

9-12 Lunch Express (2 Cold Ent

Mon - 04/02/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVeg	Sandwich	301	943	22.38	28.31	11.01	5.50
SDW BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	Each	28	68	0.00	6.00	0.00	0.00
FRUIT: GrAPPLE, 138ct Wh	Each(138ct)	62	1	0.31	16.52	0.20	0.04
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Tue - 04/03/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SDW GRAH, PBJ GrpHFCS	2 Each	600	440	18.00	64.00	34.00	7.00
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: CUP SS, Applesc 1/	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
JUICE SS, Frt Bld 100% 4oz	1 Each	60	10	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Wed - 04/04/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVeg	Sandwich	301	943	22.38	28.31	11.01	5.50
SDW BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
VEG: SALAD, Potato AP 1/2	1/2 Cup	220	540	2.00	27.00	12.00	2.00
VEG: CELERY, Sticks AP 1/	1/2 Cup	10	52	0.45	1.93	0.11	0.03
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0.00	7.00	0.00	0.00
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Thu - 04/05/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVe	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALP	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: BROCCOLI, GFP IW	1 each	16	15	0.00	3.00	2.00	0.00
VEG: SALAD, Side RomMix	1 CUP	13	8	0.81	2.42	0.00	0.00
FRUIT: CUP SS, Applesc Mi	Each (1/2c)	50	15	1.00	14.00	0.00	0.00
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Fri - 04/06/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVeg	Sandwich	301	943	22.38	28.31	11.01	5.50
SDW BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
VEG: SALAD, Bean Three 3/	3/4 cup	169	279	8.14	24.94	4.04	0.59
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: CRAISINS, SS Wate	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00
COND PC Drsg French Red	1 Each	10	95	0.00	3.00	0.00	0.00

Mon - 04/09/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVe	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALP	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	Each	28	68	0.00	6.00	0.00	0.00
FRUIT: CUP SS, Applesc Ci	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Tue - 04/10/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVeg	Sandwich	301	943	22.38	28.31	11.01	5.50
SDW BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
VEG: SALAD, Bean Three 3/	3/4 cup	169	279	8.14	24.94	4.04	0.59
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
JUICE SS, Frt Bld 100% 4oz	1 Each	60	10	0.00	14.00	0.00	0.00
FRUIT: ORANGE 138ct GFP	Each(138ct)	63	0	0.79	16.64	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Wed - 04/11/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVe	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALP	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: SALAD, Side RomMix	1 CUP	13	8	0.81	2.42	0.00	0.00
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
FRUIT: PEARS 135 ct.	Each(135ct)	75	1	0.47	19.95	0.18	0.03
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Thu - 04/12/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVeg	Sandwich	301	943	22.38	28.31	11.01	5.50
SDW BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
VEG: BROCCOLI, GFP IW	each	16	15	0.00	3.00	2.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Fri - 04/13/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVe	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALP	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CELERY, Sticks AP 1/	1/4 Cup	5	26	0.22	0.96	0.06	0.01
Roll, Dinner Wheat AP (Alph	1 each	76	146	2.83	13.23	1.33	0.24
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
JUICE SS, Frt Bld 100% 4oz	1 Each	60	10	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Mon - 04/16/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVeg	Sandwich	301	943	22.38	28.31	11.01	5.50
SDW BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
VEG: SALAD, Bean Three 3/	3/4 cup	169	279	8.14	24.94	4.04	0.59
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Tue - 04/17/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVe	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALP	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	15	1.00	14.00	0.00	0.00
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Wed - 04/18/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVeg	Sandwich	301	943	22.38	28.31	11.01	5.50
SDW BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
VEG: BROCCOLI, GFP IW	each	16	15	0.00	3.00	2.00	0.00
VEG: CELERY, Sticks AP 1/	1/2 Cup	10	52	0.45	1.93	0.11	0.03
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
FRUIT: ORANGE 138ct Who	Each(138ct)	47	0	0.94	11.73	0.12	0.01
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Thu - 04/19/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVe	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALP	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: ORANGE 138ct Who	Each(138ct)	47	0	0.94	11.73	0.12	0.01
JUICE SS, Frt Bld 100% 4oz	1 Each	60	10	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Fri - 04/20/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVeg	Sandwich	301	943	22.38	28.31	11.01	5.50
SDW BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
VEG: SALAD, Potato AP 1/2	1/2 Cup	220	540	2.00	27.00	12.00	2.00
VEG: SALAD, Side RomMix	1 CUP	13	8	0.81	2.42	0.00	0.00
FRUIT: PEARS 135 ct.	Each(135ct)	75	1	0.47	19.95	0.18	0.03
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00

MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Mon - 04/23/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVe	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALP	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: SALAD, Bean Three 3/	3/4 cup	169	279	8.14	24.94	4.04	0.59
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	Each	28	68	0.00	6.00	0.00	0.00
FRUIT: CRAISINS, SS Origi	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	1 Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Tue - 04/24/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVeg	Sandwich	301	943	22.38	28.31	11.01	5.50
SDW BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: CUP SS, Applesc ST	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	1 Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Wed - 04/25/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVe	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALP	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
VEG: BROCCOLI, GFP IW	1 each	16	15	0.00	3.00	2.00	0.00
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
FRUIT: ORANGE 138ct GFP	Each(138ct)	47	0	0.94	11.73	0.12	0.01
JUICE SS, Frt Bid 100% 4oz	1 Each	60	10	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	1 Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Thu - 04/26/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVeg	Sandwich	301	943	22.38	28.31	11.01	5.50
SDW BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
VEG: SALAD, Side RomMix	1 CUP	13	8	0.81	2.42	0.00	0.00
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
VEG: CELERY, Sticks AP 1/	1/2 Cup	10	52	0.45	1.93	0.11	0.03
COND PC Drsg French 12g	1 Each	50	130	0.00	3.00	4.50	0.50
FRUIT: APPLE, 138ct GFP 1	Each(138ct)	62	0	0.00	17.09	0.00	0.00
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	1 Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Fri - 04/27/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVe	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALP	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: BROCCOLI, GFP IW	1 each	16	15	0.00	3.00	2.00	0.00
Fruit: Clementine GFP 1/2c	1 each	35	0	1.00	9.00	0.00	0.00
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00

MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	1 Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Mon - 04/30/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVeg	Sandwich	301	943	22.38	28.31	11.01	5.50
SDW BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
VEG: SALAD, Bean Three 3/	3/4 cup	169	279	8.14	24.94	4.04	0.59
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00
COND PC Mayonnaise FF 1	1 Each	15	105	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

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

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

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