

9-12 Lunch Express (2 Cold Ent)

Fri - 06/01/2018	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
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: Clementine GFP 1/2c	1 each	35	0	1.00	9.00	0.00	0.00
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	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 - 06/04/2018	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, 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: 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

Tue - 06/05/2018	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: 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: APPLE, Slcd IW 2oz	1 Each	30	0	0.00	7.00	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	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 - 06/06/2018	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: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
VEG: SALAD, Side RomMix	1 CUP	13	8	0.81	2.42	0.00	0.00
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	0.00	0.00
FRUIT: PEARS 135 ct.	Each(135ct)	75	1	0.47	19.95	0.18	0.03
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
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 - 06/07/2018	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/	1/2 Cup	10	52	0.45	1.93	0.11	0.03
FRUIT: CUP SS, Applesc Mi	Each (1/2c)	50	15	1.00	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

Fri - 06/08/2018	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
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
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

Mon - 06/11/2018	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: 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

Tue - 06/12/2018	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: 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
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
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 - 06/13/2018	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: 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 - 06/14/2018	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: BROCCOLI, GFP IW	1 each	16	15	0.00	3.00	2.00	0.00
VEG: SALAD, Side RomMix	1/2 Cup	6	4	0.40	1.21	0.00	0.00
FRUIT: ORANGE 138ct GFP	Each(138ct)	63	0	0.79	16.64	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
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 - 06/15/2018		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, 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
Roll, Dinner Wheat AP (Alph	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, 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

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.