

# SSO Lunch Menu

Monday, Jul 2, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pizza,Nardone Bros.	1 EACH	360	40	610	3.00	2.70	299.85	500	11.99	7.00	21.99	29.99	16.99	8.00
Breaded Chicken Sliders	1 EACH	380	95	510	5.00	2.70	60.00	100	15.00	7.00	20.00	45.00	14.00	2.50
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Strawberries	SERVING, 3 oz	27	0	1	1.70	0.35	13.61	10	50.01	4.16	0.57	6.53	0.26	0.13
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Tuesday, Jul 3, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Grilled Cheese Sand.	1 EACH	280	32	581	3.00	1.64	4650.17	524	0.00	5.65	18.55	30.96	9.91	5.56
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Wednesday, Jul 4, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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# SSO Lunch Menu

Thursday, Jul 5, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pizza, Pepperoni, Sliders	1 EACH	303	38	634	3.52	1.35	457.01	422	11.50	3.71	18.33	30.59	12.24	6.11
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Nectarine	EACH	46	0	0	1.80	0.30	5.99	42	*N/A*	8.45	1.14	11.30	0.34	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Friday, Jul 6, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Corn Dog	1 EACH	240	40	390	5.00	1.80	80.00	0	0.00	5.00	9.00	30.00	8.00	2.50
Chicken & Cheese Sliders	1 EACH	320	40	470	3.00	2.70	150.00	200	15.00	7.00	18.00	36.00	11.00	4.50
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
LINCOLN ONLY-FIELD TRIP	1 EA	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Turkey & Cheese Sandwich	SANDWICH	410	75	990	3.00	2.16	400.00	400	0.00	3.00	35.00	32.00	18.50	8.50
BBQ Baked Chips	1 EACH	140	0	180	2.00	0.00	9.00	*N/A*	*N/A*	3.00	2.00	24.00	3.50	0.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	EACH	307	0	5	11.25	0.61	18.24	105	20.33	48.37	2.30	79.59	0.74	0.18
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Monday, Jul 9, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pizza,Nardone Bros.	1 EACH	360	40	610	3.00	2.70	299.85	500	11.99	7.00	21.99	29.99	16.99	8.00
Breaded Chicken Sliders	1 EACH	380	95	510	5.00	2.70	60.00	100	15.00	7.00	20.00	45.00	14.00	2.50
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Strawberries	SERVING, 3 oz	27	0	1	1.70	0.35	13.61	10	50.01	4.16	0.57	6.53	0.26	0.13
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Tuesday, Jul 10, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Grilled Cheese Sand.	1 EACH	280	32	581	3.00	1.64	4650.17	524	0.00	5.65	18.55	30.96	9.91	5.56
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Wednesday, Jul 11, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Bean & Cheese Burrito	1 EACH	360	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	14.00	0.00
Mini Twin, BBQ Beef Rib	1 EACH	310	30	460	3.00	3.60	80.00	100	18.00	10.00	17.00	43.00	9.00	3.00
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches	EACH, 3.5 oz	39	0	0	1.51	0.25	6.05	329	6.65	6.51	0.92	9.61	0.25	0.02
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Thursday, Jul 12, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pizza,Pepperoni,Sliders	1 EACH	303	38	634	3.52	1.35	457.01	422	11.50	3.71	18.33	30.59	12.24	6.11
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Nectarine	EACH	46	0	0	1.80	0.30	5.99	42	*N/A*	8.45	1.14	11.30	0.34	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Friday, Jul 13, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Corn Dog	1 EACH	240	40	390	5.00	1.80	80.00	0	0.00	5.00	9.00	30.00	8.00	2.50
Chicken & Cheese Sliders	1 EACH	320	40	470	3.00	2.70	150.00	200	15.00	7.00	18.00	36.00	11.00	4.50
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
LINCOLN ONLY-FIELD TRIP	1 EA	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Turkey & Cheese Sandwich	SANDWICH	410	75	990	3.00	2.16	400.00	400	0.00	3.00	35.00	32.00	18.50	8.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	EACH	307	0	5	11.25	0.61	18.24	105	20.33	48.37	2.30	79.59	0.74	0.18
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Monday, Jul 16, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pizza,Nardone Bros.	1 EACH	360	40	610	3.00	2.70	299.85	500	11.99	7.00	21.99	29.99	16.99	8.00
Breaded Chicken Sliders	1 EACH	380	95	510	5.00	2.70	60.00	100	15.00	7.00	20.00	45.00	14.00	2.50
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Strawberries	SERVING, 3 oz	27	0	1	1.70	0.35	13.61	10	50.01	4.16	0.57	6.53	0.26	0.13
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Tuesday, Jul 17, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Grilled Cheese Sand.	1 EACH	280	32	581	3.00	1.64	4650.17	524	0.00	5.65	18.55	30.96	9.91	5.56
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Wednesday, Jul 18, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Bean & Cheese Burrito	1 EACH	360	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	14.00	0.00
Mini Twin, BBQ Beef Rib	1 EACH	310	30	460	3.00	3.60	80.00	100	18.00	10.00	17.00	43.00	9.00	3.00
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches	EACH, 3.5 oz	39	0	0	1.51	0.25	6.05	329	6.65	6.51	0.92	9.61	0.25	0.02
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Thursday, Jul 19, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pizza,Pepperoni,Sliders	1 EACH	303	38	634	3.52	1.35	457.01	422	11.50	3.71	18.33	30.59	12.24	6.11
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Nectarine	EACH	46	0	0	1.80	0.30	5.99	42	*N/A*	8.45	1.14	11.30	0.34	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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# SSO Lunch Menu

Friday, Jul 20, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Corn Dog	1 EACH	240	40	390	5.00	1.80	80.00	0	0.00	5.00	9.00	30.00	8.00	2.50
Chicken & Cheese Sliders	1 EACH	320	40	470	3.00	2.70	150.00	200	15.00	7.00	18.00	36.00	11.00	4.50
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese / Pretzels	1 EACH	250	30	670	1.00	0.72	400.00	200	0.00	0.00*	16.00	18.00	13.50	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
LINCOLN ONLY-FIELD TRIP	1 EA	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Turkey & Cheese Sandwich	SANDWICH	410	75	990	3.00	2.16	400.00	400	0.00	3.00	35.00	32.00	18.50	8.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	EACH	307	0	5	11.25	0.61	18.24	105	20.33	48.37	2.30	79.59	0.74	0.18
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00

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