34.16	38.31	0.20
ORANGES,FRESH	1 EACH	45	0	0	38.40	11.28	0.12
CORN, CANNED, WHOLE-KE	1/2 cup	66	0	175	4.00	15.24	0.82
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.00
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER SAUCE	1 OZ	20	2	50	18.36	1.28	1.54
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Wed - 10/22/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
PIZZA 4X6 TONY'S	SLICE	300	25	580	250.00	35.00	11.00
BURRITO, BEEF, BEAN & RE	1 EACH	271	10	381	4.01	35.12	11.04
STRAWBERRY CUP	1 EACH	122	0	4	14.00	33.05	0.17
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
BROCCOLI,FRESH,RAW	1 OZ	10	0	9	13.32	1.88	0.10
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER,RAW	1 OZ	3	0	1	3.97	0.61	0.05
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Thu - 10/23/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
TACO BEEF & BEAN K-8 GR	2 EACH	143	14	322	88.17	12.12	7.47
PIZZA, HAWAIIAN	SERVINGS	382	37	824	245.75	45.80	12.72
REFRIED BEANS, TRADITIO	1/2 C	200	0	1040	80.00	36.00	0.00
GREEN BEANS, CUT:3/4C	3/4 CUP	50	0	540	0.00	10.00	0.00
LETTUCE & TOMATO:1 leaf,2	1 lf,2 slc	6	0	2	3.90	1.32	0.07
BANANAS,RAW FRESH	1 EACH	90	0	1	5.05	23.07	0.33
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD, ROMAINE: 1.5C NO	1 CUP	554	0	262	434.97	125.24	3.47
BROCCOLI,FRESH,RAW	1 OZ	10	0	9	13.32	1.88	0.10
Carrot & Celery Sticks	portion	29	0	90	40.82	6.36	0.17
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER,RAW	1 OZ	3	0	1	3.97	0.61	0.05

TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Fri - 10/24/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
SOCKEYE SALMON FILLET	6 OZ	180	43	100	10.01	1.00	13.01
PORK PATTY (BBQ)	1 EACH	245	46	620	29.00	10.00	17.50
RICE, BROWN LONG, QUICK	1/2 cup	108	0	5	10.00	22.39	0.88
WINTER MIX :3/4 C	3/4 C	67	0	67	53.36	10.67	0.00
POTATO JO-JO	3.0	146	*N/A*	256	50.00	12.06	7.12
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
TARTAR SAUCE: scratch	1 OZ	77	6	148	8.03	6.52	6.22
KETCHUP:3	PKG	10	0	80	0.00	2.00	0.00
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
BROCCOLI,FRESH,RAW	1 OZ	10	0	9	13.32	1.88	0.10
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.08
CUCUMBER,RAW	1 OZ	3	0	1	3.97	0.61	0.05
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.02
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Mon - 10/27/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CORN PUPS, WHOLE GRAIN	1 EA	200	25	450	79.98	21.99	9.00
SLIDERS	2 EACH	524	*80	699	*1057.50	*41.87	22.50
POTATO, CRINKLE CUT: 3 O	3 OZ	180	0	45	0.00	28.50	6.75
CARROTS, RAW BABY EL	4 OZ	10	0	22	9.07	2.34	0.04
APPLESAUCE, CUP STRAW	1 EACH	70	0	15	0.00	16.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16
KETCHUP:3	PKG	10	0	80	0.00	2.00	0.00
LETTUCE & TOMATO:1 leaf,2	1 lf,2 slc	6	0	2	3.90	1.32	0.07

Tue - 10/28/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
PULLED CHICKEN SAND:K-6	2.852 OZ	308	*53	698	*40.00	42.48	*5.50
POLLOCK NUGGETS: 4 EA	1 EACH	227	13	387	26.68	18.68	10.67
POTATO JO-JO	3.0	146	*N/A*	256	50.00	12.06	7.12
EDAMANE SUCCOTASH	3 OZ	100	*N/A*	10	40.00	10.00	3.00
JUICE WH FRUIT CUP FZ MI	1 EACH	70	0	5	80.00	18.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
TARTAR SAUCE: scratch	1 OZ	77	6	148	8.03	6.52	6.22

Wed - 10/29/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CHICKEN BREADED 8-WAY	SERVG	220	70	380	20.00	12.00	13.00
CHICKEN, POPCORN	SERV 3.85 OZ	289	38	301	25.09	17.56	17.56
ROLLS, ROUND WHEAT DIN	1 EACH	110	0	200	60.00	20.00	2.00
POTATOES, MASHED INSTA	1/2 C	140	0	500	40.00	28.00	1.00
GRAVY MIX, CHICKEN INSTA	1 OZ	12	2	150	0.00	2.00	0.50
BROCCOLI,FRESH,RAW	1 OZ	10	0	9	13.32	1.88	0.10
JUICE WH FRUIT CUP FZ MI	1 EACH	70	0	5	80.00	18.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00

Thu - 10/30/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
VEGETARIAN CHILI :1/2	1/2 c	90	0	442	50.22	13.47	3.53
GRILLED CHEESE WHOLE	1 EACH	280	5	610	350.00	31.00	13.00
PIZZA, HAWAIIAN	SERVINGS	382	37	824	245.75	45.80	12.72
VEGETABLES, SANTA FE 3/4	3/4 C	187	0	120	53.36	34.69	0.00
PINEAPPLE CHUNKS	1/2 CUP	146	0	2	34.16	38.31	0.20
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00

Fri - 10/31/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
TERIYAKI BEEF FINGERS (J	1 EA	218	52	440	300.00	10.00	12.00
WRAP, TURKEY & HAM 9-12	1 EACH	529	67	1860	288.48	56.70	21.47
NOODLES, CHOW MEIN : 4	1 OZ	11	0	18	1.25	2.19	0.09
WINTER MIX :3/4 C	3/4 C	67	0	67	53.36	10.67	0.00

PINEAPPLE CHUNKS	1/2 CUP	146	0	2	34.16	38.31	0.20
APPLESAUCE, UNSWEETEN	1 CUP	60	0	10	0.00	15.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.