

Menu Item Nutrient Report

Generated on: 7/10/2018 12:22:44 PM by Pam Adams

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Asian Chicken Salad - LR100139 (1 salad)Contains Milk, Wheat, Soy, Gluten.	754.86	28.18	5.68	0.00	115.59	2025.51	84.45	6.11	41.36(M)	43.53	3.41	129.58	968.31	45.85	37.62(M)	0.28(M)
Asian Sesame Chicken Wrap - LR100138 (1 wrap)Contains Wheat, Soy, Gluten.	258.67	5.93	2.18	0.00	52.65	268.97	31.21	3.66	2.49(M)	23.07	2.17	80.00	0.00	0.00	(M)	(M)
Bacon Cheeseburger, F-23, Line Two, 2015-2016 - LR100051 (1 sandwich)Contains Wheat, Gluten.	408.83	20.24	8.34	0.00	71.00	1014.66	27.31	2.08	4.17(M)	29.39	3.67	194.17	136.00	0.00	(M)	(M)
Bagged Lunch with Lenape Sub, F-52 - LR100131 (1 bag lunch)Contains Milk, Wheat, Gluten.	576.25	9.85	3.78	0.00	62.45	1193.59	80.56	8.91	46.27(M)	37.07	3.30	573.87	8570.57	35.12	(M)	(M)
Bagged Lunch with PBJ, F-53 - LR100132 (1 bag lunch)Contains Milk, Wheat, Peanuts, Soy, Gluten.	834.63	34.06	6.01	0.00	4.99	838.15	112.29	11.92	70.32	27.48	3.59	429.18	8496.15 (M)	35.12(M)	(M)	(M)
Baja Sauce for fish tacos - LR100089 (1 Tbsp.)Contains Milk. May contain Egg.	47.98	3.84	1.36	0.00(M)	10.04(M)	136.50	2.07	0.00	2.07(M)	0.24	0.23(M)	9.45(M)	200.38 (M)	0.00(M)	(M)	(M)
Baked Chicken, Line One, D-67, 2015-2016 - LR100077 (2 oz.)	110.00	6.00	2.00	0.00	51.00	169.00	1.00	0.00	(M)	11.00	1.00	7.00	70.00	0.00	(M)	(M)
Baked Sweet Potatoes and Apples, I-07 - LR100106 (1/2 c.)	106.96	1.43	0.51	0.00(M)	0.00	21.05	22.86	1.70	3.26(M)	1.09	1.10	23.04	13314.21	6.38	3.56(M)	0.01(M)
Bar, BeneFIT Oatmeal Chocolate Chip Bar, J&J Snack Foods, WG, 40401 - LR100029 (1 Bar)Contains Milk, Egg, Wheat, Soy.	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
BBQ Bacon Cheeseburger, F-38 - LR100120 (1 sandwich)Contains Wheat, Soy, Gluten.	458.83	20.24	8.34	0.00	71.00	1454.66	40.31	2.08	15.17(M)	29.39	3.67	194.37	137.00	0.02	(M)	(M)
BBQ Baked Chicken, Line One, 2015-2016 - LR100060 (2 oz.)Contains Soy.	152.85	6.00	2.00	0.00	51.00	546.14	12.14	0.00	9.43(M)	11.00	1.31	24.14	155.72	2.06	(M)	(M)
BBQ Chicken Flatbread - LR100165 (1 flatbread)Contains Milk, Wheat, Soy.	366.10	11.27	4.73	0.00	65.71	1274.94	43.58	3.00	14.47(M)	22.38	1.22(M)	100.23 (M)	345.74 (M)	7.08(M)	(M)	(M)
BBQ Rib Sandwich, F-30 - LR100116 (1 sandwich)Contains Wheat, Soy, Gluten.	360.00	13.50	4.00	0.00	35.00	800.00	41.00	5.00	11.00	22.00	3.24	140.00	100.00	1.20	(M)	(M)
Bean & Cheese Burrito - LR100154 (1 burrito)Contains Wheat.	403.00	14.75	8.22	0.00	32.00	1071.99	43.64	7.70	1.59(M)	25.72	3.22	628.99	357.99	0.00	(M)	(M)
Bread, Rolls, Homemade, B-16, WG - LR100080 (1 roll.)	173.89 (M)	4.44(M)	0.69(M)	0.00(M)	0.33(M)	291.63 (M)	29.31(M)	2.99(M)	4.21(M)	5.36(M)	1.44(M)	31.97(M)	1.82(M)	0.11(M)	12.01(M)	0.99(M)

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Breakfast Bar, Line 3, D-63, French tst stix, Jones sausage, Veges - LR100073 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	566.83	25.55	8.28	0.00	36.72	875.29	68.53	6.31	15.00(M)	20.23	2.92	69.92	141.76	3.96	(M)	(M)
Breakfast Bar, Line 3, D-63A with Pancakes - LR100173 (1 serv.)Contains Milk, Egg, Wheat.	496.82	18.55	6.28	0.00	46.72	805.29	66.53	6.31	5.00(M)	19.23	1.67	69.92	141.76	3.96	(M)	(M)
Breakfast Bun, Whole Grain, Sky Blue, WWB5160, WGR - LR100143 (1 bun)Contains Milk, Egg, Wheat, Soy.	230.00	7.00	2.00	0.00	0.00	340.00	39.00	3.00	10.00	6.00	2.70	80.00	200.00	0.00	(M)	(M)
Breakfast Condiments, M-3 - LR100105 (1 pkg.)Contains Egg, Soy.	8.25	0.15	0.00	0.00	0.00	80.77	2.05	0.00	1.35	0.00	0.00	0.00	65.00	0.00	(M)	(M)
Breakfast Sandwich B-48 - LR100005 (1 sandwich)Contains Wheat, Gluten.	421.79	26.32	10.75	0.00	58.26	858.53	33.20	4.00	5.00(M)	15.11	2.18	118.00(M)	235.47	0.00(M)	(M)	(M)
Breakfast Sandwich Egg, Sausage, Cheese on Bagel - LR100183 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	469.23	28.92	11.47	0.00	148.39	922.96	35.49	4.00	5.50	20.01	1.80	95.25(M)	249.47(M)	0.00(M)	(M)	(M)
Broccoli Salad - LR100082 (1/2 c.)Contains Wheat, Soy.	184.22(M)	1.78(M)	0.20(M)	0.00(M)	0.00(M)	130.27(M)	45.44(M)	1.99(M)	37.62(M)	2.70(M)	0.66(M)	35.54(M)	2081.05(M)	64.16(M)	65.30(M)	0.66(M)
Broccoli with Cheese, I-30 - LR100107 (1/2 c.)	59.58	2.98	1.74	0.00	8.10	159.15	5.83	2.62	1.10(M)	3.77	0.55	78.55	1310.38	51.52	70.84(M)	0.61(M)
Buffalo Chicken Wrap, MMA, WG, F-39 - LR100122 (1 wrap)Contains Egg, Wheat, Soy.	357.14	14.74	5.11	0.00	70.86	990.73	39.50	3.79	1.00(M)	18.28	2.87	239.93	451.57	0.00	(M)	(M)
Build Your own Burger, F-23A, - LR100112 (1 sandwich)Contains Wheat, Gluten.	420.43	20.33	8.35	0.00	71.00	1184.64	29.75	3.35	5.40(M)	29.89	3.87	214.46	483.32	9.06	53.33(M)	0.23(M)
Build Your Own Burger, Line One Cheeseburger, with choices - LR100046 (1 sandwich)Contains Wheat, Gluten.	483.67	24.82	10.25	0.00	77.13	1573.02	29.62	3.54	5.90(M)	35.08	4.36	209.23	689.12	12.32	77.30(M)	0.36(M)
Buttered Noodles - LR100061 (1 c.)Contains Wheat, Gluten.	266.14	8.88	2.59	0.00	0.00	177.69	42.51	4.00	2.76(M)	7.76	1.80	20.57	324.00(M)	0.00(M)	18.93(M)	0.02(M)
Candied Carrots, 2015-2016 - LR100043 (1 c.)	120.44	4.56	1.47	0.00	0.00	121.78	20.36	4.82	15.03	0.85	0.77	51.10	24876.88	3.36	131.87(M)	1.01(M)
Carrot Sticks, Fresh - LR100007 (1 c.)	43.62	0.00	0.00	0.00	0.00	87.23	10.18	2.91	7.27	1.45	0.52	29.08	7996.15	8.72	(M)	(M)
Celery and Peanut Butter - LR100159 (1 serv.)Contains Peanuts, Soy.	294.64	16.57	3.41	0.00	0.00	845.92	28.87	13.95	14.92	8.77	2.86	259.49	4500.00	36.00	(M)	(M)
Cereal Bar, Cocoa Puffs, General Mills, 19438,WGR - LR100022 (1 Bar)Contains Wheat, Soy.	150.00	3.00	0.50	0.00	0.00	110.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	0.00	0.00

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Cereal Bar, Trix, General Mills, 31915,WG - LR100019 (1 Bar)Contains Wheat, Soy.	150.00	3.00	0.50	0.00	0.00	105.00	30.00	3.00	9.00	2.00	1.80	200.00	100.00	1.20	0.00	0.00
Cereal Variety Bowl - LR100156 (1 bowl pak)Contains Tree nuts, Wheat, Soy.	103.33	1.34	0.09	0.00	0.00	162.71	22.58	2.23	6.90	1.81	6.51	217.92	439.58	4.22	(M)	(M)
Cereal, Lucky Charms, Bowl Pack, General Mills, 16000-31917, WGR - LR100020 (1 bowl)	110.00	1.00	0.00	0.00	0.00	180.00	23.00	2.00	10.00	2.00	4.50	100.00	500.00	6.00	0.00	0.00
Cheese Omelet and Toast - LR100158 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	270.00	12.00	3.50	0.00	170.00	590.00	27.00	2.00	4.00	13.00	2.52	140.00	0.00(M)	0.00(M)	(M)	(M)
Cheeseburger Wrap - LR100166 (1 wrap)Contains Wheat.	328.76	12.21	4.39	1.43(M)	37.24	841.53	39.99	5.16	7.57(M)	16.95	2.05(M)	110.84 (M)	798.27 (M)	12.96(M)	1.38(M)	0.07(M)
Cheeseburger,F-22,MMA,WG, Line Two - LR100034 (1 HAMBURGER)Contains Wheat, Gluten.	301.50	12.71	4.70	0.00	56.75	432.50	26.11	2.00	4.00(M)	21.57	3.06	151.00	68.00	0.00	(M)	(M)
Cheesy Broccoli Pierogies - LR100167 (6 pierogies with 1/2 cup sauce)Contains Milk, Egg, Wheat, Soy.	230.83	8.16	3.52	0.00	47.31	578.01	29.91	4.28	2.54	9.96	1.70(M)	108.35	31.25	16.42	(M)	(M)
Chicka Boom Boom - LR100182 (1 sandwich)Contains Wheat.	479.00	16.50	3.00	0.00	59.00	753.00	58.15	8.95	6.95	25.85	3.19(M)	177.00 (M)	2186.00 (M)	8.85(M)	(M)	(M)
Chicken and Biscuit, Chicken or Turkey a la King, D-16, MMA, Veg-RO, Veg-S, D-16 - LR100050 (3/4 c.)Contains Milk, Wheat, Soy.	897.11	16.46	6.96	0.00(M)	56.66	682.97	141.48	19.48	4.25(M)	40.70	4.30	207.72	19860.36	132.73	100.88 (M)	0.80(M)
Chicken And Cheese Sub - LR100171 (1 Subs/Hoagie)Contains Wheat, Soy.	413.56	14.55	5.55	0.00	37.72	755.88	42.29	5.94	4.93(M)	28.72	2.56	308.12	148.84	0.00	(M)	(M)
Chicken Broccoli Bowl - LR100066 (1 serv.)Contains Egg, Wheat, Soy.	334.37	13.18	2.96	0.00	91.87	630.27	36.84	5.20	6.12(M)	19.15	3.32	107.01	2837.62	84.55	461.09 (M)	1.21(M)
Chicken Cordon Bleu - LR100147 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	528.77	23.18	7.03	0.00	60.19	903.77	44.37	4.97	6.00	32.98	3.40	342.10	301.49	0.00	(M)	(M)
Chicken Fajita Wrap, Line one, with cheese and sour cream,2015-2016 - LR100045 (1 wrap)Contains Milk, Wheat.	379.51	16.98	7.62	0.00	97.23	828.50	27.77	2.43	1.62(M)	28.45	2.52	441.25	345.30 (M)	13.37	16.15(M)	0.50(M)
Chicken Fajita Wrap, Line one, with cheese, sour cream and Red Peppers,2015-2016 - LR100071 (1 wrap)Contains Milk, Wheat.	427.57	18.58	7.62	0.00	97.23	1020.74	34.98	5.63	4.82(M)	30.05	3.10	473.29	1146.32 (M)	35.00	16.15(M)	0.50(M)

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Chicken Noodle Soup - LR100180 (1/2 c.)May contain Milk, Egg, Fish, Crustacean Shellfish, Tree nuts, Wheat, Peanuts, Soy.	50.00	2.00	0.50	0.00	10.00	410.00	7.00	1.00	1.00	2.00	0.36	200.00	500.00	0.00	(M)	(M)
Chicken Nugget Bar, Line 3, D-75, 2015-2016 - LR100049 (1 serv.)Contains Milk, Wheat. May contain Soy.	757.52	42.01	6.14	0.00(M)	51.81	1429.74	74.65	9.90	7.64	23.84	4.37(M)	99.71(M)	10902.66(M)	55.58(M)	109.02(M)	1.06(M)
Chicken Parm Sandwich, F-42 - LR100125 (1 sandwich)Contains Egg, Wheat, Soy, Gluten.	463.88	20.44	5.95	0.00	58.86	1060.36	41.37	3.72	5.75	28.32	3.46	256.88	248.93(M)	0.00(M)	(M)	(M)
Chicken Parmesan - LR100137 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	547.78	23.31	5.80	0.00	36.14	773.26	56.66	8.94	10.99(M)	28.07	4.54	217.63	752.10	7.20	(M)	(M)
Chicken Patty Sandwich - LR100001 (1 sandwich)Contains Wheat, Soy, Gluten.	407.27	16.35	2.48	0.00	24.75	675.96	41.84	4.97	4.99	21.84	3.22	139.60	98.99	0.00	(M)	(M)
Chicken Patty Sandwich with Bacon, F-44 - LR100129 (1 sandwich)Contains Wheat, Soy, Gluten.	457.27	19.85	3.98	0.00	29.75	985.96	41.84	4.97	4.99	25.84	3.58	139.60	98.99	0.00	(M)	(M)
Chicken Philly - LR100069 (1 sandwich)Contains Wheat, Gluten.	393.43	9.78	3.56	0.00	80.12	757.79	41.06	5.81	8.85(M)	35.31	3.58	883.77	1684.74	68.97	106.55(M)	0.34(M)
Chicken Ranch Wrap, MMA, WG, F-40 - LR100123 (1 wrap)Contains Milk, Egg, Wheat, Soy.	530.27	28.41	7.38	0.00	81.17	1133.47	50.93	3.79	2.89(M)	17.85	2.89	254.02	152.99	0.00	(M)	(M)
Chicken Ranch Wrap, with Diced meat F-40A - LR100124 (1 wrap)Contains Milk, Egg, Wheat, Soy.	438.44	21.53	5.92	0.00	57.80	878.21	40.72	3.00	2.89(M)	21.48	2.02	222.59	74.42	0.00	(M)	(M)
Chicken Salad Sandwich, E-05, MMA, WG - LR100103 (1 sandwich)May contain Egg. Contains Wheat, Gluten.	289.71	8.77	1.66	0.00(M)	63.34	529.49	30.25	2.29	9.55(M)	22.88	2.29	105.06	158.32	0.46	16.77(M)	0.26(M)
Chicken Stir Fry, D-39, with WG Rice and Fajita Chicken - LR100070 (1 serv.)Contains Wheat, Soy.	585.99	10.23	1.89	0.00(M)	80.81	862.72	93.36	9.38(M)	4.30(M)	31.61	4.16(M)	124.24(M)	12936.61(M)	79.08(M)	66.76(M)	0.31(M)
Chili Cheese Dog - LR100152 (1 serv.)Contains Milk, Wheat, Gluten.	399.38	19.31	5.13	0.18(M)	71.30	1495.63	36.55	4.17	8.61(M)	19.55	3.24	171.18	178.28	4.82	43.65(M)	0.40(M)
Chili Cheese Fries, Line One, 2015-2016 - LR100056 (1 serv.)	565.77	22.86	8.07	0.54(M)	78.03	610.04	48.46	7.53	1.79(M)	34.13	3.96	329.52	713.85	24.13	130.93(M)	1.20(M)
Chipotle Hummus Spread - LR100100 (4 oz.)	259.45	12.70	1.35	0.00	0.00	1492.59	29.19	5.40	5.40	8.10	1.94	54.00	0.00	0.00	(M)	(M)
Chocolate Chunk, Banana Benefit Bar, J&J Snack Foods, 40402, WG - LR100144 (1 Bar)	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)

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Dough, Roll, 160/2.5oz. rolls, product #13918, Rich's - LR100035 (1 roll.)Contains Milk, Egg, Wheat, Soy, Gluten.	170.00	3.00	0.50	0.00	0.00	135.00	28.00	3.00	3.00	7.00	1.44	0.00	0.00	0.00	(M)	(M)
Fish Nugget - LR100142 (4 1 oz)Contains Fish, Wheat.	230.00	8.00	1.50	0.00	50.00	210.00	22.00	3.00	1.00	15.00	1.08	20.00	0.00	0.00	(M)	(M)
Fish Po'Boy - LR100181 (1 sandwich)Contains Fish, Wheat.	342.08	6.50	0.75	0.00	25.00	548.09	55.10	6.33	7.78	16.98	2.94	173.30	2222.50	10.33	(M)	(M)
Fish Tacos - LR100090 (2 tacos)Contains Milk. May contain Egg, Fish, Wheat.	489.84	17.43	5.50	0.00(M)	68.04(M)	687.40	54.72	7.79	4.65(M)	23.88	2.77(M)	237.95 (M)	289.87 (M)	0.00(M)	(M)	(M)
French Toast and Sausage - LR100157 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	450.00	23.50	7.50	0.00	37.50	655.00	44.50	3.00	15.00	16.50	1.98	0.00	0.00	0.00	(M)	(M)
French toast w/ pork and cheesy potatoes - LR100009 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	476.40	17.56	5.84	0.00	13.50	618.89	71.50	5.11	15.03(M)	12.52	2.82	99.68	137.35	8.80	0.04(M)	0.03(M)
Fresh Fruit Cup - LR100101 (1 c.)	70.23	0.28	0.04	0.00	0.00	1.93	18.03	1.83	14.12	0.98	0.50	17.88	269.62	46.35	135.19	0.52
Fresh Fruit Cup #2 - LR100135 (1 c.)	72.09	0.30	0.05	0.00	0.00	7.79	18.35	2.03	14.83	1.08	0.49	18.73	1372.38	57.58	135.60	0.68
Fresh Fruit Plate - LR100178 (1 PLATE)Contains Milk.	390.23	6.78	2.04	0.00	15.00	216.93	72.03	3.83	53.12	13.98	1.22	387.88	369.62	46.35	135.19 (M)	0.52(M)
Fresh Veggie Plate, Line 2 - LR100102 (1 PLATE)Contains Wheat, Peanuts, Soy.	643.82	35.15	6.26	0.00(M)	0.00	744.85	56.12	13.40	13.00	26.51	2.92(M)	84.97(M)	4420.87 (M)	34.00(M)	(M)	(M)
Fruit, Juice Variety - LR100146 (1 serv.)	59.00	0.00	0.00	0.00	0.00	5.33	14.33	0.00	8.67	0.00	0.00	10.00	0.00(M)	34.40	(M)	(M)
Garlic Broccoli - LR100064 (1/2 c.)	44.16	2.12	0.70	0.00	0.00	43.77	5.10	2.23	1.42	2.90	0.86	46.03	2938.63	88.78	86.41(M)	0.89(M)
Goodyman Mini Donuts, Chocolate Enrobed, Super Bakery, 6686, WG - LR100027 (3 ounces)Contains Milk, Egg, Wheat, Soy.	300.00	13.00	8.00	0.00	0.00	290.00	39.00	3.00	20.00	5.00	1.08	20.00	0.00	0.00	(M)	(M)
Goodyman Mini Donuts, Powdered Sugar, Super Bakery, 6687, WG - LR100028 (3 oz.)Contains Milk, Egg, Wheat, Soy.	280.17	10.01	3.00	0.00	0.00	290.17	42.02	2.00	22.01	5.00	1.08	20.01	0.00	0.00	(M)	(M)
Gravy, Beef - LR100039 (4 oz.)Contains Wheat.	106.41	6.31	2.07	0.00(M)	0.00(M)	217.92	10.44	0.01	1.57(M)	2.30	0.40(M)	3.88(M)	259.50 (M)	0.00(M)	121.23 (M)	0.12(M)
Gravy, Chicken - LR100040 (4 oz.)Contains Wheat.	106.41	6.91	2.07	0.00(M)	0.00(M)	230.02	10.44	0.01	1.57(M)	2.30	0.40(M)	3.88(M)	259.50 (M)	0.00(M)	121.23 (M)	0.12(M)
Ground Beef & Macaroni, D-22, Line One, 2015-2016 - LR100057 (1 cup serving)Contains Wheat, Gluten.	339.39	14.91	5.22	2.15(M)	60.31(M)	511.93	30.57	3.59	3.30(M)	22.44	1.84(M)	118.96 (M)	848.01 (M)	11.31(M)	34.15(M)	0.38(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Ground Beef Stroganoff, D-24, Line One, 2015-2016 - LR100059 (1 serv.)Contains Wheat, Gluten.	450.09	17.13	4.76	2.04(M)	53.58	571.09	52.63	4.79	5.86	24.31	2.12(M)	91.76(M)	117.48 (M)	3.06(M)	60.40(M)	1.82(M)
Ham and Cheese on Bun, Cold, F-28 - LR100114 (1 sandwich)Contains Wheat, Gluten.	258.04	7.60	3.44	0.00	43.52	991.29	28.88	2.00	4.00(M)	18.48	3.63	178.00	136.00	0.00	(M)	(M)
Ham and Cheese on Bun, Hot, F-29 - LR100115 (1 sandwich)Contains Wheat, Gluten.	258.04	7.60	3.44	0.00	43.52	991.29	28.88	2.00	4.00(M)	18.48	3.63	178.00	136.00	0.00	(M)	(M)
Ham and Cheese on Pretzel Roll, Hot, F-62 - LR100149 (1 sandwich)Contains Wheat.	279.00	8.61	4.45	0.00	43.52	751.53	32.05	3.02	2.01(M)	17.51	4.00	98.12	136.00	0.00	(M)	(M)
Ham BBQ on Bun, F-49 - LR100130 (1 sandwich)Contains Wheat, Gluten.	291.45	3.65	0.84	0.00(M)	38.42	1196.38	47.06	2.03	19.20(M)	17.96	4.23	100.07	189.93	1.95	1.52(M)	0.05(M)
Hamburger in Sauce - LR100140 (1 sandwich)Contains Wheat, Soy, Gluten.	306.20	11.02	3.30	0.00	50.00	399.80	32.24	3.04	8.16(M)	21.04	3.60	122.40	260.00	3.12	(M)	(M)
Hamburger,F-21,MMA,WG - LR100110 (1 HAMBURGER)Contains Wheat, Gluten.	275.00	10.50	3.30	0.00	50.00	327.00	26.00	2.00	4.00(M)	20.00	3.04	112.00	0.00	0.00	(M)	(M)
Honey Mustard Chicken Wrap - LR100081 (1 wrap)May contain Egg. Contains Wheat.	256.06	6.11	2.21	0.00	52.85	264.45	30.38	3.41	1.95(M)	22.82	2.17	80.00	0.00	0.00	(M)	(M)
Hot Dog Bar, Line 3, Lenape Tech,2015-2016 - LR100024 (1 serv.)Contains Milk, Wheat. May contain Soy, Gluten.	527.37	22.88	5.36	0.18(M)	72.42	1878.93	58.88	7.50	9.11(M)	23.20	4.58(M)	185.53 (M)	269.61 (M)	16.22(M)	80.56(M)	1.18(M)
Hot Dog on Bun, Jennie-O and Nickles - LR100033 (1 ea.)Contains Wheat, Gluten.	260.00	13.00	3.00	0.00	45.00	940.00	25.00	3.00	4.00	12.00	2.16	120.00	0.00	1.20	(M)	(M)
Hot Ham, D-68, 100187, Line 1 - LR100078 (2 1/2 oz.)	84.43	2.08	0.82	0.00	37.52	626.30	4.07	0.00(M)	0.63(M)	11.74	2.71(M)	0.00(M)	0.00(M)	2.63	(M)	(M)
Hot Italian Sub - LR100086 (1 Subs/Hoagie)Contains Wheat, Soy, Gluten.	357.29	14.61	5.01	0.00	56.94	1253.05	36.30	4.00	6.77(M)	22.17	2.47	204.79	200.98	0.61	(M)	(M)
Hot Turkey and Cheese Sub - Line one - F-14 - LR100013 (1 sandwich)Contains Wheat, Gluten.	342.63	9.85	3.78	0.00	57.46	896.36	32.38	4.00	5.00(M)	27.62	2.42	204.79	74.42	0.00	(M)	(M)
Hot Turkey Sandwich, Line One, F-16 - LR100047 (1 sandwich)Contains Wheat, Soy, Gluten.	560.18	23.33	6.95	0.00(M)	77.76(M)	1537.61	46.88	2.03	7.14(M)	36.53	3.16(M)	87.77(M)	519.00 (M)	0.00(M)	242.46 (M)	0.25(M)
Italian Sausage Sub - LR100168 (1 Subs/Hoagie)Contains Wheat.	598.99	37.60	13.05	0.00	95.34	1342.72	35.03	5.45	6.43	28.45	9.00(M)	98.53(M)	0.00(M)	2.41(M)	(M)	(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Italian Sub, F-32 - LR100117 (1 sandwich)Contains Wheat, Soy, Gluten.	369.46	16.55	6.60	0.00	53.70	1279.50	34.88	4.00	5.75(M)	21.51	3.27(M)	178.00 (M)	261.00 (M)	0.00(M)	(M)	(M)
ItalianSub - LR100087 (1 sandwich)Contains Wheat, Soy, Gluten.	408.65	19.97	7.45	0.00	59.76	1433.68	35.88	4.00	6.50(M)	22.98	3.36(M)	178.00 (M)	386.00 (M)	0.00(M)	(M)	(M)
Lasagna, Cheese, Roll Up, with Sauce, Tasty Brands - LR100042 (1 serv.)Contains Soy.	315.75	8.62	4.53	0.00	45.13	613.79	38.01	4.17	13.67(M)	22.25	2.60	975.23	741.67	6.50	(M)	(M)
Lenape Lunch Condiments - LR100148 (1 ea.)Contains Egg, Soy.	46.66(M)	3.53(M)	0.38(M)	0.00(M)	3.80(M)	104.28 (M)	3.77(M)	0.00(M)	3.02(M)	0.00(M)	0.00(M)	0.00(M)	25.00(M)	0.30(M)	(M)	(M)
Lenape Sub - LR100017 (1 sandwich)Contains Wheat, Soy, Gluten.	368.65	15.97	5.82	0.00	61.01	1311.18	35.88	4.00	6.75(M)	21.98	3.81	178.00	261.00	0.60	(M)	(M)
Lenape Tech Line 3, Sandwich Bar - LR100032 (1 serv.)Contains Wheat, Soy, Gluten.	399.70	15.62	5.54	0.00	64.57	1592.87	40.11	6.36	9.08(M)	26.71	3.92	253.86	1127.00	22.64	110.05 (M)	0.53(M)
Lenape Tech, 2013-2014, Baked Beans - LR100002 (1/2 c.)	130.00	0.00	0.00	0.00	0.00	140.00	26.00	7.00	6.00	7.00	2.70	80.00	200.00	0.00	(M)	(M)
Lenape Tech, Cheesy Potatoes with Deli Roaster Potatoes - LR100031 (1/2 c.)	167.70	6.72	2.79	0.00	13.50	342.91	22.02	2.29	0.00(M)	6.58	0.85	78.00	136.00	5.51	(M)	(M)
Line One, Hot Pork Sandwich, 2015-2016 - LR100041 (1 ea.)Contains Wheat, Soy, Gluten.	447.99	15.64	4.15	0.00(M)	48.60(M)	782.41	46.88	2.03	7.14(M)	26.81	2.82(M)	95.87(M)	525.07 (M)	0.21(M)	242.46 (M)	0.25(M)
Mandarin Pineapple Bowl - LR100134 (1/2 c.)	52.95	0.02	0.00	0.00	0.00	7.36	12.95	1.07	10.90	0.85	0.49	15.67	669.92	20.52	42.29(M)	0.14(M)
Meatball Sub, Line one, 2015-2016, Tyson - LR100037 (1 Subs/Hoagie)Contains Milk, Egg, Wheat, Soy, Gluten.	365.00	10.94	4.05	0.00	37.12	878.37	40.29	6.00	8.28(M)	26.54	2.50	860.06	162.50	1.95	(M)	(M)
Meatloaf D-27 - LR100151 (3/4 slice)	246.12	13.47	4.94	0.54(M)	80.71	155.62	7.90	1.32	1.09(M)	22.24	2.70	52.88	128.04	1.66	70.31(M)	1.43(M)
Meatloaf Sandwich,Line Two-Drive Thru - LR100162 (1 sandwich)Contains Wheat, Gluten.	140.00 (M)	1.50(M)	0.00(M)	0.00(M)	0.00(M)	280.00 (M)	26.00(M)	2.00(M)	4.00(M)	6.00(M)	1.44(M)	100.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Mexican Seasoning Mix - LR100088 (2 Tbsp.)	19.38	0.00	0.00	0.00(M)	0.00(M)	365.45	0.00	0.00	0.00(M)	0.00	2.28(M)	0.00(M)	1550.39 (M)	0.00(M)	(M)	(M)
Nacho Grande, Line one, with lettuce, tomato, salsa, cheese. - LR100055 (1 serv.)Contains Milk.	603.42	31.93	9.63	2.03	76.86	963.09	54.94	6.72	3.46(M)	28.97	5.28(M)	299.18 (M)	1501.57 (M)	12.17(M)	76.96(M)	0.36(M)
Nacho Meal, Line Two, D-72 - LR100062 (1 serv.)Contains Milk.	541.35	21.47	7.47	0.00	22.73	1305.50	64.67	7.40	3.62(M)	21.41	6.66	357.38	2101.00 (M)	10.00(M)	(M)	(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
New Macaroni and Cheese, D-51, MMA, WGR - LR100072 (1 c.)Contains Milk, Wheat, Gluten.	328.94	16.33	10.39	0.02(M)	49.50(M)	778.58	30.53	1.96(M)	6.22(M)	15.89	1.26(M)	368.20(M)	818.24(M)	1.04(M)	3.00(M)	0.95(M)
Parslied Potatoes - I-29 - LR100014 (1/2 c.)	54.64	0.19	0.05	0.00(M)	0.00	290.26	12.39	2.09	0.01(M)	1.30	1.15	4.65	0.00	4.59	75.86(M)	0.78(M)
Pasta Bar, D-60, MMA, WG, Veg-RO - LR100008 (1 serv.)Contains Milk, Egg, Wheat, Soy.	413.55	15.54	5.42	0.00	41.32	768.00	48.10	6.62	10.80(M)	23.24	3.03	143.35	677.08	7.20	(M)	(M)
Pasta Salad - LR100083 (3/4 c.)May contain Egg. Contains Wheat, Soy, Gluten.	300.51	7.54	1.53	0.00	8.61	444.99	50.03	7.16	7.98(M)	10.46	2.64	120.93	1009.25(M)	21.52(M)	850.83(M)	1.90(M)
Pastry, Pop Tart, Strawberry Whole Grain - LR100016 (1 pkg.)	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Pepperoni Sub, Cold, F-35 - LR100118 (1 sandwich)Contains Wheat, Gluten.	472.12	25.65	13.10	0.00	65.44	1181.47	33.52	4.00	5.00(M)	27.67	1.94(M)	519.18(M)	297.68(M)	0.00(M)	(M)	(M)
Pepperoni Sub, Warm, F-35A - LR100119 (1 sandwich)Contains Wheat, Gluten.	484.89	25.86	13.10	0.00	65.44	1285.76	35.86	4.64	6.49(M)	28.10	2.17(M)	523.43(M)	297.68(M)	0.00(M)	(M)	(M)
Pierogies, .55oz. each with Whirl, WG, M/MMA, Lenape Tech - LR100053 (6 pieces)Contains Milk, Egg, Wheat, Soy.	339.45	14.69	5.03	0.81	50.24	475.64	41.11	5.01	2.00	12.04	2.89	100.47	0.00	2.41	(M)	(M)
Pizza Crust, Whole Wheat WGR, B-14 - LR100075 (1 piece)	133.25	2.27	0.41	0.00(M)	0.00	164.12	25.55	2.45	0.64(M)	4.18	0.72	67.62	8.91	0.00	24.15(M)	0.66(M)
Pizza Hut Pepperoni Pizza - LR100011 (1 slice)	290.17	11.01	4.40	0.00	25.02	570.34	29.02	3.00	1.00	21.01	2.00	300.18	410.24	(M)	(M)	(M)
Pizza Wrap - LR100084 (1 wrap)Contains Wheat, Soy.	322.96	13.93	7.35	0.00	35.62	528.12	32.56	4.14	2.33(M)	18.37	2.52	312.57	1028.02	4.40	17.49(M)	0.19(M)
Pizza, Cheese - LR100004 (1 slice)Contains Milk, Wheat, Soy.	260.00	7.00	4.00	0.00	20.00	720.00	33.00	4.00	5.00	18.00	5.40	300.00	500.00	0.00	(M)	(M)
Pizzaburger on Roll, F-04 - LR100092 (2 halves)Contains Wheat, Gluten.	332.93	12.22	4.08	1.52(M)	44.63	426.05	35.29	3.74	8.89(M)	21.57	2.84(M)	510.68(M)	285.27(M)	5.07(M)	28.58(M)	0.21(M)
Pop Tart, Chocolate Fudge Frosted, Whole Grain - LR100145 (1 pkg.)	360.00	2.00	2.00	0.00	0.00	390.00	76.00	6.00	33.00	5.00	3.60	200.00	0.00	0.00	(M)	(M)
Pop tart, Pastry, Frosted Cinnamon, WGR - LR100021 (1 pastry)Contains Wheat, Soy.	180.00	2.50	1.00	0.00	0.00	190.00	37.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	0.00	0.00
Pretzel, Soft Cheddar Cheese Whole Grain 3.3 oz - LR100015 (1 unit)Contains Milk, Wheat, Soy, Gluten.	241.43	7.04	2.52	0.00	20.12	382.27	38.23	4.02	2.01	8.05	1.45	80.48	402.39	1.21	(M)	(M)
Promise margarine, 600/5Grams - LR100038 (1 ea.)	25.00	3.00	0.50	0.00	0.00	30.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	(M)	(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Pulled Pork Sandwich - LR100095 (1 sandwich)Contains Egg, Wheat, Soy.	594.00	29.61	9.09	0.00(M)	115.61	597.92	46.92	4.42	16.51(M)	32.81	3.11	62.32	12.22	28.72	0.02(M)	0.01(M)
Ranch Chicken Taco - LR100091 (2 tacos)Contains Milk, Egg, Wheat, Soy.	460.11	17.47	6.97	0.00	84.11	1008.44	45.66	7.76	8.53(M)	29.51	2.69	372.01	899.26	28.23	85.07(M)	0.45(M)
Ranch Potato Wedges - LR100164 (1/2 c.)Contains Milk, Egg, Soy.	127.29	4.18	1.21	0.16(M)	0.00(M)	114.86	19.73	2.40	2.99(M)	2.42	0.35(M)	17.69(M)	29.78(M)	1.92(M)	0.10(M)	0.18(M)
Ravioli with Sauce, Cheese, D-64 - LR100074 (1 serv.)Contains Milk, Egg, Wheat, Soy.	260.96	5.49	2.45	0.00	24.50	504.39	36.52	4.13	10.63	16.86	2.23	217.63	737.63	12.38	(M)	(M)
Roasted Pork, Line One, D-70, 2015-2016 - LR100048 (2 oz.)	274.90	17.79	6.53	0.00(M)	96.23	60.62	0.12	0.05	(M)	27.10	1.06	15.10	11.72	0.36	0.02(M)	0.01(M)
Roasted Turkey - D-56 - LR100012 (0 oz.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Salad Bar 2nd option, Line 3 - LR100098 (1 salad)May contain Milk, Egg. Contains Soy, Gluten.	1012.63	69.76	9.83	0.00	10.00	3358.17	98.49	3.83	71.89	3.21	2.29	111.56	6229.61	78.73	123.96(M)	1.34(M)
Salad Bar Option 3, Line 3 - LR100099 (1 salad)Contains Milk.	482.68	5.26	4.03	0.00	35.19	972.83	77.04	2.40	62.99(M)	37.43	0.70	571.09	897.42	37.54	34.56(M)	0.15(M)
Salad Bar Option1,Line 3 - LR100096 (1 salad)May contain Milk, Egg. Contains Soy, Gluten.	1262.85	84.07	18.23	0.00	89.25	4466.81	96.16	6.45	53.97(M)	34.88	2.44	586.27	3991.23	63.46	58.03(M)	0.35(M)
Salad, Chef Salad,chicken - LR100161 (1 salad)Contains Milk, Wheat. May contain Soy.	548.85	29.34	6.15	0.00(M)	83.86	1139.25	46.07	6.65	9.30(M)	31.43	2.44(M)	122.22(M)	1303.28(M)	54.13(M)	82.40(M)	0.52(M)
Sandwich Bar, D-74, Line Three, 2015-2016 - LR100052 (1 serv.)Contains Wheat, Soy, Gluten.	453.29	12.69	3.23	0.00(M)	47.06	1591.21	61.29	7.83	9.68(M)	25.64	4.65	202.71	1157.88	29.63	102.31(M)	0.53(M)
Santa Fe Wrap - LR100085 (1 wrap)Contains Milk, Egg, Wheat, Soy.	355.95	10.37	3.60	0.00	59.37	488.50	42.83	4.83	4.20(M)	26.91	2.82	183.05	691.81	10.65	73.48(M)	0.42(M)
Sausage Patty, Ember Farms, 11100 - LR100003 (1 patty)	228.79	20.89	7.96	0.00	44.76	467.53	3.98	0.00	0.00	5.97	0.36	(M)	99.47	(M)	(M)	(M)
Sausage, Fully Cooked Link, Low Sodium, Jones Dairy Farm, 028510 - LR100023 (3 link)	150.00	10.50	4.50	0.00	37.50	255.00	1.50	0.00	0.00	10.50	0.54	0.00	0.00	0.00	(M)	(M)
Shepherd's Pie, Line One, D-43, 2015-2016 - LR100058 (1 piece)Contains Milk, Wheat, Soy.	707.19	19.54	6.36	2.05(M)	54.08(M)	500.85	95.47	12.50	1.76(M)	28.79	1.47(M)	43.39(M)	317.85(M)	127.42(M)	121.23(M)	0.12(M)
Side salad vegetable bowls, Lenape Tech - LR100030 (1 c.)May contain Soy.	92.48	5.42	0.84	0.00(M)	4.00	153.10	10.66	2.89	3.87	1.85	0.52(M)	41.52(M)	10474.13(M)	44.19(M)	94.49(M)	0.99(M)
Sloppy Joe on a Bun, MMA, WG, Veg-RO, F-05 - LR100108 (1/3 c.)Contains Wheat, Gluten.	360.69	11.84	3.85	0.44(M)	52.28	511.88	40.31	2.86	13.88(M)	22.71	3.40	129.86	405.52	2.61	59.27(M)	0.76(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Smucker Waffle, chocolate chip, Heat & Serve - LR100127 (1 waffle)Contains Milk, Egg, Wheat.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Snack Bar, Oatmeal, Chocolate Chip Breakfast Round - LR100179 (1 round)Contains Milk, Egg, Wheat, Soy.	270.00	8.00	2.50	0.00	5.00	180.00	44.00	6.00	19.00	5.00	1.08	20.00	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich, F-36 - LR100133 (1 sandwich)Contains Wheat, Soy, Gluten.	410.00	16.50	3.00	0.00	25.00	680.00	43.00	5.00	5.00	21.00	4.14	100.00	100.00	0.00	(M)	(M)
Steak Salad - Line one - LR100010 (1 salad)May contain Milk, Egg. Contains Soy.	377.91	26.28	8.66	0.00	46.41	843.46	21.02	2.17	5.18(M)	13.56	1.22	256.58	519.08	5.98	(M)	(M)
Steak Sub, Steak and Cheese, 2015-2016 - LR100044 (1 sandwich)Contains Wheat, Gluten.	402.87	19.73	8.10	0.00	55.69	537.56	33.01	4.00	5.00(M)	24.20	3.25	853.56	0.00	0.00	(M)	(M)
Steak Taco - LR100094 (2 tacos)May contain Egg. Contains Wheat.	431.25	22.81	9.44	0.00	56.33	683.05	36.98	6.64	10.86(M)	18.89	3.26	274.73	1255.98	17.61	85.07(M)	0.45(M)
Taco Pie with Salad Topping D-45A - LR100153 (1 piece)	344.94	15.94	6.76	0.42(M)	57.59	896.05	25.87	2.60	3.20(M)	23.63	4.01	258.47	627.81	4.99	144.00	3.09(M)
Taco Pizza, D-66 - LR100076 (1 piece)Contains Milk, Soy.	378.01	14.23	6.95	0.00(M)	48.85	704.92	42.78	6.56	5.77(M)	22.14	4.97	408.14	2087.61	15.71	135.54 (M)	1.15(M)
Taco Salad, E-10, MMA, WGR, V - LR100104 (1 serv.)Contains Milk. May contain Soy.	697.24	46.96	12.73	1.55(M)	88.39	774.89	54.80	6.32	7.34(M)	21.66	3.00(M)	184.55 (M)	1317.32 (M)	14.17(M)	60.05(M)	0.33(M)
Taco Wrap, F-47, MMA, WG - LR100136 (1 wrap)Contains Wheat.	311.11	12.76	5.74	0.00	41.33	510.77	32.25	3.74	1.74(M)	19.23	2.53	223.31	385.79	0.00	(M)	(M)
Taco, Line one, with lettuce, tomato, salsa, cheese. - LR100054 (2 shell)Contains Milk, Wheat.	601.20	29.88	12.26	3.04	107.29	1164.59	43.60	6.67	4.24(M)	36.22	4.54(M)	387.28 (M)	1542.07 (M)	12.17(M)	76.96(M)	0.36(M)
Tech Burger - LR100150 (1 sandwich)Contains Wheat, Soy, Gluten.	290.00	8.50	3.00	0.00	35.00	830.00	34.00	3.00	7.00	19.00	3.24	140.00	300.00	2.40	(M)	(M)
Toasted Cheese Sandwich on Nickles Bread, F-07, WG, M/MA - LR100036 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	291.88	10.11	5.06	0.00	30.37	887.25	30.05	2.00	4.00(M)	18.15	1.80	661.17	182.25	0.00	(M)	(M)
Toaster Pastries, Pop-Tarts Frosted Brown Sugar Cinnamon, Kellogg's, 55125, WG - LR100025 (1 pkg.)Contains Wheat, Soy.	370.00	5.00	2.00	0.00	0.00	380.00	75.00	6.00	31.00	5.00	3.60	200.00	1000.00	0.00	(M)	(M)
Toaster Pastries, Pop-Tarts Frosted Strawberry, Kellogg's, WG, 55133 - LR100026 (1 pkg.)Contains Wheat, Soy.	360.00	4.50	2.00	0.00	0.00	360.00	75.00	6.00	30.00	4.00	3.60	200.00	1000.00	0.00	(M)	(M)

Menu Item Nutrient Report

Generated on: 7/10/2018 12:22:44 PM by Pam Adams

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Tuna and Noodles, Cassarole, D-37 - LR100068 (1 c.)Contains Wheat, Gluten.	233.20	4.16	1.35	0.00(M)	37.70	371.46	26.83	2.54	1.56(M)	21.83	1.38	129.52	212.26(M)	2.66(M)	386.12(M)	1.15(M)
Tuna Noodle Casserole, with peas and carrots,D-37A, MMA, WG, Veg-O - LR100067 (1 c.)Contains Egg, Fish, Wheat, Gluten.	256.07	3.25	0.77	0.00(M)	87.39(M)	824.48	24.14	2.05(M)	1.21(M)	31.64	2.57(M)	71.40(M)	2746.36(M)	2.31(M)	229.28(M)	0.29(M)
Tuna Salad on Sub Bun, WG, MMA, F-13 - LR100109 (4 ounces)Contains Egg, Wheat, Soy, Gluten.	339.77	8.72	1.58	0.00	47.49	830.79	35.74	4.24	6.98	30.22	3.73	123.14	101.35	0.28	97.20(M)	1.26(M)
Tuna Salad Sandwich, WG, MMA, F-08 - LR100141 (4 ounces)Contains Egg, Wheat, Soy, Gluten.	309.77	8.22	1.58	0.00	47.49	800.79	29.74	2.24	5.98	28.22	3.37	103.14	101.35	0.28	97.20(M)	1.26(M)
Turkey & Cheese Sandwich, F-25B, MMA, WG - LR100111 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	334.50	13.67	6.25	0.00	66.88	1239.37	28.02	2.00	5.01(M)	24.13	2.15	243.75	326.02	3.86	(M)	(M)
Turkey ,Bacon, and Ham Club - LR100172 (1/2 sandwich)Contains Wheat, Soy, Gluten.	204.18	5.88	2.06	0.00	26.67	850.76	21.23	1.84	3.62(M)	15.53	2.42	67.82	180.36	3.04	26.67(M)	0.12(M)
Turkey and Cheese Bagel - LR100169 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	334.50	13.67	6.25	0.00	66.88	1119.37	31.02	4.00	6.01(M)	24.13	2.51	203.75	326.02	3.86	(M)	(M)
Turkey and Cheese Panini F-66 - LR100155 (1 sandwich)Contains Milk, Wheat. May contain Soy.	257.63	10.10	4.03	0.00	57.46	666.36	15.38	1.50	1.00(M)	22.62	1.34	114.79	74.42	0.00	(M)	(M)
Turkey Bacon Bagel - LR100170 (1 sandwich)Contains Wheat, Gluten.	281.77	8.15	2.70	0.00	46.56	1028.97	30.85	4.67	6.24(M)	23.56	3.08	60.36	369.59	7.61	53.33(M)	0.23(M)
Turkey BLT Sandwich, F-26 - LR100113 (1 serving 1 sandwich)Contains Wheat, Soy, Gluten.	315.31	9.59	3.17	0.00	63.33	1364.59	27.85	2.67	5.24(M)	28.83	3.00	105.15	378.57	9.16	53.33(M)	0.23(M)
UBR Snack Bar, granola,cinnamon - LR100126 (1 Bar)Contains Milk, Egg, Wheat, Soy.	280.00	8.00	3.00	0.00	5.00	190.00	44.00	6.00	19.00	4.00	0.72	20.00	0.00	0.00	(M)	(M)
Vegetable Wraps F-09 - LR100163 (1 sandwich)Contains Milk.	431.20	19.58	9.34	0.05(M)	34.35	1120.58	43.22	3.66	6.18(M)	22.07	2.90	602.04	2386.41	14.78	118.42(M)	3.88(M)
Walking Taco - LR100128 (1 serv.)Contains Milk, Soy.	321.71	16.15	8.28	0.00	71.58	706.08	20.73	4.84	5.94(M)	24.59	5.14	366.40	2274.16(M)	17.22(M)	76.96(M)	0.36(M)

Legend

(M) Indicates missing nutrient values.

Menu Item Nutrient Report

Generated on: 7/10/2018 12:22:44 PM by Pam Adams

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014+
Serving Group: 9-12
Data Source: Local