

Elementary Lunch K-5

Monday, Sep 2, 2019

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

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Tuesday, Sep 3, 2019

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
Cheesy Nachos	5 OZ.SVG.	461	43	1084	6.31	3.65	506.07	866	1.44	1.55	18.65	42.51	24.15	9.83
Spicy Chicken Sandwich	SANDWICH	392	32	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	11.20	1.00
PB & J Sandwich	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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
Baby Carrots	3.0 SVG	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
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
Peas, Green	2.60 OZ. SVG	55	0	53	3.69	0.00	0.00	0	0.00	3.69	3.69	10.13	0.00	0.00
Black Beans	4.44 ozs.	70	0	140	4.99	8.09	59.94	0	1.20	0.00	5.99	17.98	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Tropical Blend	SERVING	38	0	7	1.26	0.22	7.02	102	76.20	6.74	0.62	9.27	0.00	0.00

Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Wednesday, Sep 4, 2019

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
Pasta w/Meat Sauce and Garlic Bread	2/3 Cup	383	27	994	5.23	4.47	116.68	1298	6.68	6.73*	18.53	48.08	11.85	4.23
Pasta w/Meatless Sauce	SVG	419	0	1199	9.76	6.69	187.11	1694	8.84	8.81	19.78	62.02	9.55	0.99
Turkey Ham & Cheese	1 Each	380	98	1030	3.00	2.52	158.50	250	0.00	7.00	29.50	33.00	12.50	4.25
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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Tomato, Slices	SERVING, 3.27oz	16	0	13	0.63	0.45	12.53	626	15.03	1.88	0.63	3.13	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
Baby Carrots	3.0 SVG	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.21	11.39	0	0.00	0.57	3.42	0.57	2.85	0.85

Garbanzo Beans	1/2 CUP	53	0	70	2.50	0.00	0.00	0	0.00	1.50	3.00	8.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Friday, Sep 6, 2019

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
"Fish & Chips"	SVG.	342	55	585	5.03	1.00	119.95	0*	3.66*	0.00	20.03	39.25	11.10	1.02
Hamburger	1 EACH	390	70	670	3.00	3.44	314.85	0	0.00	3.99	20.99	30.95	19.00	7.00
Cheeseburger	1 EACH	425	78	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	SERVING, 3.27oz	16	0	13	0.63	0.45	12.53	626	15.03	1.88	0.63	3.13	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Lemon Wedge	1 Each	17	0	1	2.00	0.36	20.00	0	30.60	0.00	1.00	5.00	0.20	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.89	136	12.18	1.70	0.82	2.12	0.22	0.06
Peas, Green	2.60 OZ. SVG	55	0	53	3.69	0.00	0.00	0	0.00	3.69	3.69	10.13	0.00	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.21	11.39	0	0.00	0.57	3.42	0.57	2.85	0.85
Vegetarian Pinto Beans	4.58 OZ. SVG.	110	0	140	4.99	0.00	0.00	0	0.00	4.99	6.99	19.98	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can, Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	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

Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Tuesday, Sep 10, 2019

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
Chicken & Waffles	SVG	260	75	565	2.00	1.80	40.00	0	0.00	1.00	18.00	17.00	13.50	2.50
Cheesy Bread	1 EACH	418	30	501	3.00	2.80	424.00	108	4.50	4.00	22.80	38.00	19.45	7.20
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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
Baby Carrots	3.0 SVG	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
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
Peas, Green	2.60 OZ. SVG	55	0	53	3.69	0.00	0.00	0	0.00	3.69	3.69	10.13	0.00	0.00
Black Beans	4.44 ozs.	70	0	140	4.99	8.09	59.94	0	1.20	0.00	5.99	17.98	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Tropical	SERVING	38	0	7	1.26	0.22	7.02	102	76.20	6.74	0.62	9.27	0.00	0.00

Blend														
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Wednesday, Sep 11, 2019

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
Pepperoni Pizza	1 EACH	340	35	580	3.00	1.80	400.00	500	9.00	4.00	20.00	34.00	18.00	9.00
Popcorn Chicken	SERVING 4.3 oz	293	81	599	3.00	2.00	18.00	167	0.00	0.00	18.00	17.00	17.00	3.00
PB & J Sandwich	SERVING	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
WG Goldfish Pretzels	1 EACH	90	0	200	1.00	0.72	0.00	0	0.00	*N/A*	2.00	16.00	1.50	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
Baby Carrots	3.0 SVG	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.21	11.39	0	0.00	0.57	3.42	0.57	2.85	0.85
Garbanzo	1/2 CUP	53	0	70	2.50	0.00	0.00	0	0.00	1.50	3.00	8.00	1.00	0.00

Beans														
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can, Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Thursday, Sep 12, 2019

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
3 Bean Chili w/ Soy Chorizo	8 oz svg.	298	0	723	10.98	5.65	108.96	260	5.54	4.24	14.74	43.52	8.86	0.61
Grilled Cheese Sandwich	1 EACH	280	32	581	3.00	1.64	465.91	524	0.00	5.65	18.55	30.96	9.91	5.56
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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
CHILI CONDIMENTS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Green Onions	SERVING	10	0	5	1.00	0.00	0.00	100	0.00	1.00	0.00	2.00	0.00	0.00
CD, Shredded Cheese	SVG	110	30	190	0.00	0.00	200.00	300	0.00	0.00	7.00	1.00	9.00	6.00
Sour Cream Sauce	1 OZ. SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	0.00
Baby Carrots	SERVING 2.50 oz	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Grape Tomatoes	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
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
Corn	SERVING, 3 oz	67	0	1	2.00	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Grapes	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.00	7	2.40	*N/A*	0.54	13.67	0.12	0.04
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk,	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

Chocolate FF														
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Friday, Sep 13, 2019

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
Chicken Tamale	1 EACH	340	40	800	3.00	2.70	80.00	300	21.00	1.00	19.00	32.00	18.00	2.00
Sriracha Tuna Tostada	SVG	397	42	640	5.03	1.46	215.23	1202	14.39	2.20*	20.38	29.18	22.41	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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Goldfish Crackers	1 EACH	100	5	180	1.00	1.08	20.00	0	0.00	0.00	2.00	14.00	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
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pico de Gallo	2 OZ. SVGS	15	0	81	0.63	0.21	4.31	386	9.27	0.49*	0.48	3.83	0.21	0.02
Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.39	94	1.11	0.00	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	110	30	190	0.00	0.00	200.00	300	0.00	0.00	7.00	1.00	9.00	6.00
Sour Cream Sauce	SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	SERVING, 3.27oz	16	0	13	0.63	0.45	12.53	626	15.03	1.88	0.63	3.13	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.89	136	12.18	1.70	0.82	2.12	0.22	0.06
Peas, Green	2.60 OZ.	55	0	53	3.69	0.00	0.00	0	0.00	3.69	3.69	10.13	0.00	0.00

Broccoli florets	SVG	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.21	11.39	0	0.00	0.57	3.42	0.57	2.85	0.85
Vegetarian Pinto Beans	4.58 OZ. SVG.	110	0	140	4.99	0.00	0.00	0	0.00	4.99	6.99	19.98	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	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
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Applesauce	SERVING, 4.5 oz	70	0	0	2.00	0.00	7.00	0	0.00	15.00	0.00	18.00	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
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Tuesday, Sep 17, 2019

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
Chicken Tamale	1 EACH	340	40	800	3.00	2.70	80.00	300	21.00	1.00	19.00	32.00	18.00	2.00
Bean & Cheese Burrito	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Lime Wedge	1 Each	11	0	1	1.04	0.22	12.21	19	10.77	*N/A*	0.26	3.90	0.07	0.01
Diced Onions	SERVING	23	0	2	1.13	0.10	11.34	0	4.08	2.27	0.57	5.10	0.00	0.00
Cilantro Garnish	0.05 oz. svg.	0	0	1	0.04	0.03	1.00	95	0.39	0.01	0.03	0.05	0.01	0.00
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
Sour Cream Sauce	1 OZ. SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	SERVING, 3.27oz	16	0	13	0.63	0.45	12.53	626	15.03	1.88	0.63	3.13	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
Baby Carrots	3.0 SVG	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
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
Peas, Green	2.60 OZ. SVG	55	0	53	3.69	0.00	0.00	0	0.00	3.69	3.69	10.13	0.00	0.00
Black Beans	4.44 ozs.	70	0	140	4.99	8.09	59.94	0	1.20	0.00	5.99	17.98	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Tropical Blend	SERVING	38	0	7	1.26	0.22	7.02	102	76.20	6.74	0.62	9.27	0.00	0.00
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Wednesday, Sep 18, 2019

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
Macaroni & Cheese w Bacon	5.0 oz	2157	225	3423	27.11	8.83	2243.19	3188	0.77	10.27	127.38	261.31	72.06	42.29
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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
Baby Carrots	3.0 SVG	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.21	11.39	0	0.00	0.57	3.42	0.57	2.85	0.85
Garbanzo Beans	1/2 CUP	53	0	70	2.50	0.00	0.00	0	0.00	1.50	3.00	8.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can, Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Pink Lady	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00

Apple														
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Thursday, Sep 19, 2019

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 Sopes	7.50 svg.	284	30	406	5.59	1.28	845.20	366	0.34	3.20*	13.27	35.81	10.71	6.17
Spicy Beef & Bean Sopes	5.50 oz. svg.	302	59	581	2.61	1.13	813.26	418	5.87	4.00*	18.86	28.00	13.76	6.87
Grilled Cheese Sandwich	1 EACH	280	32	581	3.00	1.64	465.91	524	0.00	5.65	18.55	30.96	9.91	5.56
PB & J Sandwich	SERVING	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pico de Gallo	2 OZ. SVGS	15	0	81	0.63	0.21	4.31	386	9.27	0.49*	0.48	3.83	0.21	0.02
Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.39	94	1.11	0.00	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	110	30	190	0.00	0.00	200.00	300	0.00	0.00	7.00	1.00	9.00	6.00
Sour Cream Sauce	SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	0.00
Baby Carrots	SERVING 2.50 oz	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Grape Tomatoes	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
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
Corn	SERVING, 3 oz	67	0	1	2.00	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Grapes	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.00	7	2.40	*N/A*	0.54	13.67	0.12	0.04
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00

.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Friday, Sep 20, 2019

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
Fish Tacos	1 Each	342	55	270	5.60	1.00	199.00	*N/A*	*N/A*	0.00	20.00	53.00	6.40	0.00
Hamburger	1 EACH	390	70	670	3.00	3.44	314.85	0	0.00	3.99	20.99	30.95	19.00	7.00
Cheeseburger	1 EACH	425	78	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
FISH TACO CONDIMENTS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Shredded Cabbage	SERVING	7	0	0	0.57	0.15	14.74	0	0.00	0.85	0.28	1.70	0.00	0.00
Fish Sauce	2 oz. svg.	202	34	282	0.15	0.46	83.77	984	1.74	4.77*	1.73	8.70	16.83	6.41
Lime Wedge	1 Each	11	0	1	1.04	0.22	12.21	19	10.77	*N/A*	0.26	3.90	0.07	0.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	SERVING, 3.27oz	16	0	13	0.63	0.45	12.53	626	15.03	1.88	0.63	3.13	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.89	136	12.18	1.70	0.82	2.12	0.22	0.06
Peas, Green	2.60 OZ. SVG	55	0	53	3.69	0.00	0.00	0	0.00	3.69	3.69	10.13	0.00	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.21	11.39	0	0.00	0.57	3.42	0.57	2.85	0.85
Vegetarian Pinto Beans	4.58 OZ. SVG.	110	0	140	4.99	0.00	0.00	0	0.00	4.99	6.99	19.98	1.00	0.00

.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	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
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Applesauce	SERVING, 4.5 oz	70	0	0	2.00	0.00	7.00	0	0.00	15.00	0.00	18.00	0.00	0.00
Fresh Fruit	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pink Lady Apple	1 EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Tuesday, Sep 24, 2019

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 w/Tots	SERVING	382	40	765	7.03	1.44	120.95	0	3.66	5.00	5.03	46.25	15.10	3.52
Bean & Cheese Burrito	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
PB & J Sandwich	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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 TSP	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
Baby Carrots	3.0 SVG	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
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
Peas, Green	2.60 OZ. SVG	55	0	53	3.69	0.00	0.00	0	0.00	3.69	3.69	10.13	0.00	0.00
Black Beans	4.44 ozs.	70	0	140	4.99	8.09	59.94	0	1.20	0.00	5.99	17.98	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin	SERVING	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00

Oranges	4 oz													
Fresh Fruit	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pink Lady Apple	1 EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Wednesday, Sep 25, 2019

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
Pepperoni Pizza	1 EACH	340	35	580	3.00	1.80	400.00	500	9.00	4.00	20.00	34.00	18.00	9.00
Chicken Nuggets	SERVING,5 Pcs	210	50	570	2.00	1.08	20.00	200	0.00	0.00	18.00	17.00	8.00	1.50
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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Goldfish Crackers	1 EACH	100	5	180	1.00	1.08	20.00	0	0.00	0.00	2.00	14.00	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
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
Baby Carrots	3.0 SVG	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.21	11.39	0	0.00	0.57	3.42	0.57	2.85	0.85
Garbanzo Beans	1/2 CUP	53	0	70	2.50	0.00	0.00	0	0.00	1.50	3.00	8.00	1.00	0.00

.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Fresh Fruit	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Red Apples	EACH 1.94 oz	95	0	2	4.40	0.22	10.99	98	8.41	*N/A*	0.47	25.13	0.31	0.05
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Thursday, Sep 26, 2019

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
Teriyaki Chicken Bowl	7.0 oz. svg.	370	72	1017	2.96	2.63	34.57	322	22.16	6.28*	27.98	51.30	4.48	0.70
Grilled Cheese Sandwich	1 EACH	280	32	581	3.00	1.64	465.91	524	0.00	5.65	18.55	30.96	9.91	5.56
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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	0.00
Baby Carrots	SERVING 2.50 oz	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Grape Tomatoes	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
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
Corn	SERVING, 3 oz	67	0	1	2.00	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Fresh Fruit	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pink Lady Apple	1 EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF,	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00

Carton, 8 oz.														
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Friday, Sep 27, 2019

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
Shrimp Poppers	1 EACH	316	34	417	3.83	0.69	12.76	0	0.00	2.55	19.14	35.72	11.48	1.28
Hamburger	1 EACH	390	70	670	3.00	3.44	314.85	0	0.00	3.99	20.99	30.95	19.00	7.00
Cheeseburger	1 EACH	425	78	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Goldfish Crackers	1 EACH	100	5	180	1.00	1.08	20.00	0	0.00	0.00	2.00	14.00	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
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Pickles, Dill	.125 CUP	0	0	3	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	SERVING, 3.27oz	16	0	13	0.63	0.45	12.53	626	15.03	1.88	0.63	3.13	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.89	136	12.18	1.70	0.82	2.12	0.22	0.06
Peas, Green	2.60 OZ. SVG	55	0	53	3.69	0.00	0.00	0	0.00	3.69	3.69	10.13	0.00	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.21	11.39	0	0.00	0.57	3.42	0.57	2.85	0.85
Vegetarian Pinto Beans	4.58 OZ. SVG.	110	0	140	4.99	0.00	0.00	0	0.00	4.99	6.99	19.98	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00

Fresh Fruit	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pink Lady Apple	1 EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Elementary Lunch K-5

Monday, Sep 30, 2019

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
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
Pizza Sticks	2 EACH	481	52	857	4.00	3.01	657.20	63	0.00	4.13	33.39	42.58	20.04	10.41
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 Crackers	SVG	340	40	770	2.00	8.10	416.00	0	0.00	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00*	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
Baby Carrots	3.0 SVG	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	0.00
Corn	SVG	67	0	1	2.00	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.21	11.39	0	0.00	0.57	3.42	0.57	2.85	0.85
Kidney Beans	.5 CUP	45	0	70	3.50	0.90	10.00	0	0.60	1.00	3.00	8.50	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Applesauce	SERVING, 4.5 oz	70	0	0	2.00	0.00	7.00	0	0.00	15.00	0.00	18.00	0.00	0.00
Fresh Fruit	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pink Lady Apple	1 EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

FF														
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.