



Mangos	SERVING, 3 oz	65	0	0	1.80	0.00	0.00	765	27.70	14.80	0.27	17.00	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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.....	...	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
Kumquats	EACH	13	0	2	1.24	0.17	11.40	57	8.32	1.71	0.38	3.04	0.19	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Sliced Red Apples	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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# Middle School Lunch 6-8

Wednesday, Apr 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
Cheeseburger	EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0*	0.00*	3.99*	20.99	30.95	19.00	7.00
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Spicy Chicken Sandwich	SANDWICH	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Chicken Nuggets & Tots	1 EACH	430	50	970	5.80	2.08	35.00	187	3.60	0.00	21.00	47.00	16.50	3.00
Pasta w/Meat Sauce and Garlic Bread	2/3 Cup	379	27	994	5.23	4.47	116.68	1298*	6.68*	6.51*	18.54	48.07	11.36	4.14
Pasta w/Meatless Sauce	SVG	419	0	1194	9.76	6.69	187.29	1694*	8.84*	8.67*	19.78	62.02	9.55	0.99
Asian Chicken Salad	1 EACH	329	33	697	7.69	3.75	57.65	5234	139.00	9.12*	18.36	44.47	9.53	2.38
Asian Tofu Salad	1 EACH	429	0	417	11.69	6.33	257.65	5234*	128.91*	9.12*	22.36	47.80	17.20	3.05
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
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Harvest of the Month Mixed Berry Salad	3 OZ. SERVING	201	0*	4	15.95*	2.15*	83.95*	367*	145.13*	28.08	4.33	48.08	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 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	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
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Mini Sweet Peppers	SERVING, 3 oz	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	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
.....	...	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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00

Sliced Red Apples	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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# Middle School Lunch 6-8

Thursday, Apr 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
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
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
Mini Cheeseburgers	EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
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
Bean & Cheese Burrito	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	SERVING	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	5 oz. svg.	89	8	63	1.98	0.82	42.32	7888*	21.76*	0.91	1.66	3.37	7.40	1.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BEAN OF THE MONTH	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Kidney Bean Salad	3.25 oz. svg.	96	0	192	4.10	1.03*	16.54*	105*	1.75*	3.25	4.54	14.16	2.84	0.20
.....	...	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 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
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
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Corn	SVG	67	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3.00	2.00	16.00	1.00	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
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Sliced Red	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00

Apples														
.....	...	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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# Middle School Lunch 6-8

Friday, Apr 5, 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.	345	72	1013	2.24	2.37	41.53	52	0.00	5.04*	26.73	45.69	4.43	0.67
Cheeseburger	EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0*	0.00*	3.99*	20.99	30.95	19.00	7.00
Orange Chicken / Brown Rice	12 OZ.	320	40	280	2.00	1.44	0.00	0*	1.20	10.00	15.00	56.00	4.00	0.50
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Shrimp Poppers w Goldfish	1 EACH	416	39	597	4.83	1.77	32.76	0	0.00	0.00*	21.14	49.72	14.98	1.78
Southwestern Chicken Supreme Salad	1 EACH	440	111	791	4.94	1.34	141.72	521	52.95	5.16*	20.46	26.57	28.17	6.88
Tuna Sub Sandwich	SANDWICH	278	32	558	3.03	1.64	77.48	445	0.42	4.12	22.52	31.25	7.03	0.52
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
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	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
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 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
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
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
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Zucchini	.5 CUP	6	0	3	0.34	0.13	5.44	68	6.09	0.85	0.41	1.06	0.11	0.03
.....	...	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
Halo Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.00	300	27.00	9.00	1.00	13.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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# Middle School Lunch 6-8

Tuesday, Apr 9, 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
Cheeseburger	EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0*	0.00*	3.99*	20.99	30.95	19.00	7.00
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Bean Sopes	1 SOPE	337	30	740	8.01	1.88	858.58	366	1.38	3.48*	15.26	44.64	11.73	6.38
Spicy Beef Sopes	1 SOPE	322	78	515	2.00	1.52	810.12	404	5.67	3.94	24.33	25.96	14.58	7.29
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
Hot Dog w/ Tots	SVG.	412	20	1077	5.80	2.53	80.00	101	3.60	4.01	16.09	47.01	19.15	5.05
Ham Sub Sandwich	1 EACH	390	85	960	3.00	2.16	310.00	300	0.00	5.00	27.00	32.00	15.50	7.00
Gourmet Chicken Caesar Salad	1 EACH	454	65	902	5.27	3.24	290.03	9929	37.31	4.26	27.45	32.64	24.77	6.14
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
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	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	*N/A*	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	111	30	192	0.00	0.00	202.50	304	0.00	0.00	7.09	1.01	9.11	6.08
Sour Cream Sauce	SVG	50	12	15	0.00	0.00	23.50	173	0.06	1.10	1.02	1.90	4.00	2.40
.....	...	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 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	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
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Corn	SVG	67	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3.00	2.00	16.00	1.00	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
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	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
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
Kumquats	EACH	13	0	2	1.24	0.17	11.40	57	8.32	1.71	0.38	3.04	0.19	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Sliced Red Apples	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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# Middle School Lunch 6-8

Wednesday, Apr 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
Cheeseburger	EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0*	0.00*	3.99*	20.99	30.95	19.00	7.00
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Chicken Nuggets & Tots	1 EACH	430	50	970	5.80	2.08	35.00	187	3.60	0.00	21.00	47.00	16.50	3.00
Beef Taco Dip w/ Chips	5.75 oz/serving	497	33	1060	9.93	5.04	80.48	482	7.00	1.62	17.96	47.90	23.25	6.32
Pizza, Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Asian Tofu Salad	1 EACH	429	0	417	11.69	6.33	257.65	5234*	128.91*	9.12*	22.36	47.80	17.20	3.05
Asian Chicken Salad	1 EACH	329	33	697	7.69	3.75	57.65	5234	139.00	9.12*	18.36	44.47	9.53	2.38
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
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Harvest of the Month Mixed Berry Salad	3 OZ. SERVING	201	0*	4	15.95*	2.15*	83.95*	367*	145.13*	28.08	4.33	48.08	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 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	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
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Mini Sweet Peppers	SERVING, 3 oz	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	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
.....	...	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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Sliced Red Apples	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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# Middle School Lunch 6-8

Thursday, Apr 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, 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
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
Mini Cheeseburgers	EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
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
Bean & Cheese Burrito	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	SERVING	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	5 oz. svg.	89	8	63	1.98	0.82	42.32	7888*	21.76*	0.91	1.66	3.37	7.40	1.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BEAN OF THE MONTH	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Kidney Bean Salad	3.25 oz. svg.	96	0	192	4.10	1.03*	16.54*	105*	1.75*	3.25	4.54	14.16	2.84	0.20
.....	...	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 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
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
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Corn	SVG	67	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3.00	2.00	16.00	1.00	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
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Sliced Red	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00

Apples														
.....	...	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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# Middle School Lunch 6-8

Friday, Apr 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
Cheeseburger	1 EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0*	0.00*	3.99*	20.99	30.95	19.00	7.00
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Orange Chicken / Brown Rice	12 OZ.	320	40	280	2.00	1.44	0.00	0*	1.20	10.00	15.00	56.00	4.00	0.50
Pizza Sticks	2 EACH	420	30	540	4.00	2.88	0.00	400	0.00	4.00	24.00	50.00	12.00	6.00
Shrimp Poppers w Goldfish	1 EACH	416	39	597	4.83	1.77	32.76	0	0.00	0.00*	21.14	49.72	14.98	1.78
Southwestern Chicken Supreme Salad	1 EACH	440	111	791	4.94	1.34	141.72	521	52.95	5.16*	20.46	26.57	28.17	6.88
Tuna Sriracha Tostada - GF	5.50 oz.	321	42*	835	2.67	1.27	186.57	1580*	22.29*	2.69*	19.39	24.23	15.12	3.74*
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
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	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
***GREEK OLYMPICS***	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
**MISSION ONLY**	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Fajita w Pita Chips	5.2 oz sv.	311	105	701	3.71	2.55	122.41	537	31.50	3.88	21.42	31.46	10.07	2.01
.....	...	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	*N/A*	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	111	30	192	0.00	0.00	202.50	304	0.00	0.00	7.09	1.01	9.11	6.08
Sour Cream Sauce	SVG	50	12	15	0.00	0.00	23.50	173	0.06	1.10	1.02	1.90	4.00	2.40
.....	...	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 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
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
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
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Zucchini	.5 CUP	6	0	3	0.34	0.13	5.44	68	6.09	0.85	0.41	1.06	0.11	0.03
.....	...	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
Mangos	SERVING, 3 oz	65	0	0	1.80	0.00	0.00	765	27.70	14.80	0.27	17.00	0.00	0.00
Halo Mandarin Oranges	1 EACH	50	0	0	2.00	0.00	40.00	300	27.00	9.00	1.00	13.00	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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# Middle School Lunch 6-8

Monday, Apr 15, 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

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## Middle School Lunch 6-8

Tuesday, Apr 16, 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

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## Middle School Lunch 6-8

Wednesday, Apr 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
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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## Middle School Lunch 6-8

Thursday, Apr 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
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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## Middle School Lunch 6-8

Friday, Apr 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
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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## Middle School Lunch 6-8

Monday, Apr 22, 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

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# Middle School Lunch 6-8

Tuesday, Apr 23, 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
Cheeseburger	EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0*	0.00*	3.99*	20.99	30.95	19.00	7.00
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Hot Dog w/ Tots	SVG.	412	20	1077	5.80	2.53	80.00	101	3.60	4.01	16.09	47.01	19.15	5.05
Pizza Sticks	2 EACH	420	30	540	4.00	2.88	0.00	400	0.00	4.00	24.00	50.00	12.00	6.00
Chicken Quesadilla	SERVING	303	45	570	3.00	2.70	200.00	300	0.00	3.00	19.00	32.00	11.00	5.00
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
Ham Sub Sandwich	1 EACH	390	85	960	3.00	2.16	310.00	300	0.00	5.00	27.00	32.00	15.50	7.00
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
Gourmet Chicken Caesar Salad	1 EACH	454	65	902	5.27	3.24	290.03	9929	37.31	4.26	27.45	32.64	24.77	6.14
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	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
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 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	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
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Corn	SVG	67	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3.00	2.00	16.00	1.00	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
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Sliced Red Apples	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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# Middle School Lunch 6-8

Wednesday, Apr 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
Cheeseburger	EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0*	0.00*	3.99*	20.99	30.95	19.00	7.00
Beef Taco Dip w/ Chips	5.75 oz/serving	497	33	1060	9.93	5.04	80.48	482	7.00	1.62	17.96	47.90	23.25	6.32
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Chicken Nuggets & Tots	1 EACH	430	50	970	5.80	2.08	35.00	187	3.60	0.00	21.00	47.00	16.50	3.00
Pizza, Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Asian Tofu Salad	1 EACH	429	0	417	11.69	6.33	257.65	5234*	128.91*	9.12*	22.36	47.80	17.20	3.05
Asian Chicken Salad	1 EACH	329	33	697	7.69	3.75	57.65	5234	139.00	9.12*	18.36	44.47	9.53	2.38
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
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Harvest of the Month Mixed Berry Salad	3 OZ. SERVING	201	0*	4	15.95*	2.15*	83.95*	367*	145.13*	28.08	4.33	48.08	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 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	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
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Mini Sweet Peppers	SERVING, 3 oz	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	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
.....	...	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	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Sliced Red Apples	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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# Middle School Lunch 6-8

Thursday, Apr 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, 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
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
Mini Cheeseburgers	EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
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
Bean & Cheese Burrito	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	SERVING	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	5 oz. svg.	89	8	63	1.98	0.82	42.32	7888*	21.76*	0.91	1.66	3.37	7.40	1.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BEAN OF THE MONTH	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Kidney Bean Salad	3.25 oz. svg.	96	0	192	4.10	1.03*	16.54*	105*	1.75*	3.25	4.54	14.16	2.84	0.20
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 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
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
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Corn	SVG	67	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3.00	2.00	16.00	1.00	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
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	0.00	0.00
Fresh Fruit	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Sliced Red Apples	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	318	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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# Middle School Lunch 6-8

Friday, Apr 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.	345	72	1013	2.24	2.37	41.53	52	0.00	5.04*	26.73	45.69	4.43	0.67
Cheeseburger	1 EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0*	0.00*	3.99*	20.99	30.95	19.00	7.00
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Orange Chicken / Brown Rice	12 OZ.	320	40	280	2.00	1.44	0.00	0*	1.20	10.00	15.00	56.00	4.00	0.50
Pizza Sticks	2 EACH	420	30	540	4.00	2.88	0.00	400	0.00	4.00	24.00	50.00	12.00	6.00
Shrimp Poppers w Goldfish	1 EACH	416	39	597	4.83	1.77	32.76	0	0.00	0.00*	21.14	49.72	14.98	1.78
Southwestern Chicken Supreme Salad	1 EACH	440	111	791	4.94	1.34	141.72	521	52.95	5.16*	20.46	26.57	28.17	6.88
Tuna Sub Sandwich	SANDWICH	278	32	558	3.03	1.64	77.48	445	0.42	4.12	22.52	31.25	7.03	0.52
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
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	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
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 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
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
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
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Zucchini	.5 CUP	6	0	3	0.34	0.13	5.44	68	6.09	0.85	0.41	1.06	0.11	0.03
.....	...	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	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00

Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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# Middle School Lunch 6-8

Monday, Apr 29, 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 Beef & Rice	SERVING	284	40	1132	2.17	2.11	33.10	30	0.00	9.95	17.10	33.12	8.51	3.50
Mini Cheeseburgers	EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Baked Chicken & Corn	SERVING	273	71	480	3.50	1.61	22.32	199	4.15	0.00*	18.85	25.17	11.78	2.63
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.00	108	4.50	3.00	22.85	37.96	17.26	6.81
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
Turkey Sub Sandwich	SANDWICH	270	30	460	3.00	1.44	260.00	400	0.00	3.00	12.00	29.00	11.50	6.00
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
Pizza,Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
Gourmet Taco Salad	1 EACH	569	75	940	6.63	4.50	452.29	7022	31.94	3.69*	25.20	34.22	34.93	15.47
.....	...	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 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	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
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
.....	...	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Sliced Red Apples	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
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	33	0	128	0.00	0.00	0.00	94	0.00	5.67	0.00	5.67	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	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	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Tapatio Sauce	1 OZ	0	*N/A*	3118	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	*N/A*
Tomato, Slices	SLICE	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

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