

# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Asian Chicken Salad - LR100139 (1 salad) Contains Gluten, Milk, Soy, Wheat.	764.40	28.18	4.70	0.00	147.59	2275.51	82.45	6.11	41.36(M)	(M)	49.53	2.13	111.58	892.31	43.85	0.00(M)	107.79 (M)
Asian Sesame Chicken Wrap - LR100138 (1 wrap) Contains Gluten, Soy, Wheat.	258.67	5.93	2.18	0.00	52.65	268.97	31.21	3.66	2.49(M)	1.00(M)	23.07	2.73	79.00	0.00(M)	0.00(M)	0.00(M)	211.03 (M)
Bacon Cheeseburger, F-23, Line Two, 2015-2016 - LR100051 (1 sandwich) Contains Gluten, Wheat.	408.83	20.24	8.34	0.00	71.00	1014.66	27.31	2.08	4.17(M)	(M)	29.39	3.67	194.17	136.00	0.00	(M)	(M)
Bacon Wrap - LR100207 (1 wrap) Contains Gluten, Milk, Wheat.	442.01	24.91	6.97	0.20	43.66	1103.98	36.76	4.13	5.88	1.00(M)	21.25	2.35(M)	95.53(M)	627.09 (M)	7.89(M)	0.00(M)	259.76 (M)
Bagged Lunch with Lenape Sub, F-52 - LR100131 (1 bag lunch) Contains Gluten, Milk, Wheat.	576.25	9.85	3.78	0.00	62.45	1193.59	80.56	8.91	46.27(M)	(M)	37.07	3.30	573.87	8570.57	35.12	(M)	(M)
Bagged Lunch with PBJ, F-53 - LR100132 (1 bag lunch) Contains Gluten, Milk, Peanuts, Soy, Wheat.	833.62	34.00	6.00	0.00	4.99	837.23	112.18	11.91	70.27	25.00(M)	27.45	3.88	447.08	8496.15 (M)	35.12(M)	0.00(M)	484.00 (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)	(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.)	100.00	6.60	2.00	0.00	36.60	200.00	0.00	0.00	0.00	(M)	9.30	0.47	0.00	0.00	0.00	(M)	(M)
Bar, BeneFIT Oatmeal Chocolate Chip Bar, J&J Snack Foods, WG, 40401 - LR100029 (1 Bar) Contains Egg, Milk, Soy, Wheat.	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Bar, French Toast BeneFIT Bar, 2.5oz, J&J Snack Foods, 40404, WG - LR100195 (1 Bar) Contains Egg, Milk, Soy, Wheat.	290.00	9.00	2.50	0.00	25.00	200.00	47.00	3.00	21.00	(M)	5.00	1.80	40.00	0.00	0.00	(M)	(M)
Barbeque Picnic - LR100204 (1 wrap) Contains Gluten, Wheat.	410.50	13.50	5.50	2.00	100.00	729.99	33.50	4.80	3.70	1.00(M)	27.90	2.32(M)	115.00 (M)	0.00(M)	37.80(M)	0.00(M)	211.03 (M)
BBQ Bacon Cheeseburger, F-38 - LR100120 (1 sandwich) Contains Gluten, Soy, Wheat.	458.83	20.24	8.34	0.00	71.00	1454.66	40.31	2.08	15.17(M)	(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.	142.86	6.60	2.00	0.00	36.60	577.14	11.14	0.00	9.43	(M)	9.30	0.78	17.14	85.71	2.06	(M)	(M)
BBQ Chicken Flatbread - LR100165 (1 flatbread) Contains Milk, Soy, Wheat.	367.22	11.30	4.75	0.00	66.39	1280.52	43.60	3.00	14.49(M)	(M)	22.54	0.77(M)	70.82(M)	51.63(M)	0.02(M)	(M)	(M)
BBQ Rib Sandwich, F-30 - LR100116 (1 sandwich) Contains Gluten, Soy, Wheat.	360.00	13.50	4.00	0.00	35.00	800.00	41.00	5.00	11.00	(M)	22.00	3.24	140.00	100.00	1.20	(M)	(M)
Bean & Cheese Burrito - LR100154 (1 burrito) Contains Gluten, Wheat.	403.00	14.75	8.22	0.00	32.00	1071.99	43.64	7.70	1.59(M)	1.00(M)	25.72	3.78	627.99	357.99 (M)	0.00(M)	0.00(M)	211.03 (M)

# Menu Item Nutrient Report

Mois (g)	Ash (g)
37.62(M)	0.28(M)
(M)	(M)
(M)	(M)
33.05(M)	0.12(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)

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Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
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)	(M)	5.36(M)	1.44(M)	31.97(M)	1.81(M)	0.11(M)	0.00(M)	50.00(M)
Breaded Ravioli - LR100192 (7 pcs.) Contains Egg, Gluten, Milk, Soy, Wheat.	382.40	9.56	2.00	0.00	15.00	965.60	59.40	6.07	9.28	1.00(M)	16.08	4.12	120.80	300.00 (M)	48.00(M)	0.00(M)	0.00(M)
Breakfast Bar, Line 3, D-63, French tst stix, Jones sausage, Veges - LR100073 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	567.06	25.56	8.28	0.00	36.72	875.57	68.57	6.32	15.00(M)	(M)	20.24	2.93	69.92	141.76	3.98	(M)	306.35 (M)
Breakfast Bar, Line 3, D-63A with Pancakes - LR100173 (1 serv.) Contains Egg, Milk, Wheat.	497.06	18.56	6.28	0.00	46.72	805.57	66.57	6.32	5.00(M)	(M)	19.24	1.67	69.92	141.76	3.98	(M)	306.35 (M)
Breakfast Bun, Whole Grain, Sky Blue, WWB5160, WGR - LR100143 (1 bun) Contains Egg, Milk, Soy, Wheat.	230.00	7.00	2.00	0.00	0.00	340.00	39.00	3.00	10.00	(M)	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	79.00	2.05	0.00	1.35	(M)	0.00	0.00	0.00	65.00	0.00	(M)	(M)
Breakfast Sandwich B-48 - LR100005 (1 sandwich) Contains Gluten, Wheat.	421.79	26.32	10.75	0.00	58.26	858.53	33.20	4.00	5.00(M)	(M)	15.11	2.18	118.00 (M)	235.47	0.00(M)	(M)	(M)
Breakfast Sandwich Egg, Bacon, Cheese on Croissant - LR100190 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	335.00	19.17	8.00	0.00	117.50	586.67	27.50	2.00	3.50	2.00(M)	12.67	1.42	145.00	150.00 (M)	0.00(M)	0.30(M)	30.00(M)
Breakfast Sandwich Egg, Sausage, Cheese on Bagel - LR100183 (1 sandwich) Contains Egg, Milk, Soy, Wheat.	493.79	30.39	11.46	0.00	152.26	997.53	35.48	4.00	5.50	(M)	19.97	1.80	95.00(M)	249.47 (M)	0.00(M)	(M)	(M)
Broccoli Salad - LR100082 (1/2 c.) Contains Soy, Wheat.	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)	(M)	2.70(M)	0.66(M)	35.54(M)	2081.05 (M)	64.16(M)	0.00(M)	232.17 (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)	(M)	3.77	0.55	78.55	1310.38	51.52	0.00(M)	232.58 (M)
Buffalo Chicken Sub - LR100205 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	399.42	12.03	2.10	0.00	36.84	2462.57	48.41	6.11	6.04	(M)	23.79	3.69	121.05	1995.26	63.16	(M)	(M)
Buffalo Chicken Wrap, MMA, WG, F-39 - LR100122 (1 wrap) Contains Egg, Gluten, Soy, Wheat.	357.14	14.74	5.11	0.00	70.86	990.73	39.50	3.79	1.00(M)	1.00(M)	18.28	3.43	238.93	451.57 (M)	0.00(M)	0.00(M)	211.03 (M)
Buffalo Ranch Chicken Flatbread - LR100202 (1 flatbread) Contains Milk, Wheat.	368.27	14.91	5.34	0.05	67.22	1872.19	34.67	3.07	4.03(M)	(M)	22.68	0.79(M)	73.29(M)	996.15 (M)	0.01(M)	(M)	(M)
Bufflao Remoulade Sauce - LR100211 (1 Tbsp.) Contains Egg, Soy.	29.12	2.20	0.42	0.00(M)	2.00	98.31	2.60	0.60	1.41(M)	(M)	0.39	0.16	3.79	568.46 (M)	31.88(M)	0.00(M)	59.09(M)
Build a Bowl Bar - LR100187 (1 serv.) Contains Milk, Soy.	560.08	27.89	9.24	0.33	72.06	1114.07	54.90	5.85	3926.00	(M)	22.45	2.91	169.47	1236.26	12.05	(M)	(M)

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Mois (g)	Ash (g)
12.01(M)	0.99(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
65.30(M)	0.66(M)
70.84(M)	0.61(M)
(M)	(M)
(M)	(M)
(M)	(M)
28.50(M)	0.14(M)
11.43	0.43

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Build Your own Burger, F-23A, - LR100112 (1 sandwich) Contains Gluten, Wheat.	420.43	20.33	8.35	0.00	71.00	1184.64	29.75	3.35	5.40(M)	(M)	29.89	3.87	214.46	483.32	9.06	0.00(M)	98.16(M)
Build Your Own Burger, Line One Cheeseburger, with choices - LR100046 (1 sandwich) Contains Gluten, Wheat.	483.67	24.82	10.25	0.00	77.13	1573.02	29.62	3.54	5.90(M)	(M)	35.08	4.36	209.23	689.12	12.32	0.00(M)	158.26(M)
Build Your Own Taco - LR100200 (1 serv.) Contains Gluten, Milk, Wheat.	579.90	20.67	10.50	0.51(M)	93.28	916.13	59.75	13.57	7.17(M)	0.00(M)	31.13	5.71(M)	197.34(M)	1158.48(M)	25.96(M)	0.00(M)	336.04(M)
Buttered Noodles - LR100061 (1 c.) Contains Gluten, Wheat.	268.51	8.90	2.59	0.00	0.00	177.69	43.02	4.05	2.78(M)	0.00(M)	7.84	1.92	10.69	324.00(M)	0.00(M)	0.00(M)	182.26(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	(M)	0.85	0.77	51.10	24876.88	3.36	0.00(M)	280.32(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	(M)	1.45	0.52	29.08	7996.15	8.72	(M)	(M)
Cattlemens Flatbread - LR100208 (1 sandwich) Contains Gluten, Wheat. May contain Milk, Soy.	1147.70	35.98	11.20	2.24	132.25	2294.94	136.74	11.29	12.20	(M)	59.05	7.65(M)	112.94(M)	453.59(M)	6.89(M)	2.67(M)	587.89(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	(M)	8.77	2.86	259.49	4500.00	36.00	(M)	(M)
Cheese Omelet and Toast - LR100158 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	270.00	12.00	3.50	0.00	170.00	590.00	27.00	2.00	4.00	(M)	13.00	2.52	140.00	0.00(M)	0.00(M)	(M)	(M)
Cheese Pizza-Line Two - LR100191 (1 slice) Contains Gluten, Milk, Soy, Wheat.	260.17	7.80	4.00	0.00	20.00	620.12	28.89	3.41	3.63	(M)	18.92	1.57(M)	19.02(M)	302.27(M)	2.72(M)	(M)	(M)
Cheeseburger Wrap - LR100166 (1 wrap) Contains Gluten, Wheat.	328.76	12.21	4.39	1.43(M)	37.24	835.62	39.99	5.16	7.57(M)	1.00(M)	16.95	2.61(M)	109.84(M)	798.27(M)	12.96(M)	0.00(M)	211.03(M)
Cheeseburger,F-22,MMA,WG, Line Two - LR100034 (1 HAMBURGER) Contains Gluten, Wheat.	301.50	12.71	4.70	0.00	56.75	432.50	26.11	2.00	4.00(M)	(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 Egg, Milk, Soy, Wheat.	230.83	8.16	3.52	0.00	47.31	578.01	29.91	4.28	2.54	(M)	9.96	1.70(M)	98.74(M)	0.00(M)	1.14(M)	(M)	(M)
Chicka Boom Boom - LR100182 (1 sandwich) Contains Gluten, Wheat.	506.12	19.50	4.00	0.00	65.00	772.84	58.37	8.06	7.06	(M)	26.91	3.31(M)	183.12(M)	2604.41(M)	117.35(M)	(M)	(M)
Chicken And Cheese Sub - LR100171 (1 Subs/Hoagie) Contains Soy, Wheat.	455.38	16.38	5.94	0.00	42.95	826.45	44.90	6.46	4.93(M)	(M)	32.38	3.11	319.47	148.84	0.00(M)	0.00(M)	744.01(M)
Chicken Broccoli Bowl - LR100066 (1 serv.) Contains Egg, Soy, Wheat.	334.37	13.18	2.96	0.00	91.87	630.27	36.84	5.20	6.12(M)	(M)	19.15	3.32	107.01	2837.62	84.55	0.00(M)	294.83(M)

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Mois (g)	Ash (g)
53.33(M)	0.23(M)
77.30(M)	0.36(M)
39.17(M)	0.33(M)
18.93(M)	0.02(M)
131.87(M)	1.01(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
1.38(M)	0.07(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
461.09(M)	1.21(M)

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Chicken Cordon Bleu - LR100147 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	538.21	24.48	7.44	0.00	64.26	1015.10	46.98	5.46	6.17	1.15(M)	33.28	3.70	325.56	202.50 (M)	0.00(M)	0.00(M)	812.82 (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)	(M)	28.45	2.52	441.25	345.30 (M)	13.37	(M)	(M)
Chicken Fajita Wrap, Line one, with cheese, sour cream and Red Peppers,2015-2016 - LR100071 (1 wrap) Contains Milk, Wheat.	443.26	18.90	7.66	0.00	97.23	1034.79	37.75	5.90	4.82(M)	(M)	30.51	3.28	483.34	1146.32 (M)	35.00	(M)	(M)
Chicken Noodle Soup - LR100180 (1/2 c.) May contain Crustacean Shellfish, Egg, Fish, Milk, Peanuts, Soy, Tree nuts, Wheat.	50.00	2.00	0.50	0.00	10.00	410.00	7.00	1.00	1.00	(M)	2.00	0.36	200.00	500.00	0.00	(M)	(M)
Chicken Nugget Bowl - LR100185 (1 bowl) Contains Gluten, Milk, Soy, Wheat.	515.00	15.27	2.08	0.00	35.00	1744.00	70.18	5.00	1.99(M)	(M)	28.54	2.55	42.00	263.00	82.10	(M)	(M)
Chicken Parm Sandwich, F-42 - LR100125 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	461.82	20.33	5.92	0.00	58.48	1056.15	41.26	3.71	5.75	0.00(M)	28.17	3.63	274.19	151.88 (M)	0.00(M)	0.00(M)	269.36 (M)
Chicken Parmesan - LR100137 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	520.51	22.46	5.82	0.00	36.39	817.30	56.82	8.97	11.00(M)	1.00(M)	26.23	4.55	198.03	653.11 (M)	7.20(M)	0.00(M)	705.00 (M)
Chicken Patty Sandwich - LR100001 (1 sandwich) Contains Gluten, Soy, Wheat.	416.71	17.64	2.88	0.00	28.82	787.29	44.45	5.46	5.15	1.15(M)	22.14	3.52	123.06	0.00(M)	0.00(M)	0.00(M)	812.82 (M)
Chicken Patty Sandwich with Bacon, F-44 - LR100129 (1 sandwich) Contains Gluten, Soy, Wheat.	466.71	21.14	4.38	0.00	33.82	1097.29	44.45	5.46	5.15	1.15(M)	26.14	3.88	123.06	0.00(M)	0.00(M)	0.00(M)	812.82 (M)
Chicken Philly - LR100069 (1 sandwich) Contains Gluten, Milk, Wheat.	392.68	9.74	3.54	0.00	80.00	755.66	41.05	5.81	8.85(M)	(M)	35.22	3.22(M)	130.21 (M)	1684.74 (M)	68.97(M)	0.00(M)	103.19 (M)
Chicken Ranch Wrap, MMA, WG, F-40 - LR100123 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat.	517.41	28.82	7.71	0.20	74.88	1270.20	47.84	4.06	3.04(M)	1.00(M)	18.35	3.56	225.32	154.97 (M)	0.06(M)	0.00(M)	211.03 (M)
Chicken Ranch Wrap, with Diced meat F-40A - LR100124 (1 wrap) Contains Gluten, Milk, Wheat.	425.57	21.94	6.25	0.20	51.51	1014.95	37.63	3.27	3.04(M)	1.00(M)	21.98	2.69	193.89	76.40(M)	0.06(M)	0.00(M)	211.03 (M)
Chicken Salad Sandwich, E-05, MMA, WG - LR100103 (1 sandwich) Contains Gluten, Wheat. May contain Egg.	289.48	8.77	1.66	0.00(M)	63.34	529.49	30.25	2.29	9.55(M)	(M)	22.88	2.29	105.06	158.32	0.46	0.00(M)	33.34(M)
Chicken Stir Fry, D-39, with WG Rice and Fajita Chicken - LR100070 (1 serv.) Contains Soy, Wheat.	587.19	10.25	1.90	0.00(M)	80.81	864.79	93.78	9.54(M)	4.41(M)	(M)	31.79	4.20(M)	127.19 (M)	12975.65(M)	84.67(M)	0.00(M)	140.96 (M)

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Mois (g)	Ash (g)
(M)	(M)
16.15(M)	0.50(M)
17.96(M)	0.56(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
106.55(M)	0.34(M)
(M)	(M)
(M)	(M)
16.77(M)	0.26(M)
66.76(M)	0.31(M)



# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Chicken Wrap - LR100193 (1 wrap) Contains Gluten, Wheat.	253.26	5.85	2.17	0.00	52.65	260.45	30.24	3.41	1.82(M)	1.00(M)	22.82	2.73	79.00	0.00(M)	0.00(M)	0.00(M)	211.03 (M)
Chili Cheese Dog - LR100152 (1 serv.) Contains Gluten, Milk, Wheat.	432.76	22.35	6.14	0.18(M)	71.30	1171.63	37.30	4.77	8.61(M)	(M)	18.69	3.11	150.03	178.28	4.82	0.00(M)	187.86 (M)
Chili Cheese Fries, Line One, 2015-2016 - LR100056 (1 serv.)	574.77	22.86	8.07	0.54(M)	78.03	610.04	50.71	9.33	1.79(M)	(M)	34.58	4.67	326.82	713.85	24.13	0.00(M)	563.57 (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	(M)	8.10	1.94	54.00	0.00	0.00	(M)	(M)
Chipotle Pork for Build a Bowl - LR100189 (2 oz.)	183.82	8.04	3.21	1.60	80.00	385.92	0.30	0.12	0.04	(M)	17.66	0.07(M)	1.36(M)	133.97 (M)	0.05(M)	0.00(M)	8.09(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	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Dough, Roll, 160/2.5oz. rolls, product #13918, Rich's - LR100035 (1 roll.) Contains Egg, Gluten, Milk, Soy, Wheat.	170.00	3.00	0.50	0.00	0.00	135.00	28.00	3.00	3.00	(M)	7.00	1.44	0.00	0.00	0.00	(M)	(M)
Fajita Chicken Philly - LR100217 (1 sandwich) Contains Gluten, Milk, Wheat.	351.64	7.12	2.58	0.00(M)	31.28	625.01	47.61	5.56	7.43(M)	(M)	24.99	2.68(M)	122.54 (M)	100.16 (M)	2.79(M)	0.00(M)	0.00(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	(M)	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	(M)	16.98	2.94	173.30	2222.50	10.33	(M)	(M)
Fish Tacos - LR100090 (2 tacos) Contains Fish, Gluten, Milk, Wheat. May contain Egg.	489.84	17.43	5.50	0.00(M)	68.04(M)	687.40	54.72	7.79	4.65(M)	0.00(M)	23.88	3.33(M)	235.95 (M)	289.87 (M)	0.00(M)	0.00(M)	212.44 (M)
French Toast and Sausage - LR100157 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	450.00	23.50	7.50	0.00	37.50	655.00	44.50	3.00	15.00	(M)	16.50	1.98	0.00	0.00	0.00	(M)	(M)
French toast w/ pork and cheesy potatoes - LR100009 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	476.40	17.56	5.84	0.00	13.50	618.89	71.50	5.11	15.03(M)	(M)	12.52	2.82	99.68	137.35	8.80	0.00(M)	7.35(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	(M)	0.98	0.50	17.88	269.62	46.35	0.00	217.76
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	(M)	13.98	1.22	387.88	369.62	46.35	0.00(M)	217.76 (M)
Fresh Veggie Plate, Line 2 - LR100102 (1 PLATE) Contains Peanuts, Soy, Wheat.	661.31	35.05	6.27	0.00(M)	0.00	738.81	60.15	12.49	13.86	(M)	25.56	3.02(M)	90.85(M)	4498.94 (M)	45.17(M)	(M)	(M)
Fruit, Juice Variety - LR100146 (1 serv.)	56.67	0.00	0.00	0.00	0.00	8.33	13.67	0.00	12.67	(M)	0.00	0.00(M)	6.67(M)	0.00(M)	14.80	(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	(M)	2.90	0.86	46.03	2938.63	88.78	0.00(M)	314.21 (M)

# Menu Item Nutrient Report

Mois (g)	Ash (g)
(M)	(M)
43.65(M)	0.40(M)
130.93 (M)	1.20(M)
(M)	(M)
0.04(M)	0.03(M)
(M)	(M)
(M)	(M)
0.00(M)	0.00(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
0.04(M)	0.03(M)
135.19	0.52
135.19 (M)	0.52(M)
(M)	(M)
(M)	(M)
86.41(M)	0.89(M)

# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Goodyman Mini Donuts, Chocolate Enrobed, Super Bakery, 6686, WG - LR100027 (3 ounces) Contains Egg, Milk, Soy, Wheat.	300.00	13.00	8.00	0.00	0.00	290.00	39.00	3.00	20.00	(M)	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 Egg, Milk, Soy, Wheat.	280.17	10.01	3.00	0.00	0.00	290.17	42.02	2.00	22.01	(M)	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)	(M)	2.30	0.40(M)	3.88(M)	259.50 (M)	0.00(M)	(M)	(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)	(M)	2.30	0.40(M)	3.88(M)	259.50 (M)	0.00(M)	(M)	(M)
Ground Beef & Macaroni, D-22, Line One, 2015-2016 - LR100057 (1 cup serving) Contains Gluten, Wheat.	342.85	14.92	5.22	2.15(M)	60.31(M)	511.56	30.59	3.57	3.14(M)	0.00(M)	22.45	1.67(M)	110.36 (M)	723.26 (M)	9.52(M)	0.02(M)	112.84 (M)
Ground Beef Stroganoff, D-24, Line One, 2015-2016 - LR100059 (1 serv.) Contains Gluten, Wheat.	452.46	17.15	4.76	2.04(M)	53.58	571.09	53.14	4.84	5.89	0.00(M)	24.39	2.25(M)	81.88(M)	117.48 (M)	3.06(M)	0.64(M)	362.89 (M)
Ham and Cheese on Bun, Cold, F-28 - LR100114 (1 sandwich) Contains Gluten, Wheat.	258.04	7.60	3.44	0.00	43.52	991.29	28.88	2.00	4.00(M)	(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 Gluten, Wheat.	258.04	7.60	3.44	0.00	43.52	991.29	28.88	2.00	4.00(M)	(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)	(M)	17.51	4.00	98.12	136.00	0.00	(M)	(M)
Ham BBQ on Bun, F-49 - LR100130 (1 sandwich) Contains Gluten, Wheat.	291.45	3.65	0.83	0.00(M)	38.42	1196.38	47.06	2.03	19.20(M)	(M)	17.96	4.23	100.07	189.93	1.95	(M)	(M)
Hamburger, F-21, MMA, WG - LR100110 (1 HAMBURGER) Contains Gluten, Wheat.	275.00	10.50	3.30	0.00	50.00	327.00	26.00	2.00	4.00(M)	(M)	20.00	3.04	112.00	0.00	0.00	(M)	(M)
Homestyle Meatball Bowl - LR100206 (1 bowl) Contains Gluten, Milk, Soy, Wheat.	280.36	11.04	4.53	0.00(M)	30.12	619.07	28.86	4.21	3.06	0.00(M)	13.20	1.43(M)	34.48(M)	56.61(M)	27.73(M)	0.00(M)	160.03 (M)
Honey Mustard Chicken Wrap - LR100081 (1 wrap) Contains Gluten, Wheat. May contain Egg.	256.06	6.11	2.21	0.00	52.85	264.45	30.38	3.41	1.95(M)	1.00(M)	22.82	2.73	79.00	0.00(M)	0.00(M)	0.00(M)	211.03 (M)
Hot Dog on Bun, Jennie-O and Nickles - LR100033 (1 ea.) Contains Gluten, Wheat.	260.00	13.00	3.00	0.00	45.00	940.00	25.00	3.00	4.00	(M)	12.00	7.08	66.00	0.00	1.20	(M)	(M)
Hot Ham, D-68, 100187, Line 1 - LR100078 (2 1/2 oz.)	85.05	2.08	0.81	0.00(M)	37.52	626.30	4.13	0.00(M)	0.69(M)	0.00(M)	11.74	2.71	0.00(M)	0.00(M)	2.25	(M)	11.88(M)
Hot Italian Sub - LR100086 (1 Subs/Hoagie) Contains Gluten, Soy, Wheat.	357.29	14.61	5.01	0.00	56.94	1253.05	36.30	4.00	6.77(M)	(M)	22.17	2.47	204.79	200.98	0.61	(M)	(M)

# Menu Item Nutrient Report

Mois (g)	Ash (g)
(M)	(M)
(M)	(M)
121.23(M)	0.12(M)
121.23(M)	0.12(M)
34.15(M)	0.38(M)
60.40(M)	1.82(M)
(M)	(M)
(M)	(M)
(M)	(M)
1.52(M)	0.05(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)

# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Hot Turkey and Cheese Sub - Line one - F-14 - LR100013 (1 sandwich) Contains Gluten, Wheat.	342.63	9.85	3.78	0.00	57.46	896.36	32.38	4.00	5.00(M)	(M)	27.62	2.42	204.79	74.42	0.00	(M)	(M)
Hot Turkey Sandwich, Line One, F-16 - LR100047 (1 sandwich) Contains Gluten, Soy, Wheat.	560.18	23.33	6.95	0.00(M)	77.76(M)	1537.61	46.88	2.03	7.14(M)	(M)	36.53	3.16(M)	87.77(M)	519.00 (M)	0.00(M)	(M)	(M)
Italian Combo Platter - LR100186 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	371.04	10.04	2.72	0.00	20.32	915.87	51.28	6.06	9.35	(M)	20.27	3.44	366.97	257.14 (M)	41.14(M)	0.30(M)	82.11(M)
Italian Sausage Sub - LR100168 (1 Subs/Hoagie) Contains Wheat.	608.30	37.60	13.05	0.00	95.34	1344.67	36.99	5.69	7.16	(M)	28.70	9.00(M)	98.53(M)	0.00(M)	2.41(M)	(M)	(M)
Italian Sub, F-32 - LR100117 (1 sandwich) Contains Gluten, Soy, Wheat.	369.46	16.55	6.60	0.00	53.70	1279.50	34.88	4.00	5.75(M)	(M)	21.51	3.27(M)	178.00 (M)	261.00 (M)	0.00(M)	(M)	(M)
ItalianSub - LR100087 (1 sandwich) Contains Gluten, Soy, Wheat.	408.65	19.97	7.45	0.00	59.76	1433.68	35.88	4.00	6.50(M)	(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 Milk, Soy.	315.00	8.58	4.50	0.00	45.00	611.66	38.00	4.17	13.67	(M)	22.17	2.25(M)	221.67 (M)	741.67 (M)	6.50(M)	(M)	(M)
Lenape Lunch Condiments - LR100148 (1 ea.) Contains Egg, Soy.	49.19(M)	3.79(M)	0.51(M)	0.00(M)	3.80(M)	106.81 (M)	4.03(M)	0.00(M)	3.27(M)	(M)	0.00(M)	0.00(M)	0.00(M)	25.00(M)	0.30(M)	(M)	(M)
Lenape Sub - LR100017 (1 sandwich) Contains Gluten, Soy, Wheat.	368.65	15.97	5.82	0.00	61.01	1311.18	35.88	4.00	6.75(M)	(M)	21.98	3.81	178.00	261.00	0.60	(M)	(M)
Lenape Tech Line 3, Sandwich Bar - LR100032 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	399.70	15.62	5.54	0.00	64.57	1592.87	40.11	6.36	9.08(M)	(M)	26.71	3.92	253.86	1127.00	22.64	0.00(M)	240.36 (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	(M)	7.00	2.70	80.00	200.00	0.00	(M)	(M)
Lenape Tech, Cheesy Potatoes with Deli Roaster Potatoes - LR100031 (1/2 c.)	168.03	6.73	2.79	0.00	13.50	343.29	22.08	2.30	0.00(M)	(M)	6.59	0.85	78.00	136.00	5.52	(M)	425.49 (M)
Line One Hot Dog Bar 21-22 - LR100219 (1 serv.) Contains Gluten, Milk, Wheat.	437.75	23.26	5.61	0.18(M)	50.68	1582.54	40.81	5.80	10.60(M)	(M)	18.93	3.62	119.93	184.68	11.24	0.00(M)	187.86 (M)
Line One, Hot Pork Sandwich, 2015-2016 - LR100041 (1 ea.) Contains Gluten, Soy, Wheat.	446.82	15.62	4.15	0.00(M)	48.00(M)	781.84	46.88	2.03	7.14(M)	(M)	26.61	2.23(M)	87.77(M)	519.00 (M)	0.00(M)	(M)	(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	(M)	0.85	0.49	15.67	669.92	20.52	0.00(M)	64.26(M)
Meatball Sub, Line one, 2015-2016, Tyson - LR100037 (1 Subs/Hoagie) Contains Egg, Gluten, Milk, Soy, Wheat.	364.25	10.90	4.03	0.00	37.00	876.24	40.27	6.00	8.28	(M)	26.45	2.15(M)	106.50 (M)	162.50 (M)	1.95(M)	(M)	(M)

# Menu Item Nutrient Report

Mois (g)	Ash (g)
(M)	(M)
242.46 (M)	0.25(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
110.05 (M)	0.53(M)
(M)	(M)
(M)	(M)
76.49(M)	1.16(M)
242.46 (M)	0.25(M)
42.29(M)	0.14(M)
(M)	(M)

# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Meatloaf Sandwich, Line Two-Drive Thru - LR100162 (1 sandwich) Contains Gluten, Wheat.	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)	(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)	(M)	0.00	2.28(M)	0.00(M)	1550.39 (M)	0.00(M)	(M)	(M)
Milk, Variety - LR100212 (1 Carton) Contains Milk.	120.00	0.63	0.38	0.00	7.49	152.50	20.00	0.00	18.50	(M)	8.50	0.09	300.00	500.00	2.40	(M)	(M)
Muffin, Wild Blueberry, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10143, WGR - LR100197 (1 muffin) Contains Egg, Soy, Wheat.	190.00	6.00	2.00	0.00	45.00	130.00	30.00	2.00	16.00	(M)	3.00	1.08	20.00	100.00	0.00	(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)	0.00(M)	28.97	4.31(M)	299.18 (M)	1501.57 (M)	12.17(M)	0.00(M)	157.41 (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)	0.00(M)	21.41	6.78	444.86	2101.00 (M)	10.00(M)	0.00(M)	349.43 (M)
New Macaroni and Cheese, D-51, MMA, WGR - LR100072 (1 c.) Contains Gluten, Milk, Wheat.	326.41	16.26	10.35	0.02(M)	49.02(M)	774.41	30.33	1.98(M)	5.84(M)	0.00(M)	15.64	1.31(M)	354.43 (M)	802.19 (M)	0.96(M)	0.01(M)	84.48(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)	(M)	1.30	1.15	4.65	0.00	4.59	0.00(M)	208.41 (M)
Pasta Bar, D-60, MMA, WG, Veg-RO - LR100008 (1 serv.) Contains Egg, Milk, Soy, Wheat.	373.39	14.77	5.47	0.00	41.32	651.25	40.17	6.49	3.59(M)	(M)	22.59	2.33	146.03	1054.78	38.00	(M)	(M)
Pasta Day MMA, WG, Veg-RO - LR100213 (1 serv.) Contains Egg, Milk, Soy, Wheat.	344.16	10.93	3.68	0.00	23.14	560.23	46.29	6.62	10.40(M)	(M)	17.52	2.85	123.28	596.80	7.20	(M)	(M)
Pasta Salad - LR100083 (3/4 c.) Contains Gluten, Wheat. May contain Egg, Soy.	302.41	7.55	1.53	0.00	8.61	444.99	50.45	7.20	8.00(M)	0.00(M)	10.53	2.74	113.03	1009.25 (M)	21.52(M)	0.00(M)	396.56 (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	(M)	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Pepperoni Flavored Calzone- S&F Food - LR100215 (1 calzone) Contains Milk, Soy, Wheat.	320.00	13.00	5.00	0.00	30.00	619.99	31.00	1.00	6.00	3.00	19.00	2.00	336.99	(M)	(M)	0.00	263.00
Pepperoni Pizza - LR100216 (1 slice) Contains Gluten, Milk, Soy, Wheat.	286.63	10.26	4.95	0.00	25.67	716.51	28.89	3.41	3.63	(M)	20.06	1.71(M)	19.02(M)	302.27 (M)	2.72(M)	(M)	(M)
Pepperoni Sub, Cold, F-35 - LR100118 (1 sandwich) Contains Gluten, Wheat.	472.12	25.65	13.10	0.00	65.44	1181.47	33.52	4.00	5.00(M)	(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 Gluten, Wheat.	484.89	25.86	13.10	0.00	65.44	1285.76	35.86	4.64	6.49(M)	(M)	28.10	2.17(M)	523.43 (M)	297.68 (M)	0.00(M)	(M)	(M)

# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Mois (g)	Ash (g)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
76.96(M)	0.35(M)
(M)	(M)
3.00(M)	0.95(M)
75.86(M)	0.78(M)
50.60(M)	0.44(M)
0.00(M)	0.00(M)
850.83(M)	1.90(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)



# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Philly Steak Hoagie - LR100209 (1 sandwich) Contains Gluten, Milk, Wheat.	512.68	26.74	11.04	0.00	75.00	560.67	38.05	5.81	6.85(M)	(M)	30.23	3.94(M)	110.21 (M)	1584.74 (M)	66.56(M)	0.00(M)	103.19 (M)
Pierogies, .55oz. each with Whirl, WG, M/MA, Lenape Tech - LR100053 (6 pcs.) Contains Egg, Milk, Soy, Wheat.	339.45	14.69	5.03	0.81	50.24	475.64	41.11	5.01	2.00	(M)	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)	(M)	4.18	0.72	67.62	8.91	0.00	0.00(M)	19.34(M)
Pizza Wrap - LR100084 (1 wrap) Contains Gluten, Soy, Wheat.	322.96	13.93	7.35	0.00	35.62	528.12	32.56	4.14	2.33(M)	1.00(M)	18.37	3.08	311.57	1028.02 (M)	4.40(M)	0.00(M)	279.54 (M)
Pizza, Cheese - LR100004 (1 slice) Contains Milk, Soy, Wheat.	260.00	7.00	4.00	0.00	20.00	720.00	33.00	4.00	5.00	(M)	18.00	5.40	300.00	500.00	0.00	(M)	(M)
Pizzaburger on Roll, F-04 - LR100092 (2 halves) Contains Gluten, Milk, Wheat.	337.00	12.20	4.07	1.52(M)	44.57	424.23	34.74	3.65	8.53(M)	(M)	21.43	2.15(M)	127.51 (M)	25.56(M)	1.35(M)	0.00(M)	34.35(M)
Pizzaburger on Roll, F-72 - LR100184 (2 halves) Contains Gluten, Milk, Wheat.	367.00	12.20	4.07	1.52(M)	44.57	474.23	40.74	5.65	9.53(M)	(M)	23.43	2.51(M)	127.51 (M)	25.56(M)	1.35(M)	0.00(M)	34.35(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	(M)	5.00	3.60	200.00	0.00	0.00	(M)	(M)
Pop tart, Pastry, Frosted Cinnamon, WGR - LR100021 (1 pastry) Contains Soy, Wheat.	180.00	2.50	1.00	0.00	0.00	190.00	37.00	3.00	15.00	(M)	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Pretzel Stick - LR100214 (2 stick.) Contains Wheat.	1.40	0.01	0.00	0.00	0.00	0.80	0.28	0.02	0.00	(M)	0.04	0.01	0.00	0.00	0.00	(M)	(M)
Pretzel, Soft Cheddar Cheese Whole Grain 3.3 oz - LR100015 (1 unit) Contains Gluten, Milk, Soy, Wheat.	241.43	7.04	2.52	0.00	20.12	382.27	38.23	4.02	2.01	(M)	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	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Pulled Pork Sandwich - LR100095 (1 sandwich) Contains Egg, Soy, Wheat.	594.00	29.61	9.09	0.00(M)	115.61	597.92	46.92	4.42	16.51(M)	(M)	32.81	3.11	62.32	12.22	28.72	(M)	(M)
Ranch Chicken Taco - LR100091 (2 tacos) Contains Gluten, Milk, Wheat.	456.71	17.58	7.06	0.05	82.45	1044.61	44.84	7.83	8.57(M)	0.00(M)	29.64	3.27	362.68	899.79 (M)	28.25(M)	0.00(M)	425.74 (M)
Ranch Potato Wedges - LR100164 (1/2 c.) Contains Egg, Milk, Soy.	126.24	4.85	1.13	0.16(M)	0.00(M)	56.82	19.34	2.24	2.99(M)	(M)	2.25	0.35(M)	17.69(M)	29.78(M)	1.92(M)	0.00(M)	0.06(M)
Ravioli with Sauce, Cheese, D-64 - LR100074 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	260.96	5.49	2.45	0.00	24.50	504.39	36.52	4.13	10.63	(M)	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)	(M)	27.10	1.06	15.10	11.72	0.36	(M)	(M)
Roasted Turkey - D-56 - LR100012 (2 oz.)	129.60	5.32	1.75	0.00	48.60	485.99	0.00	0.00	(M)	(M)	16.20	0.58	0.00	0.00	0.00	(M)	(M)

# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Mois (g)	Ash (g)
106.55(M)	0.34(M)
(M)	(M)
24.15(M)	0.66(M)
17.49(M)	0.18(M)
(M)	(M)
28.58(M)	0.21(M)
28.58(M)	0.21(M)
(M)	(M)
0.00	0.00
(M)	(M)
(M)	(M)
(M)	(M)
0.02(M)	0.01(M)
85.07(M)	0.45(M)
0.10(M)	0.18(M)
(M)	(M)
0.02(M)	0.01(M)
(M)	(M)

# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Roll, Cinnamon WG Cinnamon Roll with Drizzle Icing, Frozen, Hadley Farms, - LR100196 (1 roll.) Contains Gluten, Soy, Wheat.	240.00	7.00	1.50	0.00	0.00	240.00	38.00	3.00	12.00	(M)	5.00	1.80	40.00	2000.00	0.00	(M)	(M)
Salad, Chef Salad, chicken - LR100161 (1 salad) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	441.09	29.43	7.01	0.00(M)	108.43	1090.20	17.17	3.05	5.60(M)	(M)	32.06	2.48(M)	126.22 (M)	1303.28 (M)	55.14(M)	0.00(M)	219.29 (M)
Sandwich Bar, D-74, Line Three, 2015-2016 - LR100052 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	453.29	12.69	3.23	0.00(M)	47.06	1591.21	61.29	7.83	9.68(M)	(M)	25.64	4.65	202.71	1157.88	29.63	0.00(M)	244.09 (M)
Santa Fe Wrap - LR100085 (1 wrap) Contains Gluten, Milk, Wheat.	353.77	10.43	3.66	0.04	58.31	511.65	42.31	4.88	4.23(M)	1.00(M)	27.00	3.40	177.36	692.14 (M)	10.66(M)	0.00(M)	404.43 (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	(M)	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	(M)	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 Gluten, Milk, Soy, Wheat.	707.19	19.54	6.36	2.05(M)	53.53(M)	475.01	95.47	12.13	1.76(M)	0.00(M)	28.79	1.47(M)	39.70(M)	262.48 (M)	127.42 (M)	0.00(M)	12.93(M)
Side salad vegetable bowls, Lenape Tech - LR100030 (1 c.) May contain Soy.	92.48	5.42	0.87	0.00(M)	4.00	153.10	10.66	2.89	3.87	(M)	1.85	0.52(M)	41.52(M)	10474.13(M)	44.19(M)	0.00(M)	338.98 (M)
Sloppy Joe on a Bun, MMA, WG, Veg-RO, F-05 - LR100108 (1/3 c.) Contains Gluten, Wheat.	360.69	11.84	3.85	0.44(M)	52.28	511.88	40.31	2.86	13.88(M)	(M)	22.71	3.40	129.86	405.52	2.61	0.00(M)	243.97 (M)
Smoky Mayo - LR100093 (1 oz.) May contain Egg.	139.98	10.34	1.89	0.00	18.90	570.54	9.21	0.00	5.67	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Smucker Waffle, chocolate chip, Heat & Serve - LR100127 (1 waffle) Contains Egg, Milk, Wheat.	(M)	(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 Egg, Milk, Soy, Wheat.	270.00	8.00	2.50	0.00	5.00	180.00	44.00	6.00	19.00	(M)	5.00	1.08	20.00	(M)	(M)	(M)	(M)
Soft Filled Cinnamon Toast Crunch Bar - LR100199 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	250.00	8.00	2.50	0.00	5.00	280.00	40.00	2.00	14.00	(M)	6.00	1.44	20.00	100.00	0.00	(M)	(M)
Spicy Buffalo Chicken Po' Boy - LR100210 (1 sandwich) Contains Gluten, Soy, Wheat.	366.95	11.57	1.89	0.00(M)	37.77	646.21	40.96	5.88	8.31	0.00(M)	24.99	3.36	109.22	691.87 (M)	7.24(M)	0.00(M)	704.84 (M)
Spicy Chicken Sandwich, F-36 - LR100133 (1 sandwich) Contains Gluten, Soy, Wheat.	404.40	16.19	2.94	0.00	24.48	671.70	42.65	4.94	4.98	0.00(M)	20.69	3.40	139.17	0.00(M)	0.00(M)	0.00(M)	793.20 (M)

# Menu Item Nutrient Report

Mois (g)	Ash (g)
(M)	(M)
82.40(M)	0.52(M)
102.31(M)	0.53(M)
73.48(M)	0.42(M)
(M)	(M)
(M)	(M)
121.23(M)	0.12(M)
94.49(M)	0.99(M)
59.27(M)	0.76(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)

# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Steak Gyro - LR100203 (1 sandwich) Contains Milk.	359.05	15.89	6.94	0.00(M)	46.48	618.44	39.84	4.34	4.05	(M)	17.54	2.79	168.33	404.22	1.76	0.00(M)	159.56 (M)
Steak Salad - Line one - LR100010 (1 salad) Contains Gluten, Soy, Wheat. May contain Egg, Milk.	380.01	26.34	8.64	0.00	46.41	847.74	21.28	2.21	5.31(M)	(M)	13.63	1.23	257.41	499.40	5.99	(M)	110.35 (M)
Steak Sub, Steak and Cheese, 2015-2016 - LR100044 (1 sandwich) Contains Gluten, Milk, Wheat.	402.12	19.69	8.07	0.00	55.56	535.43	33.00	4.00	5.00	(M)	24.11	2.89(M)	100.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Steak Taco - LR100094 (2 tacos) Contains Gluten, Wheat. May contain Egg.	431.25	22.81	9.44	0.00	56.33	683.05	36.98	6.64	10.86(M)	0.00(M)	18.89	3.54	273.73	1255.98 (M)	17.61(M)	0.00(M)	319.52 (M)
Taco Meat for Build a Bowl - LR100188 (2 oz.)	119.13	7.41	2.60	0.00(M)	40.37	81.46	0.30	0.07	0.06(M)	(M)	11.84	1.40	5.50	37.80	0.00	(M)	156.18 (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)	(M)	23.63	4.01	258.47	627.81	4.99	0.05(M)	463.96 (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)	(M)	22.14	4.97	408.14	2087.61	15.71	0.00(M)	227.51 (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)	0.00(M)	21.66	2.02(M)	184.55 (M)	1317.32 (M)	14.17(M)	0.00(M)	151.72 (M)
Taco Wrap, F-47, MMA, WG - LR100136 (1 wrap) Contains Gluten, Wheat.	311.11	12.76	5.74	0.00	41.33	510.77	32.25	3.74	1.74(M)	1.00(M)	19.23	3.09	222.31	385.79 (M)	0.00(M)	0.00(M)	211.03 (M)
Taco, Line one, with lettuce, tomato, salsa, cheese. - LR100054 (2 shell) Contains Gluten, Milk, Wheat.	601.20	29.88	12.26	3.04	107.29	1164.59	43.60	6.67	4.24(M)	0.00(M)	36.22	5.10(M)	385.28 (M)	1542.07 (M)	12.17(M)	0.00(M)	369.85 (M)
Tech Burger - LR100150 (1 sandwich) Contains Gluten, Soy, Wheat.	290.00	8.50	3.00	0.00	35.00	830.00	34.00	3.00	7.00	(M)	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 Gluten, Milk, Soy, Wheat.	291.88	10.11	5.06	0.00	30.37	887.25	30.05	2.00	4.00(M)	0.00(M)	18.15	1.80	661.17	182.25 (M)	0.00(M)	0.00(M)	0.00(M)
Toaster Pastries, Pop-Tarts Frosted Brown Sugar Cinnamon, Kellogg's, 55125, WG - LR100025 (1 pkg.) Contains Soy, Wheat.	370.00	5.00	2.00	0.00	0.00	380.00	75.00	6.00	31.00	(M)	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 Soy, Wheat.	360.00	4.50	2.00	0.00	0.00	360.00	75.00	6.00	30.00	(M)	4.00	3.60	200.00	1000.00	0.00	(M)	(M)
Tuna Salad on Sub Bun, WG, MMA, F-13 - LR100109 (4 ounces) Contains Egg, Gluten, Soy, Wheat.	339.71	9.39	1.58	0.00	47.49	844.13	35.74	4.24	6.97	(M)	30.22	3.73	123.14	101.35 (M)	0.28(M)	1.36(M)	219.20 (M)

# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Mois (g)	Ash (g)
54.01(M)	1.41(M)
(M)	(M)
(M)	(M)
85.07(M)	0.45(M)
72.97	0.64
144.00	3.09(M)
135.54(M)	1.15(M)
60.05(M)	0.33(M)
(M)	(M)
76.96(M)	0.35(M)
(M)	(M)
(M)	(M)
(M)	(M)
(M)	(M)
97.20(M)	1.26(M)

# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
Tuna Salad Sandwich, WG, MMA, F-08 - LR100141 (4 ounces) Contains Egg, Gluten, Soy, Wheat.	309.71	8.89	1.58	0.00	47.49	814.13	29.74	2.24	5.97	(M)	28.22	3.37	103.14	101.35 (M)	0.28(M)	1.36(M)	219.20 (M)
Turkey & Cheese Sandwich, F-25B, MMA, WG - LR100111 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	324.38	13.67	6.25	0.00	66.88	1279.87	28.02	2.00	5.01(M)	0.00(M)	24.13	2.15	233.63	22.27(M)	3.86(M)	0.00(M)	49.61(M)
Turkey ,Bacon, and Ham Club - LR100172 (1/2 sandwich) Contains Gluten, Soy, Wheat.	204.18	5.88	2.06	0.00	26.67	850.76	21.23	1.84	3.62(M)	(M)	15.53	2.42	67.82	180.36	3.04	0.00(M)	49.08(M)
Turkey and Cheese Bagel - LR100169 (1 sandwich) Contains Gluten, Milk, Wheat.	324.38	13.67	6.25	0.00	66.88	1159.87	31.02	4.00	6.01(M)	0.00(M)	24.13	2.51	193.63	22.27(M)	3.86(M)	0.00(M)	49.61(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)	(M)	22.62	1.34	114.79	74.42	0.00	(M)	(M)
Turkey Bacon Bagel - LR100170 (1 sandwich) Contains Gluten, Wheat.	281.77	8.15	2.70	0.00	46.56	1028.97	30.85	4.67	6.24(M)	(M)	23.56	3.08	60.36	369.59	7.61	0.00(M)	98.16(M)
Turkey BLT Sandwich, F-26 - LR100113 (1 serving 1 sandwich) Contains Gluten, Soy, Wheat.	315.31	9.59	3.17	0.00	63.33	1364.59	27.85	2.67	5.24(M)	(M)	28.83	3.00	105.15	378.57	9.16	0.00(M)	98.16(M)
Vegetable Wraps F-09 - LR100163 (1 sandwich) Contains Milk.	430.92	19.60	9.85	0.05(M)	39.29	1104.88	44.20	4.65	7.25(M)	0.00(M)	21.08	2.90	600.06	2287.65 (M)	14.78(M)	0.09(M)	336.53
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)	(M)	24.59	5.14	366.40	2274.16 (M)	17.22(M)	0.00(M)	157.41 (M)
Wing Basket - LR100201 (1 Basket) Contains Gluten, Milk, Soy, Wheat.	675.35	33.19	9.59	0.00	120.35	837.67	58.63	3.00	7.05	(M)	30.26	3.28	324.65	0.00	2.40	(M)	(M)

## Legend

(M) Indicates missing nutrient values.

## Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014+

Serving Group: K-12

Data Source: Local

# Menu Item Nutrient Report

Generated on: 8/11/2021 11:44:12 AM by Kim Titus

Mois (g)	Ash (g)
97.20(M)	1.26(M)
(M)	(M)
26.67(M)	0.12(M)
(M)	(M)
(M)	(M)
53.33(M)	0.23(M)
53.33(M)	0.23(M)
118.42 (M)	3.88(M)
76.96(M)	0.35(M)
0.00(M)	0.00(M)