

High School Plated Lunch 9-12

Mon - 06/19/2017	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
L.Burger, Chs, Double	Serving	470	85	1260	5.00	4.68	220.00	325	0.00	6.00	34.00	34.00	23.00	10.00
Condiment, Catsup 2 pkts	Serving	10	0	130	0.00	0.00	0.00	10	0.00	2.00	0.00	4.00	0.00	0.00
LBurrito, Bn/Chs IW	Serving	330	20	490	7.00	2.70	200.00	0	2.40	0.00	14.00	44.00	10.00	5.00
Condiment, Sauce, Taco 1 p	Serving	5	0	85	0.00	0.00	0.00	5	0.00	1.00	0.00	1.00	0.00	0.00
LSandwich, Sub	Serving	312	71	1037	3.34	2.98	155.10	307	1.97	4.06	25.46	34.32	10.95	3.97
Condiment, Mayonnaise 1 pk	Serving	60	5	55	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	7.00	1.00
LSandwich, PB&J Jamwich T	Serving	610	0	620	7.00	1.80	80.00	125	0.00	25.00	20.00	69.00	31.00	4.50
LParfait, Strawberries2m/2W	Serving	522	12	425	4.05	1.74	316.28	231	27.80	68.84	14.35	107.92	5.35	2.22
FFruit, Cup, Peach Frozen	Serving	95	0	0	1.72	0.00	0.00	344	126.34	*N/A*	0.86	23.20	0.00	0.00
FFGrapes Lunch Bunch	Serving	59	0	1	0.64	0.17	7.04	27	6.93	*N/A*	0.64	15.79	0.64	0.00
FFRaisins, Individual	1 Each	127	0	5	1.57	0.80	21.26	126	0.98	25.17	1.31	33.67	0.20	0.02
FJuice, Wildberry 4 oz	Serving	60	0	15	0.00	0.00	0.00	75	30.00	15.00	0.00	15.00	0.00	0.00
Vegetable, Celery Sticks	Serving	11	0	57	1.13	0.14	28.35	318	2.20	1.30	0.49	2.10	0.12	0.03
Vegetable, Carrots Sticks	1 Each	29	0	66	2.51	0.75	27.22	11728	2.20	*N/A*	0.54	7.01	0.11	0.02
Milk, White 1%, Carton	1 Each	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate Nonfat	Pouch	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00

Tue - 06/20/2017	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
LChicken Sticks & Roll	Serving	357	23	515	3.32	2.81	46.44	126	0.00	3.16	17.09	34.25	16.09	2.90
LBread Stx-2 & Marinara Sau	Serving	380	41	1094	2.43	2.38	308.67	1121	8.16	*9.56	18.19	41.34	15.79	6.39
LSalad, Chef & Roll	Serving	469	*93	835	5.04	*3.17	*223.46	*8121	*12.44	*3.72	22.99	43.36	23.06	12.46
Condiment, Ranch Dressing	Serving	140	15	390	0.00	0.00	20.00	10	0.00	2.00	0.00	5.00	13.00	2.00
LSandwich, PB&J Jamwich T	Serving	610	0	620	7.00	1.80	80.00	125	0.00	25.00	20.00	69.00	31.00	4.50
LParfait, Peaches 2m/2WG	Serving	492	12	427	3.28	1.36	309.26	349	1.93	60.65	14.46	98.96	5.27	2.22
FFruit, Cup, Strawberry Froz	Serving	78	0	1	2.35	0.48	18.78	14	69.01	15.93	0.79	19.21	0.00	0.00
FFNectarine	Serving	62	0	0	2.41	0.40	8.52	471	7.67	11.20	1.51	14.98	0.45	0.03
FFRaisins, Individual	1 Each	127	0	5	1.57	0.80	21.26	126	0.98	25.17	1.31	33.67	0.20	0.02
FJuice, Wildberry 4 oz	Serving	60	0	15	0.00	0.00	0.00	75	30.00	15.00	0.00	15.00	0.00	0.00
Vegetable, Beans, Refried/&	Serving (#8)	139	7	258	13.08	2.91	67.07	245	5.91	*1.22	9.45	28.53	2.52	1.55
Vegetable, Carrots Sticks	1 Each	29	0	66	2.51	0.75	27.22	11728	2.20	*N/A*	0.54	7.01	0.11	0.02
Milk, White 1%, Carton	1 Each	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, White Non-Fat	Pouch	90	0	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00

Wed - 06/21/2017	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
LCorn Dog Mini & Fries	Serving	361	38	679	5.20	2.41	150.00	30	2.52	6.00	11.20	41.90	16.90	4.45
Condiment, Catsup 2 pkts	Serving	10	0	130	0.00	0.00	0.00	10	0.00	2.00	0.00	4.00	0.00	0.00
LSandwich, Spicy Chicken	Serving	350	45	600	4.00	3.24	80.00	20	0.00	4.00	26.00	38.00	12.00	2.00
Condiment, Mayonnaise 1 pk	Serving	60	5	55	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	7.00	1.00
LSandwich, Club	Serving	315	58	1247	2.38	1.91	134.38	368	2.40	*2.81	30.78	28.58	10.55	2.51
Condiment, Mayonnaise 1 pk	Serving	60	5	55	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	7.00	1.00
LSandwich, PB&J Jamwich T	Serving	610	0	620	7.00	1.80	80.00	125	0.00	25.00	20.00	69.00	31.00	4.50
LParfait, Strawberries2m/2W	Serving	522	12	425	4.05	1.74	316.28	231	27.80	68.84	14.35	107.92	5.35	2.22
FFruit, Cup, Peach Frozen	Serving	95	0	0	1.72	0.00	0.00	344	126.34	*N/A*	0.86	23.20	0.00	0.00
FFBanana	1 Each	72	0	1	2.11	0.21	4.05	52	7.05	9.91	0.88	18.50	0.27	0.09
FFRaisins, Individual	1 Each	127	0	5	1.57	0.80	21.26	126	0.98	25.17	1.31	33.67	0.20	0.02
FJuice, Wildberry 4 oz	Serving	60	0	15	0.00	0.00	0.00	75	30.00	15.00	0.00	15.00	0.00	0.00
Vegetable, Salad, Spin/Rom/	Serving	17	0	33	1.45	0.73	31.66	7375	7.13	*0.29	0.96	3.60	0.18	0.03
Condiment, Ranch Dressi 1	Serving	51	4	107	0.00	0.00	0.00	4	0.00	0.86	0.00	0.86	5.14	0.64
Vegetable, Carrots Sticks	1 Each	29	0	66	2.51	0.75	27.22	11728	2.20	*N/A*	0.54	7.01	0.11	0.02
Milk, White 1%, Carton	1 Each	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, White Non-Fat	Pouch	90	0	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00

Thu - 06/22/2017	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
LChicken, Spicy Orange & RI	Serving	430	25	402	4.54	1.28	13.17	99	15.53	*13.35	21.97	65.42	9.62	2.02
Grain, Fortune Cookie1ea/W	Serving	20	0	0	0.00	0.00	0.00	0	0.00	2.00	0.70	4.00	0.00	0.00
LChili Chs Dog	Serving	378	64	1205	4.98	3.78	220.24	356	3.08	*6.37	21.53	38.50	16.32	5.81
LSalad, Garden & Roll	1 Each	517	*77	690	4.95	*2.31	*457.09	*8352	*11.02	*3.41	21.21	43.19	29.09	17.30
Condiment, Ranch Dressing	Serving	140	15	390	0.00	0.00	20.00	10	0.00	2.00	0.00	5.00	13.00	2.00
LSandwich, PB&J Jamwich T	Serving	610	0	620	7.00	1.80	80.00	125	0.00	25.00	20.00	69.00	31.00	4.50
LParfait, Peaches 2m/2WG	Serving	492	12	427	3.28	1.36	309.26	349	1.93	60.65	14.46	98.96	5.27	2.22
FFruit, Cup, Strawberry Froz	Serving	78	0	1	2.35	0.48	18.78	14	69.01	15.93	0.79	19.21	0.00	0.00
FFPeach	Serving	59	0	0	2.25	0.38	9.00	489	9.90	12.59	1.37	14.31	0.38	0.02
FFRaisins, Individual	1 Each	127	0	5	1.57	0.80	21.26	126	0.98	25.17	1.31	33.67	0.20	0.02
FJuice, Wildberry 4 oz	Serving	60	0	15	0.00	0.00	0.00	75	30.00	15.00	0.00	15.00	0.00	0.00
Vegetable, Potatoes, Wedge	Serving	136	0	388	1.05	0.38	0.00	0	3.78	0.00	1.05	17.85	7.35	1.05
Condiment, Catsup 1 pkt	Serving	5	0	65	0.00	0.00	0.00	5	0.00	1.00	0.00	2.00	0.00	0.00
Vegetable, Carrots Sticks	1 Each	29	0	66	2.51	0.75	27.22	11728	2.20	*N/A*	0.54	7.01	0.11	0.02
Vegetable, Salad, Spin/Rom/	Serving	17	0	33	1.45	0.73	31.66	7375	7.13	*0.29	0.96	3.60	0.18	0.03
Condiment, Ranch Dressi 1	Serving	51	4	107	0.00	0.00	0.00	4	0.00	0.86	0.00	0.86	5.14	0.64
Milk, White 1%, Carton	1 Each	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, White Non-Fat	Pouch	90	0	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	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.