

Lexington District #1 Schools
Simple Average
4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
053: White Knoll Middle School															
4/3/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
BREAKFAST CHICKEN BISCUIT	1 BISCUIT	330.975	15.000	566.342	3.390	2.731	115.609	100.002	0.000	13.976	40.463	12.756	5.878		3.585
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
FRESH WHOLE APPLE	1 MED. APPLE	71.760	0.000	1.380	3.312	0.166	8.280	74.520	6.348	0.359	19.058	0.235	0.041		0.000*
FRESH WHOLE BANANA	1 BANANA	89.890	0.000	1.010	2.626	0.263	5.050	64.640	8.787	1.101	23.068	0.333	0.113		0.000*
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/3/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
FRESH WHOLE APPLE	1 MED. APPLE	71.760	0.000	1.380	3.312	0.166	8.280	74.520	6.348	0.359	19.058	0.235	0.041		0.000*
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
MANDARIN ORANGES	1/2 CUP	68.930	0.000	6.780	0.791	0.419	7.910	949.200	22.374	0.565	18.295	0.113	0.014		17.504
MAYONNAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000
ROASTED SQUASH & ZUCCHINI	1/2 CUP	45.171	0.000	7.867	1.818	0.508	22.007	219.709	16.209	1.348	4.547	2.882	0.241		0.000*
SALAD, SPINACH	1/2 CUP	9.333	0.000	19.447	0.800	0.718	26.913	2364.006	9.150	0.908	1.645	0.122	0.020		0.099*
SAUSAGE PATTY ADVANCE PIERRE	2 PATTY	120.000	40.000	480.000	0.000	0.720	40.000	0.000	0.000	12.000	2.000	3.000	0.000		0.000

Simple Average

4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/4/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
DICED PEARS	1/2 CUP	58.000	0.000	2.000	2.000	0.240	8.000	0.000	2.500	0.370	15.020	0.120	0.000		12.000
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
GRITS, STONE GROUND	1/2 CUP	252.095	0.000*	69.955	0.000*	0.000*	3.410*	323.956	0.000*	5.382	39.478	8.883	1.514		0.000*
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
SAUSAGE BISCUIT	1 BISCUIT	294.978	17.500	514.965	2.500	1.620	99.992	50.000	0.000	10.999	28.497	15.499	6.750		3.000
SAUSAGE PATTY ADVANCE PIERRE	2 PATTY	120.000	40.000	480.000	0.000	0.720	40.000	0.000	0.000	12.000	2.000	3.000	0.000		0.000
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/4/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
BAKED BEANS	1/2 CUP	150.000	0.000	350.000	8.000	1.800	40.000	0.000	0.000	6.000	29.000	1.000	0.000		10.000
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
CLASSIC CHICKEN POT PIE	1 CUP	278.068	53.703	435.951	2.170	1.511	25.340	1740.982	6.886	20.312	21.679	12.826	5.197		0.960*
CORN	1/2 CUP	81.284	0.000	16.674	2.293	0.479	6.253	45.853	3.543	2.605	18.487	1.021	0.102		3.001
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
FRESH GRAPES	1/2 cup	57.600	0.000	9.600	0.640	0.000	12.800	0.000	0.768	0.000	14.720	0.000	0.000		12.800
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
FRESH RED & GREEN BELL PEPPER STRIPS	1/2 CUP	30.439	0.000	4.177	2.268	0.460	10.146	2089.509	124.200	1.104	6.368	0.280	0.051		0.000
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
MAYONAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MEXICALI SALAD	1/2 CUP	137.096	0.000	206.855	5.873	2.609	55.781	660.464	30.371	5.594	27.155	1.264	0.203		2.382*
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEACH CUP	1 SS CUP	80.000	0.000	0.000	1.000	0.360	0.000	300.000	162.000	1.000	19.000	0.000	0.000		16.000
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PICO DE GALLO HOMEMADE	1/4 cup	20.658	0.000	183.610	0.936	0.834	26.812	407.620	27.616	0.620	3.726	0.114	0.026		0.000*
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000

Lexington District #1 Schools
Simple Average
4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/5/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
DUTCH WAFFLE W/BERRIES	2 WAFFLES	842.142	40.000	700.000	9.228	4.182	112.286	0.000	77.486	9.614	147.342	26.000	6.000		80.500
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
STEAK BISCUIT	1 BISCUIT	470.940	24.996	766.284	3.390	2.371	115.606	0.000	0.000	11.975	42.462	27.753	10.377		3.585
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/5/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
CHICKEN ALFREDO W/GARLIC TEXAS TOAST	1 cup	320.868	61.236	703.387	1.332	1.939	189.162	64.800	0.045	27.126	36.222	7.976	3.518		5.321*
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
FRESH WHOLE STRAWBERRIES	1/2 CUP	27.648	0.000	0.864	1.728	0.354	13.824	10.368	50.802	0.579	6.635	0.259	0.013		0.000*
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
MAYONAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PINEAPPLE TIDBITS	1/2 CUP	66.000	0.000	1.000	1.000	0.490	18.000	48.000	9.400	0.450	16.950	0.150	0.010		15.940
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000
ROLL/RICH'S WHITE WHEAT	1 ROLL	85.000	0.000	67.500	1.500	0.360	0.000	0.000	0.000	3.500	14.000	1.500	0.250		1.500
SLICED TOMATOES	1/2 CUP	19.595	0.000	5.443	1.306	0.294	10.886	906.822	13.825	0.958	4.267	0.218	0.033		*
STEAMED BROCCOLI	1/2 CUP	15.631	0.000	15.171	1.195	0.336	21.607	286.407	41.007	1.296	3.053	0.170	0.018		0.000

Simple Average

4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/6/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
BREAKFAST CHICKEN BISCUIT	1 BISCUIT	330.975	15.000	566.342	3.390	2.731	115.609	100.002	0.000	13.976	40.463	12.756	5.878		3.585
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
PEACHES SLICED	1/2 CUP	53.000	0.000	6.000	1.300	0.380	6.000	340.000	3.800	0.500	13.990	0.130	0.000		12.690
SAUSAGE BISCUIT	1 BISCUIT	294.978	17.500	514.965	2.500	1.620	99.992	50.000	0.000	10.999	28.497	15.499	6.750		3.000
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/6/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
CAROLINA CHICKEN BOG	1 CUP	307.713	56.699	248.302	1.977	1.341	21.258	16.332	1.207	20.732	41.804	6.712	2.020		0.437*
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
CONFETTI COLLARDS	1/2 CUP	54.542	0.000	193.806	3.009	0.254	96.844	4207.533	40.315	2.265	8.640	1.797	0.157		0.283*
CRISPY OKRA	1/2 cup	170.003	0.000	250.004	3.000	1.440	80.001	100.002	3.600	4.000	24.000	7.000	1.000		1.000
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
FRESH HONEYDEW	1/2 cup	68.039	0.000	34.019	1.512	0.321	11.340	94.498	34.019	1.021	17.180	0.265	0.072		0.000*
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
FRUIT COCKTAIL	1/2 CUP	67.722	0.000	7.852	1.472	0.353	5.889	11.778	3.828	0.501	17.549	0.098	0.010		14.065
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
MAYONAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000

Simple Average

4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/7/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MANDARIN ORANGES	1/2 CUP	68.930	0.000	6.780	0.791	0.419	7.910	949.200	22.374	0.565	18.295	0.113	0.014		17.504
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
SAUSAGE BISCUIT	1 BISCUIT	294.978	17.500	514.965	2.500	1.620	99.992	50.000	0.000	10.999	28.497	15.499	6.750		3.000
SMUCKERS MAPLE WAFFLE	1 waffle	240.004	30.001	310.005	4.000	0.000	0.000	0.000	0.000	5.000	42.001	7.000	1.500		19.000
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/7/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
BUFFALO CHICKEN FLATBREAD	1 sandwich	407.346	46.750	1220.908	3.711*	1.586*	53.785	553.831	1.487*	21.374	28.863*	22.477	6.339		2.472*
CAESAR SALAD	1/2 CUP	42.389	3.037	195.167	0.534	0.192	56.235	564.013	1.281	2.137	2.461	2.480	0.843		1.691
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
MAYONAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000
SWEET POTATO WAFFLE FRIES	1/2 CUP	130.076	0.000	220.129	3.002	2.001	2.001	90.053	2.001	1.001	21.012	5.003	0.500		6.004

Simple Average

4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/18/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
DICED PEARS	1/2 CUP	58.000	0.000	2.000	2.000	0.240	8.000	0.000	2.500	0.370	15.020	0.120	0.000		12.000
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
GRITS, STONE GROUND	1/2 CUP	252.095	0.000*	69.955	0.000*	0.000*	3.410*	323.956	0.000*	5.382	39.478	8.883	1.514		0.000*
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
SAUSAGE BISCUIT	1 BISCUIT	294.978	17.500	514.965	2.500	1.620	99.992	50.000	0.000	10.999	28.497	15.499	6.750		3.000
SAUSAGE PATTY ADVANCE PIERRE	2 PATTY	120.000	40.000	480.000	0.000	0.720	40.000	0.000	0.000	12.000	2.000	3.000	0.000		0.000
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/18/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
LETTUCE & TOMATO DICED FOR TACOS	1/2 CUP	14.817	0.000	6.426	1.089	0.298	12.096	630.569	7.779	0.806	3.197	0.159	0.023		0.000*
MAYONNAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PICO DE GALLO HOMEMADE	1/4 cup	20.658	0.000	183.610	0.936	0.834	26.812	407.620	27.616	0.620	3.726	0.114	0.026		0.000*
PINEAPPLE TIDBITS	1/2 CUP	66.000	0.000	1.000	1.000	0.490	18.000	48.000	9.400	0.450	16.950	0.150	0.010		15.940
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000
ROASTED CAULIFLOWER	1/2 CUP	67.013	3.240	103.967	2.909	0.529	74.362	63.990	53.005	3.822	6.674	3.494	0.826		0.162*
TEX MEX CORN	1/2 CUP	81.284	0.000	147.977	2.293	0.479	6.253	45.853	3.543	2.605	18.487	1.021	0.102		3.001
TOSTITOS W/CHICKEN & QUESO-HIGH	1 SERVING	535.293	111.844	1273.173	2.045	1.126	297.143	1091.729	17.540	30.869	36.572	28.648	10.699		0.037

Lexington District #1 Schools
Simple Average
4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/19/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
DUTCH WAFFLE W/BERRIES	2 WAFFLES	842.142	40.000	700.000	9.228	4.182	112.286	0.000	77.486	9.614	147.342	26.000	6.000		80.500
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
STEAK BISCUIT	1 BISCUIT	470.940	24.996	766.284	3.390	2.371	115.606	0.000	0.000	11.975	42.462	27.753	10.377		3.585
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/19/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
CAESAR SALAD	1/2 CUP	42.389	3.037	195.167	0.534	0.192	56.235	564.013	1.281	2.137	2.461	2.480	0.843		1.691
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
FRESH BABY CARROTS	1/2 CUP	36.460	0.000	183.968	2.192	0.673	44.192	10425.239	1.966	0.484	9.229	0.098	0.017		1.000
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
FRESH WHOLE APPLE	1 MED. APPLE	71.760	0.000	1.380	3.312	0.166	8.280	74.520	6.348	0.359	19.058	0.235	0.041		0.000*
GARLIC TEXAS TOAST	1 SLICE	100.000	0.00	130.000	2.000	0.720	*	300.000	*	3.000	15.000	3.000	0.00		0.00
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
MAYONNAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEACH CUP	1 SS CUP	80.000	0.000	0.000	1.000	0.360	0.000	300.000	162.000	1.000	19.000	0.000	0.000		16.000
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000
SPAGHETTI W/GROUND BEEF	1 CUP	329.324	54.749	653.373	3.999	3.111	76.663	495.937	5.055	17.574	22.708	18.572	6.923		7.076*

Simple Average

4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/20/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
BREAKFAST CHICKEN BISCUIT	1 BISCUIT	330.975	15.000	566.342	3.390	2.731	115.609	100.002	0.000	13.976	40.463	12.756	5.878		3.585
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
PEACHES SLICED	1/2 CUP	53.000	0.000	6.000	1.300	0.380	6.000	340.000	3.800	0.500	13.990	0.130	0.000		12.690
SAUSAGE BISCUIT	1 BISCUIT	294.978	17.500	514.965	2.500	1.620	99.992	50.000	0.000	10.999	28.497	15.499	6.750		3.000
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/20/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
FRUIT COCKTAIL	1/2 CUP	67.722	0.000	7.852	1.472	0.353	5.889	11.778	3.828	0.501	17.549	0.098	0.010		14.065
GINGER SCENTED BROWN RICE	3/4 CUP	97.589	0.000	3.785	0.930	0.404	8.465	0.189	0.009	2.098	20.394	0.774	0.156		0.223*
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
MAYONAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000
SALAD, KALE W/MANDARIN ORANGES	1/2 cup	69.958	0.000	163.191	1.174	0.962	73.453	8317.428	67.559	1.841	9.077	3.691	0.287		3.330*
TANGERINE CHICKEN	4 OZS.	190.864	45.000	380.119	2.065	1.453	0.288	59.279	3.523	14.032	25.181	4.008	1.001		18.000
TERIYAKI GLAZED VEGETABLES	1/2 CUP	78.199	0.000	72.137	2.527	0.629	32.082	2951.242	36.065	1.465	12.039	3.195	0.267		0.000*

Simple Average

4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/21/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MANDARIN ORANGES	1/2 CUP	68.930	0.000	6.780	0.791	0.419	7.910	949.200	22.374	0.565	18.295	0.113	0.014		17.504
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
SAUSAGE BISCUIT	1 BISCUIT	294.978	17.500	514.965	2.500	1.620	99.992	50.000	0.000	10.999	28.497	15.499	6.750		3.000
SMUCKERS MAPLE WAFFLE	1 waffle	240.004	30.001	310.005	4.000	0.000	0.000	0.000	0.000	5.000	42.001	7.000	1.500		19.000
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/21/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
CAROLINA COLESLAW	1/2 CUP	132.771	10.720	99.916	1.789	0.341	36.473	0.114	37.580	0.901	5.413	11.705	1.659		3.373*
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
DICED PEARS	1/2 CUP	58.000	0.000	2.000	2.000	0.240	8.000	0.000	2.500	0.370	15.020	0.120	0.000		12.000
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
GARNISH TRAY	1/2 CUP	10.462	0.000	186.432	0.861	0.272	17.022	351.603	3.112	0.596	2.244	0.112	0.018		0.000*
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
MAYONAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PEAS, BLACK-EYED	1/2 CUP	73.303	0.000	146.606	4.189	0.628	10.472	0.000	2.513	3.142	16.755	0.000	0.000		0.000
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000
SEASIDE FILET SANDWICH	1 sandwich	380.004	50.001	490.005	3.600	2.520	200.000	0.000	5.400	20.000	42.000	15.000	2.000		4.000

Simple Average

4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/24/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
BREAKFAST CHICKEN BISCUIT	1 BISCUIT	330.975	15.000	566.342	3.390	2.731	115.609	100.002	0.000	13.976	40.463	12.756	5.878		3.585
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
SAUSAGE & GRAVY BREAKFAST PIZZA	1 PIECE	220.000	15.000	320.000	2.000	1.800	150.000	200.000	6.000	10.000	21.000	10.000	2.000		5.000
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/24/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
CHEESEBURGER DELUXE	1 BURGER	348.950	38.850	683.700	3.000	3.645	374.750	248.500	1.800	20.520	32.260	16.645	6.765		4.875
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
DICED PEARS	1/2 CUP	58.000	0.000	2.000	2.000	0.240	8.000	0.000	2.500	0.370	15.020	0.120	0.000		12.000
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
FRUIT COCKTAIL	1/2 CUP	67.722	0.000	7.852	1.472	0.353	5.889	11.778	3.828	0.501	17.549	0.098	0.010		14.065
GARNISH TRAY	1/2 CUP	10.462	0.000	186.432	0.861	0.272	17.022	351.603	3.112	0.596	2.244	0.112	0.018		0.000*
GREEN BEANS	1/2 CUP	14.000	0.000	140.000	1.700	0.600	26.000	240.000	3.200	0.860	2.890	0.025	0.020		0.890
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
KETCHUP	1 PACKET	10.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	0.000	3.000	0.000	0.000		2.000
MAYONNAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
OVEN FRIES	1/2 CUP	204.038	0.000	93.317	3.139	0.565	0.029	0.000	9.417	3.139	31.390	4.709	0.000		0.000*
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000

Simple Average

4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/25/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
CINNA-MINIS	1 PACK	240.000	0.000	300.000	2.000	1.440	40.000	0.000	0.000	5.000	40.000	8.000	2.000		15.000
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
FRESH GRAPES	1/2 cup	57.600	0.000	9.600	0.640	0.000	12.800	0.000	0.768	0.000	14.720	0.000	0.000		12.800
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
SAUSAGE BISCUIT	1 BISCUIT	294.978	17.500	514.965	2.500	1.620	99.992	50.000	0.000	10.999	28.497	15.499	6.750		3.000
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/25/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
HOMEMADE CHICKEN QUESADILLA	2 EACH	598.500	113.327	1084.976	6.000	2.395	593.999	1111.400	0.000	39.528	45.999	32.960	16.956		0.000*
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
LETTUCE & TOMATO DICED FOR TACOS	1/2 CUP	14.817	0.000	6.426	1.089	0.298	12.096	630.569	7.779	0.806	3.197	0.159	0.023		0.000*
MAYONAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000

Simple Average

4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/26/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
BREAKFAST CASSEROLE	1/2 CUP	147.513	66.833	318.410	1.398	1.790	53.575	146.751	7.132	6.927	15.415	6.254	2.271		1.128*
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
FRESH WATERMELON	1/2 CUP	44.225	0.000	1.474	0.590	0.354	10.319	838.806	11.941	0.899	11.130	0.221	0.024		0.000
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
STEAK BISCUIT	1 BISCUIT	470.940	24.996	766.284	3.390	2.371	115.606	0.000	0.000	11.975	42.462	27.753	10.377		3.585
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/26/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
CONFETTI COLLARDS	1/2 CUP	54.542	0.000	193.806	3.009	0.254	96.844	4207.533	40.315	2.265	8.640	1.797	0.157		0.283*
COUNTRY BEEF STEAK	1 PATTY	357.441	44.999	738.730	1.000	2.700	40.873	0.000	0.000	14.000	21.489	24.000	9.000		1.872
CRISPY OKRA	1/2 cup	170.003	0.000	250.004	3.000	1.440	80.001	100.002	3.600	4.000	24.000	7.000	1.000		1.000
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
FRESH WHOLE STRAWBERRIES	1/2 CUP	27.648	0.000	0.864	1.728	0.354	13.824	10.368	50.802	0.579	6.635	0.259	0.013		0.000*
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
MAYONNAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEACHES SLICED	1/2 CUP	53.000	0.000	6.000	1.300	0.380	6.000	340.000	3.800	0.500	13.990	0.130	0.000		12.690
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000
RICE, BROWN	1/2 CUP	102.000	0.000	3.695	0.960	0.408	8.495	0.000	0.000	2.190	21.318	0.804	0.162		0.234*
WHOLE KERNEL CORN	1/2 cup	67.385	0.000	1.006	2.011	0.392	2.011	164.943	2.917	2.112	16.012	0.553	0.085		2.545

Simple Average

4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/27/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
BREAKFAST CHICKEN BISCUIT	1 BISCUIT	330.975	15.000	566.342	3.390	2.731	115.609	100.002	0.000	13.976	40.463	12.756	5.878		3.585
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
CHEDDAR CHEESE	1 OZ.	22.120	4.480	58.240	0.000	0.011	70.840	49.560	0.000	2.134	0.157	1.434	0.921		0.045
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
GRITS, STONE GROUND	1/2 CUP	252.095	0.000*	69.955	0.000*	0.000*	3.410*	323.956	0.000*	5.382	39.478	8.883	1.514		0.000*
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
PEACH CUP	1 SS CUP	80.000	0.000	0.000	1.000	0.360	0.000	300.000	162.000	1.000	19.000	0.000	0.000		16.000
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/27/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
CHICKEN AND WAFFLES	1 SERVING	589.987	79.063	1006.347	5.953	3.769	56.735	165.377	0.984	21.719	72.762	25.797	5.953		12.000
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
CONFETTI COLLARDS	1/2 CUP	54.542	0.000	193.806	3.009	0.254	96.844	4207.533	40.315	2.265	8.640	1.797	0.157		0.283*
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
FRESH WHOLE APPLE	1 MED. APPLE	71.760	0.000	1.380	3.312	0.166	8.280	74.520	6.348	0.359	19.058	0.235	0.041		0.000*
FRESH WHOLE STRAWBERRIES	1/2 CUP	27.648	0.000	0.864	1.728	0.354	13.824	10.368	50.802	0.579	6.635	0.259	0.013		0.000*
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
MANDARIN ORANGES	1/2 CUP	68.930	0.000	6.780	0.791	0.419	7.910	949.200	22.374	0.565	18.295	0.113	0.014		17.504
MAYONNAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000
STEAMED SPRING VEGETABLES	1/2 CUP	26.836	0.000	87.196	1.827	0.511	22.123	250.709	16.225	1.363	4.611	0.820	0.178		0.000*
TATER TOTS BAKED	1/2 CUP	106.668	0.000	17.778	1.778	1.778	0.000	0.000	8.889	1.778	17.778	3.111	0.889		0.160

Simple Average

4/3/2017 to 4/30/2017

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
4/28/2017 - Breakfast - MIDDLE SCHOOL BREAKFAST 16/17															
CEREAL VARIETY	1 BOWL	108.332	0.000	158.334	2.333	4.200	63.333	450.000	9.600	1.666	23.834	1.251	0.249		7.333
FRENCH TOAST STICKS	4 STICKS	270.000	0.000	280.000	3.000	2.000	235.000	431.000	0.000	6.000	35.000	12.000	2.000		11.000
FRESH WHOLE BANANA	1 BANANA	89.890	0.000	1.010	2.626	0.263	5.050	64.640	8.787	1.101	23.068	0.333	0.113		0.000*
GRAPE JELLY	1 CONTAINER	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000		5.000
JUICE VARIETY	1 SS CUP	60.032	0.000	0.800	0.000	0.048	108.433	1562.500	36.253	0.167	15.243	0.034	0.000		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
PANCAKE STICK	1 stick	199.985	24.998	309.976	3.000	1.800	19.998	0.000	0.000	6.999	16.999	9.999	2.500		4.000
SAUSAGE BISCUIT	1 BISCUIT	294.978	17.500	514.965	2.500	1.620	99.992	50.000	0.000	10.999	28.497	15.499	6.750		3.000
SYRUP SUGAR FREE	1 PACK	24.692	0.000	74.075	0.000	0.000	0.000	0.000	0.000	0.000	9.877	0.000	0.000		0.000
TOAST	1 SLICE	88.409	0.000	139.330	1.000	0.720	20.000	92.045	0.000	3.000	14.000	2.525	0.920		2.000
4/28/2017 - Lunch - MIDDLE SCHOOL LUNCH 16/17															
APPLESAUCE CUP, ALL FLAVORS	1 SS CUP	90.000	0.000	15.000	0.999	0.000	0.000	0.000	60.000	0.000	21.999	0.000	0.000		18.999
BUSH'S BAKED BEANS	1/2 cup	137.388	0.000	539.740	4.907	1.766	39.254	0.000	0.000	5.888	28.459	0.981	0.000		11.776
CHICKEN CAESAR SALAD	1 SALAD	560.625	50.125	1127.688	5.000	2.520	311.875	2401.250	6.000	25.556	35.506	34.544	7.525		6.506
CHICKEN SANDWICH MIDDLE & HIGH	1 SANDWICH	349.333	74.737	618.526	3.996	3.594	239.860	99.649	1.800	30.912	41.954	6.484	0.996		5.993
CHICKEN TENDER WHOLE GRAIN NEW	1 SERVING	188.364	32.582	625.164	2.036	1.018	9.164	63.127	1.018	15.273	18.327	6.109	1.527		1.018
DELI COMBO SANDWICH	1 serving	245.992	41.681	671.295	2.000	1.998	183.500	45.000	0.782	19.110	29.652	6.019	2.228		4.750*
FRESH GRAPES	1/2 cup	57.600	0.000	9.600	0.640	0.000	12.800	0.000	0.768	0.000	14.720	0.000	0.000		12.800
FRESH ORANGE	1 ORANGE	61.570	0.000	0.000	3.144	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026		0.000*
FRESH WHOLE BANANA	1 BANANA	89.890	0.000	1.010	2.626	0.263	5.050	64.640	8.787	1.101	23.068	0.333	0.113		0.000*
GARNISH TRAY	1/2 CUP	10.462	0.000	186.432	0.861	0.272	17.022	351.603	3.112	0.596	2.244	0.112	0.018		0.000*
HONEY MUSTARD, NATURALLY FRESH	1 OZ. SS CUP	130.000	10.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	10.000	2.000		7.000
MAYONNAISE DUKE'S LIGHT	1 PACKET	40.000	5.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	4.000	0.500		0.000
MILK VARIETY	1 CUP	99.895	5.463	148.804	0.000	0.000	280.958	468.264	2.248	7.492	16.286	0.390	0.234		15.609
MUSTARD	1 PACKET	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000		0.000
PEAS & CARROTS	1/2 CUP	44.470	0.000	143.692	2.404	0.661	19.494	4598.747	2.919	2.236	7.153	0.429	0.041		2.275
PICANTE' PINTOS	1/2 CUP	112.172	0.000	390.414	4.217	1.158	24.345	32.586	0.261	5.000	20.434	0.500	0.000		1.434
PINT SIZE PEPPERONI PIZZA	1 PIECE	350.000	40.000	580.000	3.000	2.700	350.000	500.000	12.000	22.000	30.000	16.000	7.000		7.000
SALAD, SPINACH	1/2 CUP	9.333	0.000	19.447	0.800	0.718	26.913	2364.006	9.150	0.908	1.645	0.122	0.020		0.099*
SWEET POTATO WAFFLE FRIES	1/2 CUP	130.076	0.000	220.129	3.002	2.001	2.001	90.053	2.001	1.001	21.012	5.003	0.500		6.004

Note: * means nutrient data is missing or not available

Serving Date	Recipe	Allergens
04/03/2017	R-0210 - TOAST	Wheat, Soybeans
	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
	R-0237 - MILK VARIETY	Milk
	R-0625 - BREAKFAST CHICKEN BISCUIT	Milk, Wheat, Soybeans
04/04/2017	R-0210 - TOAST	Wheat, Soybeans
	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
	R-0220 - SAUSAGE BISCUIT	Milk, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
04/05/2017	R-0725 - GRITS, STONE GROUND	CORN
	R-0210 - TOAST	Wheat, Soybeans
	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
	R-0237 - MILK VARIETY	Milk
04/06/2017	R-0670 - STEAK BISCUIT	Milk, Wheat, Soybeans
	R-0210 - TOAST	Wheat, Soybeans
	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
	R-0220 - SAUSAGE BISCUIT	Milk, Wheat, Soybeans
04/07/2017	R-0237 - MILK VARIETY	Milk
	R-0625 - BREAKFAST CHICKEN BISCUIT	Milk, Wheat, Soybeans
	R-0210 - TOAST	Wheat, Soybeans
	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
04/03/2017	R-0220 - SAUSAGE BISCUIT	Milk, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
	R-1925 - SMUCKERS MAPLE WAFFLE	Milk, Eggs, Wheat
	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
04/04/2017	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
04/04/2017	R-0237 - MILK VARIETY	Milk
	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
	R-0364 - CLASSIC CHICKEN POT PIE	Milk, Wheat, Soybeans, MAY CONTAIN SOY, EGG, SESAME

04/04/2017	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
	R-2430 - MEXICALI SALAD	Milk, Soybeans
04/05/2017	R-0237 - MILK VARIETY	Milk
	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
	R-0596 - ROLL/RICH'S WHITE WHEAT	Milk, Eggs, Wheat, Soybeans, SESAME SEEDS
	R-0649 - CHICKEN ALFREDO W/GARLIC TEXAS TOAST	Milk, Wheat, Soybeans
	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
04/06/2017	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
04/07/2017	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-2036 - CRISPY OKRA	Milk, Wheat, Soybeans
	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
	R-0292 - CAESAR SALAD	Milk, Soybeans
	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
04/18/2017	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
	R-2350 - BUFFALO CHICKEN FLATBREAD	Milk, Eggs, Wheat, Soybeans, MAY CONTAIN SOY & SESAME
	R-0210 - TOAST	Wheat, Soybeans
04/19/2017	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
	R-0220 - SAUSAGE BISCUIT	Milk, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
	R-0725 - GRITS, STONE GROUND	CORN
	R-0210 - TOAST	Wheat, Soybeans
04/20/2017	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
	R-0237 - MILK VARIETY	Milk
	R-0670 - STEAK BISCUIT	Milk, Wheat, Soybeans
	R-0210 - TOAST	Wheat, Soybeans
	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
04/20/2017	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
	R-0220 - SAUSAGE BISCUIT	Milk, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
	R-0625 - BREAKFAST CHICKEN BISCUIT	Milk, Wheat, Soybeans

04/21/2017	R-0210 - TOAST	Wheat, Soybeans
	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
	R-0220 - SAUSAGE BISCUIT	Milk, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
04/18/2017	R-1925 - SMUCKERS MAPLE WAFFLE	Milk, Eggs, Wheat
	R-0237 - MILK VARIETY	Milk
	R-0303 - ROASTED CAULIFLOWER	Milk
	R-0654 - TOSTITOS W/CHICKEN & QUESO-HIGH	Milk, Soybeans
	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
04/19/2017	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
	R-0269 - SPAGHETTI W/GROUND BEEF	Wheat
	R-0292 - CAESAR SALAD	Milk, Soybeans
	R-0295 - FRESH BABY CARROTS	Milk
	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
04/20/2017	R-0237 - MILK VARIETY	Milk
	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
	R-0590 - TANGERINE CHICKEN	Eggs, Wheat, Soybeans
	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
04/21/2017	R-0237 - MILK VARIETY	Milk
	R-0309 - PEAS, BLACK-EYED	Marg Holmes brand HAS P-NUTS!
	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0699 - CAROLINA COLESLAW	Eggs, Soybeans
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-2000 - SEASIDE FILET SANDWICH	Milk, Wheat, Soybeans, SEASAME SEEDS
	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
	04/24/2017	R-0210 - TOAST
R-0211 - SAUSAGE & GRAVY BREAKFAST PIZZA		Milk, Wheat
R-0212 - FRENCH TOAST STICKS		Eggs, Wheat, Soybeans
R-0214 - CEREAL VARIETY		Wheat, Soybeans (POSSIBLE TRACE)
R-0237 - MILK VARIETY		Milk
04/25/2017	R-0625 - BREAKFAST CHICKEN BISCUIT	Milk, Wheat, Soybeans
	R-0210 - TOAST	Wheat, Soybeans

04/25/2017	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
	R-0220 - SAUSAGE BISCUIT	Milk, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
	R-1251 - CINNA-MINIS	Milk, Wheat
04/26/2017	R-0210 - TOAST	Wheat, Soybeans
	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
	R-0237 - MILK VARIETY	Milk
	R-0670 - STEAK BISCUIT	Milk, Wheat, Soybeans
04/27/2017	R-0721 - BREAKFAST CASSEROLE	Milk, Eggs
	R-0210 - TOAST	Wheat, Soybeans
	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
	R-0237 - MILK VARIETY	Milk
04/28/2017	R-0248 - CHEDDAR CHEESE	Milk
	R-0625 - BREAKFAST CHICKEN BISCUIT	Milk, Wheat, Soybeans
	R-0725 - GRITS, STONE GROUND	CORN
	R-0210 - TOAST	Wheat, Soybeans
	R-0212 - FRENCH TOAST STICKS	Eggs, Wheat, Soybeans
04/24/2017	R-0214 - CEREAL VARIETY	Wheat, Soybeans (POSSIBLE TRACE)
	R-0220 - SAUSAGE BISCUIT	Milk, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
	R-1920 - PANCAKE STICK	Eggs, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
04/25/2017	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-1679 - CHEESEBURGER DELUXE	Milk, Wheat, Soybeans, SEASAME SEEDS
04/26/2017	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
	R-0237 - MILK VARIETY	Milk
	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
04/26/2017	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
	R-2706 - HOMEMADE CHICKEN QUESADILLA	Wheat
	R-0237 - MILK VARIETY	Milk
	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
04/26/2017	R-0423 - COUNTRY BEEF STEAK	Milk, Wheat, Soybeans
	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-2036 - CRISPY OKRA	Milk, Wheat, Soybeans

04/26/2017	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
04/27/2017	R-0237 - MILK VARIETY	Milk
	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
	R-0868 - CHICKEN AND WAFFLES	Milk, Wheat, Soybeans
	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
04/28/2017	R-0237 - MILK VARIETY	Milk
	R-0337 - CHICKEN CAESAR SALAD	Milk, Fish, Wheat, Soybeans
	R-0658 - HONEY MUSTARD, NATURALLY FRESH	Eggs
	R-0866 - CHICKEN TENDER WHOLE GRAIN NEW	Milk, Wheat, Soybeans
	R-1451 - MAYONNAISE DUKE'S LIGHT	Eggs, Soybeans
	R-2125 - DELI COMBO SANDWICH	Milk, Wheat, Soybeans
	R-2360 - CHICKEN SANDWICH MIDDLE & HIGH	Milk, Wheat, Soybeans, SEASAME SEEDS