

K-8 Lunch Express (2 Cold Ent)

Thu - 06/01/2017	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: TOMATOES, Cherry 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
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 12g	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 - 06/02/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich	307	1002	19.23	27.83	13.07	6.39
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 1/4c	1/4 Cup	5	26	0.22	0.96	0.06	0.01
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 FF 12g	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 - 06/05/2017	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, Coin 1/4c G	1 Each	14	25	0.00	3.12	0.63	0.00
FRUIT: PEARS 135 ct.	Each(135ct)	75	1	0.47	19.95	0.18	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 12g	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 - 06/06/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich	307	1002	19.23	27.83	13.07	6.39
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: CARROTS, Baby 1/4c G	1 Each	28	68	0.00	6.00	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 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 12g	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 - 06/07/2017	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: BROCCOLI, GFP IW 1/	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 Whole	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 12g	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 - 06/08/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich	307	1002	19.23	27.83	13.07	6.39
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, Cherry 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
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 12g	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 - 06/09/2017	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: SALAD, Side RomMix A	1/2 Cup	6	4	0.40	1.21	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
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 FF 12g	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 - 06/12/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich	307	1002	19.23	27.83	13.07	6.39
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, Cherry 1/4	1/4 Cup	8	2	0.38	1.66	0.09	0.01
FRUIT: CRAISINS, SS Cherry	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 12g	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 - 06/13/2017	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	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 12g	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 - 06/14/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich	307	1002	19.23	27.83	13.07	6.39
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: 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
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 12g	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 - 06/15/2017	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, Side RomMix A	1/2 Cup	6	4	0.40	1.21	0.00	0.00
Roll, DinnerWheatAP(Alpha)1e	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 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 FF 12g	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 - 06/16/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich	307	1002	19.23	27.83	13.07	6.39
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, Coin 1/4c G	1 Each	14	25	0.00	3.12	0.63	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 FF 12g	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 - 06/19/2017	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, 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	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 12g	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 - 06/20/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich		307	1002	19.23	27.83	13.07	6.39
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: TOMATOES, Cherry 1/4	1/4 Cup		8	2	0.38	1.66	0.09	0.01
FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)		60	0	0.00	15.00	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 12g	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 - 06/21/2017		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	1/2 Cup		6	4	0.40	1.21	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
COND PC Drsg Ranch Btrmlk	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 12g	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 - 06/22/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich		307	1002	19.23	27.83	13.07	6.39
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: CELERY, Sticks AP 1/4c	1/4 Cup		5	26	0.22	0.96	0.06	0.01
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 12g	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 - 06/23/2017		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
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 FF 12g	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 - 06/26/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich		307	1002	19.23	27.83	13.07	6.39
SDW BD, SBJ WG 2.0 ALPHA	Sandwich		632	534	19.06	64.64	33.52	4.23
VEG: TOMATOES, Chery 1/4	1/4 Cup		8	2	0.38	1.66	0.09	0.01
VEG: PEAS, Green Fz 1/2c	1/2 Cup		73	68	4.83	13.37	0.25	0.05
FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)		60	0	0.00	15.00	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 12g	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 - 06/27/2017		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	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
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 12g	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 - 06/28/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich		307	1002	19.23	27.83	13.07	6.39
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: CELERY, Sticks AP 1/4c	1/4 Cup	5	26	0.22	0.96	0.06	0.01
FRUIT: PEARS 135 ct.	Each(135ct)	75	1	0.47	19.95	0.18	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 12g	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 - 06/29/2017	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
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 12g	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 - 06/30/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SUB AP, Ham AM WG NoVeg	Sandwich	307	1002	19.23	27.83	13.07	6.39
SDW BD, SBJ WG 2.0 ALPHA	Sandwich	632	534	19.06	64.64	33.52	4.23
VEG: SALAD, Side RomMix A	1/2 Cup	6	4	0.40	1.21	0.00	0.00
Roll, DinnerWheatAP(Alpha)1e	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: ORANGE 138ct Whole	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 12g	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 F	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.