

Menu Item Nutrient Report

Generated 09/13/2016 02:34:28 PM by Elizabeth Raftery

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Apple Slices - TR1003 (1 ea.)	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	30.00	21.00
Applesauce Cup - TR1004 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	12.00	1.00	(M)	0.00	0.00	0.00	0.00	12.00
Applesauce, Cinnamon, Peterson Farms - TR1362 (1 ea.)Contains Cinnamon.	50.00	0.00	0.00	0.00	0.00	15.00	13.00	1.00	12.00	0.00	0.00	0.00	0.00	60.00
Applesauce, Natural, Peterson Farms - TR1363 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	1.00	12.00	0.00	0.00	0.00	0.00	60.00
Applesauce, Strawberry, Peterson Farms - TR1364 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	1.00	12.00	0.00	0.00	0.00	0.00	60.00
Asian Style Rice - TR1259 (2/3 c.)Contains Milk, Wheat, Soy, Gluten, Sesame. May contain Corn/Corn Products.	146.45	1.40	0.35	0.00	0.00	316.06	29.29	1.40	2.09	3.49	0.50	16.19	10.46	0.00
Asparagus - TR1056 (1/2 c.)	20.00	0.00	0.00	0.00	(M)	5.00	3.00	0.00	2.00	2.00	0.36	0.00	300.00	9.00
Bagels, Mini Cinnamon - TR1318 (1 pkg.)Contains Milk, Wheat, Soy, Gluten, Cinnamon, Corn/Corn Products.	219.47	5.49	2.29	0.00	9.14	164.61	37.49	1.83	11.89	5.49	1.32	18.29	91.45	0.00
Banana, Raw - TR1001 (1 ea.)	92.00	0.48	0.19	0.00	0.00	1.00	23.43	2.40	(M)	1.03	0.31	6.00	81.00	9.10
BBQ Dipping Cup - TR1006 (1 ea.)Contains Corn/Corn Products.	50.00	0.00	0.00	0.00	0.00	260.00	12.00	0.00	10.00	0.00	0.00	0.00	80.00	2.00
BBQ Rib on a Bun - TR1217 (1 sandwich)Contains Wheat, Soy, Gluten, Corn/Corn Products, Pork.	295.76	9.50	1.00	0.00	25.00	700.80	41.28	4.00	1.28(M)	15.00	2.52	60.00	100.00	2.40
Bean Salad, Ranch - TR1387 (1/2 c.)Contains Soy.	142.43	2.71	0.00	0.00	0.00	615.03	23.07	7.66	0.24(M)	6.58	1.59	44.93	621.67	1.92
Beans, Black, Bushs - TR1058 (1/2 c.)	120.00	0.50	0.00	0.00	0.00	450.00	23.00	6.00	(M)	7.00	1.80	60.00	0.00	0.00
Beans, Green, canned - TR1256 (1/2 c.)	20.00	0.11	0.00	0.00	0.00	330.00	5.00	2.00	(M)	0.00	0.36	20.00	200.00	3.60
Beans, Pinto - TR1059 (1/2 c.)	86.00	0.81	0.17	0.00	0.00	294.00	15.25	4.60	(M)	4.86	1.46	43.00	10.00	0.90
Beans, Ranch-style - TR1062 (1/2 c.)Contains Soy.	130.00	2.50	0.00	0.00	0.00	550.00	21.00	7.00	(M)	6.00	1.44	40.00	500.00	0.00
Beans, Refried - TR1063 (1/2 c.) May contain Wheat.	158.00	4.00	2.00	0.00	3.00	505.00	24.00	6.00	(M)	8.00	1.98	40.00	0.00	2.40
Beans, Texas Pinto - TR1232 (1/2 c.)	103.71	0.96	0.20	0.00	0.00	372.39	18.44	5.54	0.31(M)	5.85	1.76	52.90	115.71	3.56
Beef Cheesesteak - TR1310 (1 sandwich)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	404.85	14.35	6.45	0.00	77.61	731.06	37.85	3.00	1.92(M)	32.20	3.17	260.58	100.68	1.20
Biscuit, Split Top, Pillsbury - TR1066 (1 ea.)Contains Milk, Wheat, Soy.	210.00	10.00	9.00	0.00	0.00	460.00	27.00	2.00	2.00	4.00	1.08	150.00	10.00	0.00

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Biscuit, WG, Richs - TR1392 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Bistro Box, GF, Elementary - TR1315 (1 ea.) Contains Milk, Corn/Corn Products.	375.00	15.25	5.75	0.00	22.50	758.00	36.00	3.00	2.00	18.50	0.54	220.00	546.00	8.00
Bistro Box-elementary - TR1275 (1 Box) Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	315.00	12.25	5.75	0.00	23.50	605.00	28.00	2.00	0.00	20.50	1.26	220.00	200.00	0.00
Bread, Cinnamon, WG - TR1230 (1 slice) Contains Wheat, Soy, Gluten, Corn/Corn Products.	90.00	3.00	1.00	0.00	0.00	75.00	15.00	2.00	2.00	2.00	0.72	20.00	0.00	0.00
Bread, Sandwich, Kurz - TR1011 (1 slice) Contains Wheat, Gluten, Corn/Corn Products. Processed in a facility that also processes Milk.	80.00	1.00	0.00	0.00	0.00	140.00	15.00	1.00	(M)	3.00	0.72	40.00	0.00	0.00
Bread, Sliced, MG, GF - TR1012 (1 slice) Contains Soy.	70.00	1.00	0.50	0.00	0.00	140.00	12.00	2.00	1.00	2.00	0.36	0.00	5.00	0.00
Breaded Chicken on a Bun - TR1297 (1 sandwich) Contains Wheat, Soy, Gluten, Corn/Corn Products, Pork. Processed in a facility that also processes Sesame.	386.75	14.78	2.86	0.00	23.62	714.59	43.17	5.83	0.95(M)	20.23	3.50	117.79	94.48	1.20
Breaded Chicken Sliders - TR1269 (2 ea.) Contains Wheat, Soy, Gluten, Corn/Corn Products.	390.60	14.58	3.96	0.00	23.40	646.19	47.52	4.86	6.48	19.08	3.95	79.20	212.40	0.00
Breadstick, Whole Wheat - TR1067 (1 ea.) Contains Wheat, Gluten, Corn/Corn Products.	110.00	1.00	0.00	0.00	0.00	220.00	21.00	1.00	(M)	4.00	1.08	20.00	3.40	3.60
Breakfast Bar, Benefit Cranberry Orange - TR1007 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	140.00	4.00	1.50	0.00	0.00	105.00	24.00	3.00	10.00	2.00	1.08	100.00	50.00	1.20
Breakfast Bar, Benefit, Maple Brown Sugar - TR1008 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	140.00	4.00	1.00	0.00	0.00	115.00	24.00	3.00	10.00	2.00	1.08	100.00	50.00	0.00
Breakfast Bar, Benefit, Oatmeal Chocolate Chip - TR1009 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	140.00	4.00	1.00	0.00	0.00	115.00	24.00	3.00	10.00	2.00	1.08	100.00	50.00	0.00
Breakfast Bar, Berry, GF - TR1367 (1 Bar) Contains Corn/Corn Products, Sesame. Processed in a facility that also processes Milk, Egg, Soy. May contain Tree nuts, Peanuts.	100.00	1.00	0.00	0.00	0.00	65.00	21.00	1.00	8.00	1.00	0.36	0.00	0.00	0.00

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Breakfast Bar, Choc/Banana, GF - TR1368 (1 Bar)Contains Corn/Corn Products, Sesame. Processed in a facility that also processes Milk, Egg, Soy. May contain Tree nuts, Peanuts.	100.00	105.00	0.00	0.00	0.00	35.00	21.00	1.00	9.00	1.00	0.36	0.00	0.00	0.00
Breakfast Bar, Variety, GF - TR1331 (2 ea.)Contains Corn/Corn Products, Sesame. Processed in a facility that also processes Milk, Egg, Soy. May contain Tree nuts, Peanuts.	100.00	53.00	0.00	0.00	0.00	50.00	21.00	1.00	8.50	1.00	0.36	0.00	0.00	0.00
Breakfast Bites - TR1317 (3 ea.) Contains Milk, Egg, Wheat, Soy, Gluten, Pork.	209.15	12.95	0.00	0.00	19.92	428.25	16.93	(M)	(M)	5.98	(M)	(M)	(M)	(M)
Breakfast on a Stick - TR1068 (1 ea.)Contains Egg, Wheat, Soy, Gluten, Corn/Corn Products.	200.00	10.00	2.50	0.00	25.00	310.00	17.00	3.00	4.00	7.00	1.80	20.00	20.00	0.00
Breakfast on a Stick, Turkey, WG, IW - TR1107 (1 ea.) Contains Egg, Wheat, Soy.	160.00	6.00	1.50	0.00	25.00	310.00	17.00	3.00	(M)	8.00	1.44	0.00	0.00	0.00
Breakfast Pizza - TR1231 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	200.00	7.00	2.00	0.00	15.00	440.00	24.00	2.00	9.00	10.00	1.80	150.00	200.00	0.00
Breakfast Pocket, Assorted - TR1227 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products, Red Dye.	180.00	2.67	1.00	0.00	0.00	186.67	37.67	3.00	10.33(M)	2.33	1.80	100.00	500.00	0.00
Broccoli, Florets, Fresh - TR1383 (1/2 c.)	17.00	0.00	0.00	0.00	0.00	16.00	3.32	1.30	0.00	1.40	0.42	23.00	311.00	45.00
Broccoli, Florets, FZ - TR1070 (1/2 c.)	30.00	0.00	0.00	0.00	0.00	20.00	4.00	2.00	(M)	1.00	0.00	20.00	1010.87	30.00
Brussel Sprouts, FZ - TR1071 (1/2 c.)	45.00	0.00	0.00	0.00	0.00	15.00	8.00	3.00	2.00	3.00	0.93	26.00	617.00	7401.00
Bun, Hot Dog, GF - TR1013 (1 ea.)Contains Egg.	150.00	5.00	0.00	0.00	15.00	210.00	24.00	1.00	1.00	3.00	0.36	0.00	0.00	0.00
Bun, Slider, Kurz - TR1014 (1 ea.)Contains Wheat, Soy, Gluten.	110.00	3.00	1.00	0.00	0.00	120.00	17.00	1.00	3.00	3.00	1.08	20.00	15.00	0.00
Burrito, Beef, Bean, Green Chile, Los Cabos - TR1078 (1 ea.) Contains Wheat, Soy.	293.70	9.13	2.55	0.34	18.87	413.93	39.49	7.92	1.27	16.28	3.60	80.00	400.00	4.80
Buttermilk - TR1016 (1 c.) Contains Milk.	362.88	7.41	5.55	0.00	37.03	962.74	44.43	0.00	44.43	29.62	1.33	1110.86	370.29	8.89
Cabbage, Red - TR1242 (1 c.)	27.59	0.14	0.02	0.00	0.00	24.03	6.56	1.87	(M)	1.27	0.71	40.05	993.24	50.73
Calzone, Cheese - TR1250 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	340.00	15.00	7.00	0.00	30.00	510.00	32.00	2.00	0.00(M)	22.00	1.44	450.00	750.00	12.00

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Calzone, Mini, Pepperoni - TR1369 (3 ea.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	339.40	12.98	5.99	0.00	34.94	469.17	33.94	4.99	5.99	23.96	2.69	349.38	399.29	8.98
Calzone, Pepperoni - TR1251 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	360.00	17.00	8.00	0.00	35.00	580.00	32.00	2.00	0.00(M)	22.00	1.80	400.00	750.00	12.00
Cantaloupe - TR1080 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	28.00	16.00	2.00	14.00	1.00	0.36	20.00	6000.00	64.80
Carrots, Baby, Fresh - TR1081 (1/2 c.)	35.27	0.12	0.02	0.00	0.00	77.60	8.15	2.89	0.00	0.63	0.90	31.75	13788.36	2.65
Carrots, Fz, Smooth Sliced - TR1083 (1/2 c.)	35.00	0.00	0.00	0.00	0.00	40.00	8.00	3.00	(M)	1.00	0.36	20.00	4000.00	3.60
Carrots, Shredded - TR1243 (1 c.)	47.30	0.21	0.03	0.00	0.00	38.50	11.15	3.30	(M)	1.13	0.55	29.70	30941.34	10.23
Celery, Sticks, Fresh - TR1085 (1/2 c.)	16.00	0.14	0.04	0.00	0.00	87.00	3.65	1.70	(M)	0.75	0.40	40.00	134.00	7.00
Cereal Bar, Chocolate/Banana-Gluten Free - TR1010 (1 ea.) Contains Soy, Corn/Corn Products, Sesame. May contain Milk, Egg, Tree nuts, Peanuts.	100.00	1.50	0.00	0.00	0.00	35.00	21.00	1.00	9.00	1.00	0.36	0.00	45.00	0.00
Cereal Bar, Wildberry-Gluten Free - TR1015 (1 ea.)Contains Corn/Corn Products, Sesame. May contain Milk, Egg, Tree nuts, Peanuts, Soy.	100.00	1.00	0.00	0.00	0.00	65.00	21.00	1.00	8.00	1.00	0.36	0.00	40.00	0.00
Cereal, Cheerios - TR1019 (1 ea.)Contains Corn/Corn Products.	100.00	2.00	0.00	0.00	0.00	140.00	20.00	3.00	1.00	30.00	8.10	100.00	500.00	6.00
Cereal, Cocoa Puffs - TR1031 (1 ea.)Contains Wheat, Soy, Gluten, Corn/Corn Products.	110.00	1.50	0.00	0.00	0.00	160.00	25.00	2.00	(M)	2.00	4.50	100.00	500.00	6.00
Cereal, Fruit Loops - TR1373 (1 ea.)Contains Wheat, Soy, Gluten, Corn/Corn Products, Red Dye.	80.00	1.00	0.00	0.00	0.00	110.00	18.00	2.00	7.00	1.00	4.86	0.00	550.00	16.20
Cereal, Lucky Charms - TR1146 (1 ea.)Contains Wheat, Soy, Gluten, Corn/Corn Products, Red Dye.	110.00	1.00	0.00	0.00	0.00	180.00	23.00	2.00	10.00	2.00	4.50	100.00	500.00	6.00
Cereal, Rice Chex - TR1202 (1 pkg.)	100.00	0.50	0.00	0.00	0.00	250.00	24.00	0.00	(M)	2.00	9.00	100.00	500.00	6.00
Cereal, Rice Krispies - TR1374 (1 ea.)	130.00	0.00	0.00	0.00	0.00	190.00	29.00	0.00	4.00	2.00	9.00	150.00	1500.00	15.00
Cereal, RTE Cinnamon Chex-Gluten Free - TR1017 (1 pkg.) Contains Cinnamon.	120.00	2.00	0.00	0.00	0.00	180.00	25.00	1.00	8.00	1.00	8.10	100.00	750.00	6.00
Cereal, Trix - TR1108 (1 ea.) Contains Corn/Corn Products, Red Dye. May contain Soy.	110.00	1.00	0.00	0.00	0.00	160.00	24.00	1.00	9.00	1.00	3.60	80.00	400.00	4.80

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Cheese Stick, Colby Jack - TR1020 (1 ea.)Contains Milk.	90.00	6.00	4.00	0.00	0.00	200.00	0.00	0.00	0.00	7.00	0.00	200.00	200.00	0.00
Cheese, American(yellow), Sliced, Sub Line - TR1389 (1 slice)Contains Milk, Soy.	35.00	2.00	1.10	0.00	10.00	105.00	1.00	0.00	1.00	3.50	0.00	100.00	150.00	0.00
Cheese, American, Shredded, reduced fat - TR1021 (1 oz.) Contains Milk.	70.00	4.00	2.50	0.00	15.00	460.00	1.00	0.00	(M)	7.00	0.00	150.00	400.00	0.00
Cheese, Mozzarella Lt. String - TR1221 (1 ea.)Contains Milk.	60.00	2.50	2.00	0.00	10.00	210.00	1.00	0.00	0.00	8.00	0.00	200.00	100.00	0.00
Cheese, Parmesan, Grated - TR1257 (1 ea.)	27.00	1.88	1.07	0.00	5.36	101.79	0.27	0.00	0.00	2.41	0.00	80.40	53.50	0.00
Cheese, Parmesan, Shredded - TR1022 (1/4 c.)Contains Milk.	110.00	7.00	4.50	0.00	20.00	450.00	1.00	0.00	0.00	10.00	0.36	350.00	100.00	0.00
Cheese, Sauce, Cheddar, RS - TR1086 (1 oz.)Contains Milk, Soy. May contain Corn/Corn Products.	43.33	3.00	2.00	0.00	10.00	183.33	1.33	0.00	0.00	2.67	0.00	100.00	100.00	0.00
Cheese, Sliced, Red. Na, Red. Fat - TR1023 (1 slice)Contains Milk, Soy.	35.00	2.00	1.10	0.00	10.00	105.00	1.00	0.00	1.00	3.50	0.00	100.00	150.00	0.00
Cheeseburger - TR1233 (1 sandwich)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products. Processed in a facility that also processes Sesame.	316.94	12.63	5.16	0.00	50.63	487.56	30.01	3.00	1.01(M)	20.67	2.89	181.25	151.87	1.20
Cheeseburger Sliders - TR1311 (2 ea.)Contains Milk, Wheat, Soy, Gluten.	401.84	23.98	10.70	0.00	68.95	482.33	20.69	1.07	5.64	23.63	2.23	263.28	378.80	0.00
Cheeseburger, GF - TR1321 (1 ea.)Contains Milk, Egg.	445.00	21.00	5.75	0.00	77.50	710.00	44.50	2.00	2.00(M)	19.50	1.80	95.00	300.00	0.00
Cheesestick, Co Jack, GF - TR1330 (1 ea.)Contains Milk.	90.00	6.00	4.00	0.00	0.00	200.00	0.00	0.00	0.00	7.00	0.00	200.00	200.00	0.00
Cheetos, Baked, Crunchy - TR1024 (1 pkg.)Contains Milk, Corn/Corn Products.	120.00	4.50	10.00	0.00	0.00	210.00	17.00	0.00	(M)	2.00	0.72	100.00	0.00	0.00
Chef Salad - TR1304 (1 salad) Contains Milk, Egg, Wheat, Gluten. May contain Corn/Corn Products.	325.35	13.97	4.49	0.00	259.61	976.54	20.33	2.00	0.00(M)	27.57	4.07	210.00	2200.00	26.79
Chex, Mix, Hot n Spicy - TR1025 (1 pkg.)Contains Milk, Wheat, Soy, Corn/Corn Products.	110.00	3.00	0.50	0.00	0.00	140.00	19.00	2.00	(M)	2.00	0.72	0.00	0.00	0.00
Chicken and Mini Waffles - TR1301 (1 serving)Contains Milk, Egg, Wheat, Soy, Gluten, Corn/Corn Products.	463.28	20.19	4.03	0.00	27.32	614.92	51.20	7.04	2.02(M)	19.19	4.52	140.50	601.26	0.00

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Chicken and Vegetable Egg Roll - TR1302 (2 ea.)Contains Milk, Egg, Wheat, Soy, Gluten, Corn/Corn Products.	601.88	18.81	3.76	0.00	112.85	1542.32	75.23	11.29	(M)	37.62	6.77	150.47	2821.32	22.57
Chicken and Waffles-elementary - TR1286 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	563.68	28.21	5.54	0.00	45.35	745.51	59.23	6.04	14.03	19.21	3.63	80.56	101.41	0.00
Chicken Burger, Tyson - TR1087 (1 ea.)	190.00	13.00	3.50	0.00	85.00	490.00	1.00	0.00	0.00	18.00	1.08	20.00	100.00	0.00
Chicken Crispito with Cheese Sauce - TR1262 (1 ea.)Contains Milk, Soy. May contain Corn/Corn Products.	65.00	4.50	3.00	0.00	15.00	275.00	2.00	0.00	0.00	4.00	0.00	150.00	150.00	0.00
Chicken Fajita Salad - TR1305 (1 salad)Contains Milk, Soy, Corn/Corn Products.	590.45	21.43	5.01	0.00	160.00	1116.19	57.20	9.38	0.00(M)	43.30	4.51	161.26	2164.66	80.34
Chicken Fajita Strips - TR1088 (1 oz.)Contains Soy. May contain Corn/Corn Products.	130.00	7.00	2.00	0.00	80.00	197.22	2.00	0.00	(M)	16.00	0.36	0.00	0.00	0.00
Chicken Nugget, WG - TR1090 (5 ea.)Contains Wheat, Soy, Gluten.	263.00	15.05	2.51	0.00	25.08	401.21	16.30	2.51	1.25	16.30	2.26	25.10	125.50	0.00
Chicken Nuggets, HS - TR1340 (6 ea.)Contains Wheat, Soy, Gluten.	318.70	18.24	3.04	0.00	30.39	486.18	19.75	3.04	1.51	19.75	2.74	30.42	152.08	0.00
Chicken Nuggets-PK-8 - TR1280 (5 ea.)Contains Wheat, Soy, Gluten.	267.71	15.32	2.56	0.00	25.53	408.39	16.59	2.56	1.27	16.59	2.30	25.55	127.75	0.00
Chicken on a Biscuit, Breakfast - TR1223 (1 sandwich)Contains Wheat, Soy, Gluten, Corn/Corn Products.	85.00	4.50	1.00	0.00	13.00	215.00	6.00	1.50	0.00	7.00	0.90	20.00	100.00	0.00
Chicken Parmesan Sandwich - TR1339 (1 sandwich)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products, Pork. Processed in a facility that also processes Sesame.	475.56	19.04	4.77	0.00	32.59	1091.31	50.01	7.50	2.50(M)	25.04	3.60	241.25	300.63	5.70
Chicken Patty, Breaded, WG, Tyson - TR1092 (1 ea.)Contains Wheat, Soy, Gluten, Pork.	240.00	13.00	2.50	0.00	25.00	460.00	15.00	3.00	1.00	14.00	1.80	40.00	100.00	0.00
Chicken Tenders, Buffalo - TR1360 (3 ea.)Contains Wheat, Soy, Gluten.	290.52	16.76	2.79	0.00	27.93	435.78	19.00	3.35	1.12	16.76	2.01	44.70	111.74	0.00
Chicken Tenders, WG, Tyson - TR1254 (3 ea.)Contains Wheat, Soy, Gluten.	263.03	15.18	2.53	0.00	25.29	394.54	16.19	3.04	2.02	15.18	1.82	40.47	101.17	0.00
Chicken, Patty, Mini, Slider - TR1093 (1 ea.)Contains Wheat, Soy, Gluten, Corn/Corn Products.	85.00	4.50	1.00	0.00	13.00	215.00	6.00	1.50	0.00	7.00	0.90	20.00	100.00	0.00

Menu Item Nutrient Report

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Chicken, Patty, Spicy, Breaded, WG, Tyson - TR1094 (1 ea.) Contains Wheat, Soy, Gluten, Corn/Corn Products.	270.00	15.00	3.00	0.00	25.00	400.00	17.00	3.00	1.00	15.00	2.70	40.00	100.00	0.00
Chicken, Popcorn, WG - TR1095 (12 piece) Contains Wheat, Soy, Gluten.	230.00	13.00	2.50	0.00	20.00	350.00	14.00	3.00	1.00	14.00	1.80	40.00	100.00	0.00
Churro, Cinnamon - TR1356 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten, Corn/Corn Products.	140.00	4.00	1.50	0.00	0.00	75.00	23.00	1.00	6.00	3.00	1.08	20.00	0.00	0.00
Cinnamon Bread - TR1026 (1 slice) Contains Wheat, Soy, Gluten, Corn/Corn Products.	90.00	3.00	1.00	0.00	0.00	75.00	15.00	2.00	2.00	2.00	0.72	20.00	10.00	0.00
Cinnamon Roll, Lonestar - TR1027 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten, Corn/Corn Products. Processed in a facility that also processes Tree nuts.	260.00	10.00	5.00	0.00	0.00	270.00	37.00	5.00	10.00	7.00	1.80	40.00	50.00	0.00
Cinnamon, Ground - TR1029 (1 c.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon, Rolls, Mini Cinnis, Pillsbury - TR1030 (1 pkg.) Contains Milk, Wheat. May contain Soy.	240.00	8.00	2.00	0.00	0.00	300.00	40.00	2.00	15.00	5.00	1.44	140.00	75.00	0.00
Cookie Dough, Candy, WG, BENEFIT - TR1111 (1 ea.) Contains Milk, Egg, Wheat, Soy.	193.08	5.98	2.11	0.00	15.46	163.01	33.51	2.86	17.27	2.80	1.26	10.00	50.00	0.00
Cookie Dough, Choc. Chip, WG, BENEFIT - TR1112 (1 ea.) Contains Milk, Egg, Wheat, Soy.	194.41	6.07	2.16	0.00	15.82	169.50	33.51	2.82	17.14	2.99	1.26	20.00	50.00	0.00
Cookie Dough, Sugar, WG, BENEFIT - TR1113 (1 ea.) Contains Milk, Egg, Wheat, Soy.	194.99	6.08	2.13	0.00	13.33	198.08	33.79	2.86	17.33	2.62	0.90	10.00	100.00	0.00
Cool Tropics, Rips Fruit Slush, Sour Apple - TR1370 (1 ea.)	110.00	0.00	0.00	0.00	0.00	35.00	28.00	0.00	19.00	0.00	0.36	0.00	0.00	0.00
Cool Tropics/Rips Fruit Slush, Cherry Limeade - TR1032 (1 ea.)	130.00	4.00	1.00	0.00	0.00	110.00	21.00	0.00	(M)	2.00	1.08	100.00	0.00	0.00
Cool Tropics/Rips, Fruit Slush, Blue Razz - TR1033 (1 ea.)	110.00	0.00	0.00	0.00	0.00	35.00	28.00	0.00	19.00	0.00	0.36	0.00	0.00	0.00
Cool Tropics/Rips, Fruit Slush, Dragon Pumch - TR1097 (1 ea.)	110.00	0.00	0.00	0.00	0.00	35.00	28.00	0.00	(M)	0.00	0.36	0.00	0.00	0.00
Cool Tropics/Rips, Fruit Slush, Kiwi Strawberry - TR1034 (1 ea.)	110.00	0.00	0.00	0.00	0.00	35.00	28.00	0.00	(M)	0.00	0.36	0.00	0.00	0.00
Corn Chips, Reduced Fat - TR1035 (1 ea.) Contains Corn/Corn Products.	140.00	6.00	1.00	0.00	0.00	170.00	20.00	2.00	0.00	2.00	0.36	20.00	0.00	0.00

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Corn Dog - TR1283 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	250.00	10.00	0.00	0.00	25.00	759.99	30.00	0.00	0.00	11.00	(M)	(M)	(M)	(M)
Corn Dogs, Mini, Turkey, WG, State Fair - TR1106 (6 ea.) Contains Milk, Egg, Wheat, Soy.	170.00	8.00	1.50	0.00	15.00	440.00	18.00	1.00	4.00	6.00	0.72	0.00	20.00	0.00
Corn, Flame-Roasted Sweet and Peppers, Simplot - TR1114 (1/2 c.) Contains Corn/Corn Products. May contain Soy.	120.00	3.50	0.00	0.00	0.00	120.00	20.00	4.00	6.00	3.00	0.72	20.00	750.00	12.00
Corn, Steamed Whole Kernel - TR1115 (1/2 c.) Contains Corn/Corn Products.	90.00	0.50	0.00	0.00	0.00	0.00	19.00	2.00	(M)	3.00	0.36	0.00	0.00	4.80
Cornbread Stuffing - TR1170 (1/2 c.) Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	130.00	1.00	0.00	0.00	0.00	750.00	25.00	1.00	3.00	4.00	4.64	60.71	7.14	1.78
Crackers, Animal, 1 oz. - TR1375 (1 ea.) Contains Wheat, Soy, Gluten.	130.00	4.00	1.00	0.00	0.00	110.00	21.00	2.00	8.00	2.00	1.08	100.00	0.00	0.00
Crackers, Goldfish - TR1037 (1 pkg.) Contains Milk, Wheat, Gluten.	100.00	3.50	1.00	0.00	1.00	170.00	14.00	1.00	0.00	3.00	0.36	20.00	0.00	0.00
Crackers, Graham, Honey Maid Little Squares - TR1038 (1 pkg.) Contains Wheat, Gluten.	130.00	3.00	0.00	0.00	0.00	150.00	24.00	2.00	8.00	2.00	0.72	0.00	40.00	0.00
Crackers, Graham, Scooby Doo Cinnamon - TR1039 (1 pkg.) Contains Wheat, Soy, Gluten.	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00
Crackers, Whole Grain, Keebler - TR1040 (1 pkg.) Contains Wheat, Gluten. May contain Corn/Corn Products.	45.00	1.00	0.00	0.00	0.00	80.00	8.00	0.00	0.00	1.00	0.36	0.00	0.00	0.00
Crescent, Mini, Pepperoni - TR1270 (3 ea.) Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	340.00	13.00	6.00	0.00	35.00	470.00	34.00	5.00	6.00	24.00	2.70	350.00	400.00	9.00
Crispito, Chicken and Chili - TR1293 (1 ea.) Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	369.07	19.68	6.39	0.00	53.10	755.06	26.31	3.00	0.52(M)	20.45	2.18	200.48	1031.02	1.26
Crispitos, chicken and Chili, WG, Tyson - TR1117 (1 ea.) Contains Wheat, Gluten, Corn/Corn Products.	270.00	14.00	3.00	0.00	25.00	370.00	23.00	3.00	(M)	12.00	1.80	40.00	750.00	0.00
Cucumbers, Sliced, Sub Line - TR1345 (1/8 c.)	4.86	0.04	0.01	0.00	0.00	0.65	1.13	0.16	0.00	0.00	0.09	5.18	34.02	0.91
Cucumbers, Sliced - TR1319 (1/2 c.)	8.00	0.00	0.00	0.00	0.00	1.00	1.90	0.30	0.90	0.10	0.18	10.00	50.00	1.20

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Doritos, Cool Ranch, Red Fat - TR1042 (1 pkg.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products, Red Dye.	130.00	5.00	1.00	0.00	0.00	160.00	19.00	2.00	(M)	2.00	3.60	40.00	0.00	0.00
Doritos, Nacho Cheese, Red fat - TR1036 (1 pkg.)Contains Milk, Corn/Corn Products, Red Dye.	130.00	5.00	0.50	0.00	0.00	200.00	20.00	2.00	0.00	2.00	0.36	20.00	0.00	0.00
Doritos, Spicy Sweet Chili, Red Fat - TR1043 (1 pkg.)Contains Wheat, Soy, Gluten, Corn/Corn Products.	130.00	5.00	0.50	0.00	0.00	180.00	20.00	2.00	(M)	2.00	0.36	20.00	0.00	0.00
Dressing, Italian Fat Free, Kraft,,1.5 oz - TR1044 (1 pkg.) Contains Milk, Egg, Wheat.	20.00	0.00	0.00	0.00	0.00	340.00	4.00	0.00	3.00	0.00	0.00	0.00	0.00	2.40
Dressing, Italian, Fat Free, Egg Free, Dairy Free - TR1045 (1 pkg.)Contains Corn/Corn Products.	20.00	0.00	0.00	0.00	0.00	340.00	4.00	0.00	3.00	0.00	0.00	0.00	0.00	2.40
Dressing, Ranch - TR1235 (1 1/2 oz.)Contains Milk, Egg, Soy, Corn/Corn Products.	33.69	2.37	0.48	0.00	1.08	189.49	2.13	0.02	0.84(M)	1.01	0.05	33.88	32.17	0.44
Edamame - TR1255 (1/2 c.) Contains Soy.	120.00	5.44	0.63	0.00	0.00	11.91	9.40	3.57	0.00	10.50	2.13	123.30	132.50	14.46
Egg and Cheese on a Biscuit - TR1271 (1 sandwich)Contains Milk, Egg, Soy. May contain Corn/Corn Products.	105.00	8.00	2.70	0.00	120.00	215.00	2.00	0.00	2.00	6.50	0.04	120.00	250.00	0.00
Egg Patty, Round, - TR1272 (1 ea.)Contains Egg. May contain Corn/Corn Products.	70.00	6.00	1.60	0.00	110.00	110.00	1.00	0.00	1.00	3.00	0.04	20.00	100.00	0.00
Egg Roll, Chicken/Vegetables, WG, Minh - TR1096 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten, Corn/Corn Products.	160.00	5.00	1.00	0.00	30.00	410.00	20.00	3.00	(M)	10.00	1.80	40.00	750.00	6.00
Egg, Hard Boiled - TR1119 (1 ea.)Contains Egg.	80.00	5.00	1.00	0.00	210.00	70.00	1.00	0.00	(M)	6.00	0.72	20.00	300.00	0.00
English Muffin, Gluten Free - TR1120 (1 ea.)	260.00	10.00	1.00	0.00	0.00	340.00	41.00	4.00	4.00	2.00	0.72	150.00	20.00	0.00
Fish Nuggets - TR1287 (4 piece) Contains Fish, Wheat, Soy, Gluten, Corn/Corn Products.	210.74	8.03	1.50	0.00	45.16	280.99	19.07	2.01	1.00	15.05	1.45	20.07	5.02	0.00
Fish Nuggets, 1 oz., WG (SUB) - TR1385 (4 ea.)Contains Fish, Wheat, Gluten, Corn/Corn Products.	210.00	8.00	1.50	0.00	35.00	380.00	22.00	3.00	1.00	12.00	1.08	20.00	0.00	0.00
Fish Nuggets, Ocean Treasures, Trident - TR1124 (4 ea.)Contains Fish, Wheat, Soy, Gluten, Corn/Corn Products.	210.00	8.00	1.50	0.00	45.00	280.00	19.00	2.00	1.00	15.00	1.44	20.00	5.00	0.00
French Fries, Oven Baked - TR1198 (1/2 c.)	110.00	3.50	0.50	0.00	0.00	130.00	18.00	1.00	(M)	2.00	0.36	0.00	73.71	3.60

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
French Toast Sticks, WG - TR1224 (4 stick.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	300.00	13.00	3.00	0.00	0.00	400.00	43.00	3.00	15.00	6.00	1.44	60.00	0.00	0.00
French Toast Stix - TR1290 (4 stick.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	302.00	13.07	3.02	0.00	0.00	402.12	43.23	3.02	(M)	6.03	1.45	60.30	0.00	0.00
Fresh Fruit, 1/2 cup - TR1225 (1/2 c.)	53.00	0.21	0.07	0.00	0.00	0.74	13.28	1.68	1.20	0.63	0.20	18.00	87.50	26.15
Fries, Curly Seasoned - TR1322 (2 1/8 oz.)Contains Corn/Corn Products.	152.38	4.85	0.69	0.00	0.00	235.49	24.93	1.39	0.00	1.39	0.50	0.00	0.00	0.00
Frito Chili Pie - TR1236 (1 ea.) Contains Milk, Soy, Corn/Corn Products.	269.38	12.73	4.74	0.00	39.76	653.01	24.48	2.00	0.99	14.42	1.07	189.81	397.63	2.38
Frozen Fruit Slush Cup - TR1237 (1 ea.)	66.67	0.00	0.00	0.00	0.00	6.67	17.67	3.00	0.00(M)	0.00	0.91	49.33	170.67	73.33
Fruit Juice. Assorted - TR1226 (1/2 c.)	63.33	0.00	0.00	0.00	0.00	15.00	14.67	0.00	13.67	0.67	0.00	0.00	30.00	23.33
Fruit Pocket - TR1253 (1 ea.) Contains Milk, Wheat, Soy, Corn/Corn Products, Red Dye.	60.00	0.67	0.33	0.00	0.00	60.00	12.67	1.00	5.00	0.67	0.60	33.33	166.67	0.00
Fruit Slush Pouch - TR1335 (1 ea.)	115.00	1.00	0.25	0.00	0.00	53.75	26.25	0.00	4.75(M)	0.50	0.54	25.00	0.00	0.00
Garlic Bread, WG - TR1125 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	100.00	2.50	0.50	0.00	0.00	170.00	15.00	2.00	(M)	4.00	1.08	0.00	400.00	0.00
Granola Bar, Chocolate Chip, Quaker Oats Chew - TR1046 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products. May contain Tree nuts, Peanuts.	100.00	3.00	1.00	0.00	0.00	75.00	17.00	1.00	(M)	1.00	0.36	80.00	0.00	0.00
Grape Juice - TR1047 (1 ea.)	80.00	0.00	0.00	0.00	0.00	15.00	18.00	0.00	18.00	1.00	0.00	0.00	90.00	0.00
Grapes, Raw - TR1126 (1 c.)	67.00	0.35	0.11	0.00	0.00	2.00	17.00	0.90	(M)	0.63	0.29	14.00	100.00	4.00
Gravy Mix, Country Style, FF, Pioneer - TR1127 (1 pkg.) Contains Milk, Wheat, Soy, Gluten. May contain Egg, Corn/Corn Products.	203.64	0.00	0.00	0.00	0.00	1861.82	34.91	2.91	11.64	0.00	0.00	0.00	58.18	0.00
Gravy Mix, Turkey, Sysco - TR1105 (1 pkg.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	0.23	0.01	0.00	0.00	0.00	4.09	0.05	0.00	(M)	0.00	0.00	0.00	0.00	0.00
Gravy, Country Style - TR1238 (2 oz.)Contains Milk, Wheat, Soy, Gluten. May contain Egg, Corn/Corn Products.	35.00	0.00	0.00	0.00	0.00	321.78	6.00	0.50	2.00	0.00	0.00	1.78	10.00	0.00

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Gravy, Mix, Brown, FF - TR1129 (1 pkg.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	3.10	0.00	0.00	0.00	0.00	52.71	0.62	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ham and Cheese Croissant - TR1289 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	412.41	17.71	2.08	0.00	56.31	876.92	44.21	0.00(M)	1.00(M)	21.81	0.71(M)	100.00 (M)	150.00 (M)	0.78(M)
Hamburger - TR1052 (1 ea.) Contains Wheat, Soy, Gluten, Corn/Corn Products. Processed in a facility that also processes Sesame.	280.00	10.50	4.00	0.00	40.00	380.00	29.00	3.00	(M)	17.00	2.88	80.00	0.00	1.20
Hamburger Patty - TR1051 (1 ea.)	120.00	8.00	3.50	0.00	40.00	100.00	0.00	0.00	(M)	10.00	1.08	0.00	0.00	0.00
Hamburger, Bun, 4", Kurz - TR1048 (1 ea.)Contains Wheat, Soy, Gluten, Corn/Corn Products. Processed in a facility that also processes Sesame.	160.00	2.50	0.50	0.00	0.00	280.00	29.00	3.00	(M)	7.00	1.80	80.00	0.00	1.20
Hamburger, Bun, GF, Ener G - TR1049 (1 ea.)	120.00	3.00	0.00	0.00	0.00	150.00	21.00	4.00	3.00	1.00	1.44	20.00	15.00	0.00
Hamburger, Bun, GF, Local Oven - TR1050 (1 ea.)Contains Egg.	290.00	11.00	1.00	0.00	30.00	380.00	44.00	2.00	2.00	6.00	0.72	20.00	100.00	0.00
Hamburger, GF - TR1320 (1 ea.) Contains Egg.	410.00	19.00	4.50	0.00	70.00	480.00	44.00	2.00	2.00(M)	16.00	1.80	20.00	100.00	0.00
Hoagie, Bun, WW, 7", Kurz - TR1053 (1 ea.)Contains Wheat, Soy, Gluten, Corn/Corn Products.	170.00	3.50	1.00	0.00	0.00	260.00	33.00	3.00	(M)	4.00	1.44	40.00	0.00	1.20
Honey Mustard Dipping Cup - TR1338 (1 ea.)Contains Egg, Corn/Corn Products.	70.00	6.00	1.00	0.00	10.00	220.00	4.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00
Honey, Raw, pc - TR1054 (1 pkg.)	25.00	0.00	0.00	0.00	0.00	0.00	7.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00
Hot Dog Bun - TR1130 (1 ea.) Contains Milk, Wheat, Gluten, Corn/Corn Products.	120.00	1.50	0.00	0.00	0.00	210.00	21.00	2.00	(M)	5.00	1.08	40.00	0.00	0.00
Hot Dog on a Bun - TR1239 (1 ea.)Contains Milk, Wheat, Gluten, Corn/Corn Products.	230.00	10.50	2.50	0.00	55.00	470.00	21.00	2.00	0.00(M)	13.00	2.16	100.00	0.00	6.00
Hot Dog on a Bun, GF - TR1327 (1 ea.)Contains Egg, Corn/Corn Products.	260.00	14.00	2.50	0.00	70.00	470.00	24.00	1.00	1.00	11.00	1.44	60.00	0.00	6.00
Italian Seasoning - TR1131 (1 tsp.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jelly, Assorted, Sysco - TR1132 (1 ea.)Contains Corn/Corn Products.	60.00	0.00	0.00	0.00	0.00	10.00	15.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00
Juice Cup, Blue Rasp/Cheery, Froz, J&J - TR1134 (1 ea.)	60.00	0.00	0.00	0.00	0.00	5.00	16.00	3.00	(M)	0.00	0.36	60.00	6.00	60.00
Juice Cup, Cherry, Froz, J&J - TR1135 (1 ea.)	70.00	0.00	0.00	0.00	0.00	10.00	19.00	3.00	0.00	0.00	0.36	80.00	500.00	60.00

Menu Item Nutrient Report

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Juice Cup, Mixed Berry/Lemon, Froz, J&J - TR1136 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	(M)	0.00	2.00	8.00	6.00	100.00
Juice, Apple, 4 oz. - TR1137 (1 ea.)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00
Juice, Apple, 6 oz. - TR1138 (1 ea.)	90.00	0.00	0.00	0.00	0.00	20.00	20.00	0.00	19.00	0.00	0.00	0.00	0.00	0.00
Juice, Grape, 4 oz. - TR1139 (1 ea.)	80.00	0.00	0.00	0.00	0.00	15.00	18.00	0.00	18.00	1.00	0.00	0.00	0.00	0.00
Juice, Orange, 4 oz. - TR1140 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	12.00	0.00	10.00	1.00	0.00	0.00	0.00	70.00
Juice, Orange, 6 oz. - TR1141 (1 ea.)	80.00	0.00	0.00	0.00	0.00	20.00	20.00	0.00	17.00	1.00	0.00	0.00	65.00	60.00
Ketchup, Siracha, pc - TR1386 (1 ea.)	10.00	0.00	0.00	0.00	0.00	85.00	2.50	0.00	2.00	0.00	0.00	0.00	0.00	0.00
Ketchup, Jalapeno, Dipping Cup, Red Gold - TR1142 (1 ea.)	30.00	0.00	0.00	0.00	0.00	75.00	7.00	0.00	6.00	0.00	0.00	0.00	100.00	1.00
Ketchup, Red Gold, packet - TR1143 (1 ea.)Contains Corn/Corn Products.	10.00	0.00	0.00	0.00	0.00	85.00	2.50	0.00	2.00	0.00	0.00	0.00	10.00	0.00
Lettuce, Romaine, Chopped - TR1144 (1 c.)	8.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00	(M)	1.00	1.08	20.00	750.00	13.20
Lettuce, Romaine, Whole 24 ct - TR1145 (1 c.)	8.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00	0.00	1.00	1.00	20.00	750.00	13.20
Lettuce, Sub Line - TR1341 (1/4 c.)	2.59	0.00	0.00	0.00	0.00	0.00	0.32	0.32	0.00	0.32	0.32	6.48	243.00	4.28
Macaroni & Cheese(entree) - TR1147 (2/3 c.)Contains Milk, Egg, Wheat, Gluten. May contain Corn/Corn Products.	248.89	9.78	4.44	0.00	22.22	595.56	25.78	1.78	5.33	15.11	0.96	355.56	666.67	0.00
Macaroni and Cheese (side) - TR1384 (2/3 c.)Contains Milk, Egg, Wheat, Gluten. May contain Corn/Corn Products.	280.00	11.00	5.00	0.00	25.00	670.00	29.00	2.00	6.00	17.00	1.08	400.00	750.00	0.00
Mandarin Oranges - TR1148 (1/2 c.)	80.00	0.00	0.00	0.00	0.00	0.00	21.00	1.00	20.00	0.00	0.00	0.00	300.00	6.00
Margarine, pc - TR1149 (1 ea.) Contains Milk, Soy.	30.00	3.50	0.50	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Cup, 2.5oz. - TR1278 (1 c.)	20.00	0.00	0.00	0.00	0.00	110.00	4.00	1.00	2.00	1.00	0.00	7.00	181.00	3.00
Marinara Sauce - TR1150 (1/2 c.)	60.00	1.00	0.00	0.00	0.00	490.00	11.00	3.00	2.00	2.00	1.08	40.00	300.00	9.00
Mashed Potatoes - TR1240 (1/2 c.)Contains Milk, Soy.	64.10	0.80	0.00	0.00	0.00	251.22	13.62	0.80	1.60	1.60	0.29	18.87	0.00	2.88
Mashed Potatoes, Idahoan - TR1151 (1/2 c.)Contains Milk, Soy.	80.00	1.00	0.00	0.00	0.00	310.00	17.00	1.00	2.00	2.00	0.36	20.00	0.00	3.60
Mayonnaise, Fat Free, pc - TR1155 (1 pkg.)Contains Egg.	5.00	0.00	0.00	0.00	5.00	130.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Menu Item Nutrient Report

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Mayonnaise, Low Fat, Hellmans - TR1153 (1 tbsp.)Contains Egg, Soy, Corn/Corn Products.	35.00	3.50	0.50	0.00	0.00	130.00	1.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00
Meatball Sub Sandwich - TR1300 (1 sandwich)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	549.16	19.74	7.33	0.00	46.86	888.03	71.12	7.20	1.20(M)	27.07	5.04	192.80	152.40	4.80
Meatball Sub Sandwich, GF - TR1323 (1 sandwich)Contains Egg.	150.00	5.00	0.00	0.00	15.00	210.00	24.00	1.00	1.00	3.00	0.36	0.00	0.00	0.00
Meatloaf with Ketchup Glaze - TR1312 (1 piece)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	130.00	6.00	2.50	0.00	30.00	459.99	8.00	2.00	3.00	12.00	1.80	40.00	100.00	1.20
Mexi Corn - TR1295 (1/2 c.) Contains Corn/Corn Products.	87.27	0.49	0.00	0.00	0.00	0.00	18.42	1.94	0.00(M)	2.91	0.35	0.00	0.00	4.65
Mexi Tots - TR1296 (2 5/8 oz.) May contain Corn/Corn Products.	130.32	6.01	1.00	0.00	0.00	310.77	16.04	2.00	0.00(M)	2.00	0.00	0.00	18.18	3.61
Milk, 1%, unflavored - TR1156 (1 8 oz container (8 oz))Contains Milk.	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	(M)	8.00	0.00	300.00	300.00	2.40
Milk, chocolate, fat free - TR1157 (1 8 oz container (8 oz)) Contains Milk, Corn/Corn Products.	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	(M)	8.00	0.00	300.00	500.00	1.20
Milk, Soy Chocoalte, 18/8 oz. - TR1376 (1 ea.)Contains Soy.	80.00	4.00	0.50	0.00	0.00	75.00	4.00	2.00	1.00	7.00	1.08	300.00	500.00	0.00
Milk, strawberry, fat free - TR1159 (1 8 oz container (8 oz)) Contains Milk.	110.00	0.00	0.00	0.00	5.00	125.00	19.00	0.00	(M)	8.00	0.00	300.00	500.00	1.20
Mixed Fruit - TR1161 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	10.00	14.00	1.00	11.00	0.00	0.00	0.00	200.00	1.20
Mrs. Dash, Fiesta-Lime Seasoning - TR1263 (1 tsp.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mrs. Dash, SW Chipotle Seasoning, 2.5 oz - TR1163 (1/4 tsp.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Muffin, Assorted, 2 oz. - TR1316 (2 oz.)Contains Milk, Egg, Wheat, Soy, Gluten, Corn/Corn Products.	183.33	5.67	2.00	0.00	41.67	126.67	30.67	2.00	16.33	3.33	1.08	33.33	91.67	0.00
Muffin, Banana,WG, 2oz., Otis Spunk - TR1365 (1 ea.)Contains Egg, Wheat, Soy, Gluten, Corn/Corn Products.	190.00	6.00	2.00	0.00	40.00	130.00	31.00	2.00	17.00	3.00	0.72	40.00	100.00	0.00
Muffin, Blueberry, GF - TR1164 (1 ea.)Contains Milk, Egg, Soy.	201.00	12.00	3.00	0.00	30.00	65.00	31.00	2.00	17.00	3.00	8.28	1560.00	300.00	1.20

Menu Item Nutrient Report

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Muffin, Blueberry, Low Fat, 2.0 Oz. - TR1165 (1 ea.)Contains Egg, Wheat, Soy, Gluten, Corn/Corn Products.	170.00	5.00	2.00	0.00	40.00	120.00	29.00	2.00	15.00	3.00	1.08	20.00	75.00	0.00
Muffin, Chocolate Chocolate Chip, WG, 2oz., Otis - TR1366 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten, Corn/Corn Products.	190.00	6.00	2.00	0.00	45.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00
Mustard, Yellow, pc - TR1166 (1 ea.)	6.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Nachos, Chili and Cheese (Sec) - TR1265 (1 ea.)Contains Milk, Soy, Corn/Corn Products.	395.08	16.00	5.50	0.00	65.03	875.27	36.00	3.00	2.00	24.01	1.80	210.02	650.33	4.80
Nachos, Crazy PK-5 - TR1241 (1 serving)Contains Milk, Soy, Corn/Corn Products, Red Dye.	260.26	11.76	4.25	0.00	40.10	685.84	24.51	2.00	1.00	14.53	1.08	190.08	401.00	2.41
Nachos, Crazy, Sec. - TR1294 (1 serving)Contains Milk, Soy, Corn/Corn Products.	195.08	9.00	4.50	0.00	65.03	695.27	7.00	0.00	2.00	21.01	1.44	190.02	650.33	4.80
NutriGrain Bar, Strawberry - TR1167 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	160.00	4.00	0.50	0.00	0.00	150.00	29.00	3.00	(M)	2.00	1.80	200.00	750.00	0.00
Omelet, Colby Cheese - TR1168 (1 ea.)Contains Milk, Egg. May contain Corn/Corn Products.	100.00	8.00	2.00	0.00	205.00	190.00	1.00	0.00	(M)	6.00	0.72	20.00	200.00	0.00
Onion, Raw - TR1220 (1 ea.)	40.00	0.10	0.04	0.00	0.00	4.00	9.34	1.70	(M)	1.10	0.21	23.00	2.00	7.40
Onion, Sliced, Sub Line - TR1346 (1/8 c.)	7.56	0.02	0.01	0.00	0.00	0.76	1.76	0.32	(M)	0.21	0.04	4.35	0.38	1.40
Oranges, Raw - TR1169 (1/2 c.)	47.00	0.12	0.00	0.00	0.00	0.00	11.75	2.40	(M)	0.94	0.10	40.00	225.00	53.20
Pancakes - TR1171 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	80.00	2.00	0.33	0.00	3.33	130.00	13.67	1.00	3.33	1.67	0.48	13.33	16.67	0.00
Pancakes, Mini Maple Blast - TR1173 (1 pkg.)Contains Milk, Egg, Wheat, Gluten.	230.00	7.00	0.50	0.00	0.00	150.00	41.00	3.00	14.00	4.00	0.72	40.00	70.00	0.00
Pasta, Fusilli, GF - TR1175 (1 c.)	200.00	1.50	0.00	0.00	0.00	30.00	41.00	1.00	0.00	5.00	1.08	0.00	0.00	0.00
Peaches, cnd, - TR1176 (1/2 c.)	50.00	0.00	0.00	0.00	0.00	5.00	12.00	0.00	10.00	0.00	0.00	0.00	300.00	1.20
Pears, cnd, lt. syrup - TR1177 (1/2 c.)	70.00	0.00	0.00	0.00	0.00	0.00	17.00	3.00	13.00	0.00	(M)	0.00	0.00	3.60
Peas and Carrots, fzn - TR1178 (1/2 c.)	71.67	0.00	0.00	0.00	0.00	121.83	14.33	5.73	(M)	4.30	1.55	28.67	2866.67	12.90
Peas, fzn - TR1179 (1/2 c.)	100.33	0.00	0.00	0.00	0.00	172.00	17.20	5.73	(M)	5.73	2.06	28.67	573.33	17.20
Pepper, Black, grd - TR1180 (1 tsp.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Pepper, Green, Sweet, Raw - TR1181 (1 ea.)	20.00	0.17	0.00	0.00	0.00	3.00	4.64	1.70	(M)	0.86	0.34	10.00	370.00	80.40
Pepper, Jalapeno, Fresh - TR1182 (1 ea.)	4.00	0.00	0.00	0.00	0.00	0.40	0.90	0.40	0.60	0.10	0.00	0.00	150.00	16.80
Pepper, Red, Crushed, pc - TR1183 (1 pkg.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	400.00	1.20
Peppers, Raw, Assorted - TR1344 (1/4 c.)	10.08	0.09	0.00	0.00	0.00	1.51	2.34	0.86	(M)	0.43	0.17	5.04	186.48	40.52
Pickles, Sliced, Sub Line - TR1343 (3 slice)	5.82	0.00	0.00	0.00	0.00	597.33	1.28	0.00	1.28	0.00	(M)	(M)	(M)	(M)
Pineapple Tidbits - TR1185 (1/2 c.)	72.00	0.10	0.00	0.00	0.00	1.20	18.84	0.96	(M)	0.50	0.96	16.80	45.60	11.40
Pinto Beans, GF - TR1060 (1/2 c.)	101.64	0.96	0.20	0.00	0.00	347.45	18.02	5.44	(M)	5.74	1.73	50.82	11.82	1.06
Pizza, (New) Cheese, Sgt. Pep, 10 cut, SP162RW - TR1274 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	338.73	12.95	5.98	0.00	24.91	458.28	36.86	2.99	5.98	19.93	1.79	398.50	498.13	5.98
Pizza, (New) Pepperoni, Sgt. Pep, 10 cut SP164RW - TR1284 (1 slice)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	363.36	15.14	7.07	0.00	30.28	555.14	37.35	3.03	6.06	20.19	1.82	353.27	504.67	6.06
Pizza, (New) Pepperoni, Sgt. Pep, 8 cut, SP164RW - TR1336 (1 slice)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	448.59	18.69	8.72	0.00	37.38	685.35	46.10	3.74	7.48	24.92	2.24	436.13	623.04	7.48
Pizza, (New), Cheese, Sgt. Pep, 8 cut, SP162RW - TR1378 (1 slice)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	427.47	16.90	7.95	0.00	29.82	497.06	46.72	2.98	7.95	24.85	1.79	447.35	745.59	5.96
Pizza, Cheese, WG Personal, Apha - TR1186 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	340.00	15.00	7.00	0.00	30.00	510.00	32.00	2.00	(M)	22.00	1.44	450.00	750.00	12.00
Pizza, English Muffin, GF - TR1324 (1 serving)	260.00	10.00	1.00	0.00	0.00	340.00	41.00	4.00	4.00	2.00	0.72	150.00	20.00	0.00
Pizza, Pepperoni, WG, Personal - TR1188 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	360.00	17.00	8.00	0.00	35.00	580.00	32.00	2.00	(M)	22.00	1.80	400.00	750.00	12.00
Pizza,(Last Year), Cheese, WG, Thin, 16" AS162WT - TR1187 (1 slice)Contains Milk, Wheat, Soy.	360.00	15.00	7.00	0.00	30.00	640.00	33.00	3.00	(M)	21.00	1.80	500.00	750.00	6.00
Pizza,(Last Year), Pepperoni, Sgt. Pep, 16" - TR1189 (1 slice)Contains Milk, Wheat, Soy.	380.00	18.00	8.00	0.00	35.00	770.00	33.00	3.00	(M)	22.00	2.70	450.00	750.00	6.00
Pizza,(wrong one) Cheese, 16"(10 cut), sp162r - TR1380 (1 slice)Contains Milk, Wheat, Soy, Gluten.	344.00	13.60	6.40	0.00	24.00	400.00	37.60	2.40	6.40	20.00	1.44	360.00	600.00	4.80

Menu Item Nutrient Report

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Pizza,(wrong one) Cheese, 16"(8 cut), sp162r - TR1379 (1 slice) Contains Milk, Wheat, Soy, Gluten.	430.00	17.00	8.00	0.00	30.00	500.00	47.00	3.00	8.00	25.00	1.80	450.00	750.00	6.00
Pizza,(wrong one) Pepperoni, 16"(10 cut), sp162r - TR1381 (1 slice) Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	340.00	13.00	6.00	0.00	25.00	460.00	37.00	3.00	6.00	20.00	1.80	400.00	500.00	6.00
Pizza,(wrong one) Pepperoni, 16"(8 cut), sp162r - TR1382 (1 slice) Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	450.00	19.00	9.00	0.00	35.00	650.00	47.00	4.00	8.00	25.00	2.70	400.00	500.00	6.00
Pop Tart, Frosted Brown Sugar Cinnamon, LF - TR1190 (1 ea.) Contains Wheat, Soy, Gluten, Corn/Corn Products.	180.00	3.00	1.00	0.00	0.00	190.00	37.00	3.00	(M)	2.00	1.80	100.00	500.00	0.00
Pop Tart, Frosted Fudge, LF - TR1192 (1 ea.) Contains Wheat, Soy, Gluten, Corn/Corn Products.	180.00	3.00	1.00	0.00	0.00	190.00	38.00	3.00	16.00	3.00	1.80	100.00	500.00	0.00
Pop Tart, Strawberry Frosted, LF - TR1191 (1 ea.) Contains Milk, Wheat, Soy, Corn/Corn Products, Red Dye.	180.00	2.00	1.00	0.00	0.00	180.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00
Popcorn Shrimp - TR1260 (3 oz.) Contains Milk, Fish, Crustacean Shellfish, Wheat, Soy, Gluten, Corn/Corn Products.	232.00	11.08	1.51	0.00	60.41	493.36	22.15	3.02	1.01	9.06	2.32	31.20	111.00	1.01
Pork Carnitas - TR1267 (3 fl. oz.) Contains Soy, Pork.	149.00	8.00	3.00	0.00	53.00	57.00	1.00	0.00	1.00	16.00	0.54	10.00	0.00	1.80
Pork Tostada Bowl - TR1268 (1 ea.) Contains Milk, Soy, Corn/Corn Products, Pork.	260.38	14.22	6.33	0.00	82.72	532.82	2.28	0.00	1.28(M)	27.44	0.69	162.78	399.99	2.30
Pork, BBQ,TX Western, low NA, Brookwood Farms - TR1193 (1 #8 scoop) Contains Soy, Corn/Corn Products, Pork.	299.00	18.00	6.00	0.00	71.00	233.00	17.00	0.00	16.00	18.00	3.06	80.00	1650.00	25.20
Potato and Cheese Stuffed Minim Pasta, WG - TR1194 (1 serving) Contains Milk, Egg, Wheat, Soy.	187.09	5.20	3.12	0.00	51.97	239.06	24.95	3.12	(M)	9.36	1.87	103.94	0.00	1.25
Potato Chips, Baked Lays - TR1195 (1 ea.) Contains Soy.	100.00	1.50	0.00	0.00	0.00	160.00	20.00	2.00	(M)	2.00	3.60	20.00	0.00	1.20
Potato Rounds, - TR1196 (1/2 c.) May contain Corn/Corn Products.	130.00	6.00	1.00	0.00	0.00	310.00	16.00	2.00	(M)	2.00	0.00	0.00	18.14	3.60
Potato Wedges - TR1197 (1/2 c.) May contain Corn/Corn Products.	120.00	2.50	0.00	0.00	0.00	5.00	20.00	2.00	0.00	2.00	0.72	0.00	0.00	3.60
Pretzels, Heartzels, Rold Gold - TR1199 (1 Bag) Contains Wheat, Gluten. May contain Corn/Corn Products.	80.00	1.50	0.00	0.00	0.00	200.00	15.00	2.00	(M)	2.00	0.72	0.00	0.00	0.00
Raisins, Fruit Flavored, Raisels - TR1072 (1 ea.)	140.00	0.00	0.00	0.00	0.00	5.00	36.00	1.00	(M)	1.00	0.72	20.00	0.00	60.00

Menu Item Nutrient Report

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Raisins, Fruit Flavored, Sour Lemon, Strawberry, Peach - TR1358 (1 pkg.)	110.00	0.00	0.00	0.00	0.00	10.00	25.00	2.00	22.00	1.00	0.72	20.00	0.00	0.00
Ranch Dressing, Mix - TR1200 (1 pkg.)Contains Milk, Soy. May contain Corn/Corn Products.	165.00	2.04	1.36	0.00	0.00	9320.00	21.20	2.25	0.00	15.40	2.68	169.00	1470.00	19.40
Ravioli - TR1201 (1 c.)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	260.00	8.00	3.50	0.00	25.00	600.00	30.00	4.00	6.00	16.00	2.70	40.00	300.00	0.00
Rice, Asian Style, WG, Uncle Ben's - TR1203 (1/2 c.)Contains Milk, Wheat, Soy, Gluten, Sesame. May contain Corn/Corn Products.	210.00	2.00	0.50	0.00	0.00	450.00	42.00	2.00	3.00	5.00	0.72	20.00	15.00	0.00
Rice, Brown, WG, Uncle Ben's - TR1206 (1/2 c.)	180.00	1.50	0.00	0.00	0.00	0.00	36.00	2.00	(M)	4.00	0.72	0.00	0.00	0.00
Roasted Spiced Cauliflower - TR1361 (1/2 c.)	52.35(M)	3.85(M)	0.53(M)	0.00(M)	0.00(M)	19.67(M)	3.27(M)	1.96(M)	1.31(M)	1.31(M)	0.26(M)	13.10(M)	0.00(M)	30.17(M)
Roasted Turkey Breast - TR1388 (1 serving)	80.00	1.50	0.50	0.00	35.00	390.00	0.00	0.00	0.00	17.00	0.36	0.00	0.00	0.00
Roll, Dinner, GF - TR1204 (1 ea.)Contains Egg.	170.00	6.00	0.50	0.00	15.00	220.00	26.00	1.00	1.00	3.00	0.36	20.00	0.00	0.00
Roll, Dinner, WG - TR1326 (2 oz.)Contains Wheat, Soy, Gluten.	150.00	4.50	1.00	0.00	0.00	220.00	23.00	4.00	3.00	3.00	1.08	0.00	0.00	6.00
Roll, Frz, WG - TR1205 (1 ea.) Contains Milk, Wheat, Soy.	37.50	0.50	2.50	0.00	0.00	65.00	7.50	0.00	(M)	1.25	0.45	2.50	0.00	0.00
Salad, Romaine - TR1244 (1 c.)	13.26	0.03	0.00	0.00	0.00	3.01	2.16	1.38	(M)	1.24	1.22	24.87	2152.14	17.74
Salsa Cup, 3 oz. - TR1207 (1 ea.)	30.00	0.00	0.00	0.00	0.00	208.00	7.00	0.00	2.00	0.00	0.00	0.00	346.00	8.00
Salsa Mild, #10 - TR1208 (1/2 c.)	30.00	0.00	0.00	0.00	0.00	420.00	6.00	3.00	6.00	0.00	1.08	60.00	600.00	3.60
Salsa, pc - TR1209 (1 pkg.)	5.00	0.00	0.00	0.00	0.00	140.00	1.20	0.00	(M)	0.00	0.00	0.00	0.00	1.20
Salsa, Pico de Gallo, Fresh - TR1306 (1 oz.)	22.39	0.19	0.03	0.00	0.00	7.01	4.67	1.05	0.08(M)	0.70	0.30	6.91	384.27	14.75
Salsa, Pico de Gallo, Sysco - TR1184 (2 tbsp.)	3.20	0.00	0.00	0.00	0.00	38.40	0.64	0.16	0.48	0.16	0.06	3.20	160.00	3.84
Sauce, BBQ - TR1210 (1 tbsp.) May contain Wheat, Soy, Corn/Corn Products.	18.00	0.00	0.00	0.00	0.00	190.00	4.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00
Sauce, Orange, Low Na - TR1211 (2 tbsp.)Contains Soy, Gluten, Corn/Corn Products. May contain Wheat.	50.00	0.00	0.00	0.00	0.00	110.00	11.00	0.00	(M)	0.00	0.00	0.00	0.00	4.80
Sauce, Sweet n Sour, Low Na, minh - TR1055 (2 tbsp.)Contains Fish, Wheat, Soy, Gluten, Corn/Corn Products.	50.00	0.00	0.00	0.00	0.00	95.00	12.00	0.00	(M)	0.50	0.00	0.00	0.00	0.00

Menu Item Nutrient Report

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Sauce, Teriyaki, Low Na, Minh - TR1212 (2 tbsp.)Contains Wheat, Soy, Gluten, Corn/Corn Products.	50.00	0.00	0.00	0.00	0.00	300.00	130.00	0.00	(M)	0.50	0.00	0.00	0.00	0.00
Sausage Biscuit - TR1228 (1 sandwich)Contains Milk, Wheat, Gluten. May contain Soy.	270.00	14.00	10.00	0.00	30.00	540.00	27.00	2.00	2.00	10.00	1.44	170.00	10.00	0.00
Sausage Breakfast Sandwich - TR1248 (1 sandwich)Contains Wheat, Soy, Gluten.	170.00	7.00	2.00	0.00	30.00	200.00	17.00	1.00	3.00	9.00	1.44	40.00	15.00	0.00
Slow Roasted BBQ Pork Sandwich, GF - TR1288 (1 sandwich)Contains Soy, Corn/Corn Products, Pork.	224.25	13.50	4.50	0.00	53.25	174.75	12.75	0.00	12.00	13.50	2.29	60.00	1237.50	18.90
Slow Roasted BBQ Sandwich - TR1245 (1 sandwich)Contains Wheat, Soy, Gluten, Corn/Corn Products, Pork. Processed in a facility that also processes Sesame.	459.00	20.50	6.50	0.00	71.00	513.00	46.00	3.00	16.00(M)	25.00	4.86	160.00	1649.97	26.40
Sour Cream, Fat Free, pc - TR1213 (1 ea.)Contains Milk. May contain Corn/Corn Products.	25.00	0.00	0.00	0.00	0.00	30.00	4.00	0.00	(M)	2.00	0.00	60.00	200.00	0.00
Spaghetti Sauce, Turkey, Jennie-O - TR1104 (5 oz.)	130.00	4.00	1.50	0.00	55.00	400.00	7.00	0.00	4.00	16.00	1.44	40.00	20.00	6.00
Spanish Rice - TR1285 (1/2 c.)	59.53	0.43	0.00	0.00	0.00	156.05	13.18	0.85	0.43	1.28	0.15	11.46	318.94	1.02
Spicy Chicken Sandwich - TR1298 (1 sandwich)Contains Wheat, Soy, Gluten, Corn/Corn Products. Processed in a facility that also processes Sesame.	426.95	17.33	3.47	0.00	24.72	675.48	45.81	5.97	0.99(M)	21.83	4.47	119.55	98.87	1.20
Spinach, Fresh, (Sub Line) - TR1390 (1/4 c.)	4.00	0.00	0.00	0.00	0.00	12.00	0.50	0.50	0.00	0.50	0.45	15.00	1400.00	4.20
Steak Fingers, WG - TR1355 (4 ea.)Contains Wheat, Soy, Gluten, Corn/Corn Products.	319.97	20.00	5.00	0.00	35.00	329.97	19.00	4.00	1.00	16.00	2.70	40.00	99.99	3.60
Strawberries, Raw - TR1216 (1/2 c.)	16.00	0.00	0.00	0.00	0.00	0.00	4.00	1.00	(M)	0.00	0.20	8.00	6.00	30.00
Strawberry Fruit Cup - TR1174 (1 ea.)	81.29	0.00	0.00	0.00	0.00	2.35	20.91	2.46	15.55	0.50	0.88	18.78	52.82	48.36
Street Tacos - TR1273 (2 ea.) Contains Wheat, Soy, Gluten, Corn/Corn Products, Pork.	277.80	11.74	3.84	0.00	67.72	323.88	15.99	1.32	1.28(M)	22.64	7.93	16.95	10.36	3.64
String Cheese, Mozzarella, light - TR1172 (1 ea.)Contains Milk.	60.00	2.50	2.00	0.00	0.00	210.00	1.00	0.00	(M)	8.00	0.00	200.00	100.00	0.00
Stuffed Mozzarella Sticks - TR1261 (2 ea.)Contains Milk, Egg, Wheat, Soy, Gluten. May contain Corn/Corn Products.	320.00	15.01	7.00	0.00	45.03	630.36	31.02	3.00	0.00	16.01	1.80	300.20	300.00	0.00

Menu Item Nutrient Report

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Stuffed Mozzarella Stix w/Marinara Sauce - TR1299 (2 stick.)Contains Milk, Egg, Wheat, Soy. May contain Corn/Corn Products.	340.00	15.00	7.00	0.00	45.00	740.00	35.00	4.00	2.00	17.00	1.80	307.00	481.00	3.00
Sub Sandwich, Southwest Chicken, HS - TR1351 (1 sandwich)Contains Wheat, Soy, Gluten. May contain Milk, Egg, Corn/Corn Products, Sesame.	540.50	22.95	6.20	0.00	228.00	809.08	34.70	3.30	3.30(M)	51.90	1.97	12.80	0.00	0.00
Sub Sandwich, Turkey Ham HS - TR1347 (1 sandwich)Contains Wheat, Gluten. May contain Milk, Egg, Soy, Sesame.	268.04	7.41	1.97	0.00	58.82	766.61	29.98	3.30	3.30	21.01	2.00	12.80	0.00	1.18
Sub Sandwich, Turkey Ham/Pepperoni HS - TR1350 (1 sandwich)Contains Wheat, Gluten, Corn/Corn Products. May contain Milk, Egg, Soy, Sesame.	237.96	6.15	1.61	0.00	38.88	582.56	29.87	3.30	3.30	15.93	1.47	12.80	0.00	0.59
Sub Sandwich, Turkey HS - TR1348 (1 sandwich)Contains Wheat, Gluten. May contain Milk, Egg, Soy, Corn/Corn Products, Sesame.	280.00	7.50	2.00	0.00	45.00	587.00	29.00	3.30	3.30	23.30	1.30	12.80	0.00	0.00
Sub Sandwich, Turkey/Ham HS - TR1349 (1 sandwich)Contains Wheat, Gluten. May contain Milk, Egg, Soy, Corn/Corn Products, Sesame.	274.02	7.46	1.99	0.00	51.91	676.80	29.49	3.30	3.30	22.15	1.65	12.80	0.00	0.59
Sub Sandwich, Veggie HS - TR1352 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. May contain Egg, Sesame.	310.00	11.00	4.90	0.00	40.00	667.00	33.00	3.30	7.30	20.30	0.94	412.80	600.00	0.00
Submarine Sandwich - TR1246 (1 sandwich)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	274.35	8.47	3.09	0.00	44.61	651.53	34.33	3.00	1.00(M)	18.07	1.91	140.00	150.00	1.59
Submarine Sandwich, GF - TR1325 (1 sandwich)Contains Milk, Egg, Soy, Corn/Corn Products.	249.52	7.46	2.73	0.00	64.41	1199.39	22.99	4.00	2.00(M)	21.35	1.07	95.00	200.00	0.59
Submarine Sandwich, SFP - TR1334 (1 sandwich)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	274.35	8.47	3.24	0.00	42.11	776.53	33.83	3.00	7.00(M)	18.07	1.91	115.00	200.00	1.59
Sugar - TR1162 (1 c.)	387.00	0.00	0.00	0.00	0.00	1.00	99.90	0.00	(M)	0.00	0.10	1.00	0.00	0.00
Sweet Potato Fries, Straight Cut - TR1276 (1/2 c.)Contains Soy, Corn/Corn Products. May contain Wheat, Gluten.	110.00	4.00	0.50	0.00	0.00	160.00	17.00	3.00	5.00	1.00	0.36	20.00	5000.00	1.20

Menu Item Nutrient Report

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Sweet Potato Waffle Fries - TR1158 (3 oz.)Contains Corn/Corn Products. May contain Wheat, Gluten.	130.00	5.00	0.50	0.00	0.00	220.00	21.00	3.00	6.00	1.00	0.36	20.00	4500.00	1.20
Syrup - TR1154 (1 ea.)Contains Corn/Corn Products.	110.00	0.00	0.00	0.00	0.00	0.00	28.00	0.00	15.00	0.00	0.00	0.00	75.00	0.00
Syrup, pc - TR1303 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Taco Seasoning, Bulk - TR1152 (1 tsp.)Contains Corn/Corn Products.	8.00	0.00	0.00	0.00	0.00	240.00	1.50	0.00	0.50	0.00	0.00	0.00	0.00	0.00
Tajin Seasoing, pc - TR1133 (1 pkg.)	3.00	0.00	0.00	0.00	0.00	127.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	8.40
Tater Tots - TR1282 (2 5/8 oz.) May contain Corn/Corn Products.	130.32	6.01	1.00	0.00	0.00	310.77	16.04	2.00	(M)	2.00	0.00	0.00	18.18	3.61
Texas Caviar - TR1308 (1/2 c.) Contains Corn/Corn Products. May contain Soy.	133.76	2.22	0.00	0.00	0.00	310.70	24.05	5.57	3.36(M)	5.51	1.39	44.70	425.61	7.72
Texas Toast - TR1279 (1 ea.) Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	100.00	2.50	0.50	0.00	0.00	170.00	15.00	2.00	(M)	4.00	1.08	0.00	400.00	0.00
Toast, Cinnamon, WG - TR1229 (1 slice)Contains Wheat, Soy, Gluten, Corn/Corn Products.	90.00	3.00	1.00	0.00	0.00	75.00	15.00	2.00	2.00	2.00	0.72	20.00	10.00	0.00
Toast, GF - TR1333 (2 ea.) Contains Egg.	50.00	1.75	0.00	0.00	5.00	65.00	7.50	0.50	0.50	1.00	0.09	0.00	0.00	0.00
Toasted Cheese Sandwich - TR1041 (1 sandwich)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	300.00	10.00	4.40	0.00	40.00	700.00	34.00	2.00	4.00(M)	20.00	1.44	480.00	600.00	0.00
Tomatoes, Cherry - TR1122 (1/2 c.)	18.00	0.20	0.00	0.00	0.00	5.00	3.89	1.20	(M)	0.88	0.27	10.00	833.00	13.70
Tomatoes, Sliced, Sub Line - TR1342 (2 slice)	9.00	0.00	0.00	0.00	0.00	2.50	2.50	0.60	0.00	0.00	0.13	5.00	411.00	7.00
Tortilla Chips, Red. Fat Rounds, Tostitos - TR1121 (1 pkg.) Contains Corn/Corn Products.	200.00	7.00	1.00	0.00	0.00	180.00	29.00	3.00	0.00	3.00	0.36	20.00	0.00	0.00
Tortilla, 6" GF - TR1116 (1 ea.) Contains Egg.	140.00	4.50	0.50	0.00	15.00	370.00	22.00	1.00	1.00	2.00	0.36	40.00	0.00	0.00
Tortilla, 6", White Wheat - TR1110 (1 ea.)Contains Wheat.	80.00	1.50	0.00	0.00	0.00	250.00	13.00	1.00	(M)	2.00	0.72	40.00	0.00	0.00
Tostada Bowl - TR1266 (1 ea.) Contains Corn/Corn Products.	110.00	5.00	0.00	0.00	0.00	5.00	14.00	0.00	0.00	1.00	0.36	20.00	0.00	0.00
Turkey and Cheese Croissant - TR1391 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten. May contain Corn/Corn Products.	328.33	14.00	2.10	0.00	45.00	631.66	31.00	0.00(M)	1.00(M)	20.83	0.24(M)	100.00 (M)	150.00 (M)	0.00(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Turkey and Cheese Sandwich, Elem - TR1353 (1 sandwich) Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	308.32	8.67	2.68	0.00	56.13	735.09	31.05	2.00	1.05(M)	26.91	1.81	185.30	157.95	0.00
Turkey and Cheese Sandwich, GF - TR1314 (1 sandwich) Contains Milk, Soy. May contain Corn/Corn Products.	126.67	5.75	2.35	0.00	47.50	388.33	1.00	0.00	1.00	17.67	0.30	100.00	150.00	0.00
Turkey and Cheese Sandwich, Sec - TR1354 (1 sandwich) Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products.	308.32	8.67	2.68	0.00	56.13	735.09	31.05	2.00	1.05(M)	26.91	1.81	185.30	157.95	0.00
Turkey Breast, Sliced - TR1103 (3 oz 1 serving) May contain Corn/Corn Products.	110.00	4.50	1.50	0.00	45.00	340.00	0.00	0.00	0.00	17.00	0.36	0.00	0.00	0.00
Turkey Chili - TR1102 (4 1/4 oz cooked,) Contains Corn/Corn Products.	130.00	4.50	1.50	0.00	50.00	420.00	5.00	0.00	2.00	17.00	1.44	40.00	500.00	4.80
Turkey Frank - TR1101 (1 ea.) Contains Corn/Corn Products.	110.00	9.00	2.50	0.00	55.00	260.00	0.00	0.00	0.00	8.00	1.08	60.00	0.00	6.00
Turkey Ham , Diced - TR1100 (1 oz cooked,)	33.22	1.50	0.50	0.00	19.93	17.61	0.33	0.00	0.00	4.98	0.36	0.00	0.00	0.40
Turkey Ham , Sliced - TR1099 (1 oz 1 serving)	32.68	1.47	0.49	0.00	19.61	173.20	0.33	0.00	0.00	4.90	0.35	0.00	0.00	0.39
Turkey Ham and Cheese Sandwich, GF - TR1328 (1 sandwich) Contains Milk, Egg, Soy.	216.70	9.18	2.33	0.00	69.02	668.01	16.82	1.00	2.00	17.75	1.06	100.00	150.00	0.98
Turkey Ham and Cheese Sandwich, GF, Hot - TR1313 (1 sandwich) Contains Milk, Egg, Soy.	325.00	13.00	2.10	0.00	40.00	485.00	45.00	2.00	3.00	9.50	0.72	120.00	250.00	0.00
Turkey Ham and Cheese Sandwich, Hot - TR1309 (1 sandwich) Contains Wheat, Soy, Gluten, Corn/Corn Products. Processed in a facility that also processes Sesame.	160.00	2.50	0.50	0.00	0.00	280.00	29.00	3.00	(M)	7.00	1.80	80.00	0.00	1.20
Turkey Sausage, Patty - TR1098 (1 ea.)	60.00	4.00	1.00	0.00	30.00	80.00	0.00	0.00	0.00	6.00	0.36	20.00	0.00	0.00
Turkey, Breast Steak, presliced, Jennie-O - TR1128 (2 7/8 oz 1 serving)	80.00	1.50	0.50	0.00	35.00	370.00	0.00	0.00	(M)	18.00	0.36	0.00	0.00	0.00
Vegetable Blend, California - TR1089 (1/2 c.)	25.00	0.00	0.00	0.00	0.00	25.00	5.00	2.00	(M)	1.00	0.36	20.00	1500.00	27.00
Vegetables, Mixed - TR1084 (4 1/2 oz.)	89.00	0.00	0.00	0.00	0.00	51.92	17.80	4.45	(M)	4.45	1.07	29.67	1483.33	13.35
Waffle Stix, WG, Belgian Chef - TR1359 (2 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	140.00	2.00	0.00	0.00	0.00	250.00	27.00	2.00	5.00	4.00	1.08	20.00	0.00	0.00

Menu Item Nutrient Report

Generated 09/13/2016 02:34:30 PM by Elizabeth Raftery

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Waffles, Mini, Maple Flavored, Eggo - TR1079 (1 pkg.)Contains Milk, Egg, Wheat, Gluten, Corn/Corn Products. May contain Soy.	200.00	5.00	1.50	0.00	2.00	220.00	35.00	4.00	(M)	4.00	2.70	100.00	500.00	0.00
Whole Apple - TR1002 (1 ea.)	59.00	0.36	0.06	0.00	0.00	0.00	15.25	2.70	(M)	0.19	0.18	7.00	53.00	5.70
Yogurt Parfait - TR1307 (1 ea.) Contains Milk, Tree nuts, Wheat, Gluten, Corn/Corn Products.	276.29	2.25	0.75	0.00	2.00	116.35	60.91	4.46	36.55	6.00	2.68	128.78	927.82	48.96
Yogurt, Asstd. 4 oz. - TR1291 (4 oz.)Contains Milk, Corn/Corn Products.	100.00	0.50	0.50	0.00	5.00	50.00	20.00	(M)	13.00	3.00	(M)	100.00	500.00	(M)
Yogurt, Cherry, 4 oz., Yoplait, Trix - TR1371 (1 Container) Contains Milk, Corn/Corn Products.	100.00	0.50	0.50	0.00	5.00	50.00	20.00	(M)	13.00	3.00	(M)	100.00	500.00	(M)
Yogurt, GF - TR1329 (1 ea.) Contains Milk, Corn/Corn Products.	100.00	0.50	0.50	0.00	5.00	50.00	20.00	(M)	13.00	3.00	(M)	100.00	500.00	(M)
Yogurt, GoGurt, 2.25oz. Yoplait - TR1077 (1 ea.)Contains Milk, Corn/Corn Products.	60.00	0.50	0.00	0.00	5.00	30.00	12.00	0.00	9.00	2.00	0.00	100.00	400.00	0.00
Yogurt, Honey Vanilla, Yoplait, 4 oz. - TR1076 (1 ea.)Contains Milk, Corn/Corn Products.	100.00	0.00	0.00	0.00	5.00	8.00	16.00	0.00	(M)	8.00	0.00	0.00	0.00	0.00
Yogurt, Peach, Yoplait, 4 oz. - TR1075 (1 ea.)Contains Milk, Corn/Corn Products.	150.00	2.00	1.00	0.00	10.00	95.00	25.00	0.00	18.00	6.00	0.00	200.00	750.00	(M)
Yogurt, Raspberry, 4 oz. Yoplait, Trix - TR1372 (1 Container) Contains Milk, Corn/Corn Products.	100.00	0.50	0.50	0.00	5.00	50.00	20.00	(M)	13.00	3.00	(M)	100.00	500.00	(M)
Yogurt, Strawberry, Yoplait, \$oz. - TR1074 (1 ea.)Contains Milk, Corn/Corn Products.	110.00	0.00	0.00	0.00	5.00	65.00	18.00	0.00	(M)	8.00	0.00	0.00	0.00	0.00
Yogurt, Strawberry/Banana, 4 oz. - TR1073 (1 ea.)Contains Milk.	90.00	0.00	0.00	0.00	0.00	50.00	150.00	19.00	14.00	3.00	0.00	300.00	0.00	1.20

Legend

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Serving Group: K-12

Data Source: Local