

K-8 Lunch Express (2 Cold Ent)

Thu - 02/01/2018	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: TOMATOES, Cherry 1/	1/4 Cup	8	2	0.38	1.66	0.09	0.01
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
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 - 02/02/2018	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
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	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 - 02/05/2018	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
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
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 - 02/06/2018	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
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	15	1.00	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 - 02/07/2018	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: CORN, Fz 1/4c	1/4 Cup	33	0	1.04	7.90	0.27	0.04
FRUIT: ORANGE 138ct Who	Each(138ct)	47	0	0.94	11.73	0.12	0.01
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 - 02/08/2018	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
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24

VEG: TOMATOES, Cherry 1/	1/4 Cup	8	2	0.38	1.66	0.09	0.01
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
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 - 02/09/2018	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	1/2 Cup	6	4	0.40	1.21	0.00	0.00
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
FRUIT: PEARS 135 ct.	Each(135ct)	75	1	0.47	19.95	0.18	0.03
COND PC Drsg French Red	1 Each	10	95	0.00	3.00	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 - 02/12/2018	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
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
VEG: TOMATOES, Cherry 1/	1/4 Cup	8	2	0.38	1.66	0.09	0.01
FRUIT: CRAISINS, SS Origi	Box (1.16oz)	110	0	0.00	28.00	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 - 02/13/2018	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	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
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 - 02/14/2018	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: PEAS, Green Fz 1/4c	1/4 Cup	37	34	2.41	6.69	0.13	0.02
VEG: BROCCOLI, GFP IW	each	16	15	0.00	3.00	2.00	0.00
FRUIT: ORANGE 138ct Who	Each(138ct)	47	0	0.94	11.73	0.12	0.01
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 - 02/15/2018	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	1/2 Cup	6	4	0.40	1.21	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: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
COND PC Drsg French Red	1 Each	10	95	0.00	3.00	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 - 02/16/2018		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SDW BD, AM WG 2.0	Sandwich		363	1297	17.74	27.40	19.42	11.53
SDW BD, SBJ WG 2.0 ALP	Sandwich		632	534	19.06	64.64	33.52	4.23
VEG: SALAD, Potato AP 1/2	1/2 Cup		220	540	2.00	27.00	12.00	2.00
VEG: CARROTS, Baby 1/4c	1 Each		28	68	0.00	6.00	0.00	0.00
Fruit: Clementine GFP 1/2c	1 each		35	0	1.00	9.00	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 - 02/19/2018		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	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
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 - 02/20/2018		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SDW GRAH, PBJ GrpHFCS	1 Each		300	220	9.00	32.00	17.00	3.50
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
FRUIT: FRUIT MIX w/Lt Syr	1/2 Cup		69	8	0.51	17.91	0.10	0.01
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 - 02/21/2018		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: SALAD, Side RomMix	1/2 Cup		6	4	0.40	1.21	0.00	0.00
Roll, DinnerWheatAP(Alpha)	1 each		76	146	2.83	13.23	1.33	0.24
FRUIT: PEARS 135 ct.	Each(135ct)		75	1	0.47	19.95	0.18	0.03
COND PC Drsg Ranch Btrml	1 Each		10	125	0.00	2.00	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 - 02/22/2018		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, Potato AP 1/2	1/2 Cup		220	540	2.00	27.00	12.00	2.00
VEG: CELERY, Sticks AP 1/	1/4 Cup		5	26	0.22	0.96	0.06	0.01
FRUIT: CUP SS, Applesc Mi	Each (1/2c)		50	15	1.00	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 - 02/23/2018		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SDW BD, SBJ WG 2.0 ALP	Sandwich		632	534	19.06	64.64	33.52	4.23
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
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
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 - 02/26/2018	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	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
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 - 02/27/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SDW BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
SUB AP, Tky AM WG NoVeg	Sandwich	301	943	22.38	28.31	11.01	5.50
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
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 - 02/28/2018	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, Potato AP 1/2	1/2 Cup	220	540	2.00	27.00	12.00	2.00
VEG: CELERY, Sticks AP 1/	1/4 Cup	5	26	0.22	0.96	0.06	0.01
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0.00	7.00	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

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.