

High / Middle School Deli e 400			Nutrient Details																			Total Calories: 1827	% Protein: 25.1	% Carbohydrates: 51.2	% Fat: 26.1	% Sat. Fat: 10.4
Name	Qty	Unit	KCAL	FAT	SFA	FATRN	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1				
			KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG				
Turkey Brst Sknls Ckd 2/8-9#avg Jenno	3.000	Ounce	70	0.78	0.389	0.000	27	676	1.55	0.0	0.78	13.99	0.00	0.00	0.28	0.00										
Smoked Round Ham, Water Added	2.000	Ounce	67	3.37	1.012	0.000	34	682	0.00	0.0	0.00	10.12	0.00	0.00	0.49	0.00										
Boneless Skinless Chicken Breast	1.000	1 Each	120	4.00	1.000	0.000	55	430	0.00	0.0	0.00	21.00	0.00	0.00	0.00	0.00										
Red Fat American Cheese Slice	1.000	1 Each	35	2.02	1.266	0.000	8	213	1.01	0.0	0.51	3.54	151.87	0.00	0.00	101.25										
Pepper Jack Cheese 0.75oz Slice	1.000	1 Slice	80	6.00	4.000	0.000	25	130	1.00	0.0	0.00	5.00	200.00	0.00	0.00	150.00										
Swiss Cheese 0.75oz Slice	1.000	1 slice	81	6.07	4.050	0.000	20	46	0.00	0.0	0.00	6.07	202.50	0.00	0.00	202.50										
Dill pickle chips v 42	1.000	2 pickle chips	3	0.00	0.000	0.000	0	178	0.66	0.0	0.00	0.00	0.00	0.00	0.00	0.00										
Tomato Frsh Lrg 6x6	1.000	1 Slice	4	0.05	0.010		0	1	0.89	0.3	0.60	0.20	189.51	2.89	0.06	2.27		54	5.46	0.04	0.00	0.01				
Shredded Lettuce	1.000	Ounce	5	0.00	0.000	0.000	0	3	0.98	0.3	0.65	0.33	0.00	1.17	0.12	6.52										
Washed, Cut Romaine Lettuce	1.000	Ounce	5	0.00	0.000	0.000	0	0	1.01	0.5	0.00	0.00	2,531.21	15.19	0.36	10.12										
Red-Fat Shredded American Cheese	1.000	Ounce	70	4.50	2.500	0.000	15	470	2.00	0.0	1.00	7.00	300.00	0.00	0.00	200.00										
Grape Tomatoes	1.000	1 Each	3	0.00	0.000	0.000	0	0	0.60	0.2	0.40	0.00	150.00	0.84	0.00	4.00										
Mild Banana Pepper Rings	1.000	Ounce	5	0.00	0.000	0.000	0	280	1.00	1.0	0.00	0.00	0.00	9.00	0.00	20.00										
Jumbo Red Onion	1.000	Slice	6	0.01	0.004		0	0	1.40	0.2	0.59	0.13	0.28	0.89	0.03	3.06		20	3.75	0.02	0.00	0.01				

Cleaned Whole Baby Carrots	1.000	Ounce	12	0.00	0.000	0.000	0	19	2.66	0.9	1.33	0.22	4,739.68	1.73	0.08	8.86						
Fresh Broccoli	1.000	Ounce	9	0.00	0.000		0	21	1.13	1.4	1.42	0.00	141.75	40.82	0.20	0.00						
Cucumber	1.000	Ounce	4	0.00	0.000		0	0	1.09	0.0	0.55	0.00	27.26	0.65	0.10	5.45						
Celery Stix	1.000	Ounce	4	0.05	0.012		0	23	0.84	0.5	0.52	0.20	127.29	0.88	0.06	11.34	74	6.80	0.04	0.02	0.01	
Dried Sweetened Cranberries	1.000	Ounce	97	0.16		0.000	0	1	23.72	1.4	20.62	0.07	0.00	0.28	0.03	1.26	4	0.94	0.01	0.02	0.00	
Garbanzo Beans	1.000	Ounce	23	0.13	0.000	0.000	0	80	4.12	1.3	0.00	1.29	0.00	0.00	0.37	10.31						
Egg Dcd lqf	1.000	Ounce	45	2.83	0.850	0.000	105	40	0.57	0.0	0.57	3.40	170.10	0.00	0.41	11.34						
Alpha School White Wheat Bread	2.000	1 Slice	138	1.90	0.280	0.000	0	297	24.90	2.4	3.00	5.24	0.00	0.00	1.36	43.20	0.00	113	86.50	0.68	0.12	
Alpha wheat Diamond Jims Sub	1.000	1 each	145	2.15	0.694	0.020	0	285	26.13	2.4	3.98	5.95	0.00	0.00	1.39	63.00	0.00	95	84.24	0.59	0.15	0.27
Croissant	1.000	Each	220	9.00	3.500	0.150	5	300	30.00	2.0	5.00	6.00	26.87	0.14	1.80	22.14						
Bread Ciabatta Fz 1.8z	1.000	1 Each	160	3.50	0.500	0.000	0	170	30.00	3.0	2.00	5.00	0.00	0.00	1.44	20.00				0.10	0.15	
Multigrain Swirl Bread	0.500	1 Slice	65	1.00	0.000	0.000	0	135	11.50	1.0	0.50	2.50	0.00	0.00	0.54	10.00						
Roll Pretzel WGrain 2.2z Fz	1.000	1 Each	160	2.50	1.000	0.000	0	40	29.00	3.0	2.00	5.00	0.00	0.00	1.80	20.00						
Multi-Grain Wrap, 2 oz	1.000	1 Each	108	1.61	0.000	0.000	0	280	21.51	8.6	0.00	9.68	0.00	0.00	1.55	0.00						
Homemade Croutons g 200	1.000	Each	69	0.95	0.140	0.000		149	12.45	1.2	1.50	2.62	0.00	0.00	0.68	21.60		56	43.25	0.34	0.06	
saltines g 37	1.000	3	14	0.43	0.000	0.000	0	26	2.17	0.2	0.00	0.22	0.00	0.00	0.47	0.00						
Nutrients per Portion Size:			1,827	53.01	21.207	0.170	294	4,975	233.89	31.8	47.52	114.77	8,958.32	74.48	13.62	948.22	0.00	416	230.94	1.72	0.47	0.45