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Day 1

Menu Cycle: Winter-Spring Deli To Go, H.S. 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATRN	NA	CHO													
KCAL	GM	GM	GM	MG	GM													
750.0	25.0	8.3	0.0	740.0	100.0													

Food Description

Lunch

Big Daddy X-tra cheese H.S. e 4063	1	1 pizza slice	e 4063	366	16.04	7.772	0	456	34.51									
Big Daddy Sausage Pizza e 6005	1	1 pizza slice	e 6005	413	20.26	8.393	0	653	35.25									
Big Daddy Taco Pizza e 6007	1	1 slice	e 6007	460	20.78	9.939	0.146	840	38.73									
Bruschetta Pizza e 6008	1	1 pizza slice	e 6008	393	18.64	8.277		483	35.2									
Big Daddy Pepp Pizza e 6010	1	1 pizza slice	e 6010	330	14	6	0	470	34									
Big Daddy Vegetable pizza e 6006	1	1 slice	e 6006	374	16.49	7.862		494	35.36									
Grilled Smokehouse Turkey Panini e 6011	1	1 Each	e 600	654	26.91	7.494	0	3150	30.22									
Pepperoni Pizza Stick & Sauce e 4092	1	2 brd stk, 2 oz sauce	e 4092	544	20.11	9.6	0	1277	66.44									
Veggie Burger e 4009	1	1each	e 4009	353	9.92	2.578	0.01	998	42.66									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Turkey Sand on Croissant e 4037	1	1 sand	e 4037	328	11.8	5.154	0.15	1190	33.07									
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55									
Stud. Turkey Avocado Wrap e 6009	1	1-6" wrap	e 6009	287	8.75	1.877		1107	41.66									
Chicken BLT Wrap e 4006	1	1 Each	e 4006	198	6.2	0.369		426	15									
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09									
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26									
Turkey Chef Salad c 2	1	1clett/2ozmt	c 2	115	2.77	1.509		706	9.29									
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
Chicken Salad c107	1	4oz chix	c107	176	8.48	1.362		324	6.4									
Taco Salad c 6	1	1 Salad	c 6	310	10.67	5.539	0.183	714	35.38									
Tuna Salad c 39	1	4oz	c 39	184	3.37	0.011		430	4.68									
Greek Salad c 34	1	1clett/1oz feta	c 34	274	11.37	4.137		978	35.18									
Oven Fried Chicken Salad c 38	1	1clett/20zmt	c 38	161	4.45	1.637		437	14.8									
Antipasto Salad (Staff) c 36	1	1clett	c 36	1409	5.67	2.532		71629	266.56									
Avocado Turkey Cobb Salad c 30	1	1clett/20zmt	c 30	195	10.29	1.896		790	9.85									

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

"This institution is an equal opportunity provider."

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

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Food Description

Cesar Chicken Salad c 6000	1	1clett/2oz.chix	c 6000	137	5.35	0.628	0	449	4.08								
Berry Chicken Salad c 25	1	1clett/2oz.chix	c 25	124	3.7	1.514		350	8.77								
Egg Salad c 510	1	3oz egg	c 510	206	13.28	2.564		378	8.21								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66								
Meal SubTotal				9,918.0	349.1	120.6	0.5	93,676.0	1,037.8								

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