

9-12 Lunch Express (2 Cold Ent)

Fri - 09/01/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVegA	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 1/	each	16	15	0.00	3.00	2.00	0.00
VEG: CARROTS, Coin 1/4c G	1 Each	14	25	0.00	3.12	0.63	0.00
VEG: CARROTS, Coin 1/4c G	1 Each	14	25	0.00	3.12	0.63	0.00
JUICE SS, Orange 100% 4oz	1 Each	50	15	1.00	12.00	0.00	0.00
FRUIT: APPLE, 138ct Whole 1	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 12g	1 Each	90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Sun - 09/03/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALPHA	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: TOMATOES, Cherry 1/2	1/2 Cup	15	4	0.75	3.32	0.17	0.02
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
FRUIT: FRUIT MIX w/Lt Syr 1/	1/2 Cup	69	8	0.51	17.91	0.10	0.01
FRUIT: BANANA (100-120ct)	Each(100-120ct)	94	1	1.15	24.11	0.35	0.12
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 12g	1 Each	90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Tue - 09/05/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVegA	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: PEAS, Green Fz 1/2c	1/2 Cup	73	68	4.83	13.37	0.25	0.05
VEG: CARROTS, Baby 1/4c G	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c G	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: CUP SS, Applesc 1/2c	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
JUICE SS, Frt Bld 100% 4oz C	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 12g	1 Each	90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Wed - 09/06/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALPHA	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: PEPPERS, Red Strips1/	1/2 Cup	16	2	0.50	3.02	0.15	0.01
JUICE SS, Grape 100% 4oz C	1 Each	80	15	1.00	18.00	0.00	0.00
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 12g	Each	90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Thu - 09/07/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVegA	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 3/4	3/4 cup	169	279	8.14	24.94	4.04	0.59
Roll, DinnerWheatAP(Alpha)1e	1 each	76	146	2.83	13.23	1.33	0.24
VEG: BROCCOLI, GFP IW 1/	each	16	15	0.00	3.00	2.00	0.00
FRUIT: APPLE, 138ct Whole 1	Each(138ct)	62	1	0.31	16.52	0.20	0.03
JUICE SS, Orange 100% 4oz	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 12g	Each	90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Fri - 09/08/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALPHA	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: SALAD, Side RomMix A	1 CUP	13	8	0.81	2.42	0.00	0.00
Roll, DinnerWheatAP(Alpha)1e	1 each	76	146	2.83	13.23	1.33	0.24
VEG: PEAS, Green Fz 1/2c	1/2 Cup	73	68	4.83	13.37	0.25	0.05
FRUIT: ORANGE 138ct Whole	Each(138ct)	47	0	0.94	11.73	0.12	0.01
JUICE SS, Apple 100% 4oz C	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 12g	Each	90	55	0.00	0.00	10.00	2.00

COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00
COND PC Drsg French Red F	1 Each	10	95	0.00	3.00	0.00	0.00

Mon - 09/11/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich		296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALPHA	Sandwich		632	534	19.06	64.64	33.52	4.23
VEG: PEAS, Green Fz 1/2c	1/2 Cup		73	68	4.83	13.37	0.25	0.05
VEG: CARROTS, Baby 1/4c G	Each		28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c G	Each		28	68	0.00	6.00	0.00	0.00
FRUIT: CUP SS, Applesc Cin1	Each (1/2c)		50	15	0.00	14.00	0.00	0.00
JUICE SS, Apple 100% 4oz C	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 12g	Each		90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each		0	65	0.00	1.00	0.00	0.00

Tue - 09/12/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVegA	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 3/4	3/4 cup		169	279	8.14	24.94	4.04	0.59
Roll, DinnerWheatAP(Alpha)1e	1 each		76	146	2.83	13.23	1.33	0.24
VEG: CARROTS, Coin 1/4c G	1 Each		14	25	0.00	3.12	0.63	0.00
FRUIT: PEACHES Dice w/Syr	1/2 Cup		67	6	0.56	18.05	0.04	0.00
JUICE SS, Frit Bld 100% 4oz C	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 12g	Each		90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each		0	65	0.00	1.00	0.00	0.00

Wed - 09/13/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich		296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALPHA	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: SALAD, Side RomMix A	1 CUP		13	8	0.81	2.42	0.00	0.00
Roll, DinnerWheatAP(Alpha)1e	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
JUICE SS, Grape100% 4oz C	1 Each		80	15	1.00	18.00	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each		5	120	0.00	1.00	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 12g	Each		90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each		0	65	0.00	1.00	0.00	0.00

Thu - 09/14/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVegA	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: TOMATOES, Cherry 1/2	1/2 Cup		15	4	0.75	3.32	0.17	0.02
VEG: BROCCOLI, GFP IW 1/	each		16	15	0.00	3.00	2.00	0.00
JUICE SS, Grape100% 4oz C	1 Each		80	15	1.00	18.00	0.00	0.00
FRUIT: APPLE, 138ct Whole 1	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 12g	Each		90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each		0	65	0.00	1.00	0.00	0.00

Fri - 09/15/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich		296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALPHA	Sandwich		632	534	19.06	64.64	33.52	4.23
VEG: CARROTS, Baby 1/4c G	1 Each		28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c G	1 Each		28	68	0.00	6.00	0.00	0.00
VEG: CELERY, Sticks AP 1/2c	1/2 Cup		10	52	0.45	1.93	0.11	0.03
JUICE SS, Frit Bld 100% 4oz C	1 Each		60	10	0.00	14.00	0.00	0.00
FRUIT: CUP SS, Applesc Pea	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 12g	Each		90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each		0	65	0.00	1.00	0.00	0.00

Mon - 09/18/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVegA	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: CARROTS, Coin 1/4c G	1 Each		14	25	0.00	3.12	0.63	0.00
VEG: CARROTS, Coin 1/4c G	1 Each		14	25	0.00	3.12	0.63	0.00
VEG: CORN, Fz 1/2c	1/2 Cup		66	1	2.09	15.80	0.55	0.08
FRUIT: BANANA (100-120ct)	Each(100-120ct)		94	1	1.15	24.11	0.35	0.12
JUICE SS, Apple 100% 4oz C	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 12g	Each	90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00

Tue - 09/19/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich		296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALPHA	Sandwich		632	534	19.06	64.64	33.52	4.23
VEG: PEAS, Green Fz 1/2c	1/2 Cup		73	68	4.83	13.37	0.25	0.05
VEG: CARROTS, Baby 1/4c G	Each		28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c G	Each		28	68	0.00	6.00	0.00	0.00
FRUIT: CUP SS, Applesc Pea	Each (1/2c)		50	15	1.00	14.00	0.00	0.00
JUICE SS, Orange 100% 4oz	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 12g	1 Each		90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each		0	65	0.00	1.00	0.00	0.00

Wed - 09/20/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVegA	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: PEAS, Green Fz 1/2c	1/2 Cup		73	68	4.83	13.37	0.25	0.05
VEG: BROCCOLI, GFP IW 1/	each		16	15	0.00	3.00	2.00	0.00
FRUIT: ORANGE 138ct Whole	Each(138ct)		47	0	0.94	11.73	0.12	0.01
JUICE SS, Grape100% 4oz C	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 12g	Each		90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each		0	65	0.00	1.00	0.00	0.00

Thu - 09/21/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich		296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALPHA	Sandwich		632	534	19.06	64.64	33.52	4.23
VEG: SALAD, Bean Three 3/4	3/4 cup		169	279	8.14	24.94	4.04	0.59
Roll, DinnerWheatAP(Alpha)1e	1 each		76	146	2.83	13.23	1.33	0.24
VEG: TOMATOES, Chery 1/4	1/4 Cup		8	2	0.38	1.66	0.09	0.01
FRUIT: APPLE, 138ct Whole 1	Each(138ct)		62	1	0.31	16.52	0.20	0.03
JUICE SS, Frit Bld 100% 4oz C	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 12g	Each		90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each		0	65	0.00	1.00	0.00	0.00

Fri - 09/22/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVegA	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 A	1 CUP		13	8	0.81	2.42	0.00	0.00
Roll, DinnerWheatAP(Alpha)1e	1 each		76	146	2.83	13.23	1.33	0.24
JUICE SS, Apple 100% 4oz C	1 Each		60	15	0.00	14.00	0.00	0.00
FRUIT: PEARS 135 ct.	Each(135ct)		75	1	0.47	19.95	0.18	0.03
COND PC Drsg French Red F	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 12g	Each		90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each		0	65	0.00	1.00	0.00	0.00

Mon - 09/25/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich		296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALPHA	Sandwich		632	534	19.06	64.64	33.52	4.23
VEG: SALAD, Bean Three 3/4	3/4 cup		169	279	8.14	24.94	4.04	0.59
Roll, DinnerWheatAP(Alpha)1e	1 each		76	146	2.83	13.23	1.33	0.24
VEG: TOMATOES, Chery 1/4	1/4 Cup		8	2	0.38	1.66	0.09	0.01
FRUIT: CRAISINS, SS Origin1	Box (1.16oz)		110	0	0.00	28.00	0.00	0.00
JUICE SS, Grape100% 4oz C	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 12g	1 Each		90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each		0	65	0.00	1.00	0.00	0.00

Tue - 09/26/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVegA	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 G	Each		28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c G	Each		28	68	0.00	6.00	0.00	0.00
JUICE SS, Orange 100% 4oz	1 Each		50	15	1.00	12.00	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

		Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
COND PC Mayonnaise 12g	1 Each	90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00
Wed - 09/27/2017							
		Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALPHA	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: PEAS, Green Fz 1/2c	1/2 Cup	73	68	4.83	13.37	0.25	0.05
VEG: BROCCOLI, GFP IW 1/	each	16	15	0.00	3.00	2.00	0.00
FRUIT: ORANGE 138ct Whole	Each(138ct)	47	0	0.94	11.73	0.12	0.01
JUICE SS, Frt Bld 100% 4oz C	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 12g	1 Each	90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00
Thu - 09/28/2017							
		Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Tky AM WG NoVegA	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 A	1 CUP	13	8	0.81	2.42	0.00	0.00
Roll, DinnerWheatAP(Alpha)1e	1 each	76	146	2.83	13.23	1.33	0.24
VEG: PEAS, Green Fz 1/2c	1/2 Cup	73	68	4.83	13.37	0.25	0.05
Fruit: Clementine GFP 1/2c	1 each	35	0	1.00	9.00	0.00	0.00
JUICE SS, Apple 100% 4oz C	1 Each	60	15	0.00	14.00	0.00	0.00
COND PC Drsg French Red F	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 12g	1 Each	90	55	0.00	0.00	10.00	2.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00
Fri - 09/29/2017							
		Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich	296	1298	21.13	26.81	11.51	5.87
SDW BD, SBJ WG 2.0 ALPHA	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: CARROTS, Coin 1/4c G	1 Each	14	25	0.00	3.12	0.63	0.00
VEG: CARROTS, Coin 1/4c G	1 Each	14	25	0.00	3.12	0.63	0.00
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
FRUIT: APPLE, 138ct Whole 1	Each(138ct)	62	1	0.31	16.52	0.20	0.03
JUICE SS, Orange 100% 4oz	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 12g	1 Each	90	55	0.00	0.00	10.00	2.00
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.